

# MOUNTAIN DOIN'S

## Central Office Newsletter

June, 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

### Asheville to Host 1996 S.E. Regional Forum

Asheville has been selected as the site for the 1996 General Service Conference S.E. Regional Forum. The Forum will be held on the first weekend in December, 1996, at the Raddisson Hotel, Asheville.

Forums are weekend sharing sessions designed to enhance and widen communication among service and potential service people, and representatives of the General Service Board, Staff, and Grapevine Staff.

A Regional Forum is not a formal, decision-making body, thus no formal actions come about as a result of forums. Rather, forums provide a unique opportunity to share valuable experience, ask questions, and spark new ideas.

Volunteers will be needed to host this event.

More information will be published as it becomes available.

#### Readers' Forum

### Live Letters

#### Freedom From Bondage

The Third Step prayer in the Big Book states "relieve me from the bondage of self." Beside the freedom from having to drink, I have experienced and enjoyed many other freedoms in the Twelve Step program of A.A. I believe these freedoms are due in very large part to freedom from the "bondage of self."

For example, it is a wonderful freedom to know

that I am really not all that important and that the world doesn't revolve around me any longer (not that it ever did!). While everything I do is with the *hope* of a certain outcome, it is a relief to know that if the outcome isn't as I had hoped and anticipated, life is still worth living. It's wonderful not always having to be right. It's great not to have that thick wall of defensiveness and denial around me and to simply be human. And last, but by no means least, is the freedom to experience the joy of giving, simply to bring some happiness into another human being's life without any expectation of return.

None of these freedoms is very complicated, and I'm often saddened that I didn't discover them a few decades earlier and that their discovery came as the result of such terrible pain. But as the man once said, "It took what it took to get me here." — TK

#### How to Twelfth Step Yourself

My sponsor told me that it really helped to get involved in A.A., and not just to go to meetings. She said it was like Twelfth Stepping myself.

For a time I ignored her advice and just went to a couple of meetings a week, sharing when I had to, but not really trying to be involved with the group. I found it all rather boring.

Then I changed my attitude. Mainly it was just so that I could be recognized as a serious A.A. member and not as just a visitor. And also, of course, to please my sponsor.

I speeded up my meetings to one a day, and began to take an interest in what others were saying. I even started to volunteer to help make the coffee and other chores.

Surprisingly, it opened up new channels for me. I

*Live Letters continued on next page*

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*Live Letters continued from previous page*

began to get to know the members, one by one. And I started to listen more intently to what each had to say. And their sharing helped me to gain a new insight into what A.A. was all about and how the program really was helping me.

Getting involved truly brings growth and meaning in A.A. — D.C.



## Fellowship News

**New Meeting:** The Marion Group has added a new meeting to its list — Sundays, at 8 p.m. at McDowell Care Center, 505 Virginia Ave. The meetings are open.

**Cancellation:** The Black Mountain Group has canceled its Thursday Night Beginners Meeting, which met at 7 p.m.

The Candler KISS Group, which meets at Sardis Methodist Church, Sardis and 191, Asheville, at 8 p.m. on Fridays is an Open meeting (not Closed, as published in the Spring 1994 Where and When.)

**Cancellation:** The Stepping Out Group, meetings on Mondays and Wednesdays at 6 p.m. at 129 1/2 Biltmore Ave. in Asheville, have been canceled.

**Address clarification:** The Conscious Contact Group meets at Thom's Hospital Outpatient Building, 68 Sweeten Creek Road, on Sundays at 11 a.m. and on Wednesdays at 8 p.m. The Sunday meeting is closed, nonsmoking. The Wednesday meeting is open, nonsmoking, Big Book Study.

**Meeting change:** The Arden Group Step meeting is changing its meeting time from 8 p.m. to 7.30 p.m., effective June 6, 1994. The group meets at St. Barnabas Catholic Church, Crescent Hill Drive, Arden. The most direct doorway is in the sheltered entrance at the east side of the building (your far left as you enter the main parking lot). The meeting is a closed, step meeting. St. Barnabas is a smoke-free facility.



## 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.

**Mountain Top Spiritual Retreat.** June 3,4,5, 1994. At Mars Hill College (Fox Dorm — with Elevator) Mars Hill, NC. The location is 20 miles north of Asheville,

NC, Hwy 19-23N. (Take 40 to 140 to 19-23N.)

All Speakers will be chosen from registrants. Registration begins at 2 p.m. on Friday, June 3.

Personal note: "We have planned a weekend for you and those who are serious about this matter of A.A. . . . If you are at present using alcohol or drugs in any form, please await until another time and retreat."

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.

**47th North Carolina Convention of Alcoholics Anonymous.** (Area 51 General Service Convention.) July 14, 15, 16, 17, 1994. At North Raleigh Hilton, 3415 Old Wake Forest Road, Raleigh, NC 27609. Pre-register by July 1, 1994.

Oldtimers Panel. Early Bird Meeting. Five great speakers: Louise B., Bob D., Gloria D., John M., Don P.

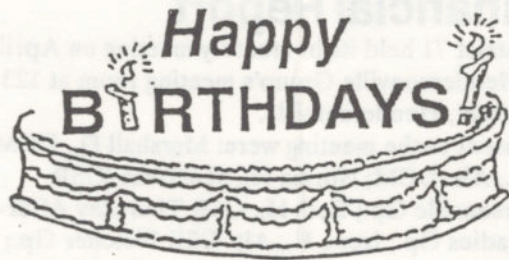
## Central Office Phone Log



"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 4-4-94 — 4-29-94

Answering Service calls	175
General Information	9
A.A. Help	12
Family Help (Al-Anon)	6
Meeting Information	74
Central Office Business	63
Medical Help (Hospital, Detox, etc.)	3
Others	1
Visitors	48



**Acceptance Group**

Tim B.	6-15-93	1 year
Joyce D.	6-26-90	4 years
Cathy B.	6-1-91	3 years
Carolyn	6-21-89	5 years

**Black Mountain Group**

Suzanne T.	1-1-92	2 years
Pam P.	2-5-81	13 years
J.C.	3-11-92	2 years
Betty L.	4-26-63	31 years
Carolyn M.	4-1-92	2 years
Hugh H.	5-11-78	16 years
Charlie B.	5-7-93	1 year
Frank Mc	5-16-88	6 years
Cindy P.	6-10-79	15 years

**Clyde Group**

Judy H.		5 years
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**Conscious Contact Group**

Rick D.	4-23-93	1 year
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**Cumberland Group**

Jeff M.	6-21-??	?? years
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**Hendersonville Group**

Marshall D.	6-17-82	12 years
Tom B.	6-2-88	6 years
Warren	6-15-92	2 years
Kenny C.	6-28-83	11 years
Bill F.	6-11-79	15 years

**Lake Group**

Peter M.	4-1-92	2 years
Susan B.	5-3-85	9 years
Jeff S.	6-1-93	1 year
Bob H.	6-20-93	1 year

**Midday Group**

Anthony R.	6-3-91	3 years
Sandy S.	6-21-92	2 years
Loretta B.	6-20-87	7 years
Bill S.	6-17-92	2 years
Nadine M.	6-20-91	3 years
Irene H.	6-18-71	23 years
Tony	6-21-92	2 years
Alan W.	6-20-88	6 years

**Serenity Service Group**

Sheila C.		1 year
Donnie S.		1 year
Walter M.		1 year
Paul W.		1 year
Martha M.		6 years
Bob V.		16 years
James M.		13 years

**District 70 News**

In 1993 we had a Correctional Facilities Workshop, thanks to the hard work of Judy M. We also had a fun District picnic in September, thanks to a hard-working committee headed by Ronnie J. We averaged about 12-20 at District GSR meetings last year, but had only six GSRs at the General Assembly in November. We hope to have better attendance May 20-22 at the North Raleigh Hilton.

The two District meetings this year have been much lower in attendance, partly due to weather and lack of communication (I apologize for the latter). Contribution rate is down for 1994; I am sure we have a lot of new GSRs that I don't know about. Please contact me at 704-765-2275 or write:

Jean J., DCM  
607 Oak Avenue  
Spruce Pine, NC 28777

We meet at 107 Broadway in Asheville on Sunday

nights at 5:00 p.m. The rest of the year meetings are: June 26, September 11, and October 30.

Please help me to better serve you by letting me or your GSR know what you want us to do for you in your sobriety, and to help the still suffering alcoholic. We would like to have some workshops and another District Picnic this summer or fall.

Your trusted servant,  
Jean J.,  
DCM District 70.

**April Treasurer's Report**

The Treasurer's Report for April, 1994, will be published along with the May Report in the July issue of *Mountain Doin's*



**Y'all Come!**

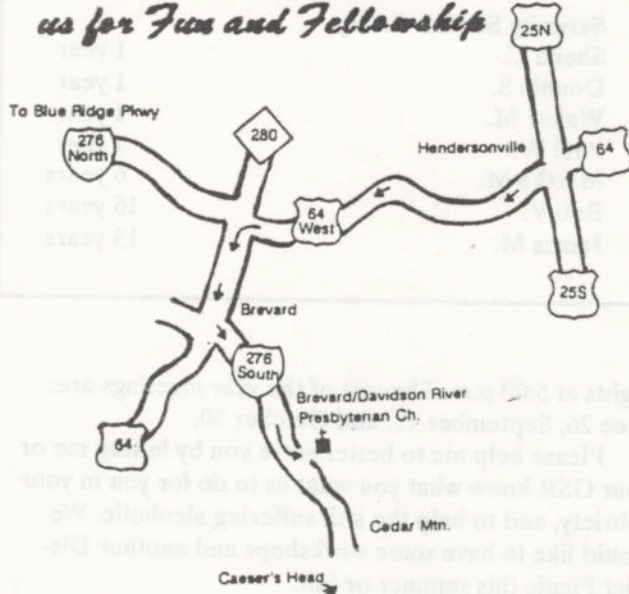
## District 71 Eatin' Meetin'

(That's everyone in Henderson, Polk, and Transylvania Counties)

**Sunday June 5, 1994**

at Brevard/Davidson River  
Presbyterian Church

*Bring a covered dish and join  
us for Fun and Fellowship*



From Hendersonville take Rte. 64 West approx. 15 miles to Pisgah Forest (junction of 64 & 280). Turn left toward Brevard. Go through approx. 10 traffic lights, then turn left onto Rte. 276 South toward Cedar Mtn. Go through 2 traffic lights. Then, see Brevard/Davidson River Presbyterian Church on left.

**Eat at 4 p.m.**

**Speaker at 5.30 p.m.**

## District 71 Apr. Mtg. and Financial Report

District 71 held its bi-monthly meeting on April 17 at the Hendersonville Group's meeting room at 123 Main Street, Hendersonville.

Present at the meeting were: Marshall D., DCM; Ray D., Alt. DCM; Norma H., Sec/Treas./GSR Hendersonville Gp.; Beth H., GSR Thursday Afternoon Ladies Gp.; Irene H., Alt. GSR Fletcher Gp.; Paul K., Temp. Chairman Correctional Facilities and Institutions; Jerry B., GSR Cedar Mountain Gp.; Bill L., GSR Sylvan Valley Gp.; Susan J., Alt. GSR Hendersonville Gp.; Bill F. GSR Midday Gp., Allan H. GSR Roundtable Gp.; Alan W., Editor *Mountain Doin's*.

Norma H. read the minutes of the previous meeting and gave a financial report. Both were approved.

Marshall D. encouraged GSRs and interested parties to attend the Spring Assembly in Raleigh. He discussed briefly some of the workshops and topics to be covered during the Assembly, such as making Assemblies nonsmoking, money sent to the GSO, open chair for the Archives, and other topics GSRs should be prepared to discuss and/or vote upon during the Assembly. He also announced future DCM and GSR Assemblies and conventions for the remainder of the year.

Group contributions to the DCM fund were discussed and it was acknowledged that some groups were not represented by GSRs and that the total number of groups within the District had decreased from 19 to 15.

Other items discussed included: Endowment donations to A.A.; locales of Spiritual Retreats in the local area; Jerry B. was elected 1994 District Eatin' Meeting coordinator.

The next District 71 Eatin' Meeting was discussed and the following decisions were tentatively made.

Where: Brevard Presbyterian Church

When: June 1994.

Sponsors: Transylvania County groups.

It was agreed that each Eatin' Meeting will be held in one of the three counties that comprise District 71 and that whichever county is selected will sponsor that meeting. Expenses will be the responsibility of the District.

The next GSR District 71 meeting was tentatively scheduled for June 26, 1994.

### General Service District 71 Financial Report

Balance from 1993	\$31.75
<i>Group contributions from 1-1-94 through 3-31-94:</i>	
Brevard Group	\$30.00
Cedar Mountain Group	\$5.00
Happy Hour Group	\$20.00
Hendersonville Group	\$55.00
Midday Group	\$45.00
Sylvan Valley Group	\$25.00

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Eatin' Meetin' contributions	\$61.65
Individual contributions	\$25.00
Checking Acc./Bank Charges	\$12.00
Check printing charges	\$5.95
Post Office Box rental	\$35.00
Eatin' Meetin' expenses:	
Paper goods	\$30.00
Donation to Church	\$20.00
DCM Expense (2/94 Assembly)	<u>\$65.00</u>

**Ending Balance**                    **\$130.45**

Respectfully submitted,  
Norma H., Secretary/Treasurer.

## Central Office April Meeting Minutes

The quarterly meeting of the NC Mountain Central Office was held at the meeting hall for the Serenity Service group in Asheville on April 10, 1994. The following sixteen people were in attendance: Bob V., Acceptance Group, Asheville; Owen C., Hendersonville Group; Alan W., Midday Group, Hendersonville; DaAnna W., Traditional Group, Asheville; Rod B., Acceptance Group, Asheville; Bill S., Conscious Contact Group, Asheville; Clay D., Serenity Service Group, Asheville; Linda J., Serenity Service Group, Asheville; Sam G., Grace Group, Waynesville; Suzanna B., Marshall and Leicester; Jerry B., Cedar Mtn. Group; Paul K., Midday Group, Hendersonville; Allan H., Roundtable Group, Hendersonville; Beth H., Ladies Thursday Afternoon Group, Hendersonville; Betty L., Black Mountain Group; Jean J., Spruce Pine Group.

Owen C. chaired the meeting in our Chairman's absence, and also presented the Treasurer's Report. Owen distributed a report of Group Contributions from Districts 70, 71, and 80, for the first six months of the 1993/94 Fiscal Year, beginning 7-1-93 and ending 12-31-93. Not surprisingly, 29 out of 80 Groups contributed nothing during that six months. Nevertheless, contributions are presently up and the bills are paid. The Coordinator, Bob V., said the new copier is working great, and we discussed the printing of an article in the next *Mtn. Doin's*.

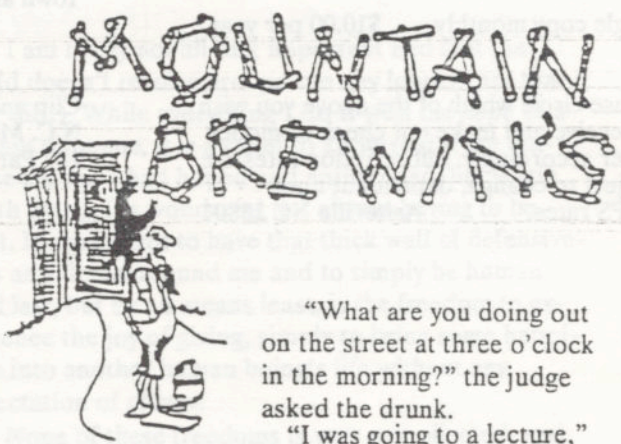
We discussed the necessity of having a nominating committee to find interested A.A. members to fill the soon-to-be vacant officers' positions of the N.C. Mtn. Central Office. We chose to amend the bylaws, subject to the approval of the Board, to allow any A.A. members in good standing to fill these roles, rather than only past Central Office Representatives.

Lastly, Jean J., the District 70 DCM from the Spruce Pine Group, announced that a site-selection

committee was considering Asheville as the site for the upcoming 1996 Regional Forum, saying that the Raddisson Hotel's rates were good for this event. See the *Mountain Doin's* for further information.

Respectfully submitted,  
Deanna W., Secretary.

P.S. It's been a pleasure to serve in the capacity of Central Office Secretary for the last 2 years. Thank you all for giving me the opportunity to give something back!



“What are you doing out on the street at three o'clock in the morning?” the judge asked the drunk.

“I was going to a lecture,” the drunk replied.

“A lecture at three o'clock in the morning?” ask the judge.

“Oh, sure,” answered the drunk. “And sometimes my wife stays up later than that!”

x            x            x

Two drunks were sitting at the bar. Said one, “Do you know what is the best way to see flying saucers?”

“Hell, no,” answered the other drunk.

“Pinch the waitress.”

x            x            x

“How do you keep a drunk in suspense?”

“I dunno. How do you?”

“I'll tell you tomorrow.”

x            x            x

Two drunks were sitting at the bar. One was beginning to feel drowsy. “Tell me,” he said to his pal, “how do you manage to keep so wide-awake?”

“I find it helps to start my day by taking a cold shower after a fifteen-minute exercise session. Then I feel rosy all over.”

“Hm! Tell me more about Rosy!”

x            x            x

Said one alky to another, “Tell me — what did the ceiling say to the four walls?”

“I dunno.”

“Hold me up, I'm plastered!”

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