

MOUNTAIN DOIN'S

Central Office Newsletter

APRIL 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

District 80 Eatin' Meeting Sunday, April 9

at Cashiers Community Center
Highway 64 (across from Hardees)



Eat at 1:30 p.m.

Speaker at 2:30 p.m.



Bring a covered dish and join in the fun and fellowship

*Following the Speaker, Central Office will hold its quarterly meeting.
All Central Office Reps, Alternates, and GSRs, Districts 70, 71 and 80 are urged to attend the meeting.*

Readers' Forum

LIVE LETTERS

Lonely No More

I've often wondered whether being a loner is an automatic requirement for being an alcoholic. I've always been a loner, and so, I have found, have many others I've met in the program.

I tried to examine my preference for loneliness and came to the conclusion that I was guilt-ridden about my hiding bottles all over the place and about my heavy drinking and blackouts.

A.A. taught me that I didn't have to be lonely any

more. When my desire to drink in secret became less and finally vanished, I lost that sense of guilt and a load was taken off my mind. But it didn't make me suddenly gregarious and outgoing. I guess I'll always be a bit of a loner. I wish I could be like some characters I see on TV—totally outgoing and spontaneously funny and talkative.

Well, I guess I'll never be like those people, but I've discovered that there's a difference between being a loner and being lonely. I'm definitely lonely no more. I can talk to people at home and at meetings, though I still find I'm rather distant from the crowd that always

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)

gathers before and after the meetings. I guess that's just the way I am. But, at least I feel I'm now a part of it all.

—And I don't feel lonely any more. —DL

Disdain for Longevity

In my experience I recall how bitterly I resented the old-timer A.A.s who always seemed to have ALL the answers. I objected, even when I didn't really know why; but, just for the sake of my own EGO. Argument meant that I would be noticed and what REAL A.A. doesn't want to be the center of attention?

As the years go by, I am observing the relatively new A.A. member who will proudly state, "the person here today who has the most sobriety is the person who got up first this morning." Well, for my part, this may be true to the ego driven sage who professes this gem of wisdom. However, if when I came into these rooms (18 years ago) there had been no old-timers (people with more than ten years) I personally would never have been able to swallow that this A.A. worked.

If all I saw were newly sober people, like I was, I would have been more likely to have a drink with my fellows than learn to listen and grow and change. I would appreciate less being taken for granted and more acceptance for the proof I may offer, that this A.A. program DOES WORK and I, as many, many other "old-timers" are daily reminders of this beautiful and positive fact. If I don't have winners to hang out with, where will I draw my knowledge about staying sober

from, my drinking buddies?

—NG

Drunkalogues—Is That All There Is?

If I wanted to hear nothing but drunkalogues I'd only go to speaker meetings. Yet, more and more at discussion meetings, where our purpose is surely to share and listen to matters concerning our primary purpose of staying sober and helping other alcoholics to do the same, we have to listen to the same old drunkalogues that simply repeat anecdotes about drunken incidents that we've heard so many times.

I think far too much time is taken up in discussion meetings about the "yesterdays." Newcomers, like me, want to learn to stay sober and be taught the significance of our twelve-step program of recovery. That's what we should be sharing, isn't it? —AM



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.

Spring Break Round Up 95 presents **Going Back For Our Future—the Big Book Comes Alive.** To be held April 14—16, 1995, at Sea Turtle Inn, Atlantic Beach, Jacksonville, Florida. The Round Up consists of a weekend of Speakers, A.A. History, Beach Fun Saturday Night, Live Band, and Dance. A.A. discussion meetings, Speaker meetings, and Fellowship.

For reservations call 1-800-831-6000. For full information call Lon L. (904) 565-1213, or Sheldon H. (904) 636-6208.

Make reservations to Hotel, One Ocean Blvd., Sea Turtle Inn, Atlantic Beach, Jacksonville, Fla, 32233.

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, Siotka, Hubbard, Glacier, Valdez. The cruise will include singles, and closed meetings. For further information call Cruise chairperson, Bob C. (918)747-0615.

38th International Conference of Young People in Alcoholics Anonymous. August 31—September 3, 1995, Honolulu, Hawaii. For full information call (808) 263-3254 or (808) 423-9958.

Central Office Phone Log

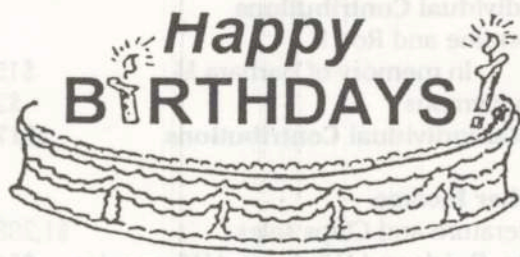


"I am responsible . . .
When anyone, anywhere,
reaches out for help, I
want the hand of A.A.
always to be there.
And, for that, I am
responsible."

Phone Log 2-6-95—3-3-95

Answering Service Calls	132
General Information	3
A.A. Help	9
Family Help (Al-Anon)	10
Meeting Information	67
Central Office Business	70
Medical Help (Hospital, Detox, etc.)	1
Others	8
Visitors	41

Sobriety—it can drive you to think!



Acceptance Group

Merritt R.	4-5-89	6 years
George W.	4-8-92	3 years
Joe R.	4-10-89	6 years
Yvette F.	4-16-92	3 years
John G.	4-29-80	15 years

Black Mountain Group

Carolyn M.	4-1-92	3 years
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Brevard Group

Doc S.	3-30-91	4 years
Janine C.	3-25-94	1 year

Conscious Contact Group

Claire F.	3-25-93	2 years
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Happy Hour Group

Gene McF.	4-1-68	27 years
Bob B.	4-2-94	1 year
Gail A.	4-24-88	7 years

Hendersonville Group

Nick H.	4-6-89	6 years
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Gail A.	4-24-88	7 years
Laura J.	4-12-77	18 years

Maggie Valley Group

Marvin M.	1-9-81	14 years
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Midday Group

Barbara P.	4-29-89	6 years
Miriam S.	4-17-87	8 years
Carol S.	4-20-90	5 years
Ken W.	4-24-90	5 years
Joyce N.	4-15-89	6 years
Bob B.	4-3-94	1 year
Ron L.	4-4-78	17 years

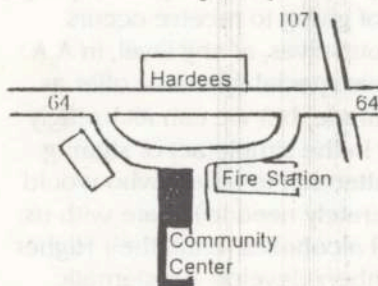
Serenity Service Group

Perry F.	3-11-89	6 years
Wade	3-16-92	3 years
Darlene C.	3-15-94	1 year
Linda S.	3-10-94	1 year
Linda C.	3-27-94	1 year
Farrell R.	3-2-94	1 year

Traditional Group

Julie H.	3-16-89	6 years
Roger W.	3-16-85	10 years
Jane A.	3-18-94	1 year
Bob V.	3-14-79	16 years
Perry	3-11-89	6 years
Stephanie W.	4-16-86	9 years
Carolyn D.	4-26-80	15 years
Marsher S.	4-14-94	1 year

N.C. Mtn. Central Office Meeting Sunday, April 9



The regular quarterly meeting of the N.C. Mountain Central Office is set for Sunday, April 9, and will be held in conjunction with the District 80 Eatin' Meeting at Cashiers Community Center.

The Center is opposite Hardees on Route 64. The meeting will begin at approximately 3:30 p.m. immediately following the Speaker meeting, which begins at 2:30 p.m. It is hoped that all Group Central Office Representatives, Alternates, and GSRs in Districts 70, 71 and 80 will attend the meeting. It is emphasized that input from all representatives is vital for full coordination and cooperation in Central Office affairs.

The Fountainhead

"I joined a group that devotes its closed meetings to Step discussion. Most of the members had their own concepts of a personal God; the atmosphere of faith surrounding me was so marked that I thought at times I was on the point of joining it. I never did. And yet I found the Steps revealing new depths of meaning with each discussion.

"In Step Two, the 'Power greater than ourselves' meant A.A., but not just the members I knew. It meant all of us, everywhere, sharing a concern for each other and thereby creating a spiritual resource stronger than any one of us could provide. Another woman in my group believed that the souls of dead alcoholics, including those of times before A.A. contributed to this fountainhead of goodwill. The thought was so beautiful that I wished I could believe it, too."

Came to Believe,
page 84



Treasurer's Report

N.C. Mountain Central Office, Inc.
Financial Report for the month
of February, 1995

INCOME

Group Contributions

Acceptance Group	\$420.00
Back To Basics Group	\$50.00
Black Mountain Group	\$21.00
Brevard Group	\$35.00
Cashiers Valley Group	\$50.00
Cumberland Ave. Group	\$120.00
Day By Day Group	\$45.00
Hendersonville Group	\$167.60
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Jusr For Today Group	\$3.00
Pathfinders Group	\$15.00
Sylva Group	\$25.00
Traditional Group	\$59.00
Total Group Contributions	\$1,160.60

Individual Contributions

Lorraine and Rod B., In memory of Barbara M.	\$15.00
Anonymous	\$2.50
Total Individual Contributions	\$17.50

Other Income

Literature and Chips sales	\$1,298.52
Mtn. Doin's and Where and When sales	\$54.50
Other Income	\$9.35
Total Income	\$2,540.47

EXPENSES

Rent	\$109.00
Telephone	\$235.61
Payroll and Payroll Taxes	\$571.62
Cost of Mtn Doin's & Where & When publication and distribution	\$334.74
Cost of Literature and Chips Sales	\$955.27
Other Expenses	\$96.04
Total Expenses	\$2,302.28

Net Income	\$238.19
Financial Status, end of January	\$3,945.72

Transferred to Reserve Fund Feb 15(\$1,000.00)	
Operating Bank Balance Feb 28	\$3,343.44
Cash and Checks on hand Feb 28	\$113.92
Accruals	(\$273.46)

Financial Status, end of February	\$3,183.90
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Gratitude

Gratitude is a must for us—not only feeling grateful, but showing we are grateful. But how does one ever show true gratitude for A.A.?

As grateful alcoholics learning to live with a subtle, progressive and lethal illness, we have a fighting chance on a day-to-day basis to be of some use to ourselves, our families and our communities. We may even achieve magnificent and beneficent things if we choose.

The grateful A.A. member learns bit by bit what life is all about. We learn to live without lies, without conning people, and especially, without trying to be somebody we're not. In essence we unlearn all the "skills" we had developed in order to justify our addictive behavior.

Then, too, grateful alcoholics normally attend several meetings a week; to let others know we care, to welcome the newcomer with friendship and understanding, as well as to pass on the message of how

to live without taking a drink.

Grateful A.A.s know that we must give away the priceless gift of sobriety if we are to keep it. The experience of the paradox of giving to receive occurs whenever we involve ourselves, at any level, in A.A. service. Some of us have special talents to offer as expressions of our gratitude, but we can all lovingly give away our sobriety in the simple act of sharing. We can also give our attention to others who would (and sometimes desperately need to) share with us.

And finally, grateful alcoholics thank their Higher Power. Many A.A. members develop a systematic daily spiritual program. They discipline themselves to seek God through prayer and meditation, to achieve conscious contact, and thus achieve an understanding of God.

But if adequate thanks sometimes seem beyond our capabilities, one can simply say, "Thank You for what You have given, for what You have taken away, and for what You have left me."

Reprinted from *The Grapevine*



Fellowship News

New Group. The Avery Creek Group has just formed and meets at Avery Creek's United Methodist Church, Glenn Bridge Road, Arden. The Group meets on Fridays at 8 p.m. Meetings are closed, discussion.

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.

New Meeting. The New Morning Meeting meets at 7.30 am on Wednesday mornings at the Unitarian Universalist Church, at the corner of Kanuga and Price in Hendersonville. The meetings are open, discussion. For information call Allan or Beth at 693-5825.

New Meeting. The Conscious Contact Group has started a new meeting, with effect from March 25. The new meeting is at 10 am on Saturdays at Thorns Hospital Outpatient Building, 58 Sweeten Creek Road. The meetings are closed, discussion.

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

A.A. and the IRS

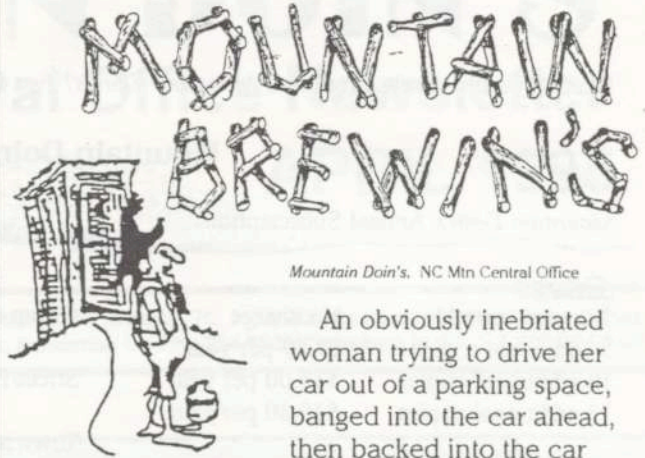
Every April as the 15th rolls around, the General Service Office receives several letters asking whether contributions to A.A. are tax deductible. Our GSO controller comes up with the following advice:

"Contributions to an A.A. group central office are tax deductible if the entity is exempt from paying Federal income taxes under Section 501(c)3 of the Internal Revenue Code. Contributions made directly to the General Service Board of A.A. are deductible under that section of the code.

"The internal Revenue Code has no provision under which the board could apply for tax exempt status for all groups and other A.A. entities since each entity is autonomous in financial matters, as in all other ways. Donations to A.A. groups are not deductible unless the group has filed the proper application with the local IRS office and has been individually evaluated by that office. Some tax examiners may make exceptions if the proof of contribution is presented, but that is strictly up to the individual tax examiner.

"Travel expenses to conventions and registration fees are never deductible, because the government does not consider them to be donations."

Reprinted from Box 4-5-9



Mountain Doin's, NC Mtn Central Office

An obviously inebriated woman trying to drive her car out of a parking space, banged into the car ahead, then backed into the car behind, and finally pulled into the street, where she struck a delivery truck. A policeman who had been watching came up to her. "Let's see your license," he demanded.

"Don't be silly, officer," said the woman. "Who'd give me a license?"

X X X

The alky ruminated to his pal, as they sat at the bar, "My wife was a jewel, but she left me for a better setting."

X X X

A man saw his alky friend standing in the rain in front of a local saloon.

"Whatsamatter?" he asked.

"Are you going to stand outside and get wet or go in and get soaked?"

X X X

An alky was walking unsteadily down the street carrying a grandfather clock to a repair shop. As the clock limited his vision, he unintentionally collided with a woman, knocking her down. After getting back to her feet and picking up her packages, the woman exclaimed: "Why don't you carry a wristwatch like everybody else?"

X X X

A young Carolina maiden stalled her car at a traffic light. She tried the starter, again and again, but nothing happened. An impatient alcoholic behind her honked his horn steadily. Finally, she got out and walked back to him.

"I'm terribly sorry," she said, "But I don't seem to be able to restart my car. If you would be kind enough to start it for me, I'll stay here and lean on your horn."

X X X

When he was new at the job, the bartender thought it was an insult if anyone offered to buy him a drink.

But he, in time, learned to swallow the insults.

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