

Mountain Doin's

Serving AA in Western
North Carolina's
Districts 70, 71, and 80
since 1974

**December
2012**

North Carolina Mountain Central Office, 70 Woodfin, Park Place Bldg Ste 206, Asheville NC
Open Mon, Wed & Fri 10-1 and Tues, Thurs 1-4 • (828) 254-8539 • ncmco@bellsouth.net

ANNIVERSARIES



A'vi Women's Big Book Step Study Group

Linda K-F	12/12/86	26yrs
Kathy H.	12/9/94	18yrs

Brevard Serenity Group

Ben G.	12/18/11	1yr
Mary L.	12/23/99	13yrs
Dave B.	12/28/98	14yrs
Jan N.	12/7/81	31yrs

Cumberland Group

Dave B.	12/1/87	25yrs
Candy T.	12/12/04	8yrs
Bill L.	12/3/10	2yrs
Debbie P.	12/3/11	1yr
Lynne K.	12/16/06	6yrs

Fletcher Thursday Group

Joe T.	12/8/96	16yrs
Tommy	12/29/92	20yrs

Grace Group

Jim Ha.	12/1/82	30yrs
Autumn T.	12/5/10	2yrs
David L.	12/5/10	2yrs
Kathy Y.	12/9/94	18yrs
Nancy F.	12/10/97	15yrs
Andrew C.	12/12/10	2yrs
Patrick C.	12/12/10	2yrs
Shannon K.	12/12/98	14yrs
Sarah H.	12/13/05	7yrs
Sara H.	12/15/10	2yrs
Sean A.	12/16/84	28yrs
Carter M.	12/17/06	6yrs
John L.	12/17/10	2yrs
Kris W.	12/17/03	9yrs
Melody J.	12/18/03	9yrs
Mel D.	12/21/06	6yrs

Grace Group con't.

Mark McK.	12/25/07	5yrs
Tim H.	12/27/04	8yrs
Lawrence R.	12/28/11	1yr
Lloyd W.	12/29/86	26yrs
Jeff H.	12/30/09	3yrs

Happy Hour Group-Hendersonville

Kate A.	12/14/92	20yrs
Richard M.	12/9/09	3yrs
Maurice S.	12/21/80	32yrs

Hendersonville Group

Mary Jo L.	12/8/00	12yrs
Brooks L.	12/20/11	1yr
Mitzi D.	12/27/01	11yrs
Richard D.	12/20/11	1yr
Ted A.	12/7/88	24yrs
Norma H.	12/11/89	23yrs
Chris K.	12/26/85	27yrs
Lynn B.	12/28/00	12yrs
Nick J.	12/31/06	6yrs

Leicester Group

Jo B.	12/31/07	5yrs
Perry C.	12/20/86	26yrs
Ralph A.	12/4/10	2yrs

Maple Grove Group

Karen E.	12/17/11	1yr
Anna McF.	12/28/97	15yrs

Serenity Seekers

Billy	12/24/09	3yrs
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Women of Grace

Carole W.	12/7/09	3yrs
Cindy W.	12/7/10	2yrs

Group secretaries, send in January anniversaries by December 15!

Profit & Loss YTD Comparison
Accrual Basis

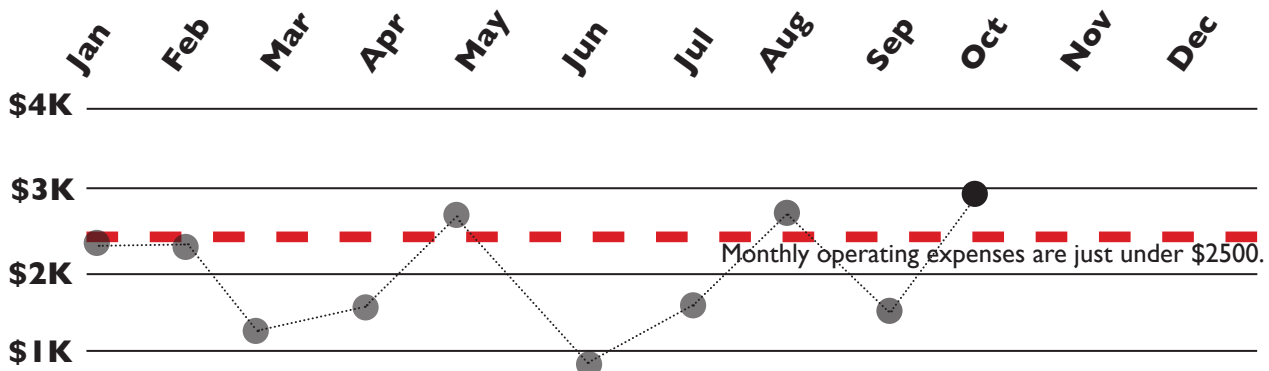
	Oct 12	Jan - Oct 12
Income		
Sales Income		
Conf/GV Approved	1,292.80	14,800.24
Non-Conf/GV-approved	757.09	8,127.83
Shipping & Handling	15.17	297.88
Total Sales Income	<u>2,065.06</u>	<u>23,225.95</u>
Other Income		
Subscriptions	0.00	11.00
Interest Income	0.00	5.46
Group Contributions	2,939.20	21,106.88
Individual Contributions	26.45	361.10
Total Other Income	<u>2,965.65</u>	<u>21,484.44</u>
Total Income	<u>5,030.71</u>	<u>44,710.39</u>
Cost of Goods Sold		
Freight	10.72	108.31
Non Conf/GV Approved	460.95	5,426.67
Conf/GV Approved	1,128.00	12,949.25
5000 · Cost of Goods Sold	2.20	57.93
Total COGS	<u>1,601.87</u>	<u>18,542.16</u>
Gross Profit	<u>3,428.84</u>	<u>26,168.23</u>
Expense		
Software	0.00	129.99
Accounting Services	0.00	340.95
Miscellaneous	-0.03	113.66
Bad Debts	0.00	21.04
Bank Service Charges	0.00	0.00
Copier Rental	335.90	1,833.05
Editor	120.00	1,200.00
Fees - Consultants, Legal, Audit	43.33	163.33
Insurance	536.57	536.57
Office Supplies	82.47	660.78
Payroll Expenses	767.84	8,804.39
Postage	63.00	943.65
Rent	462.00	4,584.00
Telephone		
Answering Service	211.00	3,227.74
Office Telephone	204.66	2,259.13
Total Telephone	<u>415.66</u>	<u>5,486.87</u>
Total Expense	<u>2,826.74</u>	<u>24,818.28</u>
Net Income	<u>602.10</u>	<u>1,349.95</u>



NCMCO sincerely thanks the groups for their ongoing support. For suggestions on how your home group might allot donations to AA service structures—GSO, Area, District, and Central Office—check out the pamphlets [Self Support: Where Money & Spirituality Mix](#) or [The AA Group](#).



2012 Financial Security Snapshot
Monthly group contributions compared to average monthly expenses



Group Contribution\$ Oct 2012 & YTD

4th Dimension		\$150.00	Men's Attitude Adjustment		\$50.00
11-11-11 Meeting		\$35.00	Mid Day Group (Hendersonville)		\$1,020.60
Acceptance Group	\$638.32	\$1,626.70	Mill Spring Group 656-821	\$10.00	\$38.00
Anonymous	\$0.02	\$50.02	Mission Group of Sylva 606-119		\$80.00
Around the Room Group	\$66.61	\$365.87	Monday Night Open Meeting	\$170.96	\$893.52
A'vl Women's BB Step Study		\$87.55	Mountain View (Highlands) 110-598		\$400.00
A'vl Big Book Step Study Grp	\$125.00	\$276.85	Murphy Big Book Group		\$30.00
Back to Basics	\$33.00	\$108.00	New Freedom Group		\$140.11
Big Town Group		\$376.34	Pisgah Group	\$199.00	\$274.00
Black Mountain Group		\$190.00	Plan B Group		\$200.00
Blue Ridge Grp 110-557		\$122.07	Recovery by the River 674-892	\$128.80	\$445.60
Brevard Serenity Group	\$81.00	\$81.00	Safe N Sound 645-654		\$124.13
Candler Kiss Grp 163-148		\$285.00	Second Chance Group- Cherokee		\$13.01
Cashiers Valley Grp 122-589		\$486.10	Serenity Seekers - Marion 663-204		\$35.00
Columbus Group		\$91.25	Serenity Service 110-498	\$330.00	\$600.00
Common Sense Group	\$27.20	\$163.37	Serenity Sisters Group		\$80.00
Conscious Contact (Asheville)		\$1,900.00	Skyland Meeting		\$60.00
Daily Decisions Group		\$190.33	Speed Bump Group	\$50.00	\$50.00
Daily Reflections - Blk Mtn	\$10.90	\$10.90	Sunshine AA Group	\$50.00	\$150.00
Day by Day Group		\$1,059.16	Sylva Group		\$50.00
Downtown Serenity		\$225.00	Sylvan Valley AA Group		\$150.00
Early Birds 612-780		\$502.55	Three Alarm Group		\$31.00
Fellowship Group	\$110.00	\$230.00	Total Surrender Group		\$200.00
Fireside Group		\$357.00	Traditional Group		\$100.00
Fletcher Group		\$100.00	Tryon 12 and 12	\$40.00	\$152.00
Good Livers 666-360		\$331.00	Tryon Thursday Meeting		\$175.00
Grace Group of Asheville	\$711.42	\$2,916.65	Tues Men's Big Book		\$50.52
Grace of God Group of H'vl		\$100.00	Waynesville Group		\$1,112.80
Happy Hour Group		\$300.00	Women of Courage	\$99.50	\$254.49
Joy of Living-Black Mountain		\$300.00	Women Of Grace	\$49.00	\$153.00
Joy of Living-Brevard		\$75.00	Young Peoples Group 645-646		\$52.29
Kanuga Group	\$22.50	\$202.50	Total Group Contributions	\$2,953.23	\$21,106.88
Lambda Group 617-035		\$75.00	Individual Contributions		
Leicester Group 143-417		\$200.00	Anonymous	\$2.45	\$231.10
Living in the Solution 685-693		\$122.00	In Memory of B.G.	\$10.00	\$100.00
Log Cabin Group		\$38.60	Bob Heuer		\$30.00
Maggie Valley Group 158-950		\$20.00	Total Individual Contributions	\$12.45	\$361.10
Mars Hill		\$80.00	Grand Total	\$2,965.68	\$21,467.98
Marshall Group 110-489		\$111.00			

**Central Office
Cash on Hand**

Checking Account	\$3489.88
Money Market (Prudent Reserve)	\$ 7016.02
Rent Deposit	\$500.00
Total	\$11005.90

Call & Visitor Log October 2012

AA Crisis 2
General Info 19
Family Help 2
Meeting Info 40
Central Office Business 42
Medical/Detox 0
Visitors 75
Answer Svc (Operator-Asst) 49

North Carolina Mountain Central Office News

Step 12 Call Coordinator Opening

This volunteer Board position liaises with the office manager and the paid answering service. Contact Cindy at the office for more info.

Board Secretary Opening

This volunteer position records the minutes of the monthly Board meetings and of the quarterly COR meetings. Contact Cindy at the office for more info.

Districts 71 and 80 Board Trustee Openings

Here's a great service opportunity for A.A.s with previous district-level service. Board members attend monthly meetings and quarterly COR meetings.

Accounts Receivables Department

Groups, please pay your bills in a timely fashion, so the Office can continue to stock its shelves. Group treasurers, please contact the office to check about any outstanding balances.

Next Board Meeting is...

Thursday December 13, 2012, at 6:00 pm, Central Office. All welcome. If you'd like to suggest an agenda item, email ncmco@bell-south.net (a few days in advance, please).



Meeting Updates District 70, 71, 80

New Meetings

- Asheville.** *Music and Gay Chatter Group* Monday 6:00 pm, The Cox House, 723 N Grove St, H'vl. See flier insert for more info (G, varied format)
- Asheville.** *Moments of Clarity Group* Tuesday, 6:00 pm, Lower Fellowship Bldg, Warren Wilson College, 701 Warren Wilson Rd (O, D)
- Asheville.** *Birds of A Feather* Saturday, 10:30 am, First Congregational UCC, 20 Oak St., Asheville-Room 103 (OD)
- Asheville.** *Came to Believe Group* Thursday, 7:00 pm UNCA, 102 Highsmith Auditorium (O, D)
- Asheville.** *Rule 62 Group*, Monday 7:00 pm. Trinity United Methodist Church, 587 Haywood Rd (O, D)
- Brevard.** *The Principles Group* Saturday, 11 am, Selica Methodist Church 529 Selica Rd (O, D)
- Franklin.** *Practical Sobriety* Thursday 7:00 pm. St. Cyprian's Episc Church, 216 Roller Mill Rd (O, BG)
- Hendersonville.** *Hendersonville Group* Sunday, 6:00 pm. 1620 Willow Rd, opposite Valley Hill Fire Dept.; handicap accesible (O, LS)

Meeting Changes

- Asheville.** *Safe and Sound Group* Tuesday 7:00 pm has moved to the 1st Congregational UCC, 20 Oak St., Fellowship Room (O, D)
- Asheville.** *Good Livers Group* 10:30 am has moved to St Mark's Lutheran, corner of E. Chestnut & Liberty Sts. (off Merrimon Ave.) (C, AB)
- Asheville.** *Veteran's Hospital* Friday, 12:30 pm is changing to Saturday 1:00 pm. Still meeting in multi-purpose room in basement, across from cafeteria.
- Fletcher.** *Fellowship Group* Saturday, 10:30 am at Calvary Episcopal (W, C, D) has changed from 10:30 am to 11:30 am
- Highlands.** *Mountain View Group* has moved its meetings to 1st Presbyterian Ch, lower level library, 5th St. entrance
- Marshall.** Friday night *Marshall Group* meeting is now held at 7:00 pm.

Cancelled Meetings

- Weaverville.** 11th Step Meditation Meeting, Thursday, 8:00 am, First Baptist Church

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Write ncmco@bellsouth.net. Subject line: *Subscribe Me*.

A.A. GRAPEVINE *featurette*

This month's special section features stories about celebrating the holidays sober. The holidays are a time for fun, fellowship, joy and laughter. But they also can be stressful, especially for newcomers.

Thanks to AA, we now have great tools to help us navigate parties and family gatherings—tools to help us with our loneliness, to help lower our expectations and remind us to laugh and reach out to others.

This month, we feature stories by members who found ways to stay sober through the holidays, while maintaining their serenity. Read more at www.aagrapevine.org



A.A. Events Calendar

Hendersonville Holiday Alcothons. 1620 Willow Rd (across from Fire Dept) Monday, December 24, starts at noon; meetings on the even hours. Last meeting at midnight.

Tuesday, December 25, starts at noon; meetings on the even hours. Last meeting at midnight.

Monday, December 31, starts at noon; meetings on the even hours. Last meeting at midnight.

Tuesday, January 1, starts at noon; meetings on the even hours. Last meeting at midnight.

Conscious Contact Group's New Year's Eve Alcothon. 2:00 pm Monday, December 31, –2:00 am Tuesday, January 1. North Asheville Community Center, 37 Larchmont Dr (below the Fire Dept). See event flier; please announce at meetings!

From A.A.'s Pamphlet Resources...

A.A. in Correctional Facilities

“Because sentences in city and county jails are usually shorter, A.A. [in jails] is somewhat different from A.A. in prisons. So far, there are fewer permanent or even semi-permanent A.A. groups in jails. When there is rapid turnover in a jail population, outside A.A.s — always in cooperation with the jail officials — provide meetings and follow through with individuals after they are released.

The steps to be taken to bring the A.A. program into a jail are much the same as described for prisons: preliminary meetings with administration and city or county officials; mutual understanding of the jail's rules, regulations, and restrictions; and clear-cut designation of responsibilities at both ends.”

Online, you can also access Alcoholics Anonymous's *Guidelines* on these related topics:

[Cooperating with Court, D.W.I. and Similar Programs](#)
[Corrections Committees](#)

::Update: To All Groups::

As you may have read in the November newsletter, the Executive Board of the North Carolina Mountain Central Office (NCMCO) has been discussing whether to restructure, due to unfilled board vacancies and low participation by group reps (CORs).

At the December 2012 and January 2013 board meetings, we will draft a plan to present at **the next COR meeting, to be held at 2:00 pm Sunday January 27 at Central Office (not Chunn's Cove!).**

At the least, all Central Office-related meetings are moving permanently to Suite 210 (70 Woodfin Place, Asheville). Since this issue affects all of Districts 70, 71, and 80, it is essential that A.A.s make their opinions and suggestions known.

The draft plan will be on the agenda of the January 27, 2013, Central Office Representatives meeting. Send the COR of your group or plan to attend the meeting yourself, to ensure that your voice is heard.

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

The District Express

NCMCO needs office volunteers from all three Districts. If you are good on the phone • want to help • are consistent • have a helpful attitude • some sobriety, please contact Central Office. (828) 254-8539 or ncmco@bellsouth.net.

All Districts: Committee Coordinators please send updates on committee meeting times, recent activity, and upcoming service opportunities! The January newsletter deadline is December 15.

Central Office Representatives (CORs) meet at 2p.m. on Sunday, January 27. Please read the "To All Groups" article and note that the meeting will be held at Central Office.

District 70

Contact any District 70 trusted servant through the website <http://ashevilleaa.org> (click the Contacts link at the top of the page).

GSR District Meeting is Sunday, December 9, 2:30 pm, at St. Luke's Episc. Church Parish House, 219 Chunn's Cove Rd, Asheville

Bridging the Gap (with treatment facilities). For more info, please contact Monica G., the TFC Chair at ashevilleaa.org; Brad S., BTG Chair; or Janey K., Co-Coordinator, at the toll-free number (888) 830-3155. If you would like to participate in this vital program feel free to attend the Service Committee Meeting (see listing, below). Learn more about BTG at <http://btgww.org/>.

Events Committee meets second Saturdays. Next meeting is December 8, 1:00 pm. Ingles Cafe, 1865 H'ville Rd (at Mills Gap, across from Earth Fare).

Service Committees meets the last Tuesday of every even-numbered month. Next meeting is December 18, 6:00 pm. Trinity Episcopal Church, 60 Church St, Asheville

District contributions are mailed to: District 70 Treasurer, PO Box 8574, Asheville, NC 28814

District 71

DCM: Whitney B.: foothillscal@gmail.com

District contributions are mailed to: R.L. Zipser, 86 Canterbury Trace, Brevard NC 28712

District 80

DCM: John E. - to contact go to www.aawnc80.org Groups, mail your **district contributions** to: Treasurer, PO Box 1599, Franklin, NC 28744

Need supplies but out of time? Call Central Office—we'll try to help you pick up your order when it works for you. We have...

- Medallions
- Pamphlets
- Grapevine & LaViña
- Bumper/window stickers
- Recovery greeting cards

Order by phone (we ship!) or stop by and browse the shelves.

• A.A. events at the national, state, and district level are listed in one place.

• Fliers included, for your meeting announcements

• You get straight-to-the-source links to AA events: email, web sites, and registration pages.

• Click any email address in the digital newsletter—it's a live link!

Tickle your inbox!

Request your free free free

colorful

interactive

Mountain

Doin's.

Sign up by writing to ncmco@bellsouth.net

Subject line: **Subscribe Me**





CELEBRATE WITH
FRIENDS
OF BILL W!!

NEW YEAR'S EVE Alcothon

Sponsored by Asheville's Conscious Contact Group

Monday, December 31st, 2pm
until

Tuesday, January 1st, 2am
at

North Asheville Community Center (below Fire Department)
37 East Larchmont Drive, Asheville, NC, 28804

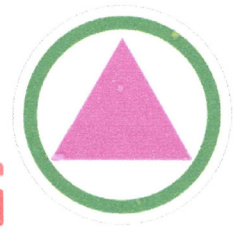
Meetings every 90 minutes (starting at 2:30),
yummy food and fellowship!

FREE & OPEN TO FRIENDS AND FAMILIES.

Please consider bringing a covered dish
(that doesn't require heating).



NEW AA MEETING



The "Music and Gay Chatter" Group

1st Meeting Monday November 5, 2012

A group open to all alcoholics, and serving the needs of Hendersonville's
Gay, Lesbian, Bi, and Transgendered (GLBT) community.

Our meeting our meeting is an open meeting of Alcoholic Anonymous following the
12 traditions of AA.

"Our membership ought to include all who suffer alcoholism. Hence we may refuse none
who wish to recover" Bill W. "On the 3rd Tradition"

"Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary
purpose - that of carrying its message to the alcoholic who still suffers." Bill W. "On the 5th Tradition"

Location:

The Cox House
723 North Grove St
Hendersonville, NC

Mondays @ 6PM

Tentative Monthly Meeting Format:

- 1st Monday-Open Beginners Meeting
- 2nd Monday-Open 12 x 12 Book Study
- 3rd Monday- Open Discussion
- 4th Monday-Open AA Literature Discussion
- 5th Monday-Open Speaker Meeting

Contact Info: John L (828)808-1758 or Jonathan L (828)699-2324