

MOUNTAIN DOIN'S

Central Office Newsletter

September 1993



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Central Office Hours Change

It was decided at the July N.C. Mountain Central Office meeting that the hours during which the Central Office is open for business and visitation will be reduced by one hour daily.

As of September 1, our Central Office is open from 10 a.m. until 1 p.m., Monday through Friday.

The 24-hour answering service will remain in operation as usual.

Full details of the decision for the change will be reported in the Central Office meeting minutes to be published in the October *Mountain Doin's*

But things only got worse. I wouldn't go anywhere without a bottle. If we went to a picnic, I'd make sure that there was a bottle included in the hamper.

Alcohol began to take over my life. And then I was introduced to A.A. I thought I'd give it a try, because I could see changes in me I didn't like.

And A.A. quickly turned my life around. Thank God, it was in time. I was able to miss all the awful situations I heard about at meetings. And today I know perfectly well that if A.A. hadn't been there for me I would either be locked up somewhere, or even dead.

And today I still have a wife, a life, and a new happiness.

Thank you A.A. and the program, and the loving care I found — just in time. — BD

Readers' Forum

LIVE LETTERS

Just In Time

Sometimes I think it's helpful to retrace our lives as alcoholics and how we reached where we are today.

I remember when I first began to drink and found it helped me to get through times when things weren't going too well. Alcohol was my friend, helping me smother pain, surmount my fears, and, of course, turned me into the life of the party. With alcohol's help I couldn't open up and be friendly, and say those witty things that made me laugh, even if others didn't realize how funny they were.

Then things started to change. A few martinis for lunch became the norm. A few at a bar on the way home.

"Have you been drinking?" my wife would ask sometimes, when I appeared a little high. Or perhaps my breath smelled.

"Of course," I'd assure her. "My boss asked me to join him for a drink after work."

The Angry Member Angers All

Have you noticed that some people in A.A. always seem to be angry? There's always something that happened in the day that made the person angry. And, of course, we're going to hear all about it when it's his or her turn to speak. And if nothing happened in the day there's usually something that someone says at the meeting that makes that angry person react angrily. Why?

I've thought a lot about it because, to a certain extent, when I'm confronted with an angry person I, too, tend to experience a sense of anger. Not at what they are saying but at them for getting angry. That sounds crazy, but I think it's a fairly common reaction.

So why do angry people upset me? I really believe that angry people annoy me because they fail to see the facts of a situation or that the facts they see are not what they want them to be. But what does that say? It says that angry people are selfish to the point where they have a preconceived conviction about something and

Live Letters continued on next page

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Live Letters

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when someone has a different view it contradicts their own fixed view and consequently annoys them.

Simply put — they know they're right, so the other person must be wrong.

How to conquer anger? Simple. One: develop your own convictions, but keep an open mind. Two: allow other people to hold views that differ from ours. Three: give some thought to other views — maybe they are sometimes better than ours, and Four: is it really important enough to get angry about? Let the angry people go their way. After all, it's they who have to live with their own anger. We don't have to! — BG

A Brief Guide to Alcoholics Anonymous

Alcoholism is recognized as a major health problem. In the U.S., it is the third great killer, after heart disease and cancer — and it does not damage alcoholics alone. Others are hurt by its effects — in the home, on the job, on the highway. Alcoholism costs the community millions of dollars every year. So whether or not you ever become an alcoholic yourself, alcoholism still can have an impact on your life.

We have learned a great deal about how to identify and arrest alcoholism. But so far no one has discovered a way to prevent it, because nobody knows exactly *why* some drinkers turn into alcoholics. Doctors and scientists in the field have not agreed on the cause (or causes) of alcoholism.

For that reason, A.A. concentrates on helping those who are already alcoholics, so that they can stop drinking and learn how to live a normal, happy life without alcohol.

What is alcoholism?

As A.A. sees it, alcoholism is an illness. Alcoholics cannot control their drinking, because they are ill in

their bodies and in their minds (or emotions), A.A. believes. If they do not stop drinking, their alcoholism almost always gets worse and worse.

Both the American Medical Association and the British Medical Association, chief organizations of doctors in those countries, also have said that alcoholism is an illness.

What are the symptoms?

Not all alcoholics have the same symptoms, but many — at different stages in the illness — show these signs: they find that only alcohol can make them feel self-confident and at ease with other people; often want “just one more” at the end of a party; look forward to drinking occasions and think about them a lot; get drunk when they had not planned to; try to control their drinking by changing types of liquor, going on the wagon, or taking pledges; sneak drinks; lie about their drinking; hide bottles; drink at work (or in school); drink alone; have blackouts (that is, cannot remember the next day what they said or did the night before); drink the next morning, to relieve severe hangovers, guilty feelings and fears; fail to eat and become malnourished; get cirrhosis of the liver; shake violently, hallucinate, or have convulsions when withdrawn from liquor.

What is A.A.?

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober. They offer the same help to anyone who has a drinking problem and wants to do something about it. Since they are all alcoholics themselves, they have a special understanding of each other. They know what the illness feels like — and they have learned how to recover from it in A.A.

A.A. members say that they *are* alcoholics today — even when they have not had a drink for many years. They do not say that they are “cured.” Once people have lost their ability to control their drinking, they can never again be sure of drinking safely — or, in other words, they can never become “former alcoholics” or “ex-alcoholics.” But in A.A., they can become sober alcoholics, *recovered* alcoholics.

How does A.A. help the alcoholic?

Through the example and friendship of the recovered alcoholics in A.A., new members are encouraged to stay away from a drink “one day at a time,” as the A.A.s do. Instead of “Swearing off forever” or worrying about whether they will be sober tomorrow, A.A.s concentrate on not drinking right now — today.

By keeping alcohol out of their systems, newcomers take care of one part of their illness — their bodies have a chance to get well. But remember, there is another part. If they are going to *stay* sober, they need healthy minds

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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.



District 70 Eatin' Meeting, Sunday September 26
at Asheville Recreation Park (East Asheville, off Route 81)

Eatin' at 5 p.m.!

*G.S.Rs will furnish soft drinks.
 Please bring a covered dish.*

Rain or Shine!

Y'all come, and share in the fellowship and fun!

A Brief Guide to Alcoholics Anonymous

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and healthy emotions, too. So they begin to straighten out their confused thinking and unhappy feelings by following A.A.'s "Twelve Steps" to recovery. These Steps suggest ideas and actions that can guide alcoholics toward happy and useful lives.

To be in touch with other members and to learn about the recovery program, new members go to A.A. meetings regularly.

What are A.A. meetings?

Alcoholics Anonymous is made up of over 78,000 local groups, in 114 countries. The people in each group get together, usually once or twice a week, to hold A.A. meetings, of two main types:

(1) At "open meetings," speakers tell how they drank, how they discovered A.A., and how its program has helped them. Members may bring relatives or friends, and usually anyone interested in A.A. is also welcome to attend "open meetings."

(2) "Closed meetings" are for alcoholics only. These are group discussions, and any members who want to may speak up, to ask questions and to share their

thoughts with fellow members. At "closed meetings," A.A.'s can get help with personal problems in staying sober and in everyday living. Some other A.A.'s can explain how they have already handled the same problems — often by using one or more of the Twelve Steps.

Excerpted from A Brief Guide to Alcoholics Anonymous

Giving Thanks

Though I still find it difficult to accept today's pain and anxiety with any great degree of serenity — as those more advanced in the spiritual life seem to do — I can give thanks for the present pain nevertheless.

I find the willingness to do this by contemplating the lessons learned from past suffering — lessons which have led to the blessings I now enjoy. I can remember how the agonies of alcoholism, the pain of rebellion and thwarted pride, have often led me to God's grace, and so to a new freedom.

From The Grapevine



Acceptance Group

Dick P.	?-7-82	11 years
Renai H.	8-8-91	2 years
Peggy W.	8-8-92	1 year
Cherie H.	8-13-92	1 year
Gloria G.	8-13-84	9 years
Lisa T.	8-15-85	8 years
Rita V.	8-17-92	1 year
Mari Jo	8-18-86	7 years
Quinn F.	8-22-74	19 years
Loretta C.	8-26-92	1 year
Tim T.	8-29-92	1 year
Janet W.	9-1-92	1 year
Anne I.	9-22-92	1 year
Bill M.	9-24-76	17 years
George D.	9-30-88	5 years

Cumberland Group

Sue H.	9-4-90	3 years
Bob R.	9-7-83	10 years
Leslie H.	9-10-84	9 years

Hendersonville Group

Louise F.	9-11-82	11 years
George W.	9-13-82	11 years
Cari F.	9-6-??	?? years
Goody H.	9-4-79	14 years
Lon G.	9-3-92	1 year
K.C.C	9-29-91	2 years

Lake Group

Tim F.	8-16-92	1 year
Pam B.	8-23-92	1 year
Ralph N.	8-25-72	21 years

Midday Group

Beth H.	9-15-85	8 years
Allan H.	9-15-90	3 years
Maija G.	9-4-87	6 years
Ella Mae J.	9-23-87	6 years

Serenity Service Group

Neda H.	9-28-89	4 years
Milam W.	9-26-90	3 years
Ted K.	9-23-88	5 years
Doris K.	9-6-90	3 years
Arenda M.	9-2-91	2 years
Mike L.	9-25-91	2 years
Sallye B.	9-11-88	5 years
Ramona M.	9-11-92	1 year

New A.A. Publication Announced Pocket Edition of the Big Book

A Pocket edition of the Big Book is being published by G.S.O. It is an abridged version of the current Third Edition. The new publication contains the Preface, Forewords, "The Doctor's Opinion," "Dr. Bob's Nightmare," the first 164 pages of the current Big Book, and all the Appendixes.

It is a high-quality, soft-cover publication, with sewn binding, size 3 7/8 x 5 5/8 inches. Price is \$4.25 per copy. Your Central Office has some on order. Get your order in early. Call or write the Central Office and state how many you think your Group will need.

The Pocket Edition of the Big Book will make a great gift!



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.

Sandlapper Roundup II. "Into Action." Special Feature—David A: *The Twelve Traditions*. December 3-5, 1993. Myrtle Beach, S.C. Also a line-up of fabulous Marathon Speakers.

Registration is \$15 per person, non-refundable. December 3, 4, and 5, at The Landmark Resort, Myrtle Beach.

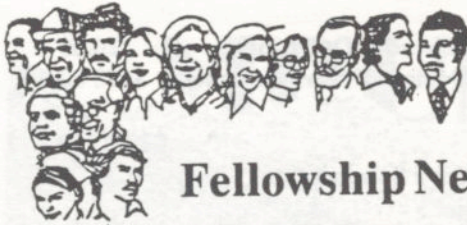
For Sandlapper Roundup information, call: (803)238-2694. Call Landmark directly for your hotel registrations: 1-800-845-0658. Special rates for Sandlapper registrants: \$34.99 oceanfront per night, \$29.99 ocean view per night.

For further information, write to Sandlapper Roundup II, Post Office Box 14634, Surfside Beach, South Carolina, 29587.

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.



Fellowship News

Asheville Monday Night Men's Group. The Monday Night meeting formerly held at 6:15 p.m. is now being held at 8 p.m. (at Flynn Home, 182 Cumberland Avenue). The meetings are open.

Ridgerunners Group meetings held on Tuesdays and Fridays at 8 p.m. at Fellowship Hall, Ridgecrest Baptist Church in Black Mountain, are no longer non-smoking.

The Franklin Group Thursday 8 p.m. meeting has moved from Angel Community Hospital to First Presbyterian church, 45 Church St., Franklin.

The No Name Group has canceled its meetings that were held at 11 a.m. on Mondays, Wednesdays, and Fridays, at 147 Louisiana Avenue, Asheville.

District 70

Correctional Facilities Committee

The Correctional Facilities Committee for District 70 will have its first meeting on Sunday, September 12, 1993, at 4 p.m. at the Serenity Service Meeting Room, 107 Broadway, Asheville, N.C. All Group Correctional Facilities Representatives and anyone else who is interested in carrying the message into prison facilities are encouraged to attend.

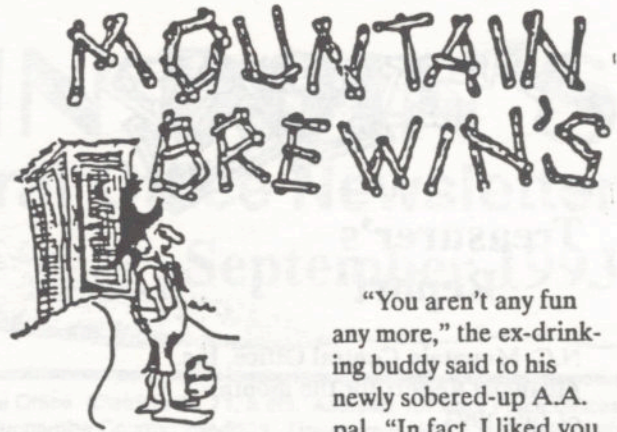
Central Office Phone Log



"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 7-2-93 - 7-30-93

Answering Service Calls	143
General Information	4
A.A. Help	5
Family Help (Al-Anon)	12
Meeting Information	65
Intergroup Business	35
Others	18
Visitors	55



"You aren't any fun any more," the ex-drinking buddy said to his newly sobered-up A.A. pal. "In fact, I liked you a lot better when you

were drunk."

"I liked you a lot better when I was drunk, too." replied the A.A. member.

x x x

"Where did you get that black eye?"

"You know that pretty little woman who said she was a widow?"

"Yes."

"Well, she isn't."

x x x

Old John had a few too many drinks and decided to go skiing. And no sooner did he reach the slopes than he heard the swishing sound of a sled and moments later a sheet of snow came crashing toward him. Fortunately old John was able to tumble into a cave and miss the hurling snow. He had some matches with him and was able to light a fire.

Hours later, a rescue team was sent to find him and at last they saw smoke coming from the cave and went to investigate. One of the rescuers yelled, at the entrance, "Hey John, are you down there? It's the Red Cross."

Bristling, old drunk John yelled back, "Get lost, dammit! I gave at the office!"

x x x

"These marks on my nose were made by glasses."

"How many glasses?"

x x x

A drunk is someone who goes into a bar optimistically, and leaves misty optically.

x x x

At the village picnic on Sunday, Mrs. Smith won first prize in the ladies' rolling-pin throwing contest. She threw her pin ninety-nine yards.

Later, in the racing contest, her husband, Alcoholic Harry, won the hundred-yard dash.

x x x

Alcoholics have this in common with arthritics — they're always stiff in one joint or another.



Treasurer's Report

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

Income

Group contributions

Acceptance Group (Quarterly Donation)	\$210.00
Acceptance Group	60.00
Acceptance Group (PI)	50.00
Back To Basics Group	75.00
Black Mountain Group	21.00
Brevard Group	30.00
Candler KISS Group	25.00
Cashiers Valley Group	25.00
Day By Day Group	45.00
Fletcher Group	25.00
Hendersonville Group	160.74
Hendersonville Happy Hour Group	50.00
Hendersonville Midday Group	100.00
Just For Today Group	3.00
Leicester Group	25.00
Leicester Group (special collection)	50.00
Live and Let Live Group	175.00
Mars Hill Group	30.00
Murphy Group	30.00
Pathfinders Group	10.00
Roundtable Group	30.00
Serenity Service Group	11.18
Six O'Clock Open Group	51.00
West Asheville Group	35.00
Total Group Contributions	\$1,326.92

Individual Contributions

Curry J.	\$100.00
In Memory of Dana A.	50.00

Anonymous Birthday Donation	20.00
Total Individual Contributions	\$170.00

Sales	\$1,212.59
Mountain Doin's Subscriptions	\$0.00
Other Income:	
Basket collection from Central Office Mtg. 7-25-93	\$34.30

Total Income	\$2,743.81
Accounts Receivable*	\$431.05

Expenses

Rent	\$101.00
Telephone:	
Basic Service (Sou. Bell)	68.27
Toll Free Number (AT&T)	55.73
Answering Service	79.00
Payroll and Payroll Taxes	677.86
Cost of Mountain Doin's Publication and Distribution**	287.00
Cost of Literature and Chip Sales**	671.41
Postage	99.43
Other Expenses***	0.00
Total Expenses	\$2,039.70

Net Income (Income minus Expenses) \$704.11

Operating Account

Opening Balance	\$415.09
Net Income	704.11
Transferred to Reserve	0.00
Closing Balance****	\$1,119.20

Reserve Account

Opening Balance	\$517.40
Transferred from Operating Account	0.00
Interest	0.00
Closing Balance	\$517.40

- * Accounts Receivable: Literature which has been sold but for which your Central Office has not received payment.
- ** Includes all costs involved except coordinator's pay.
- *** Includes Office Supplies and Bank Service Charges.
- **** Included in the closing balance are FICA, FIT, and SIT funds to be paid to the State and/or Federal Government totalling \$112.30.

Mountain Doin's Annual Subscriptions

A.A. Groups

3 copies

No charge

Name _____ Gp.Reg.No _____

Street/PO Box No. _____

5 Additional copies \$7.80 per year
10 additional copies \$15.00 per year
15 additional copies \$19.80 per year

Town and Zip Code _____

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.

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