

# MOUNTAIN DOIN'S

## Central Office Newsletter

### November 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

### Area 51 General Service Assembly (This includes our own Districts 70, 71, and 80) November 21-22

Sheraton Airport Plaza Hotel, Charlotte, N.C.

We encourage all GSRs and/or Alternates to attend this important meeting. GSRs already have received details of the matters for discussion at the meeting and are asked to come prepared with the collective Group conscience to take action.

### Readers' Forum

## LIVE LETTERS

### 'Court'ing Disaster?

I need help and I thought with the wide area covered by *Mountain Doin's*, someone would have the answer.

From time to time someone at the end of a meeting presents me with a piece of paper and asks me to sign to the effect that he attended the meeting. It was for the court, he said, and always I had to sign my name.

I've always been happy to sign. But now I'm getting worried. My name can be seen by all sorts of people in official capacities. Where's the anonymity? Could I be called into Court one day to testify that the person really did attend the meeting? That would seem to me to be entirely contrary to the spirit of anonymity.

On the other hand, how can you refuse to come to the aid of someone who might well become a permanent member of A.A. if he or she was ready for it?

It's a dilemma. Can anyone give me some needed advice on this subject?  
—J.R.

### Just "Come on In!"

One of the things that I liked most about A.A. when I first joined was that I could sneak into a meeting (especially if it was a big one) and sneak out again, without anybody really noticing. Or perhaps they were just being polite, sensing that I didn't want anyone to talk to me. And I didn't — I wasn't yet ready to meet people and discuss anything. I had too many private problems that needed sorting out.

On looking back, I realize that A.A. is about the only place where anyone can be accepted without being invited, or even questioned. No fees, no entrance exams — just an open door. And that really helped me over that very difficult period when some of us need to adjust to being a success on the outside and a humiliating failure on the inside.

It's a joy to know that "the only requirement for membership is a desire to stop drinking." I heard that at my first meeting, of course, but I wasn't sure about anything just then. And I was allowed to keep returning until I was sure.

Today, I thank A.A. for letting me sneak in at my own pace through the front door, and teaching me how to live a new life.  
—T.B.

### Dotting on Daily Doses

Why do I go to so many meetings, I sometimes ask myself (and my wife asks me the same question). I go to at least one a day. Am I nuts? I started to wonder about it when someone mentioned the other day that he was a good Christian and went to church once a week. And that, he said, keeps him following the Christian way of life.

And you could extend that — you may go to the Elks Club once a week, or to your piano lesson, your aerobic

*"Live Letters" continued on next page*

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## 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 8-31-92 — 10-2-92

Answering Service Calls	217
General Information	10
A.A. Help	4
Family Help (Al-Anon)	9
Meeting Information	64
Intergroup Business	47
Medical Help (Hospital, Detox, etc.)	2
Others	18
Visitors	47

### Live Letters (continued from previous page)

class. That's enough to keep you fit. So why A.A. once a day?

Well, I began to think about it. When I was a drunk, did I drink just once a week? When I was rotten to my family, was that just once a week?

And just because those things happened daily, does it mean I have to reverse and go to a meeting every day? No, it doesn't. I realize now that I go to a meeting every day because it helps keep me sober, it keeps me in constant touch with the Fellowship, it reminds me on a daily basis what sobriety is all about. And it's the best habit I've ever formed.

And besides, because I need to go to a meeting every day, it doesn't mean that everyone else has to. This is a program for me, and I like it in daily doses. — W.F.

### . . . As We Understand Him

As a young child, I was brought up in a home where I was taught to believe in the kind of God I have again come to believe in. He was a loving and caring God who wanted the best for me. I was not taught, as so many of the fundamentalist traditions teach, to believe in a vengeful God who gave one cancer if he messed up.

When I hit my bottom, I hated God, since I thought He had let me down. Yet, I was told I had to believe in a power greater than myself in order to get sober, since I certainly had not been successful in getting there myself. When I expressed my reluctance to rely on the God of my youth (who I thought had let me down) I was told

"no sweat — just believe in 'the God of your understanding.' You can pick an oak tree, an electrical outlet, a light bulb, or anything that turns you on." This caused another problem. Being one of those fortunate people who was not brain dead upon entering A.A., I had to figure out how things like light bulbs could possibly get me sober. I've now been sober by the Grace of God (who isn't an oak tree or light bulb) for over five years. I still cannot understand how a light bulb or petunia could get me or anyone else sober.

While I certainly have no argument with anyone who suggests that a fire hydrant or a bulb got him sober, I have found only one alternative to "God" suggested in the Big Book and Twelve and Twelve. The oldtimers, recognizing that many newcomers had the same problem I did, suggested using the group as one's Higher Power, and then, only temporarily. This was certainly wise advice, since the group has much more collective sobriety than the newcomer. Clearly, they have tapped a power the newcomer hasn't yet discovered. Nobody should have problems with this temporary substitution for the "real thing." The term "as we understand Him" means what we have come to believe about the nature of God, based on our experience in sobriety. This might be somewhat different for different people, based on their individual experience. But God is God, and neither I nor anyone also define him. What I think He is has nothing to do with what He really is. My job is to try to discover Him, not define Him.

We have a responsibility to newcomers. Let's stop feeding their already hopeless condition by suggesting tire irons, etc., as a "Higher Power." These kinds of suggestions nearly turned me away from A.A., and that would have meant death. The Big Book doesn't assume that alcoholics are stupid and have no ability to reason, and neither should we. — S.T.

## Joyful Gratitude

One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine — both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living.

I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know.

From *The Grapevine*

*Y'all Come!*



### District 71 Eatin' Meetin'

(that's everyone in Henderson, Polk, and Transylvania Counties!)

**Sunday, November 8,**

at

St. John In The Wilderness Parrish House  
Flat Rock (Rte. 25S)

Bring along a complete covered dish  
(no food supplied)

Eating at 4 p.m.  
Speaker at 5 p.m.



### Fellowship News

**New Meeting.** Tuesday Night Men's Group now meets at St. Luke's Episcopal Church, 219 Chunn's Cove Rd., Asheville on Tuesdays at 8 p.m. The meetings are closed, discussion.

**Correction - Black Mountain Group.** Information supplied for publication in the October Mountain Doin's regarding the address of the Black Mountain Group was incorrect. The correct address of The Black Mountain Group meetings is 129 Montreat Road (in the white house). In addition, it has been decided that the Wednesday noon Women's closed discussion meeting shall be self-supporting, autonomous and no longer affiliated with the Black Mountain Group. It will, however, continue to meet at the same location (129 Montreat Road.)

**Meeting Change.** The Lake Group no longer holds noon meetings. New meetings are now being held at 5.30 p.m. on Thursdays and Fridays.

## MOUNTAIN BREWIN'S



An alcoholic visited his doctor complaining of a number of symptoms. the doctor examined him thoroughly and was puzzled.

"I really can't find a cause for your symptoms," said the doctor. "But I think it's due to excessive drinking."

"Well, if that's the case," said the alcoholic, "I'll come back when you're sober."

x x x

Husband, coming in from the office in a rainstorm: "I must get out of these wet clothes and into a dry martini!"

x x x

A man who was glad to be able to reach home safely at two o'clock in the morning, after a night of heavy drinking, thought he'd phone his buddy with whom he had shared the evening, to see if he, too, had arrived home safely.

"I hope I haven't disturbed you," he said as his friend answered his phone.

"No, not at all," said his buddy. "I had to get up to answer the phone anyway."

x x x

An AA member went to an out-of-town AA meeting. At the end of the table sat a man who, whenever a problem was mentioned, would come out with a worn-out cliché, such as "Well, it never rains, but it pours," or "It's a long road that has no turning," and so on.

"Does he do this all the time," the visiting AA member inquired of the person sitting next to him.

"Yes," was the reply. "But he gives us our spirit of unity. We'd all like to strangle him."

x x x

What's the most potent solvent on the market?  
*Alcohol. It dissolves marriages, families, relationships, careers, and almost everything it comes in contact with!*

x x x

The blonde told the alcoholic who was pursuing her that she wouldn't dream of going out with a perfect stranger. "Don't worry, Babe," the alcoholic grinned. "I'm not perfect!"



#### Acceptance Group

Debbie P.	8-6-86	6 years
Gloria G.	8-13-84	8 years
Dan P.	8-25-89	3 years
Dale N.	8-30-86	6 years
Murri S.	9-12-84	8 years
Bill M.	9-24-76	16 years
Fred "Sarge" H.	10-5-64	28 years
Chuck G.	10-12-91	1 year
Dottie S-G	10-12-91	1 year
Jim M.	10-15-57	35 years
Dan B.	10-20-87	5 years
Toby B.	10-20-86	6 years
Dan G.	10-23-83	9 years
Lee T.	10-29-84	8 years
Lorraine B.	11-3-83	9 years
Bob A.	11-7-90	2 years
Kay T.	11-23-77	15 years
Dave A.	11-24-85	7 years
Rick C.	11-27-89	2 years

#### Back To Basics Group

Lynda Mc.	8-6-85	7 years
Juana T.	8-6-87	5 years
Helene V.	9-29-80	12 years
James T.	10-17-78	14 years

#### Black Mountain Group

Bill G.	11-30-83	9 years
Kay G.	11-5-84	8 years
Jack S.	11-13-89	3 years
Cynthia N.	11-1-85	7 years

#### Brevard Group

Linda N.	?-10-80	12 years
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#### Candler KISS Group

Erv K.	10-1-91	1 year
Louise A.	10-21-90	2 years
Sarge H.	10-5-64	28 years
Jim K.	11-5-90	2 years

#### Hendersonville Group

Ed G.	11-3-79	13 years
Joe H.	11-19-90	2 years
Fred J.	11-25-91	1 year
Don O.	11-8-62	30 years
Andy T.	11-24-91	1 year
Becky F.	11-22-90	2 years

#### Lake Group

Wayne	10-2-90	2 years
Kathi B.	10-7-84	8 years
Jane T.	10-29-90	2 years
Anne O.	11-1-6-79	13 years
Fred T.	11-8-79	13 years
Laine T.	11-10-91	1 year
Susie	11-14-90	2 years
Mike F.	11-21-91	1 year
Bill S.	11-16-?	? year(s)

#### Maggie Valley Group

Cindy S.	9-?-89	3 years
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#### Midday Group

Susan H.	11-12-90	2 years
Lisa	11-21-83	9 years
Mathy McG.	11-21-84	8 years

#### Ridgerunners Group

Don H.	10-19-68	24 years
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## Calendar of Events

**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.

**Blessed are those who don't have anything to say and don't take too long to say it.**

## ***Important Notice***

### **District 70 Meeting**

The next District Meeting of District 70 GSRs and/or Alternates, and anyone interested in District matters will be held on Sunday, November 8, 1992, at 2 p.m. at the Serenity Service Group, 107 Broadway, Asheville. N.C.

Included will be information on the upcoming General Assembly in Charlotte on November 21 and 22 which is an election assembly for all our State Officers including Delegate. We will also be electing new District Officers at this District meeting, to allow them to accompany the outgoing officers to the General Assembly.

Please insure that your group conscience is represented by a GSR, Alternate, or designatee voting member.

If you have any questions or suggestions, please contact Gayle P., DCM, District 70, at 626-3457.

### ***A Message from our Central Office Treasurer*** **Order Your Literature, Medallions, and Chips from N.C. Mountain Central Office and Save Money!**

Did you know that your A.A. Group is required by N.C. law to pay sales tax on the literature it sells, *even if you sell it at the same price you pay for it?*

It's true. In fact, some states are forcing A.A. organizations to pay back taxes, plus interest and penalties on literature, chips, and medallions they have sold. And recently the N.C. Department of Revenue forced a local company to pay back sales tax plus interest on thousands of pounds of coffee that they had *given away* to charitable, tax-exempt organizations. North Carolina is as hard up for money as everybody else, so A.A. might be targeted next.

Now that I have told you that, you ask what your Group can do about it. *You can buy literature, chips, and medallions from your Central Office.* If you do that, the only tax liability your Group would have would be on the profit you make on the sales if you mark up items. (Most Groups sell literature for the same price that they pay for it.) *Everything Intergroup sells has state tax already paid on it.* It is paid out of the small mark-up on it. You won't see the tax in your bill, but it is paid. You will be billed for postage to send it to you but you would have to pay that, no matter where you ordered from.

Your Central Office also provides *quicker delivery on literature, chips, and medallions.* Most orders are shipped within a week, versus three weeks or longer

from almost any other place you order from. Items that are hard to get, take a little longer. And, with delivery in a week, your Group won't need to keep as much literature in stock. You also have the benefit of ordering all of it by phone.

All you need to do is call, in Buncombe County, 254-8539, or, outside Buncombe County, 1-800-524-0465. Call any time, but it is best to call from 9:30 a.m. to 12 noon on weekdays. If you call after those hours the answering service will take your order.

It's obvious, isn't it — order from our Central Office and you'll save money, time, and additional taxes.

### **Central Office October Meeting**

The N.C. Mountain Central Office held its quarterly meeting on October 18, 1992, at Serenity Place, Lake Junaluska. A full report of the meeting will be included in the December issue of *Mountain Doin's*.

## **To Let Go**

- To "let go" does not mean to stop caring, it means I can't do it for someone else.
- To "let go" is not to cut myself off, it's the realization I can't control another.
- To "let go" is not to enable, but to allow learning from natural consequences.
- To "let go" is to admit powerlessness, which means the outcome is not in my hands.
- To "let go" is not to try to change or blame another, it's to make the most of myself.
- To "let go" is not to care for, but to care about.
- To "let go" is not to fix, but to be supportive.
- To "let go" is not to judge, but to allow another to be a human being.
- To "let go" is not to be in the middle arranging all the outcomes but to allow others to affect their destinies.
- To "let go" is not to be protective, it's to permit another to face reality.
- To "let go" is not to deny, but to accept.
- To "let go" is not to nag, scold or argue, but instead to search out my own shortcomings and correct them.
- To "let go" is not to adjust everything to my desires, but to take each day as it comes, and cherish myself in it.
- To "let go" is not to criticize and regulate anybody, but to try to become what I dream I can be.
- To "let go" is not to regret the past, but to grow and live for the future.
- To "let go" is to fear less and love more.

# Treasurer's Report

N.C. Mountain Central Office, Inc.

Financial Report for Month  
of September, 1992

## Income

### Group Contributions

Acceptance Group	\$60.00
Arden Group	\$50.00
Black Mountain Group	\$7.50
Brevard Group	\$34.18
Candler KISS Group	\$15.00
Cumberland Ave. Group	\$120.00
Day By Day Group	\$45.00
Franklin Group	\$30.00
Hendersonville Group	\$174.31
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Maggie Valley group	\$10.00
Marion Group	\$15.00
Pathfinders Group	\$5.00
Waynesville Grace Group	\$162.50
West Asheville Group	\$35.10
<b>Total Group Contributions</b>	<b>\$913.59</b>

### Individual Contributions

Gerd S.	\$65.00
Sales	\$990.38
Mountain Doin's Subscriptions	\$0.00

Other Income (old checking account) \$204.18  
Total Income \$2,173.15

## Expenses

Rent	\$97.00
Telephone:	
Basic Service (Sou. Bell)	\$70.69
Toll Free Number (AT&T)	\$51.71
Answering Service	\$91.40
Payroll and Payroll Taxes	\$757.83
Cost of Mountain Doin's publication and distribution**	\$287.00
Cost of Literature and Chips**	\$556.80
Postage	\$66.00
Other Expenses***	\$28.33
<b>Total Expenses</b>	<b>\$2,006.76</b>

Net Income \$166.39

## Operating Account

Opening Balance	\$1,369.84
Net Income	\$166.39
Transferred to Reserve	\$0.00
<b>Closing Balance</b>	<b>\$1536.23</b>

## Reserve Account

Opening Balance	\$100.00
Transferred from Operating Account	\$0.00
Interest	\$0.00
<b>Closing Balance</b>	<b>\$100.00</b>

\*\*Includes all costs involved except coordinator's pay.

\*\*\*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

#### 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.

Clip and mail with check or Money Order to:  
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107 Park Place Offices  
70 Woodfin Place  
Asheville NC 28801