

MOUNTAIN DOIN'S

Central Office Newsletter

SEPTEMBER 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



Come and Join us!

District 71 Eatin' Meeting

All groups in Henderson, Polk, and Transylvania counties

Sunday, September 11, 1994

at the Parish House, St. John In the Wilderness Church, Flat Rock, (Rte 25 S.)

Eatin' will begin at 4 p.m. Speaker at 5:30 p.m. Bring a covered dish.

Y'all Come!

Readers Forum

LIVE LETTERS

Although I hadn't read it anywhere or heard it at meetings, I had come to believe that compassion was one of the very best measures of good sobriety. I believe the reason is that recovering alcoholics have been to the depths of despair and hopelessness and are now able to relate to the feelings of people who

suffer misfortune. Also the very nature of A.A. suffer misfortune. Also the very nature of the A.A. program is that we get out of ourselves and connect with other people.

The other day I ran across a quotation which pretty well sums up what I have come to believe. The quotation says in part, "Compassion is the ultimate and most meaningful embodiment of emotional maturity. It is through compassion that a person achieves

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 previous page)
the highest peak and deepest reach in his or her search for self-fulfillment."

I really think too much is said about things like "tough love" and not enough about the relating to other people and sharing their burdens. No man is an island, and we all need each other. —HB

Loosen Up!

When I first came into A.A. I was very nervous and riddled with guilt. It did me good to hear the occasional laughter that rang through the room. It took some of my gloom away. Hey, these folk weren't so serious and pompous after all!

Laughter, I found, is infectious, and is a very powerful tool in lightening someone's burden at a meeting. I think alcoholics are often so serious in discussing their problems that their gloom spreads around the room. Then someone shares something that brings a laugh into the room, and suddenly members feel relaxed, calm, and smiles light up within the group.

So, loosen up, guys. there's always the lighter side of our problems, and that can help us to keep things in balance. —LR



Fellowship News

Meetings Canceled. **Waynesville Grace Group** has canceled its Wednesday and Thursday 8 p.m. meetings.

New Meeting. **The Newcomers Group** now meets at St. John In The Wilderness Church in Flat Rock on Rte 25S. The meetings are held at 6:30 p.m. on Mondays.

Cullowhee meeting schedule. Meetings are now held as follows:

Wednesday, 8 p.m. **Cullowhee Valley Group** meets at St. David's Episcopal Church, Canterbury House. (WCU Campus, behind Ramsey Ct.) The meetings are open, nonsmoking.

Thursday, 7 p.m. **Cullowhee Women's Group** meets at Cullowhee Baptist Church (WCU Campus).

Sylva meeting schedule. Meetings are now held as follows:

Monday 6 p.m. **Scott's Creek Meeting**, Old Rock Church, Church St., behind ABC store (Newcomers and Beginners Mtg., (open, nonsmoking).

Monday 8 p.m. **Sylva Group**, at St. Mary's Catholic Church, 2 Bartlett St. (open, discussion).

Tuesday, 7 p.m. **Scott's Creek Meeting**. Address as for Scott's Creek Mtg, above.(open, discussion)

Thursday, 7 p.m. **Scott's Creek Meeting**, address

as above, (open, discussion).

Friday, 6 p.m. **Scott's Creek Meeting**, address as above, (open, discussion).

Saturday, 10 a.m. **Scott's Creek Meeting**, address as above (open discussion).

Saturday 8 p.m., **Sylva Group**, at St. Mary's Catholic Church, 2 Bartlett St. (open, discussion).



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.

28th Annual Roundup of Alcoholics Anonymous, Las Vegas, Nevada, November 24,25,26, and 27. To be held at the Riviera Hotel. Marathon meetings, Round-up golf tournament, Spanish speaking meetings. For full information write: The Round-Up committee, P.O.Box 43177, Las Vegas, Nevada 89116.

43rd Southern California A.A. Convention, San Diego, California, September 30, October 1, 2, 1994. Marathon Meetings, Alateen Spiritual Meeting, Al-Anon Meeting, Sport fishing, Golf Tournament, Friday Night Dance. For further information phone: David A. (818) 331-3251 or Al W. (619) 425-7501.

Acceptance Exercises

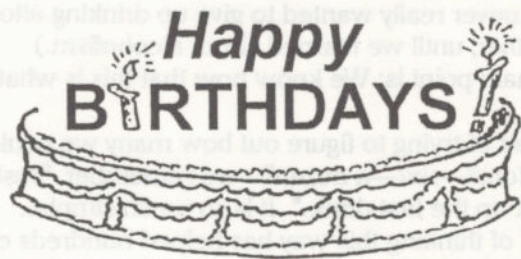
Though I still find it difficult to accept today's pain and anxiety with any degree of serenity—as those more advanced in the spiritual life seem to be able to do—I can, if I try hard, give thanks for the present pain nevertheless. I find the willingness led to blessings I now enjoy.

I can remember, if I insist, how the agonies of alcoholism, the pain of rebellion and thwarted pride, have often led me to God's grace, and so to a new freedom. So, as I walk along, I repeat still other phrases, such as these: "Pain is the touchstone of progress" . . . "Fear no evil" . . . "This, too, shall pass" . . . "This experience can be turned to benefit."

These fragments of prayer bring far more than mere comfort. They keep me on the track of right acceptance; they break up my compulsive themes of guilt, depression, rebellion, and pride; sometimes they give me the courage to change the things I can, and the wisdom to know the difference.

To those who have never given these potent exercises in acceptance a real workout, I recommend them highly the next time the heat is on. Or, for that matter, at any time!

Bill W., the Grapevine, 1962



Acceptance Group

Anne I.	9-22-92	2 years
Bill M.	9-24-76	18 years
George D.	9-30-88	6 years

Brevard Group

Margaret H.	9-6-86	8 years
Darlene F.	9-15-93	1 year

Happy Hour Group

Frank B.	9-27-89	5 years
----------	---------	---------

Hendersonville Group

Geroge W.	9-13-82	12 years
Louise F.	9-11-82	12 years
Susan J.	9-16-85	9 years
E.C.C	9-8-92	2 years

Lake Group

Tim F	8-16-92	2 years
Ken M.	8-22-93	1 year
Sharon L.	8-4-93	1 year
Pam B.	8-23-92	2 years
Dwayne Mc	8-30-93	1 year
Kattie R.	9-23-93	1 year
Debbie K.	9-26-93	1 year
Shirley O.	9-4-92	2 years
Mary W.	9-1-93	1 year

Midday Group

Beth H.	9-16-85	9 years
Alan H.	9-3-90	4 years
Maija G.	9-4-87	7 years

Central Office Meeting Minutes—July 24, 1994

The North Carolina Mountain Central Office met for its quarterly meeting on July 24, 1994, at The Hendersonville group meeting room at 123 S. Main Street.

Present were: Bill G., C.O. Chairman, Black Mtn Gp.; Owen C., C.O. Treasurer, Hendersonville Gp.; Beth H., C.O. Secretary, Ladies Thursday Afternoon

Group; Bob V., C.O. Manager, Acceptance Gp.; Alan W. Editor, *Mountain Doin's*; Midday Gp.; Ray D., DCM District 71, Hendersonville Gp.; Sam G. C.O. Rep., District 80; Waynesville Gp.; Ted A., Alt. C.O. Rep., Hendersonville Gp.; Terry M. Alt. C.O. Rep., Acceptance Gp.; Allan H., Roundtable Gp.

Bob V. now is the sole Office Manager at Central Office and his salary was discussed. It was agreed with his concurrence that his salary should remain at its present level.

To help coordinate our three Districts—70, 71, and 80—we will ask the three DCMs to attend Central Office meetings. The meetings are held on the third Sunday in January, April, July, and October.

The Answering Service did not return a call to an actively drunk caller. The Groups decided that the Answering Service should not make a decision about who should be answered, but should refer all calls.

In 1996, Asheville will host the Regional Forum, sponsored by GSO. The Central Office will form a committee to be available to assist planning. The three trustees, the Chairman, and the Vice Chairman of the District will be on the committee.

It was decided that the copier debt of \$304.14 should be paid off. The copier is available to all Groups. Price: 3 cents a side of 8½ X 11 inch paper.

Bob V. stated that he could use some help in folding *Mountain Doin's*. Bob V. and Alan W. distribute half the *Mountain Doin's*, saving postage expenses. The objective of the Central Office is to eventually provide a copy of *Mountain Doin's* to every member. Bill G. stated that the purpose of *Mountain Doin's* is primarily information. A motion was made to keep an events calendar in Central Office. The motion was carried.

Owen C. gave the Treasurer's Report. There was a net income correction of -\$41.75. the Report was accepted.

The Central Office Reserve Account should be two months' running expenses which would be about \$4,000. It is now \$1,033.65. It was moved, seconded, and passed, that we publish a short version of the financial report, not including the reserve account so uninformed readers will not get the impression that Central Office has more money than it needs. We will publish the short version for a three-month trial period.

A letter will be put in *Mountain Doin's* about how to start a meeting. It will be written by Alan W.

Bill G. said the officers of Central Office have been exemplary and thanked them. A slate of new officers was presented: 1. Owen C., Chairperson; 2. Ted A., Vice Chairperson; 3. Beth H., Secretary; 4. John B., Treasurer; 5. Bill G., District 70 Trustee; 6. Ray D., District 71 Trustee; 7. Gene V., District 80 Trustee.

The slate was accepted unanimously. The meeting was adjourned by our new Chairperson.

Respectfully submitted, Beth H., Secretary.

July Treasurer's Report

The Treasurer's Report for the month of July could not be prepared in time for publication in this issue of *Mountain Doin's*.

Staying Away From The First Drink

Expressions commonly heard in A.A. are "if you don't take the first drink, you can't get drunk," and "One drink is too many, but twenty are not enough."

Many of us, when we first began to drink, never wanted or took more than two drinks. But as time went on, we increased the number. Then, in later years, we found ourselves drinking more and more, some of us getting and staying very drunk. Maybe our condition didn't always show in our speech or our gait, but this time we were never actually sober.

If that bothered us too much, we would cut down or try to limit ourselves to just one or two, or switch from hard liquor to just one or two, or switch from hard liquor to beer or wine. At least we tried to limit the amount so we would not get too disastrously tight. Or we tried to hide how much we drank.

But all these measures got more and more difficult. Occasionally, we even went on the wagon, and did not drink at all for awhile. Eventually we would go back to drinking—just one drink. And since that apparently did no serious damage, we felt it was safe to have another. Maybe that was all we took on that occasion, and it was a great relief to find we could take just one or two, then stop. Some of us did that many times.

But the experience proved to be a snare. It persuaded us that we could drink safely, and then there would come the occasion (some special celebration, a personal loss, or no particular event at all) when two or three made us feel fine, so we thought one or two more could not hurt. And with absolutely no intention of doing so, we found ourselves again drinking too much. We were right back where we had been—overdrinking without really wanting to.

Such repeated experiences have forced us to this logically inescapable conclusion: If we do not take the first drink, we never get drunk. Therefore, instead of planning never to get drunk, or trying to limit the number of drinks or the amount of alcohol, we have learned to concentrate on avoiding only one drink: the first one.

In effect, instead of worrying about limiting the number of drinks at the end of a drinking episode, we avoid the one drink that starts it. Sounds almost foolishly simplistic, doesn't it? It's hard for many of us now to believe that we never really figured this out for our-

selves before we came into A.A. (Of course, to tell the truth, we never really wanted to give up drinking altogether, either, until we learned about alcoholism.) But the main point is: We know now that this is what works.

Instead of trying to figure out how many we could handle—four?—six?—a dozen?—we remember, "Just don't pick up the first drink." It is so much simpler. The habit of thinking this way has helped hundreds of thousands of us stay sober for years.

Doctors who are experts on alcoholism tell us that there is a sound medical foundation for avoiding the first drink. It is the first drink which triggers, immediately or sometime later, the compulsion to drink more and more until we are in drinking trouble again. Many of us have come to believe that our alcoholism is an addiction to the drug alcohol; like addicts of any sort who want to maintain recovery, we have to keep away from the first dose of the drug we have become addicted to. Our experience seems to prove this, as you can read in the book *Alcoholics Anonymous* and in our *Grapevine* magazine, and as you can hear wherever A.A. members get together and share their experiences.

Reprinted from *Living Sober*

Dear Doctor

Q. What kind of drink is safest?

A. Bottled Water.

Q. Do you believe some people drink only because they like the taste?

A. Yes! The same way I believe people have sex for aerobic exercise.

Q. Is it true that vodka does not linger on the breath if you mix it with orange juice?

A. Not for more than five days, if you don't keep adding to it.

Q. Has there ever been an A.A. meeting without a coffee pot?

A. Once, in the mid eighties. The chairperson's body was found floating in the river. He was a good swimmer, but handicapped by leg chains.

Q. Don't you think it would be safer for me to quit drinking if my wife were more sympathetic?

A. Certainly. And, if you had need for a hernia operation, it would be easier if she has it for you.

Q. I keep having slips . . . no matter what I seem to do. I seem to need the message of lasting inspiration. Do you have a couple of words?

A. Try, TERMINAL ILLNESS!

—from *The Grapevine*

Imagine Such A Disease

If some new and terrible disease were suddenly to strike us here in America—a disease of unknown cause, possibly due to noxious gas or poison in our soil, air, or water—it would be treated as a national emergency, with our whole citizenry united to a man to fight it.

Let us suppose the disease to have so harmful an effect on the nervous system that five million people in our country would go insane for periods lasting from a few hours to weeks or months and recurring over periods of from fifteen to thirty years.

Let us further suppose that during these spells of insanity, acts of so destructive a nature would be committed that the material and spiritual lives of whole families would be in jeopardy with a resultant twenty-five million persons cruelly affected.

Work in business, industry, professions, and factories would be crippled, sabotaged, or left undone. And each year more than \$1.25 billion would need to be spent merely to patch up in some small way the effects of the disease on families whose breadwinners have been stricken.

Finally, let us imagine this poison or disease to have the peculiar property of so altering a person's judgment, so brain-washing him, that he would be unable to see that he had become ill at all; actually so perverting and so distorting his views of life that he would wish with all his might to go on being ill.

The dread disease envisioned above is actually here. It is alcoholism. From the *Grapevine*, October 1968

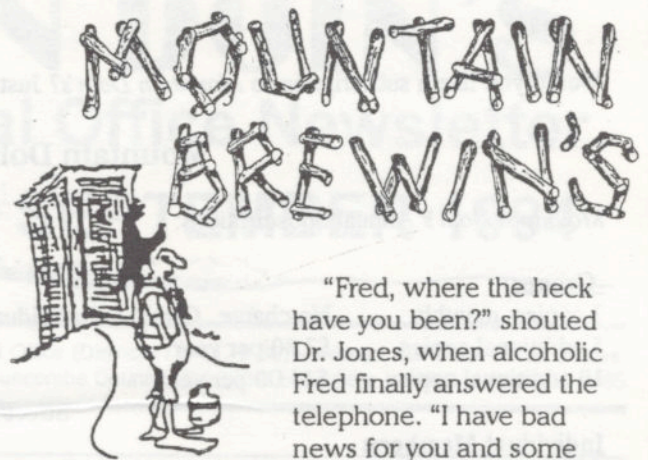
Central Office Phone Log



"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 7-4-94—7-29-94

Answering Service calls	206
General Information	6
A.A. Help	10
Family Help (Al-Anon)	6
Meeting Information	75
Central Office Business	70
Medical Help (Hospital, Detox, etc.)	6
Others	4
Visitors	36



"Fred, where the heck have you been?" shouted Dr. Jones, when alcoholic Fred finally answered the telephone. "I have bad news for you and some terrible news!"

"OhmiGod!" responded Alky Fred. "Bad news and terrible news! Give me the bad news first."

"The bad news is about your medical exam. You only have twenty-four hours to live!"

"What the heck is the terrible news?" asked the horrified alky.

"The terrible news is, I've been trying to call you since yesterday."

x x x

If you marry an alcoholic you might find that marriage is like a bath: once you've been in it awhile, it's not so hot.

x x x

"Wait a minute!" said the bartender. "You look like a piece of string."

"I am a piece of string. But I can still pay—"

"Forget it," snapped the bartender. "We don't serve pieces of string in this place."

The string left, and entered another bar. But before he went inside he tangled himself up and frayed both of his ends. Then he went into the bar.

"I'd like a beer," he said to the bartender.

"But aren't you a piece of string?" asked the bartender in amazement.

"No," he responded. "I'm a frayed knot!"

x x x

An old hillbilly shoemaker was taken to the police court for being drunk and disorderly. His wife decide to come to the court with him. However, the shoemaker didn't want his wife to hear about his night of drinking, so he decided to concoct a story that was different from the one he had first admitted to the police.

The judge heard him out patiently. When the shoemaker had finished the judge told him, "This new tale you've just told doesn't sound convincing. Shoemaker, stick to your last!"

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:

Groups:

3 copies monthly	No charge	Group or Individual Name _____	
5 additional copies	\$7.80 per year		
10 additional copies	\$15.00 per year		15 additional copies \$19.80 per year

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 Place

Address correction requested

Place
Postage
Stamp
Here