

# MOUNTAIN DOIN'S

Central Office Newsletter

July 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

#### Givers and Takers – and Takers, and Takers

We've surely all noticed that at A.A. meetings there are the givers and the takers – the “willers” and the “won'ters.” I happened to mention this to someone after a meeting and she replied, “Yes, but what is there to do? The coffee's always ready when I get there, and some one always puts the stuff away afterwards – probably someone on the committee.”

And she wasn't kidding! Well, we all know those who do and those who don't. So for those out there who just don't get involved, here's a few ways you could be helpful.

1. Be there early and help bring out the materials and make the coffee.
2. Get yourself on the Twelfth Step list to help those still suffering.
3. Attend the Group business meetings and offer constructive help.
4. Volunteer for an office – or simply volunteer to be the one who sends in birthday lists and group changes to Intergroup [now Mountain Central Office – Ed.]
5. Volunteer to replenish supplies – from coffee, sugar, etc. to A.A. publications.

#### 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.

6. Be the one who clears up the room after the meeting.

There are lots of ways to help, and you might be surprised how much it would be appreciated – and how good it makes you feel!  
– P.H.

#### A New Look at “Outsiders”

When I first became a part of A.A. and got to like the fellowship, I found that those outside became very unimportant and trivial in conversation. I began to dislike them and perhaps got to like the new-found people too much.

Now, after nine months, I'm able to see those “outsiders” in a different light. I began to see them a little more objectively and learned to accept their shortcomings without getting over emotional. And I began to see that they had a lot of good facets. Tolerance was one. It was I who was intolerant. They were really kindhearted and solicitous. I had become so wrapped up in myself and my new way of life that I blocked out the goodness in others.

And I began to get a somewhat different perspective of some of my new acquaintances in the program. They weren't all perfect. Although I've never in my life been a gregarious person – never in fact been a “people person” – nevertheless, when I came into A.A. the conversation at meetings really excited me, because it was teaching me a new outlook on life. It was one of self-examination, and a new sharing of very personal matters, and I began to look upon A.A. as a new and uplifting experience.

But the truth is, as I grew into the program, I found that my new-found acquaintances were just as fallible as I. They were just as human and as full of faults as I. Now, I am learning to accept the humanness within the program as well as that very humanness outside it. And the whole experience makes me feel more at home, wherever I go.  
– B.J.

*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.



## Calendar of Events

**45th North Carolina State Convention of A.A.** to be held on 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, NC 28319-9528.

**48th Southeastern Regional Conference.** "The Granddaddy of them all." At Charleston Civic Center, Charleston, WV. On August 12, 13, 14, 15, 1992. Speaker: Clancey I., CA; Frank M., NY; Fran M., NY; Judy P., GA; Angie D., GA; Jimmy S., GA; Evelyn T., DC.

Dances, workshops, Al-Anon speaker Fran M., NY; Al-Anon and Al-Ateen welcome, Fun and Fellowship.

For further information phone 1-800-733-5469 or (304)344-5075. Fax:(304)344-1241.

**Southeastern Regional Conference of Young People in A.A.** "Happy, Joyous and Free" July 16-19, 1992, Warwick, Bermuda, at the Warwick Camp. A.A. and Al-Anon Speaker Meetings, campfire beach meetings, Lip-synch, Talent Show, Beach-Barbeque and Dance.

Contact 1-800-942-4080 (Globe Travel). Transportation in Bermuda is provided.

**Area 51, Committee Meeting.** Charleston W. Va, September 19, 20, 1992. Watch this column for further details.

**Area 51 Fall General Assembly.** Charlotte, November 21, 22, 1992. Watch this column for further details.

**South East Regional Forum, Virginia Beach, VA,** December 4, 5, and 6, 1992. Watch this column for further details.

### Archives — Group Histories Sought

Corinne H., A.A. Archivist, revealed at the recent Area 51 General Assembly that the history of Alcoholics Anonymous in North Carolina continues to be the focus of the Archives Committee of the General Service Office. Individual Group histories are sought and all GSRs present at the recent Area 51 General Service Assembly were asked to take back to their Groups a history form so that each Group could mail back its history to the Archives Committee.

The Committee would also like to get old Convention programs, Assembly programs, out-of-date directories, both local and those issued by GSO. For further information, write Corinne H., P.O. Box 20233, Raleigh, NC 27619. Source: Area 51 General Assembly, Charlotte, May 16.

### Doors

*Sitting in a parking lot and it's 7 p.m.  
Across the street the A.A. doors are  
locked.*

*A man sits in his truck*

*Occasionally looking over to those im-  
movable doors.*

*Another young man, with a patch over  
his left eye*

*Stands to the side of the doors we  
hope will open soon.*

*One more man has arrived and as he  
talks to*

*The fellow with the patch*

*I see their smiles covering the fear of  
unopened doors*

*Like gauze covering dark despair.*

*I'm in a strange town tonight*

*And can't think of anything lonelier*

*Than sitting in this parking lot*

*Staring at those impenetrable walls.*

*A fourth man in red sweater ap-  
proaches*

*The entrance to A.A. with . . . A  
KEY!*

*As the key opens the doors to our sal-  
vation*

*I feel as if I am home.*

—Cathy B.

### Central Office Phone Log



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

Phone Log 4-4-92 — 5-29-92

Answering Service Calls	108
General Information	14
A.A. Help	9
Family Help (Al-Anon)	2
Meeting Information	51
Intergroup Business	38
Others	22
Visitors	45

## July N.C. Mountain Central Office Meeting

All groups within Districts 70, 71, and 80 are urged to send their Central Office (Intergroup) Representatives to the next meeting of the N.C. Mountain Central Office. The meeting will be held in the Hendersonville Group meeting room at 123 Main Street, Hendersonville (entrance at rear). The Meeting will be held at 2 p.m. on Sunday, July 26. It is important that all groups are represented in order to present their views on subjects raised at the meeting, and to share the information with their groups.

## Area 51, General Service Assembly, Charlotte NC, May 16, 1992 General information about Expenses, GSRs and Sponsors

### Payment of Expenses to "Our Servants"

Among many items discussed at the meeting was the matter of curtailing of funds, including the payment of expenses to our Servants.

Doug F., Treasurer, stated, "We no longer pay the Area chairs expenses to the convention. We do pay the Delegates, Grapevine, and Literature Committee expenses to the convention." He asked for any questions on any misconceptions of paying Area Officers expenses and explained that the cut in mileage from 20 cents to 10 cents a mile was not only for prudent reasons but also because the Officers felt that the 20 cents was too high.

A motion was made to restore budget expenses to area officers (20 cents a mile) and to pay Area chairs expenses to the State Convention. The motion was defeated by a substantial majority.

### GSR Workshop

The role of the GSR was spelled out: To keep the Group well-informed; carry informed Group conscience to District and Area; exercise "Right of Decision" when necessary; conduct group business (especially in smaller Groups) by scheduling and conducting business meetings; serving as program chairman/steering committee chairman; encourage Group interest and participation in A.A. business beyond the Home Group; serve as the "watchdog of Traditions," by studying the history and intent of Traditions and making Groups aware of same when appropriate.

Many GSRs discussed unfavorable Group response to GSR reports and business meeting suggestions and were advised to try to make GSR reports as interesting as possible, publish reports and distribute them to members instead of lengthy verbal reports.

It was stated that the GSR is the link between the Home Group and all other levels within A.A. — a two-way conduit of information. Since many are drafted into the role, requirement suggestions (among others) were: two years' sobriety, willingness, active involvement in

Home Groups, regularly attends meetings, is in tune with members' needs, or has finger on the pulse of the Group.

Responsibilities include attendance at District Meetings, conferences, and assemblies, is up-to-date on literature, attends workshops and discussions, disseminates information.

It was emphasized that the GSR must keep his Group informed about information from assemblies and district meetings. Most discussed was that the GSR is a representative and as such has the most important job in A.A. because he must protect the integrity of the Traditions at all levels — the GSR may be the only copy of the Traditions that some people passing through the doors ever see.

### Sponsorship Workshop

Sponsorship is a vital and important responsibility. Several key factors were brought out during the workshop.

The most crucial first step to good sponsorship is to welcome all newcomers, making them aware that they are not alone and are a vital part of the A.A. fellowship.

A good sponsor must be: A good listener; available to share experience, strength, and hope; actively attend A.A. meetings; work the Twelve Steps; respect a sponsee's confidentiality; encourage newcomers to attend a lot of A.A. meetings; read the Big Book and seek a Higher Power.

A common thread that bound all comments was that we learned how to sponsor from *our* sponsors, both good and bad. The most repeated suggestion was that we share with honesty, willingness, patience, and tolerance. Almost all agreed that a sponsor helped them to get sober and that being a sponsor has helped them to stay sober.

All agreed that sponsorship is a critical part of recovery, and that recovery flows back and forth between two alcoholics when they talk to each other.

# MOUNTAIN BREWING'S



Two alxies were sitting in a tavern. With their beer they ordered an apple pie between them.

"Hey, Bill," said one.  
"That piece of pie I ate had

a worm in it."

"Well," said Bill, "wash it down with some beer."

"Naw," said Bill. "Let 'im walk down."

x x x

Two drunks were seated at the bar. Said one, "My wife doesn't understand me. Does yours?"

"I wouldn't know," said the other, "I never heard her mention your name."

x x x

Alcoholic Artie was sitting at the bar with his usual Scotch. Seated next to him was a local judge who happened to have popped in for a cup of coffee.

"I see you're drinking coffee on a hot day like this," said Artie. "Why don't you try something cooling? Ever try Scotch on the rocks?"

"No," answered the judge, "but I've tried many fellows who have."

x x x

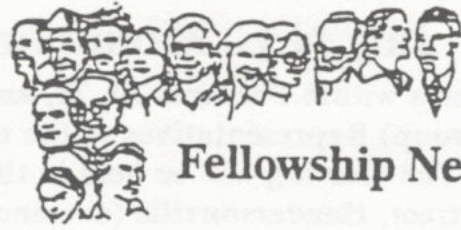
Dan the drunk had just ended an argument with one of his drinking buddies when a minister happened to be passing by. "You must learn to love your enemies," he cautioned Dan.

"I do," responded Dan. "I love gin and vermouth."

x x x

A young North Carolina maiden stalled her car at a traffic light. She tried the starter, again and again, but nothing happened. An impatient alcoholic behind her honked his horn steadily. Finally she got out and walked back to him.

"I'm terribly sorry," she said, "but I don't seem to be able to restart my car. If you'd be kind enough to start it for me, I'll stay here and lean on your horn."



## 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/Lake Junaluska.** The Lake Group is now holdings women's Meetings on Tuesdays at 7 p.m.

**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.

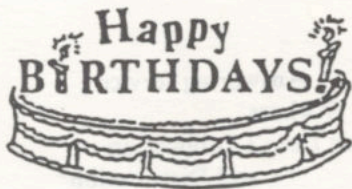
**Meeting Change** Growing Together Group. 7 p.m., St. John's Episcopal Church, 290 Old Haw Creek Road, Asheville. [Ed. Note: No day supplied].

### Alcohol and Your Health

Although a fluid ounce of 100 percent alcohol provides about 165 calories, it does not provide the essential building blocks — vitamins, minerals, essential amino acids — that the body needs to maintain good health. That is to say, alcohol calories are "empty" calories.

Although alcohol is officially classified as a food, because it has calories, it is also a drug that depresses the central nervous system, which can lead to drowsiness and physical inactivity. Thus, alcohol provides a source of energy for the body, but by its sedative effect, it can prevent the body from using that energy.

National Institute on Alcohol and Alcoholism



#### Arden Group

Bob N. 7-7-85 7 years

#### Back to Basics Group

Bill Mc 6-1-74 18 years

(Omitted from June Mountain Doin's)

#### Black Mountain Group

Lynn M. 7-17-88 4 years

Joyce D. 7-26-90 2 years

#### Brevard Group

Steve S. 5-13-83 9 years

Betty M. 5-3-90 2 years

Tom S. 5-30-77 15 years

Anne H. 5-1-91 1 year

#### Candler KISS Group

Tim P. 5-17-90 1 years

Ronnie W. 6-2-91 1 year

#### Cumberland Group

Joel L. 7-29-88 4 years

Steve H. 7-18-90 2 years

#### Hendersonville Group

Bob P. 7-?-83 9 years

Henry Mc. 7-27-87 5 years

David M. 7-19-90 2 years

Ed. B. 7-18-90 2 years

Bob G. 7-28-91 1 year  
Dick H. 7-5-73 19 years

#### Lake Group, Waynesville

Debbie F. 6-15-91 1 year

Allynda A. 6-10-90 2 years

Roy B. 7-1-91 1 year

Gene T. 7-7-91 1 year

Deb R. 7-17-88 4 years

#### Midday Group

Elizabeth E 7-19-90 2 years

David M. 7-15-90 2 years

Gail H. 7-2-91 1 year

Joe T. 7-4-89 3 years

Bill N. 7-15-50 41 years

Jack C. 7-25-89 3 years

#### Ridgerunners Group

Henry W. 6-15-85 7 years

Linda M. 6-12-90 2 years

#### Serenity Service Group

Thomas L. 5-16-91 1 year

Tangee A. 5-17-91 1 year

Cathe 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

Pat W. 6-8-86 6 tears

Lacera O. 6-5-89 3 years

Martha M. 6-26-91 4 years

Cathy B. 6-1-91 1 year

Kay S. 6-5-91 1 year

Andrea S. 6-1-87 5 years

Ken B. 6-30-82 10 years

## Medical Consequences of Alcoholism

### Effects of Alcohol on the Gastro-Intestinal Tract

Ethyl alcohol is extremely irritating to the upper gastro-intestinal tract, causing inflammation, particularly of the esophagus (esophagitis) and the stomach (gastritis). About one-third of all alcoholics suffer from gastritis; this condition can cause hemorrhage and death from loss of blood. Combining aspirin with alcohol intake increases the chances of gastritis. Some physicians think that alcohol also stimulates acid secretion in the stomach, a process which can irritate the stomach lining to the extent of causing ulcers in the stomach and the upper intestine. Periodic drinking appears to lead to changes in the normal absorption function of the intestines and these alterations probably contribute to diarrhea, so frequently observed in heavy drinkers. Alcohol can also affect the lining of the intestine and lead to deficiencies of important nutrients such

as calcium, folic acid, thiamine, and vitamins B6 and B12. Malabsorption may cause malnutrition or it can add to nutritional disturbances which are common in heavy drinkers and alcoholics because of their frequently inadequate diet. Alcohol abuse has been suggested as the most common cause of vitamin and trace element deficiency in adults in the United States.

Alcohol is also the leading cause of pancreatitis. Pancreatitis interferes with the secretion of the pancreatic enzymes into the intestine and this can be the cause of malabsorption and contribute to nutritional deficiencies. The lack of secretion of these enzymes may also lead to fatty stools. The acute stage of pancreatitis can be fatal.

In addition to cancer of the liver, cancers of the mouth, tongue, pharynx, esophagus, and larynx are also increased in heavy drinkers. Cigarette smoking by heavy drinkers adds greatly to the occurrence of certain cancers. Source: Robert F. Premer, M.D. Johnson Institute



## Treasurer's Report

(Note: As reported in the June Mountain Doin's N.C. Central Office Meeting Minutes, our new Treasurer, Owen C. takes office this month. The Treasurer's Report's different appearance reflects this changeover.)

### Group Contributions, May 1992

Acceptance Group	\$258.60
Black Mountain Group	3.50
Day By Day Group	45.00
Etowah Group	15.00
Hayesville Group	50.00
Hendersonville Group	207.48
Hendersonville Happy Hour Group	50.00
Midday Group	64.00
Live And Let Live Group	20.00
Marshall group	20.00
New Day Group	25.00
Pathfinders Group	5.00
Sylvan Valley Group	25.00
West Asheville Group	<u>35.00</u>
<b>Total Group Contributions</b>	<b>\$823.58</b>

### Income

Group contributions	\$823.58
Individual contributions	0.00
Sales	680.77
Other income	<u>0.00</u>
<b>Total income</b>	<b>\$1,504.35</b>

### Expenses

Rent	\$97.00
Telephone: Basic Service	61.93
Toll Free Number	37.10

Answering service	65.40
Special Workers	550.00
Mountain Doin's Publication and Distribution*	278.00
Literature and Chips Sales**	496.68
Postage	73.48
Other Expenses***	12.00
<b>Total expenses</b>	<b>\$1,672.09</b>

Net Income (or Loss) \$167.74

### Operating Account

Opening balance	\$1,954.63
Net income (or loss)	167.74
Transferred from (To) Reserve	<u>0.00</u>
<b>Closing Balance</b>	<b>273.32</b>

### Reserve Account

Balance	\$1,954.63
Transferred From (To) Operating Account	0.00
Interest	<u>0.00</u>
<b>Closing Balance</b>	<b>\$1954.63</b>

\*Includes publishing costs and Editor's payment; does not include postage.

\*\*Includes costs and purchases of literature and chips; does not include postage.

\*\*\*Includes office supplies and bank service charges.

It is noted that Sylvan Valley Group contributions for December, January, March, and April in former Treasurer's Reports were apparently included as Literature Sales instead of being listed under Group Contributions. The Sylvan Valley Group has, in fact, contributed \$25 in each of the months listed above. The N.C. Central Office regrets the error.

## 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

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.

Clip and mail with check or Money Order to:

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