

MOUNTAIN DOIN'S

Central Office Newsletter

June 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

One Drink Away . . .

I always considered Bill T. to be my best friend in A.A. Since I first came into the program he and I had struck up a relationship that truly built on the growing together in the program that encourages the sort of friendships that are wholesome and helpful.

And then, one day, Bill was gone. No explanation. No phone calls. Where was he, I wondered? Then, I learned that he'd been seen out drinking. I was devastated.

Three months later at a meeting, Bill walked into the room. His eyes were downcast, he said nothing, and at the end of the meeting, he picked up a white chip.

Bill was back. As he walked back to his seat, eyeing his chip, he suddenly saw me and came over to me. "I let you down," he began, his face crestfallen.

"You let yourself down," I interrupted. Then, I added, "But you're back. That's the main thing."

Later we talked at length. A slip, he found out, is so easy. In his case he stopped going to meetings at first because he was simply tired of hearing all the same things from all the same people. He thought he'd give it a rest. Then came the occasion. At a friend's house, he thought he'd just take one drink. It was easy, and everyone else was doing it. He felt part of the group. Then, later, he

Note to District 70 Groups

Does your Group have a Grapevine Representative?

If so, please have him or her call Pete G., at 298-6018. Pete has some important news.



Where y'all goin'?

To the District 71 Eatin' Meatin', of course!

Come and join us for an afternoon of good fun and fellowship

Sunday June 13

at the Parish House, St. John In The Wilderness Church, Flat Rock, (Rte. 25 S.)

Eatin' will begin at 4 p.m. and the Speaker will begin at 5 p.m. Please bring along a covered dish.

All groups in Henderson, Polk, and Transylvania Counties are invited.

Y'all Come!

remembered that one drink. It hadn't bothered him. So on another day, he did it again. And again. And, you guessed it. In no time at all he just took one too many, and he was back once again in his old ways.

The only difference was that he had learned from A.A. meetings, that this was exactly what would happen. So, that night, he decided to start again. He came to the meeting and picked up that new white chip.

Like they say: We are all just one drink away from a drunk.

I'm glad my friend Bill is back. And I'm glad it hasn't happened to me - yet . . . - DS

How to Treat Newcomers

From my own experience, which, I believe, is not much different from that of other recovering people, I
(Live Letters continued on next page)

People who are always raising the roof, usually don't have much in the attic.

Live Letters (continued from page 1)

know I was a very angry person when I got into A.A. some years ago. I didn't even know the anger was there until I had taken several 4th and 5th steps and looked back and saw so clearly that I had lived with anger all my life. I often wonder how much anger is still inside me that has yet to be discovered and diffused by working the steps in my life as best I can.

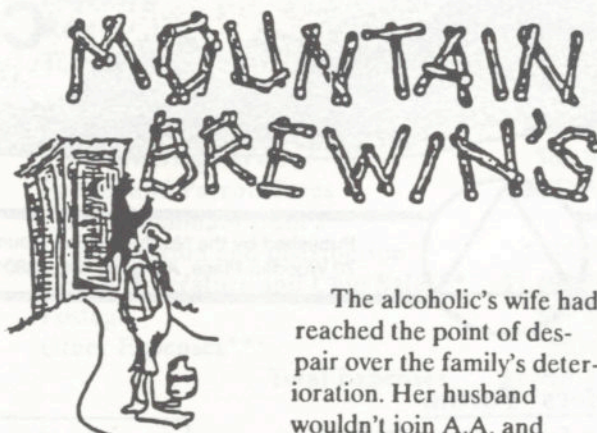
This anger, which we don't even know is there, is often directed at helpless folks who are in no position to strike back. Such people are newcomers. I've often been disturbed at anger vented at newcomers and, of course, legitimized in the name of "tough love."

A friend of mine who lives far from North Carolina and who has nearly thirty sober years in A.A. wrote me the following several years ago. It reflects my views regarding newcomers in A.A. much better than I could say it.

He writes: "I entirely agree with you about unkindness in A.A. New people need direction, certainly, but most of all they need love, support and encouragement. Early sobriety is not easy, and I know we all had lots of anger along with tremendously insecure egos. I do believe that we help people most by our examples rather than telling them everything wrong they're doing. And meetings are not forums for taking someone to pieces. I gather you have some crotchety bleeding deacons there. Has it been so long since they've sobered up that they've forgotten what it's like? On the other hand, they may have the parental approach of wanting to save children from making any mistakes at all. Neither idea would suit me. I'm all for the gentle but firm approach. Hostility vented toward another member has no place in A.A. We have to get rid of it within ourselves by other means: the Steps, talking to sponsors, etc. A new member is a very fragile human being - crazy to be sure, but fragile. I, like you, do not trust myself to lash out at people, since I can't handle anger and resentment. My emotional system cannot tolerate them any more than my physical system can tolerate alcohol. I just fall to pieces."

This letter meant a lot to me because I well remember the terrible pain I was in when I first came to A.A. The anger and hostility directed toward me by well-intended but misguided "oldtimers" will always be part of my memory of early recovery. I've learned from these painful times to treat newcomers with love and compassion. They don't need more pain than they're already in.

- BT



The alcoholic's wife had reached the point of despair over the family's deterioration. Her husband wouldn't join A.A. and there seemed to be no family life left. So she decided to do something about it. She took it upon herself to get rid of 200 pounds of excess, flabby fat in ninety days. She divorced him.

x x x

An obviously inebriated woman trying to drive her car out of a parking place banged into the car ahead, then backed into the car behind, and finally pulled out into the street, where she struck a delivery truck. A policeman who had been watching, came up to her. "Let's see your licence," he demanded.

"Don't be silly, officer," said the woman. "Who'd give me a licence?"

x x x

The mother of three teenage boys, all somewhat addicted to staying out late drinking on Saturday nights, solved the problem successfully when she ruled that the last one in on Saturday night had to get Sunday morning breakfast for the family.

x x x

It's the year 2,000 A.D. and brain transplants have become common. A doctor's brain is priced at \$200,000; a lawyer's at \$150,000 and an alcoholic's at \$3,000,000. The buyer is shocked, and asks why the alcoholic's brain is so high. "Well," it is explained, "it's because the alcoholic didn't use his brain very much."

x x x

One night a wife was dreaming of meeting another man secretly. She dreamed she saw her alcoholic husband approaching, and in her sleep she shrieked, "Heavens! My husband!"

With that, the husband, awakened by her shriek, jumped out of the window.

x x x

"I'll bet you think twice about leaving your beautiful wife home alone at night," the bartender said to the alky.

"You're right!" replied the drunk. "First, I think up a reason for going out; then I think up a reason why she can't come with me!"

Central Office April Meeting Minutes

The quarterly meeting of the N.C. Mountain Central Office was held on Sunday, April 4, 1993, in Hendersonville.

The following officers, group representatives, and visitors were in attendance: **Bill G.** — C.O. Chairman, Black Mountain 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; **Owen C.** — C.O. Treasurer, Hendersonville Group, Hendersonville; **Clay D.** — Serenity Service Group, Asheville; **JoAnn P.** — C.O. Rep., Serenity Service Group, Asheville; **Ed.B.** — Black Mountain Group; **Suzanna B.**, Leicester Group.

Owen C., C.O. Treasurer, submitted the monthly financial report. The prudent reserve, intended to cover expenses for three months, is scarcely enough to carry the Central Office for one month. Owen said the financial outlook for the Central Office was grim. Bob V. said that it used to be much worse.

The group brainstormed to come up with ideas that might generate interest and support from our area's groups. Of those suggestions we decided to: (1) Send a letter to each Group encouraging them to elect a Central Office Representative; (2) Send a copy to each group of the information sheet "North Carolina Mountain Central Office: It's Mission of Service and Cooperation"; and (3) ask groups who want more information about the N.C. Mountain Central Office to invite us to their groups to conduct an information meeting.

An Open House is also planned at the N.C. Mountain Central office in Asheville for Sunday, October 10, 1993. More information will be available at a later date.

Old Business: Betty L. from Black Mountain and Ed. G. from Hendersonville have agreed to serve on a finance committee to assist our Treasurer, Owen C. One more member for this committee is all we need. Also, it was reported that all areas should have our A.A. listed 800 number published in their phone books. Bob V. was asked to make a list of every phone company servicing the communities in our three districts (70, 71, and 80).

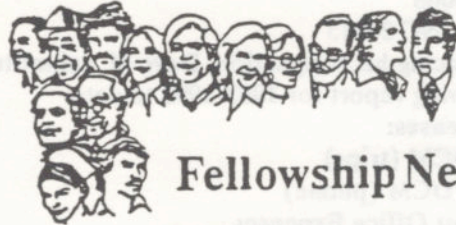
New business: The *Mountain Doin's* will be featuring A.A. information on the front page, in addition to the Readers' Letters column. Also, a disclaimer paragraph, such as that in Box 4-5-9, will accompany any information or announcement that is not exclusively A.A. initiated.

We decided to invite the three DCMs from our Area 51 to our next meeting to be held in District 80 on July 11, 1993. In the written invitation to the DCMs we will request that they use *Mountain Doin's* as a

vehicle for communicating with the members in their respective districts by publishing in *Mountain Doin's* a report from their meetings or a letter written to the A.A. members in the District they serve.

And, finally, we elected to abandon the efforts to arrange for volunteers in the office to answer the phone, since we simply do not get the calls for A.A. help that we used to.

Respectfully submitted
DeAnna W., C.O. Secretary



Fellowship News

New Meeting: Flat Rock. The Living Sober Group now meets every Friday at 8 p.m. at St. John In The Wilderness Church US 25S. The meetings are open.

Cancellation: The Hayesville Group meetings have been canceled.

Bridgeway Alumni Association A.A. Meetings. The regular Sunday Open Speaker Meetings are now being held at 7 p.m. instead of the former 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.

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

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

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.

Dr. Bob Answers Why

Asked why he kept going to so many meetings after years of sobriety, A.A. co-counder Dr. Bob replied:

"The first reason is that this way is working so well. The second reason is that I don't want to deprive myself of meeting, greeting, and visiting with fellow alcoholics. The third reason is, I belong at that meeting for the sake of the man or woman who might walk through the door. I am living proof that A.A. works, as long as I work A.A.

From Dr. Bob and the Good Oldimers

District 70 DCM change

At the March 7, 1993, District 70 GSR meeting, Dave M. resigned as secretary/treasurer of the district and Ralph M. was elected treasurer. Future contributions to District 70 should be sent to:

District 70 DCM Fund
PO Box 9068
Asheville, NC 28815

In announcing his resignation, Dave M. submitted the following report for 1992-1993 to date:

1992 Expenses:

\$600 to DCM (trips)
\$39.12 to DCM (phone)
\$52.00 Post Office Expenses
Total: \$691.12

1992 Income

\$565.61 All groups
\$125.51 Carried over from 1991
Total: \$691.12

1992 Contributions

Arden Step Study	\$27.00
Cumberland Group	\$20.00
Black Mountain Group	\$33.00
Serenity Service Group	\$55.25
Acceptance Group	\$105.00
Back To Basics Group	\$50.00
New Day Group	\$20.00
Traditional Group	\$36.75
Haywood Road Group	\$55.11
New Horizons Group	\$10.00
Spruce Pine Group	\$13.50
Bring Your Own Lunch Bunch	\$40.00
West Asheville Group	\$100.00
Total received	\$565.61

1993 Contributions

Spruce Pine Group	\$55.00
Back To Basics Group	\$100.00
Serenity Service Group	\$9.00
Black Mountain Group	\$10.00
West Asheville Group	\$35.00
Total received	\$210.40

1992 Money carried over \$10.50

Total \$220.90

March 7, Serenity Service Gp. \$22.95

February 1993 Central Office Contributions

As was reported in the April, 1993, *Mountain Doin's*, the Treasurer's Report for February had not been received by press time, and requests have been received for a listing of February Group contributions.

Below is the recorded list:

Group contributions, February 1993

Acceptance Group	\$60.00
Arden Group	\$35.00
Back To Basics Group	\$100.00
Black Mountain Group	\$3.50
Brevard Group	\$25.00
Canton Easy does It Group	\$20.00
Day By Day Group	\$45.00
Etowah Group	\$20.00
Growing Together Group	\$30.00
Hendersonville Group	\$156.00
Hendersonville Happy Hour Group	\$30.00
Hendersonville Midday Group	\$100.00
Live and Let Live Group	\$62.00
Marion Group	\$50.00
Pathfinders Group	\$10.00
Ridgerunner's Group	\$33.00
Serenity Service Group	\$19.36
Up the Creek Group	\$5.00
West Asheville Group	\$25.00
Total Group contributions	\$839.77

Central Office Phone Log

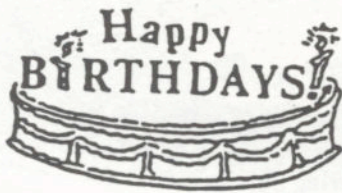


"I am responsible . . .
When anyone, anywhere,
reaches out for help, I
want the hand of A.A.
always to be there.
And, for that, I am
responsible."

Phone Log 4-5-93 - 4-30-93

Answering Service Calls	91
General Information	4
A.A. Help	4
Family Help (Al-Anon)	6
Meeting Information	79
Intergroup Business	55
Others	23
Visitors	43

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.



Acceptance Group

Joyce D. ?-?-90 3 years

Black Mountain Group

John T. 6-2-86 7 years
 Lee R. 6-6-86 7 years
 Cindy P. 6-10-79 14 years
 Linda Mc 6-12-90 3 years
 Sid K. 6-16-78 15 years
 Don R. 6-22-61 32 years

Brevard Group

Tom S. 5-30-77 16 years
 Carolyn W. 5-19-80 13 years
 Steve F. 5-13-83 10 years
 Betty M. 5-3-90 3 years
 Cally L. 5-15-92 1 year

Candler Kiss Group

Tim P. 5-17-90 3 years
 Ron J. 5-3-88 5 years
 Ronnie W. 6-2-91 2 years
 John R. 6-20-91 2 years

Cumberland Group

Jeff M. 6-21-81 12 years

Hayesville Group

John B. 4-15-61 32 years

Hendersonville Group

Marshall D. 6-17-82 11 years
 Warren 6-15-92 1 year
 Tom B. 6-2-88 5 years
 Tony R. 6-3-91 2 years

Leicester Group

Max J. 6-23-92 1 year

Marion Group

Joe T. 4-?-78 15 years
 Bill J. 4-?-79 14 years
 Glenda B. 4-?-82 11 years
 Kelly V. 4-?-92 1 year

Mars Hill Group

Sam Y. 5-15-92 1 year

Midday Group, Hendersonville

Bob J. 6-15-88 5 years
 Loretta B. 6-20-87 6 years
 Nadine M. 6-22-91 2 years
 Pam S. 6-11-90 3 years
 Sandy S. 6-28-92 1 year
 Alan W. 6-20-88 5 years

Pathfinders Group

Kathy R. 5-8-88 5 years



Calendar of Events

Events listed here are presented solely as a service to readers, not as an endorsement by the General Service Office or by the N.C. Mountain Central Office. For any additional information please use the addresses or phone numbers provided.

12th Annual Music City Roundup, Nashville, TN, Sheraton Music City Hotel. July 1,2,3,4,1993.

The events include Service Workshops, non-stop Alcahons, Al-Anon and Alateen Activities, A.A., & Al-Anon Films and many speakers. Other events include Variety Show, the John Garr Band and more.

Make hotel reservations direct to:

Sheraton Music Hotel
 777 McGavock Pike
 Nashville, TN 37214
 (615)885-2200

Flat rate: \$64 per room, per night.

1993 Southeast Regional Conference of Young People in Alcoholics Anonymous, August 5-8, 1993,

Augusta, Georgia.

The conference will be held at Sheraton August Hotel, (704)855-8100.

Room rates: \$60.

For more information call: Rodney T. (706)667-9141, Jeanne B. (706)738-3210, or Don B. (706)860-8122.

Tolerance Keeps Us Sober

"Honesty with ourselves and others gets us sober, but it is tolerance that keeps us that way.

Experience shows that few alcoholics will long stay away from a group just because they don't like the way it is run. Most return and adjust themselves to whatever conditions they must. Some go to a different group, or form a new one.

In other words, once an alcoholic fully realizes that he cannot get well alone, he will somehow find a way to get well and stay well in the company of others. It has been that way from the beginning of A.A. and probably always will be so.

Letter, 1943, from As Bill Sees It.



Treasurer's Report

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

Income

Group Contributions

Acceptance Group	\$360.00
Back To Basics Group	\$50.00
Black Mountain Group	\$3.50
Bone Dry Group	\$35.00
Brevard Group	\$16.69
Candler KISS Group	\$25.00
Cumberland Avenue Group	\$120.00
Day By Day Group	\$45.00
Hendersonville Group	\$150.34
Hendersonville Happy Hour Group	\$40.00
Hendersonville Midday Group	\$100.00
Lake Group	\$57.00
Live And Let Live Group	\$72.00
Mars Hill Group	\$25.00
Mountain View Group	\$352.24
Pathfinders Group	\$10.00
Serenity Service Group	\$14.36
Unity Group	\$10.00
West Asheville Group	\$35.00
Total Group Contributions	\$1,521.60

Individual Contributions

Various members in memory of	
Jean S.	\$65.00
JoP.	\$63.00

Total Individual Contributions \$128.00

Sales	\$777.47
Mountain Doin's subscriptions	\$0.00
Other Income	\$0.00
Total Income	\$2,426.60

Accounts Receivable* \$516.88

Expenses

Rent	\$101.00
Telephone	
Basic Service (Southern Bell)	\$71.66
Toll Free Number (AT&T)	\$164.88
Answering Service	\$81.80
Payroll and Payroll Taxes	\$677.86
Cost of Mountain Doin's publication and distribution**	\$336.50
Cost of Literature and Chip Sales**	\$1,498.24
Postage	\$27.39
Other Expenses***	\$0.00
Total Expenses	\$2,959.33

Net Loss (Income minus Expenses) \$532.73

Operating Account

Opening Balance	\$506.96
Net Loss	(\$532.73)
Transferred from Reserve	\$600.00
Closing Balance****	\$574.23

Reserve Account

Opening Balance	\$1,506.42
Transferred to Operating Account	(\$600.00)
Interest	\$10.98
Closing Balance	\$917.40

*Accounts Receivable—literature which has been sold and shipped to groups but has not yet been paid for.

**Includes all costs involved except coordinator's pay

***Includes office supplies and bank service charges

****Included in the closing balance are FICA, FIT & SIT funds to be paid to the State and Federal Government totaling \$58.24

Note from your Treasurer:

A new line has been added to the Treasurer's Report to reflect accounts receivable, that is literature which has been sold to groups and sent to them but the groups have not yet paid for them. We usually have from \$400 to \$900 on the books at any given time, owed the Central Office by groups for literature. Those groups that have been slow to pay for literature, please pay more promptly.

New Where and When's now ready

Copies of the Summer 1993 *Where and When*, giving information about all A.A. meetings in WNC Districts 70, 71, and 80, are printed and ready for sale at 10 cents a copy from our North Carolina Mountain Central Office. To place an order, write to 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801, or phone in your order. In Buncombe County, phone 254-8539. Outside Buncombe County, phone 1-800-524-0465. The listings have been completely revised.