

# MOUNTAIN DOIN'S

Central Office Newsletter

June 1992



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80). Address: 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801. Phone: Buncombe County: 254-8539. Elsewhere in WNC: 1-800-524-0465

## Readers' Forum

### LIVE LETTERS

#### Why All this Anonymity

Why is anonymity often referred to as "the greatest single protection the Fellowship has" to assure its continued existence and growth?

The social stigma of alcoholism is still very high. So a firm assurance of anonymity is imperative to the fellow alcoholic. And anonymity is essential for the atmosphere of trust and openness.

What's more, we can't allow those in the fellowship to break their anonymity publicly by press or TV, which self-seeking members have tried to do in the past because of possible profitable advertising of drying-out farms and such. If those were permitted to break their anonymity publicly, others would surely follow.

In the overall picture, anonymity is vital. —M.J.

#### Home Group Helpmates

Some of us are very proud to identify one group as our Home Group. Others don't seem to find the subject to be of any importance. But it *is* important.

Our Group has a "birthday list" that is handed around at meetings. It's a way of encouraging people to identify with the Group. The list just shows first names and last-name initials, plus date of sobriety. When the list is passed around the chairperson states that anyone who would like to consider the Group as their Home Group is welcome to list their name.

We also have a confidential list on which members may include their phone numbers if they care to. And that provides a good way of keeping in touch.

The Home Group members attend business meetings and can vote on everything from Group officers to

#### Give us a call!

Do you have news of a meeting change, a last-minute birthday notice, a joke, a letter you'd like to see in print but don't care to write? Group news, district news, area news? Anything you'd like to see published in *Mountain Doin's* but don't have the time to write us? Then call the Editor direct.

Dial (704)697-6031 and ask for Alan. That's the quickest way of discussing something you'd like to get into the next issue of *Mountain Doin's*.

I'll be looking for your call. Your Editor, Alan.

what supplies to purchase. And the members get to feel a sense of responsibility in clearing up after meetings, in putting chairs away, in seeing that literature, coffee, etc., are always in sufficient supply.

After a time, indentifying with a Home Group makes us feel that we are a part of a family. —GC

#### God As We Understand Him

Until I came to the mountains, my home group used to finish each meeting by reciting the Serenity Prayer. It was a shock initially to find that most groups in this general area recite the Lord's Prayer at the meeting's end.

I'm not saying there's anything wrong with that, but I know that many newcomers are as surprised as I to suddenly be expected to join hands and recite what to them seems to be a direct connection with organized religion—and, specifically, Christianity. For after all the prayer is used only in Christian circles.

I'm not bothered by the practice. It's just that shy newcomers must definitely connect A.A. with Christianity. And I don't think our co-founders planned it that way. I'm left wondering where the practice started, and whether the General Service Office should publish some guidelines on the subject. —G.T.

*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.

## N. C. Mountain Central Office April Meeting Minutes

North Carolina Mountain Central Office serving Districts 70, 71, and 80, held its quarterly meeting on April 26, 1992, at 2 p.m., at Serenity Service Meeting room, 107 Broadway, Asheville.

Those attending were: Bill S. Chairman, Conscious Contact Gp; Bob V., Coordinator, Acceptance Gp.; Bill G., Vice-Chairman, Black Mountain Gp.; Rob B., Trustee, Acceptance Gp.; Betty L., Treasurer, Black Mountain Gp.; Laura F., Secretary, Pathfinders Gp.; Alan W., Editor, *Mountain Doin's*, Midday Gp., Hendersonville; Marty P., Central Office Rep., Serenity Gp.; Alan N., GSR, Sylvan Valley; Liz D., Saluda Happy Hour Gp.; Gene M., Public Info., Leicester/Marshall; Margi S., Central Office Rep., Black Mountain Gp.; John P., Acceptance Gp., Asheville; Joyce D., Alt. Central Office Rep., Black Mountain Gp.; and Bill F., Central Office Rep., Pathfinders Gp., Black Mountain.

The minutes of the last meeting were read and approved.

The Treasurer's Report was presented. Some funds had been transferred from the Reserve Fund, to cover the increase in some salaries, but April expenses were within the budget.

Alan W., Editor of *Mountain Doin's* commented on the small number of subscriptions to the publication, and reminded all that groups may subscribe for the reasonable sum of \$19 annually for 15 copies per month. Individual members may subscribe for \$10 per year. Another article on services of N.C. Mountain Central Office is being prepared for future publication. Alan's phone number will be published in forthcoming issues to facilitate reporting news from individuals wishing to contact the editor. Letters from group members are welcomed.

A rather historic event was reported as follows: a first-of-a-kind three-way telephone relay service assisted a hearing-impaired person to receive information from Central Office, which was typed, received by the inquirer, received by the operator, who phoned Central Office, then relayed to the inquirer. It was a heart-warming experience.

A question was raised: can groups use the tax-exempt number for group purchases? The answer was "No." Only Central Office may use that tax-exempt number.

Owen C., of Hendersonville, will be willing to assume the position of Treasurer, in place of Betty L., who is resigning at the end of the incorporation negotiations. He was nominated and elected unanimously. The Secretary's position will also be vacant as Laura F. will rotate out at the next meeting. The Chairman is also completing his term, and will be succeeded by Bill G., Vice-Chairman.

The next meeting will be at Hendersonville, District 71, on July 26, at 2 p.m., at the meeting place at the corner of Allen and Main Streets.

Respectfully submitted, Laura F., Secretary

## 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 4-6-92 - 5-1-92

Answering Service	130
General Information	20
A.A. Help	3
Family Help (Al-Anon)	7
Meeting Information	48
Intergroup Business	44
Others	18
Visitors	49



## Calendar of Events

**Mountain Top Spiritual Retreat.** At Mars Hill on June 5, 6, and 7, 1992. The Retreat will be held at Mars Hill College (Fox Dorm, with elevator). Highway 19-23 North. Cost: \$65 per person - everything included. Sleeping accommodations: Dormitory rooms - 2 people to room (linen furnished).

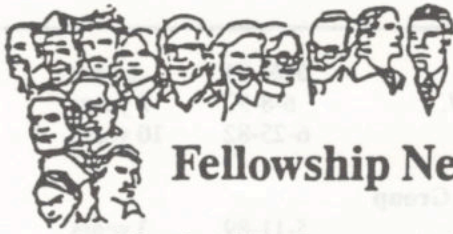
"We have planned a weekend for you and those who are serious about this matter of A.A. . . . If you are at present using alcohol or drugs in any form, please wait until another time and retreat."

Send reservations to Mountain Top Retreat, P.O. Box 17252, Winston-Salem, NC 27116.

**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.



## Fellowship News

**New Meeting.** Meetings are now being held at St. Paul's Episcopal Church, St. Paul's Road, Edneyville. The new group meets on Sundays at 2.30 p.m. For information call Jeff at 685-0115.

**Arden.** The Arden Group meets at St. Barnabas Church, Crescent Hill Drive, on Mondays at 6 p.m. The meetings are closed. Please note that the address shown in the current *Where and When* is incorrect

**Waynesville – The Lake Group.** All meetings of The Lake Group are open and smoking is optional.

**New Group.** A new meeting is being held in Spruce Pine. The Pine Grove Group meets at Pine Grove Methodist Church on Sundays at 8p.m. The meetings are open.

**New Meeting.** Asheville Young People's Group now meets at the Orange Street Recovery Center, 25 Orange St., Asheville, on Sundays at 4p.m. The meetings are open, nonsmoking.

**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 Wednesday meeting changes back to 8 p.m. as well. Both the Wednesday and Saturday meetings are open, discussion.

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

### **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).

Some grouches have photographic memories. They remember all the negatives about their friends.

## Y'all Come!

### District 71 Eatin' Meeting

All groups in District 71 – Henderson, Polk, and Transylvania Counties – are cordially invited to the Eatin' Meeting to be held on Sunday, June 7, at the Blue Ridge Group's meeting room at St. John In The Wilderness Church, Flat Rock.

The Church Hall is situated on Rte. 25, less than a mile south of Main Street, Hendersonville.

Eatin' will begin at 4 p.m.

Following the fun and fellowship at the eatin' meeting, our speaker will be Frank M. Frank is DCM of District 45. His talk will begin at 5 p.m.

The meeting is open and all are invited. Please bring along a covered dish.

### Fellowship in Action

I have seen A.A. fellowship function on many occasions, but one episode was especially impressive. It happened at the second meeting of a newly formed beginners group (for members with less than one year's sobriety).

A question arose as to the time for the meeting—whether to meet at seven, so all the beginners could also attend the regular eight o'clock meeting of the main A.A. group, or to meet at eight, simultaneously with that group. After a short discussion a vote was taken, and only two of the twenty-three present voted for eight o'clock. It looked as if the meeting was set for seven.

The chairman asked these two members why they preferred an eight o'clock meeting. They had a good reason. Sadly they said they did not get off work to make it by seven.

Silence fell over the group. I felt very unhappy. I knew how disappointed I would feel if I could not make the beginners meetings (they are excellent). Also, these two members added a lot to the meetings; I like them and would miss them. I asked God to grant me the serenity to accept the things I could not change – and patted myself on the back. The chairman, in his wisdom, had the courage to change the things he could.

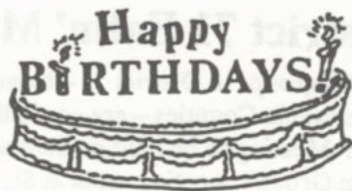
He said simply, "I am reminded of a story about a shepherd who had a hundred sheep. One night when he brought his flock into the fold he found there were only ninety-nine. So he left the ninety-nine and went out to find the one who was left behind."

Again there was silence. Then someone in the group said, "I think we'd better vote again." Everyone agreed.

The vote was unanimous for an eight o'clock meeting.

One for all, and all for one. That's A.A. fellowship in action!

Excerpted from *The Grapevine*



**Acceptance Group**

Bill M. 6-1-74 8 years  
Deana M. 6-16-91 1 year

**Back To Basics Group**

Rusty Mc. 5-10-83 9 years  
Leon G. 5-8-83 9 years  
Gene R. 6-13-56 36 years  
Bob V. 6-22-78 14 years

**Black Mountain Group**

Don R. 6-22-61 31 years  
Sid K. 6-16-78 14 years  
Cindy P. 6-10-79 13 years  
Linda M. 6-12-90 2 years  
Carolyn S. 6-21-89 3 years

**Cumberland Group**

Jeff M. 6-21-81 11 years

**Hendersonville Group**

Marshall D. 6-17-82 10 years  
Tom B. 6-2-88 4 years

Roy B. 6-24-91 1 year  
Kerry W. 6-8-90 2 years  
Joe H. 6-25-82 10 years

**Midday Group**

John T. 5-11-89 3 years  
Bill D. 5-?-89 3 years  
Jim B. 5-24-88 4 years  
John P. 5-15-85 7 years  
Pam P. 5-26-84 8 years

**Serenity Service Group**

Thomas L. 5-16-91 1 year  
Tangee A. 5-17-91 1 year  
Cathy R. 5-18-87 5 years  
Tom C. 5-19-90 2 years  
Ricky W. 5-27-91 1 year  
John M. 5-31-83 9 years

**Traditional Group**

Skeet T. 5-8-89 3 years  
Ron J. 5-3-88 4 years  
Miriam K. 5-4-79 13 years  
Charlie E. 5-8-90 2 years  
Helen K. 5-20-84 8 years  
Dwight O. 6-6-84 8 years  
Pete G. 6-21-84 8 years  
Wilma A. 6-28-84 8 years  
Sally A. 6-18-74 18 years  
Robert W. 6-17-91 1 year

## Dealing with Anger

Anger flares often in the lives of many people. It is the everpresent demon who packs a knockout punch and is always ready to hang one on the alcoholic's chin. It is possibly the most dangerous of the seven deadly character defects, because it sneaks onto the scene so readily: coffee's cold at breakfast, toast is burned, that so-and-so cut me off driving to work, mail is late, work has doubled, boss sneered at me, lunch is awful, traffic is a nightmare on the way home, everyone's late for supper, turn off the blankety-blank rock music.

Normal living is far from smooth. The wheels of progress often seem lubricated by bits of rusty metal, and this can get worse as a bad day stutters along. The experience is, universal — not only alcoholics get burned up — it's everybody, and it's constant. But whatever use anger may be to nonalcoholic John or Jane Doe (and its benefit to anyone is doubtful), it is deadly to the alcoholic, who at best gains serenity and stays on an even keel only by hard effort.

Often, a person marches through a real crisis with

head high and is then flattened by some seemingly trivial goat-getter. Anger has tiptoed in by the back door for the knockout, after failing in a frontal attack.

The plain fact is that in our sleazy modern culture there are myriad things to anger one under the best conditions, and more for special tantrums. The cleared-up alcoholic should know enough to make anger a number one enemy and meditate in advance on ways to combat it (not to be saintly, just to stay sober). It's dangerous to wait for problems to arise — there may be no time to compensate when a storm strikes and a drink is only an arm's reach away. Once more we can turn to the Tenth Step and let daily inventory come in to help. I call the Tenth my Police Step: "Keep your eyes on that traffic light, or you'll get a ticket." The Tenth, backing up and also helped especially by the Third, Seventh, Ninth, and Twelfth, can be pure gold in building stability and emotional balance.

Anyone willing to make the effort can stay in daily training to battle anger, the sneak-punch K.O. foe, one of the trickiest and nastiest of the seven deadly character defects that stalk the alcoholic.

Reprinted from *The Grapevine*, July 1976

# MOUNTAIN BREWIN'S



A mountain logger, fresh from the forest, wandered into the local town and watched a store clerk open a package of men's pajamas.

"What's them?" he asked.

"Pajamas," answered the clerk.

"Pajamas?" echoed the logger. "What are they for?"

"Why, you wear them nights. Want to buy a pair?"

"Heck, no," said the logger. "I don't go nowhere nights except to bed."

x x x

A prospective godfather whose hobby was drinking, had to attend the christening ceremony. He became very nervous. "Supposing they give me the baby to hold?" he asked.

"Don't worry," answered a friend who knew him well. "It's the same grip as when you use a cocktail shaker."

x x x

The wife of an alcoholic was telling a neighbor that she bought all her Christmas presents in October, long before the rush.

"But how do you know in October," asked the neighbor, "who your friends are going to be in December?"

x x x

A word of advice to an alky: don't give it.

x x x

"Do you believe in clubs for women?" said one alky to another at the bar.

"Well, yes," replied his friend, "if every other form of persuasion fails."

x x x

Overheard at a women's meeting: "Of course, I wouldn't say anything about her unless I could say something good. And, wow, is this good . . ."

x x x

Said the bored wife to her husband in a noisy nightclub: "Why can't you be like other men and never take me any place?"

x x x

One hospital refers to its accident cases as its bumper crop.

## Treatment Facilities Some useful guidelines

Not understanding how A.A. works, a number of hospital and treatment facilities are sending patients to A.A. willy-nilly. The consequences: Too many patients tend to wind up at one overburdened group — and, all too often, a number of them have problems other than alcohol. What can A.A.s do? And how?

The Chicago Area Hospitals and Treatment Facilities Committee in 1990 developed some guidelines for handling such situations that are a "compilation of experience and shared information." They call for communication and cooperation with treatment facilities in ample measure. Some excerpts:

Arrange, via phone or mail, to hold a meeting with the treatment facility administrators and two or three other A.A. members (no more — you don't want to bombard or overwhelm them). Explain that sending large numbers of patients to one A.A. group is detrimental to both the group and the individual patient. Then offer a plan whereby patients could be escorted by A.A. members to several meetings, with a reasonable number attending each one.

Suggest holding informal staff orientation meetings, hosted by a couple of A.A. members, then clarify what A.A. is about — what it can and cannot do.

If the treatment facility does not already have an A.A. meeting, suggest starting one, with two or more A.A. members serving as hosts on a rotating basis.

Furnish treatment center personnel with helpful A.A. conference-approved pamphlets, including "The A.A. Group," "A.A. in Your community," and "A.A. in Treatment Facilities."

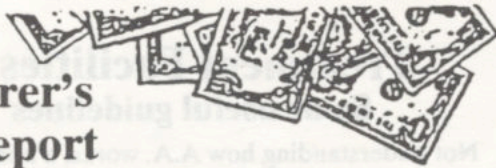
If a treatment facility is sending nonalcoholic patients to A.A. meetings, talk to the director, if possible in a nonconfrontive way. Explain A.A.'s singleness of purpose and mention that while anyone is welcome to attend open A.A. meetings, only persons with a drinking problem are encouraged to attend closed meetings or to become A.A. members. Additionally, furnish a list of other Twelve-Step programs, such as Narcotics Anonymous and Cocaine Anonymous, that are available in the area to help patients with problems other than alcohol. Offer to help the facility by expressing willingness to direct — even escort — such patients to meetings that may be more appropriate to their needs.

Last, but not least, discuss the problem at your area T.F. committee meeting and get input on how others have dealt with the situation. Experience and shared knowledge are the best teachers.

Source: Box 4-9-5.

Employer to employee: "Don't think of me as your boss. Think of me as your friend who is always right."

# Treasurer's Report



## Contributions, April 1992

Arden Step group	40.00
Back To Basics Group	100.00
Black Mountain Group	35.00
Brevard Group	22.68
Candler KISS Group	45.00
Cumberland Group	40.00
Day By Day Group	45.00
Franklin Group	30.00
Hendersonville Group	187.26
Hendersonville Happy Hour Group	50.00
The Lake Group	80.00
Leicester Group	25.00
Live and Let Live Group	20.00
Midday Group	100.00
New Day Group	50.00
Pathfinders Group	5.00
Saluda Group	6.00
Spruce Pine Group	24.00
Sylvan Valley Group	24.00
Traditional Group	72.00
West Asheville Group	35.00
<b>Total</b>	<b>\$1021.94</b>

## Expenses

Bank charges (Jan - Apr)	12.25
Rent - 107 Park Place	97.00

Office supplies	20.00
Phone - Basic Service & 800 No.	95.39
Answering Service	61.40
Petty Cash	30.00
Postage	33.60
Printing Newsletter	102.00
Special Workers - Coordinators	531.00
Editor	125.00
Literature	775.36
Chips	134.81
<b>Total</b>	<b>\$2019.81</b>

## Summary

Balance - March 31, 1992 \$368.22

## Income

Group contributions	1021.94
Individual contributions	69.00
Literature and Chips Sales	1001.71

**Subtotal (available)** \$2460.87

## Expenses

Office	1109.64
Literature	775.81
Chips	134.81
<b>Total</b>	<b>2019.81</b>

**Balance - April 30, 1992** 441.06

**Reserve Balance** \$1954.63

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

Name \_\_\_\_\_

Group Reg. No. \_\_\_\_\_

Street/PO Box No. \_\_\_\_\_

#### Individual Members

Single copy	\$10.00 per year
-------------	------------------

Town and Zip \_\_\_\_\_

Clip and mail with check or Money Order to:

N.C. Mountain Central Office  
107 Park Place Offices  
70 Woodfin Place  
Asheville NC 28801

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.