

# MOUNTAIN DOIN'S

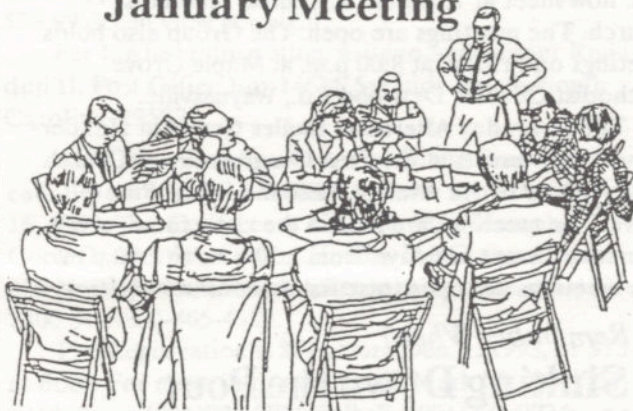
## Central Office Newsletter

### December 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

### NC Mountain Central Office January Meeting



**Set for January 9, 1994**

The January NC Mountain Central Office Meeting will be held in Waynesville on Sunday, January 9, 1994, at Maple Grove Methodist Church, Dellwood Road, Waynesville. The meeting will be held in conjunction with the District 80 Eat-in Meetin'.

The approximate time of the meeting will be 3:30 p.m., following the Speaker.

Maple Grove Methodist Church is located on a road (unnamed) on Hwy 276 N almost opposite "Bargains" store.

A map of the area will be included in January's *Mountain Doin's*.

It is hoped that all Central Office (Intergroup) Representatives from Districts 70, 71, and 80 (or their Alternates) will attend this important meeting. D.C.M.s from the three Districts have also been invited to attend.

### Readers' Forum

## LIVE LETTERS

#### "Outside Issues" on the Inside

In the November issue, E.J. urged banning of smoking in A.A. meetings, rejecting the Big Book's refusal to stand in judgment. E.J. also ignores Tradition 10 to have "no opinion on outside issues."

Is the coffee pot next?

— E.F.

#### A Letter of Thanks and Gratitude

I am a member of the Riverside Group of A.A. at Craggy Correctional Center. I have read several copies of *Mountain Doin's*. I thoroughly enjoy them, and thought I would write and compliment you folks for a fine job that you are doing with the different articles of interest. And I want to let you know that other members of our group also enjoy them. So keep up the good work.

Also, I hope that you may help our Group out by doing us a favor. We are very grateful for our outside sponsors that take time out of their regular routine to come out here and be a part of our meetings. We are grateful, too, for the great input they bring us by sharing their life experiences and the road to recovery through the A.A. program.

They are very warm, loving, and caring to each one of us, but truly there are not enough words to describe what a great bunch of people they are. So, the favor we are asking is this: since it is from them that we receive your newsletter we hope that you would mention them one by one in your paper for us. It would be deeply appreciated by each one of us.

Here are their names: Ralph and Judy, Ms. Ronnie, Joel, Bill, Tom, Gene, Howard, Jerry, and Dick

*Live Letters continued on next page*

*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.

## Live Letters

*continued from previous page*

(one of the DART Programmers here at the Unit). These people are a blessing to each one of us, and anything nice and wonderful that you can say about them will be deeply appreciated.

And, again, thanks to all the staff there at *Mountain Doin's* for a swell paper. —Inmate members

*(We know that those mentioned in the above letter will be deeply touched by what has been said, and grateful that their Twelfth-Step activities have proved so productive — Ed.)*

### Love Yourself — Who, Me?

Alcoholics are by no means the only people with low self-esteem. But it is true that low self-esteem is a very common by-product of alcoholism. And for obvious reasons—how can we be anything but ashamed or at least grimly disappointed in not being able to control our drinking like normal human beings?

And then people at meetings said things like, "Look in the mirror and say 'I love you'," I almost wanted to throw-up. That sort of self-indulgent conceit seemed the height of idiocy.

Quickly in the program I learned the need to forgive others. But it took a long time to learn that it was also necessary to forgive myself. In fact, it was only when I learned that all my shame, remorse, low pride, and guilt, were actually barring me from enjoying the healing process that was waiting to enter my life and introduce me to a new outlook and happiness, that I began to see reason.

Now I know that positive thinking encourages positive results. And the first requisite of positive thinking is forgiveness—of others and of ourselves. —N.A.

### Who Wrote the Preamble?

How many times have we listened to the A.A. Preamble that is usually read at the start of most A.A. meetings? Where did it come from? Is it somewhere hidden in the Big Book? The answer is yes, and no.

Here's how it came into being. In its present form it first was published in the June 1947 *Grapevine*. The magazine was just three years old and the editor was aware that there was no concise definition of what A.A. was all about. Especially to the newcomers.

So the *Grapevine* editor adapted portions of the foreword to the first edition of the Big Book and came up with what we now call the Preamble.

Today, the Preamble serves as a simple and direct introduction to a meeting, to the program, and to the newcomer who first seeks help but wonders what it's all about. —J.D.

**The driver is safer when the roads are dry.  
The roads are safer when the driver is dry.**



## Fellowship News

The Happy Hour Group of Hendersonville now holds meetings on Tuesday, Wednesday, and Thursday evenings at 5:30 p.m. in the Trend Building opposite Pardee Hospital on Fleming Street.

All meetings are open, discussion.

The former Wednesday Beginners meetings have been replaced by the new open, discussion meeting.

Waynesville Lake Group's recently announced Saturday 9:30 p.m. meetings have now been canceled.

The Franklin New Hope Group's Monday and Wednesday meetings have changed location and are now held at Smoky Mountain Counseling Center, Health Department Road, Franklin.

The Clyde Group meetings, formerly held at 8:00 p.m. now meet at 7:00 p.m. at Central Methodist Church. The meetings are open. The Group also holds meetings on Fridays at 8:00 p.m. at Maple Grove Methodist Church, Delwood Rd., Waynesville.

The Thursday Afternoon Ladies Group of Hendersonville now meets at the First Congregational Church at the corner of 5th Avenue West and White Pine Drive. The meetings are 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.

### Remember When?

## Sinking Down the Pour

I had twelve bottles of whiskey in the house, and my wife told me to empty the contents of each bottle in the sink, or else; so I proceeded with the unpleasant task. I withdrew the cork from the first bottle and poured the contents down the sink, with the exception of one glass, which I drank. I withdrew the cork from the second bottle and did likewise, with the exception of one glass, which I drank. I withdrew the cork from the third bottle and poured the whiskey down the sink, with the exception of one glass, which I drank.

I pulled the cork from the fourth sink and poured the bottle down the glass, which I drank. I pulled the bottle from the cork of the next and drank the sink out of it, and threw the rest down the glass. I took the sink out of the glass, bottled the drink, and drank the pour.

When I had everything emptied, I steadied the house with one hand, and with the other four hands, I counted the bottles, corks, glasses, and sink, and as the house came by, I counted them again. I finally had all the houses in one bottle, which I drank.

I'm not half so thick as you might think, but I fool so felish that the drunker I stand here the longer I get.

Excerpted from *The Grapevine*



## Calendar of Events

**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 14, 15, 16, 1994. The Conference will be held in Memphis Cook Convention Center, Holiday Inn Crowne Plaza, 250 North Main, Memphis, TN 38103. Phone (901)527-7300 or 1-800-465-4319.

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.



### Acceptance Group

|            |          |          |
|------------|----------|----------|
| Lisa P.    | 12-1-78  | 15 years |
| Eric K.    | 12-4-92  | 1 year   |
| Harold W.  | 12-5-90  | 3 years  |
| John O.    | ?-?-87   | 6 years  |
| Celia H.L. | 12-15-88 | 5 years  |
| Jack W.    | 12-15-91 | 2 years  |
| JoAnn P.   | 12-31-90 | 3 years  |
| Mike Mc    | 12-31-84 | 9 years  |

### Brevard Group

|           |          |         |
|-----------|----------|---------|
| Gene O'H. | 11-6-87  | 6 years |
| Karen B.  | 11-25-92 | 1 year  |

### Hendersonville Group

|           |          |         |
|-----------|----------|---------|
| Kay B.    | 12-1-89  | 4 years |
| Ted A.    | 12-7-88  | 5 years |
| Norma H.  | 12-11-89 | 4 years |
| Ron F.    | 12-12-88 | 5 years |
| Julian P. | 12-21-92 | 1 year  |

### Lake Group

|             |          |        |
|-------------|----------|--------|
| Clifford B. | 12-22-92 | 1 year |
|-------------|----------|--------|

### Marshall Group

|           |          |          |
|-----------|----------|----------|
| Eileen M. | 11-28-81 | 12 years |
|-----------|----------|----------|

### Mars Hill Group

|         |         |          |
|---------|---------|----------|
| Ruby H. | 12-?-83 | 10 years |
|---------|---------|----------|

### Midday Group

|         |          |         |
|---------|----------|---------|
| Ann A.  | 12-24-91 | 2 years |
| John P. | 12-3-90  | 3 years |
| Pam S.  | 12-3-92  | 1 year  |

## General Service District 70 Financial Report

This lists totals for 1993 through 11-04-93

| Group Name:             | Amt.     |
|-------------------------|----------|
| Balance from 1992       | \$10.50  |
| Acceptance Group        | \$150.00 |
| Arden Step Group        | \$5.00   |
| Asheville Women's Group | \$15.29  |
| Black Mountain Group    | \$26.80  |
| Back To Basics Group    | \$100.00 |
| Cumberland Avenue Group | \$20.00  |
| Individual Gifts        | \$10.00  |
| Spruce Pine Group       | \$55.00  |

|                        |                 |
|------------------------|-----------------|
| Serenity Service Group | \$171.18        |
| Up The Creek Group     | \$5.00          |
| West Asheville Group   | \$95.00         |
| Postage                | -\$10.44        |
| Picnic                 | -\$50.01        |
| DCM Expense            | -\$400.00       |
| <b>Balance</b>         | <b>\$203.32</b> |

Ralph M. – Treasurer



## Christmas Holidays Revisited

Come late fall, many of us in the Fellowship wonder if the wag who said that alcoholism is a threefold disease — Thanksgiving, Christmas, and New Year's — wasn't just maybe, on the right track. Memories of past, booze-drenched holidays loom embarrassingly large. We begin the project. Suddenly we forget we're in this Fellowship a day at a time, no matter *what* day it is. Some of us look into the weeks ahead feeling as if fear, loneliness, a sense of emptiness, even depression, had settled permanently inside us.

Yet, in spite of our gloomy forecasting, our holidays quite often turn out not only well, but far better than many previous holidays. The presents we received were certainly appreciated and we actually enjoyed the family reunions. But the most lasting impressions were often from the love and support we experienced in our group holiday celebrations.

No doubt every A.A. member with at least one holiday behind him or her has a story to share. Here are a few:

"My first Christmas in A.A. is the most memorable," writes John G., of New York City. Speaking perhaps for most of us, John continued, "All the ensuing Christmases have been wonderful, but first impressions are indelible."

A month before Christmas John was on welfare, living in a furnished room near the rehab from which he had just been discharged. "As Christmas approached, I found out a marathon meeting was being held from 9:00 p.m. Christmas Eve to 12:00 noon Christmas Day at the same rehab. Christmas Eve came and yours truly was nervous as all get out.

"I got to the rehab early and spent the night attending meeting after meeting. Sober drunks were coming in and out all night and a warm feeling permeated the place. Many brought cigarettes and gifts for the patients and there was much laughter and fellowship.

## 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 10-4-93 — 10-29-93

|                                      |     |
|--------------------------------------|-----|
| Answering Service Calls              | 138 |
| General Information                  | 4   |
| A.A. Help                            | 6   |
| Family Help (Al-Anon)                | 6   |
| Meeting Information                  | 67  |
| Central Office Business              | 65  |
| Medical Help (Hospital, Detox, etc.) | 1   |
| Others                               | 19  |
| Visitors                             | 38  |

This, I thought, is what I have been looking for all my life. These people understand me, they are not judging me and they are laughing about their drunken escapades. As the night wore on, new faces kept appearing, everyone sharing how they had taken care of their family obligations, playing Santa Claus, etc., but had to come to this meeting to share their gratitude for all A.A. had given them. What an impression! These people actually left a warm, cozy house and family to share their experience, strength, and hope with me and others on Christmas Eve. I may be stupid, but not crazy. I have never left."

Esther H., remembers the loneliness of her first A.A. Christmas after getting sober in September 1974. "Alone with my two-year-old child," Esther tells us, "I was cut off from my family in Canada, and from the whole world. I'd been married to a West Indian and, around the holidays, I had always made a West Indian fruitcake, saturated in rum. For weeks before Christmas I'd start marinating the fruits, tipping away at the mixture the whole time. I'd use a real expensive rum, telling myself this was about flavor!

"Now I was newly sober, all alone, and unable to make my beloved fruitcakes for all my relatives. I shared my concern with an A.A. friend who suggested: 'How about making a carrot cake instead?' The recipe he gave me called for soaking raisins and apples in apple juice. I loved it. I could go through the same motions. Well, every year since 1974 I've made holiday car-

*Continued on next page*

## Central Office

### October Meeting Minutes

The quarterly meeting of the N.C. Mountain Central Office was held at 2 p.m. in Hendersonville on Sunday, October 17, 1993. The following were in attendance: Bill G., C.O. Chairman – Black Mountain Group; DeAnna W., C.O. Secretary – Traditional Group, Asheville; Alan W., Editor, *Mountain Doin's* – Midday Group, Hendersonville; Rod B., C.O. Trustee – Acceptance Group, Asheville; Bob V., C.O. Coordinator – Acceptance Group, Asheville; Ray D., C.O. Trustee – Hendersonville Group; Allynda A., C.O. Rep. – Clyde; Sam G., C.O. Rep. – Grace Group, Waynesville; Bob O., C.O. Rep. – KISS Group, Candler; Anne C., Alternate Rep. – Hendersonville; Allan H., C.O. Rep. – Roundtable Group; Beth H. – Living Sober Group, Flat Rock.

The minutes from the last meeting were approved. A brief Treasurer's Report (in the absence of the Treasurer) for September was given. The bills were paid, and our reserve account was up from last month. We were encouraged to see that more groups are contributing.

Bob V. informed us that the Central Office has the new pocket-size Big Book for sale. This soft-cover, condensed version does not include the personal stories. Bob V. said that literature sales, in general, were good. He said that we sell the Big Book and the Twelve and Twelve at our cost, and have only a small mark-up, the same as the General Service Office on the other literature.

The next meeting of the N.C. Mt. Central Office is to be held in conjunction with the District 80 Eatin' Meetin' scheduled for January 9, 1994, in Waynesville at the Maple Grove Methodist Church. The *Mountain Doin's* Editor will print the information and a map in a future issue. See you all there!

Respectfully submitted, DeAnna W., C.O. Secretary.

#### Christmas Holidays Revisited

(Continued from page 4)

rot cakes and I take them to my A.A. Group," Esther says.

From Quebec, Rosaire V. relates that every Christmas, for the last eighteen years, his group holds a round robin meeting in December. Everyone is asked to recall his or her first Christmas without alcohol. Rosaire writes: "The message we transmit, especially to the newcomers, is that A.A. gave us a new life. It is a message of hope." — excerpted from Box 4-5-9

Don't let life discourage you: Everyone who got where he is had to begin where he was.

## MOUNTAIN BREWING'S



Some friends of Alcoholic Fred walked past his mountain house on Christmas Eve to see how well he had decorated his home. "He even has holly wreaths in the window," said

one. "Yes," said another, and mistletoe over his door."

"And, wow! There they are carrying in the yule log!" gasped a third.

"Wait," said another. "That ain't no yule log—that's Fred!"

x x x  
Alky Charley was suffering from his Christmas Eve hangover. Said his wife, who was expecting the Christmas guests over at any minute, "Can I fix you a Bromo-Seltzer?"

"Good heavens no," replied her husband. "I couldn't stand the noise."

x x x  
"I want to buy my girl friend a present for Christmas," said the local alky to the storekeeper. "What do you think she would like?"

"Does she like you?" asked the storekeeper.

"Yes, at least, I think she does."

"Well, if she likes you, she'll like anything."

x x x  
Sitting at the bar on Christmas Eve, casting admiring glances at the young girl sitting there in her tight jeans, the alky asked, "You've got to tell me, miss, how anyone gets into those tight pants."

"Well," she smiled, "he starts by buying me a large martini."

x x x  
"We're having a Christmas party," said Charlie into the phone. "Come on over."

"I can't, said the voice at the other end. "I've got a bad case of cholera here."

"Hell, bring it on over," said Charlie, "We'll drink anything!"

x x x



## Treasurer's Report

*N.C. Mountain Central Offices, Inc  
Financial Report for the month  
of October 1993*

### Income

|                                  |                   |
|----------------------------------|-------------------|
| Acceptance Group                 | \$290.00          |
| Back To Basics Group             | \$100.00          |
| Black Mountain Group             | \$21.00           |
| Blue Ridge Group                 | \$25.00           |
| Brevard Group                    | \$35.00           |
| Candler KISS Group               | \$25.00           |
| Clyde Sunday Night Group         | \$50.00           |
| Day By Day Group                 | \$45.00           |
| Edneyville Group                 | \$25.00           |
| Fletcher Group                   | \$50.00           |
| Hendersonville Group             | \$162.86          |
| Hendersonville Happy Hour Group  | \$30.00           |
| Hendersonville Midday Group      | \$100.00          |
| Live and Let Live Group          | \$122.00          |
| Pathfinders Group                | \$10.00           |
| Pine Grove Group                 | \$10.00           |
| Roundtable Group                 | \$25.00           |
| Sylvan Valley Group              | \$25.00           |
| West Asheville Group             | \$35.00           |
| <b>Total group Contributions</b> | <b>\$1,185.86</b> |

### Individual Contributions

|                                       |                |
|---------------------------------------|----------------|
| Gerd S., Birthday contribution        | \$70.00        |
| Owen C., Birthday contribution        | \$20.00        |
| <b>Total individual contributions</b> | <b>\$90.00</b> |

|                               |                  |
|-------------------------------|------------------|
| Sales                         | \$1,600.30       |
| Mountain Doin's subscriptions | \$0.00           |
| Other Income                  | \$0.00           |
| <b>Total income</b>           | <b>\$2876.16</b> |
| Accounts receivable*          | \$469.00         |

### Expenses

|   |                   |
|---|-------------------|
| Rent  | \$101.00          |
| Telephone   |                   |
| Basic Service (Sou. Bell)                                 | \$59.66           |
| Toll Free Number (AT&T)                                   | \$64.13           |
| Answering Service   | \$87.80           |
| Payroll and Payroll Taxes                                 | \$490.37          |
| Cost of Mountain Doin's<br>publication and distribution** | \$281.00          |
| Cost of Literature<br>and Chip Sales**                    | \$1,255.16        |
| Other Expenses***   | \$68.42           |
| <b>Total Expenses</b>                                     | <b>\$2,481.24</b> |

|                                       |          |
|---------------------------------------|----------|
| Net Income<br>(Income minus expenses) | \$394.92 |
|---------------------------------------|----------|

### Operating Account

|                            |                 |
|----------------------------|-----------------|
| Opening Balance            | \$1,402.87      |
| Net Income                 | \$394.92        |
| Transferred to Reserve     | (\$900.00)      |
| <b>Closing Balance****</b> | <b>\$897.79</b> |

### Reserve Account

|                                       |                   |
|---------------------------------------|-------------------|
| Opening Balance                       | \$517.40          |
| Transferred from<br>Operating Account | \$900.00          |
| Interest                              | \$8.53            |
| <b>Closing Balance</b>                | <b>\$1,425.93</b> |

\*\*\*\* 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, & SIT funds to be paid to the State and/or Federal Government totaling \$81.24

## 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

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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