

# MOUNTAIN DOIN'S

Central Office Newsletter

January 1993



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## Central Office Announces New Office Hours

The North Carolina Mountain Central Office officially changed its office hours with effect from December 1, 1992. The new hours are 10 a.m. — 2 p.m. Mondays through Fridays. Visitors during these hours are welcomed and phone calls will be answered directly by office personnel. All phone calls outside these hours will continue to be answered through the already established Answering Service (in Buncombe County 254-8539; outside Buncombe County 1-800-524-0465.)

### Readers' Forum

## LIVE LETTERS

#### Singleness of Purpose

I read an article the other day about the Bolshevik Revolution. In 1918 the Soviet Union was about to explode as the seeds of revolution were beginning to sprout. Moscow was pulsating like a ticking bomb ready to ignite. At that time, the bishops of the Russian Orthodox Church were meeting in Moscow. While the world around them was about to come apart, their main item of discussion, which drew long and vigorous debate, was what color vestments the clergy were to wear!

It occurred to me when I read that how much alike people and organizations are. how similar to many A.A. business meetings! It seems we often lose sight of why we're here. Our *only* purpose is to stay sober and to help other alcoholics do the same. That's what we should be focused on. Yet, we spend endless time on trivia which warrants little, or in some cases, no discussion. Should we sell Conference approved materials only, or other materials as well? Should the fan be set at low, medium or high? Smoking or nonsmoking?(This is always good

for at least an hour). And on and on. I know every organization must deal with these routine decisions, but it sometimes seems that these issues become ends in themselves.

As the old saying goes, "As you go through life, my son, let this be your goal — always keep your eye on the doughnut, and not on the hole." — PF

#### Harboring Resentments

I once read in an A.A. publication that the moment you begin resenting a person, you become his slave. "He controls your dreams, absorbs your digestion, robs you of your peace of mind and goodwill, and takes away the pleasure of your work."

He even goes along with you when you take a vacation! And, hiding in the background with that resentment all the time is Anger. And, as Bill says: "Anger is the dubious luxury of normal men, but for us alcoholics it is poison."

I'm as guilty as anyone in bearing resentments. But I try to put them behind me as quickly as I can.

I like to read that passage in the Big Book (page 66) which reads: "It is plain that a life which includes deep resentments leads only to futility and unhappiness. With

*"Live Letters" continued on next page*

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### Live Letters (continued from previous page)

the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of harboring resentment is infinitely grave. For then we shut ourselves off from the sunlight of the spirit. The insanity of alcohol returns and we drink again. And for us, to drink is to die.”  
—J.B.

### Laughter Is Good to Share

The thing that was the most difficult for me to understand when I first came into A.A. was that everyone there seemed so cheerful. Well, most of them. And I could hardly believe it when someone told a particularly grim story about how a few days before, he almost gave in to the temptation to drink. And everyone started to laugh. I felt instantly sorry for him. But he didn't mind it at all.

I quickly realized that the group wasn't laughing at him, they were laughing with him. For, by now, he was laughing, too. I joined in.

What a simple little lesson — but a very important one. Even though the business of learning to live sober is a very serious one, at the same time we can share with a laugh each other's daily ups and downs.  
— D.N.

## Forms of Sponsorship

Sponsorship in A.A. has been described variously as a one-on-one meeting, a Fifth-Step partnership, Twelfth Stepping, and a godsend. It is as old as co-founders Bill W. and Dr. Bob keeping each other sober many years ago in Akron. It is as new as the lifeline being forged this minute as some oldtimer, or group as a whole, welcomes a sick, bewildered newcomer.

How do we make the newcomer want to keep coming back? The question is especially critical today when groups are apt to be larger; with more new people arriving the beginner often goes unnoticed — particularly if he or she is fresh out of a treatment facility, sober, and looking good. As a result of experience shared at general sharing sessions, Regional Forums, workshops, and by individual A.A.'s, some ways to more effectively carry the message have emerged. A few of them are:

- At larger meetings, ask those present who have attended less than three meetings (or those in their first week or month of sobriety) to identify themselves — “not to embarrass you, but so we can get to know you.”
- Station greeters at the meeting room door.
- Suggest temporary sponsorship to the newcomer as a way of not getting lost in the crowd.

As most A.A.s come to realize, we have to give our sobriety away, through shared experience, in order to keep it. Following are the personal experiences of two longtime members. They show that while the concept of sponsorship is universal in the Fellowship its expression is highly individual.

## Central Office Phone Log



“I am responsible . . .  
When anyone, anywhere,  
reaches out for help, I  
want the hand of A.A.  
to be there.  
And, for that, I am  
responsible.”

### Phone Log 11-2-92 — 12-4-92

Answering Service Calls	189
General Information	12
A.A. Help	14
Family Help (Al-Anon)	5
Meeting Information	58
Intergroup Business	71
Medical Help (Hospital, Detox, etc)	1
Others	26
Visitors	47

Bob N., Columbus, Ohio, nineteen years sober: “Sponsorship? It's a good idea! As a sponsor I can help so long as I'm not pushing the person but, rather, bring questions about recovery out of him with warmth, empathy, humor, and detachment. In 1950, just before he died, Dr. Bob spoke briefly at an A.A. conference. I remember his injunction, 'Let us remember those who came before us, took us to a few meetings, told us what we needed to know, and did numerous kind things for us that we couldn't forget.' I remember those sober alcoholics who were there behind me, and I'll try to do the same for those ahead.”

Norraine S., Pompano Beach, Florida, eleven years sober: “Sponsorship is an awesome responsibility, a real commitment. Early on, my sponsor gave me 'tough love.' I learned that if I put my sobriety first, the other problems would take care of themselves. Today, I tell my sponsees how it is. I'm available with unconditional love, but I don't let myself get emotionally involved. If I do, the big 'I' takes over and I lose perspective.”

Excerpted from Box 4-5-9

**A person who  
is wrapped up in himself  
makes a very small  
bundle**

## GSO Official Notification Regarding New Publication

A letter dated November 8, 1992, from the General Service Office of Alcoholics Anonymous states:

"Recently, it has been brought to our attention that a New York business corporation, known as 'InterGroup World Services, Inc.,' has published an abridged version of the book, *Alcoholics Anonymous*.

"Notwithstanding that the cover material and color of the book are very similar to our soft cover edition, it is *not* an A.A. publication. There is no connection between the publisher of the book and this office, nor, insofar as we know, any central office/intergroup."

The letter was signed by the General Manager of the General Service Office.

*It is felt that groups might want to share this information among their members.* — the Editor



### Fellowship News

**Arden Group.** Correction to *Where and When* listing.

The Arden Wednesday evening meeting is incorrectly listed in the 1993 *Where and When* as 6 p.m. Correct time of the meeting is 8 p.m.

**Maggie Valley Group.** The Saturday 8 p.m. meeting has been discontinued until April 1, 1993.

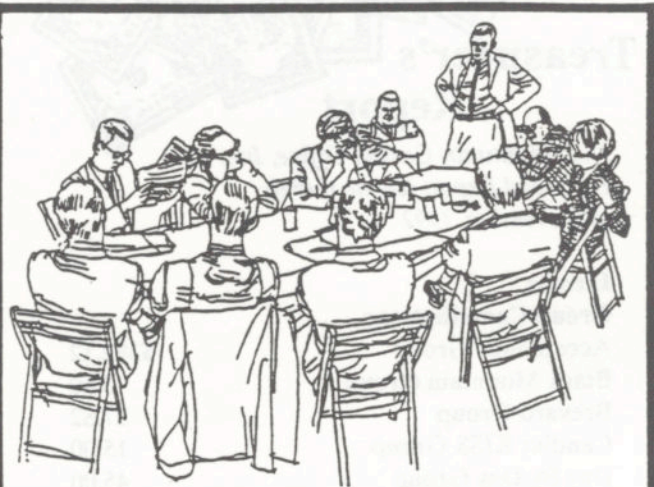
**Sylva.** The Sylva Group will meet Friday evenings at 6 p.m. at St. John's Church. The meetings will be Big Book Study, open. Also, the Thursday, 8 p.m. meeting at C.J. Harris Hospital has been canceled.

**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.

### The Slip

There is no reason to charge the slip to alcoholic behavior or a second heart attack to cardiac behavior. The alcoholic slip is not a symptom of a psychotic condition. There's nothing screwy about it at all. **THE PATIENT SIMPLY DIDN'T FOLLOW DIRECTIONS.**

To the alcoholic, A.A. offers the directions, a vital factor, or ingredient of the preventive, especially for the alcoholic, is sustained emotion. The alcoholic who learns some of the techniques or the mechanics of A.A. but misses the philosophy or the spirit may get tired of following directions — not because he is an alcoholic, but because



### N.C. Mountain Central Office Quarterly meeting set for January 17

The next quarterly meeting of the N.C. Mountain Central Office is set for Sunday, January 17, 1993. The meeting will be held at the Serenity Service Group meeting room at 107 Broadway, (Route 25), Asheville. The meeting room is at the juncture of I-240 and Rte 25 at Broadway and Merrimon Avenue. *Time 2pm.*

It is hoped that Group representatives or alternates will make a particular effort to attend this important meeting. As was published in the December *Mountain Doin's*, of the approximately 80 groups in our Central Office Area, only 9 groups were represented at the October meeting. It is emphasized that all groups in Districts 70, 71, and 80 constitute the area covered by our Central Office, and input from all groups is necessary for full coordination and cooperation in Central Office affairs.

It is hoped that all groups in WNC will encourage their Central Office (Intergroup) representatives to attend this meeting.

he is human.

In any event, the psychology of the alcoholic is not as different as some people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps in that he has been put on the defensive and consequently has developed frustrations. But in many instances, there is no more reason to be talking about the "alcoholic mind" than there is to describe something called the "cardiac mind" or the "TB mind."

I think we'll help the alcoholic more if we can first recognize that he is primarily a human being — afflicted with human nature.

Dr. William D. Silkworth, *The Grapevine*, January 1947

# Treasurer's Report

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

## Income

### Group Contributions

Acceptance Group	\$382.12
Black Mountain Group	3.50
Brevard Group	27.82
Candler KISS Group	15.00
Day By Day Group	45.00
Etowah Group	20.00
Fletcher Group	50.00
Hendersonville Group	147.10
Hendersonville Happy Hour Group	50.00
Hendersonville Midday Group	100.00
Marshall Group	20.00
Pathfinders Group	5.00
Thursday Afternoon Ladies Group	50.00
Up The Creek Group	5.00
West Asheville Group	<u>35.00</u>
Total Group contributions	\$955.54

Individual Contributions	0.00
Sales	714.40
Mountain Doin's subscriptions	20.00
Other Income (Check from Acceptance Group to DCM fund made payable to Central Office (See Other Expenses below)	<u>50.00</u>

**Total income** \$1,739.94

## Expenses

Rent	\$97.00
Telephone	
Basic Service (Sou. Bell)	68.65
Toll Free Number (AT&T)	64.13
Answering Service	84.20
Payroll and Payroll Taxes	470.07
Cost of Mountain Doin's publication and distribution**	343.30
Cost of Literature and Chip Sales**	946.68
Postage	26.66
Other expenses (Check to District 70 DCM Fund)	<u>50.00</u>

**Total Expenses** \$2,150.69

Net Loss (Income minus expenses) (\$410.75)

## Operating Account

Opening Balance	\$1,237.27
Net Loss	(\$410.75)
Transferred to Reserve	\$0.00

Closing Balance\* \$826.52

## Reserve Account

Opening balance	\$1,300.00
Transferred from Operating Account	\$0.00
Interest	<u>\$0.74</u>

Closing Balance \$1,300.74

\*Included in the closing balance are FICA, FIT & SIT Withholding Funds to be paid to the State and Federal Government in the amount of \$165.46

\*\*Includes all costs involved except Coordinator's pay

## Setting the Record Straight

Some months ago, Angel S. of Los Angeles, California, opened a magazine for substance abuse counselors and was unhappy with what she saw. She sat down and wrote a letter signed "Anonymous," which the editors printed in its entirety. Excerpts follow:

"As a recovering alcoholic with eleven years of sobriety, I must express a deep disappointment in three of the articles you ran on cocaine addiction. Each article suggested sending addicts to A.A. meetings rather than encouraging them to embrace recovery in Narcotics anonymous and/or Cocaine Anonymous, where they would have other addicts to identify with and a common recovery solution.

"The only requirement for A.A. membership is a desire to stop drinking. As the A.A. pamphlet, *Problems*

*Other Than Alcohol* states: 'Sobriety—freedom from alcohol—through the teaching and practice of the Twelve Steps, is the sole purpose of an A.A. group.'

"When I was three years sober, I tried to carry the A.A. message to a free-base addict. He was not an alcoholic, but I thought A.A. had the answers for him. I never gave him the phone number for N.A. or C.A. When he died of an overdose, my signature was on the death certificate. I carried the wrong message to another human being and I carry the guilt today.

"Now when I share my experience, strength and hope with someone, I try to make certain that person is an alcoholic who wants to recover from alcoholism. I encourage people with problems other than alcohol to seek out twelve-step programs that specifically address their afflictions."


Source: Box 4-5-9



## Calendar of Events

**Twenty-Sixth Tar Heel Mid-Winter Conference, January 21,22,23,24, 1993.** Place: North Raleigh Hilton and Convention Center. Program: Early Bird Meeting, Thursday January 21, 8 p.m. (Garry P., Wamego, KS); January 22—3 p.m. Oldtimers Speak (Speakers from the audience); January 22—8 p.m. (Mary "Shotgun" M., Houston TX); January 23—10 a.m. (Arbutus O., Brownwood TX); January 23—2 p.m. (Gerry N, Silver springs, MD); January 23—8 p.m. (C.D.C., Stratesboro, G); January 24—10 p.m. (Polly P. Fountain Valley , CA).

Mailing address for information: Conference Chairman, P.O. Box 18412, Raleigh, NC 17619. Address for Reservations: Reservations Office, North Raleigh Hilton and Convention Center, 3415 Wake Forest Road, Raleigh NC 27690-79039.



**MOUNTAIN  
BREWIN'S**

In a traffic accident a convertible collided head-on with the farmer's old-fashioned sedan. The two drivers got out and surveyed the damage. "Well," said the farmer, "we may as well have a drink."

He hauled out a bottle and passed it to the other driver who gulped down a stiff one. The farmer returned the bottle to his pocket.

"Aren't you going to have one?" asked the other driver.

"Don't believe I will," was the answer, "until the police have checked up."

x   x   x

The housewife answered the doorbell and found a man at the door. "Ma'am," he said, "Would you care to contribute anything to a home for hopeless drunks?"

"Certainly," responded the woman. "If you'll wait, I'll pack his suitcase and bring my husband right out."



### Black Mountain Group

John B.	1-3-92	1 year
Beth D.	1-22-90	3 years

### Brevard Group

Sharon H.	12-18-80	12 years
Woody P.	12-16-81	11 years

### Candler KISS Group

Jim H.	12-7-82	10 years
Carl M.	12-28-90	2 years
Sue H.	12-28-85	7 years
Sue V.	1-22-89	4 years
Gary V.	1-22-89	4 years

### Hendersonville Group

Johnny T.	1-2-92	1 year
Debbie ?	1-9-92	1 year
Elaine W.	1-28-92	1 year
Dallas B.	1-8-92	1 year

### Hendersonville Midday Group

Judy C.	1-22-82	11 years
Bert B.	1-25-87	6 years
Cindy G.	1-31-90	3 years

### Lake Group

Michael S.	1-13-92	1 year
Harry D.	12-10-81	11 years

### Leicester Group

Pete S.	1-9-87	6 years
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### Marshall Group

John S.	1-2-83	10 years
Tracy T.	?-?-85	8 years
Jim C.	1-9-86	7 years

### Pathfinders Group

Edith P.	12-2-54	38 years
Anne S.	1-13-74	19 years

### Ridgerunners Group

Clyde S.	12-24-91	1 year
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### Traditional Group

Jean W.	11-12-76	16 years
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## “Act for Us, But Don’t Boss Us.”

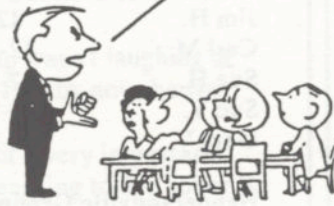
Somewhere in our literature there is the statement to this effect: “Our leaders do not drive by mandate; they lead by example.” In effect, we are saying to them, “Act for us, but don’t boss us.”

Therefore, a leader in A.A. service is a man or woman who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job. When a leader power-drives us badly, we rebel; but when he too meekly becomes an order-taker and exer-

\*Now that I've been elected Secretary, I'll show this group some real leadership!



\*There's only one way to do it and I'll tell you what it is...\*

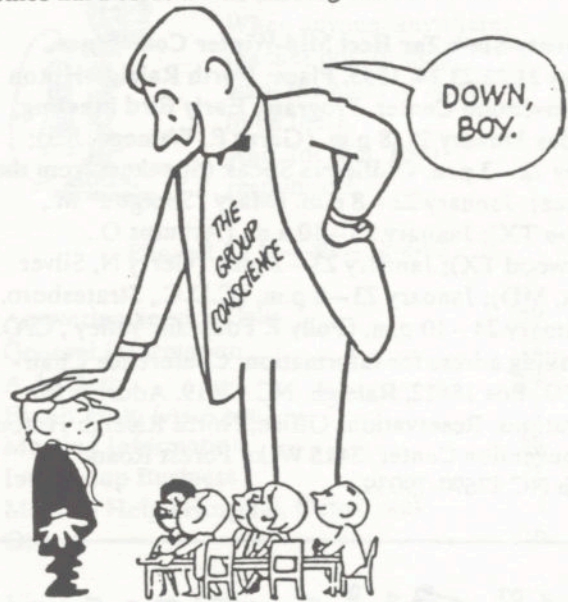


cises no judgment of his own — well, he really isn't a leader at all.

Good leadership originates plans, policies, and ideas for the improvement of our Fellowship and its service. But in new and important matters, it will nevertheless consult widely before taking decisions and actions. Good leadership will always remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for other plans that are better, and give credit to the source.

Good leadership never passes the buck. Once assured that it has, or can obtain, sufficient general backing, it freely takes decisions and puts them into action forthwith, provided, of course, that such action will be within the framework of its defined authority and responsibility.

Another qualification for leadership is give-and-take: the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction. Compromise comes hard to us all-or-nothing drunks. Nevertheless, we



must never lose sight of the fact that progress is nearly always characterized by a series of improving compromises. We cannot, however, compromise always. Now and then, it is truly necessary to stick flat-footed to one's conviction about an issue until it is settled. These are situations for keen timing and careful discrimination as to which course to take.

Leadership is often called upon to face heavy and sometimes long-continued criticism. This is an acid test. There are always the constructive critics, our friends indeed. We ought never to fail to give them a careful hearing. We should be willing to let them modify our opinions or change them completely. Often, too, we shall have to disagree and then stand fast without losing their friendship.

Source: Bill W. (Excerpted from *The Grapevine*) April '59

### 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. \_\_\_\_\_

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