

MOUNTAIN DOIN'S

Central Office Newsletter

FEBRUARY 1995



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

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Readers' Forum

LIVE LETTERS

The Choice Is Ours

Were we alcoholics crazy or what! We used to think that the only thing to do to make us feel better was by gulping down the liquid that could only make us feel worse. We used to think we could boost our need to feel upbeat and happy by swallowing the very stuff that could be relied upon to give us a viscous hangover and a feeling of remorse—and quite frequently an unanswered question of what we actually did during the hours of blackout. And when we've recovered enough to do it all over again, that's exactly

what we'll do!

Crazy?

And what's in store for us? One of two things: we can do it all over again, as we have in the past, without bothering about the fact that it'll happen all over again, each time wrecking our lives as well as those we love, or we can join A.A. and start a whole new life of genuine love and reality and happiness.

Me? I'll stick with A.A.

—PS

Understanding the Program Takes Time

There couldn't have been a more confused person than I at my first few A.A. meetings. What in

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 page 1)

God's name was A.A. all about? At times it seemed to hover around religion. Then personal problems seemed to take up all the time, then gratitude, then anger, then resentments. What was it all about?

Looking back, the most useful and important message I had was simply "keep coming to meetings." That was the only way I eventually was able to learn the pattern of A.A.—the bits and pieces all eventually fell into place.

The above, taken separately, are not what A.A. is all about. Go to enough meetings and they do indeed add up to our program—except that they are still only a part of the total. We have to keep attending meetings to experience the program fully—and even then it has to be interpreted properly by two requisites—a sponsor and A.A. literature, such as the Big Book and the Twelve and Twelve.

I quickly noticed that generally the oldtimers could be relied upon to attend almost every meeting. That should have told me something about the importance of regular attendance. It was the newcomers who came and went, often never to return after awhile.

And I learned, too, that the more regular I became as a member of my Home Group the more I wanted to become involved in other aspects of A.A., such as service work, like simply making coffee; greeting newcomers, volunteer work, twelfth stepping. I all helped me to become sufficiently involved in A.A. and today the program and the fellowship has become a major part of my life.

And though I've not yet lost all desire to drink, I know that going to regular meetings is my way of staying sober. Thank you, A.A. —RM



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.

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.

Leadership In A.A.

No society can function well without able leadership at all its levels, and A.A. can be no exception. But we A.A.s sometimes cherish the thought that we can do without much personal leadership at all. We are apt to warp the traditional idea "principles before personalities" around to such a point that there would be no "personality" in leadership whatever. This would imply rather faceless robots trying to please everybody.

A leader in A.A. service is a man (or woman) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us naturally want to back him up and help him with his job. When a leader power-drives us badly, we rebel; but when he too meekly becomes an order-taker and he exercises no judgment of his own—well, he really isn't a leader at all.

from *As Bill Sees It*

Spring 95 Where & When

A new, completely revised, Spring 1995 *Where and When* has now been published by Central Office. Copies are available at 10 cents each. Place your orders by phone Monday through Friday between 10 a.m. and 1 p.m., or by mail.

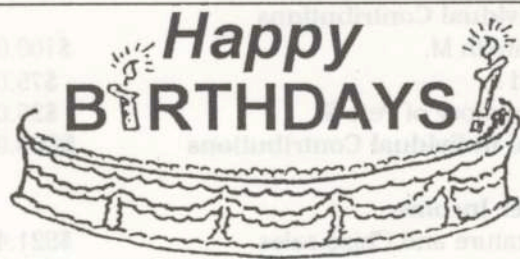
Central Office Phone Log



"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 12-5-94—12-30-94

Answering Service Calls	157
General Information	1
A.A. Help	7
Family Help (Al-Anon)	9
Meeting Information	52
Central Office Business	58
Medical Help (Hospital, Detox, etc.)	4
Others	5
Visitors	38



Acceptance Group

Steven W. 2-5-90 5 years

Brevard Group

Donnie R. 1-1-93 2 years

Dot P. 1-21-82 13 years

Mack M. 1-27-84 11 years

Nikki M. 1-??-91 4 years

Charles P. 1-29-92 3 years

Don H. 1-5-92 3 years

Dell B. 2-25-87 8 years

Cumberland Group

Bill M. 2-15-83 12 years

Guy 2-16-94 1 year

Michael H. 2-21-92 3 years

Happy Hour Group

Maureen Mc F. 2-14-69 26 years

Hendersonville Group

Ed. D. 2-22-72 23 years

Helen D. 2-22-72 23 years

Ann L. 2-7-89 6 years

Michael H. 2-22-92 3 years

Tara C. 2-6-89 6 years

Greg B. 2-28-94 1 year

Kathy H. 2-19-94 1 year

Midday Group

Tom M. 2-9-82 13 years

Ann L. 2-7-89 6 years

Nancy S. 2-17-91 4 years

Helen P. 2-14-93 2 years

NC Mtn Central Office Meeting, January 1, 1995

The January 1, 1995, meeting of the NC Mountain Central Office was held at St. John In The Wilderness Church, Flat Rock, before the District 71 Eat-in Meeting.

Present were: Owen C. Central Office Chairman, Hendersonville Group; Bob V., Office manager, Acceptance Group; Beth H., Secretary, Thursday Afternoon Ladies Group; Allan H., Roundtable Group; Joyce D., Acceptance Group; Goody H., visitor; Anna A. GSR, Midday Group; Nancy G. GSR,

Living Sober Group; Marshall D., DCM, Hendersonville Group; Wayne E., GSR, Blue Ridge Group; Lawrence R., C.O. Rep, Hendersonville Group; Lisa H., Alt. C.O. Rep, Hendersonville Group; Bobbie R., GSR, Mountain View Group; Allan F., Cedar Mtn Group; Ray D., Dist. 71 Trustee, Hendersonville Group; Ed. B., Alt. GSR, Black Mtn. Group; Fred O., Asst. Treasurer, Black Mtn. Group; Terry K. C.O. Rep., Black Mtn. Group; Kay G., C.O. Rep., Conscious Contact Group.

The meeting was chaired by Owen C. Chairman.

The Treasurer's report to date was given by John B. The report was Accepted. After discussion with Owen C. and Bob V. it was recommended that \$1,000 be transferred from the operating account to the reserve account.

Bob V., Office Manager, gave a report of office business. Most important item was the need to update the Twelfth Step Lis.t. Women in Hendersonville are especially needed. Each Group is asked to compile a 12th Step list and send it to Central Office.

Alan W. and Bob V. will publish a revised and updated *Where and When* this month. The new publication will be dated "Spring, 1995."

There being no further business to discuss the meeting was closed with the Lord's Prayer.

Respectfully submitted,
Beth H., Secretary.

Four Reasons Why

I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons.

1. Sense of duty
2. It is a pleasure.
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip.

Unlike most of our crowd, I did not get over my craving for liquor much during the first two and one half years of abstinence. It was almost always with me. But at no time have I been anywhere near yielding. I used to get terribly upset when I saw my friends drink and knew I could not, but I schooled myself to believe that though I once had the same privilege, I had abused it so frightfully that it was withdrawn. So it doesn't behoove me to squawk about it, for, after all, nobody ever used to throw me down and pour liquor down my throat.

Dr. Bob, first edition, *Alcoholics Anonymous*, 1939



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$60.00
Back To Basics Group	\$100.00
Black Mountain Group	\$21.00
Bone Dry Group	\$33.80
Brevard Group	\$35.00
Canton Easy Does It Group	\$30.00
Cullowhee Group	\$20.00
Day By Day Group	\$45.00
Etowah Group	\$45.00
Fletcher Group	\$50.00
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Just For Today Group	\$3.00
Pathfinders Group	\$15.00
Roundtable Group	\$25.00
Total Group Contributions	\$794.80

Individual Contributions

Elizabeth M.	\$100.00
Gerd S.	\$75.00
In memory of Pete S.	\$25.00
Total Individual Contributions	\$200.00

Other Income

Literature and Chips sales	\$921.42
Mtn. Doin's and Where and When sales	\$18.20
Other Income	\$0.00
Total Income	\$1,934.42

EXPENSES

Rent	\$105.00
Telephone	\$212.81
Payroll and Payroll Taxes	\$592.61
Cost of Mtn Doin's & Where & When publication and distribution	\$200.62
Cost of Literature and Chips Sales	\$886.65
Other Expenses	\$60.94
Total Expenses	\$2,058.63

Net Income (\$124.63)

Financial Status, end of November \$3,904.63

Operating Bank Balance Dec 31	\$4,118.60
Cash and Checks on hand Dec 31	\$173.90
Accruals	(\$252.46)

Financial Status, end of December \$3,780.42

District 71 January Mtg.

District 71 held its January, 1995, meeting at the Hendersonville Meeting Room on January 8, 1995.

Present were: Marshall D., DCM, Hendersonville Gp.; Jerry B., Alternate DCM, Cedar Mountain Gp.; Allan H., GSR, Roundtable Gp.; Beth H., GSR, Ladies Thursday Afternoon Gp.; Wayne E., GSR, Blue Ridge Gp.; Dorothy P., GSR, Fletcher Gp.; Bill L., GSR, Sylvan Valley Gp.; Jeff W. GSR, Edneyville Gp., Alan W., Editor *Mountain Doin's*, Midday Group.

Marshall D., DCM, opened the meeting with the Serenity Prayer.

Norma H. read the minutes of the last meeting and gave a Treasurer's Report. Both were accepted as read.

Norma H. reported that a "thank-you" note had been sent to the Hendersonville Group for allowing the bi-monthly GSR meetings to be held at its location.

Marshall D. announced that District 71 has two new GSRs.

The remaining 1995 meetings are to be held on the following dates: March 12, May 14, July 7, September 10. The meetings will continue to be held in the Hendersonville Group Meeting Room.

District Eatin' Meetings for 1995 will again rotate—Tryon, Brevard, Hendersonville, and the last one wherever available.

A motion was made and approved to accept proposed Eatin' Meeting dates, subject to availability, of Tryon—first Sunday in March; Brevard—first Sunday in June; Hendersonville—first Sunday in September. The exact dates will be confirmed in due course and will be published in *Mountain Doin's*.

Also proposed by Marshall D. was a District 71 Picnic (different from an Eatin' Meeting in that there would not be a speaker, and members would be encouraged to bring their spouses and children.) It was suggested that we check out locales for availability before we vote on having a picnic. The matter will be voted upon at the next meeting.

GSRs were reminded that the 1995 GSR State Assembly dates are May 19, 20, and 21, at the North Hilton, Raleigh, N.C.

It was pointed out that any GSRs not holding the A.A. Service Manual should petition GSO for a free copy, and that new GSRs should send personal information to the Area Committee secretary.

It was also suggested that the DCM and GSRs

should become more visible to the Groups within District 71.

There being no further business to discuss, the meeting was closed with the Lord's Prayer.

Respectfully submitted, Norma H., Secretary.

District 71 Financial Report 11-1-94 through 1-10-95

Balance from 10-31-94	\$397.94
Group Contributions:	
Cedar Mountain Group	\$10.95
Fletcher Group	\$50.00
Happy Hour Group	\$40.00
Hendersonville Group	\$20.00
Midday Group	\$70.00
Roundtable Group	\$50.00
Other Income	
Marshall D. expense refund from 11-94 Assembly	\$23.00
Eatin' Meeting basket collection 1-1-95	\$65.56
Hendersonville Group donations to Eatin' Meeting	\$20.00
Expenses:	
Bank Charges (Nov 1994 only)	\$4.00
Postage	\$4.67
Marshall D. DCM Expenses 11-4-94 Assembly	\$250.00
Church donation for Eatin' Meeting	\$20.00
Jerry B. reimbursement for Eatin' Meeting	\$44.00
Ending Balance	\$424.78

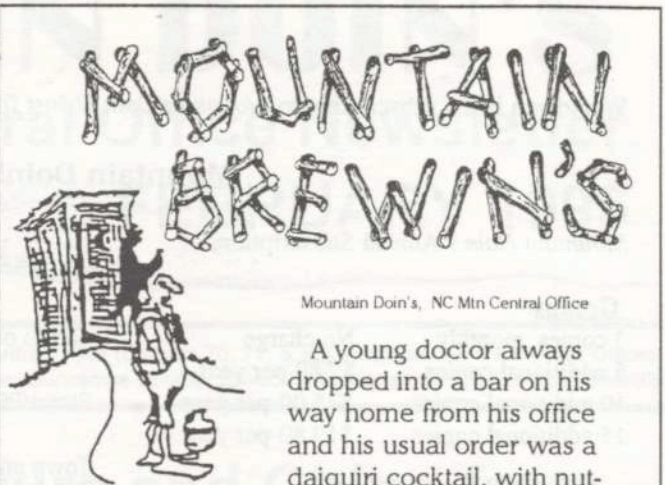


Fellowship News

Meeting change. **The Black Mountain Group**, which meets at 8 pm on Mondays and Tuesdays has changed its meeting location to St. James Episcopal Church, Corner of Cragmont and Hwy 70. Meetings are closed, nonsmoking.

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, **The Miracle Group**, now meets on Wednesdays at 7 p.m. at St. Margaret Mary Catholic church, Grovemont Ave., Swannanoa. The meetings are closed, discussion.



Mountain Doin's, NC Mtn Central Office

A young doctor always dropped into a bar on his way home from his office and his usual order was a daiquiri cocktail, with nutmeg sprinkled over it. One evening, the bartender was out of nutmeg but had some hickory nuts. He grated the hickory nuts over the daiquiri and handed the drink to the doctor.

After a sip, the doctor said, "This tastes different from my usual daiquiri."

"Yes, you're right," said the bartender. "It's a hickory daiquiri, doc."

x x x

Said the recovering alky to his wife, "I wonder if I'll drink in the next world?"

"I don't know," she replied. "But I bet you'll smoke!"

x x x

Overheard in a bar: "I have a new boyfriend, now."

"Great! What's he like?!"

"Oh—whiskey, gin—anything!"

x x x

An alcoholic musician is someone who can't get past the first bar.

x x x

A patient needed a brain transplant and was asked to help in the selection of a new brain. The first brain was a lawyer's and cost \$7,000. The second was a surgeon's and cost \$10,000. The third was an alcoholic's and cost \$25,000.

The patient asked why the drunk's brain was so much more expensive than those of the lawyer and the doctor.

"Well, it has never really been used," responded the doctor.

x x x

One thing is true of all sober motorists: Those with patience today are not patients tomorrow.

x x x

You know you have a drinking problem when you keep asking people for the time, and can't understand why you keep getting different answers.

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