

MOUNTAIN DOIN'S

Central Office Newsletter

March 1993



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

Welcoming Newcomers — What to do?

I don't suppose our group is any different from others so I assume that more and more newcomers are entering the program everywhere. And the question is, how to help them in their very first days?

In the first place, some of our chairpersons simply ignore newcomers and get on with the day's meeting as if they weren't there. And that's probably the easiest way of making sure that the newcomers will not come back.

And though I don't believe it is correct to say they are "the most important people in the room" they are nevertheless important enough for some special attention. The way I try to help them is, after the meeting, welcome them personally, hand them A.A. leaflets designed for newcomers (including the pamphlet on The Group, which at least gives them an idea of what the group is supposed to be all about), and tell them how important it is to get some kind of sponsor. I ask them questions about their problems and about their reactions to their first meeting. And I encourage them to listen very carefully to what is being said at the meetings, and to speak only if they have something they really want to say. Above all, I tell them to be sure to come back. Every meeting, I tell them, is different and each meeting will teach them something they didn't already know.

And as I see them coming back, I always try to get closer and closer to them in their growth. — F.S.

A Nudge Is All We Need

I've often heard it said in A.A. that it would be wrong to drag someone along to a meeting if they weren't particularly interested in trying A.A. "You have

to be ready," I was told. "Otherwise it won't work, and it is a waste of time to thrust someone through the A.A. doors if that someone isn't already wanting to be sober."

I don't agree. I don't think you should make such a sweeping generalization. If someone obviously has a drinking problem I think it's at least worth a try to help them by at least introducing them to the program by attending a meeting.

And I say this because I know it worked for me. I didn't particularly want to go to my first meeting for a number of reasons. I knew I had a drinking problem, but I didn't really want to stop. I knew nothing about A.A. and didn't want to be dragged into something I knew nothing about. I wasn't a social drinker. And I wasn't particularly sociable as a person, so I certainly didn't want to confront a bunch of unknowns and disgrace myself as one of them.

And what more might they say? Condemn me as a weakling if I said I didn't know how to stop?

Well, I went, anyway. Mainly to stop my wife's nagging about my excess drinking.

And that first meeting wasn't anything like I imagined it would be. Friendly, smiling faces. People who had been exactly where I was. People who assured me I was in the right place. That things would get better.

That first meeting was all I needed to introduce me to a new life. It was actually quite exciting to learn that things would get better and all I had to do for a start was to "keep coming back."

And I've been coming back ever since.

Was I ready for it when I entered? No. At least I wouldn't have gone voluntarily. And maybe a lot of folk out there are more ready than we think. All they might need is that nudge that first thrust me through those doors. — SE

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 January Meeting Minutes

The quarterly meeting for the N.C. Mountain Central Office representatives was held on January 17 at the Serenity Service Group's meeting hall at 107 Broadway in Asheville. The following 15 members were in attendance:

Bill G., C.O. Chairman — Black Mountain Group; Gene M., C.O. Co-Vice Chairman — Leicester Group; Owen C., C.O. Treasurer — Hendersonville Group; DeAnna W., C.O. Secretary — Traditional Group, Asheville; Bob V., C.O. Executive Secretary — Acceptance Group, Asheville; Alan W., Editor, *Mountain Doin's* — Midday, Group, Hendersonville; Evelyn S., C.O. Assistant — Cumberland Group — Asheville; Ray D., Trustee, District 71 — Hendersonville Group; Gene V.H., Trustee District 70 — Easy Does It Group — Canton; Marvin M., Trustee District 80 — Maggie Valley Group; Holly H., C.O. Rep., Traditional Group — Asheville; Evan T., C.O. Alt. Rep. Hendersonville Group; Joe H., C.O. Rep., Hendersonville Group; JoAnn P., C.O. Acceptance Group — Asheville; George E., GSR Leicester Group.

Our new Central Office Assistant, Evelyn S., was introduced and warmly welcomed by everyone.

Owen C. submitted a financial report. He said there's a real need for more Group contributions. We're operating with a shortfall. A Group Contribution Chart was featured in the February *Mountain Doin's*, showing that many groups do not support the Central Office operations *at all*. Owen C. said that as much as \$300 to \$800 may be owed to the Central Office for supplies ordered by groups at any given time. We discussed memorial gifts to the Central Office and whether it is appropriate. It was decided that such gifts may be given by A.A. members only.

We elected to discuss the "Birthday Plan" for Central Office support with our respective groups, wherein individual group members might choose to contribute to the N.C. Mountain Central Office, on his/her A.A. birthday, \$1 for every year he/she has been sober.

Owen C. informed us that A.A. groups are listed as having a Tax Exempt Status, therefore it is *not* necessary for groups to supply their banks with Employee Identification numbers or Social Security numbers.

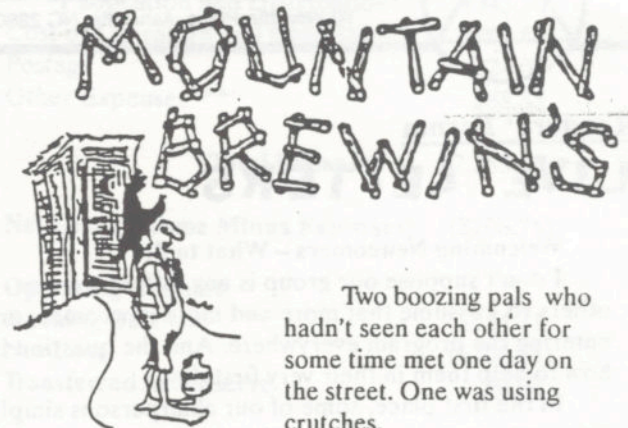
Gene M. said that Big Books are needed to supply the Public Information Committee's efforts in reaching out to the community and various institutions. He encouraged individual groups to supply schools and libraries in their area with Big Books. Gene M. also told us of a new A.A. meeting held on Sundays at 3 p.m. at the new Satellite jail.

Evelyn S. and Bob V. were asked to try to resolve our problem with getting the new 800 number listed in

all phone books in the three Districts that make up our Area.

The meeting was adjourned. Details of the next Central Office quarterly meeting, scheduled for the 2nd Sunday in April, will be published in the March *Mountain Doin's*.

Respectfully submitted, DeAnna W., C.O. Secretary



Two boozing pals who hadn't seen each other for some time met one day on the street. One was using crutches.

"Whatever happened to you?" asked the other.

"I was in a car accident six months ago," his pal explained.

"And you still have to use crutches?" asked the other.

"Well, my doctor says I could get along without them. But my lawyer says I can't."

x x x

An A.A. member and his Al-Anon wife were sitting next to each other on the bed, having a disagreement in which neither one of them would give an inch. Realizing that she was getting nowhere in the argument, the Al-Anon said, in frustration, "You're impossible!"

The A.A. husband turned to her and, with a smile, responded, "No, I'm not. I'm *next* to impossible."

x x x

"So you think you've got problems!" an alky said to his barroom pal. "What about me! I lent a guy \$5,000 for plastic surgery, and now I don't know what he looks like!"

x x x

People who are driven to drink should always have a friend drive them back.

x x x

Three hard-of-hearing friends met on a street corner.

"Wow!" said one, "Isn't it windy?"

"No," said another, "Thursday."

"Me, too," said the third. "Let's go get a beer!"

North Carolina Mountain Central Office

Its Mission of Service and Cooperation

In describing the functions of Central Offices in the Fellowship of Alcoholics Anonymous, Bill W., in a 1950 *Grapevine* article summed it all up with: "... [Central Offices] do those area chores that no single individual or group could. They unify regions; they make A.A. tick."

Let's take a look at our North Carolina Mountain Central Office. Just whom does it really serve? And how?

The answer to the first question is simple. Our Central Office serves all groups within Districts 70, 71, and 80. And those three districts include every group in the following WNC counties: Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Swain, and Transylvania. The Office exists solely to serve all the groups in those counties by performing those functions that can only be handled efficiently by a central office.

What Are those Functions?

If your group needs A.A. books, pamphlets, sobriety tokens, meeting information, referral services, Twelfth Step volunteers, sponsors, speakers, information about recovery institutions or prison facilities, A.A. guidelines, manuals and handbooks, telephone services (including an 800 phone number available at no charge to the caller, and a twenty-four-hour answering service), information about A.A. activities within the WNC area, as well as outside it, such as a calendar of events that includes A.A. conventions and other happenings — none of which could be handled by groups alone — the Central Office is there to provide these very services.

Every part of the Central Office's program revolves around serving our groups and carrying the message to the alcoholic who still suffers.

All publications and A.A. materials are sold by the Central Office to groups and individual members. Generally, most books can be delivered within three days. And because it buys these materials in quantity our Central Office can re-sell them at a price cheaper than if they were bought directly by members or groups from the General Service Office.

In addition to its services to groups and individuals, the Central Office publishes a monthly newsletter — *Mountain Doin's* — which contains information about A.A. meetings and meeting changes, financial statements, readers' letters, a humor column, listings of members' A.A. birthdays, fellowship news, Central Office Treasurer's Reports (which include listings of group contributions), lists of events of interest to area groups, and general-interest articles about A.A. For instance, some recent general-interest articles include such subjects as, The Origin of the Serenity Prayer, Fetal Alcohol

Syndrome, The Story of Bill W., Treatment Centers and A.A., Medical Facts about A.A., and so on.

How is the Central Office funded?

It is not generally understood by most members that our Central Office has no source of funding whatsoever except through contributions from the groups it serves, and individual contributions from A.A. members. It must rent and maintain an office, a telephone, pay for an 800 number and an answering service, purchase all the office supplies, including publications that are to be resold to the groups and their members, and, of course, it has to pay for the printing of the monthly newsletter, *Mountain Doin's*, and the meetings list *Where and When*.

Furthermore, the Office is not only totally reliant upon support from our groups, but those groups are surely the best source of funding. After all, as has been mentioned in official A.A. literature, who would you rather have it dependent upon — the very groups it serves and who decide upon its *modus operandi* or upon outside sources who are not involved? Your group's very destiny and interrelationships depend upon a central office that is responsive to your needs.

Here's an example: most groups do not have a telephone of their own. That's why it is so necessary that any alcoholic or person needing A.A. help may pick up a phone and dial the Central Office's 800 number and get help. The number may be called twenty-four hours a day.

Last year, records show that our Central Office responded to no less than 3,790 calls — which included calls concerning A.A. help, family help, meeting information, Central Office business, medical help such as hospitalization and detox-center information.

Within the Western North Carolina area served by our Central Office there are 90 groups on record, and many of the groups send in regular contributions to help pay for the service from which all groups benefit. It is hoped that more groups will realize the need for helping our Central Office to perform its work.

As the *Grapevine* put it, as long ago as 1951, "Common need, common interest, common aid — these spell A.A. unity. Each group's single primary purpose (Tradition Five) is to carry the message." Similarly, the North Carolina Mountain Central Office has only one valid reason for its existence: to aid all groups in those functions that are outside the scope of group abilities to handle. And it can only perform those functions with financial help from our groups.

Some groups prefer to send in a contribution every month; other groups prefer quarterly or even annual contributions. In general, a monthly contribution system

seems to be the most popular method. It's a matter of individual group choice.

How much should a Group contribute?

As for the amount that each group should contribute, the A.A. General Service Conference suggests, in its pamphlet *Self-Supporting Through our own Contributions*, that individual groups "adopt a specific contributions plan suitable to their particular situation.

"Such a commitment might work like this:

"First, take care of basic group expenses (rent, refreshments, A.A. literature, and a prudent reserve 'emergency' fund).

"Divide the remaining funds according to whatever division suits your local needs."

The prudent reserve is usually suggested as three months' basic group expenses.

Then, of the remaining funds, it is suggested that a percentage be forwarded to the Central Office, a percentage to G.S.O., a percentage to the Area Committee, and a percentage to the District.

A popular breakdown in Western North Carolina is:

60% to N.C. Mountain Central Office

25% to G.S.O.

10% to Area Committee

5% to District

An alternative breakdown offered is:

50% to N.C. Mountain Central Office

30% to G.S.O.

10% to Area Committee

10% to District

The addresses of the various offices are:

N.C. Mtn. Central Office	General Service Office
107 Park Place Offices	P.O. Box 459,
70 Woodfin Place	Grand Central Station
Asheville NC 28801	New York NY 10163

Your District Committee.

District 70	District 71
P.O. Box 17545	Norma H.
Asheville, NC 28816	Route 4, Box 286c
	Hendersonville, NC 28739

District 80	Area Committee
Anne Drescher	Treasurer, NC G.S. Committee
P.O. Box 703	P.O. Box 811
Franklin NC 28734	Havelock, NC 28532

Another Area Needing Group Support

The North Carolina Mountain Central Office holds a full meeting every quarter to which all groups are

urged to send their Group Representatives so that they may be able to add their groups' input to the meeting. Their comments are eagerly sought, because the Central Office exists solely to serve the groups in our three Districts covering Western North Carolina. And it can only operate successfully if groups' opinions and suggestions are aired, listened to, and acted upon.

Attendance at these meetings provides the opportunity for Group Representatives to make sure that the money their groups contribute goes where it is needed. And attendance also gives the representatives the ability to report in person to their groups about points raised at the meetings.

The Central Office is grateful to those group representatives who attend the meetings, and reminds us that it is in every group's best interest to make sure that a representative attends and brings along the group's opinions, questions, doubts, and suggestions, and shares them with the Central Office so that necessary changes can be made, and new ideas can be implemented.

There's another reason why all groups should send their representatives to the meetings. Central Office officers are elected and hold office for two years only. Thus, it is by attending these meetings that you can nominate and vote for the members of your choice.

Notice of each upcoming Central Office meeting is published well ahead of time in *Mountain Doin's*.

Finally, it is our North Carolina Mountain Central Office's sincere hope that with the publication of this information about the need for financial support and the Office's functions and how it serves all groups, more groups will participate both through contributions and by appointing Group Representatives and urging them to attend the Central Office quarterly meetings.

We exist to serve, and we can only succeed fully with your financial and personal support.

Please help us continue to help you, and if you have any thoughts on how we can improve our services to you, please do not hesitate to let us know. Write to us, call us, stop by our office for a visit, or perhaps, best of all, write a letter to the Editor of *Mountain Doin's* so that others can share in your thoughts or suggestions.

Involvement, sharing, caring, and aiding the still suffering alcoholic—that's what it is all about. We look forward to your involvement in the broader A.A. picture, and we look forward to hearing from you with your suggestions and comments.

Here's our address:

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

Phone: (Within Buncombe County) 254-8539
(Elsewhere in WNC) 1-800-524-0465



Fellowship News

Eatin' Meeting— District 71. An eatin' meeting for all groups in Henderson, Polk, and Transylvania Counties will be held on Sunday, March 14, at the Parish House, St. John in the Wilderness Church, Flat Rock. (Route 25 South.)

Eating will begin at 4 p.m. and the Speaker will begin at 5 p.m. Please bring along a covered dish. The meeting is sponsored by the Hendersonville Group. Y'all come, and share in the fun, festivities, and fellowship.

New Meeting. On Saturdays at 10:30 a.m. open, Speaker meetings will be held at Appalachian Hall, Asheville. The meetings will be nonsmoking.

New meeting. The New Hope Group now holds meetings at Cashiers Episcopal Church on Tuesdays at 8 p.m.

Cancellation. The Pine Grove group has canceled its Wednesday, 7 p.m. and 8 p.m. meetings.

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 1-4-93—2-5-93

Answering Service Calls	203
General Information	19
A.A. Help	14
Family Help (Al-Anon)	19
Meeting Information	79
Central Office Business	94
Medical Help (Hospital, Detox, etc.)	2
Others	30
Visitors	66

Spanish Speaking A.A. Members Wanted

A.A. members able to speak Spanish are needed to assist at meetings to be held in Edneyville particularly for migrant workers. Please call Jeff W. at 685-0115 for full information.



Acceptance Group

Greg S.	January	1 year
Vallore D.	January	1 year
Margi	January	17 years
Dick T.	February	16 years
Kelly H.	February	1 year
Vicki N.	February	8 years
Tom M.	March	6 years

Black Mountain Group

Dick J.	3-15-81	12 years
Jay C.	3-11-92	1 year

Brevard Group

Dell B.	2-25-87	6 years
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Cumberland Group

Michael P.	No date given	12 years
Gerry B.	No date given	1 year
Doug. O	3-9-72	21 years

Hendersonville Group

Elisa S.	3-11-92	1 year
Irma D.	3-7-85	8 years
Deborah W.	3-17-87	6 years
Mike S.	3-29-77	16 years
Keith H.	3-15-88	5 years
Maude G.	3-21-83	10 years

Lake Group

Pam L.	3-12-91	2 years
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Mars Hill Group

David Y.	No date given	2 years
Barbara K.	No date given	2 years
Bill B.	No date given	9 years

Midday Group

Charlie P.	3-17-83	10 years
Nancy M.	3-17-91	2 years
Virginia O.	3-1-92	1 year
Terry G.	3-26-79	14 years
Lillian C.	3-15-90	3 years
Andy T.	3-4-91	2 years

Pathfinders Group

Ann S.	1-13-74	19 years
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It takes a child two years to learn to talk, and
a man fifty years to learn to keep his mouth shut.

Treasurer's Report



N.C. Mountain Central Office Inc.
Financial Report for the month
of January, 1993.

Income

Group Contributions

Acceptance Group	\$343.80
Back To Basics Group	\$100.00
Black Mountain Group	\$3.50
Brevard Group	\$27.76
Candler KISS Group	\$15.00
Cashiers Valley Group	\$25.00
Cumberland Group	\$120.00
Day By Day Group	\$45.00
Hendersonville Group	\$258.48
Hendersonville Happy Hour Group	\$50.00
Hendersonville Middyay Group	\$100.00
Lake Group	\$42.00
Leicester Group	\$25.00
Mars Hill Group	\$30.00
Marshall Group	\$20.00
Pathfinders Group	\$10.00
Serenity Service Group	\$2.42
Spruce Pine Group	<u>\$162.00</u>
Total Group contributions	\$1,379.96

Individual Contributions	\$0.00
Sales	\$776.39
Mountain Doin's subscriptions	\$0.00
Other Income	<u>\$0.00</u>

Total Income - \$2,156.35

Expenses

Rent	\$97.00
Telephone	
Basic Service (Sou. Bell)	\$58.33
Toll Free Number (AT&T)	\$46.45
Answering Service	\$82.60
Payroll and Payroll Taxes	\$653.84
Cost of Mountain Doin's	
Publication and Distribution**	\$343.30
Cost of Literature and Chip Sales**	\$968.66
Postage	\$24.07
Other Expenses***	<u>\$88.85</u>

Total Expenses \$2,363.10

Net Loss (Income Minus Expenses) (\$206.75)

Operating Account

Opening Balance	\$954.71
Net Loss	(\$206.75)
Transferred to Reserve	<u>\$0.00</u>

Closing Balance* \$747.96

Reserve Account

Opening Balance	\$1,506.42
Transferred from Operating Account	\$0.00
Interest	<u>\$0.00</u>

Closing Balance \$1,506.42

* Included in the closing balance are FICA, FIT & SIT funds to be paid to the Stater and Federal Government totaling ... \$76.36

** 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:

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