

# MOUNTAIN DOIN'S

## Central Office Newsletter

August 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

### Honesty, A.A. Style

I've at last learned that what we refer to as "cash-register honesty" is not what it's all about. It is being honest with yourself that matters. It's honesty in human relationships. Perhaps cash-register honesty is just a measure of your general honesty. But a small cash-register failing shouldn't destroy us with a big guilt trip.

I think that man is not by nature an honest animal. In fact, no member of the animal kingdom is born honest. The need for survival and catching and stealing prey — food to eat — is inborn. Any dog however lovable and well-trained, will steal a piece of meat. And man is basically no different, except that he usually doesn't have to steal to eat. But he will if he has to!

And one can be sometimes too honest! I like what Bill W. said in a *Grapevine* article written in 1966: "Just how and when we tell the truth — or keep silent — can often reveal the difference between genuine integrity and none at all. . . Truth can be used to injure as well as to heal. This valuable principle certainly has a wide-ranging application to the problem of developing integrity."

B.T.

### Slipping Back Through the Door

I came back to my first meeting after a slip — my first, and, I hope, my last. I was filled with shame and remorse and quite a bit of embarrassment. It took me a lot of courage to go through that familiar door once again to face all those I knew and was once a part of.

And they told me, "Don't be ashamed; you're back, that's the main thing. You went out — but you came back."

I dried my tears and was able to tell them about it.

It started with skipping meetings, not working the steps, just saying, "I'll pass," when it came to my turn to share (which meant, I think, that I was already mentally

drifting away from the program). Then, I began skipping meetings; stopped calling my sponsor; stopped caring about everything to do with AA. Then I drifted into Hell.

Others had told me, and believe me they were right — it gets worse. It is indeed a progressive disease. I won't go into details because that's not the point of this letter.

I'm so grateful that I was able to get back into the program, and that everyone accepted me and was genuinely glad to welcome me back.

I can only say to anyone who wonders about a slip — don't try it: you won't like it!

Thanks for letting me share.

—TS

### Addictions: The Vital Difference

Medical research on alcoholism has advanced to the point where it is on the verge of a breakthrough in isolating the gene that causes the addictive personality. In fact, some say that the breakthrough has already been achieved. In any event, the medical profession asserts that any person with or without the gene can become addicted to drugs — and will if he or she persists in using them — but only those with "addictive personalities" can become addicted to alcohol. Those who are not carrying the gene, says the medical profession, are more likely to experience an aversion to alcohol and will not become addicted.

In other words, drugs other than alcohol can induce physical addiction in anyone. Alcohol can only induce addiction when it stimulates an inherited condition in certain people.

All this brings me to the point that there is a real and fundamental difference between non-alcoholic drug addicts and alcoholics. Admittedly the drug user needs help, but it's a different type of help than that needed by alcoholics.

Isn't that why Bill W. wrote: "We cannot give AA membership to non-alcoholic addicts. But, like anyone else, they should be able to attend open AA meetings, provided, of course, that the groups themselves are willing"? —RT

*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.

# Just What Is A Prudent Reserve?

Prudence. An old-fashioned word that *sounds* reliable. According to Webster it means “frugal” . . . “provident” . . . “shrewd in the management of practical affairs.” And Bill W., who used the word a lot, told the First World Service Meeting in 1969 that “prudence will guarantee our effectiveness, safety and survival as nothing else can.”

Most often in A.A. today, “prudent” is used to describe the desirable size of a reserve fund, whether at the level of the group or of the General Service Office. It is generally agreed that while too large a reserve violates our Seventh Tradition of self-support, putting aside enough for a rainy day does not.

The 1977 General Service Conference redefined a prudent operating reserve for the General Service Office and the *Grapevine* as an amount that may equal, but should not exceed, the preceding year’s combined operating expenses. Groups and other A.A. entities may keep anywhere from one to three months’ reserve, often depending on local needs.

Says Patti W., a past delegate from Utah and manager of the Central Office in Ogden: “Only our strongest groups have a reserve fund of more than \$200; most of them are just struggling to fulfill their current obligations and stay afloat.”

At the Utah Central Office, she notes, “group contributions have dropped steeply, from \$12,000 in 1990 to \$8,000 in 1991. This, even though 92 percent of the groups contributed. The problem is that the volume is down, and we’re feeling the pinch.”

The depressed economy obviously deserves the lion’s share of the blame, Patti concedes, “and there’s not much we can do about that.” However, she firmly believes in “changing the things we can,” and elaborates on one of them: “If A.A.s were less tempted to spend money at forums, roundups and the like on ‘drunk junk’ – T-shirts, trinkets, and other items imprinted with the A.A. logo – they’d have more to put in the group basket.”

At a recent area assembly, she relates, “a non-A.A. group held a raffle and sold all kinds of memorabilia, from cups to coins. The result? Sales of literature went down the drain and we wound up with only \$50. In contrast, no drunk junk was sold at our October roundup and the literature did well, to the tune of \$200.”

Southern California delegate Jackie J. estimates that as many as 80 – 85 percent of the groups in her area maintain a reserve. “Of those who do,” she says, “most seem to average a set amount that will cover two-to-three-months’ expenses at the most. It’s the rent they worry about; once that’s covered for a couple of months, they tend to apply overage to essential A.A. services,

## 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 6-1-92 – 7-3-92

Answering Service Calls	200
General Information	7
A.A. Help	4
Family Help (Al-Anon)	12
Meeting Information	70
Central Office Business	49
Others	20
Visitors	57

generally using the 50-30-10-10 plan – 50% to Central Office; 30% to the General Service Office; 10% to the area committee; and 10% to district.”

Is this living dangerously? “No,” says Jackie. “The groups know that in the event of a shortfall, their members will dig deeper into their pockets and come up with the difference, so long as they know it’s for a good cause.”

However, she adds, “it may be that some groups are skating on thin ice. The recession is being felt in California. Rents are high, not to mention food and other commodities, but incomes are stagnant and increasingly nonexistent as the unemployment rises. Our members are big on self-support and continue to give, but the contributions per capita have certainly fallen off.”

Both Jackie and Patti point out that each group must decide for itself what constitutes a realistic reserve fund. “A good way to determine this,” Jackie suggests, “is to arrive at an informed group conscience through a sharing session in addition to the usual business meeting – and maybe more than one, since the group tends to move slowly on sensitive issues.”

The important thing to remember, Patti adds, “is that A.A. groups are spiritual entities, not businesses. Our Tradition of self-support has served us well for more than 50 years. If we pay close attention to it, we’ll know the prudent thing to do.”

—Source: Box 459

Courtesy is owed; respect is earned; love is given.

## Intergroup (N.C. Mountain Central Office) Important Announcement

All Groups should note that the name change from Intergroup to N.C. Mountain Central Office has now passed through all necessary legal channels and is now official. All contribution checks should in future be made out to N.C. Mountain Central Office, as should all correspondence and verbal reference. In other words, the word Intergroup no longer officially exists as it formerly applied to this Office.



## Fellowship News

**Midday Group meeting change.** Saturday meetings of the Midday Group have been canceled after the July 25 meeting due to a change in Church policy. In replacement, the Trend Center has agreed to permit the Happy Hour Group to extend its meeting schedule to include Saturday noon meetings. The opening meeting will be Saturday, August 1. All meetings will be open discussion, nonsmoking, and all are welcome. The Trend Building is at 800 Fleming Street, in Hendersonville, and stands exactly opposite Pardee Hospital. Entrance is at the rear and there is plenty of parking.

**The Lake Group.** We have been asked to repeat the following, which was published in the June *Mountain Doin's*: All meetings of the Lake Group are open and smoking is optional.

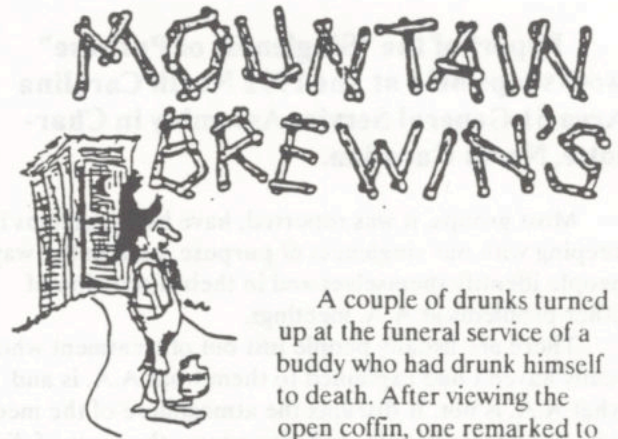
**New Group – Up The Creek Group.** This newly formed group meets at Bethesda United Methodist Church, 315 Old Haw Creek Road, Asheville, NC 28805. The meetings are held on Tuesdays at 7 p.m., and are closed, nonsmoking, Big Book Study meetings.

**New Meeting:** (no name supplied) at St. John's Episcopal Church, Jackson Street, Sylva. Time: 6 p.m.

**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.

**Growing Together Gp.** 7 p.m., St. John's Episcopal Ch., 290 Old Haw Creek Rd., Asheville. (No day given.)

**Black Mountain Group.** The Black Mountain holds a Women's Closed Discussion meeting every Wednesday at noon at St. James Episcopal Church, 417 Vance Avenue in Black Mountain.



A couple of drunks turned up at the funeral service of a buddy who had drunk himself to death. After viewing the open coffin, one remarked to other, "Wow! Pete certainly looks good since he gave up drinking!"

x x x

Alcoholics are well known for their extra-marital experiments. But often a love triangle is a relationship that ends up in a wreck-tangle.

x x x

"There's a suspicious-looking character in Room 18," the country hotel manager told a cop. "Would you check on him carefully?"

The cop did, and when he met with the manager, the latter asked him, "Did you find anything in his suitcase?"

"No," replied the cop. "But I found the chambermaid in his grip!"

x x x

The long-suffering housewife finally went to court for a divorce from her alcoholic husband.

"Young lady," the judge finally ruled, "I'm going to award you a thousand dollars a month in alimony."

"Thanks, yer honor," spoke up the husband. "And I'll try to give her a few bucks myself."

x x x

Did you ever notice that the people who give you a piece of their mind are usually the ones who can least afford to?"

x x x

An insurance agent received an inquiry from a mountain woman whose drunken husband was frequently in car wrecks.

"If I take out an insurance policy on my husband's life," she asked, "what will I get if he dies?"

"Well," replied the agent. "If he dies naturally, ten thousand dollars. If he dies by accident, twenty thousand. If he dies intentionally, thirty years!"

x x x

Ever notice that hard-boiled eggs are yellow inside?

## “I’m an alcoholic and a . . .” Grr!

### Report of the “Singleness of Purpose” workshops held at the 1992 North Carolina Area 51 General Service Assembly in Charlotte, North Carolina.

Most groups, it was reported, have had problems in keeping with our singleness of purpose, both in the way people identify themselves and in their discussion of other problems at A.A. meetings.

There are usually people just out of treatment who really haven’t had explained to them what A.A. is and what A.A. is not. It disrupts the atmosphere of the meetings and upsets people, and also causes the topic of discussion to turn into a debate. In order for everyone to be able to identify with each other, and stick to our problems with alcohol, most groups are making an effort to stop this. People from Public Information are explaining A.A. to Treatment Facilities and Correctional Institutions.

Groups have also found that love and tolerance help individuals learn more about A.A. and other Twelve Step programs for which they might be better suited. All this helps to keep our meetings simple and helps people keep their language consistent with that of A.A.

Workshop participants emphasized that A.A. needs to continue sticking to the disease and recovery from alcoholism. Treatment center patients, drug abusers, those with eating and sexual disorders may have the disease of alcoholism; if they do, then there is help for them in A.A., since that is what we have in common with them. But their (or our) discussion of other problems will not serve the program, as other A.A.’s and newcomers will not identify. Newcomers may even feel that they do not belong. Identification is a principal tool of A.A. We do everyone a disservice if we permit substantial focus on problems other than alcohol. We are alcoholics, we understand alcoholism, and we are sharing in recovery

#### 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 that missed the deadline? Anything you’d like to see published in *Mountain Doin’s* but don’t have the time to write us about it? 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 our newsletter. I’ll be looking for your call. Your Editor, Alan.

from alcoholism.

It is misleading, indeed dishonest, to pretend we can address other problems. Many of these multi-problem people will discover for themselves that A.A. recovery principles will work for their other problems, but at A.A. meetings they would best identify themselves as alcoholics and work on their alcohol problem.

If long-term members adhere to our primary purpose newcomers will follow. We’re grateful for the tolerance shown us when we came in. We were ushered into a spiritual way of life – not a self-help program or a rigid cult. People tolerated our initial preoccupation with our other problems and perhaps our early difficulty in identifying ourselves as alcoholics. They said, all we needed was the desire to stop drinking. Bring the body, the mind will follow, they said.

The above was a summary of reports made by Workshops reporters Mark G., Mike C., and Dick J.

## What Is This A.A.?

1. It is that which costs nothing, yet is more valuable than any other possession the alcoholic can acquire.
2. It is that which has no monetary value, yet the wealthiest man will give up all his possessions, rather than lose this “Pearl of Great Price.”
3. It is that which restores the rich to sanity, and brings the lowliest derelict to a life of dedicated and useful service to his fellow man.
4. It is that which is not “religion,” yet it encompasses and strengthens and builds religious faiths.
5. It is that which brings rest to man, yet it drives him from his bed at all hours of the night to bring A.A. to the suffering alcoholic.
6. It is that which causes man to love all of humanity, yet which strengthens and deepens the love of man for his mate and his family.
7. It is that which makes man totally selfish, in that his sobriety must, to him, be the most important thing in all the world, yet which makes man into a totally unselfish person in his desire to share with his fellow man.
8. It is that which talks not of rewards after death, yet which prepares man for the greatest blessings eternity can offer – for “he that hath done it unto the least of these, my brethren, hath done it unto me.”
9. It is that which takes the weakest man and turns him into a man of courage, strength, and great will power.
10. It is that which takes total strangers and almost instantly turns them into the closest of friends.
11. It is that which requires no formal education, yet which turns man into a philosopher.
12. It is that which man must not give up, yet the more of it he gives away, the more he possesses.

—Eugene K. Magnum, Judge, Phoenix, Arizona.

Reprinted from MetrolinaNewsletter



**Back to Basics Group**

Bill Mc 6-1-74 18 years  
David P. 7-2-91 1 year

**Black Mountain Group**

Jane H. 8-20-85 7 years  
Bill G. 8-21-87 5 years  
Bob S. 8-21-91 1 year  
Jim F. 8-31-91 1 year

**Brevard Group**

Louise C. 7-15-91 1 year  
Cecil Mc 7-5-87 5 years  
Eva P. 7-30-78 14 years

**Hendersonville Group**

Maurice W. 8-1-87 5 years  
Ray D. 8-21-80 12 years  
John G. 8-19-90 2 years  
Tom H. 8-1-64 28 years  
Lloyd B. 8-27-84 8 years

**Lake Group**

Jack M. 8-15-92  
(Date as received - Ed.)  
Vada 8-4-91 1 year

**Maggie Valley Group**

Pete M. June 10 years

**Midday Group**

Bill F. 8-28-87 5 years  
Margie J. 8-28-91 1 year  
Otis T. 8-9-83 9 years  
Beth M. 8-9-88 4 years  
Travis G. 8-5-89 3 years

**Pathfinders Group**

Bill F. 7-17-68 24 years  
Laura F. 7-14-68 24 years

**Serenity Service Group**

Curry W. 7-19-79 13 years  
Bill D. 7-5-91 1 year  
Charles A. 7-11-91 1 year  
Mike K. 7-29-84 8 years  
Joe J. 7-4-89 3 years

**Sylva Group**

David C. 7-9-88 4 years  
Buddy L. 7-20-85 7 years  
Jeff M. 7-14-85 7 years  
Genny D. 7-22-78 14 years  
Marty D. 7-22-78 14 years



**Calendar of Events**

**48th Southeastern Regional conference.** "The Granddaddy of them all." 40th West Virginia State Convention of Alcoholics Anonymous at Charleston Civic Center, Charleston, WV, August 12, 13, 14, 15, 1992. Dances, Workshops, Al-Anon, and Al-Ateen sessions. A.A. speaker: Clancey I., CA; Frank M., NY; Fran M., BY; Judy P., GA; Angie D., GA; Jimmy S., GA; Evelyn T., DC. For full information, phone 1-800-733-5469

**35th International Conference of Young People in Alcoholics Anonymous.** To be held August 17-30, 1992, in Cleveland, Ohio. The conference will be held at Marriott Society Center Hotel, 127 Public Square, Cleveland, Ohio 4114. Telephone number: (216)696-9200. For information phone or write to 35th ICYPAA, P.O.Box 200513, Cleveland, Ohio 44120. The conference encourages all ages to attend.

**Michigan's 5th Annual Tri County Conference.** To be held October 16,17, and 18 at the Troy Marriott Hotel, Troy, Michigan. The Conference is entitled "A Vision For You." The conference will include A.A. speakers, Al-Anon speakers, Friday Night Dance, and Saturday night Steak and Scampi Banquet and Dance. Phone: 1-800-777-4096.

For further information and registration forms, write to Tri County Conference, P.O. Box 542, Warren, MI 48090-0542.

**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.

**Alcohol, the No.1 Drug**

The 400-page, Seventh Special Report to the U.S. Congress on Alcohol and Health, states that alcohol consumption is at its lowest level in two decades, but it is still more widely used than any other drug or cigarettes.

The report also found:

10,500,000 U.S., adults show signs of alcoholism, and 7,200,000 suffer from alcohol abuse although they do not show signs of dependency.



## Treasurer's Report

<b>Income</b>	
Individual Contributions	\$0.00
<b>Sales</b>	<b>\$1,738.38</b>
<b>Group contributions</b>	
Acceptance Group	\$60.00
Black Mountain Group	3.50
Brevard Group	62.21
Candler KISS Group	15.00
Canton Easy Does It Group	\$31.00
Cumberland Group	120.00
Day By Day Group	90.00
Fletcher Group	25.00
Hendersonville Group	158.56
Hendersonville Happy Hour Group	50.00
Hendersonville Midday Group	100.00
Leicester Group	25.00
Maggie Valley Group	20.00
Mars Hill Group	25.00
Pathfinders Group	5.00
Sylvan Valley Group	25.00
Thursday Afternoon Ladies Group	10.00
Tryon Group	120.00
Waynesville Grace Group	112.50
West Asheville Group	<u>\$35.00</u>
<b>Total Group Contributions</b>	<b>\$1092.77</b>
Sales	\$1738.38
Mountain Doin's Subscriptions	20.10
Other Income	<u>0.00</u>
<b>Total Income</b>	<b>\$2,851.25</b>

<b>Expenses</b>	
Rent	\$97.00
Telephone	
Basic Service (Sou. Bell)	64.17
Toll Free Number (ATT)	39.30
Answering Service	60.20
Special workers	550.50
Cost of Mountain Doin's publication and distribution*	278.00
Cost of Literature and Chip Sales**	729.89
Postage	75.62
Other expenses***	<u>19.80</u>

**Total Expenses \$1,914.48**

**Net income \$936.77**

### Operating Account

Opening balance	\$272.92
Net Income	\$936.77
Transferred to Reserve	<u>0.00</u>

**Closing Balance \$1,209.69**

### Reserve Account

Opening Balance	\$1,954.63
Transferred from Operating Account	0.00
Interest	<u>0.00</u>

**Closing Balance \$1,954.63**

\*Includes Publishing costs and editor's expenses; does not include Postage or Coordinator's salary.

\*\*Includes costs of purchase of Literature and chips; does not include Postage or Coordinator's salary.

\*\*\* Includes Office supplies and Bank Service Charges.

## 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 \_\_\_\_\_

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