

MOUNTAIN DOIN'S

Central Office Newsletter

May 1993



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Readers' Forum

LIVE LETTERS

The Proud Truth About Humility

We hear a lot about humility in A.A. And it made me wonder what humility really is. Is it that modest person who always casts her eyes downwards and seldom speaks; and when she does she's always very self effacing?

No, I don't think that's humility. It may be, but it may be just a feeling of inadequacy, or shyness, or false modesty.

People with humility don't pretend to be something less than they are.

Truly humble people are those who willingly share at meetings, who volunteer to make coffee, who participate in 12-step calls, who help clean up after meetings, and who take the trouble and the interest to attend the group's business meetings, so that they can add their input.

People who truly work the steps cannot fail to acquire some humility. And they don't denigrate themselves but develop a sense of pride that they are being useful in the program. — DW

Sharing-Good And Bad

In a way, the most important part of our program is the sharing that we do at our meetings, because it is by positive sharing and careful listening at the group level that we can get matters into perspective.

And I was thinking the other day about the sharing I used to engage in before I came into A.A. In those days, I can see now, I shared all right, but it was all the wrong things.

I shared my anger at everything that displeased me. I shared my intolerance of the guy in the slow-moving car in front of me, by venting all the cuss words I could

muster. I shared my annoyance at my wife's constant nagging about my drinking. I shared my impatience at my children's inability to think and act like adults.

Today, that has all changed. Productive sharing at meetings, with a touch of love and compassion thrown in, has taught me to share in a more tender way with my family and with those outside the program.

And above all, I can share some sobriety in all its forms of happiness, forgiveness, and growth. — JT

We Will Find a New . . . Happiness

What is the new happiness that the Promises say we will find? Just being sober? Making new A.A. friends? Happiness is rather hard to define.

Have you ever noticed that those who seem to be the happiest people in A.A. are those who serve? Think about it. They are the givers. Lots of our members are sober, and lots are daily meeting-goers who seem to have found friends. But are they the happy ones? Take a second look. Take a look at the woman or man who can always be relied upon to make the coffee, replenish the empty pots, get out and put away the chairs and the literature, do the clean-up chores. Those who are always ready to assist in any sort of task. Usually, they're the happy ones. The givers, not the takers.

And what about those who just hang around, never offering a hand in anything? Do they look happy? They simply expect it all to happen while they wait. And, of course, it will. The happy helpers will see to that. And those who only sit and wait will never experience the joy and satisfaction of those who willingly serve and do what they can to help.

As another promise says: "We will lose interest in selfish things and gain interest in our fellows." But only if we happily give something of ourselves, even in the simple act of service. — JC

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.

A.A.'s Tradition of Self Support

by Bill W.

A.A.'s co-founder discusses the reasons why A.A. groups do not seek charity and why they support A.A. central services

A.A.'s far-flung Twelfth Step Activities, carrying the message to the next sufferer, are the very lifeblood of our A.A. adventure. Without this vital activity, we would soon become anemic; we would literally wither and die.

Now where do A.A.'s services — worldwide, area, local — fit into our scheme of things? Why should we provide these functions with money? The answer is simple enough. Every single A.A. service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a Central or-Intergroup Office to arrange hospitalization and sponsorship, or the World Service Headquarters to maintain unity and effectiveness all over the globe.

Though not costly, these service agencies are absolutely essential to our continued expansion — to our survival as a fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that A.A. must everywhere function in full strength — and that, under our Tradition of self-support, we are all going to foot the bill.

We have long known that Alcoholics Anonymous has no need for charitable contributions from any source. Our fellowship is self-supporting. Neither do A.A. groups try to meet the rehabilitation expenses of thousands of newcomers. Long ago we learned that that was impractical.

Instead, A.A. offers to the new person a spiritual way of life that can eliminate the alcohol problem. With this accomplished, the new person, in the company of his fellow sufferers, can then begin the solution of his personal problems — including the financial one.

So A.A. groups themselves accept no charitable funds — and give none away. At first glance, this attitude may seem to be hard-nosed, even callous. An immense experience tells us otherwise. Money gifts — as a prerequisite of getting sober — are usually worthless when made a function of an A.A. group.

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.

Of course, we see A.A.'s primary charity in the Twelfth Step activities of tens of thousands of us as we daily carry the A.A. message to newcomers. We travel millions of miles; we absent ourselves from business and home. In the aggregate, we lay out very large sums. As individuals, we do not hesitate to give temporary financial aid to the newcomer, if and when he seems to want sobriety first. Here, then, is money charity aplenty, always given on a very personal, face-to-face basis. And perhaps even this cannot be called wholly charitable, since every Twelfth Step effort means more certain sobriety and added spiritual growth for the sponsor.

Both these principles we understand: that A.A. wants no charity; that we support our own services. We understand — but we sometimes forget.

Source: Oct. 77 A.A. Gravevine.

G.S.O. Sends Anonymity Letter to the Media

The following letter from the G.S.O. was sent to over 3,900 newspapers, radio, and television stations in March. The G.S.O. invites all to share this message with A.A.s or to use the letter as a guide for communications with media friends.

Throughout the world favorable media coverage has been a principal means of bringing alcoholics into our Fellowship. You have helped make this possible and for that, we thank you.

Anonymity, the spiritual foundation of our Fellowship, assures the members of Alcoholics Anonymous that recovery can be private. This is true as well for those who may someday need us.

Therefore, we seek your continued support by presenting A.A. members:

- only by first name
- using no recognizable picture

Alcoholics anonymous is not affiliated with any other organization, although many have adapted A.A.'s Twelve Steps for their own use. A.A. is self-supporting, declining any outside contributions; and we are non-professional, offering only the voluntary support of one alcoholic helping another.

Should you have any questions or wish more information, we would welcome hearing from you.

Please address all communications to:
General Service Office
Grand Central Station
P.O.Box 459
New York, NY 10163

A.A.'s Cooperation with Treatment Facilities Raises Questions

The General Service Office asks that any Group or individual A.A. member having contact with treatment facilities pass on the following information regarding A.A.'s cooperation with such facilities. The G.S.O. has circulated a letter to over 800 administrators of treatment facilities throughout the U.S. and Canada, but realizes that since there are literally thousands of treatment providers, many, many facilities have not received the information.

That is why your help is needed in passing along the information.

Copy of G.S.O. letter dated January, 1993:

To All Treatment Facilities in the United States and Canada.

1. *Our primary purpose:* A.A.'s primary purpose is to carry the A.A. message to the alcoholic who still suffers from alcoholism.

The alcoholic experience is the only one we share and the only one we know. A.A. had considerable experience and success over the past 58 years in helping alcoholics. We welcome the opportunity to share what we have to offer with anyone, anywhere who wants help with an alcoholic problem.

Anyone is welcome to attend "open" A.A. meetings. "Closed" A.A. meetings and A.A. membership are for alcoholics only, including alcoholics with drug and other problems. Drug addicts are not eligible for A.A. membership if they do not meet the one requirement for membership, stated in A.A.'s Third Tradition: "The only requirement for A.A. membership is the desire to stop drinking."

"Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity."

A.A. does not wish to be exclusive, but to continue to be effective with alcoholics, we must adhere to our primary purpose. Experience indicates that we cannot remain effective if we attempt multiple-purpose activities. Experience also indicates that nonalcoholic persons, including drug addicts, do not get the help or support they need from A.A. in the long run.

2. *Nonaffiliation:* "An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

Experience has given us a simple guiding principle: *We cooperate, but we don't affiliate.*

We wish to work with treatment facility administrators and staff, but we do *not* wish to be merged

with them in the minds of administrators, clients, staff or the public. A.A. is available to the treatment facilities, but public linking of the A.A. name can give the impression of affiliation. Therefore, an A.A. meeting or group that meets in a treatment facility should not bear the name of the facility. Nor should the facility imply affiliation with Alcoholics Anonymous.

3. *Anonymity:* Anonymous: a word so important that it's 50 percent of our name.

We ask your help in maintaining our Tradition of personal anonymity by not identifying members by name or by recognizable photos as "members of Alcoholics Anonymous."

We have learned from experience that alcoholics or potential newcomers to A.A. may avoid any help that might reveal their identity.

A.A. members are always happy to see articles about our Fellowship, but not in terms of personalities. Cooperation by the press over the years has been outstanding, and the publicity given to the A.A. program in all phases of the media has played a major role in encouraging many thousands of alcoholics to seek help.

Thank you in advance for your attention and cooperation and we would welcome letters and comments from you. We send our very best wishes to all of you.

Yours truly, Sarah Price, Secretary, Trustees Committee on Treatment Facilities. (General Service Office of Alcoholics Anonymous, 475 Riverside Drive, New York, NY 10115. Phone: [212]870-3400)

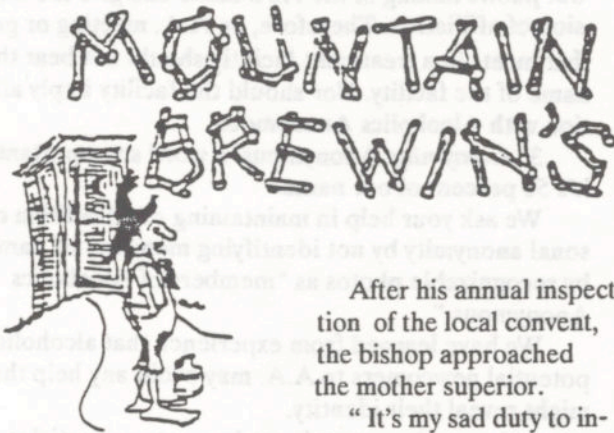
Central Office Phone Log



"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 3-1-93 - 4-2-93

Answering Service Calls	155
General Information	6
A.A. Help	3
Family Help (Al-Anon)	15
Meeting Information	70
Central Office Business	72
P.I. Calls	1
Medical Help (Hospital, Detox, etc.)	1
Others	23
Visitors	56



After his annual inspection of the local convent, the bishop approached the mother superior.

"It's my sad duty to inform you," he said, "that during our tour we found a case of HIV."

With wide-open eyes, the mother superior exclaimed, "Praise the Lord! I was getting tired of Chianti!"

x x x

An alcoholic husband and his long-suffering wife wanted to give away a litter of pups, but none of their friends seemed to want them.

In the end, in a fit of drunken annoyance, the husband said: "If you don't get rid of those puppies, I'm gonna leave."

Only one day passed before the alcoholic husband read in the classifieds: "Husband says that if I don't get rid of a litter of puppies, he'll leave home. Puppies are lovable, obedient, very friendly. Husband is selfish, self-opinionated, and a lazy drunkard. Take your pick - they're free!"

x x x

An alcoholic businessman was taking a flight to Asheville. Over the plane's radio came the announcement that one of the engines had stopped, but that there was no need for alarm, as the other three engines were working fine, although it might cause a thirty-minute delay.

After a short while, another engine stopped, and the captain told them they would be delayed an hour. Then, a third engine quit, thus delaying the trip for another thirty minutes.

The alcoholic businessman looked at his neighbor passenger and said: "I hope the other engine doesn't fail or else we'll be up here all day!"

x x x

The alcoholic father was lazing in his favorite boozing chair, watching TV as he drank, when his son, who was doing his homework called out, "Dad, can you name the four seasons?"

"That's easy," said the father taking another swig. "Football, basketball, baseball, and track."

x x x

Why We Avoid Controversy

We are human beings and we squabble. Before we leveled off a bit, A.A. looked more like one prodigious squabble than anything else, at least on the surface.

A corporation director who had just voted a company expenditure of a hundred thousand dollars would appear at an A.A. business meeting and blow his top over an outlay of twenty-five dollars' worth of needed postage stamps. Disliking the attempt of some to manage the group, half of the membership might angrily rush off to form another group more to their liking. Elders, temporarily turned pharisee, often sulked. Sometimes bitter attacks have been directed against people suspected of mixed motives.

Yet, despite their din, our rows have never done A.A. a particle of harm. They were just part and parcel of learning to work and live together. Let it be noted, too, that they were almost always concerned with how to make A.A. more effective, how to do the most good for the most alcoholics.

The Washington Society, a movement among alcoholics which started in Baltimore a century ago, almost discovered the answer to alcoholism. At first, the society was composed of alcoholics trying to help one another. The early members foresaw that they should dedicate themselves to this sole aim. In many respects the Washingtonians were akin to A.A. Their membership passed the 500,000 mark.

Had they stuck to their one goal, they might have found the full answer. Instead, the Washingtonians permitted politicians and reformers, both alcoholic and non-alcoholic, to use the society for their own purposes. Abolition of slavery, for instance, was a stormy political issue then. Soon Washingtonian speakers violently and publicly took sides on this question.

Maybe the society could have survived the abolition controversy, but it did not have a chance from the moment it determined to reform all America's drinking habits. Some of the Washingtonians became temperance crusaders. Within a very few years they completely lost their effectiveness in helping alcoholics, and the society collapsed.

The lesson to be learned from the Washingtonians was not overlooked by Alcoholics Anonymous. As we surveyed the wreck of that movement, early A.A. members resolved to keep our society out of public controversy.

Considering how most of us have really loved controversy, this denial of the privileges of attacking something or somebody in public is no small achievement for the naturally aggressive people that we are. To make our survival as a fellowship sure, we have often gone far in the opposite direction.

Source: *Alcoholics Anonymous Comes of Age*, pages 124-135

Notice to all G.S.R.s
Area 51 Spring Assembly
May 8, 9, 1993

The Area 51 Spring Assembly, to be held on May 8 and 9, 1993, will be held at the Holiday Inn Four Seasons, Greensboro, N.C., located at Exit 27 off I-40 in Greensboro.

All Group G.S.R.s and Alternates are asked to attend. For further information, please write to the North Carolina General Service Committee of A.A. at P.O. Box 447, Gastonia, NC 28953-0447.

April Central Office Meeting

The quarterly Central office Meeting was held at the Hendersonville Group Meeting Room on Sunday April 4. Minutes of the meeting will be published in the June issue of *Mountain Doin's*.



Fellowship News

Bridgeway Alumni Association A.A. Meetings. The regular Sunday Open Speaker Meetings will now be held at 7 p.m. instead of 2 p.m. each Sunday.

New meeting. Women's Open Meetings are now being held on Sundays at 8 p.m. at "A Woman's Place," Alabama Avenue, Asheville, N.C.

Back to Basics Group meetings, held in Weaverville on Mondays and Fridays at 8 p.m. will all be nonsmoking meetings beginning on May 3, 1993.

Mountain View Group. The Big Book Study meeting normally held at Highlands on Tuesdays at 8 p.m. has been discontinued.

Beginners/Newcomers Meeting. A meeting for beginners and newcomers is now being held in the Hendersonville Happy Hour Group meeting room at the Trend Building, 800 Fleming Street, Hendersonville. The Trend building is exactly opposite Pardee Hospital. The meetings are at 5:30 p.m. - 6:30 p.m. Entrance is at the rear of the building.

New Group. Bone Dry Group, Mars Hill, has begun meetings at 6:30 p.m. on Sunday evenings at the Episcopal Church of the Holy Spirit, located at 120 Bone Camp Road, in Mars Hill. From Mars Hill, take Hwy. 213 toward Marshall. Turn right on Bone Camp Road. The Church is on the left.

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



Acceptance Group

Jim K.	5-1-92	1 year
Susan E.	5-1-91	2 years
Marianne	5-3-86	7 years
Rod B.	5-5-85	8 years
Donna B.	5-10-88	5 years
Martin R.	5-15-92	1 year
Bob V.	5-17-80	13 years
Chuck R.	5-17-84	9 years
Ron B.	5-21-91	2 years
Michael C.	5-25-92	1 year
Charlie E.	5-28-91	2 years
Vivian N.	5-31-79	14 years

Back to Basics Group

Perry B.	4-15-86	7 years
Vicky O.	4-29-90	3 years
Kelsey S.	4-12-83	10 years
Rusty Mc	5-10-83	10 years
Loon G.	5-8-83	10 years
Pat T.	5-15-83	10 years

Black Mountain Group

David H.	5-8-74	19 years
Hugh H.	5-11-78	15 years

Cumberland Group

Danny K.	5-1-89	4 years
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Hendersonville Group

Pam P.	5-26-84	9 years
Tim F.	5-30-89	4 years
Ann C.	5-15-88	5 years

Marshall Group

Pat O'C.	5-23-69	24 years
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Midday Group

John P.	5-15-85	8 years
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The Six O'Clock Open Group meets at the Grace Episcopal Church on Monday and Thursday evenings at Grace Episcopal Church, Merrimon Avenue and Ashwell, in Asheville. Meetings are nonsmoking.

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

Treasurer's Report



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

Group Contributions

Acceptance Group	\$60.00
Acceptance donation to Hospitals and Institutions	\$100.00
Asheville Women's Group donation to Hospitals and Institutions	\$30.00
Black Mountain Group	\$3.50
Brevard Group	\$25.00
Candlelight Group	\$4.00
Candler Kiss Group	\$25.00
Clyde Sunday Night Group	\$35.00
Conscious Contact Group	\$100.00
Conscious Contact donation to Public Information	\$50.00
Fletcher Group	\$25.00
Franklin Group	\$30.00
Hayesville Group	\$18.72
Hendersonville Group	\$137.73
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Live and Let Live Group	\$121.00
Pathfinders Group	\$10.00
Serenity Service group	\$7.41
Unity Group	\$35.00
West Asheville Group	\$35.00
Total group contributions	\$1002.36
Individual Contributions	
Various members in memory of Jean S.	\$255.00

Sales	\$1,030.87
Mountain Doin's subscriptions	\$10.00
Other Income	\$0.00
Total Income	\$2,298.23

Expenses

Rent	\$101.00
Telephone	
Basic Service (Sou. Bell)	\$61.24
Toll Free Number (AT&T)	\$102.71
Answering Service	\$74.00
Payroll and Payroll	
Taxes	\$974.83
Cost of Mountain Doin's Publication and distribution*	\$287.00
Cost of Literature and chips sales*	\$888.35
Postage	\$66.69
Other Expenses**	\$21.50
Total Expenses	\$2,577.32

Net Loss (Income minus expenses) \$279.09

Operating Account

Opening Balance	\$786.05
Net Loss	\$279.09
Transferred to Reserve	\$0.00
Closing balance	\$506.96
Reserve Account	
Opening Balance	\$1506.42
Transferred from Operating Account	\$0.00
Interest	\$0.00
Closing balance	\$1506.42

*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. _____

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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.

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