

MOUNTAIN DOIN'S

Central Office Newsletter

MAY 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

Area 51 General Service Assembly North Raleigh Hilton, May 20-21

Letter from Area 51 Delegate

To All Groups in Districts 70,71, and 80

I recently sent a letter with the Assembly notice to all the GSRs of the registered Groups in Area 51 regarding the 1995 Spring General Service Assembly. I am now trying to reach out to the Groups in the Districts served by this newsletter, those being Districts 70, 71, and 80. On being elected the Delegate for Area 51, by third legacy procedure in November, 1994, I made a plea for unity in the Area, and I am repeating that plea now by asking that each and every Group in these three Districts send a representative to the Spring Assembly, and to fulfill the concept of the Seventh Tradition by paying the expenses of that Representative to attend this Assembly.

The assemblies have been poorly attended by the GSRs in recent years, with only 30% of the Groups in NC being represented. That leaves 70% of the Groups not expressing a Group conscience or fulfilling the "Right of Participation." Your GSR is the link between your Group and AA as a whole. When that link is broken there is no effective communication between your Group and AA as a whole. Didn't we isolate ourselves enough when we were in our cups? Please consider this when your Group makes its decision on sending the GSR to the Assembly, and also ask your Group conscience if this isn't something it has the courage to change.

There are new and exciting things happening in Area 51. Please come and join us in the Fellowship of the Spirit as we all go down that road to happy destiny.

In love and service,
Bob R., Delegate, Area 51

Readers' Forum

LIVE LETTERS

Getting Back to Basics

I'm sure most of our readers have noticed it but it struck me recently that when I first came into A.A. everything revolved around alcohol and recovery. And today, more and more, people seem to speak less and less about that primary subject and the Steps, the Traditions, the Big Book, and so on, and more about

their own personal problems and theories, that have nothing to do with why we are meeting.

And I've noticed, too, that though meetings seem to be growing in general, people are returning less and less. Newcomers seem to look us over for a few meetings, then we see them no more.

Is it our fault? Are we no longer passing the message? Are we so wrapped up in ourselves that we've forgotten that we are there to help others—not just

Live Letters continued on next page.

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Live Letters (continued from page 1)

ourselves? As we all know, the overwhelming desire to drink leaves us in time, but may be that encourages us to forget that not everyone has reached that point in their recovery. And if we get too complacent in our recovery that desire can easily return.

In any case, our program is there to move us beyond that desire to drink so that we can start developing a desire to start living a sane and normal life and, at the same time, being ever conscious of the need to help others who have not reached that point in recovery where they can feel safe.

Let's get back to considering alcoholism and the Twelve Steps of recovery as the primary subject of our meetings. —KS

Signs of a Spiritual Awakening

- A tendency to think and act spontaneously rather than on past fears.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging people.
- A loss of interest in judging self.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of ability to worry.
- Frequent feeling of connectedness with others and nature.
- Frequent attacks of smiling.
- An increased tendency to let things happen, rather than make them happen.

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 3-6-95—3-31-95

Answering Service Calls	146
General Information	10
A.A. Help	15
Family Help (Al-Anon)	10
Meeting Information	88
Central Office Business	61
Medical Help (Hospital, Detox, etc.)	1
Others	2
Visitors	47



Fellowship News

Location change. **The Lambda Group, Asheville**, that met on Fridays at 8 p.m. has changed its location from Unitarian Church, Edwin and Charlotte, to All Soul's Episcopal Church, Biltmore. The meetings are at the same times and days as previously.

New meeting. **Soup and Serenity** meetings are now being held on Tuesdays at 12.30 -1.30 p.m. at Mt. Zion Church, Eagle Street, Asheville. (Open)

New Meeting. Sunday outdoor A.A. Meetings are now being held from the first Sunday in April to the first Sunday in October in the open air at Jump Off Rock, at the end of Laurel Park Highway (Fifth Avenue) in Hendersonville, at 10 a.m. It is suggested that attendees bring a blanket or folding chair. The meetings will not be held if the weather is inclement (rain, sleet, or snow).

New meeting. **Columbus All-Comers Group** meets at 8 pm on Wednesdays at St. Luke's Hospital, Columbus, in the Library. The meetings are open.

Meeting cancellation. **Waynesville Welcome Group** Wednesday 8 pm meeting has been canceled.

Name Change and Time changes. **Scott's Creek Meeting** in Sylva has changed its name to **Old Mission Meeting** and has added a new meeting—Wednesdays at (6 p.m., open, discussion.) In addition, at the Sunday 7 p.m. meetings, the last Sunday of each month will be an open Speaker meeting. All other Sundays will be, as usual, closed, discussion.

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, Asheville. The meetings are closed, discussion.

Location change. **The Black Mountain Group**, has changed its meeting location to St. James Episcopal Church, Corner of Cragmont and Hwy 70. Meetings are closed, nonsmoking.



Acceptance Group

Jim K.	5-1-92	3 years
Marianne	5-3-86	9 years
Rod B.	5-5-85	10 years
Donna B.	5-10-88	7 years
Michael K.	5-14-92	3 years
Martin R.	5-15-92	3 years
Carolyn H.	5-16-93	2 years
Bob V.	5-17-80	15 years
Chuck R.	5-20-84	11 years
Michael C.	5-25-92	3 years
Charlie F.	5-28-91	4 years
Vivian N.	5-31-79	16 years

Black Mountain Group

Hugh H.	5-11-78	17 years
Frank M.	5-16-88	7 years

Happy Hour Group

Bob G.	5-23-92	3 years
Arlene H.	5-29-94	1 year
Jim B.	5-17-93	2 years

Marshall Group

Eileen M.	11-28-81	13 years
M.V	12-30-78	16 years
John S.	1-2-83	12 years
Jim C.	1-9-86	9 years

Midday Group

John P.	5-11-89	6 years
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Traditional Group

Miriam K.	5-4-79	16 years
Lisa W.	5-10-94	1 year
Helen S.	5-20-84	11 years
Eugene P.	5-11-91	4 years

Give us a call!

Do you have news of a meeting change, a last-minute birthday notice, a joke, a letter you'd like to see in print but don't care to write? Group news, District news, Area news? Anything you'd like to see published in *Mountain Doin's*? Then call the Editor direct.

Dial (704) 697-6031 and ask for Alan. That's the quickest way of discussing something you'd like to get into the next issue of *Mountain Doin's*.

I'll be looking for your call. Your Editor, Alan.

District 70 GSR Meeting May 14, 5 p.m.

To be held at Serenity Service Group meeting room, 107 Broadway, Asheville.

Future eatin' meetings will be held on July 16, 1995 in Asheville, and in September at Spruce Pine. Full details will be furnished at a later date.

Some Questions and Answers for Newcomers

What happens at an A.A. Meeting?

An A.A. meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drinking did to their lives and personalities, what actions they took to help themselves, and how they are living their lives today.

How can this help with my drinking problem?

We in A.A. know what it is like to be addicted to alcohol, and to be unable to keep promises made to others and ourselves that we will stop drinking. We are not professional therapists. Our only qualification for helping others to recover from alcoholism is that we have stopped drinking ourselves, but problem drinkers coming to us know that recovery is possible because they see people who have done it.

Why do A.A.s keep on going to meetings after they are cured?

We in A.A. believe there is no such thing as a *cure* for alcoholism. We can never return to normal drinking, and our ability to stay from alcohol depends on maintaining our physical, mental, and spiritual health. This we can achieve by going to meetings regularly and putting into practice what we learn there. In addition, we find it helps us to stay sober if we help other alcoholics.

How do I join A.A.?

You are a member if and when you say so. the only requirement for A.A. membership is a desire to stop drinking, and many of us were not very wholehearted about that when we first approached A.A.

How much does A.A. membership cost?

There are no dues or fees for A.A. membership. An A.A. group will usually have a collection during the meeting to cover expenses, such as rent, coffee, etc., and to this all members are free to contribute as much or as little as they wish.

Is A.A. a religious organization?

No. Nor is it allied with any religious organization.

From: *A Newcomer Asks*



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$60.00
Black Mountain Group	\$21.00
Brevard Group	\$35.00
Candler KISS Group	\$50.00
Cedar Mountain Group	\$51.00
Clyde Sunday Night Group	\$50.00
Conscious Contact Group	\$107.00
Day By Day Group	\$45.00
Hendersonville Group	\$142.50
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Just For Today Group	\$3.00
Maggie Valley Group	\$30.00
Marshall Group	\$50.00
Pathfinders Group	\$15.00
Roundtable Group	\$50.00
Serenity Service Group	\$2.51

Six O'Clock Open Group	\$50.00
Unity Group	\$10.00
Total Group Contributions	\$922.01

Individual Contributions

Joyce D. in memory of Dick T.	\$25.00
Total Individual Contributions	\$25.00

Other Income

Literature and Chips sales	\$1,115.55
Mtn. Doin's and Where and When sales	\$21.50
Other Income	\$3.53
Total Income	\$2,087.59

EXPENSES

Rent	\$109.00
Telephone	\$295.21
Payroll and Payroll Taxes	\$592.61
Cost of Mtn Doin's & Where & When publication and distribution	\$217.06
Cost of Literature and Chips Sales	\$896.03
Other Expenses	\$33.23
Total Expenses	\$2,143.14

Net Income	(\$55.55)
Financial Status, end of February	\$3,183.90

Operating Bank Balance March 31	\$3,263.83
Cash and Checks on hand March 31	\$222.20
Accruals	(\$357.68)

Financial Status, end of March	\$3,128.35
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Central Office Meeting Held April 9, 1995

The quarterly meeting of the N.C. Mountain Central Office was held at the Community Center, Cashiers, on April 9. Minutes of the meeting could not be prepared in time for publication in the May *Mountain Doin's* and will be included in the June issue.

Start By Forgiving

The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done another, we resentfully focus on the wrong he has done us. Triumphantly we seize upon his slightest misbehavior as the perfect excuse for minimizing or

forgetting our own.

Right here we need to fetch ourselves up sharply. Let's remember that alcoholics are not the only ones bedeviled by sick emotions. In many instances we are really dealing with fellow sufferers, people whose woes we have increased.

If we are about to ask forgiveness for ourselves, why shouldn't we start by forgiving them, one and all?

From Twelve and Twelve

Gratitude

I'm grateful for having my character straightened out to the point where I no longer have to tell lies, no longer have to be deceitful. I'm getting honest and that's a new experience. I don't have to make excuses any more. Life was just one big cover-up. I no longer have to live a web of lies.



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.

Fifth Annual Spring to Sobriety Roundup, a week of Unity, Daytona Beach, Florida, June 2-3-4, 1995, Holiday Inn Sun-Spree Resort, 600 N. Atlantic Ave., Daytona Beach FL 32118. Speakers, Saturday night Dance, Ice Cream Socials, Meetings, Fellowship. For room reservations call 1-800-767-4471.

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.

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.

Sandlapper Roundup IV, The Landmark Resort Hotel, Myrtle Beach, SC, November 30-December 3, 1995. The Sandlapper Roundup is dedicated to bringing to the Grand Strand each year the finest A.A. and Alanon speakers available.

For more information, call Dennis or Linda at (803) 238-2694, during normal business hours.

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 leadership at all. We are apt to warp the traditional idea of "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 the 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 is not a leader at all.

From As Bill Sees It

MOUNTAIN BREWING'S



Mountain Doin's, NC Mtn Central Office

George's wife was furious at him for coming home drunk two nights in a row. "Lips that touch liquor," she warned him,

"will never touch mine."

The man remained silent for several minutes. Finally, her patience exhausted, his wife asked, "Well, what are you thinking about?"

"I'm trying to decide," he replied, "between twelve-year-old scotch and 52-year-old lips."

x x x

Liquor is a substance that makes married men see double and feel single.

x x x

"Where is the car?" asked the patient's wife, as her alcoholic husband came up the front steps.

"Huh? You mean I took the car out?"

"You certainly did. You said you wanted to go into town."

"Oh! That explains it. I remember after I got out I turned to thank the man who gave me a lift and I wondered where he had gone?"

x x x

A number of alcoholics were paying their last respects to an alky friend. After looking into the open casket, one said to the others: "Wow! Jack sure look's good since he quit drinking!"

x x x

The doctor had just examined the alcoholic man, and he whispered to the alky's wife: "Mrs. Jones, I have to tell you, I don't like the look of your husband."

Said the alky patient's wife, "Neither do I, Doctor, but he's good to the children."

x x x

At the bar one evening a joking bartender called out: "Did anyone drop a roll of bills with a rubber band round it?!"

Several at the bar at once said, "I did!"

"Well," said the joking bartender. "I found the rubber band."

x x x

Alcohol is like success—it's all right until it goes to your head.

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