

Mountain DECEMBER 2021

Doings

828-254-8539

Central Office is still staffed
Monday-Friday - 10am-1pm
but not currently open to visitors.
Call or email if you have
any questions.

info@ncmco.net



A Sparkling Eve

By: Laura B. - Hot Springs, Ark.

It was her first sober New Year's Eve and all she wanted was a nice night out with her husband

I'd been sober in AA for six months now, and this was my first New Year's Eve not drinking. I was spending it with my husband, who doesn't drink and never has. He'd put up with me and my wine drinking for a long time. He never understood why I couldn't just have a glass or two of wine and then put the bottle away. I didn't know how to stop. It had become apparent to both of us that my drinking was causing strife and might cause us to break our commitment to each another.

I really wanted to stop drinking. But every time I stopped, I'd relapse after three or four months. I did not have a good track record. For some reason though, the third time was the charm, as they say. My husband became much more supportive and encouraging. He was proud of me. I began to feel good about my life and about myself.

This night was going to be the best New Year's Eve ever because I was finally sober. I had on a new dress. I felt like a queen on the arm of my king. My husband and I had early dinner reservations at one of the city's nicest restaurants. I wanted to be there before the serious drinkers arrived.



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The restaurant was far from full when we got there, but they sat us in the bar. There were no other table choices unless we wanted to wait. In the bar, I watched elegantly dressed women drinking wine out of graceful, delicate wine glasses. I decided I wanted sparkling water in one of those lovely glasses, with a lime and a cherry. I'm an artist and for me, food tastes better out of bone china than on a plastic plate. It just does. When the server arrived to take our drink order I said, "I'd like some sparkling water."

"Sorry. We don't have sparkling water," the server said. "Do you have club soda?" I asked. "Yes," she replied. Then I said, "May I have a club soda, no ice, with a garnish of lime and a cherry? In a wine glass like the ladies at the bar?"

"I'm sorry, ma'am," the server said shaking her head. "The wine glasses are reserved for wine drinkers tonight." Things got silent. "Surely you can find a wine glass for me," I said, intending to tell her that this was my first sober New Year's Eve.

Just then, my husband put his arm around me

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December Grapevine now available!



This month's special section is "Remote Communities & Sober Holidays," featuring stories to remind us about alcoholics who might have trouble reaching us and how we can help. Plus some wonderful holiday AA stories. Also featuring stories of hope during the COVID-19 pandemic.

<https://www.aagrapevine.org/>



The Birthday Plan

For many years, A.A. members have celebrated their sobriety by sending a contribution to the General Service Office. Your birthday (or anniversary) money helps to support G.S.O.'s services to members and groups throughout Canada and the U.S., to ensure that the A.A. message is carried around the world. The services that G.S.O. provides the A.A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety. You may request these Birthday Contribution Envelopes (FR-5) from G.S.O., for yourself or for your group, at no charge.

(Reprinted from Box 4-5-9 Vol. 62, No.1 / Spring 2016)

Birthday Contribution Envelopes are available for free at Central Office.



We also have envelopes for sending Birthday Contributions to the Central Office!

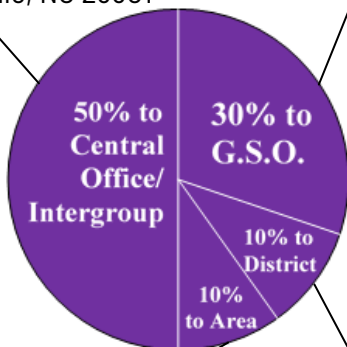
Stop by the Office to pick up envelopes for yourself or your group members. Or call us (828-254-8539) and we will mail envelopes to you. We thank all the A.A. members and groups who donate so generously!

How ARE we "Self-Supporting?"

Suggestions & Addresses for sending donations to the A.A. Service structure* Revised for 2021

* From the pamphlet "Self-Support: Where Money & Spirituality Mix." Recommendations for other percentages are also in the pamphlet.

NCMCO
70 Woodfin Place
Suite 206
Asheville, NC 28801



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

District 70 Treasurer
PO Box 8574
Asheville, NC 28814-8574

District 71 Treasurer
PO Box 202
Hendersonville, NC 28793

District 80 Treasurer
197 Mountain Top Drive
Murphy, NC 28906

NCGSC - Area 51
Treasurer
P.O. Box 7337
Kill Devil Hills, NC 27948

Call & Visitor Log October 2021

12 Step Calls - 10
General Info - 2
Family Help - 3
Meeting Info - 46
Central Office Business - 52
Medical/Detox - 0
Visitors - 0
Answering Service - 0
After-hours Volunteers - 40 calls



Visits to aaNCMCO.org website:
Unique Visitors - 1,146
Total Visits - 1,894; Visits/Visitor - 1.65
Total Pages - 9,417; Pages/Visits - 4.97




COR/NCMCO Board Meeting


COR/Board meetings are held every other month on the odd-numbered months.


All the open positions were filled at the November meeting. We welcome the following new Board members: Patrick A, Chair; Carol N, Alt-Chair; Alison, Secretary; Pam C, Newsletter Editor. Many thanks to outgoing Chair Jimmy L and Secretary Pam C.

The next combined meeting will be Thursday, **January 13, 6:00pm**. It will again be via Zoom. All AA members are welcome to attend but only Group CORs may vote. In January we will be approving the NCMCO budget for 2022.

For updated meeting information and Zoom link, check the website: 
<https://aanmco.org/index.php/news-events/>

Where to Find Meetings

Printable In-person Meeting Guide 

Meetings in all 3 Districts 

Meetings in District 70 

Meetings in District 71 

Meetings in District 80 

Cash on Hand as of 10/31/2021

Prudent Reserve -
\$11,095.58

Operating Account -
\$23,632.49

Rent Deposit - \$400.00
Petty Cash - \$50.00

Profit & Loss YTD

	Oct 2021	Jan - Oct, 2021 (YTD)
Income		
Contributions		
Birthday Contributions		\$442.87
Group Contributions	\$2,941.74	\$27,834.63
Individual Contributions	\$191.71	\$4,046.10
Total Contributions	\$3,133.45	\$32,323.60
Interest on Money Market	\$0.94	\$9.22
Sales Income		
Literature & merchandise	\$2,191.22	\$13,349.94
Shipping charged to groups	\$39.36	\$361.00
Total Sales Income	\$2,230.58	\$13,710.94
Sales of Product Income		\$50.05
Total Income	\$5,364.97	\$46,093.81
Cost of Goods Sold		
Cost of Goods		\$0.23
Cost of Goods Sold		\$65.49
Freight - vendor shipping	\$92.27	\$346.26
Inventory Shrinkage	-\$74.45	-\$48.95
Literature & merchandise	\$1,713.68	\$10,535.10
Shipping to groups	\$48.89	\$348.46
Total Cost of Goods Sold	\$1,780.39	\$11,246.59
GROSS PROFIT	\$3,584.58	\$34,847.22
Expenses		
Computer, Software, IT Asst		\$5.00
Copier Rental		
Copier - monthly fee	\$167.42	\$1,631.15
Total Copier Rental	\$167.42	\$1,631.15
Fire Inspection (good for 3yrs)		\$26.25
Insurance Expense		\$605.00
Office Expenses	\$14.99	\$149.90
Office Supplies		\$8.48
Office Supply items	\$16.13	\$71.10
Sales Tax on Supplies		\$2.95
Total Office Supplies	\$16.13	\$82.53
PayPal Fee	\$26.09	\$214.84
Payroll Expenses		\$5.25
Gross Salary (Including Taxes)	\$1,260.00	\$13,230.00
Payroll Taxes (Company)	\$96.40	\$1,019.65
Total Payroll Expenses	\$1,356.40	\$14,254.90
Rent	\$584.00	\$5,840.00
Stamps/Postage		\$2.90
Telephone & Internet		
Office Telephone/Internet	\$104.98	\$1,049.80
Web Expenses		\$194.34
Total Telephone & Internet	\$104.98	\$1,244.14
Total Expenses	\$2,270.01	\$24,056.61
NET OPERATING INCOME	\$1,314.57	\$10,790.61
NET INCOME	\$1,314.57	\$10,790.61



Group Contributions:	Oct 2021	YTD
12 & 12 Study Group 717-595		\$96.32
3 Legacies Group 709-522		\$125.00
Acceptance Group 122-477		\$2,616.62
At Wit's End Group		\$22.00
Backyard Group		\$430.00
Big Town Group 671-200	\$174.35	\$714.37
Black Mountain Group 117-117		\$25.00
Brevard Open Air Group		\$70.00
But for the Grace of God Group 629-162		\$46.00
BYOC - Bring Your Own Coffee	\$100.00	\$100.00
Candler KISS Group 163-148	\$120.00	\$120.00
Cashiers Valley Grp 122-589	\$404.17	\$1,151.22
Cedar Mountain Group 161-082		\$326.00
Clear Cut Directions		\$61.00
Conscious Contact Group - Asheville		\$518.00
Cullowhee Valley Group 118-129	\$50.00	\$125.00
Cumberland Group 122-472		\$240.00
Daily Decisions 643-869		\$1,818.16
Day by Day Group 159-058	\$350.97	\$1,020.18
Early Bird Group 612-780		\$228.00
Fireside Group 655-046		\$175.00
Friday Bunch		\$82.00
Good Livers 666-360		\$414.68
Grace Group of Asheville 161-970		\$3,595.40
Great Fact Group - Waynesville		\$885.41
Happy Hour Group - Hendersonville 169-182		\$100.00
Happy, Joyous & Free - Columbus		\$128.00
Hendersonville Men's Group	\$100.00	\$375.00
Keystone Group		\$75.00
Leicester Group 143-417		\$50.00
Liars Club		\$1,665.00
Library Group 672-283		\$75.00
Live & Let Live - Forest City		\$270.00
Love & Tolerance Group		\$100.00
Marion Noon AA - Serenity Seekers 663-204		\$300.00
Mars Hill Group 130-895		\$200.00
Men's Attitude Adjustment Group 670-850		\$107.25
Midday Group (Hendersonville) 143-420		\$325.00
Mission Group 606-119		\$54.00
Monday Night Laid Back Group - Morganton		\$8.74
Montford Storytellers	\$40.00	\$79.00
Mountain View Group (Highlands) 110-598	\$347.65	\$585.37
On Awakening Group	\$377.66	\$377.66
Practicing Principles 667-311		\$175.64
Primary Purpose Group		\$70.00
Recovery by the River 674-892		\$392.20
Safe & Sound Group 645-654	\$115.44	\$384.17
Saturday Morning Men's Meeting	\$150.00	\$350.00
Serenity Now 670-803		\$250.00
Serenity Service Group 110-498	\$400.00	\$1,937.00
Sisters of Sobriety (H'ville) 715-661		\$296.96
Skyland Big Book Group 693-372		\$100.00
Sober Sisters - Flat Rock		\$285.26
South Asheville Literature	\$58.50	\$285.50
Spruce Pine Group 110-679		\$100.00
Spruce Pine Saturday Morning Group 110-679		\$43.00
Steps in Sobriety Group 728-947		\$91.67
Sunlight of the Spirit Group 727-048		\$183.00
Sunset 12 Step Group		\$50.00
Surrender Group - Black Mtn 660-428	\$50.00	\$200.00
The 164 Group		\$200.00
Total Surrender Group		\$250.95
Traditional Group 110-499		\$300.00
Waynesville Grace Group 110-692		\$960.00
Waynesville In the Park Meeting		\$419.00
We Think Not Group 700-411		\$58.00
West Asheville Group 110-501		\$125.00
Women's BBSS Group - Hendersonville		\$177.50
Women of Courage Group		\$166.40
Young People's Group 645-646	\$103.00	\$103.00
Total Group Contributions:	\$2,941.74	\$27,834.63



CONTRIBUTIONS



Individual Contributions:	Oct 2021	YTD
Anonymous	\$11.71	\$248.45
Bob P.		\$100.00
Barbara M.		\$60.00
Brad S.		\$12.71
Brian I.	\$5.00	\$5.00
Charles M.		\$100.00
Chris M.		\$100.00
Chuck E.		\$100.00
Cythera W.		\$14.44
Dylan J.		\$9.83
Gerd S.		\$300.00
Greg G.		\$175.69
Harry R.		\$8.00
Janet C.		\$50.00
Jean R.		\$10.00
Jessica D.		\$10.00
Jill K.		\$50.00
Judith H.		\$25.00
Judy M.		\$95.32
Katherine H.	\$20.00	\$200.00
Kay G.	\$15.00	\$150.00
Kathleen L.		\$6.01
Kathryn S.		\$1.00
Margaret N.		\$70.00
Marsha P.	\$25.00	\$100.00
Mary "Kelly" M.		\$50.00
Meghan C.		\$5.00
Morgan L.		\$50.00
Nancy NS.	\$30.00	\$30.00
Nat C.		\$45.00
Pam C.		\$20.00
Penny M.		\$100.00
Sandra S.	\$10.00	\$50.00
Sara D.		\$100.00
Sarah L-F.		\$180.00
Shannon K.	\$25.00	\$250.00
Sheila D.	\$20.00	\$200.00
Shelley F.		\$2.00
Steven M.		\$3.99
Suzanne L.		\$125.00
Tara B.		\$93.03
Tom O'B.		\$10.31
Tom W.		\$20.00
Victoria C.		\$40.00
Wm "Pat" D.	\$20.00	\$200.32
William R.		\$20.00
Woodrow M S		\$300.00
In Memory of Phyllis C.		\$50.00
In Memory of B.G.	\$10.00	\$100.00
Total Individual Contributions:	\$191.71	\$4,046.10
Birthdays Contributions:	Oct 2021	YTD
Anonymous		\$27.87
Angie C.		\$22.00
Bruce		\$3.00
Jill H.		\$18.00
Joannie		\$47.00
Judy M.		\$39.00
Lucy R.		\$30.00
Monica G.		\$220.00
Sandy F.		\$36.00
Total Birthday Contributions:	\$0.00	\$442.87
Mountain Doin's Subscriptions:	\$0.00	\$0.00
Total Contributions:	\$3,133.45	\$32,323.60

Note: If you think there is a contribution missing from your group total, please let us know. We try our best to get donations listed correctly, but we do make mistakes sometimes and list a donation under the wrong group. As always, we thank you all - A.A. groups and individual members - for your generous support!



A Sparkling Eve

(continued from page 1)

and gently interrupted. "We will buy the g-damn glass," he said calmly. The server looked at him, then looked at me and nodded. She brought my beautiful glass full of ice-cold club soda with no ice and the garnish requested. She refilled my glass during our meal. Sparkling club soda really tasted better to me than fine champagne, which had been my poison of choice for New Year's Eve.

As I drank my club soda, I paid close attention to even the small details. The bubbles, the temperature, the glass, the garnish... my husband's blue eyes, pride, our private conversation, the moment, living one day at a time.

I told this story about my husband and our dinner to my sister. "He's a keeper," she said.

Did I keep the glass as a souvenir? No. The restaurant did not charge us for the glass nor for the club soda. We also decided that keeping the glass would not enhance the wonderful memory of our night. The server got a nice big tip, by the way. Happy New Year!

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AA Members: submit your stories, poems or articles!

Do you have a personal story, a poem or an interesting article you would like to see published in the *Mountain Doin's*?

Send it to us by the 15th of the month in order for us to include it in the following month's newsletter (i.e. January 15 for the February issue). Stories and articles can be up to about 600 words in length. Please include copyright information if the article contains quotes or portions that have been published in a book (i.e. "Alcoholics Anonymous, 4th edition, page ??") or a magazine (i.e. "From the (date) Grapevine")

Submissions can be mailed to: NCMCO, 70 Woodfin Place, Suite 206, Asheville, NC 28801 or emailed to: info@ncmco.net

If you have any questions give us a call: 828-254-8539.

We look forward to hearing from you!

Special Meetings and Events



NOTE: Many events are being rescheduled. For the latest updates please check the specific event websites or <https://aancmco.org/index.php/news-events/>



BYOC Women's Group Holiday Gathering & Speaker Meeting. Sunday, December 12, 7:00-9:00pm. Fellowship Hall at Congregational United Church of Christ, 20 Oak Street, Asheville 28801. Closed AA meeting for women; two speakers (starting at 7:30); fellowship; holiday cakes, cookies & treats; hot coffee & tea. Seventh Tradition donations gratefully accepted.

Christmas Party and Great Holiday Fellowship. Hosted by Conscious Contact Group. Sunday, December 26, 11:00am-2:00pm - immediately after their regular Sunday morning meeting. North Asheville Community Center, 37 E Larchmont Rd, Asheville 28804. Join them for a casual holiday get together. Great fellowship and friends. There will be food, but please bring your favorite holiday dish to share.

NC Area 51 Conferences and Events: www.aanorthcarolina.org



GSO in New York: For events around the country and the world, as well as great articles and information, go to: www.aa.org and Box 459 Bulletin Board: https://aa.org/newsletters/en_US/en_box459_fall21.pdf



The Final Report from the 71st Annual General Service Conference is posted on the Central Office website: https://aancmco.org/wp-content/uploads/2021/08/71st_GSC_Final_Report.pdf



Central Office is Still Open/Closed

As those of you who have visited Central Office know, it's about the size of a walk-in closet. And it has about the same ventilation. So, to protect everyone involved, the Board decided to close the office to visitors/volunteers/walk-ins until the COVID situation clears up.

We are, however, open for business and have not stopped providing literature, chips, medallions, and what-not to members and groups. You can call (828-254-8539) or email (info@ncmco.net) an order and we'll pack it up for pickup outside the office door (70 Woodfin Pl., Ste 206). Or we'll ship it to you. If your order is complicated or you need to look at things, we can arrange a FaceTime or Zoom shopping session. We can accept payment by check, PayPal (including charge cards) or Venmo. Or you can put the cash in an envelope and slip it through the mail slot. Please include an invoice number with any payments.

Thanks to everyone for their consideration.



The Service Express

District 70

GSR Business Meeting – Usually held the 2nd Sunday of the month. There will not be a meeting in December. The next meeting will be Sunday, **January 9, 2:30pm**, via Zoom. For updates go to: <https://ashevilleaa.org/calendar/>

District Service Committees – If you are interested in volunteering for a committee or have questions, please attend the next GSR Business Meeting (see above). You can also reach out to District Service Committee Chairs (listed under each committee) to find out how you can be of service. Contact them through the website: <https://ashevilleaa.org/contacts/>

Treatment Facilities Committee – Joe L is Committee Chair. Contact him at treatment@ashevilleaa.org to volunteer. It's all about bringing the message of recovery to alcoholics in treatment facilities and to set up means of "bridging the gap" from the facility to an A.A. group.

"Bridging the Gap" (with treatment facilities) – This is a Temporary Contact Program, which is designed to help the alcoholic in the facility make that transition from "inside" the program to life on the "outside". If you are interested in volunteering for this service, please contact the BTG Chair, Matt M, or Co-chair, Jane: bridgingthegap@ashevilleaa.org. For information on Bridging the Gap, visit the website: www.btgww.org

Corrections Committee – At the moment, no volunteers are permitted to go into the jails or prisons. Once allowed into facilities again, volunteers will be needed for carrying the message of recovery to alcoholics behind the walls. Contact the Corrections Chairs through the District 70 website for updated information.

Since volunteers still can't go into the facilities, Heather, the Women's Corrections Chair, has been looking into an inmate "pen pal" program to write letters to women in prison. For more details, contact Heather: corrections_women@ashevilleaa.org

They are looking for a new Men's Corrections Chair. If interested in this position, please attend the next GSR meeting.

The **Buncombe County Detention Facility** will have varying needs of support for AA meetings inside the jail, once meetings are allowed in again. Here is a link for the volunteer application: <https://aancmco.org/wp-content/uploads/2020/07/Volunteer-App-2019.pdf>

Any AA member wanting to volunteer at BCDF needs to be referred or recommended to service by a local Corrections Chairperson or current jail volunteer. This will provide an umbrella of order and accountability with whomever enters the building with the organization.

CPC/PI Committee – These are two separate service committees – "Cooperation with the Professional Community" and "Public Information" – chaired by George M. Contact him at: cpc_pi@ashevilleaa.org The CPC Committee visits schools, businesses and community meetings to speak about AA. Volunteers for area events are needed for health clinics and DUI classes to name a few. The PI Committee provides accurate A.A. information to the public and media when requested.

Literature and Grapevine Committee – Debra J, the Literature Chairperson, is stepping down so they are looking for a new person to fill this position. The focus is to assure that A.A. literature and Grapevines are available to all groups, service meetings, and other A.A. events. Through displays, supplies of A.A. catalogs and order forms, and A.A. workshops, these volunteers help A.A. members and other committees to carry the A.A. message through our literature. If interested in this position, please attend the next GSR meeting.

District 71

GSR Meeting – held on the 2nd Saturday of the month. District 71 will meet in person quarterly with the other two meetings monthly via Zoom. The next meeting will be in person Saturday, **December 11, 9:30am** at St. John in the Wilderness (in the Wilderness room), 1895 Greenville Highway, Flat Rock, NC 28739. The Service Manual Study, which usually meets at 10:30am after the GSR meeting, will not be held in December. Check their website for meeting updates and links: <https://www.nc71.org/>

Transylvania County Jail and the Henderson County Detention Center are currently not allowing AA meetings to be taken into the facilities. Come to the GSR meeting to learn about other volunteer opportunities.

District 80

GSR Meeting – Held quarterly. The next meeting will be Sunday, **January 16, 1:00pm**. It is currently scheduled to be a hybrid meeting with a physical meeting place as well as Zoom capability for those uncomfortable with in-person attendance.

Zoom Meeting ID: 858 8507 0387; Passcode: EasyDoesIt
The physical location will be Meridian Behavioral Health, 44 Bonnie Lane, Sylva. All interested A.A. members are welcome to attend. For more information go to their website: <http://aawnc80.com/events>

There is a concern about the lack of 12-Step Call Volunteers, especially in some of the more remote parts of Western NC. The Murphy Central Office only covers a small area. And while the NC Mountain Central Office covers all of Districts 70, 71 and 80 there is a shortage of volunteers on the 12-Step Call list in the counties within District 80. If you are interested in this service call Central Office – 828-254-8539 – or go to website: <https://aancmco.org/index.php/12th-step-call-volunteer/>

Appalachian Community Services Center located at 91 Timberlane Rd, Balsam, has A.A. meetings every Monday and Wednesday at 6:00pm and every other Saturday at 5:30pm, with one volunteer allowed in per meeting. If you would like more information about volunteering, please contact Carl by calling or emailing Central Office: 828-254-8539; info@ncmco.net

Murphy Intergroup Meeting – held quarterly. The next meeting will be Thursday, **January 13, 5:00pm**, and will be held virtually. The GoToMeeting ID is 543-513-261. Office business will be discussed. All groups are encouraged to send a representative. The Murphy Central Office is in need of volunteers in all areas!

The combined COR/NCMCO Board meetings – held every other month on the odd-numbered months. The next meeting will be Thursday, **January 13, 6:00pm**. It will again be via Zoom. All AA members are welcome to attend but only Group CORs may vote. We will be approving the NCMCO budget for 2022.

For updated meeting information check the website: <https://aancmco.org/index.php/news-events/>

Happy Anniversary!



2nd Chance Group - Cherokee

Nat W. 12-01-2016 5 yrs

Acceptance Group

Judy C. 12-10-1988 33 yrs

Cathy C. 12-11-2017 4 yrs

Bill W. 12-13-2019 2 yrs

Carolyn B. 12-17-1993 28 yrs

Jack B. 12-18-1982 39 yrs

Nick M. 12-19-2016 5 yrs

Perry C. 12-20-1986 35 yrs

Caleb T. 12-26-2019 2 yrs

Lauren S. 12-31-2020 1 yr

Back to Basics Group - Weaverville

Steve R. 12-11-2018 3 yrs

Stacie S.J. 12-14-2019 2 yrs

Tom H. 12-19-1975 46 yrs

Mary M. 12-30-2020 1 yr

Black Mountain Group

Sean A. 12-16-1984 37 yrs

Dean F. 12-18-2006 15 yrs

Bill C. 12-24-1989 32 yrs

Hans P. 12-26-2015 6 yrs

Jeff H. 12-31-2016 5 yrs

Brevard Serenity Group

Joe W. 12-20-2000 21 yrs

Candlelight Group

Matt H. 12-31-2015 6 yrs

Candler K.I.S.S. Group

Jason H. 12-23-2015 6 yrs

Conscious Contact Group

Joe T. 12-08-1996 25 yrs

Mike M. 12-08-2014 7 yrs

Shannon 12-12-1998 23 yrs

Jennye J. 12-25-1985 36 yrs

Cumberland Group

Joey K. 12-08-2008 13 yrs

Lynne K. 12-16-2008 13 yrs

Carolyn B. 12-18-1993 28 yrs

Gene K. 12-22-1986 35 yrs

Daily Decisions Group

Caleb T. 12-26-2019 2 yrs

Fellowship Group

George K. 12-14-1971 50 yrs

Tom G. 12-20-2016 5 yrs

Randine A. 12-26-2017 4 yrs

Jennifer D. 12-28-2010 11 yrs

Good Livers Group

Doug M. 12-01-1985 36 yrs

Judy C. 12-10-1988 33 yrs

Jon P. 12-23-2003 18 yrs

Eva T. 12-31-1986 35 yrs

Grace Group

Vandy B. 12-06-2018 3 yrs

Bill C. 12-07-1987 34 yrs

Mickey S. 12-09-2019 2 yrs

Annie M. 12-09-2020 1 yr

Jonathan L. 12-09-2020 1 yr

Judy H. 12-10-1988 33 yrs

Barbara K. 12-10-2018 3 yrs

Rebecca B. 12-10-2019 2 yrs

Melissa T. 12-12-2018 3 yrs

Sarah M. 12-13-2020 1 yr

Bob W. 12-15-1985 36 yrs

Carter M. 12-17-2006 15 yrs

Ryan G. 12-26-2007 14 yrs

Carol N. 12-28-2010 11 yrs

Happy Hour Group

Crystal A. 12-17-2013 8 yrs

Hendersonville Group

Patty W. 12-01-2007 14 yrs

MaryJo L. 12-08-2000 21 yrs

James 12-22-2005 16 yrs

Ron S. 12-24-2015 6 yrs

Jim M. 12-28-1976 45 yrs

Hendersonville Men's Group

Joe B. 12-09-1989 32 yrs

George K. 12-14-1971 50 yrs

John O. 12-14-2018 3 yrs

Robert K. 12-15-2016 5 yrs

Lambda Group

Gretchen M. 12-25-2020 1 yr

George M. 12-26-2017 4 yrs

Mark L. 12-27-2014 7 yrs

Jody C. 12-29-1987 34 yrs

Leicester Group

Jo R. 12-30-2007 14 yrs

Library Group

Bryan D. 12-08-2016 5 yrs

Mars Hill Group

Tammy T. 12-27-2010 11 yrs

Montford Storytellers Group

Melanie B. 12-07-2012 9 yrs

Mike L. 12-29-2017 4 yrs

Motley Crew Group

Judy H. 12-31-1989 32 yrs

ODAT Group - Rutherfordton

Marie K. 12-10-1992 29 yrs

Phoenix Group

Carolyn B. 12-17-1993 28 yrs

Serenity Seekers - Marion

Donnie D. 12-07-2019 2 yrs

Total Surrender Group

Kyle C. 12-20-2014 7 yrs

George M. 12-26-2017 4 yrs

Jennifer D. 12-28-2010 11 yrs

Traditional Group

Dennis T. 12-25-1980 41 yrs

Women's Big Book Step Study Group

Linda F. 12-12-1986 35 yrs

\$5
\$5



NCMCO COVID-19 Anniversary Special

Hey! We all miss the conviviality, companionship, and colorful imagination (?) involved with celebrating sobriety at meetings. But times are what they are. And we're finding new ways to do happy, joyous, and free.
Know someone who's having an AAnniversary but can't attend face-to-face meetings? For \$5, we'll send them a greeting card with a medallion commemorating their years of sobriety. We'll even include your message on the card.
Email: SPECIAL@aancmco.org for details





\$5
\$5



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

The January newsletter deadline for sending in anniversaries and announcements is December 15.

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.

To download a copy of "Twelve Tips on Keeping Your Holiday Season Sober and Joyous," go to www.aa.org, click on "G.S.O. Newsletters" and find the Box 4-5-9 (Winter Holiday Issue 2016).
https://aa.org/newsletters/en_US/en_box459_holiday16.pdf





BYOC Women's Group
Holiday Gathering & Speaker Meeting
Sunday, December 12th, 2021
7:00-9:00pm

Fellowship Hall
First Congregational United Church of Christ
20 Oak Street
Asheville, NC 28801

****Speakers begin at 7:30****

Closed AA meeting for women

Two speakers

Fellowship

Holiday cakes, cookies, treats

Hot coffee & tea

Seventh Tradition donations gratefully accepted



Conscious Contact wishes you a very Happy Holiday Season!

- What:** Christmas party and Great Holiday Fellowship,
- When:** December 26th, 11am-2pm. Immediately after Our regular Sunday morning meeting.
- Where:** North Asheville Community Center.
37 E Larchmont Rd, Asheville, NC 28804
- Details:** Join us for a casual holiday get together. Great fellowship and friends. There will be food, but please bring your favorite holiday dish to share.

**ACCEPTANCE GROUP
ANNIVERSARY CELEBRATION
40 YEARS AND 41 YEARS**

**FRIDAY, JANUARY 14, 2022
11:30 AM – 2:00 PM**

**GROCE UNITED METHODIST CHURCH
954 TUNNEL ROAD**

- **OLD TIMERS MEMORIES**
- **SANDWICHES AND SNACKS**
- **SOBRIETY COUNTDOWN**
- **ALL AAs AND FRIENDS WELCOME**
- **OPEN MEETING – NEWBIES WELCOME**