

MOUNTAIN DOIN'S

Central Office Newsletter

May 1992



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IMPORTANT NOTICE. *The April Meeting of the North Carolina Mountain Central Office (formerly known as Intergroup), will be held on Sunday, April 26, at 2 p.m. The meeting will be held in the Serenity Service Group Meeting Room at 107 Broadway (Rte. 25), Asheville. All Groups are urged to send their Group Representatives or Alternates to this important meeting.*

Readers' Forum

LIVE LETTERS

Home Group Pride

I'm very proud to be a member of my home group. It's not that it is any better than others, it's just there it's where I feel I belong. And for me that's a necessary feeling. I'm sure I'm welcomed in other groups I visit, but it isn't the same as getting to know faces and names as in my home group. There's a sense of intimate sharing and understanding that you just feel so comfortable with.

And besides, when you are familiar with those in your home group you can quickly spot the newcomer as he or she comes often hesitatingly into the room, sometimes embarrassed, upset and doubtful. You know just who to extend a hand to and to seek out after the meeting with some words of greeting and comfort.

My home group, really, is now my family. —FW

Keep It Simple — and Short!

In our area I estimate that the proportion of newcomers to oldtimers is about five newcomers to every oldtimer. And those oldtimers seem to like to talk interminably — giving us all manner of what it was like in A.A.'s early days, or expanding on their cliché-ridden stores.

I wish those oldtimers would remember how important it was in their early days to be able to share, ex-

change thoughts and be helped by the many members who are prevented from speaking by long-winded memory trips of how disciplined and orderly things used to be. In other words, "Oldtimers, please, please keep it short."
—K.P.

Twelfth Stepping — No Need To Wait

A great many of us when we first came into the program were given the impression that the ultimate goal of an A.A. member was to do Twelfth Step work. And that meant the long journey through the steps, all the way from No.1. But the answer's really, "Yes and No."

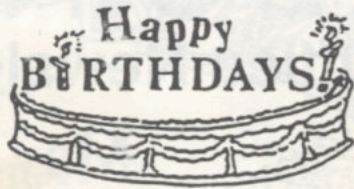
Twelfth Step work is an ultimate goal when you limit it to "having had a spiritual awakening" and "carrying this message to alcoholics," etc. And that, of course, includes Twelfth Step calls to aid suffering alcoholics. But I found that you don't have to wait that long. One day is enough. All you have to do is become involved.

Would you have thought that making coffee is 12th Step work? Emptying ashtrays? Cleaning floors? Putting away chairs? Being there fifteen minutes early to lend a hand? Well, they are all part of Twelfth Stepping. Involvement is another name for it.

And the surprise comes when you have the satisfaction of knowing you are now part of the group — and your efforts are not only helpful, but much appreciated.

That's genuinely a proof of Twelfth Stepping. You don't have to wait until you're an "oldtimer." You can wade in right now.
—B.F.

Mountain Doin's is published monthly as an informational service to all A.A. members in Western North Carolina Districts 70, 71 and 80. Opinions expressed herein are not to be attributed to A.A. nor does publication of any feature imply endorsement by A.A. or by the N.C. Mountain Central Office. Material reprinted from A.A. World Services, Incorporated, or from *The Grapevine* is published with permission.



Acceptance Group

Susan E	5-1-91	1 year
Rod B.	5-5-85	7 years
Lynn W.	5-6-90	2 years
Henryka B	5-7-54	38 years
Donna B.	5-16-88	4 years
Bob V.	5-17-80	12 years
Chuck R.	5-26-84	8 years
Ron B.	5-21-91	1 year
Mary P.	5-30-86	6 years

Black Mountain Group

Hugh H.	5-11-78	14 years
David H.	5-8-74	18 years

Cumberland Group

Danny K.	5-1-89	3 years
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Day By Day Group

Cass V	2-21-85	7 years
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Hendersonville Group

Laura J.	4-17-77	15 years
Steve H.	4-9-85	7 years

Richard C.	4-22-85	7 years
Miriam S.	4-17-87	5 years
Ann C.	5-15-88	4 years
Dick W.	5-15-46	46 years

Lake Group

Linda V.	4-14-88	4 years
Kyle B.	5-15-90	2 years

Leicester Group

George E.	3-12-90	2 years
Richard B.	4-14-89	3 years

Midday Group

Pam P.	5-26-84	8 years
John P.	5-15-85	7 years
Jim B.	5-24-88	4 years
Dana P.	5-18-78	14 years
John T.	5-11-89	3 years

Ridgerunners Group

Chris M.	4-10-89	3 years
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Waynesville Grace Group

Bill M.	3-15-90	2 years
Frank I.	4-?-61	31 years
Betty H.	4-2-89	3 years
John A.	4-19-89	3 years
Kathleen W.	5-5-90	2 years
Roy C.	5-8-90	2 years



Calendar of Events

45th North Carolina State Convention of A.A. to be held Thursday through Sunday, July 16,17,18, and 19, 1992, at the Sheraton Airport Plaza at Billy Graham and I-85, Charlotte, NC.

Theme of the Convention: Happy, Joyous, and Free.
Hotel rates are: \$45 per day up to four persons.

For full information, write to: N.C. Convention committee, P.O. Box 19528, Charlotte, NC 28319-9528.

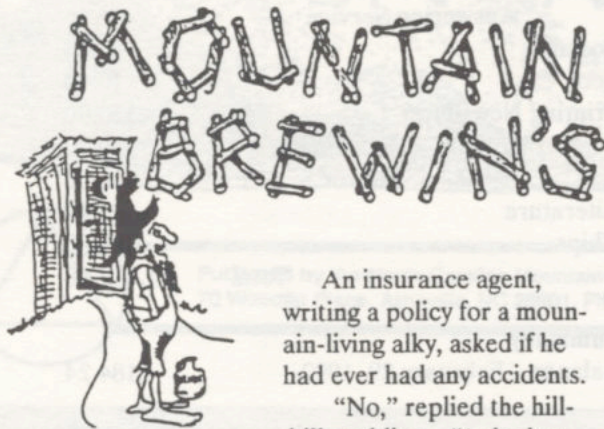
Maturity

- Maturity is the ability to control anger and settle differences without violence or destruction.
- Maturity is patience. It is the willingness to pass up immediate pleasure in favor of long-term gain.
- Maturity is perseverance, the ability to sweat out a project or a situation in spite of heavy opposition and

discouraging setbacks.

- Maturity is the capacity to face unpleasantness and frustration, discomfort and defeat, without complaint or collapse.
- Maturity is humility. It is being big enough to say, "I was wrong." And, when right, the mature person need not experience the satisfaction of saying "I told you so."
- Maturity is the ability to make a decision and follow through. The immature spend their lives exploring
- Maturity means dependability, keeping one's word and coming through in a crisis. The immature are masters of the alibi. They are conflicted and disorganized. Their lives are a maze of broken promises, former friends, unfinished business, and good intentions that never materialize.
- Maturity is the art of living in peace with what we cannot change, and the wisdom to know the difference to know the difference.

Try being friendly against somebody else's anger. It's difficult to be angry at a puppy wagging its tail.



An insurance agent, writing a policy for a mountain-living alky, asked if he had ever had any accidents.

"No," replied the hillbilly, adding, "A donkey

kicked me in the ribs once and a rattlesnake bit me some time ago."

"Don't you call those accidents?" asked the agent.

"No," replied the hillbilly, "they done it a-purpose."

x x x

A hillbilly had been courting a mountain girl, and one day her father, who knew that the man was a heavy drinker, asked, "You've been courtin' Millie for nigh on six months already. Are your intentions honorable or dishonorable?"

Replied the startled young hillbilly, "You mean I got a choice?"

x x x

The housewife was making arrangements for a party for most of her alcoholic friends. "Mary," she said to her maid, "for about the first half-hour, since this is an important event and not everyone will know each other, I want you to stand at the drawing-room door and call the guests' names as they arrive."

Mary's face beamed. "Thank you, ma'am," she said. "I've been wanting to do that to some of your friends for the last ten years."

x x x

Girl to her date in a night club: "I think I'll have another drink. It makes you so witty."

x x x

A mountain logger was taking a walk with his wife when a young and pretty blonde greeted him with a smile. The man's wife looked at him severely.

"Where," she asked sweetly, "did you meet that girl?"

"Oh, I met her professionally," her husband explained.

"I see," said the wife. "Yours, or hers?"

x x x

Old saw sharpened: Men often make passes at girls who drain glasses.

x x x

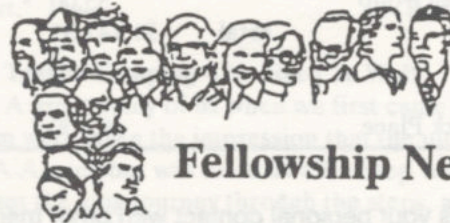
Central Office Phone Log



"I am responsible . . .
When anyone, anywhere,
reaches out for help,
I want the hand of A.A.
always to be there. And
for that, I am responsible."

Phone Log 3-2-92 - 4-3-92

Answering Service Calls	131
General Information	10
A.A. Help	9
Family Help (Al-Anon)	15
Meeting Information	54
Intergroup Business	67
PI Calls	1
Medical Help (Hospital, Detox, etc.)	2
Others	21
Visitors	51



Fellowship News

Tryon - Columbus Meeting Schedule:

Monday 8 p.m. Columbus Presbyterian Church
(Closed, Big Book Discussion)

Tuesday 8 p.m. Tryon Presbyterian Church (Open,
Speaker/Discussion.)

Thursday 8 p.m. Holy Cross Episcopal Church,
Tryon (Closed, Discussion)

Friday 8 p.m. Columbus Presbyterian Church
(Closed, Step meeting)

Saturday 8 p.m. Midway Baptist Church, Columbus
(Closed, Discussion)

Saluda Meeting. Friday 5.30 p.m. Saluda Episcopal
Church - Saluda Happy Hour Group (Closed).

Meeting Change Growing Together Group. 7 p.m.,
St. John's Episcopal Church, 290 Old Haw Creek Road,
Asheville. [Ed. Note: No day supplied].

Location Change. The New Horizons Group (the
UNCA meeting) is moving to the Cumberland Avenue
Baptist Church, Asheville. The church is on the corner
of Cumberland and Chestnut, in the Montford section of
Asheville. There is plenty of parking.

The Saturday meeting remains at 8 p.m. The Wed-
nesday meeting changes back to 8 p.m. as well. Both the
Wednesday and Saturday meetings are open, discussion.



Treasurer's Report

Contributions – March, 1992

Acceptance Group	120.00
Black Mountain Group	35.00
Brevard A.A. Group	25.14
B.Y.O.L Group	40.00
Candler KISS Group	15.00
Day By Day Group	45.00
Hendersonville Group	260.17
Marion Group	10.00
New Horizons Group	60.00
Pathfinders Group	5.00
Ridgerunners Group	39.00
Spruce Group	162.00
Sylva Group	35.00
Sylvan Valley Group	25.00
Thursday A.A. Group (Tryon)	150.00
Waynesville Grace Group	80.00
West Asheville Group	<u>35.00</u>
Total	\$1,141.31

Expenses	
Rent – 107 Park Place	97.00

Phone – Basic Service	85.66
Answering Service	56.66
Postage	83.78
Petty Cash	10.00
Printing Newsletter	153.00
Special Workers – Coordinators	550.50
Editor	125.00
Literature	522.14
Chips	<u>29.00</u>
Total	\$1,712.68

Summary	
Balance – February 29, 1992	184.24

Income	
Group Contributions	1,141.31
Individual Contributions	125.00
Literature and Chips sales	630.35

Subtotal (Available)	\$2,080.90
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Expenses – Office	1,161.54
Literature	522.14
Chips	<u>29.00</u>
Total	\$1712.68

Balance, March 31, 1992	\$368.22
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Reserve Balance	\$1,954.63
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Mountain Doin's is your personal contact with other members in your area and with the North Carolina Mountain Central Office. We encourage personal subscriptions as well as group subscriptions to the Newsletter. All you have to do is fill in the form below and mail it with your check or money order to the address shown on the form.

MOUNTAIN DOIN'S ORDER FORM

Mountain Doin's Annual Subscriptions

AA Groups

3 copies	No charge
5 Additional copies	\$7.80 per year
10 Additional copies	\$15.00 per year
15 Additional copies	\$19.80 per year

Individual Members

Single copy	\$10.00 per year
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Name _____

Group Reg. No. _____

Street/PO Box No. _____

Town and Zip _____

Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, dependent upon USPS rates.

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 107 Park Place Offices
 70 Woodfin Place
 Asheville NC 28801