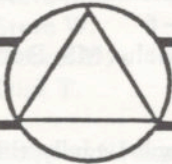


MOUNTAIN DOIN'S

Central Office Newsletter

February 1994



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You Are Not Alone!

The following figures were supplied by the General Service Office of A.A.

- Alcoholics Anonymous is in 140 countries
- There are GSOs in 39 countries
- The Big Book has been translated into 25 languages
- New translations are in Persian, Chinese, Ukrainian, and Taiwanese
- As of December 1992 12,822,450 *Big Books* have been distributed
- As of December 1992 7,307,000 *Twelve and Twelves* have been distributed

Readers' Forum

LIVE LETTERS

Seeing Myself in Others

I've heard it said many times in A.A. that whenever I find fault in someone else, it's because there's something wrong with me. Well, that's easy to say, but what does it mean?

I've found out, after a long period of sneering at the saying. But I know now that what I'm seeing in others I criticize is a character defect of my own. And being conscious of this helps me look inward.

Today, as soon as I start criticizing someone in the meeting—or outside it—I try to consciously think about what my own attitude would be under similar circumstances, and I can honestly say that more often than not I'm really seeing myself in those I criticize. That's why I feel uncomfortable when I see myself in others!

What a great blessing our program is. If I hadn't come into A.A. and started working the program there's no way I would ever have bothered to think about things the way A.A. teaches us. —W.K.

Love In A.A.

One group I belonged to always included in the chairperson's closing remarks: "Though you might not like all of us you will come to love us in a special way." I used to think that was a contradiction in terms, until I looked up "love" in the dictionary. Webster's has many definitions for "love." Among them are: "Strong affection arising out of kinship or personal ties; affection based on admiration, benevolence, or common interests; warm attachment, enthusiasm, devotion; unselfish loyal and benevolent concern for the good of another; brotherly concern for others."

I saw A.A. in most of those terms and came to realize that A.A.'s kind of love particularly fitted "benevolent concern for the good of another—based on common interests."

One of the strongest proofs of this love is when someone returns after a slip. There are no reprimands or snide remarks, just a loving "It's so good to see you back!" followed by a hug. That's A.A. love in action.

And, as Scott Peck says in *The Road Less Traveled*, "Love is giving, not taking." Love in A.A. is unconditional. There's no greater love than the love that exists in A.A. —A.G.

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.

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 11-29-1993 — 12-31-1993

Answering Service Calls	163
General Information	6
A.A. Help	2
Family Help (Al-Anon)	4
Meeting Information	78
Central Office Business	82
Medical Help (Hospital, Detox, etc.)	3
Others	23
Visitors	61

Area 51 Fall Assembly Points of General Interest

Area 51 1993 Fall Assembly has published minutes of its annual meeting at Greensboro, N.C., held in November, 1993. Highlights of some of its reports, which will be of interest to members and groups in our Districts, are:

1. Contributions to GSO and of literature were down over the year. AAWS was not financially in trouble but if these trends continue AAWS will eventually have financial problems. Although literature sales have been down, sales of the pocket-size Big Book will help bring us close to budget. "For the first time in the history of A.A. there are less groups and less members. It is felt that the fellowship is leveling out. It is also felt that other 12 Step programs have been formed and some people have gone there."

2. There is an organization called "Intergroup World Services" out of New York, which claims to be an A.A. Group with a publishing business. Their letters have gone to Intergroups and to A.A. groups giving out this erroneous information. They have approached us wanting to publish our material. They are the original publisher of the pocket-size Big Book. We have asked them to desist in their erroneous claims through a letter from our lawyers, but they continue.

3. Important dates for 1994 were announced. They are:

Spring Committee Meeting: February 12-13, 1994
Spring Assembly: May 20—22
1994 N.C. State Convention: July 14—17
50th S.E. Regional Conference in Atlanta:
August 17—20
Fall Committee Meeting: September 24—25
Fall Assembly: November 4—6
Southeast Regional Forum, Belux MS: Decem-
ber 2—4

4. The Circle and Triangle Symbol: Legally, the Circle and Triangle are gone. The symbol cannot be protected any more through copyright. Spiritually, its significance is a historical part of our heritage, and always will be. It is already being phased off the literature. (Full details of the reasons for this action were published in Box 4-5-9 and are reprinted in this issue of *Mountain Doin's*, page 3).

5. There has been some controversy over the publication of the "Little Big Book." A previous questionnaire on Big Book information indicated that the Fellowship did want a small edition of the book *Alcoholics Anonymous*. The first 164 pages is our message. Foreign translations now leave the stories of sharing to the countries' cultures.

Use The Ingredients

A candidate for A.A. membership said to his sponsor, "Look here, old chap, I've read the Twelve Steps from cover to cover. I guess I understand it thoroughly, but I don't see yet how it's going to keep me perpetually sober."

"Well," answered the sponsor, "just pick up that book on my desk and open it to any page and read to me whatever is written there."

The man opened the book and said, "But this page is a recipe for chocolate cake."

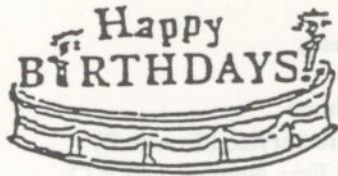
"Read it aloud."

The fellow did.

"Now read it again," demanded the sponsor. When the chap had done so, he asked him to read it yet once again, aloud."

When the reading of this recipe had been completed for the third time, the sponsor said, "Right—you have studied and read this recipe for chocolate cake three times. But you still haven't got a chocolate cake, have you? You read the Twelve Steps from cover to cover, but you haven't got sobriety, either. Both need practical application. You certainly won't get the cake unless you obtain and use the ingredients and make the cake, and you won't obtain sobriety unless you do the same."

Reprinted from *The Grapevine*, June 1954



Acceptance Group

Steve M.	2-1-93	1 year
Steve W.	2-5-90	4 years
Robert D.	2-13-93	1 year
Dick T.	2-5-77	17 years

Brevard Group

Sharon H.	12-18-80	13 years
Woody P.	12-26-81	12 years

Hendersonville Group

Evan T.	2-2-91	3 years
Bill G.	2-12-82	12 years
Rick F.	2-13-83	11 years
Rick P.	2-16-93	1 year
David F.	2-19-93	1 year
Ed. D.	2-22-72	22 years
Helen D.	2-22-72	22 years

Marion Group

Joe T.	12-??-77	16 years
Sharon	12-??-92	1 year

Midday Group

Tom M.	2-9-82	12 years
Charlie P.	3-17-83	11 years
Ann L.	2-7-89	5 years
Maureen McF.	2-14-69	25 years
Helen P.	2-14-93	1 year

“Letting Go” of the Circle & Triangle as a Legal Mark

At the International Convention celebrating A.A.'s 20th anniversary, a circle enclosing a triangle was accepted as the symbol of Alcoholics Anonymous. The symbol was registered as an official A.A. mark in 1955, and was freely used by various A.A. entities.

However, by the mid-1980s, there was a growing concern in the Fellowship on the use of the circle and triangle by outside organizations.

The 1992 General Service Conference began to confront the dilemma . . . and the responsibility of A.A.W.S. to protect our trademarks and copyrights from uses that might suggest affiliation with outside sources.

The A.A.W.S. Board later began to consider recent developments, culminating in recognizing that the prospects of increasingly costly and lengthy litigation,

the uncertainty of success, and the diversions from A.A.'s primary purpose were too great to justify continuing the protection effort of the circle and triangle.

During the post-Conference meeting of the General Service Board, the trustees accepted A.A.W.S.'s recommendation to discontinue protecting the circle and triangle symbol as one of our registered marks.

By early June (of 1993), the General Service Board reached substantial unanimity in support of A.A.W.S.'s statement that, consistent with our original purpose to avoid the suggestion of association or affiliation with outside goods and services, Alcoholics Anonymous World Services, Inc. will phase out the “official” or “legal” use of the circle and triangle symbol. A.A.W.S. will continue to resist unauthorized use of our other marks and any attempts to publish A.A. literature without permission.

The triangle within a circle will, of course, always have a special meaning in the hearts and minds of A.A.s, in a symbolic sense, just as do the Serenity Prayer and slogans, which have never had any official status. . .

Excerpted from Box 4-5-9 Aug./Sept. 1993



Fellowship News

New Meeting. Sunday 11 a.m. Conscious Contact Group now meets at Thoms Rehabilitation Hospital at 1, Rotary Drive, Asheville. The meeting is closed, non-smoking, and is held in the Outpatient Department. This new meeting is in addition to the Wednesday meeting held at 8 p.m. The Wednesday evening meeting is open, nonsmoking, Big Book Study.

New Meeting. Meetings are now being held on Tuesdays and Thursdays in Swannanoa at Handy Skills. The meetings are at 11.30 a.m. and are closed. No name has been given by the group.

New Meeting. The Welcome Group now holds meetings on Wednesdays at 8 p.m. in Waynesville on Rte. 276. For location directions, phone 926-9676. The meetings are open, nonsmoking.

Give us a call!

Do you have 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 waiting for your call. Your Editor, Alan.



Treasurer's Report

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

Income

Group Contributions

Acceptance Group	\$60.00
Back To Basics Group	\$50.00
Black Mountain Group	\$21.00
Blue Ridge Group	\$22.00
Brevard Group	\$25.00
Candler KISS Group	\$25.00
Canton Easy Does It Group	\$25.00
Day By Day Group	\$45.00
Edneyville Group	\$25.00
Hendersonville Group	\$163.55
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Jusr For Today Group	\$3.00
Live and Let Live Group	\$127.00
Marion Group	\$25.00
Murphy Group	\$30.00
New Day Group	\$10.00
Pathfinders Group	\$10.00
Roundtable Group	\$25.00
Sylvan Valley Group	\$25.00
Welcome Group	\$62.00
West Asheville Group	\$35.00

Total Group Contributions \$963.55

Individual Contributions

Elizabeth M.	\$100.00
In Memory of Dana A.	\$50.00
Jo P.	\$55.00

Total Individual Contributions \$205.00

Sales	\$928.81
Mountain Doin's Subscriptions	\$30.00
Other Income	\$0.00

Total Income \$2,127.36

Accounts Receivable* \$156.93

Expenses

Rent	\$101.00
Telephone	
Basic Service (Sou. Bell)	\$65.74
Toll Free Number (AT&T)	\$47.57
Answering Service	\$90.80
Payroll and Payroll Taxes	\$592.61
Cost of Mountain Doin's	
Publication and distribution**	\$271.76
Cost of Literature and Chips Sales **	\$555.64
Postage	\$21.19
Other Expenses***	\$30.31

Total Expenses \$1,776.62

Net Income

(Income minus expenses) \$350.74

Operating Account

Opening Balance	\$672.02
Net Income	\$350.74
Transferred to Reserve	\$0.00

Closing Balance \$1,022.76

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, Petty Cash, and Bank Service Charges.

Essence of Growth

Let us never fear needed change. Certainly we have to discriminate between changes for worse and changes for better. But once a need becomes clearly apparent in an individual, in a group, or in A.A. as a whole, it has long since been found that we cannot stand still and look the other way.

The essence of all growth is willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails.

— Grapevine, 1965

N.C. Mountain Central Office January Meeting

N.C. Mountain Central Office met in Waynesville on January 9, 1994. Chief item for discussion was the in-house printing of *Mountain Doin's* and the consequent savings of production costs. A full report on the meeting will be published in the March issue of *Mountain Doin's*.

General Service District 70

Financial Report

Group contributions for 1993

Balance from 1992	\$10.50
Acceptance Group	\$150.00
Arden Step Group	\$5.00
Asheville Women's Group	\$15.29
Black Mountain Group	\$30.80
Back To Basics Group	\$100.00
Cumberland Avenue Group	\$20.00
Spruce Pine Group	\$55.00
Serenity Service Group	\$171.18
Up The Creek Group	\$5.00
West Asheville Group	\$95.00
Individual Contributions	\$10.00
Postage	- \$10.44
Picnic	- \$50.01
DCM Expense	- \$400.00
Balance	\$207.32

— Ralph M. — Treasurer



Calendar of Events

Correctional Facilities Committee Sixth Annual Conference

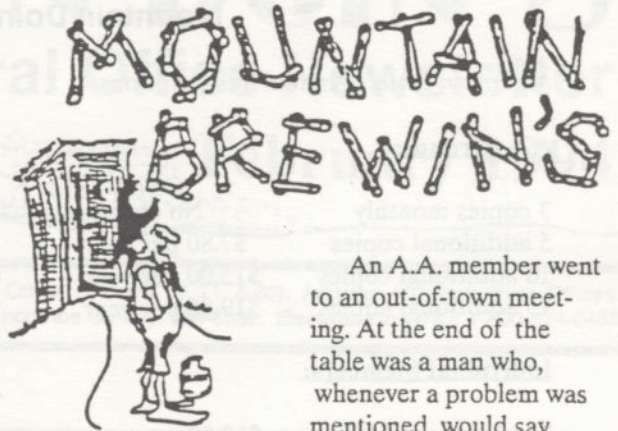
February 11,12,13

The only purpose of the C.F.C. is to carry the message to those who can't come to us. This Conference is our primary gathering to celebrate that purpose. All A.A. members are invited to lend their support to this important work.

The location of the Conference is: Caraway Conference Center, near Ashboro, N.C. in the beautiful Uwharrie Mountains.

The conference will include special speakers, workshops, panels.

For full information, write: Joey Waynick, P.O.Box 5752, Greensboro, NC 27435. Or contact CFC chairperson (910) 776-5870.



An A.A. member went to an out-of-town meeting. At the end of the table was a man who, whenever a problem was mentioned, would say

such things as: "Well, it never rains but it pours," or "It's a long road that has no turning," or "If life gives you lemons, make lemonade."

"Exactly what does that guy do?" asked the newcomer to his neighbor.

"He gives us our spirit of unity," was the reply. "We'd all like to strangle him!"

x x x

"Gimme a round-trip ticket," said the drunk to the railroad clerk.

"Where to?" asked the clerk.

"Back to here, of course," said the drunk.

x x x

Since I've been in A.A.," said the drunk "I haven't found it necessary to take a drink."

"But," said his sponsor, taken aback. "I saw you drinking just last week."

"True," answered the new A.A. member. "But it wasn't necessary."

x x x

What's the difference between an alcoholic and a drunk?

A drunk doesn't have to go to all those meetings!

x x x

First alky: "How long have you been working here."

Second alky: "Ever since the boss threatened to fire me."

x x x

There's nothing wrong with drinking like a fish provided that you drink what a fish drinks.

x x x

A well-known local drunkard was persuaded to take up yoga to pull himself together. After some months of torturing his long-unused muscles, he became quite proficient at it.

"Has yoga helped him?" someone asked his wife.

"Sure has," the wife replied. "Now he can get drunk standing on his head, too."

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