

MOUNTAIN DOIN'S

Central Office Newsletter

October 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

Young or Old — We're All the Same

When I started going to A.A. meetings I really believe that everybody thought I must surely be some alcoholic's daughter just coming along to pass the time away, or perhaps to find out what all these drunks talk about at meetings. That's because I was only seventeen when I first entered.

Nobody could have known that I started drinking (with my father's encouragement) when I was seven years old. But since both my parents were alcoholics, it seemed a normal way of life to drink. My life wasn't happy — with two parents whose actions were always totally unpredictable — and drinking quickly let me escape from the reality of an unhappy home.

By the time I was fourteen I was ready to leave home. I quit school and the only way I could find any sort of survival was to escape from everything in booze. And I became suicidal because the only way I could get money was to steal and con people, and the shame was so great that I just wanted to end it all.

Then, at seventeen, a friend introduced me to A.A. and I found out that there was another way of life, a way out of the mess I was in. Today, I have a job and I'm trying to work my way back into the world.

But I want the older people in A.A. to realize that just because some of us in the meetings are young, don't think we don't know what living the life of a drunk is all about. Some of us, at least, know all about it. — R.M.

How To Handle Newcomers

I think one of the most difficult things in A.A. is exactly what to say to a newcomer when you see him or her

at the first meeting. I've developed a sort of strategy that, over the years, seems to work most of the time.

First, I assure them that the simple warning: "Don't drink and get to meetings," is the best beginning advice. And then "Listen, listen, listen! Don't worry if you don't agree at once with what you hear, or don't understand, or don't believe — just listen!"

That's the easiest way to learn and to adjust to the new life. After all, they can't all be dummies out there in the room. "So, listen hard — and some of it at least will sink in, and changes will start to take place."

Then, very important, "Get a sponsor." That's a must. We each need one. Only a sponsor can lead us through the doubts, the rough spots, the paradoxes. "And don't hesitate to call," I always say. "A sponsor is only as far away as the telephone. Learn to use him or her. That could save you from going out again."

And finally: "Get a Big Book. And, more important, READ it!"

If beginners do all that, they'll find that they're on their way to a new life of happiness. — F.W.

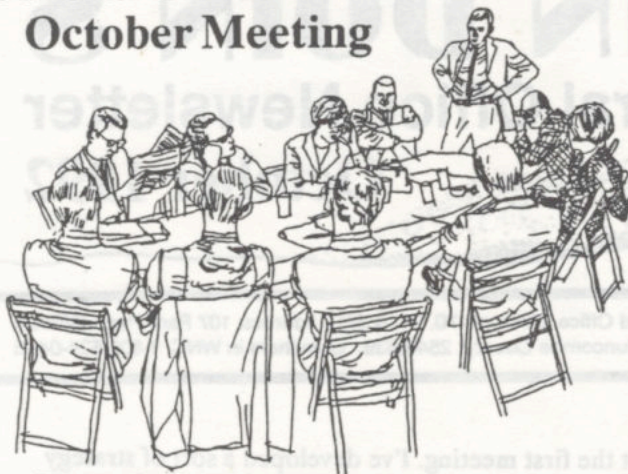
Two Magnificent Standards

"All A.A. progress can be reckoned in terms of just two words: humility and responsibility," said Bill W., in a 1965 talk. "Ever deepening humility, accompanied by an ever greater willingness to accept and to act upon clear-cut obligations . . . hold up to us the very essence of right being and right doing."

To me, the essence of right being is contained in the Steps. And by learning to reflect the essence of right being I automatically find myself becoming more and more interested in helping others. So we learn to achieve what Bill points out — that "our whole spiritual development can be accurately measured by our degree of adherence to these two magnificent standards." — W.N.

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.

Central Office October Meeting



Set for October 18

The October N.C. Mountain Central Office (Intergroup) Meeting, to be held on Sunday, October 18, at 2 p.m. will be at Serenity Place, 1, Lake shore Drive, Lake Junaluska.

The meeting place is situated just off Rte. 19 & 23.

Those traveling from the East and South should take Route 40 West to Clyde, exit on Rte 19 & 23, and then exit at Business 23 (Lake Junaluska). At exit, drive about 100 yards to Stop sign, turn right to second Stop sign, then right again onto Rte. 209. Pass under railroad trestle bridge and turn immediately left and watch for "Junaluska Assembly" sign. Turn right into parking lot of white building, just by the entrance to Lake Junaluska. The last doorway in white building is Serenity Place, our meeting place.

This is an important meeting at which all Central Office (Intergroup) representatives should be in attendance and meet the new officers.

Business to be discussed will include the new legal status of our N.C. Mountain Central Office and its official non-profit organization status, and its ramifications.

The meeting place is approximately 20 miles west of Asheville and is easily accessible.

Representatives traveling from West of Lake Junaluska may leave Rte. 19&23 at Business 23 (Lake Junaluska) exit, although they will no doubt be familiar with many alternative routes available.



Calendar of Events

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.

26th Annual Roundup of Alcoholics Anonymous, Las Vegas, Nevada. November 26, 27, 28, 29. To be held at the Riviera Hotel. The Round Up will include: Thursday Night Dance; Two Dances on Friday Night; Tennis Tournament; Golf Tournament; Saturday Night Banquet and Live Show; 24-hour hospitality; 24-hour Marathon Meetings. Al-Ateen/Al-Atot Registration is free.

For further information write: The Round-Up Committee, P.O. Box 43177, Las Vegas, Nevada 89116. Or call Riviera Hotel 1-800-634-6753. For further assistance and room reservations call Las Vegas Reservation Systems, 1-800-233-5594.

Area 51 Fall General Assembly. Charlotte, November 21, 22, 1992.

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

Use *Mountain Doin's* as a Tool in Recovery

Mountain Doin's is designed as one of the tools that can be used in your recovery. And that means that your own input through letters to the editor, articles, and opinions, can be considered as twelfth-step work and may certainly help many alcoholics who are still suffering.

Central Office information that brings news of events throughout Western North Carolina and conferences, seminars, and other A.A. activities around the nation are listed, as well as news of group meeting changes within our own Districts covered by the N.C. Mountain Central Office - Districts 70, 71, and 80.

It's good to share anniversaries, just as it's good to share humor and ideas that could help us all.

Sharing is indeed the cornerstone of recovery, and what better way is there to share among us all so that our thoughts can be expressed beyond the meeting rooms?

It is also important that you know where the money comes from and where it goes. That's why the Treasurer's Report is included each month.

We hope you will look upon *Mountain Doin's* as your newsletter. Every group receives three free copies, and more and more groups are subscribing for extra copies so that more of their members can participate in sharing through the newsletter. Lots of groups place their copies of *Mountain Doin's* on a table and invite members to pick up a copy and take it home with them. That way, as we say, it becomes a useful tool in our recovery. Try it—share through our letters column your thoughts, hopes, experiences. You could help lots of us simply by airing your thoughts. **The Editor**

DCM Corner

— District 70

As my two-year term as District 70 DCM comes to a close, I'd like to take this opportunity to express my gratitude to Alcoholics Anonymous and its members for allowing me the privilege of being your trusted servant. While it is sometimes frustrating and time-consuming, the rewards are plentiful and I have certainly learned and benefited from the experience. I was sponsored into service work early on and I remain committed to it because it enhances by sobriety and provides a way to give back *some* of what I've been given. I say *some*, because I could never in a lifetime repay the beauty of sobriety.

It is now time to elect new District Officers and we had originally planned to hold the election at our September District 70 Meeting. However, since this fell on Labor Day Weekend, I suggested we wait until the November 8 District Meeting, to allow all groups to be represented. Our Alternate DCM, Jean J. has voiced her willingness to serve as DCM and our Treasurer, Dave L. has also volunteered to continue as Secretary/Treasurer, if you so choose. This, of course, should be decided by standard nomination and voting by you, the GSRs. By holding the election on November 8th, this will allow the new officers to accompany the outgoing officers to the last General Assembly of 1992 in Charlotte on November 21 and 22.

(Reminder: Be sure to make your hotel reservations early for this Assembly to insure accommodations. This can be done by calling the Hotel [Sheraton Airport Plaza in Charlotte] direct at 704-392-1200. Reservation cards will be mailed to the GSRs by the Area Committee, but often leaves very little time to make the reservation before the cut-off date. Be sure to tell them you are attending the "North Carolina General Assembly" and are guaranteed a room rate of \$45 plus tax.)

I will be attending the State Committee Meeting on September 19-20 and will provide information on what to expect at the General Assembly at our November 8 District Meeting.

Several of our GSRs expressed concern over a matter, and since I share their concern, I agreed to address this in our newsletter. I have no desire to get on a soapbox, but merely make you aware of a trend we have observed. More and more frequently we see GSRs representing groups from all over the State at the General Assembly who have six months or less sobriety. While there are no rules, our guidelines in the Service Manual "suggest" a GSR have at least two years. This is based on fifty-plus years of experience. The result is that many of these with a minimum of sobriety become confused and overwhelmed by matters they do not understand. Many leave in tears, vowing never to return. It is certainly not their fault, because as we all know, the first year of sobriety is very baffling and emotional.

My point is that it is our responsibility as A.A. members to see that our groups follow the suggested guidelines as closely as possible for the group's welfare as well as the individual's. I, too, entered service work much earlier than what is recommended, but the mitigating factor was that I had strong guidance and support from a sponsor with many years of sobriety.

As I see it, and I certainly am not always right, many of us who have "been around awhile" are not as involved as we could be. Time and time again, I hear a GSR state, "I only agreed to do this because no one else would." In fact, I became your DCM — not because our District particularly wanted me — but because, to the best of my knowledge, I'm the only one who agreed to do it. It seems that what this says is that there are many with two or more years of sobriety who are not involved.

I realize that service work involves time and commitment. Not everyone has the time or desire. However, if time is the deciding factor, neither would I. It is not easy to work full time, go to school part-time, maintain a household, go to meetings and do service work, too. What I have discovered is that God provides the means if I provide the willingness. I've never forgotten that in order to keep it (sobriety) I must give it away. Not just in carrying the message, but also by doing the mundane tasks that keep A.A. functioning.

The question we may need to ask ourselves is, "Am I doing my part?" If everyone does a little, no one is overburdened. Are we sponsoring our newcomers in all aspects of recovery, including by example, remembering that gratitude is not *saying* how grateful I am but *showing* how grateful I am by being involved?

Please consider this and let's talk about it at our District Meetings. We can begin by seeing that our groups are represented at District Meetings. It saddens me that out of **Twenty-five** groups in District 70, only **Five** were represented at our July District Meeting. The role of GSR is one of the most important jobs in A.A. — it is our groups' link with the State, GSO and matters affecting A.A. as a whole — and serves to insure an informed group conscience.

Thank you again for letting me be of service. Active involvement has made me love sobriety, Alcoholics Anonymous, and its members even more that I would have otherwise.

Please feel free to call me at any time.

Gayle P. — DCM (District 70) 626-3457

Information for Mountain Doin's

Members living in the general Henderson County area (District 71) may find it more convenient to bring Group information intended for publication in *Mountain Doin's* to the Hendersonville Group Meeting Hall at 123 Main Street, Hendersonville. Simply place the matter in the envelope provided on the desk, addressed to the Editor, *Mountain Doin's*.

MOUNTAIN BREWING'S



The alky stepped into the elevator, bottle in hand, and asked to be taken to the ninth floor.

The elevator operator obliged. "Here's your floor, son," he said as the door opened.

"Son!" said the alcoholic, annoyed. "I'm not your son!"

"Well," said the operator. "I brought you up, didn't I?"

x x x

A husband and wife were invited to a cocktail party. After several drinks the wife turned to her husband and said, "Jack, please don't take another cocktail, your face is already getting blurred."

x x x

A drunk phoned a North Carolina police station one night and vaguely reported that the steering wheel, brake pedal, accelerator, clutch pedal, and dashboard had been stolen from his car. A sergeant promised to investigate. But, a few moments later, the phone rang again. "Don't bother," said the same groggy voice. "I got into the back seat by mistake."

x x x

At a meeting two recovering alcoholics were chatting. Said one: "Today, I have learned to stand the smell of liquor, but I sure hate to listen to it!"

x x x

A woman publicly accused a workman of having a drinking problem because she had seen his truck standing outside a saloon. The accused man said nothing, but that night he drove his truck and parked it outside the woman's front door and left it there all night.

x x x

Young lady, after her fifth martini: "I sure feel a lot more like I do now than I did when I came in."

x x x

An alcoholic office employee was seen by his boss to be drinking at his desk. "I hope you don't mind," said the drunk, thinking quickly, "this is just a little celebration on the seventh anniversary of my last raise."

x x x



Fellowship News

Sylvan Valley Group Move. The Sylvan Valley Group, Brevard, has moved to The Sharing House.

Orange Street Sunday Meeting. The Orange Street Sunday 4 o'clock meeting has been canceled.

Black Mountain Group Move. The Black Mountain Group that formerly met at the St. James Episcopal Church, 417 Vance Road, now meets at the Black Mountain Presbyterian Church, 117 Montreat Road. The schedule is the same: Monday, 8 p.m. Closed discussion; Wednesday, noon, Women's Closed discussion; Thursday, 7 p.m. Closed Beginners' Meeting; 8 p.m. Closed Step Study. All meetings are nonsmoking.

New Edneyville 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.

New Meeting. A new meeting begins at 8 p.m. on Saturdays at the Baptist Church on Candler School Road. The meetings are open.

New Meeting. Saturday Night Live— open Speaker Meetings are held on Saturdays at Macon County Public Library, Rte. 441 Business, in Franklin.

Hendersonville Midday Group. The Midday Group continues to meet at noon Monday through Friday at the Hendersonville First Presbyterian Church. The Group's Saturday meetings are now being held at the Trend Center, which is immediately opposite Pardee Hospital on Fleming Street. Enter at the rear of Trend Center. All meetings are open discussion, nonsmoking, and everyone is welcome to attend.

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.

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.

Medical Miscellany

● A 1991 report of the California Department of Health Services states that people who die of all causes related to alcohol probably would have lived 31 years longer if it were not for alcohol.

● After examining up to thirteen years of medical records and histories of more than 7,000 alcohol and drug addicts at Eagleville, PA, Hospital, a reasearch team found the mortality rate for drug addicts was two-and-a-half times greater than that of the general population, and drug addicts are more likely to die violently by homicide, accident and suicide. Their average life span was 33 years. Alcoholics were more likely to die of physical deterioration and show many problems such as ulcers, cirrhosis, and heart disease. The alcoholic's average life span was 45 years.

● The U.S Department of Health & Human Services reported in 1991 that:

Beer is the preferred alcoholic drink of college students.

The average student spends "more money on booze than on books."

Alcohol is one of the leading causes of death among young adults.

Alcohol is a factor in 21 percent of all college dropouts.

Between 240,000 and 360,000 students lose their lives because of drinking.

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 8-3-92 - 8-28-92

Answering Service Calls	120
General Information	12
A.A. Help	4
Family Help (Al-Anon)	4
Meeting Information	77
Intergroup Business	42
Others	6
Visitors	38



Black Mountain Group

Joy G.	10-12-83	9 years
Jim M.	10-28-85	7 years
Bob S.	10-9-84	8 years
Connie H.	10-84-83	9 years

Brevard Group

Margaret H.,	9-?-86	6 years
Eric C.	9-?-91	1 year

Conscious Contact Group

Bill S.	9-2-82	10 years
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Cumberland Group

Evelyn S.	10-20-85	7 years
Chuck R.	10-18-90	2 years

Hendersonville Group

Owen C.	10-30-84	8 years
Stan S.	10-20-86	6 years
Steve M.	10-28-91	1 year
Harold S.	10-30-89	3 years
Joe C.	10-9-91	1 year
Ralph R.	10-20-89	3 years
Maurice M.	10-26-79	13 years
Mike H.	10-6-83	9 years

KISS Group

Bill R.	8-9-91	1 year
Kitt M.	8-13-85	7 years
Willis S.	8-23-90	2 years
Mike I.	9-3-83	9 years

Maggie Valley Group

Cindy S.	8-11-89	3 years
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Marshall Group

Malcolm O.	8-9-85	7 years
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Middy Group

Robert B.	10-1-83	9 years
Carolyn F.	10-21-79	13 years
Alex P.	10-20-90	2 years
Kim B.	10-?-86	6 years
Harold A.	10-31-89	3 years
Dorothy T.	10-16-80	12 years

Ridgerunners Group

Sue F.	8-17-87	5 years
Barbara R.	9-21-88	4 years

Treasurer's Report

N.C. Mountain Central Office, Inc.
Financial Report for Month of August, 1992



Income

Individual contributions

Gail H.	\$20.00
Owen C.	<u>\$20.00</u>
Total individual contributions	\$40.00

Sales \$536.14

Group contributions

Acceptance Group	\$396.60
Black Mountain Group	3.50
Blue Ridge Group	25.00
Brevard Group	33.81
Candler KISS Group	15.00
Day By Day Group	45.00
Growing Together Group	30.00
Hendersonville Group	229.02
Hendersonville Happy Hour Group	50.00
Hendersonville Midday Group	100.00
Pathfinders Group	5.00
Ridgerunners Group	35.00
Sylvan Valley Group	25.00
Up The Creek Group	5.00
West Asheville Group	<u>35.00</u>
Total group contributions	\$1032.93

Mountain doin's Subscriptions	\$30.00
Other Income (from closing old savings account)	<u>\$607.94</u>
Total income	\$2,272.01

Please Note: The closing balance in the operating account does not reflect the present balance in the "old" WNC Intergroup account. Trying to combine Reports into one report caused your Treasurer to make several errors in the reports for June and July. The "old" account will be closed in September and the final balance will be reflected as "Other Income" in the next Month's Report. Further, you will see that the Operating Account (checking Account) balance is very large and the Reserve Account (Passbook Savings Account) Balance is small. Being summer, it has been difficult to get the four officers together to sign the documents the bank requires for the Savings Account. Since we can't make withdrawals until the documents are all signed, we have had to keep the funds in the Operating Account.

Expenses

Rent	\$97.00
Telephone	
Basic Service (Southern Bell)	69.07
Toll-Free Number (AT&T)	41.36
Answering Service	90.00
Payroll	490.38
Cost of Mountain Doin's publications and distribution**	335.30
Cost of Literature and Chips Sales**	677.04
Postage	18.84
Other Expenses***	<u>35.00</u>
Total expenses	\$1,853.99

Net Income \$418.02

Operating Account

Opening balance	\$951.82
Net Income	418.02
Transferred to Reserve	0.00
Closing balance*	\$1,369.84

Reserve Account

Opening balance	100.00
Transferred from Operating Account	0.00
Interest	0.00
Closing Balance	\$100.00

*Included in the Balance are Liabilities to the Federal and State Governments for withholding Taxes in the amount of \$81.24

**Includes all costs involved except coordinator's pay

***Includes Office Supplies and Bankk Service Charges

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 _____

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.