

MOUNTAIN DOIN'S

Central Office Newsletter

November 1993



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Readers' Forum

LIVE LETTERS

Listening

One thing I didn't expect to learn in A.A. was the value of listening. Or better, the *need* to listen. For me, and I suspect for many of us, listening didn't come naturally. And that's why I had so often rejected offers of help, sensible advice, suggestions for changes to my conduct. As a loner, what I did was my business. So, I didn't need to listen to others.

But A.A. quickly taught me that we need others in our lives. And that we don't need to be alone.

Excuses, alibis, defensive lies, were my reliable responses, but in A.A. I learned to listen, trust, believe, and start taking notice of thoughts other than my own.

Now, I can store thoughts and suggestions for later application simply because A.A. has opened up my mind to be receptive to the love and help that many others have to offer. — C.C.

Just For One Hour

Just a thought — that you probably won't print.

Smoking is now banned on most air flights, in a growing number of stores, municipal buildings, hospitals, trains.

It seems the only places left where nobody dare ban smoking is in bars and at most A.A. meetings.

That's a sad commentary. Smokers have the right to kill themselves, if they wish, but they have no right to kill others. Most A.A. meetings last one hour. Is it too much for a smoker to endure when he or she could be saving someone else's life by so doing?

Someone at a meeting quoted the statement on page 135 of the Big Book, which states: "Though he is now a most effective member of Alcoholics Anonymous, he

Central Office October Meeting

The North Carolina Mountain Central Office held its quarterly meeting on Sunday, October 17, at the Hendersonville Group meeting room in Hendersonville. Minutes of the meeting will be published in the December *Mountain Doin's*.

still smokes and drinks coffee, but neither his wife nor anyone else stands in judgment . . ."

Well, all I can say is, the Big Book was written long before medical science learned that the man's smoking was killing his wife as well as himself.

In view of today's medical knowledge, those who insist on smoking are changing the slogan, "Live and Let Live" to "Kill and Be Killed." — EJ

Group Meetings — The Best Way

We all know that A.A. began with one drunk talking to another — Bill and Bob. And today, on a larger scale, our meetings represent the same thing — a handful of drunks talking to another handful. Except that today it gains from having the input of a number of drunks who are all sharing about the same things, but often from different background experiences.

That's why the existence of A.A. Groups represents the ideal way of recovery. I think a group has a major advantage over a one-on-one situation, and that is the feeling of acceptance we find among a host of people who've been through everything we have — and often much more. And it puts our own doubts and hurts and guilt-feelings into perspective. We are not alone.

What better way could there be of starting our program of recovery, and of looking expectantly to a new future of happiness and hope? — J.R.

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.

Remember November

— Bill W.'s Tribute to Dr. Bob

Everyone remembers Dr. Bob's famous final admonition to Alcoholics Anonymous: "Let's not louse this thing up; let's keep it simple." And I recall my own tribute in the A.A. *Grapevine* to his great simplicity and strength:

Serenely remarking to his attendant, "I think this is it," Dr. Bob passed out of our sight and hearing November 16, 1950, at noonday. So ended the consuming malady wherein he had so well shown us how high faith can rise over grievous distress. As he had lived, so he had died, supremely aware that in his Father's house are many mansions.

In all those he knew, memory was at floodtide. But who could really say what was thought and freely felt by the some 5,000 sick ones to whom he personally ministered and freely gave a physician's care; who could possibly record the reflections of his townsmen who had seen him sink almost within the grasp of oblivion, then rise to anonymous world renown; who could express the gratitude of those tens of thousands of A.A. families who had so well heard of him but had never seen him face to face? What, too, were the emotions of those nearest him as they thankfully pondered the mystery of his regeneration fifteen years ago and all its vast consequence since? Not the smallest fraction of this great benefaction could be comprehended. He could only declare, "What indeed hath God wrought?"

Never would Dr. Bob have us think him saint or superman. Nor would he have us praise him or grieve his passing. He can almost be heard, saying, "Seems to me you folks are making heavy going. I'm not to be taken so seriously as all that. I was only a first link in that chain of providential circumstance which is called A.A. By grace and great fortune my link did not break; though my faults and failures might often have brought on that unhappy result. I was just another alcoholic trying to get along—under the grace of God. Forget me, but go you and do likewise. Securely add your own link to our chain. With God's help, forget the chain well and truly." In this manner would Dr. Bob estimate himself and counsel us.

Excerpted from *The Language of the Heart*

Getting Too Close to a Drunk

Would you believe it? Some drunk had the nerve to come to our A.A. meeting—yes, a real whiskey-smelling drunk. I was surprised, shocked, and a little uneasy when he sullenly slipped into the chair next to me and placed his bag full of empties on the floor. Why this bothered me I don't know. We're in the inner city and people show up drunk sometimes. What was I afraid of? Was this guy *too* drunk? "Too drunk" That was my denial telling me I was better than he was.

I was chairing that night and had picked out the

topic for discussion, "There but for the Grace of God." But when it came time to announce it, I hesitated a moment and blurted out "Acceptance."

My drunken friend listened quietly to the various stories and dialogues. Occasionally he would mumble something and people would react almost defiantly and look at him scoldingly to be quiet.

As the chairperson, I was uncomfortable with what was happening. Should I tell the drunk to be quiet or have him removed? Why did this happen on *my* night? But didn't he have a right to be here? Why wouldn't he just be quiet?

Suddenly he stood up, waited for a break in the discussion, and asked if he could speak. His story unfolded, not much different than I had expected. He had lost a good job, lost his family, been in and out of hospitals, and so forth. After his litany of despair, he looked out at the group as if to put himself up for example and said, "Most of you young people don't think it's funny that an old drunk like me can't get sober. Well, just remember when you hear, 'There but for the Grace of God.'"

He turned to me, sat down and remained solemn for the rest of the meeting. When I held his hand during the Lord's Prayer, it was trembling—a sensation I remember all too well.

I think back on that night and what a powerful message that drunk brought. Never have I been so close—sober—to another drunk. Never have I been so humbled.

Reprinted from the *Grapevine*



Fellowship News

Location change: Thursday Afternoon Ladies Group (Hendersonville). Meetings are now being held at the First Congregational Church at the corner of 5th Avenue West, and White Pine Drive. The meetings are being held in the choir room, every Thursday except holidays, from 1:30 p.m. to 2:30 p.m. The meetings are open, discussion, nonsmoking.

Correction: The new Waynesville Lake Group meetings announced in the October *Mountain Doin's* as being held on Saturdays at 9:30 a.m. are in fact held at 9:30 p.m. The meetings are held at Serenity Place on Lake Junaluska and are open.

Meeting time change: The Clyde Group meetings held at 8 p.m. will change to 7 p.m. starting on November 7, at Central Methodist Church. The meetings are open. **New meeting: The Clyde Group** now holds meetings on Fridays at 8 p.m. at Maple Grove Methodist Church, Delwood Rd., Waynesville.

The Black Mountain Group celebrated its 16th year anniversary with a covered dish eating speaker meeting on Monday, October 25, 1993.



Acceptance Group

Lorraine B.	11-3-83	10 years
Kay G.	11-5-84	9 years
Dave L.	11-13-81	12 years
Dan T.	11-21-92	1 year
Kay T.	11-23-78	15 years
Dave A.	11-24-85	8 years
Carl D.	11-26-92	1 year
Greg T.	11-29-91	2 years

Black Mountain Group

Bob S.	10-09-84	9 years
Connie H.	10-24-83	10 years
Cynthia N.	11-01-85	8 years
Bill G.	11-30-83	10 years

Brevard Group

Ginny D.	10-26-77	16 years
Linda N.	10-?-80	13 years

Cumberland Group

Howard E.	11-3-92	1 year
D.	11-14-92	1 year

Candler KISS Group

Jim K.	11-5-90	3 years
Grady S.	11-6-92	1 year

Hendersonville Group

Andy T.	11-24-91	2 years
Don O.	11-8-62	31 years
Buzzy R.	11-30-92	1 year
Ed. G.	11-3-79	14 years
George C.	11-15-?	? years
Jerry B.	11-9-88	5 years
Tom H.	11-23-82	11 years

Lake Group

Laine T.	11-10-91	2 years
Rise	10-20-91	2 years
Wayne B.	10-2-90	3 years
Susie J.	11-14-90	3 years

Mars Hill Group

Don B.	10-17-82	11 years
Mike	10-11-92	1 year

Midday Group

Kathy McG.	11-21-84	9 years
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Serenity Service Group

Maurice G.	10-27-78	15 years
Ray G.	10-3-83	10 years
Gregory H.	10-21-91	2 years
Bill S.	10-15-90	3 years
Alfred G.	10-18-92	1 year
Marc M.	10-15-92	1 year
Matthew C.	10-19-92	1 year
Doub W.	10-21-92	1 year
Mike G.	10-26-92	1 year

What Happens to the Money in the Basket? How is it Used?

AA experience seems clearly to indicate that the Group or the individual were simply custodians and trusted servants of the money they received. They do not own it. It is not their personal money to support any personal need, no matter how worthy. Self-support means the Group only supports Group and AA related services. Charitable contributions to landlords, beyond rent and just compensations, no matter how worthy, have often harmed relationships with landlords by indicating how wealthy and generous the Group was. Rent raising or contribution expectation was often the result.

A sixty- to ninety-day prudent reserve seems best to cover most reasonable meeting expenses. The excessive use of basket money for gifts, flowers, lighters, and so forth, has diluted our primary purpose and was inadvertently used to attract newcomers. Less wealthy Groups were not as attractive or popular.

Most Tradition breaks were out of ignorance, not greed. Large sums of money could create an uncalled-for

temptation for the personal use of funds. AA experience seems to indicate that two or more members should know where and how the money is disbursed. Payment by check is always best. A post office box is always the best group mailing address.

Experience seems to indicate that it is best not to use the money in the basket to finance the Group anniversary. Such a joyful occasion is best self-supported by Group members and those in attendance. If the prudent reserve principle is maintained there is little danger of this Tradition break.

Tradition Seven was often the most misunderstood and abrasive of all the Traditions. The G.S.R. has the obligation to share AA experience of that Tradition with the Group and steering committee, so that they can have an informed Group conscience. The Traditions were not written to hurt the Group, but to protect it from a "good intention" and "what is best."

Sources: Traditions 6 & 7; "The AA Group" pamphlet; Concept Twelve.



Late Reminder!

Area 51 Fall Assembly

November 5,6,and 7, 1993

at the

**Holiday Inn Four Seasons Hotel
Joseph S. Koury Convention Center**

3121 High Point Road at I-40

Greensboro NC 27407

(located at Exit 217 off I-40 in Greensboro)

Meetings are being arranged for all group representatives – Area Reps., CPC/PI Reps., Grapevine Reps., Correctional Facilities Reps, and Representatives of the Intergroup Associations.



An Agnostic's Higher Power

Even at an early age, booze was no stranger to me. I remember crawling from one soused parent to another for a mouthful of beer. As I grew older, the craving for the stuff drove me to find more. Too young to get a good job, I turned to thievery. I was a good thief – I thought. The law soon deflated that balloon.

On my second trip to jail I attended my first A.A. meeting, with strong recommendations from the authorities. All the members greeted me and talked about how the Twelve Steps had helped them, and in turn should help me. For some mysterious reason, the conversation turned toward God, religion and an unidentifiable "Higher Power." Oh, oh! I didn't want anything to do with something even remotely connected with religion. "Besides," I said, "I'm not an alcoholic." I had just turned nineteen.

Although I kept attending meetings, I couldn't accept the religious aspect. After I got out, booze went on flowing down my gullet until one morning I awoke in the strangest place – at home! That did it. That very night my mother and I both attended an A.A. meeting.

Sobriety was a novelty, and for fourteen years I enjoyed it. The humble business I started grew and prospered. I had become part of the human race. It was great!

Then the business pressure began to mount, and I suddenly couldn't face those simple problems. That was when my old enemy reappeared. I couldn't resist that one little drink for old times' sake. Business profits took a plunge; alcohol gained steadily; once again, I found myself in court.

I was horrified when the judge said, "You are charged with the theft of sixty-four bottles of whiskey. I have no alternative but to sentence you to a federal penitentiary."

"You can't send me to a penitentiary!" I roared. "I haven't got the time!"

The spectators laughed aloud until the gavel fell. I hung my head low in the realization that they were laughing at me. I don't know how long after that embarrassing

day it was before I remembered the Twelve Steps and made the Fourth Step work for me. I asked myself questions and answered them truthfully. Then I joined the prison A.A. group.

For me that inventory is a higher power, God, and willpower all combined into one. Step Four was all I needed. This time there was no mention of religion, much to my relief. We discussed the force, power or object that for each one of us had been our higher power. You see, anything connected in any way with religion is frowned on, to say the least, by us. Yet I have seen many members of this group leave and never return to booze or prison.

Agnostic, you say? Certainly. But that, too, has been an advantage for me. My search for a God that I could not find led me to Step Four. This Step, I feel confident, will help me stay sober.

Reprinted from *Came to Believe*

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 8-30-93 – 10-1-93

Answering Service Calls	193
General Information	5
A.A. Help	5
Family Help (Al-Anon)	13
Meeting Information	55
Central Office Business	57
Medical Help (Hospital, Detox, etc.)	1
Others	15
Visitors	52



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.

27th Annual Roundup of Alcoholics Anonymous, Las Vegas, Nevada. Date: November 25,26,27,28. Held at the Riviera Hotel, Las Vegas. Program includes Thursday night dance, two dances on Friday night, tennis tournament, golf tournament, Saturday night banquet, 24-hour Marathon Meetings. Registration includes Saturday night Show. For room reservations call Riviera Hotel, 2901 Las Vegas Boulevard South, Las Vegas, Nevada 89109. Phone: 1-800-634-6753. For further information call A.A. Central Office (702) 369-1888.

South Florida Conference of Young People in Alcoholics Anonymous (S.F.C.Y.P.A.A.) Date: November 12-14, 1993 at the Marina Marriot, Fort Lauderdale, FL. For more information call Dave at (305)925-1145.

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.

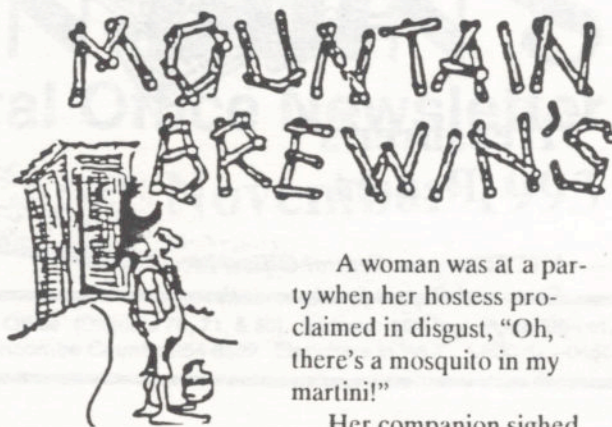
12th Tennessee Conference of Young People in Alcoholics Anonymous (TCYPAA). Date: January 12,15, 16, 1994. The Conference will be held at Memphis Cook Convention Center, Holiday Inn Crown Plaza, 250 North Main, Memphis, TN 38103. Phone: (901)527-7300 or 1-800-465-4329.

Pre-Registration is \$14 before Dec 1, 1993, or \$16 at door. For more information call: Mark M. (901)757-9260, Stacy (901)794-2736, Sally B. (901)272-9734.

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.



A woman was at a party when her hostess proclaimed in disgust, "Oh, there's a mosquito in my martini!"

Her companion sighed and said, "Oh, well, there goes another alcohol-related death!"

x x x

The cheerful truck driver pulled up at a roadside cafe in the middle of the night for a bite to eat. Three half-drunken motor-cyclists roared up and rolled in, filthy and loud.

They selected the truck driver as their target. One upset his coffee, one stole his apple pie, the other poured pepper over his head.

The truck driver never said a word, just paid his check and left.

"The trucker ain't much of a fighter," sneered one of the drunks.

The girl behind the counter said: "He's not much of a driver, either. He just ran over three motor-cycles."

x x x

Sitting at the breakfast table, the alcoholic husband commented to his wife, "After I've had my Irish coffee in the morning, I feel ten years younger."

"Next time," she replied, "try a cup just before you go to bed."

x x x

A doctor stopped at the bar every evening, and every time he would order a walnut daiquiri.

But one day, the bar ran out of walnuts, and the bartender decided to use hickory nuts instead, thinking that the doctor would not notice, but he did.

"This drink is awful," he complained. "What is it?"

Said the bartender: "It's a hickory daiquiri, Doc."

x x x

A boozing husband decided on a geographic cure. A week later, his wife received a telegram saying, "Got a good job. A feather in my cap." Another week brought another wire: "Got promoted. Another feather in my cap." The third week: "Got a raise. More feathers." And the fourth week brought: "Got drunk. Send money to come home."

His wife wired back "Use feathers. Fly home."



Treasurer's Report

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

Income

Acceptance Group	\$60.00
Asheville Women's Group	\$34.94
Black Mountain Group	\$21.00
Bone Dry Group	\$21.00
Brevard Group	\$35.00
Candler KISS Group	\$25.00
Day By Day Group	\$45.00
Franklin Group	\$30.00
Hendersonville Group	\$189.96
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Live and Let Live Group	\$110.00
Living Sober Group	\$30.00
Madison County AA Group	\$25.00
Mars Hill Group	\$30.00
New Horizons Group	\$20.00
Pathfinders Group	\$10.00
Ridgerunners Group	\$28.00
Six O'Clock Open Group	\$50.00
Sylvan Valley Group	\$25.00
Thursday Afternoon Ladies Group	\$100.00
Unity Group	\$20.00
Waynesville Grace Group	\$68.75
West Asheville Group	\$35.00
Total Group Contributions	\$1,163.65

Individual Contributions

Virginia S.	\$40.00
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Harold B.	\$2.71
Total Individual Contributions	\$42.71
Sales	\$1,197.96
Mountain Doin's Subscriptions	\$10.00
Other Income	\$0.00
Total Income	\$2,414.32

Accounts Receivable*	\$397.47
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Expenses

Rent	\$101.00
Telephone	
Basic Service (Southern Bell)	\$56.19
Toll Free Number (AT&T)	\$64.13
Answering Service	\$92.80
Payroll and Taxes	\$817.22
Cost of Mountain Doin's publication and distribution**	\$329.17
Cost of Literature and Chips Sales	\$993.53
Postage	\$16.46
Other Expenses***	\$10.00
Total Expenses	\$2,480.50

Net Loss (Income minus Expenses)	(\$66.18)
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Operating Account

Opening Balance	\$1,469.05
Net Loss	(\$66.18)
Transferred to the Reserve	\$0.00

Closing Balance** \$1,402.87**

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.

**** The Balance is high because your Treasurer will be away for two weeks when no money will be deposited and the first two weeks of expenses are higher than the last two weeks.

MOUNTAIN DOIN'S ORDER FORM

Mountain Doin's Annual Subscriptions Name _____ Gp.Reg.No _____
A.A. Groups
 3 copies No charge Street/PO Box No. _____

5 Additional copies \$7.80 per year Town and Zip Code _____
 10 additional copies \$15.00 per year
 15 additional copies \$19.80 per year

Individual Members

Single monthly copies \$10.00 per year

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