

MOUNTAIN DOIN'S

Central Office Newsletter

July 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, July 24

The next quarterly meeting of the N.C. Mountain Central Office is set for Sunday, July 24 at the Hendersonville Group meeting room, 123 Main Street, Hendersonville (entrance at rear). The meeting begins at 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.

Among the items on the agenda at the July meeting will be the election of new Central Office officers.



Readers' Forum

Live Letters

Twelfth Step Strategy

I used to think that twelfth-stepping meant sponsorship and nothing else. And that's something I could never do, primarily because I knew I wouldn't have all the answers.

Then I began to think that being at the podium in a speaker meeting was also a form of twelfth stepping. And it is.

But today I know that there are many forms of doing twelve-step work that don't get that same "big time" exposure and yet carry the message in accordance with the twelfth step suggestion of trying to "practice these principles in all our affairs."

I think what helped me most in finding a balanced view of twelfth-stepping was reading page 199 of Bill

W's *Language of the Heart*. Dr. Silkworth, often referred to as the father of alcoholism treatment, and whose findings were adopted by the American Medical Association in 1956, confronted Bill, whom he was treating for alcoholism. Wrote Bill: "Finally, one day, Dr. Silkworth took me back down to my right size. Said he: 'Bill, why don't you quit talking about that bright light experience of yours; it sounds too crazy. . . If I were you I'd go after them (alcoholics) on the medical basis first. While it has never done any good for me to tell them how fatal their malady is, it might be a very different story if you, a formerly hopeless alcoholic, gave them the bad news. . . Give them the medical business first, and give it to them hard. This might soften them up so they will accept the principles that will really get them well.'"

And in my opinion the best way to achieve that is to encourage them strongly to read the Big Book — certainly the first 103 pages. If we can help another alcoholic

Live Letters continued on next page

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.

Live Letters

(continued from previous page)

get through those 103 pages, we have truly carried out the "suggestions" of the Twelfth Step. — W.F.

Anonymity in Perspective

I think a lot of us in A.A. are confused as to where Anonymity really fits into our Fellowship. We tend to try to keep A.A. as a hidden, not-to-be-talked-about entity. But the truth is, A.A. should be given much greater publicity if it is to draw into its net of recovery those countless souls who are indeed alcoholic and yet don't know what to do about it.

In *Twelve Concepts for World Service* Bill W. says, "We need to be on still better terms with medicine, religion, employers, governments, courts, prisons, mental hospitals, and all enterprises in the alcoholism field. We need the increasing goodwill of editors, writers, television, and radio channels. These publicity outlets need to be opened ever wider."

And that is so true. Anonymity in A.A. is meant (in my opinion) to apply to us as persons. We can choose to maintain our own anonymity and no one should break that anonymity. But as for the program, it should be publicized widely to the media and other channels so that it can be better understood and so that the stigma that still attaches to alcoholism can be wiped out and the truth that it is a disease be understood so that practical action can be taken.

The Eleventh Tradition is, I believe, often

misunderstood. In the shortened version, which we all use, one important word has been omitted from the original Long Form. The long form does not say we should avoid advertising. It says we should avoid **sensational** advertising. And there's a world of difference between the two. — G.D.

Use *Mountain Doin's* as a Tool in Recovery

Mountain Doin's is designed as one of the tools that can be used in your recovery. And that means that your own input through letters to the editor, articles, and opinions, can be considered as twelfth-step work and may certainly help many alcoholics who are still suffering.

Central Office information that brings news of events throughout Western North Carolina and conferences, seminars, and other A.A. activities around the nation are listed, as well as news of group meeting changes within our own Districts covered by the N.C. Mountain Central Office — Districts 70, 71, and 80.

It's good to share anniversaries, just as it's good to share humor and ideas that could help us all.

Sharing is indeed the cornerstone of recovery, and what better way is there to share among us all so that our thoughts can be expressed beyond the meeting rooms?

It is also important that you know where the money comes from and where it goes. That's why the Treasurer's Report is included each month.

We hope you will look upon *Mountain Doin's* as your newsletter. Every group receives three free copies, and more and more groups are subscribing for extra copies so that more of their members can participate in sharing through the newsletter. Lots of groups place their copies of *Mountain Doin's* on a table and invite members to pick up a copy and take it home with them. That way, as we say, it becomes a useful tool in our recovery. Try it—share through our letters column your thoughts, hopes, experiences. You could help lots of us simply by airing your thoughts. **The Editor**

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 5-2-94 — 5-27-94

Answering Service Calls	192
General Information	3
A.A. Help	8
Family Help (Al-Anon)	8
Meeting Information	82
Central Office Business	63
Medical Help (Hospital, Detox, etc.)	3
Others	5
Visitors	38

Changing Group Address? Please Let Us Know!

Important mail sent out to Groups is often returned by the Post Office undelivered, simply because some Groups fail to notify our Central Office when a change of Group address is made. Please be sure to notify us whenever a change of address is made. Thanks!



Acceptance Group

Steve H.	7-1-93	1 year
Barbara K.	7-4-92	2 years
Otis K.	7-9-91	3 years
Liz H.	7-12-92	2 years
Betty L.	7-14-91	3 years
Carry K.	7-19-79	15 years
Betty	7-19-91	3 years
Hazel A.	7-23-92	2 years
Tim T.	7-23-92	2 years
Bart B.	7-29-82	12 years
Alberta C.	7-30-91	3 years

Brevard Group

Tom S.	5-30-77	17 years
Steve F.	5-13-82	12 years
Betty Mc	5-3-90	4 years

Cumberland Group

Steve H.	7-18-90	4 years
Joel L.	7-29-88	6 years

Midday Group

Shirley B.	7-5-92	2 years
Lisa E.	7-9-92	2 years

Gail H.	7-28-91	3 years
Bill N.	7-15-50	44 years
Kate A.	7-19-90	4 years

Pathfinders Group

Carolyn S.	6-21-89	5 years
Laura F.	7-17-68	26 years
Bill F.	7-17-68	26 years

Serenity Service Group

Sheila C.	6-5-93	1 year
Donnie S.	6-25-93	1 year
Walter M.	6-29-93	1 year
Walter P.	6-29-93	1 year
Martha M.	6-26-88	6 years
Bob V.	6-22-78	16 years
Denise M.	6-3-93	1 year
James M.	6-22-91	3 years
Gary H.	7-28-92	2 years
Kevin P.	7-4-89	5 years
Karen H.	7-26-93	1 year
Robert G.	7-11-91	3 years
Dena L.	7-28-92	2 years
Bob P.	7-31-93	1 year
Charles A.	7-11-91	3 years
Mike K.	7-29-84	10 years

Sylva Group

Jeff M.	7-14-85	9 years
Buddy L.	7-20-85	9 years
Marty D.	7-22-78	16 years
Jenny D.	7-22-78	16 years
Barbara H.	7-28-84	10 years



Fellowship News


New Group. The **Big Toe Group** now meets each Wednesday at Noon at Quitting Time, 811 Oakland Road, Hendersonville. Parking and entrance is at the rear of the building. The meeting room is opposite Hendersonville High School. The meetings are open, discussion, nonsmoking.

Meeting Cancellation. The **Beginners Meeting**, formerly held at 6.45 p.m. at the Blue Ridge Gp. meeting room at St. John In The Wilderness Church on Rte 25 S., in Flat Rock, has been canceled.

Meeting Time change. The **Arden Group** Step

meeting has changed its meeting time from 8 p.m. to 7.30 p.m. The groups 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 closed, step study. St. Barnabas is a smoke-free facility.

**Erasers are put on
the ends of pencils
for a reason.
It's O.K.
to make mistakes.**



Treasurer's Report

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

Income

Group Contributions

Acceptance Group	\$480.00
Asheville Women's Group (Wed.)	51.35
Back To Basics Group	25.00
Black Mountain Group	21.00
Brevard Group	30.00
Candler KISS Group	50.00
Day By Day Group	45.00
Edneyville Group	15.00
Hendersonville Group	163.65
Hendersonville Happy Hour Group	50.00
Hendersonville Midday Group	100.00
Lambda Group	80.00
Marion Group	50.00
Marshall Group	30.00
Pathfinders Group	10.00
Roundtable Group	25.00
Serenity Service Group	15.00
Spruce Pine Group	162.00
Sylvan Valley Group	25.00
Unity Group	10.00
Welcome Group	30.00
West Asheville Group	35.00
Total Group Contributions	\$1,503.00

Individual Contributions 00.00

Total Sales	895.92
Mountain Doin's Subscriptions	0.00
Contributions for Copier (from Black Mtn. Gp.)	38.00
Total Income	2,398.92

Accounts Receivable* 301.65

Expenses

Rent	105.00
Telephone	
Basic Service (Southern Bell)	\$62.51
Toll Free Number (AT&T)	\$0.00
Answering Service	91.60
Payroll and Payroll Taxes	571.62
Cost of Mtn. Doin's Publication and Distribution**	163.30
Cost of Literature and Chips Sales***	877.07
Postage (Not including for postage Mtn. Doin's)	\$23.08
Other Expenses****	303.01
Total Expenses	\$2,197.19

Net Income 239.73

Operating Account (Checking)

Opening Balance	1,954.00
Net Income	239.73
Transferred from Reserve Account	0.00
Closing Balance	\$2,193.73

Reserve Account (Savings)

Opening Balance	1033.65
Transferred from Operating Acct.	0.00
Interest	0.00
Closing Balance	\$1,033.65

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

Income

Group Contributions

Acceptance Group	\$60.00
Back To Basics Group	25.00
Black Mountain Group	21.00
Bone Dry Group	25.00
Brevard Group	30.00
Conscious Contact Group	150.00
Day By Day Group	45.00
Grace Group	150.96
Hendersonville Group	216.00
Hendersonville Happy Hour Group	50.00
Hendersonville Midday Group	100.00
Pathfinders Group	10.00
Serenity Service Group	31.60
Sic O'Clock Open Group	50.00
Sylva Group	15.00
Sylvan Valley Group	25.00
Waynesville Grace Group	45.00
West Asheville Group	35.00
Total Group Contributions	\$1,034.56

Individual Contributions

Anon	\$60.00
Betty L. Anniversary contribution	31.00
In Memory of Gloria G.	25.00
In Memory of Gloria G.	30.00
Total Individual Contributions	\$146.00

Sales	\$1,194.27
Mountain Doin's Subscriptions	10.00
Other Income	0.00
Total Income	\$2,434.83

Accounts Receivable* \$319.30

Expenses

Rent	\$105.00
Telephone	
Basic Service (Southern Bell)	\$63.25
Toll Free Number (AT&T)	125.54
Answering Service	88.20
Payroll and Payroll Taxes	673.86
Cost of Mtn Doin's Publication and Distribution**	163.30
Cost of Literature and Chips Sales***	1,029.33
Postage (not including postage for Mtn. Doin's)	13.22
Other Expenses****	242.76
Total Expenses	\$2,504.46

Net Loss (\$69.63)

Operating Account (Checking)

Opening Balance	\$2,193.73
Net Loss	(69.63)
Transferred from Reserve Account	0.00
Closing Balance	\$2077.30

Reserve Account (Savings)

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 employee pay, also includes cost of publishing *Where and When*.

***Includes all costs except employee pay.

****Includes Office Supplies, Petty Cash, Bank Service charges and payments on copier.



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.

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.

1996 S.E. Regional Forum

As announced in the June issue of *Mountain Doin's*, the 1996 South East Regional Forum is to be held at the Raddisson Hotel, Asheville, on the first weekend in December, 1996.

For interested Readers, here is a description of Regional Forums and their objectives.

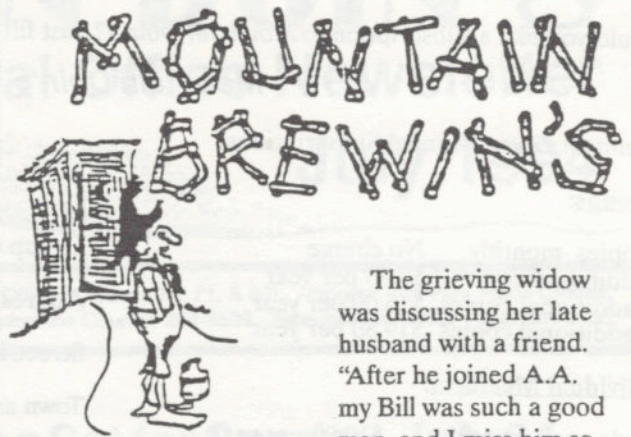
Regional Forums originated in 1975 through a good idea on the part of the late Chair of the Board Emeritus, Dr. Jack Norris. They are weekend sharing sessions designed to enhance and widen communication among service and potential service people, and representatives of the General Service Board Staff, and *Grapevine* Staff.

At the invitation of a region, four forums are held each year. Since our U.S./Canada structure is made up of eight regions, a Regional Forum is held every other year in a particular region, and on a rotating basis.

There is *no registration fee* for a Regional Forum. The General Service Board covers the expenses of hotel rooms and transportation and rooms for its board and staff personnel. Many Areas/Districts/Groups cover or defray the transportation and hotel room expenses of the service people representing them at a forum.

The location and agenda for a forum are worked out jointly by the Regional Trustee, Area Delegates, and G.S.O. The responsibility for direct contact with the hotel, ahead of time, is assumed by a local A.A. host Contact working with the Regional Forum Coordinator and Regional Trustee. The Host Contact is the liaison person on the spot. The Regional Forum Coordinator at G.S.O. sends out registrations/invitations to the region and coordinates and follows through on all the details.

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.



The grieving widow was discussing her late husband with a friend. "After he joined A.A. my Bill was such a good man, and I miss him so.

He provided me with a \$50,000 life insurance policy. But I would gladly give a thousand of it back just to have him with me again."

x x x

Two old friends from the mountains came into town for a classy dinner, and reserved a motel room for the night. When they awoke in the morning, they both had heavy headaches, and were amazed when they looked in the mirror to find that they were both covered in bruises, and each had a black eye.

They returned to the bar where they had spent the previous evening. The bartender greeted them with a smile.

"Well, well!" he said. "I see you two fellows decided to make up!"

x x x

Q: What's the theme song for two drunks playing tennis?

A Endless Love.

x x x

The tourist was driving through North Carolina and stopped his car to ask a roadside alcoholic the way to Chimney Rock.

"Dunno," answered the alky.

"Well, which is the way to Black Mountain?"

"Dunno," answered the alky.

Said the tourist, "Don't you know anything?"

"Well," said the alky. "I ain't lost."

x x x

The alcoholic was brought up before the judge for purse stealing. "Now, tell me," said the judge, "Why did you steal that purse?"

"Your honor, I'd been drinking and I wasn't feeling well. I thought the change would do me good."

x x x

Bartender: "Hey, Bert, it's only two o'clock. Why aren't you working?"

Bert: "The boss and I had a fight and he won't take back what he said."

Bartender: "What did he say?"

Bert: "You're fired!"

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Address _____

Street/PO Box No. _____

Town and Zip _____

Individual Members:

Single copy monthly \$10.00 per year

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70 Woodfin Place
Asheville NC 28801

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