

MOUNTAIN DOIN'S

Central Office Newsletter

JANUARY 1995



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Central Office January Mtg.

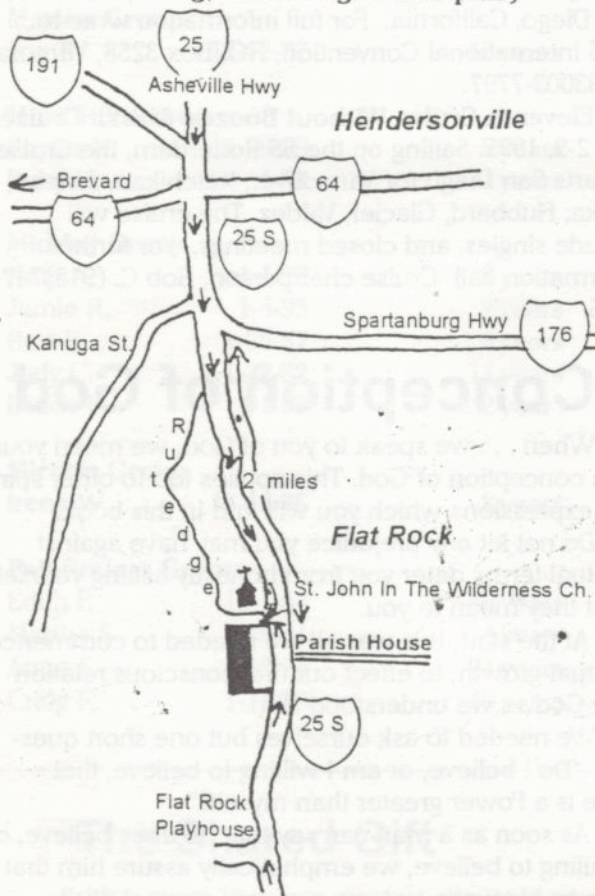
JANUARY 1st, 1995

Parish House

St. John In The Wilderness Church
Flat Rock

3 p.m.

(Held in conjunction with District 71 Eatin'
Meeting, which begins at 4 p.m.)



Attendees are invited to stay for the District 71 Eatin' Meeting. Bring a covered dish. Eatin' at 4 p.m. Speaker at 5:30 p.m.

Reader's Forum

LIVE LETTERS

Progressive? That's Hard to Swallow!

Until we come into the program it's impossible to know one very important fact about alcoholism—that it's a progressive disease. Even when you first hear it at meetings it doesn't register, because it's difficult to take the statement seriously. You have to be around to hear oldtimers discuss their "slips" before you can understand what is really implied in that short statement.

Who'd have thought that the disease is progressive even though you're not drinking? That's difficult to (excuse the word) swallow. How can it progress if you're not actively drinking?

Just ask a "slipper." He'll tell you that when he (or she) went back to drinking he found that what used to take a fifth to get him feeling groggy, now takes him only one or two drinks.

And that one small drink, although it affects him, as he will admit, by no means stops the desire for another one. In fact, in no time at all, as he'll admit, he's back in his old drinking pattern. And if, in his sober moments, he doesn't return to A.A., he inevitably, this time, will drink himself to death. And doctors who have studied alcoholism will agree that this is true.

A.A.s know it to be true. But it's difficult for anyone else to conceive of this fact, let alone agree that it's true.

This medically proven fact was taught to me in
Live Letters continued on next page

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Live Letters (continued from page 1)

that it is indeed a "progressive" disease, whether you are drinking or not. And the only way out is what A.A. has to offer me—a life of sobriety, as long as I live up to the suggestions and keep on attending A.A. meetings. —WT

Choosing a Home Group in WNC

I've noticed that our Area—Districts 70, 71, and 80 covers a very broad area of North Carolina. And in some towns there are only one or two meetings.

That's a pity, but, of course, understandable, because of the size of the towns.

Personally, I'd rather travel a few miles to places where there are a number of meetings, because that's where I can find the groups that best suit me and where I can choose a Home Group.

There are smoking meetings; nonsmoking meetings; meetings that have a good balance of both sexes; meetings where there's a lot of sobriety; meetings where the newcomers predominate. It's good to be able to take your pick, and find the meetings that suit you best.

Some meetings are deep into religion, some dwell on the more practical and spiritual side. There are meetings to suit all tastes and outlooks.

That's why, for me, a Home Group doesn't necessarily have to be the nearest one, or the one that's easiest to get to.

It's the one that makes you feel you have the most in common with, the one that makes you feel as if you belong and you feel at home. —LT



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.

The Enchanted Seas. 10th Annual Cruise

Without Booze. February 11, 1995—February 18, 1995. 7 Days, 7 Nights. New Orleans, Playa Del Carmen/Cozumel, Grand Cayman Island, Montego Bay, Jamaica. Excellent speakers, voluntary meetings, around the clock fellowship. For information call Chairperson: Bob C. (918) 747-0615.

Want to travel? There's going to be a **50th Anniversary Celebration of Alcoholics Anonymous in New South Wales, Australia** on April 14th—16th, 1995. For full details write: 50th Anniversary Celebration Sub-committee, P.O. Box 94 Croydon, NSW, Australia 2132.

The International Convention of Alcoholics Anonymous is being held on June 29—July 2, 1995, in San Diego, California. For full information write to 1995 International Convention, P.O. Box 3258, Ventura, CA 93003-7797.

Eleventh Cruise Without Booze—Alaska Cruise, July 2-9, 1995. Sailing on the SS Rotterdam, the Cruise departs San Diego for Vancouver, Ketchikan, Juneau, Sitka, Hubbard, Glacier, Valdez. The cruise will include singles, and closed meetings. For further information call Cruise chairperson, Bob C. (918)747-0615.

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 10-31-94—12-2-94

Answering Service Calls	239
General Information	10
A.A. Help	6
Family Help (Al-Anon)	12
Meeting Information	86
Central Office Business	68
Medical Help (Hospital, Detox, etc.)	1
Others	4
Visitors	61

Conception of God

When . . . we speak to you of God, we mean your own conception of God. This applies too to other spiritual expressions which you will find in this book.

Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you.

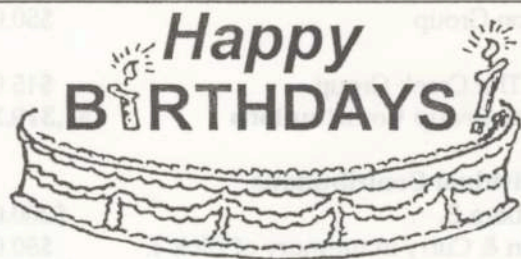
At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him.

We needed to ask ourselves but one short question: "Do I believe, or am I willing to believe, that there is a Power greater than myself?"

As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.

It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

from *Alcoholics Anonymous*, page 47



Acceptance Group

Lori H.	1990	5 years
Faye Mc	1-5-93	2 years
Boyce R.	1-6-82	13 years
Suzanne	1-1-92	3 years
Margi S.	1976	19 years

Conscious Contact Group

Kay G.	11-5-84	10 years
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Cumberland Group

Stuart C.	1-27-89	6 years
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Hendersonville Group

Glen B.	1-12-93	2 years
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Marion Group

Joe T.	12-12-77	17 years
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Mars Hill Group

Phyllis N.	11-26-89	5 years
Ruby H.	12-11-83	11 years

Midday Group

Kate A.	1-1-93	2 years
Jamie R.	1-4-93	2 years
Bert B.	1-25-87	8 years
Judy C.	1-22-82	13 years
Bruce H.	1-1-93	2 year

Miracle Group

Irene W.	12-18-86	8 years
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Pathfinders Group

Edith P.	12-1-54	40 years
Martha S.	1-26-81	14 years
Anne S.	1-13-74	21 years
Craig R.	1-14-85	10 years

The Shared Gift

Faith is more than our greatest gift; its sharing with others is our greatest responsibility. May we of A.A. continually seek wisdom and the willingness to which we may well fulfill that immense trust which the Giver of all perfect gifts has placed in our hands.

From *The Grapevine*

Purchase Your Literature & Chips from Central Office—and Save Money

All books, pamphlets, chips, and medallions may be ordered from Central Office simply by a phone call, a personal visit, or by mail.

Prices are:

Conference Literature

Alcoholics Anonymous	(Hard Cover)	\$5.00
" "	(Soft Cover)	\$5.00
" "	(Large Print)	\$6.50
" "	(Pocket Edition)	\$4.25
Twelve & Twelve	(Regular Edition)	\$4.50
" "	(Soft Cover)	\$4.50
" "	(Gift Edition)	\$5.00
" "	(Large Print)	\$5.50
Daily Reflections		\$5.50
Came to Believe		\$2.50
Living Sober		\$2.50
A.A. Comes of Age		\$6.00
As Bill Sees It		\$5.50
Dr. Bob and the Good Oldtimers		\$6.50
Pass It On		\$7.00
Language of the Heart		\$11.00

Non-Conference Literature

Twenty Four Hours a Day	\$8.00
Each Day a New Beginning	\$9.00
The Little Red Book	\$8.00
Promise of a New Day	\$9.00

Chips:

All Chips (White, Silver, Gold, Red, Yellow, Green, Blue) are sold at 25cents each.

Medallions

All bronze medallions are sold at \$2 each. (price discounts: 10 or more \$1.75 ea. 50 or more \$1.50 ea.)

Is Happiness the Goal?

"I don't think happiness or unhappiness is the point. How do we meet the problems we face? How do we best learn from them and transmit what we have learned to others, if they would receive the knowledge?"

"In my view, we of this world are pupils in a great school of life. It is intended that we try to grow, and that we try to help our fellow travelers to grow in the kind of love that makes no demands. In short, we try to move toward the image and likeness of God as we understand him.

"When pain comes, we are expected to learn from it willingly, and help others to learn.

"When happiness comes, we accept it as a gift, and thank God for it."

from *As Bill Sees It*



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$60.00
Arden Group	\$60.00
Black Mountain Group	\$21.00
Brevard Group	\$25.00
Candler KISS Group	\$50.00
Cedar Mountain Group	\$131.40
Columbus Group	\$110.00
Conscious contact Group	\$180.00
Day By Day Group	\$45.00
Growing Together Group	\$75.00
Hendersonville Group	\$153.40
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Just For Today Group	\$3.00
Mountain View Group	\$10.50
New Day Group	\$20.00
Pathfinders Group	\$5.00
Pine Grove Group	\$10.00
Roundtable Group	\$25.00
Six O'Clock Open Group	\$50.00
Sylva Group	\$15.00
Sylvan Valley group	\$55.00

Tryon Group	\$50.00
Up The Creek Group	\$15.00
Total Group Contributions	\$1,319.30

Individual Contributions

Barbara B.	\$200.00
John & Curry in memory of Dick T.	\$50.00
Rod & Lorraine B. in memory of Dick T.	\$20.00
Total Individual Contributions	\$270.00

Other Income

Literature and Chips sales	\$1,248.45
Mtn. Doin's and Where and When sales	\$40.50
Other Income	\$30.06
Total Income	\$2,908.31

EXPENSES

Rent	\$105.00
Telephone	\$242.96
Payroll and Payroll Taxes	\$592.61
Cost of Mtn Doin's & Where & When publication and distribution	\$202.17
Cost of Literature and Chips Sales	\$871.21
Other Expenses	\$42.11
Total Expenses	\$2,056.06

Net Income \$852.25

Financial Status, end of October \$3,052.38

Operating Bank Balance Nov. 30	\$3,983.19
Cash and Checks on hand Nov. 30	\$173.90
Accruals	(\$252.46)

Financial Status, end of November \$3,904.63

Practice These Principles

Tradition:One: Our common welfare should come first; personal recovery depends on A.A. Unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?

2. Am I a peacemaker? Or do I with pious pre-ludes such as "just for the sake of discussion," plunge into arguments?

3. Am I gentle with those who rub me the wrong way, or am I abrasive?

4. Do I make competitive A.A. remarks, such as comparing one group with another, or contrasting A.A. in one place with A.A. in another?

5. Do I down some A.A. activities as if I were superior for not participating in this or that aspect of A.A.?

6. Am I informed about A.A. as a whole? Do I support, in every way I can, A.A. as a whole, or just the

parts I understand and approve of?

7. Am I as considerate of A.A. members as I want them to be of me?

8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

9. Do I go to enough A.A. meetings or read enough A.A. literature to really keep in touch?

10. Do I share with A.A. all of me—the bad and the good—accepting as well as giving the help of the fellowship?

from *The Grapevine*

A word of encouragement after failure is worth more than a dictionary of praise after success..



Fellowship News

Name Change. The Unity Group of Asheville has changed its name to **The Charter Group**. The group meets on Tuesdays and Thursdays at 8 p.m. at Appalachian Hall, Asheville.

New group. In Swannanoa a new group named **The Miracle Group** now meets on Wednesdays at 7 p.m. at St. Margaret Mary Catholic church, Government Ave., Swannanoa. The meetings are closed, discussion.

New Group. In Murphy a new group has formed named **Sober Sisters**. The women's group meets on Sundays at 4 p.m. at the Church of the Messiah, Peachtree St., Murphy

Also in Murphy a new group named **The Downtown Group** now meets Sundays through Saturdays at 8 p.m. and also at Noon on Saturdays. These meetings are held over Davis Jewelers, Peachtree St.

Correction: **The Lambda Group of Asheville**, listed in *Where and When* should have been listed as meeting at Unitarian Church, Edwin and Charlotte, not Irwin and Charlotte

Meeting Canceled. **The 601 Group** of Burnsville has canceled its Wednesday 8 p.m. meetings. The Group meets on Sunday, Tuesday, and Friday, at 8 p.m. at 601 Main Street. The meetings are open.

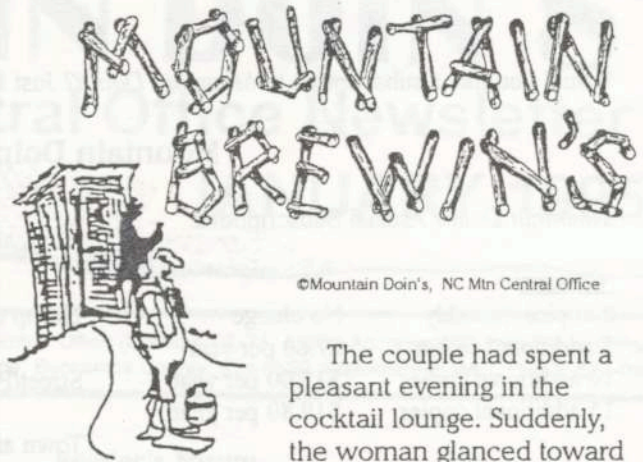
Meeting changes. In Waynesville, the name of the Lake Group has been discontinued. The Group continues to meet under no specific name. A new list for the Group will be listed simply as **Meetings** in the next *Where and When* to be published in January. Meetings are at Serenity Place, 1 S Lake Shore Dr., Lake Junaluska. The list is as under:

- Sunday, 10 am—OD
- Monday, 12.30 pm—C. Step; 8 pm—CD
- Tuesday, 12.30 pm—C.Trad; 8 pm—CD
- Wednesday, 12.30 pm—C.Step; 8 pm—CD
- Thursday, 12.30 pm—C.Trad; 8 pm—CD
- Friday 12.30pm—C.Big Book; 8 pm—CD
- Saturday 10 am—OD; 8 pm— Open Speaker

These mtgs. are in addition to the Grace Gp. meetings.

The Fellowship Group now meets at Fletcher United Methodist Church. in the Fellowship building (same as Fletcher Group's Thursday night meetings). The Group meets at 6 p.m. every Tuesday and is a closed, "As Bill Sees It" discussion.

Time Change: **The Traditional Group's** Young People's meeting, held on Tuesdays at the Trinity Episcopal Church, at Church and Aston, Asheville, has changed its meeting time from 6:30 p.m. to 6p.m.



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The couple had spent a pleasant evening in the cocktail lounge. Suddenly, the woman glanced toward

the door. The waitress rushed over.

"Ma'am" she exclaimed, "Your husband just slid under the table."

"No, he didn't" replied the woman. "My husband just came through the door."

x x x

Doctor: "Why don't you quit drinking? You'll live longer, you know."

Drunk: "You're right, Doc. I tried it one day a while back, and I thought the day would never end."

x x x

Take two glasses.

Fill one with water.

Fill the other with booze.

Drop a worm in the water—he lives!

Drop a worm in the booze—he dies!

Moral—If you drink plenty of booze you'll never have worms!

x x x

There was a drunk at the automat. He kept stuffing quarters in the slots and putting the food on nearby tables. On his fourth trip, he asked one of the cashiers for more change. The manager stopped him and asked: "Just what are you doing?"

"Don't stop me now," said the drunk. "I'm on a winning streak!"

x x x

Wife to husband, after several drinks at a party, "Henry, please don't get another cocktail. Your face is already getting blurred."

x x x

The habitual drunk gets hauled up once again before the bench, after sleeping it off in a cell. The presiding judge says: "Look at you—a man of good education, yet here you are, broke, in jail, cut off from family and friends, jobless. It's alcohol that's responsible for your situation!"

The drunk grins, "Thank you for saying so, your Honor. Everyone else thinks it's my fault!"

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