

MOUNTAIN DOIN'S

Central Office Newsletter

February 1993



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Readers' Forum

LIVE LETTERS

Sexist Big Book Language

More than once at meetings I've heard complaints against the sexist language in the Big book. It's true; by today's standards, many parts of the Big Book are sexist in their presentation.

The Chapter "To Wives" is particularly sexist in its wording, but let's get this matter into perspective. It was written at a time when sexism was very different in its approach from the way it would be written today. The hundred or so people who Bill W. says compiled the volume were products of the age in which they lived. And surely neither Dr. Bob nor Bill W. could be described as sexists. They too were simply brought up in a different era.

If they, and their hundred collaborators were products of today's changed society, they nor their editors would have allowed the same wording that was acceptable fifty-odd years ago, but is considered sexist today. (Take a look at today's T.V. programs and ask yourself if they would have been acceptable even ten years ago!)

Maybe, looking to the future, and to the fact that the proportion of women in today's A.A. programs has greatly increased, the decision not to make any changes to the original might one day be reconsidered, at least to free it from its apparent sexist prejudice. —M.A.

Getting Back to Basics

More and more the people in the meetings I go to are bringing up all kinds of subjects that seem to have lit-

tle to do with our program. We hear of overeating, family therapy, personal relationships, lots of details of rehab centers and what goes on inside them. But we don't hear much mention anymore of The Steps, the Promises, the Traditions, and other A.A. matters discussed in the Big Book.

For me, the A.A. program has given me a new life and I would like to try and pass some of the things that have helped me to someone new in the program or to someone who has been in the program some time but has yet to find the answers they are looking for.

Can't we get back to the days when the subject under discussion was alcohol, its effects, and how to recover from the disease?

I go to meetings to stay sober, and the only way I can be sure of doing that is to know that sobriety will be the major theme of the discussion. —P.M.

What's the Most Important Thing?

We all agree that every aspect of our program is important, but what is the most important aspect?

I don't think it is just going to meetings, just reading the Big book, just working the Steps, just getting a Sponsor. I think the most important thing to concentrate on is living a sober life *outside* the meetings. It's easy to do the right thing inside the meetings, but when we get home, that's the time to put our new-found program and way of life into practice.

Sounds a tall order, but we are not supposed to be perfect. We are only supposed to TRY to practice these principles in all our affairs. In other words, it isn't just what we think; it's what we practice in our outside life that counts. Or to use one of our clichés, it's Walking the Talk and not just Talking the Talk.

Sometimes, but not always, I'm successful. —T.O.

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.



Fellowship News

New Meeting – Mars Hill. The Bone Dry Group now meets on Sundays at 6:30 p.m. at Holy Spirit Episcopal Church, Bone Camp Road, off N.C. 213. The meetings are open, non-smoking.

The Cumberland Group The details given in the 1993 *Where and When* should be amended to read: (Closed). The statement "nonsmoking, Speaker" was incorrectly attributed to this group.

Traditional Group. The 1993 *Where And When* omitted the words "nonsmoking, Speaker," in the listing for Friday 8 p.m.

Spruce Pine Bring Your Own Lunch Bunch. The Group has canceled all meetings. (The Bring Your Own Lunch Bunch used to meet on Mondays at Central Baptist Church in Spruce Pine).

Help for the Hearing Impaired

N.C. Mountain Central Office has just been informed that interpreters using sign language will travel to A.A. meetings in our Area. Two weeks advance notice is requested because of the limited number of interpreters.

Please contact the Division of Services for the Deaf and Hard-of-Hearing. Voice number: 704-251-6190. T.D.D. (Telecommunications Device for the Deaf) number: 704-254-2281.

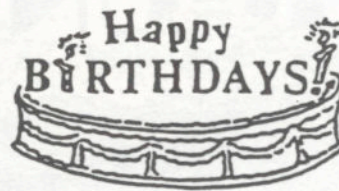
It is up to each group to decide by a Group Conscience vote, as to whether the meetings to which the interpreters are invited will be open meetings or closed, or both. This is because the interpreters may not themselves be A.A. members.

Area Contributions Change of Address

Groups in our area (Area 51) should note that a new Area Treasurer has been elected for 1993-1994. Contributions for Area 51 should henceforth be addressed to: Treasurer, N.C. General Service Committee, P.O. Box 811, Havelock., NC 28532.

Anyone having questions regarding the current financial status of the Area or would like an update, is invited to write to Neil S., at the above address, or call him at 919-447-6346.

Nature didn't make us perfect, so she did the next best thing. She made us blind to our faults.



Back To Basics Group

Mary O'D.	1-2-84	9 years
Judy M.	1-19-82	11 years
James P.	2-18-88	5 years
Ralph M.	1-3-77	16 years
Frank J.	1-11-88	5 years

Brevard Group

Dot. P.	1-21-82	11 years
Don H.	1-5-92	1 year

Candler KISS Group

Rose O.	2-1-85	8 years
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Hendersonville Group

Rick F.	2-13-83	10 years
Ed D.	2-22-72	21 years
Helen D.	2-22-72	21 years
Bill G.	2-12-82	11 years
Tara C.	2-6-89	4 years
Evan T.	2-1-91	2 years
Jack S.	2-19-92	1 year

Hendersonville Midday Group

Tom M.	2-9-82	11 years
Maureen McF.	2-14-69	24 years
Nancy S.	2-17-91	2 years

The Lake Group

Brad M.	2-2-83	10 years
Mary S.	2-15-75	18 years
Bill L.	2-24-92	1 year

Ridgerunners Group

Stuart C.	1-17-88	5 years
Karen C.	12-23-87	6 years
Martha S.	1-26-81	12 years

N.C. Mountain Central Office January Quarterly Meeting

The quarterly meeting of the N.C. Mountain Central Office was held on January 17, 1993. A full report on the meeting will be published in the March issue of *Mountain Doin's*.

Group Contributions for 1992/93 Fiscal Year Beginning 7-1-92 to 12-31-92

Group Name	July	Aug	Sep	Oct	Nov	Dec	Year to date totals
Acceptance	\$60.00	\$421.60	\$60.00	\$60.00	\$382.12	\$60.00	\$1043.72
Andrews	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Arden	\$0.00	\$0.00	\$50.00	\$0.00	\$0.00	\$0.00	\$50.00
Back to Basics	\$0.00	\$0.00	\$0.00	\$100.00	\$0.00	\$0.00	\$100.00
Bakersville Serenity	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Black Mountain	\$0.00	\$3.50	\$7.50	\$3.50	\$3.50	\$3.50	\$21.50
Blue Ridge	\$0.00	\$25.00	\$0.00	\$0.00	\$0.00	\$50.00	\$75.00
Brevard	\$33.36	\$33.81	\$34.18	\$28.64	\$27.82	\$25.00	\$182.81
Brown Baggers	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Bryson City	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Candler KISS	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$15.00	\$90.00
Canton Easy Does It	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$20.00	\$20.00
Cashiers Valley	\$0.00	\$0.00	\$0.00	\$25.00	\$0.00	\$0.00	\$25.00
Cherokee Saturday Night	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Clyde Sunday Night	\$35.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$35.00
Columbus	\$0.00	\$0.00	\$0.00	\$100.00	\$0.00	\$100.00	\$200.00
Conscious Contact	\$100.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$100.00
Cullowhee	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Cumberland Avenue	\$0.00	\$0.00	\$120.00	\$0.00	\$0.00	\$0.00	\$120.00
Day By Day	\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	\$270.00
Etowah	\$0.00	\$0.00	\$0.00	\$0.00	\$20.00	\$20.00	\$40.00
First Step Farm	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$25.00	\$25.00
Fletcher	\$0.00	\$0.00	\$0.00	\$0.00	\$50.00	\$0.00	\$50.00
Franklin	\$30.00	\$0.00	\$30.00	\$0.00	\$0.00	\$30.00	\$90.00
Grace	\$0.00	\$0.00	\$0.00	\$200.00	\$0.00	\$0.00	\$200.00
Green Creek	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Growing Together	\$0.00	\$30.00	\$0.00	\$0.00	\$0.00	\$0.00	\$30.00
Hayesville	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Hendersonville	\$174.15	\$229.02	\$174.31	\$124.21	\$147.10	\$111.28	\$960.07
Hendersonville Happy Hour	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$50.00	\$300.00
Hendersonville Midday	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00	\$600.00
Just For Today	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Lake	\$0.00	\$0.00	\$0.00	\$30.00	\$0.00	\$0.00	\$30.00
Ledger Step Meeting	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Leicester	\$0.00	\$0.00	\$0.00	\$25.00	\$0.00	\$0.00	\$25.00
Live and Let Live	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Maggie Valley	\$0.00	\$0.00	\$10.00	\$0.00	\$0.00	\$0.00	\$10.00
Marion	\$0.00	\$0.00	\$15.00	\$0.00	\$0.00	\$0.00	\$15.00
Mars Hill	\$25.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$25.00
Marshall	\$25.00	\$0.00	\$0.00	\$0.00	\$20.00	\$0.00	\$45.00
Mountain View	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Murphy	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$30.00	\$30.00
New Day	\$0.00	\$0.00	\$0.00	\$15.00	\$0.00	\$0.00	\$15.00
New Hope	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
New Horizons	\$50.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$50.00
New Start	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
No Nonsense	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Pathfinders	\$5.00	\$5.00	\$5.00	\$5.00	\$5.00	\$10.00	\$35.00
Pine Grove	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Ridgerunners	\$35.00	\$35.00	\$0.00	\$35.00	\$0.00	\$60.00	\$165.00
Riverside	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Robinsville	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Round Table	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Saluda Happy Hour	\$6.00	\$0.00	\$0.00	\$0.00	\$0.00	\$9.00	\$15.00
Sapphire/Lake Toxaway	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Serenity Service	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$6.83	\$6.83
Spruce Pine	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Sylva	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Sylvan Valley	\$0.00	\$25.00	\$0.00	\$25.00	\$0.00	\$0.00	\$50.00
Thursday Afternoon Ladies	\$0.00	\$0.00	\$0.00	\$0.00	\$50.00	\$0.00	\$50.00
Traditional	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$48.00	\$48.00
Tryon	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$120.00	\$120.00
Tryon Open	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Turning Point	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Unity	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$10.00	\$10.00
Up The Creek	\$0.00	\$5.00	\$0.00	\$0.00	\$5.00	\$0.00	\$10.00
Waynesville Grace	\$0.00	\$0.00	\$162.50	\$0.00	\$0.00	\$137.50	\$300.00
West Asheville	\$35.00	\$35.00	\$35.10	\$35.00	\$35.00	\$35.00	\$210.10
Monthly Total/Total Year to Date	\$823.51	\$1057.93	\$913.59	\$1021.35	\$955.54	\$1121.11	\$5893.03

Passing the Basket or Passing the Buck?

When I was newly sober in A.A., fourteen years ago, I seldom attended a meeting without taking a pamphlet to read, and if there was anything to eat, I ate. When the basket was passed, I always put a quarter in it — for two people, my wife and me. If we could truly stretch a dollar as far as I must have thought we could, the financial world would be beating a path to our doorsteps to learn A.A.'s remarkable brand of economics.

Most of us decry the fact that more than forty percent of the groups do not support the Fellowship. When it comes to A.A.s being self-supporting, many fail to recognize one important aspect: If we aren't even willing to pay our own way at a meeting, how can we expect the group to support the Fellowship? What we need to realize is that we are groups, and we are Alcoholics Anonymous. I have seen A.A.s spend more money at a coffee shop than they would ever think of putting in the collection at a meeting.

Early in my sobriety, it was explained that it was imperative for me to get my priorities in order. Learning to become responsible was one of these. This financial buck-passing certainly seems to run counter to responsibility. If money and spirituality do mix in the basket, as the "Twelve and Twelve" says, then how much better they will blend when the money is used to perpetuate A.A. by making more Twelve-Step work possible.

We who have had so much given to us freely — in love, with no strings attached — sometimes forget that this also is an area where we have to give it away in order to keep it. One of the promises in the Big Book is freedom from "fear of economic insecurity." Long ago, one of my sponsors suggested that if I stayed sober and tried to live along spiritual lines, my needs would be met. Today, I can honestly say that never has there been an instance where I have given of myself, financially or otherwise, and have not been compensated many times over. Our family has never lacked anything because we accepted our responsibility to help carry the message.

God has given each of us a share of the responsibility. He has given each of us the tools to work with and the ability to use them. Let's all of us assume our shares so that we may reap ever-increasingly the fruits of selflessness and love in service to our Fellowship.

Reprinted from *The Grapevine*

Arguing with an alcoholic is like wrestling with a pig in the mud. After a while you discover that the pig likes it.

The greatest cure for anger is delay.

Love With No Price Tag

When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag.

Twelve Steps and Twelve Traditions

In order for me to start working the Twelfth Step, I had to work on sincerity, honesty, and to learn to act with humility. Carrying the message is a gift of myself, no matter how many years of sobriety I may have accumulated. My dreams can become reality. I solidify my sobriety by sharing what I have received freely. As I look back to that time when I began my recovery, there was already a seed of hope that I could help another drunk pull himself out of his alcoholic mire. My wish to help another drunk is the key to my spiritual health. But I never forget that God acts through me. I am only His instrument.

Even if the other person is not ready, there is success, because my effort in his behalf has helped me to remain sober and to become stronger. To act, never to grow weary in my Twelfth Step work, is the key. I am capable of laughing today, let me not forget those days when I cried. God reminds me that I can feel compassion!

From Daily Reflections

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 12-7-1992 — 1-1-1993

Answering Service Calls	128
General Information	8
A.A. Help	10
Family Help (Al-Anon)	3
Meeting Information	48
Intergroup Business	38
Others	14
Visitors	37

MOUNTAIN BREWING'S



The alky radio announcer had been drinking steadily during the broadcast of a ballgame. At the end, during the station break, the announcer said through

his microphone, "And now, stayed stewed for the nudes."

x x x

The alky vice-president rambled into his home and was greeted by his wife.

"Harold," she said, in surprise, "what made you come home so early today?"

"Oh, the president and I had a fight," he grumbled. "And he wouldn't take back what he said."

"What did he say?" asked his doting wife.

The husband shrugged. "He said, 'You're fired.'"

x x x

It happens all the time: Men who go out drinking, leave fit as a fiddle, but come home tight as a drum."

x x x

A local girl was proud to come from her mountain home and enter a beauty contest. But when she returned home she was tired and unsmiling. A friend tried to console her and asked, "Was the competition very tight?"

"No," replied the mountain beauty. "But the judges were."

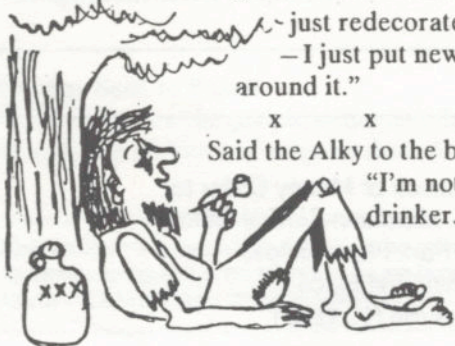
x x x

At the bartenders' convention, two local bartenders were chatting to each other. Said one, "I

just redecorated my bar
—I just put new drunks
around it."

x x x

Said the Alky to the bartender,
"I'm not a steady
drinker. My hand
shakes too
much!"



No Discrimination

We cannot discriminate against *any* prospective A.A. member, even if he or she comes to us under pressure from a court, an employer, or any agency.

Although the strength of our program lies in the voluntary nature of membership in A.A., many of us first attended meetings because we were forced to, either by someone else or by inner discomfort. But continual exposure to A.A. educated us to the true nature of the illness . . . Who made the referral to A.A. is not what A.A. is interested in. It is the problem drinker who is our concern . . . We cannot predict who will recover, nor have we the authority to decide how recovery should be sought by any other alcoholic. . . ."

Source: *How A.A. Members Cooperate* pamphlet

Women and Alcohol

According to Parade Magazine we have six million women alcoholics in this country and they account for more than one-third of all the Americans who abuse alcohol today.

Women may have come a long way in their struggle for equal rights, but they face a truth that science has uncovered at last—that women and men drinkers are not created equal. Research shows that alcohol poisons women more readily than men and scars both their fetuses and their newborn children.

Research shows that women generally get drunk faster than men, even if they drink the same amount, and, according to Washington University studies, women alcoholics die at least fifteen years sooner than women who don't abuse alcohol. In seven studies of more than 100,000 males and female alcoholics in the U.S., Canada, Great Britain, and Sweden, the women were twice as likely to die early. Also, it has been found that women become addicted sooner to alcohol and fall prey to the life-threatening disease of cirrhosis, the hardening of the liver, sooner and more often than do male drinkers.

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.



Treasurer's Report

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

Income

Group Contributions:		\$1,121.11
Individual Contributions:		
	Dana A.	\$100.00
	Elizabeth M.	\$100.00
Sales		\$1,440.75
Mountain Doin's Subscriptions		\$0.00
Other Income		\$0.00
Total Income		\$2,761.86

Expenses

Rent		\$97.00
Telephone:		
	Basic Service (Sou. Bell)	\$65.22
	Toll Free Number (AT&T)	\$68.02
	Answering Service	\$88.80
Payroll and Payroll Taxes		\$927.63
Cost of Mountain Doin's -		
	Publication and distribution **	\$343.30
Cost of Literature and Chip Sales**		\$799.05

Postage	\$14.90
Other Expenses***	\$29.75
Total Expenses	\$2,433.67

Net Income (Income minus expenses) \$328.19

Operating Account

Opening Balance	\$826.52
Net Income	\$328.19
Transferred to Reserve	(\$200.00)

Closing Balance \$954.71

Reserve Account

Opening Balance	\$1,300.74
Transferred from Operating Account	\$200.00
Interest	\$5.68

Closing Balance \$1506.42

A breakdown of Group contributions is not included in the above Treasurer's Report because the figures are published on page 3 of this issue of *Mountain Doin's* in the statistical listing of Group Contributions in the six-month period beginning on 7-1-92 through 12-31-92.

** Includes all costs involved except Coordinator's pay

*** Includes Office Supplies and Bank Service Charges

Mountain Doin's is your personal contact with other members in your area and with the North Carolina Mountain Central Office. We encourage personal subscriptions as well as group subscriptions to the Newsletter. All you have to do is fill in the form below and mail it with your check or money order to the address shown on the form.

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
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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