

MOUNTAIN DOIN'S

Central Office Newsletter

May 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

Area 51 Spring Assembly Set for May 20, 21, and 22, 1994

This year's Area 51 Spring Assembly will be held at the North Raleigh Hilton, Raleigh, N.C. The theme is: Spirit of Sacrifice. All Groups in Districts 70, 71, and 80 are asked to discuss this with their DCMs and encourage them to come to the Assembly and take part in a series of important sessions. The Assembly will conclude with a Sunday morning Speaker. The North Raleigh Hilton is located at 3415 Wake Forest Road.

Readers' Forum

Live Letters

The Importance of Group Conscience Meetings

How many times have you discussed with friends in the program some aspect of a meeting that annoyed you? Or how you would have handled a situation if you'd been the chairperson?

Included in these discussions have been such subjects as the habit of reading the Judeo-Christian prayer known as The Lord's Prayer; the prudence of displaying and offering for sale non-A.A. approved literature, such as the Twenty Four Hour books, Each Day A New Beginning, and others; whether time limits should be put on members' discussions to curb those long-winded rambles; if a group happens to be in a "church basement" type of situation and is not asked to pay any rent, should the group volunteer a rent offer to satisfy A.A.'s "self-supporting" policy?

Questions, questions, questions. And the easy answer is - have a group conscience meeting. But so often, groups don't concern themselves with "business matters" and just let the "bleeding deacons" and "elder statesmen" make all the decisions. — B.P.

Growing Up—Slowing Up

They keep talking about A.A. being a program of "growing up." Well, I'm on the plus side of fifty, so what does "growing up" really imply to me?

For one thing, it has nothing to do with not taking a drink. It's talking, I think, about the part of the program that enables us to grow spiritually, emotionally, and in aspects of character development.

Because we have paid little attention to these aspects of ourselves we have not behaved like adults in the true sense of the word. I look at it this way: first, we must gain enough humility to allow a Higher Power into our lives. That means an influence greater than our present narrow spectrum. By applying that simple tenet, we allow ourselves to seek guidance within ourselves to do the right thing instead of just jumping in with the first (and perhaps the worst) reaction.

That makes a big change. Because, there usually is a right as well as a wrong way to handle matters, and the right way, which we intuitively know, is not necessarily what we would ordinarily do. So if we stop and think before we act, then that surely fits the view of "growing up."

You can expand it from there. But, at least, it's a start along the road of recovery. Don't you think? — R.O.

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.



Acceptance Group

Jim K.	5-1-92	2 years
Susan E.	5-1-91	3 years
Ray S.	5-1-76	18 years
Marianne	5-3-86	8 years
Rod B.	5-5-85	9 years
Donna B.	5-10-88	6 years
Michael K.	5-14-92	2 years
Martin R.	5-15-92	2 years
Carolyn H.	5-16-93	1 year
Bob V.	5-17-80	14 years
Chuck R.	5-20-84	10 years
Ron B.	5-21-91	3 years
Michael C.	5-25-92	2 years
Charlie F.	5-28-91	3 years
Vivian N.	5-31-79	15 years

Cumberland Group

Danny K.	5-1-89	5 years
Chuck R.	5-23-93	1 year

Hendersonville Group

Debbie H.	5-9-89	5 years
Harold P.	5-24-82	12 years
Ted A.	5-32-75	19 years
Ann C.	5-15-88	6 years
Nancy B.	5-15-89	5 years

KISS Group

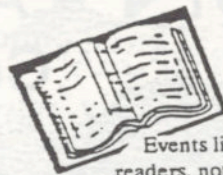
Ron J.	5-3-88	6 years
Tim P.	5-17-90	4 years

Midday Group

John P.	5-15-85	9 years
John T.	5-11-89	5 years
Kathy H.	5-29-92	2 years
Pam P.	5-29-84	10 years
Jim B.	5-17-93	1 year

Pathfinders Group

Kathy R.	5-8-88	6 years
----------	--------	---------



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 N.C. 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

1994 Tennessee State A.A. Convention. May 27-29. Regal Maxwell House Hotel, 2025 Metro Center Blvd. Nashville, TN 37225. Interstate 40 & Metro-Center Exit. For reservations, contact the Hotel, phone: (615)259-4343.

Speakers, workshops, golf scramble, A.A. meetings, Concert and Play, Dance on Saturday night.

For further Convention Registration information please contact: Richard B. (615) 794-8171 or Jean D. (615) 865-6554.

15th Annual Young People's Round Up, Las Vegas. at Holiday Inn, Crowne Plaza, Las Vegas, Nevada. June 17, 18, and 19. A weekend of Marathon Meetings, Speaker Meetings, AA/Al-Anon Brunch, Two Dances, BBQ Pool Party featuring live music and Volleyball, Trivial Pursuit Tournament Games, Laser Warfare in a 500 square-foot facility.

For further information, contact Christopher M. (702) 453-9902 or Natalie F. (702) 458-7115.

Southeast Regional Conference of Young People in Alcoholics Anonymous. ("Young" — anyone with room to grow). June 23-26, 1994, at Radisson Hotel, 808 20th St. So., Birmingham, AL 35205 (Phone: 1-800-333-3333.

Speakers, marathon meetings, dance, hospitality room, banquet, bands and DJ. For more Conference information, call Chuck T. at 1-205-252-3680 or Janet D. at 1-205-328-6737.

Flattery is like alcohol. If it makes you want more, you've had too much.

North Carolina Mountain Central Office, Inc.

Groups Contributions for first 6 months of 1993/94 Fiscal Year beginning 7-1-93, ending 12-31-93

Acceptance Group	\$850.00	Lambda Group	\$708.00
Andrews Group	\$0.00	Living Sober Group	\$30.00
Arden Group	\$60.00	Madison County Group	\$25.00
Asheville Women's Group	\$34.94	Maggie Valley Group	\$133.00
Back To Basics Group	\$225.00	Marion Group	\$25.00
Bakersville Serenity Group	\$0.00	Mars Hill Group	\$60.00
Black Mountain Group	\$126.00	Marshall Group	\$0.00
Blue Ridge Group	\$47.00	Mountain View Group	\$0.00
Bone Dry Group	\$21.00	Murphy Group	\$60.00
Brevard Group	\$195.00	Newdale New Day Group	\$10.00
Brown Baggers' Group	\$0.00	New Day Group	\$0.00
Bryson City Group	\$0.00	New Hope Group	\$0.00
Candlelight Group	\$0.00	New Horizons Group	\$20.00
Candler Kiss Group	\$150.00	New Start Group	\$0.00
Canton Easy Does It Group	\$25.00	No Nonsense Group	\$0.00
Cashiers Valley Group	\$25.00	Pathfinders Group	\$60.00
Cedar Mountain Group	\$42.00	Pine Grove Group	\$10.00
Cherokee Saturday Night Group	\$0.00	Ridgerunners Group	\$28.00
Clyde Sunday Night Group	\$50.00	Riverside Group	\$0.00
Columbus Group	\$100.00	Robbinsville Group	\$0.00
Conscious Contact Group	\$100.00	Roundtable Group	\$270.00
Cullowhee Group	\$0.00	Saluda Happy Hour Group	\$0.00
Cumberland Avenue Group	\$0.00	Sapphire/Lake Toxaway Group	\$0.00
Day By Day Group	\$270.00	Serenity Service Group	\$24.45
Edneyville Group	\$105.00	Six O'Clock Open Group	\$101.00
Etowah Group	\$50.00	Spruce Pine Group	\$0.00
First Step Farm Group	\$0.00	Sylva Group	\$0.00
Fletcher Group	\$125.00	Sylvan Valley Group	\$150.00
Franklin Group	\$30.00	Thursday Afternoon Ladies Group	\$100.00
Grace Group	\$200.00	Traditional Group	\$0.00
Green Creek Group	\$0.00	Tryon Group	\$75.00
Growing Together Group	\$0.00	Tryon Open Group	\$0.00
Hayesville Group	\$0.00	Turning Point Group	\$0.00
Hendersonville Group	\$1,007.87	Unity Group	\$35.00
Hendersonville Happy Hour Group	\$280.00	Up The Creek Group	\$5.00
Hendersonville Midday Group	\$600.00	Waynesville Grace Group	\$68.75
Just For Today Group	\$9.00	Welcome Group	\$92.53
Lake Group	\$119.50	West Asheville Group	\$175.00
Ledger Step Meeting	\$0.00	Women's Prison Group(H & I)	\$0.00
Leicester Group	\$75.00		

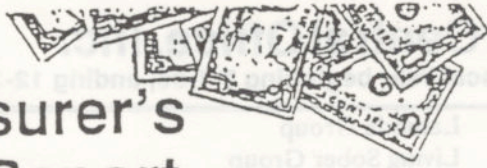
Humility for Today

There can be no absolute humility for us humans. At best we can only glimpse the meaning and splendor of such a perfect ideal. As the book *Alcoholics Anonymous* says: "We are not saints . . . we claim spiritual progress rather than spiritual perfection." Only God himself can manifest in the absolute; we human beings must needs live and grow in the domain of the relative. We seek humility for today.

Therefore our practical question is this: "Just what do we mean by 'humility for today,' and how do we

know when we have found it?"

We scarcely need be reminded that excessive guilt or rebellion leads to spiritual poverty. But it was a very long time before we knew we could go even more broke on spiritual pride. When we early A.A.s got our first glimmer of how spiritually prideful we could be, we coined this expression: "Don't try to get too damned good before Thursday!" That old-time admonition may look like another of those handy alibis that can excuse us from trying for our best. Yet a closer view reveals just the contrary. This is our A.A. way of warning against pride-blindness, and the imaginary perfections that we do not possess. From *Language of the Heart*.



Treasurer's Report

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

Income

Group contributions	\$1,475.27
Acceptance Group	60.00
Arden Group	60.00
Back To Basics Group	100.00
Black Mountain Group	21.00
Bone Dry Group	25.00
Brevard Group	30.00
Candler KISS Group	25.00
Cedar Mountain Group	49.00
Clyde Sunday Night Group	60.00
Conscious contact Group	150.00
Day By Day Group	45.00
Edneyville Group	20.00
Franklin Group	30.00
Franklin Group (for Correctional Fac.)	100.00
Hendersonville Group	162.00
Hendersonville Happy Hours Group	50.00
Hendersonville Midday Group	100.00
Lambda Group	120.00
Marshall Group	30.00
Newdale New Day Group	20.00
Pathfinders Group	10.00
Roundtable Group	25.00
Serenity Service Group	47.20
Six O'Clock Open Group	40.00
Sylvan Valley Group	25.00
West Asheville Group	35.00
Women's First Step Farm Group	36.00
Total Group contributions	\$1,475.27

Individual Contributions

Jo P.	\$65.0
Anonymous	\$1.50

Total Individual Contributions \$66.50

Sales	\$1,325.48
Mountain Doin's Subscriptions	20.00
Other Income	0.00
Total Income	\$2,887.25

Accounts Receivable* \$491.25

Expenses

Rent	109.00
Telephone	
Basic Service (Southern Bell)	123.47
Toll Free Number (AT&T)	126.74
Answering Service	157.00
Payroll and Payroll Taxes	613.60
Cost of <i>Mountain Doin's</i> publication and distribution**	167.00
Cost of Literature and chips Sales***	1,283.78
Postage	50.40
Other expenses****	200.45
Total Expenses	\$2,831.44

Net Income (Income minus Expenses) \$55.81

Operating Account

Opening Balance	\$1,450.20
Net Income	55.81
Transferred to Reserve	0.00
Closing balance	\$1,506.01

Reserve Account

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

- * Accounts Receivable: Literature that has been sold but for which your Central Office has not received payment.
- ** Includes all costs involved except Coordinator's pay. Also includes cost s of publishing *Where & when*.
- *** Includes all costs involved except Coordinator's pay.
- **** Includes Office Supplies, Petty Cash, and Bank Service charges.

Spring '94 Where & When

Copies of the Spring 1994 *Where & When* are available from the N.C. Central Office. Cost per copy is 10¢ and may be ordered by phone: 254-8539 (in Buncombe County) or (outside Buncombe County) 1-800-524-0465.

Central Office Meeting

North Carolina Mountain Central Office held its quarterly meeting on Sunday, April 10. Minutes of the meeting could not be available by the time the May issue of *Mountain Doin's* had to go to press.

Full details of the meeting will be published in the June issue of *Mountain Doin's*.



Fellowship News

The Thursday Afternoon Ladies Group has moved from First Congregational Church in Hendersonville to Trinity Presbyterian Church on Blythe Street, between Rte. 191 and Hwy. 64 West (Brevard Road). The meetings are held on Thursdays at 1:30 p.m. and are open, nonsmoking, discussion.

The Traditional Group. New meetings are now being held on Tuesdays from 6:30 p.m. to 7:30 p.m. at Trinity Episcopal Church, Church and Aston St., Asheville. The meetings are for young people and are closed. The new meetings are in addition to the regular Tuesday evening 8 p.m. closed, discussion 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).

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.

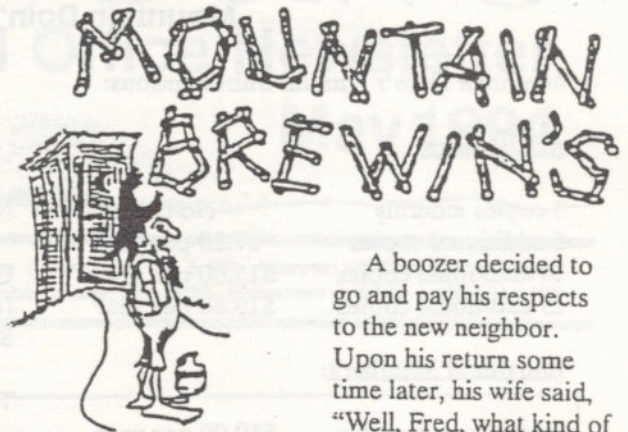
Central Office Phone Log



"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 2-28-94 — 4-1-94

Answering Service calls	210
General Information	4
A.A. Help	7
Family Help (Al-Anon)	6
Meeting Information	92
Central Office Business	81
Medical Help (Hospital, Detox, etc.)	3
Others	5
Visitors	55



A boozer decided to go and pay his respects to the new neighbor. Upon his return some time later, his wife said, "Well, Fred, what kind of

man is the new neighbor?"

"He's a good chap," replied Fred. "And very liberal with his liquor. But the liquor is of very bad quality. In fact, it was so bad I almost left some."

x x x

A newcomer in A.A. asked her sponsor what the Big Book had to say about sex. The sponsor got her pages mixed up, and instead of saying page 69, told the newcomer to see page 96, where she read: "Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you."

x x x

An alkie got drunk and blacked out just before hurricane Hugo hit Charleston, South Carolina. He awoke the following morning and groggily looked at the devastation around him.

"Oh, my God!" he exclaimed in despair. "How on earth am I going to pay for all that?"

x x x

A British alcoholic, who recently had become a member of A.A., was describing his country's red, white, and blue flag to an American. "It's symbolic of A.A." he said. "We turn red when we enter the program, white when we learn about character defects, and blue when we find out we don't get well overnight."

"Well, replied a new A.A. American friend, "it's the same in the U.S. — only we see stars, too!"

x x x

A young army doctor, stationed on a South Pacific island, was confronted with an illness he didn't know how to treat. So he sent a message to his headquarters: "What should I do with a case of beriberi?"

The answer came back: "Give it to the Marines. They'll drink anything."

x x x

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below

Mountain Doin's Order Form

Mountain Doin's Annual Subscriptions:

A.A. Groups:

3 copies monthly	No charge
5 additional copies	\$7.80 per year
10 additional copies	\$15.00 per year
15 additional copies	\$19.80 per year

Name _____

Group Reg. No. _____
(or Individual address)
Street/PO Box No. _____

Individual Members:

Single copy monthly	\$10.00 per year
---------------------	------------------

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

North Carolina Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Address correction requested

Place
Postage
Stamp
Here