

MOUNTAIN DOIN'S

Central Office Newsletter

April 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

N.C. Mtn. Central Office Meeting set for Sunday, April 10



The next quarterly meeting of the N.C. Mountain Central Office is set for Sunday, April 10, 1994, at the Serenity Service Group meeting room, 107 Broadway (Route 25), Asheville. The meeting room is at the juncture of I-240 and Rte 25, at Broadway and Merrimon Avenue. Meeting time: 2 p.m.

It is hoped that Group representatives or Alternates will make a particular effort to attend this important meeting. It is emphasized that all Groups in Districts 70, 71, and 80 constitute the area covered by our Central Office, and input from all Groups is necessary for full coordination and cooperation in Central Office affairs.

Come along and share your views about the matters to be discussed at this vital meeting.

Readers' Forum

Live Letters

The Program — It Really Works!

When I first began attending A.A. meetings, I would hear people talking about "the program." I did not know for a long, long time what was meant by "the program," and was ashamed to ask. Often I'd listen to an hour of drunkalogue horror stories and think, "What's so wonderful and unique about A.A.? If it's just a matter of a bunch of people sitting around and sharing drinking experiences, why didn't people get sober long before Bill W. and Dr. Bob came on the scene?" It was really a confusing period and I hung in there and hoped for the best (thank God) simply be-

cause there was no place else to go for help.

Today I have come to believe that "the program" is the steps. Not just "book learning," but trying to practice them in my life as best I can. An oldtimer lady used to always refer to "this amazing and wonderful program," and I wondered what she meant. I now know from my own experience that sobriety and all the other wonderful benefits of this Twelve Step program happen not by working on things directly, but simply by trying to "practice these principles in all my affairs." In some mysterious way, things like self-esteem, sobriety, the promises, etc., all happen as a *by-product* of living according to the principles (steps) of the program without my doing anything to make them come about. I believe a real turning point in my life came about when an oldtimer told me to stop worrying about how I

Live Letters continued on next page

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Live Letters continued from previous page
 felt and what I felt like doing, but just to do it because it's right. He told me God would take care of all the other stuff like happiness and self-esteem if I just tried to do what was right. And guess what? He was right — it really worked.
 — G.M.

Is He Serious?

Some tongue-in-cheek advantages of the Conscious Contact Group as a Home Group:

1. C.C. has a 10 Step Program and you choose which 10 Steps.
2. C.C. allows you to keep one Character Defect and two major Resentments.
3. C.C. has a liberal excused absence, sick leave, and vacation policy — e.g., meetings attended on Holidays will be credited as two meetings.
4. C.C. charges no Entry Fee. There are no monthly assessments or hidden costs.
5. C.C. has a Marketing Division and you can share in the profits. A hot seller is our Artificially Antiqued Big Book with faux inscription. Most popular: "To . . . (your name). You taught me all I know about sincerity (humility, serenity). Your buddy, Bill W."
6. C.C. has a staff of paid counselors for Twelfth Step work and Sponsoring. Why should you be bothered?
7. C.C. has a Slip Insurance. If you should slip, a lump sum will be paid to you to finance it.

Remember our slogan: "When a quality program is a factor — you should become a Conscious Contact."
 — Bill S.

(ED. note: *Is he serious? Well, let's put it this way — thank you, Bill, for giving us a smile today.*)

District Addresses

A reminder of where to send your Group contributions to your District:

District 70:
 District 70 DCM Fund
 P.O.Box 9068
 Asheville, NC 28815

District 71:
 D.C.M. District No.71
 P.O.Box 6224
 Hendersonville NC 28793-6224

District 80:
 District 80
 P.O.Box 703
 Frankling NC 28734

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 1-28-94 — 2-25-94

Answering Service Calls	147
General Information	4
A.A. Help	7
Family Help (Al-Anon)	13
Meeting Information	70
Central Office Business	69
Medical Help (Hospital, Detox, etc.)	2
Others	20
Visitors	49

District 71 Eatin' Meetin' Great Success

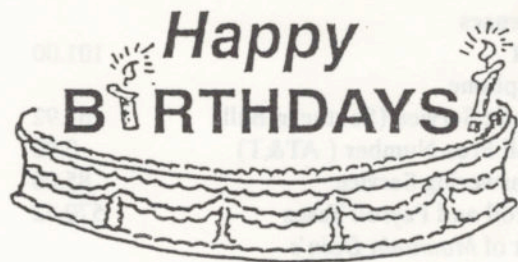
District 71's Eatin' Meetin' held on Sunday, March 6 in Tryon was deemed an outstanding success. Between eighty and ninety guests attended and shared in an occasion of good fun and fellowship. Highlight of the event was the speaker Jerry, from Morgantown, who captivated his audience with his presentation.

Said District 71 DCM Marshall D., "Perhaps the most impressive aspect of the Eatin' Meetin' was the broad amount of participation by so many groups within the District in helping make the meeting a success, in bringing supplies and so on. It was a very positive sign of Unity within the District."

A member from the Tryon area declared that it was the first Eatin' Meetin' in that area she could remember in the eighteen years she had lived in Tryon. "And that made it particularly rewarding," commented Marshall D.

Plans are already afoot to repeat the successful occasion in another District 71 location in three months' time.

Gossipers: People with a sense of rumor.



Acceptance Group

Merritt R.	No date given	5 years
George W.	" " "	2 years
Joe R.	" " "	5 years
Yvette F.	" " "	2 years
John G.	" " "	14 years
Peggy W.	" " "	None provided

Brevard Group

Dell B.	2-25-87	7 years
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Cumberland Group

Kris W.	4-20-93	1 year
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Hendersonville Group

Laura J.	4-12-77	17 years
Nick H.	4-6-89	5 years
Richard C.	4-22-85	9 years

Lake Group

Autrey O.	3-13-92	2 years
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Leicester Group

Gene M.	2-4-73	21 years
George F.	3-12-90	4 years

Marshall Group

Jim C.	1-19-86	8 years
Ed. M.	3-17-74	20 years

Midday Group

Gene McF.	4-1-68	26 years
Ken W.	4-24-90	4 years
Gail A.	4-24-88	6 years
Mariam S	4-17-87	7 years
Barbara T.	4-29-89	5 years

When you hold resentment towards another you are bound to that person or condition by an emotional link that is stronger than steel.



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.

Spring Break Roundup '94. "Sailing Into Sobriety" May 6th to 8th on the Beach in Jacksonville Beach, Florida.

Speakers: Ken D. — La Mesa, California; Polly P. — Fountain Valley, California; and Gina and Jim S. — Ponte Vedra, Florida.

Events: Friday night Coffee House; Volleyball tournament on the beach; Saturday banquet; Saturday night dance with live band.

A.A. meetings all weekend.

Make room reservations directly to Ramada Resort, 1201 N. First Street, Jacksonville Beach, FL 32250. Phone (904) 241-5333 or 1-800-972-8158.

For additional information, contact Bobby R. (904) 241-3117 or Tom C. (904) 268-4163

Pre-Memorial Sobriety Weekend Cruise to Mexico, May 20,21,22,23. Come join us aboard Norwegian Cruise Lines.

Surprise speakers!

Mail registration to ATM Travel, 291 Geary St. Suite 515, San Francisco, CA 94102. For more information call Angie at (415) 627-0717

Satisfactions of Right Living

How wonderful is the feeling that we do not have to be specially distinguished among our fellows in order to be useful and profoundly happy. Not many of us can be leaders of prominence, nor do we wish to be.

Service gladly rendered, obligations squarely met, troubles well accepted or solved with God's help, the knowledge that at home or in the world outside we are partners in a common effort, the fact that in God's sight all human beings are important, the proof that love freely given brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we can fit and belong in God's scheme of things — these are satisfactions of right living for which no pomp and circumstance, no heap or material possessions, could possibly be substitutes.

From *Twelve and Twelve*



Treasurer's Report

N.C. Mountain Central Office, Inc.
Financial Report for the month of
February, 1994

Income

Group Contributions	\$995.14
Six O'Clock Group	35.00
Acceptance Group	60.00
Black Mountain Group	21.00
Brevard Group	30.00
Candler KISS Group	25.00
Canton Easy Does It Group	25.00
Clyde Sunday Night Group	15.00
Columbus Group	100.00
Day By Day Group	45.00
Fletcher Group	25.00
First Step Farm	25.00
Hendersonville Group	164.14
Hendersonville Happy Hour Group	50.00
Hendersonville Midday Group	100.00
Leicester Group	25.00
Live and Let Live Group	65.00
Maggie Valley Group	25.00
Pathfinders Group	20.00
Roundtable Group	25.00
Sylvan Valley Group	25.00
Tryon Group	50.00
Up The Creek Group	5.00
West Asheville Group	35.00
Total Group Contributions	\$995.14

Individual Contributions

William R.	5.00
In Memory Of Jack M.	25.00
Total Individual Contributions	\$30.00
Sales	1,277.66
Mountain Doin's Subscriptions	30.00
Other Income	259.00
Total Income	\$2,591.80

Accounts Receivable* \$317.90

Expenses

Rent	101.00
Telephone	
Basic Service (Southern Bell)	65.92
Toll Free Number (AT&T)	0.00
Answering Service	85.00
Payroll and Payroll Taxes	570.62
Cost of Mountain Doin's	
Publication and Distribution**	125.00
Cost of Literature and Chips Sales***	1,234.15
Postage	73.46
Other Expenses****	137.42
Total Expenses	\$2,392.57

Net Income (Income Minus Expenses) \$199.23

Operating Account

Opening Balance	1,450.20
Net Income	199.23
Transferred to Reserve	0.00
Closing Balance	\$1,649.43

Reserve Account

Opening Balance	1,033.65
Transferred from Operating Account	0.00
Interest	0.00
Closing Balance	\$1,033.65

*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. Also includes costs of publishing *Where and When*.

***Includes all costs involved except coordinator's pay.

****Includes office supplies, petty cash, bank service charges

Donations for Copier

Thursday Afternoon Ladies Group	37.00
Terrence M.	7.00
Don R.	15.00
Welcome Group	14.00
Candler Kiss group	40.00
Mars Hill Group	50.00
H'ville Gp. Individual Contributions	96.00
Total contributions	\$259.00

"Elder Statesmen" and "Bleeding Deacons"

The founders of many groups ultimately divide into two classes known in A.A. slang as "elder statesmen" and "bleeding deacons."

The elder statesman sees the wisdom of the group's decision to run itself and holds no resentment over his reduced status. His judgment, fortified by considerable experience, is sound; he is willing to sit quietly on the sidelines patiently awaiting developments.

The bleeding deacon is just as surely convinced that the group cannot get along without him. He constantly connives for re-election to office and continues to be consumed with self-pity. Nearly every oldtimer in our Society has gone through this process in some degree. Happily, most of them survive and live to become elder statesmen. The become the real and permanent leadership in A.A.

From *Twelve and Twelve*, page 72



Fellowship News

Group name change. The Live and Let Live Group has changed its name to the **Lambda Group**. The Group meets Fridays at 8 p.m. at Unitarian Church, Irvin and Charlotte, Asheville. The meetings are Gay, discussion.

Meeting cancellation. The Stepping Out Group meetings, formerly held on Sundays and Thursdays at noon and on Saturdays at 6 p.m. are canceled. The Monday 6 p.m. meetings and the Wednesday 6 p.m. meetings will continue. The Gay groups meetings are held at 129 1/2 Biltmore Avenue. The Monday meetings are closed, *As Bill Sees It* study meetings, and the Wednesday meetings are closed, *Big Book* Study meetings.

Meeting address change. The **Conscious Contact Group** now meets in the Outpatient Building on Sweeten Creek Road, Asheville. The Group meets on Sundays at 11 a.m. (closed, nonsmoking), and on Wednesdays at 8 p.m. (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 yet been given the Group.

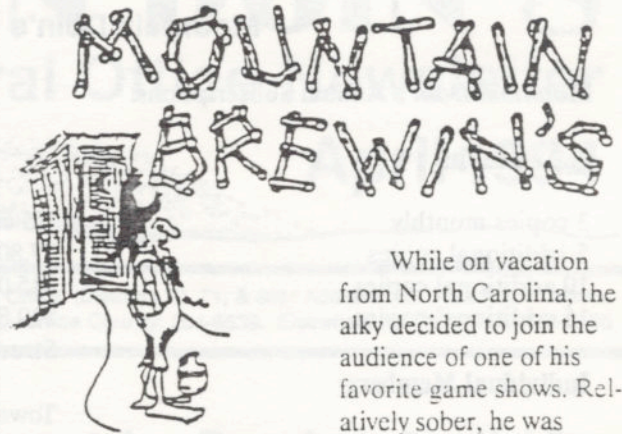
New Meeting. The **Welcome Group** now holds meetings on Wednesdays at 8 p.m. in Waynesville on Rte. 276. For location directions, phone 936-9676. The meetings are open, nonsmoking.

Women's First Step Farm meeting. This meeting is now held at 7 p.m. on Tuesdays at 200 Pete Luther Road, Candler. The meeting is for women only and is closed, nonsmoking.

District 70 GSR Meeting

The next meeting for GSRs in District 70 will be held at the Serenity Service Group meeting room at 107 Broadway, Asheville, at 5 p.m. on April 24. All GSRs or alternates are encouraged to attend the meeting.

My character defects, like weeds, possess an alarming resilience. They can, and do, spring up again when I'm not looking.



While on vacation from North Carolina, the alky decided to join the audience of one of his favorite game shows. Relatively sober, he was

chosen to be a contestant, and was standing up well against the competition, until the final question.

"And now, for the jackpot prize," the show's host said. "Name two famous brothers who made it possible for all of us to fly."

"That's easy," said the alcoholic contestant. "Ernest and Julio Gallo."

x x x

Three drunks were standing on a windy street corner.

"Windy, isn't it!" said one.

"No," said the second drunk. "It's Thursday."

Said the third, "Me, too. Let's go and have a drink."

x x x

"What is the best thing to take when you are run down?"

"The number of the car that hit you."

x x x

The drunk was sitting on the sidewalk staring glumly at his feet.

"Whatsamatter with you?" asked his pal.

"I dunno. I've only just put my shoes on and they really hurt my feet."

"No wonder, you have them on the wrong feet."

"Are you crazy?" responded the drunk. "I haven't any other feet!"

x x x

The wino called the fire department and yelled: "Hurry, please! My house is on fire!"

Replied the fireman at the other end of the line, "O.K. How do we get there?"

Responded the wino, impatiently, "Whatsamatter, ain't you got your little red truck any more?"

x x x

"I'll be honest," said one drunk to his pal, who had recently joined A.A. "I really liked you better when you were drunk."

"I liked you a great deal better when I was drunk, too," answered the new A.A. member.

x x x

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