

# MOUNTAIN DOIN'S

## Central Office Newsletter

July 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

#### The "non Conference Approved" controversy

I know those who go to meetings in different areas must notice, as I do, how rigid some groups are about non-Conference Approved literature. If Bill W. was still alive I think he would get a laugh out of it. Many groups actually include in their introductory readings the "daily thought" from non-Conference Approved literature — particularly from the "24 Hours A Day" book. At others, if the chairperson said his subject for discussion was from that day's reading there would be a lot of murmured dissent.

I've seen some soured folk voice their objection and then walk out of the meeting. This, of course, succeeds in embarrassing everyone.

Personally, I feel that if the reading of the non-C.A. books helps someone in their program, what could be better? And if it provides a good subject for discussion at a meeting — what's the matter with that?

Loosen up, fellas (have you noticed — it's usually men who complain?) What are you afraid of? When you're asked to make a comment, are you sure what you're saying would be Conference approved?

I say, let's use whatever helps us — and let go of the old-fashioned rigidity. And don't forget — the Bible isn't Conference approved literature, either. — V.S.

#### My Higher Power

The easiest way to make friends and be accepted in A.A. is to proclaim your conscious contact with your high power and add, of course, "whom I choose to call God." That seals your group acceptance.

But it isn't enough for those of us who don't choose to call our higher power "God." Nor enough for those of us who hear the name God flaunted from the mouths of the people whom we admire the least and who are al-

ways championing the "big fist" and are often crude and course in their conversations and their actions.

My own higher power, and I do have one, is my own business. My higher power resides within me and tells me always what is the right and wrong thing to do when I seek help. But my higher power isn't a he or a she, nor do I call it God.

That's why, at meetings, after a few attempts at defining my higher power — to the withering looks of those in the room — I simply say, when the subject is brought up, "I prefer just to listen."

But I don't feel any less spiritual than those who claim they simply ask God to tell them his will for them that day and then they claim that everything they are involved in that day is God's will. Maybe it is. That's their privilege and their own business. Just as my concept of my high power is my own business. — F.W.

#### Another Drug to Cure it All

I read that there may be a drug on the market in the near future that actually reduces a person's desire to drink. In our early days of sobriety, when one of the hardest things to do after we've joined A.A. is to get rid of that nagging yearning to take a drink, wouldn't such a drug be helpful! Or would it?

I'm not writing of the reports of a drug that will stop you from getting drunk, or the Antabuse drug that makes you sick if you take a drink. This new drug is actually supposed to make you not want a drink.

But many could fall into the trap of believing that the lack of a desire to drink is all they need from A.A. If that were so, they'd miss out on all the wonderful character growth that we get — starting with the fourth step and continuing until we actually reach the point where we want actively to help others find our new way of life (which has little to do with alcohol — but with love, humility, honesty, kindness, and lots more). — W.F.

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.



## What Do You Think a Hangover Is?

Children from ages eight to eleven were asked this question by the Question Man for his column in the San Francisco Chronicle.

"It's something like a problem. When you grow up it's a problem you get sometimes. It has something to do with their life. It happens to people in the morning. When you grow up and in the morning when you wake up if you have a problem, it's called a hangover. I think that's what it is, anyway. I don't know anyone that has had one." — age seven.

"A hangover is something that doesn't make grown-ups feel good. It's like when they get sick. Hangovers make them feel bad for a while — about an hour. I think you get them from drinking beer. Usually they happen to people in the morning. You can walk around with one, but it's better if you lie down." — age eleven.

"It's something that happens to people after they go to bed. After they've been having fun, about a couple of hours later it happens. They get a headache and feel terrible. There's medicine they take for it. It's called Chasers. I've got a friend and his father's always taking Chasers. It's supposed to relieve you." — age ten.

"It's really something bad to have happen to you. It usually happens to people when they wake up. It's a headache. It's something people try to get rid of. They drink black coffee when they've got one and they take aspirin. Usually you know ahead of time you're going to get one but sometimes they get it accidentally." — age eleven

"You have to be grown-up to get one. A hangover, it's, well, it's kind of like a quarrel. But you don't have to have two people to have a hangover. Just one person can get a hangover. I don't know how you get a hangover, but you have to be very quiet when you have one." — age eight.

"A hangover is a bad feeling people get sometimes. It doesn't last very long. Just about an hour or so. People only have hangovers in the morning. They go away after a little while but it's a bad feeling when they have one. People take aspirin for them and rest. They have to be very quiet when they've got one." — age eleven.

"It's when people get sick after they've been someplace. After they drink something it happens. They get sick to their stomach and they have to take things so they'll get over it as soon as they can. They try to rest a

lot. They can still walk around, but they don't hardly ever want to go to work when they have one." — age nine.

Reprinted from *The Grapevine*



### New Meetings:

**Cedar Mountain Group.** Meetings are held on Tuesday nights at 8 p.m. at the Cedar Mountain Community Center. The Center is on Hwy. 276, about ten miles from the junction of 276 and 64 in Brevard. The meetings are open discussion.

**Stepping Out Group.** (Gay, discussion group). Meetings are held at 129 1/2 Biltmore Avenue, Asheville, as follows:

Sunday, noon, 3rd and 11th Step Study, (open).

Monday, 6 p.m., *As Bill Sees It* Study, (closed).

Wednesday, 6 p.m., Step Study (closed).

Thursday, noon, (closed, discussion).

Saturday, 6 p.m. *Promises* Study (open).

**Live and Let Live Group.** Open Gay discussion meetings are held on Fridays at 8 p.m. at the Unitarian Church, Irvin and Charlotte, Asheville.

**Living Sober Group.** Meetings are now being held on Fridays at 8 p.m. at St. John In The Wilderness Church (Parish Hall), at Flat Rock, on US 25S. The meetings are open, discussion.

**The Six O'Clock Open Group** now meets on Monday and Thursday evenings at Grace Episcopal Church, Merrimon Avenue and Ashwell, in Asheville. The meetings are nonsmoking.

### 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.

**Each of us must  
listen to the truth  
within our hearts;  
there lies the wis-  
dom that we need.**



## Summer Where and When Now Available

Copies of the Summer, 1993, *Where and When*, giving updated information about all A.A. meetings in WNC Districts 70, 71, and 80, are printed and ready for sale at 10 cents a copy. To place an order, write to North Carolina Mountain Central Office, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 18801, or phone in your order. In Buncombe County, phone 254-8539. Outside Buncombe County, phone 1-800-524-0465.



## 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 North Carolina Mountain Central Office. For any additional information please use the addresses or phone numbers provided.

**1993 Southeast Regional Conference of Young People in Alcoholics Anonymous**, August 5-8, 1993, Augusta, Georgia.

The conference will be held at Sheraton Augusta Hotel, (706) 855-8100. Wheeler Rd. at Bobby Jones Expressway (Hwy 520).

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

**"The Fellowship of the Spirit,"** Orlando, Florida. 49th Southeastern, 37 Florida State convention, August 4 through 8, 1993, Twin Towers Hotel and Convention Center, Orlando, Florida.

● A.A. Speakers from across the U.S. ● Al-Anon speaker ● Panels and Discussion meetings ● Thursday Night Karaoke ● Friday Night DJ ● Saturday Night Live Band ● 5K Walk/Run ● Golf Tournament, with trophies and prizes ● Literature and Grapevine displays.

Special Group Rates are available

The toll-free reservation number is: 1-800-327-2110. Reservations must be received prior to July 13, 1993.

**Gratitude in Action. 44th Annual Virginia Area Committee Convention of Alcoholics Anonymous**, August 6-8, 1993. Dancing, fun and fellowship, marathon meetings, oldtimers panel.

Held at the Richmond Hyatt Hotel, 6624 W. Broad St. Richmond, Virginia. Phone: 1-800-233-1234. For TDD reservations call 1-804-285-1234.

Speakers include: Clancy I., Los Angeles, CA; Jean M.,

Hanover, PA; Pat S., Chesapeake, VA; Sandy N., Arlington, VA; Paul A., Forrestville, MD; Phil P., Newport Beach, CA. Speakers are interpreted for the hearing impaired. Registration fee of \$15 payable to: Treasurer, V.A.C. Convention, P.O. Box 1121, Midlothian, VA 12113.

**Ninth Cruise Without Booze.** January 23-30, 1994. Dolphin Cruise Line. Seven Nights— Seven Days, exotic Southern Caribbean. Depart: Aruba-Granada-Curacao-Barbados-Martinique.

Speakers, Big Book Study, Singles Meetings, Closed Meetings.

For full information, contact Cruise Chairpersons Phyllis McC. (918) 446-9707, Bob C. (918) 747-0615. P.O. Box 9183, Tulsa, OK 74157.

## Central Office Phone Log

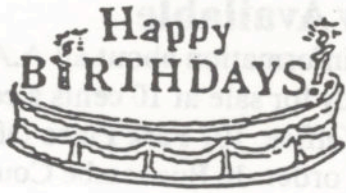


"I am responsible . . .  
When anyone, anywhere,  
reaches out for help, I  
want the hand of A.A.  
always to be there.  
And, for that, I am  
responsible."

### Phone Log 5-3-93 – 5-28-93

Answering Service Calls	126
General Information	5
A.A. Help	3
Family Help (Al-Anon)	11
Meeting Information	46
Intergroup Business	63
P.I. Calls	Nil
Medical Help (Hospital, Detox, etc.)	6
Others	25
Visitors	50





**Acceptance Group**

Otis K.	7-9-91	2 years
Liz H.	7-12-92	1 year
Susan F.	7-13-92	1 year
Hazel A.	7-23-92	1 year
Jim L.	7-23-92	1 year
Bart B.	7-29-82	11 years
Alberta C.	7-30-91	2 years
Dick P.	7-28-82	11 years
Curry J.	7-19-79	14 years

**Arden Group**

Mac M.	7-18-78	15 years
--------	---------	----------

**Black Mountain Group**

Ed. B.	1-18-90	3 years
--------	---------	---------

**Candler KISS Group**

Sharon D.	7-10-91	2 years
Bill W.	7-4-85	8 years
Jack	7-20-89	4 years

**Canton Group**

Zane H.	January	8 years
Tommy H.	January	4 years
Ed. H.	February	6 years
Vernon R.	April	1 year
Gene V.	May	20 years
McLanie S.	June	2 years
Randy S.	June	4 years

**Cumberland Group**

Steve H.	7-18-90	3 years
Joal L.	7-29-88	5 years

**Hendersonville Group**

Bob T.	7-10-83	10 years
Henry M.	7-27-87	6 years
Beth P.	7-27-90	3 years

**Midday Group**

Shirley B.	7-5-92	1 year
Lisa E.	7-9-92	1 year
Gail H.	7-28-91	2 years
Roxanne W.	7-6-92	1 year
Bill N.	7-15-50	43 years
Kate A.	7-10-90	3 years
Jack C.	7-25-89	4 years

## Bill W. Explains How the Big Book Came to Be Written

"When Dr. Bob and I realized on that fall day in 1937 that some two score of us had recovered from alcoholism, we at once asked ourselves, 'How can this experience be shared? How can the word be spread?' Dr. Bob had recovered two and a half years before, and I had been sober three years . . . Word of mouth communication with the few alcoholics we could contact by our then-current methods would be not only slow but dangerous; dangerous because the recovery message in which we now had such high confidence might soon be garbled and twisted beyond recognition. Clearly our budding society and its message would have to be publicized.

"Hardly a fraction of the world's alcoholics could be expected to come to Akron or New York for treatment. Somehow we would have to reach them where they were. Maybe we would have to get some of our members subsidized as missionaries to do this . . . Perhaps we would have to operate a chain of hospitals, and maybe the proceeds of such a venture would pay the missionaries. Above all, we would have to put our methods down on paper. A book of experience could carry our message to distant places we could never visit ourselves. Moreover, such a book could prevent the otherwise inevitable garble and distortion that would start as soon as publicity came. It would not only guide alcoholics to recovery, but also become the basis for telling our story to the world and therefore a guide to our public relations as well. These were our reflections and speculations.

"Dr. Bob very much liked the idea of a book. But when it came to paid missionaries and profit-making hospitals he was frankly dubious. Promoter that I was, I shared few of his fears. I felt that we would have to have money and maybe a lot of it . . . If we had our own hospitals, we would have to be financed. The book alone would take considerable time and some money. Neither Dr. Bob nor I had money; we had only debts. Every other member was in much the same fix. We would simply have to solicit money or get nowhere. Only half-convinced, Dr. Bob rightly wondered what all these complications might do to the spirit of our undertaking, the carrying of our message to fellow alcoholics with no strings and no money attached. Finally, he said, 'Why don't we call the Akron boys together and have a meeting at T. Henry's? Let's try these ideas out on them.'

"At T. Henry's house, eighteen of the Akron alcoholics listened stolidly to our proposals. I kept pouring on my arguments for missionaries, hospitals, and the book as thick as I could. Despite his doubts, Dr. Bob backed me up.

*continued on next page*



**Bill W. Explains** *Continued from previous page*

"The moment we were through, those alcoholics really did work us over! They rejected the idea of missionaries. Paid workers, they said, would kill our good will with alcoholics; this would be sheer ruin. If we went into the hospital business, everybody would say it was a racket. Many thought we must shun publicity . . . some turned thumbs down on pamphlets and books. After all, they said, the apostles themselves did not need any printed matter.

" . . . A vote had to be taken. By the barest majority, and over the most strenuous objections, the Akron meeting finally decided that we ought to go for the whole works—the missionaries, the hospitals, and the book . . . Such was the verdict of that meeting, and a very close shave it was. In later years, I came to be very thankful of that powerful minority . . . Though I did not see it then, the group conscience of Alcoholics Anonymous was already at work . . ." Source: *Alcoholics Anonymous Comes of Age*

It was found very quickly that raising the money for the proposals was to be a great stumbling block to the venture. John D. Rockefeller turned down requests for the large funds that would be required, saying, "I'm afraid that money would spoil this thing." However, he did offer some limited financial assistance. Then Henry P. of the New York Group promoted "Works Publishing, Inc." by selling shares of stock. *Readers Digest* was approached to write about the fellowship and the new book and agreed to do so, and with that, selling of stock picked up.

In the meantime, Bill began writing in earnest.

Henry P. had a secretary named Ruth Hock, who was to become one of A.A.'s real pioneers . . . Bill traveled daily from Brooklyn to Newark where Henry's offices were located and dictated to Ruth Hock rough drafts of the chapters of his growing book.

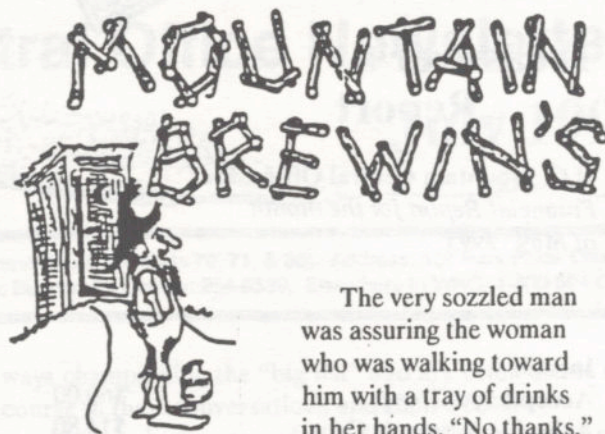
"As the chapters were slowly roughed out," wrote Bill in *Alcoholics Comes of Age*, "I read them to the New York group and copies were sent to Dr. Bob for checking and criticism in Akron, where we had nothing but the warmest support. But in the New York meetings the chapters got a real mauling. I re-dictated them and Ruth retyped them over and over . . ."

**Give us a Call!**

Do you have any 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 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.



The very sozzled man was assuring the woman who was walking toward him with a tray of drinks in her hands. "No thanks," he said. "Not this time. If I have too many of those whiskeys I say things that I later regret, you old bat, you!"

x x x

A boozier decided to pay his respects to his new neighbor. Upon his return home some time later, his wife said, "Well, Jack, what kind of a man is the new neighbor?"

"He's a good man," replied Jack. "A good man and very liberal with his liquor. But the liquor is of very bad quality. In fact, it was so bad I nearly left some."

x x x

A true alcoholic goes to a topless bar in order to drink!

x x x

The Al-Anon wife told her husband that if he didn't stop drinking she was going to have him buried face down, when he died, so he could see where he was going.

x x x

Wife: "Hello, A.A.? Can't you find a bigger meeting place? My husband wants to attend, but tells me that you're full up."

x x x

A newcomer to A.A. was having sex problems with her husband. She asked her sponsor about it, who suggested that she read page 69 of the Big Book. The young lady agreed to do so.

But she called her sponsor that evening, quite confused. "Are you sure you want me to follow the directions on page 96?" she asked.

"No, I said paid page 69. What does it say on page 96?"

"It says: 'Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept what you have to offer. We find it a waste of time to keep chasing a man who cannot or will not work with you.'"

x x x





## Treasurer's Report

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

<b>Income</b>	
Acceptance Group	\$60.00
Asheville Women's Group	\$14.80
Back to Basics Group	\$13.60
Black Mountain Group	\$3.50
Bone Dry Group	\$25.00
Brevard Group	\$30.00
Candler KISS Group	\$25.00
Columbus Group	\$100.00
Day By Day Group	\$45.00
Etowah Group	\$20.00
Fletcher Group	\$25.00
Hendersonville Group	\$145.48
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Just for Today Group	\$4.00
Leicester Group	\$25.00
Mars Hill Group	\$25.00
New Beginning Counseling	\$74.35
Pathfinders Group	\$10.00
Serenity Service Group	\$18.08
Thursday Afternoon Ladies Group	\$50.00
Up the Creek Group	\$5.00
Waynesville Grace Group	\$137.00
<b>Total Contributions</b>	<b>\$1006.31</b>

<b>Individual Contributions</b>	
Jo P.	\$86.50
Barbara B.	\$100.00
Jo P.	\$67.00

In Memory of David H.	\$15.00
Virginia S.	\$4.00

**Total Individual Contributions \$272.50**

Sales	\$846.68
Mountain Doin's Subscriptions	\$7.80
Other Income	\$25.00
<b>Total Income</b>	<b>\$2,158.29</b>

**Accounts Receivable\* \$311.56**

<b>Expenses</b>	
Rent	\$101.00
Telephone	
Basic Service (Southern Bell)	\$64.98
Toll Free Number (AT&T)	\$62.20
Answering Service	\$80.40
Payroll and Payroll Taxes	\$653.84
Cost of Mountain Doin's	
Publication and Distribution**	\$287.00
Cost of Literature and Chip Sales **	\$877.99
Postage	\$89.87
Other Expenses***	\$45.00
<b>Total Expenses</b>	<b>\$2,262.28</b>

**Net Loss (Income Minus Expenses) (\$103.99)**

<b>Operating Account</b>	
Opening Balance	\$574.23
Net Loss	(\$103.99)
Transferred from Reserve	\$400.00
<b>Closing Balance ****</b>	<b>\$870.24</b>

<b>Reserve Account</b>	
Opening Balance	\$917.40
Transferred to Operating Account	(\$400.00)
Interest	\$0.00
<b>Closing Balance</b>	<b>\$517.40</b>

\*Accounts Receivable: Literature which has been sold and delivered to groups but which has not been paid for.

\*\*Includes all costs involved except Coordinators' 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 \$166.46

### Mountain Doin's Annual Subscriptions

#### A.A. 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 monthly copies \$10.00 per year

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.

Name \_\_\_\_\_ Gp.Reg.No \_\_\_\_\_

Street/PO Box No. \_\_\_\_\_

Town and Zip Code \_\_\_\_\_

Clip and mail with check/money order to

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