

# MOUNTAIN DOINGS

DECEMBER  
2015

(828) 254-8539

Office Hours  
10:00am - 1:00pm  
Monday-Friday

[info@ncmco.net](mailto:info@ncmco.net)

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



## ANNIVERSARIES



### Acceptance Group

Melanie B.	12-07-2012	3 yrs
Derek E.	12-09-2012	3 yrs
Love	12-09-1986	29 yrs
Mark P.	12-12-2010	5 yrs
Nancy H.	12-17-2005	10 yrs
Nolan	12-17-????	???
Jack W.	12-27-1991	24 yrs
Dylan D.	12-28-2013	2 yrs

### Asheville Big Book Step Study

LeeAnne M.	12-12-2009	6 yrs
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### Asheville Women's BBSS Group

Linda F.	12-12-1986	29 yrs
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### At Wit's End Group

Jamie S.	12-06-1995	20 yrs
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### Back to Basics Group

Tom H.	12-19-1975	40 yrs
Craig D.	12-26-1991	24 yrs

### Black Mountain Group

Bill C.	12-24-1989	26 yrs
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### Brevard Serenity Group

Ben G.	12-18-2011	4 yrs
Joe W.	12-20-2000	15 yrs
Tommy G.	12-25-2004	11 yrs

### Conscious Contact Group

Melvin	12-2012	3 yrs
Melvin L.	12-2012	3 yrs
Shannon	12-1998	17 yrs
Joe T.	12-1996	19 yrs
Jennye J.	12-1985	30 yrs

### Cumberland Group

Dave B.	12-01-1987	28 yrs
Jim H.	12-01-1982	33 yrs
Joey K.	12-08-2008	7 yrs
Lynne K.	12-16-2006	9 yrs
Carolyn B.	12-18-1993	22 yrs
Lloyd W.	12-29-1986	29 yrs

### Daily Decisions Group

Corey F.	12-31-2012	3 yrs
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### Fellowship Group

Megan T.	12-08-2013	2 yrs
George K.	12-14-1971	44 yrs
Jan T.	12-20-1987	28 yrs



### Grace Group

Jim Ha	12-01-1982	33 yrs
Chuck W.	12-10-2008	7 yrs
Carter M.	12-17-2006	9 yrs
Kyley C.	12-20-2014	1 yr
Mark M.	12-28-2013	2 yrs
Lloyd W.	12-29-1986	29 yrs

### Happy Hour Group

Anne D.	12-05-2014	1 yr
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### Hendersonville Group

MaryJo L.	12-08-2000	15 yrs
Chris K.	12-26-1985	30 yrs

### Leicester Group

Jo R.	12-31-2007	8 yrs
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### Mars Hill Group

Niecie D.	12-06-2013	2 yrs
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### Midday Group

Jude G.	12-03-2008	7 yrs
Kimberly M.	12-16-2010	5 yrs
Jim M.	12-28-1976	39 yrs

### Serenity Seekers Group - Marion

Joe T.	12-12-1977	38 yrs
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### Traditional Group

Kent H.	12-20-2012	3 yrs
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### Waynesville Grace Group

Chuck B.	12-18-1981	34 yrs
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### Women of Grace

Marjorie T.	12-05-1978	37 yrs
Debbie L.	12-10-2011	4 yrs

Need to update your Group's anniversary list? Call Central Office:  
(828) 254-8539 - or send a new list to: [info@ncmco.net](mailto:info@ncmco.net)



**New NC Mountain Central Office, Inc.**  
**Profit & Loss YTD Comparison**  
**October 2015**

	Oct 15	Jan - Oct 15
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
<b>Contributions</b>		
Birthday Contributions	365.00	605.00
Group Contributions	1,995.65	22,652.43
Individual Contributions	10.00	145.87
Subscriptions	0.00	33.00
<b>Total Contributions</b>	2,370.65	23,436.30
Interest on Money Market	0.60	5.88
<b>Sales Income</b>		
Literature & merchandise	1,862.87	24,969.85
Shipping	47.95	398.85
<b>Total Sales Income</b>	1,910.82	25,368.70
<b>Total Income</b>	4,282.07	48,810.88
<b>Cost of Goods Sold</b>		
<b>Cost of Goods</b>		
Discount	-10.56	-100.64
Freight	32.35	462.84
Literature & merchandise	1,505.18	19,630.15
Cost of Goods - Other	0.00	0.00
<b>Total Cost of Goods</b>	1,526.97	19,992.35
<b>Total COGS</b>	1,526.97	19,992.35
<b>Gross Profit</b>	2,755.10	28,818.53
<b>Expense</b>		
Copier Rental	163.24	1,650.82
Editor	120.00	1,200.00
ICOAA Conference	0.00	533.88
Insurance Expense	601.90	601.90
Office Expenses	126.15	294.39
Office Supplies	37.98	456.39
Payroll Expenses	1,683.24	11,979.77
QuickBooks Expenses	0.00	359.38
Rent	504.00	4,983.00
Sales Tax Paid to Vendors	22.14	158.10
Shipping to Groups	49.27	405.35
Stamps/Postage	68.60	708.74
<b>Telephone &amp; Internet</b>		
Answering Service	97.00	1,040.50
Office Telephone/Internet	145.84	1,434.22
<b>Total Telephone &amp; Internet</b>	242.84	2,474.72
Vendor Discount	-10.19	-88.18
Vendor Shipping	0.00	12.99
<b>Total Expense</b>	3,609.17	25,731.25
<b>Net Ordinary Income</b>	-854.07	3,087.28
<b>Net Income</b>	<b>-854.07</b>	<b>3,087.28</b>



## December Grapevine is now available!

This month, we feature stories by members who found that service is the best recipe for a peaceful, joyful holiday.



- Daily Grapevine Quote
  - The I-Poll
  - The Laugh's On Us
  - AAGV Info Emails
- [aagrapevine.org](http://aagrapevine.org)

### Cash on Hand as of 10/31/15

Money Market (Prudent Reserve) **\$7,032.85**  
 Operating Account (Checking) **\$5,331.36**  
 Rent Deposit **\$400.00**  
 Petty Cash **\$50.00**

## Call & Visitor Log

**OCTOBER 2015**  
 12 Step Calls – 3  
 General Info –9  
 Family Help – 1  
 Meeting Info – 34  
 Central Office Business – 60  
 Medical/Detox – 0  
 Visitors – 77

Answering Service  
 (Operator-Asst) –  
 99 minutes  
 (September)



# CONTRIBUTIONS - October 2015

	October	YTD/2015
11-11-11 Meeting		\$110.00
12 & 12 Study Group		\$250.00
3 Legacies Group 709-522	\$25.00	\$25.00
4th Dimension		\$50.00
Acceptance Group 122-477	\$492.17	\$1,310.60
Anonymous	\$106.36	\$799.17
Asheville BBSS Group 637-843		\$229.62
Asheville Women's BBSS Group		\$75.00
At Wit's End Group		\$145.53
Back to Basics (Weaverville) 147-139	\$100.00	\$335.00
Bethel Up the River Group		\$65.00
Big Town Group 671-200		\$344.81
Brevard Sylvan Valley Group 125-202		\$25.00
Burnsville Group 135-171		\$100.00
But for the Grace of God Group		\$30.00
BYOC - Bring Your Own Coffee	\$31.85	\$357.35
Candler Kiss Group 163-148	\$60.00	\$289.80
Cashiers Valley Grp 122-589	\$331.03	\$736.29
Chunn's Cove Men's Group		\$260.00
Conscious Contact (Asheville)		\$2,148.35
Daily Decisions 643-869		\$615.00
Daily Reflections - Fletcher 709-852		\$35.00
Daily Reprieve - from fear to Faith		\$25.00
Day by Day Group 159-058		\$2,328.65
Dry Dock Group		\$60.00
Early Bird Group 612-780		\$238.75
Fireside Group 655-046		\$512.50
Good Livers 666-360		\$149.05
Grace Group of Asheville 161-970		\$1,122.54
Happy Hour Group 169-182		\$148.91
Happy, Joyous & Free Group		\$45.00
High Noon Group 689-080		\$100.00
Higher Power Tower Hour		\$75.00
Hilltop Group 680-643	\$10.00	\$10.00
Joy of Living - Brevard 669-820	\$65.00	\$65.24
Kanuga Group 645-767	\$65.00	\$257.00
Lambda Group 617-035		\$73.00
Leicester Group 143-417		\$100.00
Library Group		\$50.00
Love & Share Group	\$80.60	\$201.76
Mars Hill Group 130-895		\$250.00
Marshall Group 110-489		\$60.00
Mid Day Group (Hendersonville)	\$100.00	\$427.00
Monday Night Open Meeting	\$62.69	\$464.32
Mountain View (Highlands) 110-598	\$73.63	\$555.89
Murphy Big Book Group		\$10.00
New Freedom Group 700-124	\$50.00	\$330.97
Original Way Group	\$10.00	\$92.50
Phoenix Group		\$75.00
Pisgah Group		\$286.49
Primary Purpose Group		\$95.81
Recovery at 6		\$10.00
Recovery by the River 674-892	\$34.57	\$620.79
Rule 62 Group	\$111.30	\$278.30
Saluda Back to Basics Group		\$35.00
Saturday Morning Men's Meeting		\$150.00
Second Chance Group - Cherokee		\$40.00
Serenity Seekers - Marion 663-204		\$200.00
Serenity Service 110-498	\$25.00	\$1,166.00
Skyland 12&12 Meeting	\$75.00	\$135.00
Skyland Big Book Group 693-372		\$50.00
Speed Bump Group 512-851		\$50.00
Spruce Pine Group 110-679		\$350.00
Steppin' Up Group		\$0.57
Sunshine AA Group		\$100.00
Surrender Group - Blk Mtn		\$125.00
The Principles Group 675-162	\$37.50	\$141.37
There Is A Solution		\$49.00
Total Surrender Group		\$425.00
Tryon 12 & 12 Group 690-877	\$10.00	\$42.26
Tryon Monday 5:30 Meeting		\$200.00
Waynesville Grace Group 110-692		\$1,297.00
We Think Not Group 700-411		\$60.00
Women of Courage		\$294.50
Women of Grace	\$35.00	\$153.00
Working at Recovery	\$3.95	\$3.95
Young People's Group 645-646		\$128.79

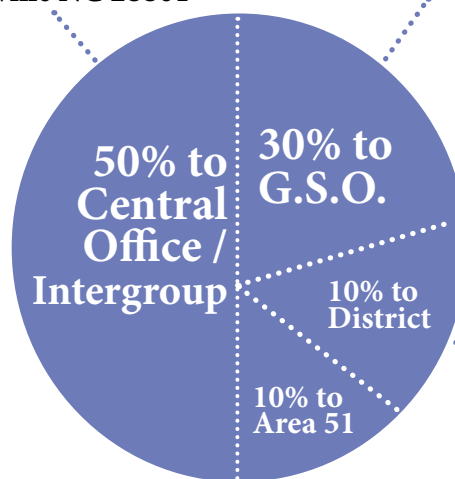
	October	YTD/2015
<b>Total Group Contributions:</b>	<b>\$1,995.65</b>	<b>\$20,656.54</b>
<b>Individual Contributions</b>		
Anonymous	\$0.00	\$45.87
In Memory of B.G.	\$10.00	100.00
<b>Total Individual Contributions:</b>	<b>\$10.00</b>	<b>\$145.87</b>
<b>Birthday Contributions:</b>	<b>\$365.00</b>	<b>\$605.00</b>
<b>Mountain Doin's Subscriptions:</b>	<b>\$0.00</b>	<b>\$33.00</b>
<b>Grand Total</b>	<b>\$2,370.65</b>	<b>\$23,436.30</b>

## Suggestions for Group Donations to the A.A. Service Structure\*

\* from the pamphlet [Self-Support: Where Money & Spirituality Mix](#). Recommendations for other percentages are also in the pamphlet.

**NCMCO**  
70 Woodfin Place,  
Ste 206  
Asheville NC 28801

**General Service Office**  
Grand Central Station  
PO Box 459  
New York NY 10163-0459



**Area 51 NCGSC**  
Treasurer  
PO Box 10931  
Raleigh, NC 27605

- District 70 Treasurer  
PO Box 8574  
Asheville NC 28814-8574
- District 71 Treasurer  
3486 Silver Creek Rd  
Mill Spring, NC 28756
- District 80 Treasurer  
91 Lullwater Cove,  
Cullowhee, NC 28723





# MEETING UPDATES: Districts 70 • 71 • 80

## New Meetings:

**Waynesville: Women's Grapevine Meeting:** Tuesday 10:30am. Waynesville Triangle Club, 142 Miller Street, 28786 (O,GV,D)

**Mills River: Love & Share Group:** Thursday 10:00am. WNC 181 Club, 181 Oren Drive, Mills River, 28759 (C,SS)

**Cherokee: Second Chance Group:** Tuesday 7:00pm. Cherokee Indian Hospital, Tsali Rd, Cherokee, 28719 (O,BG)

**Murphy: Women's Meeting:** Monday 7:30pm. Murphy Medical Center, 3990 E US Hwy 64 Alt, near Peachtree (W,O,D)

**Murphy: Senior Center Meeting:** Wednesday 1:00pm and Saturday 7:00pm. Penland Senior Center, 69 Alpine St (O,D)

**Brevard: Brevard Men's Meeting:** Thursday 7:00pm. United Community Bank – Straus Park, 1225 Asheville Hwy, Brevard 28712 (M,O,D)

**Hendersonville: Grupo Gratitude:** Wednesday & Saturday 7:30pm. 3548 Chimney Rock Rd, Hendersonville, 28793 (Spanish[SN],C,D)

## Meeting Changes:

**Cherokee: Sisters in Sobriety:** Friday 6:00pm. Moved to new location as of November 1: United Methodist Church, 150 Church Rd, Whittier 28789 (W,C,BB)

**Mills River: Bill's Kitchen:** Sunday – was at 6:00pm; now at 8:00pm. WNC 181 Club, 181 Oren Drive, Mills River 28759 (M,C,D)

**Mills River: Love & Tolerance Group:** Saturday. Time has changed from 6:30pm to 10:00am as of November 21. WNC 181 Club, 181 Oren Drive, Mills River, 28759 (O,SP)

**Fletcher: Fellowship Group:** Thursday. Time has changed from 7:00pm to 6:30pm as of November 1st, Calvary Episcopal Church, 2840 Hendersonville Rd, across from Ingles, Fletcher, 28732 (O,SP)

## Discontinued Meetings:

**Murphy: Hilltop Group:** Saturday 10:30am. 105 Penny Lane, Murphy. Meeting has been discontinued.

**Cherokee: New Hope Meeting:** Tuesday 8:00pm. Church of Christ, Hwy 19 N Mission Rd, has been discontinued.

**Does your Group need support?  
Let us know and we will put a  
notice in the newsletter.**

**The following meetings could use  
some support:**

**Hendersonville:** A new Spanish-speaking group! **Grupo Gratitude:** Wednesday & Saturday 7:30pm. 3548 Chimney Rock Rd, Hendersonville, 28793 (Spanish[SN],C,D)

**Asheville:** Wednesday 6:00pm, **12&12 Study Group:** (O, SS/TR,D) Groce United Methodist Church, 954 Tunnel Rd, classroom off the parking lot behind church on Governors View Rd.

**Canton:** Tuesday 7:00pm, **The Ark Group:** (O,D) Church of God of Prophecy, 860 Terrace Dr.

## Special Meetings and Events

### **Holiday Alcahons.**

- **Hendersonville Group** will be having Alcahons over the Christmas and New Year's holidays as follows:
  - December 24th - 12:00pm to 10:00pm
  - December 25th - 12:00pm to 10:00pm
  - December 31st - 12:00pm to 12:00am
  - January 1st - 12:00pm to 10:00pmmeetings on the even hours. There will be food but feel free to bring a dish to share if you like. Hendersonville Group, 1620 Willow Road (opposite the Valley Hill Fire Dept.) Hendersonville. Handicap Accessible.
- **Friday Night Live:** Last Friday of every month. Since the last Friday in December falls on Christmas Day, there will not be an

A.A. Anniversary Dinner Meeting this month. The next meeting will be January 29. Come then and enjoy the food and fellowship as celebrants share their experience, strength and hope. Happy holidays to all from the WNC 181 Club, 181 Oren Drive, Mills River 28759. Contact the WNC 181 Club by phone: 828-595-9581 or email: [office@wnc181club.org](mailto:office@wnc181club.org) or check their website: [www.wnc181club.org](http://www.wnc181club.org)

## The Service Express

Downloadable versions of the Mountain Doin's are available at [www.aancmco.org](http://www.aancmco.org). Updated Where & When meeting schedules are also available on the website.

### **All District Committee Chairpersons:**

Please send updates on committee meeting times, recent activity, and upcoming service opportunities! January newsletter deadline is December 15.

### District 70: [ashevilleaa.org](http://ashevilleaa.org)

**GSR Business Meeting** – held the 2nd Sunday of the month. Next meeting is scheduled for Sunday December 13, 2:30pm, at St. Luke's Episcopal, 219 Chunns Cove Rd, Asheville

**Service Committees Meeting** – held the last Tuesday of odd-numbered months. Next meeting is Tuesday, January 26, 6:00pm at Trinity Episcopal Church, 60 Church St, Asheville

### **Bridging the Gap (with treatment facilities)**

Attend the Service Committees Meeting or contact the TFC Chair at [ashevilleaa.org](http://ashevilleaa.org); the BTG Chair or co-coordinator at [bridgingthegap.asheville@gmail.com](mailto:bridgingthegap.asheville@gmail.com) or [www.btgww.org](http://www.btgww.org).

The District Archivist email is:

[archives@ashevilleaa.org](mailto:archives@ashevilleaa.org)

### District 71:

**GSR Meeting** – held the 2nd Saturday of odd-numbered months. Next meeting is Saturday, January 9, 1:00pm at 1620 Willow Rd,

Hendersonville (where Hendersonville Group meets). All interested AAs are invited to attend.

**Correction Facilities Committee** meets the 1st Saturday of even-numbered months. The next Corrections Committee meeting is December 5, 9:30am, 1620 Willow Rd, Hendersonville.

### District 80: [aawnc80.org](http://aawnc80.org)

**GSR District Meeting** will be Sunday, January 17, 1:30pm, Jackson County Family Resource Center, 1528 Webster Rd, Webster, NC 28788. Corrections is in need of both women and men to take meetings into jails.

### CORs / NCMCO: [aancmco.org](http://aancmco.org)

**Next NCMCO Board Meeting:** Thursday, December 10, 6:00pm, Central Office, 70 Woodfin Place, Suite 206, Asheville, NC 28801. All AA members are welcome to attend.

**Next combined COR/NCMCO Board meeting:** Thursday, January 14, 2016, 6:00pm, location to be determined.

### Volunteers

Both men & women are needed for correctional facilities and county jails. Attend your District's General Service Representative meeting, Service Committees meeting and/or Correctional Facilities Committee meeting for more information on these service opportunities! Or call Central Office – 828-254-8539 – for contact information.



## New Service Opportunity!

The NCMCO After-Hours Phone Volunteer subcommittee has dealt with all the questions and concerns posed by the Board so Central Office is now offering opportunities for AA members to answer calls after regular office hours. We are not eliminating the current answering service; rather, this involvement of volunteers will augment the service.

Individual AA members can sign up for one night a week or one night a month or even just an occasional night or weekend – whatever best fits their schedules.

The after-hours call times are: Monday, Tuesday, Wednesday, Thursday - from 1:00pm until 10:00am the following morning; Friday 1:00pm through the weekend until Monday 10:00am.

To participate, members need to fill out a sign-up sheet – available at the office or on the website: [aaNCMCO.org](http://aaNCMCO.org) – and then meet with a member of the subcommittee to go over the procedures and guidelines. If you are interested in volunteering for this service, please call Central Office – 828-254-8539. Thank you!



## Need to Order Group Supplies After Office Hours?



- call (828) 254-8539 during business hours: Monday–Friday, 10:00am–1:00pm
  - email your purchase list to: [info@ncmco.net](mailto:info@ncmco.net)
- We'll be happy to arrange for after-hours pickup (by you!) or shipping.

## NCMCO Board positions open for 2016-2017:

### **Chairperson**

1. Shall preside at Central Office Board and COR Committee meetings.
2. Shall see that all decisions of the Committees are acted upon.
3. Pursuant to specific authority given on occasion by the Committees, may sign and deliver contracts and other documents in the name of North Carolina Mountain Central Office Inc.
4. With the recommendation and approval of the Central Office Board, shall call for eligible people to stand for positions and appoint chairpersons of standing and special subcommittees.
5. Shall break tie votes of the Central Office Representatives and Central Office Board votes.
6. Shall perform all duties incident to the office of Chairman and other duties that may occasionally be assigned by the Committees.
7. Shall have five years' continuous sobriety at the time of taking office.

### **Secretary**

1. Shall perform all duties incident to the office and others as assigned.
2. Shall take minutes of all COR and Central Office Board meetings and have copies available at the Central Office's customary place of business within 14 days after the meeting.
3. Shall provide timely written notice of the meetings of the Committees.
4. Shall have charge of the books, records and papers of the North Carolina Mountain Central Office with the responsibility of filing same in the Office Manager's office.
5. Shall see that reports, statements and other documents required by law are properly kept and filed.
6. Shall follow the Alternate Chair in line of succession to the Chair.
7. Shall have at least five years' continuous sobriety at the time of taking office.

***If you are interested in standing for either of these positions please come to the next Board meeting, Thursday, December 10th, 6:00pm at Central Office, 70 Woodfin Place, Suite 206, Asheville 28801. Positions will be voted on at the next COR/Board meeting in January.***



## Corrections Corner

(Prayers, poems, stories from behind the walls)

### Hope

*Hope wakes you up every morning  
with a desire to get through the day clean  
and sober.*

*Hope gives you the inspiration to push  
forward*

*when you're on the verge of giving up.*

*Hope gives you the strength and courage  
to overcome those dreadful fears.*

*Hope brings love, joy and happiness  
back into your life.*

*Hope overpowers those negative thoughts.*

*Hope guides you when you lose your way.*

*Hope builds faith - and faith carries you  
when you can't walk on your own.*

*"Hope is inside you."*

--Written by Steven C. - from Craggy Prison

## AA Grapevine

### Announces

### "Forming True Partnerships"



#### FORMING TRUE PARTNERSHIPS

How AA members use the program to improve relationships

A collection of Grapevine stories showing the many ways members use the Twelve Steps, sponsorship, and the tools of the A.A. program to improve and repair

relationships, old and new (GV34), \$10.99; five or more copies, \$10.50.

To order this book or any other product from the GV collection, visit us at [AAGrapevine.org](http://AAGrapevine.org) and click on Store or call (800) 631-6025 US/Canada, (818) 487-2091

International or fax us at (818) 487-4550.

Source: [Box 4-5-9, Winter 2015, General Service Office, New York](#) Grapevine books are also available at the Central Office.

## Bridging the Gap/Corrections of District 71

Henderson, Transylvania and Polk Counties

***This service is offered to those individuals who are either incarcerated or recently released who would like to attend AA meetings.***

1. It is the responsibility of the inmate to call the Central Office requesting to go to a meeting as directed in the pamphlet Bridging the Gap/Corrections.
2. The inmate's contact information is taken and passed on to the BTG Coordinator who will contact the inmate for his/her full contact information and inform the volunteer.
3. It is the responsibility of the volunteer to make contact with the person to get him/her started going to meetings, introduced to other A.A. members, explain how the program works and encourage the person to get a home group and sponsor. The volunteer will take the person to meetings for about a week. He/she is not a sponsor but a guide through those first crucial days after release. **12TH STEP WORK IS ALWAYS DONE WITH 2 A.A. VOLUNTEERS.**
4. A BTG packet is available to all Corrections volunteers to keep with them when they go into the facilities and to offer them to the inmate who is facing a release date in the near future, ALWAYS getting permission from the officer to bring the material into the facility to give it to a specific inmate. Some inmates will call after they have been released.
5. The BTG packet contains the pamphlets "Bridging the Gap," "Information on Alcoholics Anonymous" and a current meeting schedule.

***UNDER NO CIRCUMSTANCES WILL A VOLUNTEER'S PERSONAL INFORMATION BE GIVEN OUT.***

***For more information regarding volunteering for this very important kind of 12 Step service, contact the District 71 Bridging the Gap Coordinator, Liz G. through the Central Office. 828-254-8539 or [info@ncmco.net](mailto:info@ncmco.net)***

# 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.*



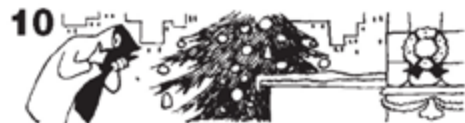
**7** *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.



*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.





# **Does your group have a COR?**

**(Central Office Representative)**

## **What is a Central Office Representative and What are their Duties?**

Central Office Reps (CORs) and their relationship with Central Office are similar to General Service Reps (GSRs) and their relationship with AA General Service Districts. CORs are responsible for voting their group's conscience at COR meetings and to inform the NCMCO Board about any concerns of their AA home group. The CORs try to keep their home groups informed about what the Central Office is doing. CORs are responsible for participating in the quarterly COR meetings, to share their home groups' experiences in carrying the AA message and express how NCMCO may better serve the area's AA Community.

## **Please check our website:**

**[www.aancmco.org](http://www.aancmco.org)**

***for the date & location of the next  
scheduled COR meeting.***