


# MOUNTAIN DOIN'S

## Central Office Newsletter

### December 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

### 1993 WHERE AND WHEN Now Available

A new and updated *Where and When* has just been published and copies are available from the Central Office at 10 cents each. Groups may order in quantity by calling, in Buncombe County, 254-8539 or, outside Buncombe County, 1-800-524-0465. Or, of course, members may stop by the Central Office anytime between 10 a.m. and 2 p.m. Monday through Friday.

Changes will be published in succeeding issues of *Mountain Doin's* under "Fellowship News" as they are notified to us. Already, since the publication, two changes are noted, affecting the New Horizon Group in Asheville, and the Big Book Study Meeting at Hendersonville's Moore's Grove Church. Details are published in this month's "Fellowship News."

All future changes should be notified as they occur, by calling or writing the Central Office, or by calling the Editor of *Mountain Doin's* (call Alan at 704-697-6031).

### Readers' Forum

## LIVE LETTERS

#### Court Slips Signatures – Reader Responds

Re: November *Mountain Doin's* (reader's letters).

The problem of signing Court Slips came up in a Western state after an attorney was ordered to go to meetings and get his Slip signed. He "went out," and lots of problems followed.

Thus came the "rule," sign only first name and initial. Nothing "they" can do about it . . . –J.S.

#### The Plateau of Smugness

I was reminiscing the other day – to myself – about my progress in A.A. since that day seven years ago when I came into the program. And one thing struck me that I'd like to share.

I'll call it Strutting the Plateau of Smugness.

It probably happens to many of us in time – that feeling that you've achieved total sobriety and now the only reason to go to meetings is to help the other poor searchers who are still floundering. It's as if I've reached the point where today I know it all, and I feel almost smug in my superiority.

But I'm back on the ground now, with a lot of help from my sponsor. She pointed out that it was time to get

back to basics and start at the beginning again. Yes, that meant Step One all over again. And I found that reworking the Steps showed them all to me in a new light.

From a new angle. Talk about a lesson in humility!

Have you ever tried Step Four the second time around? It was so different that it was as if it came from someone else. And it taught me a new humility.

Strut the Plateau of Smugness for awhile, if you like, but come back down to earth, begin again, and just see how different, how enlightening, and how humbling it all is! Thanks for letting me share. –V.P.

#### No Magic Pill for Me, Please

If one day, as rumors have it, they come up with a pill that would make me no longer an alcoholic I swear I wouldn't swallow it. "Outsiders" would never understand it when I say I'm glad I have the disease of alcoholism, and I don't want to lose it.

I know also that nobody on the outside would understand me when all A.A. offers me is twenty-four hours of happy living. Yet, the truth is that knowing I have this one day of soberness, means that I must work my program today and again tomorrow, and the next day, and every day. And if I do, I'll never drink again.

People like me need this kind of discipline. It forces me to do something that didn't come naturally to me – to

Live Letters continued on next page



**Live Letters** (continued from previous page)  
 practice daily honesty, integrity, love, and all those A.A. guidelines that bring me peace on a daily basis.

If I swallowed a pill that would instantly make me nonalcoholic I just know I'd indulge in some other form of addiction, and my daily strivings for doing the right thing would go down the drain.

I don't ever want that to happen! —S.

**Newcomers — Our Great Reminders**

Our group has a lot of newcomers who either return regularly or vanish after a few meetings and are replaced by other newcomers. They really are the lifeblood of A.A. because they remind us so powerfully of our own timid first visit.

Few of them feel comfortable at their first meeting — any more than I did — and they don't realize the giant step they have taken in just walking through that door. At the same time many of them are not ready to admit that they are alcoholics, and honestly are not sure that they are.

I want so much to assure them that I was like that. That I wasn't sure, either. But it doesn't take many meetings to find out the truth. That's why I do so look forward to them coming back. When they do, I'm overjoyed and hope they'll join in the program and at least give it the "ninety in ninety" trial.

I think it's up to every one of us to encourage them to come back by talking to them in a friendly and sharing way and also to do all we can to make them feel that they are among friends who are there to help. —T.C.

**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 10-5-92 — 10-30-92**

Answering Service Calls	140
General Information	4
A.A. Help	2
Family Help (Al-Anon)	3
Meeting Information	63
Intergroup Business	58
Medical Help (Hospital, Detox, etc.)	1
Others	15
Visitors	39

**MOUNTAIN  
 BREWIN'S**



While the farmer's wife was Christmas Shopping she stopped at the drugstore to pick up some medicine for her boozing husband and a preparation for their sick mule.

"Be careful," warned the pharmacist, "that you don't get the bottles mixed."

"Oh, you can be sure of that," responded the wife. "It would be awful if anything happened to the poor mule before the spring plowing."

x x x

A pair of intoxicated pals were enjoying their Christmas Eve, drinking in their favorite bar.

"I think I'll have a little to eat," said the first drunk, whereupon he plucked the olive from his martini and ate it.

"Ah," said his soused friend, "that calls for an after-dinner drink!"

x x x

At the local police station, the drunks were being lined up as the usual pre-Christmas boozers had been brought in. The door opened and another drunk was dragged in.

"What I want to know," said the drunk, "is what have I been brought in for?"

You were brought in for drinking, answered the sergeant.

"Hey, that's great!" cried the drunk, jubilantly.

"When do we start?"

x x x

"Let's have a few Christmas drinks together," suggested a man to his pal, as they were leaving the office on Christmas Eve. They went to a bar and started drinking heavily. Not a word was spoken as they swallowed drink after drink.

On the stroke of twelve, one lifted his glass and said, "Happy Christmas!"

Growled the other, "Did we come here to talk or to drink!"



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

The N.C. Mountain Central Office (formerly Inter-group of WNC) held its quarterly meeting at Lake Junaluska, October 18, 1992. The following were in attendance.

Bill G., Chairman — Black Mountain Group  
Owen C., Treasurer — Hendersonville Group  
DeAnna W., Secretary — Traditional Group, Asheville  
Bob V., Coordinator — Acceptance Group, Asheville  
Alan W., Editor, *Mtn. Doin's* — H'ville Midday Group  
Ray D., Trustee, District 71 — Hendersonville Group  
Marvin M., Trustee, District 80 — Maggie Valley Gp.  
Carolyn O., C.O. Rep — Traditional Group, Asheville  
Norma H., C.O. Rep — Hendersonville Group  
Keith H., C.O. Alt. Rep — Hendersonville Group  
Bruce J., C.O. Rep — Waynesville Group  
JoAnn P., C.O. Rep — Acceptance Group, Asheville  
George E. — Leicester Group  
Laine J. — Lake Group

*Only 9 out of approximately 80 groups in our Area were represented.*

September's financial report was approved.

Bill G. briefly outlined the steps taken to secure our new corporate status as a nonprofit organization. The group discussed a number of points contained in the necessary re-drafting of the bylaws. The new bylaws were approved, subject to review of the final draft by the Steering Committee.

The Central Office will be expanding the office hours starting December 1 in the hope of accommodating more visitors to the Central Office. The new hours will be 10 a.m. — 2 p.m., Monday through Friday.

Groups in Districts 70 and 71 are asked to assist in updating the Twelfth Step calling list. Groups are requested to supply their Central Office Representatives with names of members willing to take Twelfth Step calls, along with their telephone numbers and the days and times they can take calls.

**Women are especially needed to take calls during the day.**

C.O. Representatives may bring their lists to our next meeting to be held in Asheville on January 17, or they may drop their lists in the mail, addressed to:

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

Respectfully submitted, DeAnna W., Secretary.

Social tact: Making people feel at home when you wish they were.

### Big Shot No Longer

Disagreeable or unexpected problems are not the only ones that call for self-control. We must be quite as careful when we begin to achieve some measure of material success. For no people have ever loved personal triumphs more than we have loved them; we drank of success as of a wine which could never fail to make us feel elated. Blinded by prideful self-confidence, we were apt to play the big shot.

Now that we're in A.A. and sober, winning back the esteem of our friends and business associates, we find that we still need to exercise special vigilance. As an insurance against the dangers of big-shotism, we can often check ourselves by remembering that we are today sober only by the grace of God and that any success we may be having is far more His success than ours.

*From Twelve and Twelve*

### 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





#### Acceptance Group

John H.	12-21-91	1 year
Tom M.	12-24-91	1 year
Jack W.	12-25-91	1 year
Joann P.	12-31-90	2 years

#### Back to Basics Group

Doris H.	11-18-76	16 years
Tim B.	12-28-88	4 years

#### Black Mountain Group

Gretchen S.	12-6-90	2 years
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#### Brevard Group

Gene O'H.	11-6-87	5 years
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#### Hendersonville Group

Ted A.	12-7-88	4 years
Kristy D.	12-20-91	1 year
Norma H.	12-11-89	3 years
Kay N.	12-1-89	3 years
Ron F.	12-13-88	4 years
Ann A.	12-24-91	1 year
Jerry O.	12-23-77	15 years
Charlie M.	12-??-??	? years

#### Leicester Group

Darold	12-6-85	7 years
Karen	?-?-89	3 years

#### Marshall Group

Eillen M.	?-?-81	11 years
M.V.C.	12-31-78	14 years
Don M.	10-30-78	14 years

#### Midday Group

Rusty H.	12-17-90	2 years
C.S.	12-1-89	3 years
Ann A.	12-24-91	1 year

#### Serenity Service Group

Phil P.	11-20-89	3 years
John G.	11-28-91	1 year



## Calendar of Events

**Eighth Annual Cruise Without Booze.** January 31 – February 7, 1993. The cruise sails from Montego Bay, Jamaica, Raggaie rhythm and river rafting – **Panama Canal**, partial transit Gatun locks 85 feet up and down, then a turn around in Gatun Lake, one of the world's largest artificial lakes – **Aruba**, powder white beaches, Dutch flavor distinction – **Costa Rica**, "Switzerland of the Americas." The cruise will include some great speakers and Big Book Study while aboard ship between stops and all activities – sunning, bingo, sports, and eating.

For further information call chairpersons Phillis McC (918)446-9707 or Bob C. (918)747-0615.



## Fellowship News

**New Horizon Group** (Asheville) was incorrectly listed in the new *Where and When* as meeting on Fridays at 1 p.m. In fact, the Group meets at 1 p.m. on Saturdays.

**The Big Book Study Meeting** that formerly met at Moore's Grove United Methodist Church on Sundays at 6 p.m. has been canceled.

**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 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.



# Tips on Keeping Your Holiday Season Sober and Joyous



**1**  
Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2**  
Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3**  
Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an A.A.



**4**  
Find out about the special holiday

parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



**5**  
Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**6**  
If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



**7**  
Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8**  
Go to church. Any church.



**9**  
Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10**  
Don't start now getting worked up about all those holiday temptations. Remember — "one day at a time."



**11**  
Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.



**12**  
"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it. *from Box 4-5-9*

## No Room At The Church

Last year Christmas Eve came on a Wednesday, the night of our regular A.A. meeting at a church. Because our meeting room was to be used for scheduled religious services, we were told we could use the choir room. But when a few early arrivals gathered, the pastor told us that the choir room was not available either. We alcoholics ironically reminded one another of the very first Christmas Eve, when a certain pair were also told there was no room.

In every group there's one person who seems to hold things together. So I phoned that member, explained our predicament, and said, "Come over to my place."

My place was a fully paneled furnished garage. I opened the door for three of us. Then the fellow I had called arrived with a thirty-cup coffeepot full of hot cof-

fee, along with doughnuts, milk, sugar and paper cups. By the time we were ready to start, there were five of us. Then came Sally and Bob, followed by a father and his daughter, a young woman on leave from the women's reformatory. She led the meeting on Step Three, and told us this was the first meeting that she and her father had attended together.

This meeting had a great deal of meaning for us — Christmas Eve and Step Three, in which we make a decision to turn our will and our lives over to the care of God as we understand Him.

We have been back at the church for our regular meetings, of course, but we will always be grateful for that special gift last Christmas Eve — an old-fashioned A.A. meeting at "somebody's place." *from The Grapevine*



# Treasurer's Report



N.C. Mountain Central Office Inc.  
Financial Report for the month  
of October, 1992

## Income

### Group Contributions

Acceptance Group	60.00
Back to Basics Group	100.00
Black Mountain Group	3.50
Brevard Group	28.64
Candler KISS Group	15.00
Cashiers Valley Group	25.00
Columbus Group	100.00
Day By Day Group	45.00
Grace Group	200.00
Hendersonville Group	124.21
Hendersonville Happy Hour Group	50.00
Hendersonville Midday Group	100.00
Lake Group	30.00
Leicester Group	25.00
New Day Group	15.00
Pathfinders Group	5.00
Ridgerunner's Group	35.00
Sylvan Valley Group	25.00
West Asheville Group	35.00
<b>Total Group contributions</b>	<b>\$1,021.35</b>

### Individual Contributions

Various members of A.A. in memory of Larry S.	500.00
Barbara B.	100.00
Fred H.	28.00
Bob V.	10.00
<b>Total Individual contributions</b>	<b>\$638.00</b>

Sales	\$823.48
Mountain Doin's Subscriptions	\$0.00
Other Income (Rebate from Attorney)	\$141.98

**Total Income** \$2,624.81

### Expenses

Rent	97.00
Telephone	
Basic Service (Sou. Bell)	64.51
Toll Free Number (AT&T)	51.71
Answering Service	90.20
Payroll and Payroll taxes	528.70
Cost of Mountain Doin's, publication and distribution**	335.30
Cost of Literature and Chip Sales**	483.84
Postage	11.57
Other Expenses***	60.94
<b>Total Expenses***</b>	<b>\$1,723.77</b>

**Net Income** \$901.04

### Operating Account

Opening Balance	\$1,536.23
Net Income	\$901.04
Transferred to Reserve	(\$1,200.00)

**Closing Balance\*** \$1,237.27

### Reserve Account

Opening Balance	\$100.00
Transferred from Operating Acc.	\$1,200.00
Interest	\$0.00

**Closing Balance** \$1,300.00

\* Included in the closing balance are FICA, FIT, and SIT Withholding funds to be paid to the State and Federal Government in the amount of \$84.22.

\*\* 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

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

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