

Mountain Downs

JANUARY
2016

(828) 254-8539

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

info@ncmco.net

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

ANNIVERSARIES

Acceptance Group

Tom M.	1-01-1991	25 yrs
Julie	1-06-????	??
Beverly	1-10-2014	2 yr
Mikey	1-15-????	??

Around the Room Group

Tom W.	1-01-1991	25 yrs
Sam M.	1-05-2012	4 yrs
Bambi S.	1-19-1975	41 yrs

Asheville Big Book Step Study

Suzanne T.	1-01-1992	24 yrs
Ed R.	1-03-1988	28 yrs

Asheville Women's BBSS Group

Natalie B.	1-09-2009	29 yrs
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At Wit's End Group

Warren L.	1-13-2011	5 yrs
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Back to Basics Group

Nate S.	1-04-2013	3 yrs
Peggy S.	1-04-1995	21 yrs
Camille S.	1-20-1996	20 yrs

Black Mountain Group

Jeanne R.	1-01-1991	25 yrs
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Brevard Serenity Group

Dave R.	1-20-1996	20 yrs
Johnny P.	1-25-2013	3 yrs

Candler K.I.S.S. Group

Randy L.	1-24-2011	5 yrs
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Conscious Contact Group

Suzanne B.	1-1975	41 yrs
Nancy B.	1-1983	33 yrs
David B.	1-2004	12 yrs
Amy P.	1-2012	4 yrs

Cumberland Group

Myra B.	1-01-1994	22 yrs
Jill H.	1-18-2012	4 yrs
Judy M.	1-19-1982	34 yrs

Daily Decisions Group

Mike M.	1-01-1985	31 yrs
Joe A.	1-28-1978	38 yrs
Johnel V.	1-29-2001	15 yrs

Fellowship Group

Dale L.	1-10-2004	12 yrs
Doug E.	1-17-2015	1 yr
Joseph L.	1-17-2013	3 yrs
Julia R.	1-17-2001	15 yrs

Grace Group

Randy H.	1-01-2013	3 yrs
Robin L.	1-01-2009	7 yrs
Steve W.	1-11-1997	19 yrs
Andi K.	1-14-1999	17 yrs
Tony W.	1-20-2000	16 yrs
Ryan J.	1-24-2005	11 yrs
Amie S.	1-25-2009	7 yrs



Happy Hour Group

Jill R.	1-23-2014	2 yrs
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Hendersonville Group

Jennifer K.	1-25-2015	1 yr
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Riverside Group

Chris C.	1-06-2015	1 yr
Will S.	1-06-2015	1 yr
Wesley A.	1-26-2011	5 yrs

There is a Solution BBSS Group

Linda S.	1-30-1990	26 yrs
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Total Surrender Group

Ted N.	1-01-1985	31 yrs
Brandi C.	1-07-2006	10 yrs
Jill	1-18-2012	4 yrs
Amie S.	1-25-2009	7 yrs

Traditional Group

Warren L.	1-13-2011	5 yrs
Michelle M.	1-19-2011	5 yrs
Kimberly T.	1-29-2015	1 yr

Waynesville Grace Group

Beth E.	1-04-2015	1 yr
Morgan L.	1-15-2011	5 yrs
Suzanna B.	1-16-1997	19 yrs
Roland B.	1-25-1988	28 yrs
Joy W.	1-27-2009	7 yrs
Paula E.	1-28-1987	29 yrs

Women of Grace

Sandy T.	1-01-2010	6 yrs
Terry G.	1-10-1984	32 yrs
Cay F.	1-16-1983	33 yrs
Cynthia M.	1-18-1985	31 yrs

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



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

	Nov 15	Jan - Nov 15
Ordinary Income/Expense		
Income		
Contributions		
Birthday Contributions	0.00	605.00
Group Contributions	4,107.11	26,759.54
Individual Contributions	20.56	166.43
Subscriptions	0.00	33.00
Total Contributions	4,127.67	27,563.97
Interest on Money Market	0.58	6.46
Sales Income		
Literature & merchandise	2,228.07	27,194.94
Shipping	28.50	427.35
Total Sales Income	2,256.57	27,622.29
Total Income	6,384.82	55,192.72
Cost of Goods Sold		
Cost of Goods		
Discount	-15.99	-116.63
Freight	39.09	501.93
Literature & merchandise	1,788.67	21,418.82
Cost of Goods - Other	0.00	0.00
Total Cost of Goods	1,811.77	21,804.12
Total COGS	1,811.77	21,804.12
Gross Profit	4,573.05	33,388.60
Expense		
Copier Rental	173.72	1,824.54
Editor	120.00	1,320.00
ICOAA Conference	0.00	533.88
Insurance Expense	0.00	601.90
Office Expenses	20.00	314.39
Office Supplies	0.00	456.39
Payroll Expenses	1,261.79	13,241.56
QuickBooks Expenses	0.00	359.38
Rent	504.00	5,487.00
Sales Tax Paid to Vendors	12.16	170.26
Shipping to Groups	28.50	433.85
Stamps/Postage	73.08	781.82
Telephone & Internet		
Answering Service	92.50	1,133.00
Office Telephone/Internet	145.84	1,580.06
Total Telephone & Internet	238.34	2,713.06
Vendor Discount	0.00	-88.18
Vendor Shipping	0.00	12.99
Total Expense	2,431.59	28,162.84
Net Ordinary Income	2,141.46	5,225.76
Net Income	<u>2,141.46</u>	<u>5,225.76</u>



January Grapevine is now available!

This month, we feature stories about being a beginner.



- Daily Grapevine Quote
 - The I-Poll
 - The Laugh's On Us
 - AAGV Info Emails
- aagrapevine.org

Cash on Hand as of 11/30/15

Money Market (Prudent Reserve) **\$7,033.43**
 Operating Account (Checking) **\$8,970.01**
 Rent Deposit **\$400.00**
 Petty Cash **\$50.00**

Call & Visitor Log

NOVEMBER 2015

12 Step Calls – 2
 General Info – 5
 Family Help – 3
 Meeting Info – 27
 Central Office Business – 30
 Medical/Detox – 2
 Visitors – 84

Answering Service
 (Operator-Asst) – 90
 minutes (October)



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 – 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!



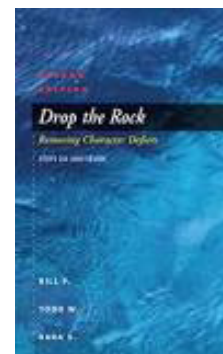
Need to Order Group Supplies After Office Hours?



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

Interested in Studying “Drop the Rock”?

An AA member is interested in forming a meeting or group to read and discuss the book “Drop the Rock – Removing Character Defects - Steps Six and Seven” published by Hazelden. If you are interested in studying this book with other AA members please call or email Central Office for more information.



We need updated contact information for your Group!

AA members: We are trying to update our records and want to make sure we have the most recent contact information for each group. Some Groups we have no current contact information for so we are asking you all to have someone in your group – chairperson, secretary, treasurer, Central Office Representative? (We hope each Group will elect a COR!) – contact us here at Central Office: 828-254-8539 or info@ncmco.net Thank you!

AA Newsletters Available Online

http://www.aa.org/pages/en_US/gso-newsletters

About AA About A.A. is the newsletter from the General Service

Office of the U.S. and Canada for professionals of all types who deal with alcoholics, including professionals in the fields of healthcare, law, corrections and clergy.

box
459

Box 4-5-9 is a quarterly news bulletin from the U.S./Canada General Service Office. This newsletter includes information about

A.A. service, literature, events, sharing from groups, service committees and individual U.S./Canada A.A. members.

markings The Archives eNewsletter, Markings

features stories about the history of A.A. and articles relating to the Archives profession for A.A. local Archivists involved in gathering and preserving the Fellowship's history.

Corrections Corner

(Prayers, poems, stories from behind the walls)

Recovery in Prison

It's been a long hard journey for me but thanks to AA that journey is a miracle now!

After numerous times of coming to prison I never took the time to look at the reason or cause that kept sending me back. I had become so adapted to that lifestyle that coming to prison seemed normal in my life. Lying, stealing, cheating became my everyday routine. When I would think about not drinking or getting a job or becoming a respectable person I would be afraid. I didn't know how to have a normal life, how to follow rules, how to survive by doing the right thing. I was scared to death to change

my life for the better. That insane way of thinking was comfortable to me. Now that is crazy, but it had become a part of me. I hated myself. I knew I was killing myself and hurting everyone in my life but I didn't have the strength or courage to change. I had become dark and numb and the alcohol kept me from thinking about it. Somewhere inside of me I wanted to love and be loved. I wanted a better life but how could that be possible – to have happiness after all the pain, hate and anger inside of me. All the loved ones I hurt, the relationships I destroyed. I was killing myself and I knew I had to change. I was either going to die from my disease or die in prison. Something had to be done!

I found AA in jail, I mean truly found it and actually did what the literature and members suggested. I was never serious at my few attempts at getting sober on the outside. I did it for others, not myself. After giving in to this way of life let me tell you of the happiness, peace, love and motivation I have in my life now. It is so good to have a conscience again, to feel love and have morals and values in my life. When I know I'm about to do something wrong I actually think of the consequences, or who I might hurt. I'm able to pray and ask my higher power for strength to make better decisions and it works! Living by all the principles in AA has made me feel human again. Applying the steps in my everyday life gives me a guideline to live by. Going to meetings in here helps me stay reminded of the alcohol problem. It's easy to forget that I'm alcoholic and can become insane again in the blink of an eye. I'm happy, I love myself and I know I can have a life outside of prison as long as I keep God and AA the center of my life. With the two of them I want to be able to stay out of here. Thank you AA for showing me a better life and showing me I can be a good person! Also I want to thank the volunteers for bringing meetings to Craggy Correctional.

--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 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.

CONTRIBUTIONS - November 2015

	November	YTD/2015
11-11-11 Meeting		\$110.00
12 & 12 Study Group	\$100.00	\$350.00
3 Legacies Group 709-522		\$25.00
4th Dimension		\$50.00
Acceptance Group 122-477		\$1,310.60
Anonymous	\$6.38	\$805.55
Asheville BBSS Group 637-843	\$55.75	\$285.37
Asheville Women's BBSS Group		\$75.00
At Wit's End Group		\$145.53
Back to Basics (Weaverville) 147-139		\$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	\$51.00	\$408.35
Candler Kiss Group 163-148		\$289.80
Cashiers Valley Grp 122-589		\$736.29
Chunn's Cove Men's Group	\$20.00	\$280.00
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	\$600.00	\$2,928.65
Dry Dock Group		\$60.00
Early Bird Group 612-780		\$238.75
Fellowship Group 655-542	\$225.89	\$225.89
Fireside Group 655-046		\$512.50
Good Livers 666-360		\$149.05
Grace Group of Asheville 161-970	\$512.19	\$1,634.73
Great Fact Group	\$50.00	\$50.00
Happy Hour Group 169-182	\$50.00	\$198.91
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
Joy of Living - Brevard 669-820		\$65.24
Kanuga Group 645-767		\$257.00
Lambda Group 617-035	\$458.50	\$531.50
Leicester Group 143-417		\$100.00
Library Group		\$50.00
Love & Share Group		\$201.76
Maggie Valley Group 158-950	\$80.00	\$80.00
Mars Hill Group 130-895	\$150.00	\$400.00
Marshall Group 110-489		\$60.00
Mid Day Group (Hendersonville) 143-420	\$154.00	\$581.00
Monday Night Open Meeting		\$464.32
Mountain View (Highlands) 110-598		\$555.89
Murphy Big Book Group		\$10.00
New Freedom Group 700-124	\$50.00	\$380.97
Original Way Group	\$10.00	\$102.50
Phoenix Group		\$75.00
Pisgah Group	\$88.67	\$375.16
Primary Purpose Group		\$95.81
Recovery at 6		\$10.00
Recovery by the River 674-892	\$28.23	\$649.02
Rule 62 Group		\$278.30
Safe & Sound Group 645-654	\$703.00	\$703.00
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	\$150.00	\$350.00
Serenity Service 110-498	\$25.00	\$1,191.00
Skyland 12&12 Meeting		\$135.00
Skyland Big Book Group 693-372	\$50.00	\$100.00
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		\$141.37
There Is A Solution	\$60.50	\$109.50
Total Surrender Group	\$300.00	\$725.00
Tryon 12 & 12 Group 690-877		\$42.26
Tryon Monday 5:30 Meeting	\$63.00	\$263.00
Waynesville Grace Group 110-692		\$1,297.00
We Think Not Group 700-411		\$60.00
Women's Grapevine Meeting	\$25.00	\$25.00

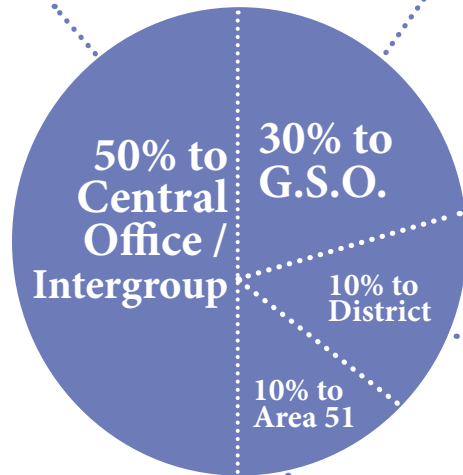
	November	YTD/2015
Women of Courage		\$294.50
Women of Grace		\$153.00
Women of Principles	\$40.00	\$40.00
Working at Recovery		\$3.95
Young People's Group 645-646		\$128.79
Total Group Contributions:	\$4,107.11	\$26,759.54
Individual Contributions		
Anonymous	\$10.56	\$56.43
In Memory of B.G.	\$10.00	\$110.00
Total Individual Contributions:	\$20.56	\$166.43
Birthday Contributions:	\$0.00	\$605.00
Mountain Doin's Subscriptions:	\$0.00	\$33.00
Grand Total	\$4,127.67	\$27,563.97

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:

Lake Lure: *Lake Lure Group:* Monday 6:30pm (O, BB) & Friday 5:30pm (O,D) Fairfield Mountain Chapel, 1384 Buffalo Creek Rd, 28746

Waynesville: *Women's Grapevine Meeting:* Tuesday 10:30am. Waynesville Triangle Club, 142 Miller Street, 28746 (O,GV,D)

Mills River: *Moment of Clarity Group:* Monday 6:00pm. WNC Club, 181 Oren Drive, 28759 (O, BB/D)

Mills River: *Young People's Group:* Tuesday 8:00pm. WNC 181 Club, 181 Oren Drive, 28759 (O,D)

Mills River: *Young People's Group - Fireside Meeting:* Saturday 10:00pm. WNC 181 Club, 181 Oren Drive, 28759 (O,D, Candlelight)

Meeting Changes:

Asheville: *S.O.B.E.R Group:* Tuesday. Time has changed from 8:00pm to 7:00pm as of December 1, Oak Hill United Methodist Church, 277 Oak Hill Rd. (C,D)

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:

Asheville: *Men's Big Book Step Study:* Thursday 6:30pm. First Presbyterian Church. 40

Church Street. Meeting has been discontinued.

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 Gracitud:* 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.

The Service Express

Downloadable versions of the Mountain Doin's are available at 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! February newsletter deadline is January 15.

District 70: ashevilleaa.org

GSR Business Meeting – held the 2nd Sunday of the month. Next meeting is scheduled for Sunday January 10, 2:30pm, at St. Luke's

Episcopal, 219 Chunn's 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; the BTG Chair or co-coordinator at bridgingthegap.asheville@gmail.com or www.btgww.org.

The District Archivist email is:

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 February 6, 9:30am, 1620 Willow Rd, Hendersonville.

District 80: 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

Next combined COR/NCMCO Board meeting: Thursday, January 14, 2016, 6:00pm, at WNC 181 Club, 181 Oren Drive, Mills River, 28759

Anyone interested in receiving the Minutes from the COR/Board Meetings? Just send us an email (info@ncmco.net) and we will send the the Minutes. Better yet? Come to the next COR/ Board meeting!

Volunteers

Both men & women volunteers are needed for meetings at Correctional Facilities and County Jails as well as volunteers for Treatment Committee meetings going to Neil Dobbins and Copestone – especially women and young people. For more information on these vital service opportunities attend your District's General Service Representative meeting, Service Committees meeting and/or Correctional Facilities Committee meeting. Or call Central Office – 828-254-8539 – for contact information.



Grapevine Calendar of Events

Attend or Share an Event



Want to share the details of your event with the greater AA community? Post to our calendar the date, place, time and other information about your conference, roundup, convention, campout or other AA function.

Read our guidelines for event submission and fill out form to submit your event. <http://www.aagrapevine.org/webform/498>

Area 51 Western Pre-Conference

Saturday April 2

Noon until 4PM

Long's Chapel United Methodist Church

175 Old Clyde Highway

Waynesville, NC 28785

This is an exciting opportunity to get involved in the General Service Conference (GSC) process by discussing specific agenda items and providing feedback to our Area Delegate prior to the GSC in NYC.

****lunch will be Provided****

<<For a map link go to: aancmco.org/events/>>