

MOUNTAIN DOIN'S

Central Office Newsletter

January 1994



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

We Need Your Help!

Our Mountain Central Office is losing money, and in an endeavor to save in one area, we have printed this issue of *Mountain Doin's* in our office on a copier we borrowed for the purpose. The idea is that if you feel the results are satisfactory we will be able to save some expense on a monthly basis. Please, come to our Central Office (Intergroup) meeting on January 9 to tell us about it. We would like to hear your complaints or compliments concerning *Mountain Doin's*. Please see related article on page 3 of this issue.



Bring a covered dish!
Meat and drinks provided

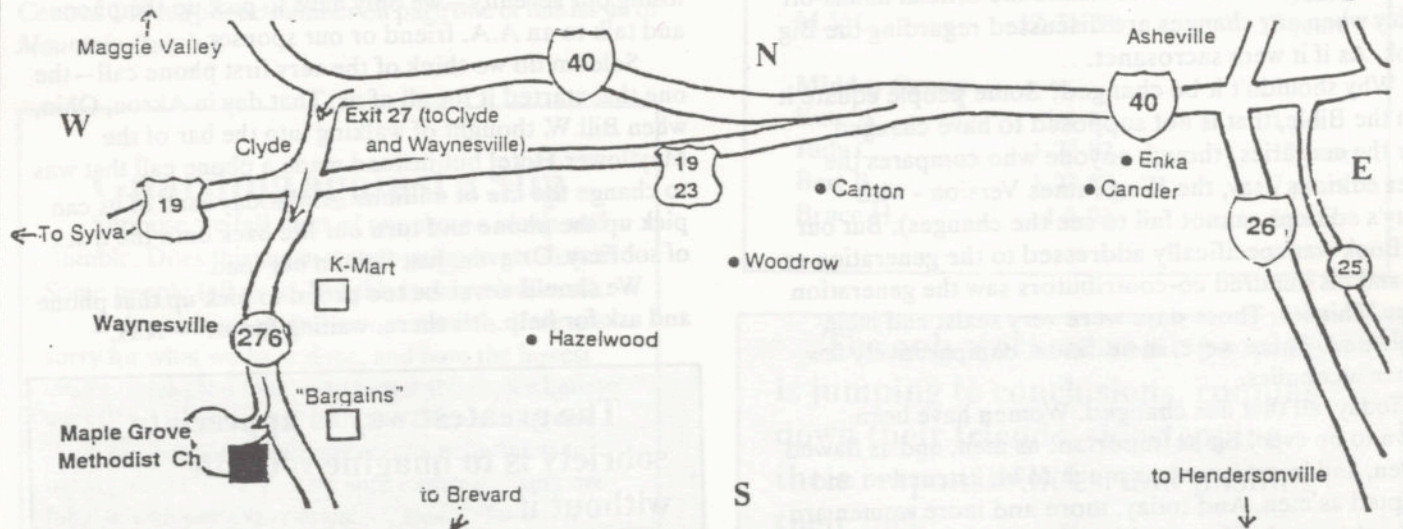
District 80
Eatin' Meetin'
Sunday, January 9, 1994

at

Maple Grove Methodist Church
Dellwood Road, Waynesville N.C.

Lunch 1:30 p.m. Speaker 2:30 p.m.

Following the Speaker, there will be a NC Mountain Central Office Meeting



LIVE LETTERS

A Dollar is a Dollar - Was a Dollar

I've been a member of A.A. for seven years, and my very first group became my home group, although I frequently attend other groups' meetings. And I remember seeing for the first time, the basket passed around, with the information from the chairman, "We have no dues or fees, but we do have expenses."

Even if you don't plan to you can't help noticing those who always put money in the basket and those who don't. Once in a while, some might put in a quarter or two.

Now, six years later, nothing has changed. Except one thing—the cost of everything has gone up. Everything except money in the basket that has to pay for all A.A. expenses.

Forget the tightwads—those who think that a dollar a meeting isn't worth the price of staying sober (even though they spent often five or ten times that in the days when they were drinking, just so that they could satisfy their unquenchable thirst). What about the rest of us? Had anyone of us put in \$2? I doubt it. I know I haven't. Yet I read recently that \$1 ten years ago is only worth 15 cents today. I bet a lot of us would put in more if \$2 bills became popular again. Which suggests that the reason most of us put in \$1 is because we know that others are watching us and we don't want to appear tightwads.

There must be a better way. — R.T.

Update the Big Book

There was a lot of talk at a recent A.A. meeting about the G.S.O.'s decision not to make any changes in the Big Book. Changes like bringing it up to date to reflect society's own changes during the last fifty-plus years. It set me to thinking that most of us have our heads in the sand when it comes to the official hands-off policy when any changes are discussed regarding the Big Book. As if it were sacrosanct.

Why shouldn't it be changed? Some people equate it with the Bible, that is not supposed to have changed over the centuries (though anyone who compares the older editions - say, the King James Version - with today's editions cannot fail to see the changes). But our Big Book was specifically addressed to the generation as Bill and his hundred co-contributors saw the generation of the 'Thirties. Those days were very sexist and male-dominated. There were, in addition, comparatively few women alcoholics.

Today, all that has changed. Women have been shown to be every bit as important as men, and as flawed as men, and in every way as much to be listened to and accepted as men. And today, more and more women are doing what used to be considered men's jobs. Which

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 11-1-93—11-26-93

Answering Service calls	156
General Information	6
A.A. Help	6
Family Help (Al-Anon)	3
Meeting Information	51
Central Office Business	46
Medical Help (Hospital, Detox, etc.)	3
Others	20
Visitors	31

means, the emphasis on the male in the Big Book should certainly be brought up to date.

Take that out-of-date chapter "To Wives" for instance. You'd think they were merely servants who must cater to their men's problems. Maybe we need a few more women employed at G.S.O. at the top level so that their input and advice can be sought.

Any rate, it's time we stopped regarding the Big Book as sacred in its present form and started looking at it with 1993 eyes. — D.G.

Phone Call Inheritance

As all of us know, whenever we are feeling like taking a drink—or even if we are feeling troubled and losing our serenity—we only have to pick up the phone and talk to an A.A. friend or our sponsor.

Seldom do we think of the very first phone call—the one that started it for all of us. That day in Akron, Ohio, when Bill W. thought of walking into the bar of the Mayflower Hotel but instead made a phone call that was to change the life of millions. And today each of us can pick up the phone and turn our life back onto the track of sobriety. Or even, just lighten our load.

We should never be too proud to pick up that phone and ask for help. It's there, waiting for us. — R.H.

**The greatest way to appreciate
sobriety is to imagine your life
without it.**

From your N.C. Central Office

We Have a Problem — and We Need Your Help!

Your Central Office (Intergroup) has been losing money on *Mountain Doin's* subscriptions to groups. Our cost for publishing four hundred and fifty copies of *Mountain Doin's* is \$326 (average) per month.

Printing	\$163
Editor's services	\$125
<u>Mailing</u>	<u>\$38</u>
Total	\$326

This is a cost per copy of seventy two cents, delivered.

Each Group receives three copies free (no income for the Central Office). However, some groups subscribe for extra copies at these prices:

Number of extra copies per month	Annual subscription charge	Our Annual Cost	Our annual loss
5	\$7.80	\$43.20	\$35.50
10	\$15.00	\$86.40	\$71.40
15	\$19.80	\$129.60	\$109.80

Please note: These costs do not include handling, nor the fact that we receive approximately 12 cents per copy (average) for extra copies sold to groups.

Your Central Office steering committee members have been looking at ways to reduce these losses. Obviously, subscription charges can be increased. Purchasing a copier to reduce the cost of printing is a good way to reduce costs immediately. Purchasing a used copier will cost about \$1,800 and this will result in saving about \$10 a month until the copier is paid for, then the savings will be approximately \$100 a month. Print quality is expected to continue to be good. Printing the *Mountain Doin's* on a copier will cost about 8 cents per copy or a total of \$36 for printing, with a total of \$190 a month, not counting the cost of paying for the copier. The \$190 a month includes the service contract on the copier, paper supplies, editor's services, and mailing expenses.

An added benefit to having the copier will be producing the *Where and When* on it. Rather than having a year's supply of six thousand printed all at once to save money, we can copy it as needed and update it as often as needed for about the same cost or less. Often, groups give us changes in their meeting times and locations but we can't make changes until we use up the supply we have on hand (sometimes several months have elapsed before we print a revised copy). Another benefit to having the copier is that we expect to make it available to our Groups at our cost.

We need your approval to purchase the copier and we need your Group's financial support to pay for it. **Please see that your Group is represented at the Central Office Meeting on January 9, in Waynesville**, when these issues will be brought up for vote. Bring your Group's ideas and comments with you. The Steering Committee will recommend to the Groups that we ask each Group for a voluntary contribution of \$2 per member to defray copier costs.

Our long-term objective should be to find a way to put a copy of our excellent Newsletter in the hands of every member in Districts 70, 71, and 80 with NO subscription charges.



Fellowship News

The Grace Group (Asheville) Tuesday 5.30 pm meetings, at Grace Presbyterian Church, 789 Merrimon

Ave., are now closed, nonsmoking, and the Group's Thursday 5.30 pm meetings at the same location are now closed, nonsmoking, Step Study. The Grace Group also meets on Sundays at 5.30 pm at 25 Orange St. The meetings are open, nonsmoking.

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.

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.

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, on route 276.

The meeting will follow the District 80 Eatin' Meetin' at approximately 3:30 pm. immediately following the Speaker.

There are a number of ways to reach the meeting. Those living in the area and West of the area probably are familiar with the location. Those coming from the East and South East may take the easy route shown on the map on page 1. Following Route 40 West (and North) to Exit 27 (marked to Clyde and Waynesville), reach the T-junction at Rte 276, turn left on 276 and pass K-Mart on the left. Then the Maple Grove Methodist Church will be seen on the right (opposite "Bargains"). Turn right into Church parking lot.

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

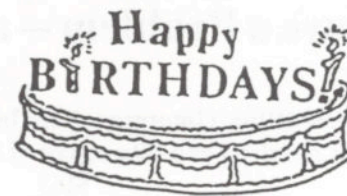
Contact your Central Office Trustees

The Central Office Trustees for our three Districts are: District 70: Rod B., District 71: Ray D., District 80: Marvin M. If you have any information that you would like shared with our Central Office, any suggestions, complaints, etc., bring these matters to the attention of your District's Central Office Trustee and the information will be brought to the attention of the Central Office at its next meeting. If you need phone numbers of the Trustees, call Central Office (phone number on page one of this issue of *Mountain Doin's*).

Guarding against a Slip

Suppose we fall short of our chosen ideals and stumble. Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth.

It depends on us and on our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. These are facts out of our experience. *From Bill Secs It*



Acceptance Group

Greg S.		2 years
Lori H.		4 years
Faye Mc.		1 year
Valloere D.		3 years
Boyce R.		11 years
Margi S.		18 years
Steve M.		1 year

Candler KISS Group

Jim H.	12-7-82	11 years
Rose O.	12-1-92	1 year
Carl M.	12-28-90	3 years
Keisha H.	12-29-92	1 year
Sue V.	1-22-89	5 years
Gary V.	1-72-89	5 years

Hendersonville Group

Donna K.	1-27-93	1 year
Shirley	1-15-93	1 year
Jonie R.	1-3-93	1 year

Lake Group

Zanc G.	1-17-85	9 years
Karen T.	1-18-93	1 year

Leicester Group

Darald A.	12-6-85	8 years
Karen C.	12-25-88	5 years

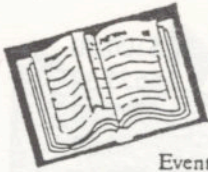
Marshall Group

Aneta P.	12-29-84	9 years
M.V.C.	12-31-78	15 years

Midday Group

Kate A.	1-1-93	1 year
Judy C.	1-22-82	12 years
Bert B.	1-23-87	7 years
Bruce H.	1-1-93	1 year

The only workout some people get is jumping to conclusions, running down their friends, sidestepping their responsibilities, and pushing their luck.



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.

Twenty-Seventh Tar Heel Mid-Winter Conference. January 20,21,22,23, 1994. Raleigh, NC. Program: Early Bird Meeting (Ed.C.); Oldtimers Speak (speakers from audience); Peggy M.(Bellevue, NE); Juanita W. (Louisville, KY); Lyn W. (Laguna Hills, CA); Cora Louise B. (Leland, MS). Saturday Night Dance. Make reservations to North Raleigh Hilton, 3415 Wake Forest Road, Raleigh, NC 27609-7330. Telephone: 919-872-2323 or 1-800-872-1982 (for information). For reservations call 1-800-HILTONS. Pre-Registration is \$12. Registration at Conference is \$15. Mailing address: Conference Chairman, P.O.Box 18412, Raleigh, NC 27619.

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.

Hugs!

It's wondrous what a hug can do.

A hug can cheer you when you're blue.

A hug can say, "I love you so," or

"Gee, I hate to see you go."

A hug is "Welcome back again," and

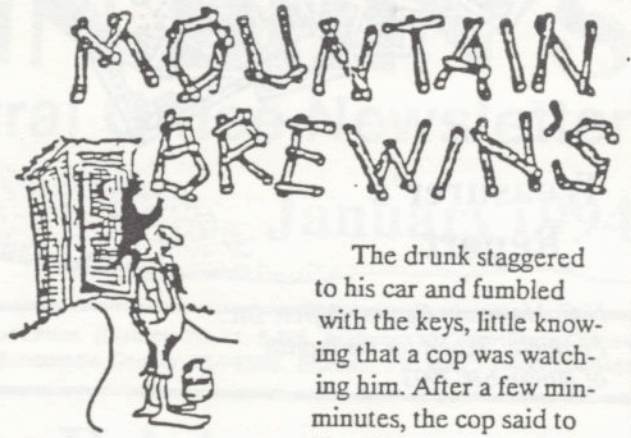
"Great to see you! Where've you been?"

A hug can soothe a small child's pain
and bring a rainbow after rain.

The hug! There's just no doubt about it—
we scarcely could survive without it!

A hug delights and warms and charms.

It must be why God gave us arms.



The drunk staggered to his car and fumbled with the keys, little knowing that a cop was watching him. After a few minutes, the cop said to him, "you're seriously thinking of driving that car the way you are?"

"Sure," said the drunk. "I'm in no condition to walk."

x x x

Alcoholic Al came home to spend the night with his wife for a change. Suddenly the phone rang, and he staggered out of bed to answer it.

"Sorry," he said into the phone, "you'll have to call the weather bureau for that information."

"Who was that?" asked his wife.

"Oh, some nutty guy wanted to know if the coast was clear!"

x x x

A drunken hillbilly came into the bar and demanded a drink. But the bartender refused him.

"You're already drunk," he said.

"Nuts," said the hillbilly. "To prove I'm sober—do you see that one-eyed cat coming in the back door?"

"That proves it," grinned the bartender. "That cat is going out."

x x x

Alky Andy was playing poker with his drunken pals, and was amazed when he glanced at his watch to find that it was already 5 a.m.

His wife would slay him, he thought. He rushed to the phone and dialed. When she answered, he said: "Honey, don't pay the ransom. I've escaped and I'll be home in twenty minutes!"

x x x

A man suffering from too much drinking the night before, staggered up to a bar and said, shakily, "Gimme something for a hangover."

Said the bartender, "Well, exactly what do you want?"

"Oh, tall—cold—and full of gin."

"Sir," snapped a drunk who was standing by him, "how did you get to meet my wife?"

x x x



Treasurer's Report

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

Income	
Acceptance Group	\$60.00
Black Mountain Group	\$21.00
Brevard Group	\$35.00
Candler KISS Group	\$25.00
Cedar Mountain Group	\$42.00
Day By Day Group	\$45.00
Edneyville Group	\$25.00
Etowah Group	\$25.00
Grace Group (Asheville)	\$200.00
Hendersonville Group	\$151.32
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Lake Group	\$76.50
Live and Let Live Group	\$120.00
Pathfinders Group	\$10.00
Roundtable Group	\$25.00
Sylvan Valley Group	\$25.00
Tryon Group	\$75.00
Unity Group	\$15.00
Total Group Contributions	\$1,125.82
Individual Contributions	
Barbara B.	\$100.00

Total Individual Contributions	\$100.00
Sales	\$655.39
Mountain Doin's subscriptions	\$27.80
Other Income	\$0.00
Total Income	\$1,909.01

Accounts receivable* \$451.60

Expenses	
Rent	\$101.00
Telephone	
Basic Service (Southern Bell)	\$67.68
Toll Free Number (AT&T)	\$76.55
Answering Service	\$83.80
Payroll and Payroll Taxes	\$592.65
Cost of Mountain Doin's	
Publication and Distribution**	\$334.70
Cost of Literature and Chips Sales**	\$655.59
Postage	\$47.62
Other Expenses***	\$10.00
Total Expenses	\$1,969.59

Net Loss (Income minus expenses) \$60.58

Operating Account	
Opening Balance	\$897.79
Net Loss	\$60.58
Transferred to Reserve	\$0.00
Closing Balance	\$837.21

Reserve Account	
Opening Balance	\$1,425.93
Transferred from Operating Account	\$0.00
Interest	\$0.00
Closing Balance	\$1,425.93

* 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.

MOUNTAIN DOIN'S ORDER FORM

Mountain Doin's Annual Subscriptions

AA 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 copy	\$10.00 per year
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Name _____

Group Reg. No. _____

Street/PO Box No. _____

Town and Zip _____

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.

Clip and mail with check or Money Order to:
N.C. Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801