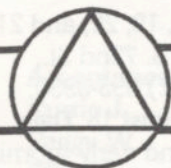


MOUNTAIN DOIN'S

Central Office Newsletter

AUGUST 1994



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July Central Office Meeting

The quarterly meeting of the N.C. Mountain Central Office was held on July 24 at the Hendersonville Group meeting room at 123 Main St., Hendersonville. An important item on the agenda was the election of Central Office new officers to represent our W.N.C. Districts 70, 71, and 80.

Full details of the meeting could not be included in this month's issue of *Mountain Doin's*. It is expected that minutes of the meeting will be published in the September *Mountain Doin's*.

Readers' Forum

LIVE LETTERS

Moving Off Center—Of the Universe, That Is!

How many times in A.A. meetings did I hear the statement, "I found out that I was not the center of the Universe!" And I used to think to myself that thank God I had never been one of those self-centered people.

But when I understood what they meant by being the center of the Universe I realized that I had been one of them all along. It meant that I had lived, like many others, in a "Me" world, where selfishness, throwing tantrums, pouting when I couldn't get my own way, planning revenge when someone bested me, and when I couldn't run the whole show. Yep, we saw ourselves as the center of the Universe, whether we recognized it or not.

Finding out and recognizing these facts about ourselves is all part of what the program calls "growing up." Emotionally as well as spiritually. We can now see

that kicking chairs and slamming doors are childish acts. And as we mature in the program we learn to control anger, gain tolerance, and learn to live in the world as it is, without trying to make everything go our way.

We even learn to apologize when we are wrong, and we can understand the wisdom of the Serenity prayer—to accept the things we cannot change, have the courage to change the things we can, and (most important) the wisdom to know the difference.

It's a part of "growing up" in the program. —K.B.

Socializing in A.A.

When I first came into A.A. I was very reluctant to join in all the joking and kidding around that followed the meetings. Yet, in a way I envied them for their relaxed manner and although I rather resented their attempts to drag me into their activities I was also surprised that they seemed to accept me so readily.

One day I read in the Big Book Bill's statement: "We are people who normally do not mix. But there exists among us a fellowship, a friendliness, and an understanding, which is indescribably wonderful."

Slowly, it dawned on me that I had dwelt far too much on the negative side or relationships. I had seen the members as uncaring, selfish, bigoted, self-satisfied. I never thought that they were still suffering as I was with their personal problems, but could put them behind them and try to hide them with laughter and fellowship. They were sharing what up-beat things they could, trying to make light of their inner worries. And I guess that's part of what A.A. is all about.

Today, I'm trying to be sociable, to listen to others and to share as well as possible in the banter. It's a slow process, but it does help me develop a more positive outlook.

Thanks for letting me share. —T.S.

Live Letters continued on next page

(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

Live Letters continued from page 1
Whackyness Works—For Us!

Any successful organization has rules, programs, set guidelines, fees and procedural limitations.

All, that is, except A.A. But tell it to an outsider. Imagine it: Our organization has no fees, we don't make money, we are always losing members—and gaining new ones. We have a few rules, but they're really "suggestions," and they're frequently broken, and no one seems to mind.

Often, at meetings, the chairperson introduces a subject for discussion, and by the time he or she has finished talking no one is quite sure what the subject is. Then, someone will tell about a recent incident and end with, "I know this has nothing to do with the subject, but I wanted to share it with you all." And nobody minds. And, on top of all that, it works! We go home satisfied and happy. Nobody can explain why. We only know it helped us in some way. And the next day, we go back again for more.

—K.P.

District 71 June GSR meeting notes

District 71 GSRs met at the Hendersonville Group meeting room on 6-26-94 and among the items discussed of interest to all groups in District 71 were:

1. A letter from the Area Committee discussed the consideration of a new edition of *Alcoholics Anonymous*, which would become the 4th Edition. Each GSR is asked for input from the respective Group about the matter. The purposes of the suggested reprint included boosting sales, including stories that covered more minorities—race, sex, age, retirees, sexual preference, etc.

The letter pointed out that the Big Book has been republished every twenty years since 1939. The delegates are asked to report to the General Service Office upon the results of Group opinions.

A motion was made and carried that copies of the GSO memorandum regarding the printing or not of a 4th Edition. District 71 DCM Marshall D. must mail in all Groups' responses by 8-20-94 and all District 71 GSRs are asked to notify their groups opinions by that date.

2. The District 71 Eatin' Meeting held on June 5 in Brevard was declared an outstanding success. Turnout and food was highly praised. Thanks were given to everyone who helped, especially groups in Transylvania County who hosted the affair (held at the Brevard/Davidson River Presbyterian Church.) Special thanks were given to Karen B. and Woody P. of Brevard for managing most of the work regarding

(continued in next column)



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.

Cornhusker Roundup XVII, August 18, 19, 20, and 21, 1994, at the Holiday Inn Central, 3321 S. 72nd St., Omaha, Nebraska, 68124. (Phone (402) 393-3950. Early Bird open meeting at 8 p.m., August 18. Daily speaker meetings plus late evening and early morning meetings, Ice Cream Social, Dances.

food etc. Approximately 94 attended the affair.

The speaker—Dan W. of Shelby, NC, was outstanding.

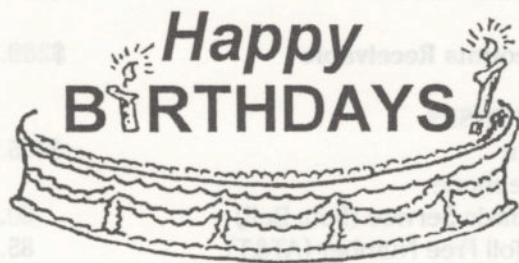
The next District 71 Eatin' Meeting has been tentatively scheduled for September, 1994, at St. John In The Wilderness Church (on Rte 25S. in Flat Rock). Henderson County groups will host the Eatin' Meeting, which will be coordinated by Jerry B. who will also select the Speaker. Dot P. suggested that a panel of speakers be compiled, and a motion was made and carried to submit speaker lists to Jerry B. for suggested Speakers at future Districts 71 Eatin' Meetings.

Groups Contributions 4-1-94—6-27-94:

Brevard Group	\$35.00
Edneyville Group	\$15.00
Fletcher Group	\$25.00
Happy Hour group	\$40.00
Hendersonville Group	
(including \$20 for Eatin' Mtg.)	\$30.00
Midday group	\$80.00
Midway Group	\$25.00
Roundtable Group	\$25.00
Sylvan Valley group	\$25.00
Other Contributions	
Eatin' Meeting donations	\$77.29

Procrastination

Procrastination may not be a matter of laziness. It may be a matter of mixed priorities. "It's better to do things you dislike first and leave the things you like to do last. This gives you a longer period of gratitude at having done the things you dislike. From *The Road Less Traveled*



Acceptance Group

Currie J.	7-19-79	15 years
Peggy W.	7-7-92	2 years
Rita V.	8-17-92	2 years
Maryo	8-18-86	8 years
Quinn F.	8-22-74	20 years
Laurie	8-2-93	1 year
Steve S.	8-13-93	1 year

Big Toe Group

Lisa T.	8-15-85	9 years
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Black Mountain Group

Ed. B.	7-18-90	4 years
Bill G.	8-21-87	7 years

Cumberland Group

Debbie S.	8-19-93	1 year
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Growing Together Group

J.C.M.	7-15-61	33 years
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Happy Hour Group

Ronnie O.	8-21-92	2 years
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Lake Group

John W.	7-5-83	11 years
Terry Mc	7-13-93	1 year
Page G.	7-18-93	1 year
Charlie S.	7-21-93	1 year
Sharon L.	8-4-93	1 year
Tim F.	8-16-92	2 years
Pam B.	8-23-92	2 years
Ken M.	8-24-93	1 year

Midday Group

Lou P.	8-24-92	2 years
Bill F.	8-28-87	7 years
Otis. T.	8-9-84	10 years
Travis G.	8-5-89	5 years
Jack C.	7-25-89	5 years
John G.	8-19-90	4 years
Ellen B.	8-19-92	2 years
Nancy G.	7-16-76	18 years



Fellowship News

Meeting changes. **The Ridgerunners Group** meetings held on Tuesdays and Fridays at 8 p.m. have been canceled.

The Black Mountain Group Wednesday noon meetings have been canceled.

The Franklin Group's Thursday 8 p.m. meeting is now being held at Smoky Mountain Counseling Center, Health Dept. Rd. The meeting is open, beginners.

The Robbinsville Group Monday 8 p.m. meeting has been canceled.

In Swannanoa the Tuesday 11.30 am meeting held at Handy Skills has been canceled.

The Franklin **Common Sense Group** now meets on Thursdays at 12.30 a.m. at St. Agnes Episcopal Church., 39 Church Street. The meetings are open, discussion.

The Saturday Night Live Group meets at 8 p.m. on Saturday nights at Macon Cty. Public Library, Route 441 Business. The meetings are open, Speaker.

The Pathfinders Group (Black Mountain), meets at the St. James Episcopal Church. The Church has now moved its location to the corner of Cragmont and Highway 70. The Group meetings are closed, Step Study, nonsmoking.

The Serenity Service Group has a new meeting on Saturdays at 11 a.m. The meetings are closed, discussion.

The Franklin Group has moved its Thursday 8 p.m. Beginners meeting to Smoky Mountain Counseling Center, Health Dpt. Rd..

Tolerance Keeps Us Sober

Honesty with ourselves and others gets us sober, but it is tolerance that keeps us that way.

Experience shows that few alcoholics will stay away from a group just because they don't like the way it is run. Most return and adjust themselves to whatever conditions they must. Some go to a different group or form a new one.

In other words, once an alcoholic fully realizes that he cannot get well alone, he will somehow find a way to get well in the company of others. It has been that way from the beginning of A.A. and probably always be so.

From As Bill Sees It



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$60.00
Black Mountain Group	21.00
Brevard Group	30.00
Candler KISS Group	50.00
Day By Day Group	45.00
Etowah group	40.00
Fletcher Group	35.00
Franklin Group	30.00
Growing Together Group	85.00
Hendersonville Group	211.45
Hendersonville Happy Hour Group	50.00
Hendersonville Midday Group	100.00
Maggie Valley Group	72.50
Murphy Group	30.00
Pathfinders Group	10.00
Serenity Service Group	58.00
Traditional Group	50.00
Unity Group	10.00
West Asheville Group	35.00
Total Group Contributions	\$1,022.95

Individual Contributions

Total Individual Contributions \$0.00

Sales	-\$1,030.97
Mountain Doin's subscriptions	0.00
Other Income	0.00

Total Income \$2,053.92

Accounts Receivable* \$269.03

EXPENSES

Rent	\$105.00
Telephone	
Basic Service (Sou. Bell)	60.34
Toll Free Number (AT&T)	85.11
Answering Service	19.20
Payroll and Payroll Taxes	592.61
Cost of <i>Mountain Doin's</i> publication and distribution**	167.00
Cost of Literature and Chips Sales***	536.02
Postage	17.00
Other Expenses****	\$127.67
Total Expenses	\$1,780.95

Net Income (Income minus expenses) \$272.97

Operating Account

Opening balance	\$1,926.99
Net Income	\$272.97
Transferred to Reserve	\$0.00
Closing Balance	\$2,199.96

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 cost of publishing *Where and When*.

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

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

Is Your Group Being Subsidized?

Is your group being subsidized? If your group is not contributing to GSO, Central Office, District, and Area then, yes, your group is being subsidized. It is accepting services, but letting other groups foot the bill.

For example, if your group buys its literature from Central Office, relies on Central Office to list its meetings in *Where and When*, and its GSR receives regular mailings from GSO, but the group does not contribute, then the group is not being self-supporting.

The Seventh Tradition states: Every A.A. Group ought to be fully self-supporting. . .

If we mean what we say about "wanting the hand of A.A. always to be there," we should support A.A.'s efforts at all levels.

That means that we pay for our coffee, rent, literature, and other group expenses. We also contribute to the Central office, which responds to calls for help and information, supplies literature, and publishes *Mountain Doin's*. We contribute to our District and Area which is responsible for public information. And we contribute to GSO which is responsible for A.A. material and guidance. The tradition of self-support is essential to A.A.

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 5-30-94—7-1-94

Answering Service calls	275
General Information	2
A.A. Help	8
Family Help (Al-Anon)	16
Meeting Information	104
Central Office Business	81
Medical Help (Hospital, Detox, etc.)	6
Others	5
Visitors	53

A.A. Spirituality

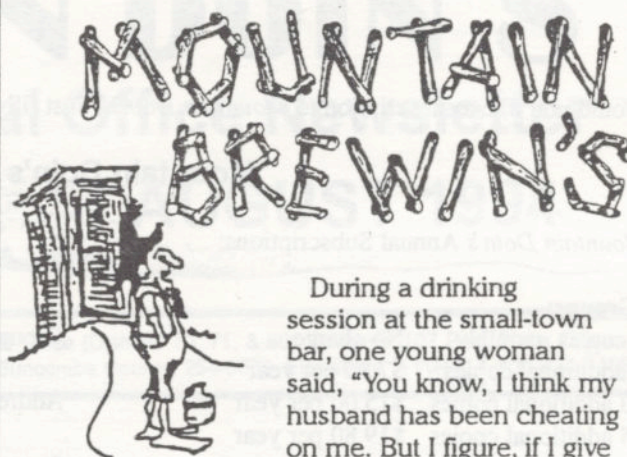
The A.A. program would never have acquired such worldwide recognition if it had given a specific religious content to universal concepts. since the understanding in the book *Alcoholics Anonymous* is vastly broader, it is easily accepted by Catholics, Buddhists, atheists, Muslims, etc. As repeatedly emphasized, everyone is free to understand as he chooses. "That" which gives help.

It is only important that a person feel that "It" is more powerful than he., believe in the possibility of receiving spiritual support, and recognize that only faith, hope, and love, can save him., where all other means are powerless.

Dogmatism is alien to the A.A. program. Each group and each person seeks spiritual support independently. the experience of others, for all its variety and fruitfulness, can only serve as a general guideline in specific conditions. All the same, the book is a highly reliable guide because it is the product of the collective creativity of many people. they had no intention whatever of writing to please anyone. their main task was to try to give practical help to people who were at times in desperate straits.

The anonymity of the book's authors has not made it impersonal. It is directed to each reader personally, for his aid and well-being.

The above was excerpted from a special foreword to the Russian language publication of Alcoholics Anonymous



During a drinking session at the small-town bar, one young woman said, "You know, I think my husband has been cheating on me. But I figure, if I give him enough rope, he'll

hang himself."

"Oh, I don't agree," said another. "I gave my husband enough rope, and he skipped!"

x x x

The mountain drunk was draped over his barstool, telling the bartender his tale of woe. "You know, I really gotta cut back on this drinking. Why, the other day, when I woke up, I was sure I saw an elephant looking at me from the bedroom doorway."

"Wow!" answered the bartender. "That sure sounds serious. Have you see a doctor?"

"Nope!" replied the drunk. "Just an elephant!"

x x x

Overheard from one of the girls enjoying Happy Hour at the bar: "Every woman needs four animals in her life: a jaguar in her garage, a mink in her closet, a tiger in her bed, and a jack-ass to pay for it all."

x x x

"I'm going to apply for a home improvement loan," said the wife to her boozing husband.

Said he: "What are you going to do with it?"

She replied: "Get a divorce."

x x x

One night at a convention, Jack saw his friend Fred wandering in the lobby, slightly intoxicated. Tom asked his friend, "Hey, Fred, have you been to all the bars already?"

"There are four bars in this hotel," Fred replied, "and I haven't been in one of them—the other three are much nicer."

x x x

Did you hear about the alcoholic who grew a moustache and a beard because he was sick and tired of hearing his wife call him a bare-faced liar?

x x x

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