

MOUNTAIN DOIN'S

Central Office Newsletter

JUNE 1995



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Happy Birthday A.A.

June 10, 1935

60 years old



On the way to City Hospital on the east side of town, Dr. Bob held out his hand from time to time to see if the shakes had subsided. Just before they stopped, Bill, who also had his practical side, gave him a bottle of beer. Bill and Anne went back to the house to wait. After many hours, Bob phoned to tell them that the operation had been successful. Still he didn't return after the call. Had he gone out to celebrate? Anne and Bill had no idea; they could only wait.

Finally, Dr. Bob came home. He had spent the hours after the operation making restitution to friends and acquaintances in Akron. The bottle of beer Bill gave him that morning was the last drink he ever had.

Although arguments have been and will be made for other significant occasions in A.A. history, it is generally agreed that Alcoholics Anonymous began right there, in Akron, on that date, June 10, 1935.

From Dr. Bob and the Good Oldtimers

Readers' Forum

LIVE LETTERS

The Home Group—What Is It?

I used to hear members talk about their "home group" as if there was something special about it. And sometimes a visitor would ask, "Is this your home group?" "I guess so," I would reply, since it was the group I went to more frequently than others. But I secretly wondered what all the fuss was about. I mean, did it really matter?

And that's how I felt until I read the pamphlet "The Home Group." I quickly came to realize that there real-

ly was something special about the home group—my home group. To start with, it was the place where I first felt the fellowship and the sincere welcome that the members offered me. As I became more involved, I realized that my home group could almost be looked upon as my new family. They began to know me and to help me.

The next thing I experienced was a desire to repay some of the kindness. I started helping with the coffee and clearing away. In no time at all I really felt I belonged. I wanted to play an active part—and that helped me to stay sober. And I learned a great

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)
deal about the behind-the-scenes activities—of the Central Office, the GSO, the District and the Area—how they all needed support; about where we got our literature and our chips; about the chairing system, and the purpose of business meetings. It was all part of my personal growth in A.A. and my program of recovery.

I know I am welcome at any group but today my home group means more to me than anything. And it's a joy to be able to be an active part in this program of recovery.
—JC

Selfish Program? Not So.

How many times have we heard at meetings that ours is a selfish program? Maybe those who keep making that statement haven't read page 62 of the Big Book. Here's what it says:

"Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.

"So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of selfishness. We must, or it kills us!"
—SH

48th

North Carolina
Convention of
Alcoholics
Anonymous

July 20, 21, 22, 23, 1995

North Raleigh Hilton
3415 Old Wake Forest Road
Raleigh, NC 27609
(919) 872-2323

Convention Highlights

Thursday	July 20 - 8:00 PM	Dennis N.	Charlotte, NC
Friday	July 21 - 3:00 PM	Old-Timers Panel	
Friday	July 21 - 8:30 PM	Marie E.	Myrtle Beach, SC
Saturday	July 22 - 10:00 AM	Grayce A. (Al-Anon)	Dallas, TX
Saturday	July 22 - 2:00 PM	Nancy M.	Minneapolis, MN
Saturday	July 22 - 8:00 PM	David A.	Dallas, TX
Sunday	July 23 - 10:00 AM	Jerry E.	Chesapeake, VA

Convention Room Rates

\$57.00 for up to four people

Dance Saturday Night
with EXCALIBUR

Pre-Register by July 7, 1995

\$12.00 Before July 7, 1995
\$15.00 July 7, 1995 and After
(No Refunds after July 7, 1995)

Make Check Payable to:
North Carolina Convention Committee
PO Box 51932
Durham, NC 27717-1932

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 4-3-95—4-28-95

Answering Service Calls	146
General Information	3
A.A. Help	7
Family Help (Al-Anon)	11
Meeting Information	74
Central Office Business	71
Medical Help (Hospital, Detox, etc.)	0
Others	9
Visitors	47



Fellowship News

Freedom From Bondage VII: N.C. Area 51 Correctional Facilities Conference. For all who are interested in an inspirational fun-filled conference, with excellent speakers, workshops, discussions, fun, and fellowship. **June 16—18.** Registration begins at noon on 16th. At Days Inn Resort & Convention Center, 1320 U.S. 1 S. Southern Pines, NC 28387. Phone: (910) 692-7581

Meeting Location Changes: Marion Group. Some meetings of the Marion Group have changed locations. The new schedule is: Sunday, 8 pm, McDowell Care Center, 10 E. Court St. (open); Monday, 8 pm, 1st United Methodist Church, (closed, Big Book Study); Wednesday, 8 pm, St. John's Parish House, S. Main St., (closed); Friday, 8 pm., St. John's Parish House, S. Main St. (open).

New Meeting. The Spruce Pine Group has added two new meetings. They are: Wednesday, 8 pm, St. Lucien Catholic Church, (closed, Big Book study); Saturday 10 am, St. Lucien Catholic Church, (closed, discussion).



Acceptance Group

Tim	6-15-93	2 years
Joyce D.	6-26-90	5 years
Kathy B.	6-1-91	4 years
Carolyn	6-21-89	6 years

Black Mountain Group

Cindy P.	6-?-79	16 years
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Brevard Group

Marion B.	4-15-92	3 years
Steve F.	5-13-83	12 years
Betty Mc	5-3-90	5 years
Dotsy W.	5-18-92	3 years

Conscious Contact Group

Jack C.	5-8-83	12 years
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Cumberland Group

Danny K.	5-1-89	6 years
Chuck R.	5-23-93	2 years

Happy Hour Group

Ron P.	6--2-91	4 years
Chet C.	6-14-94	1 year
Anita C.	6-12-94	1 year
Gail H.	6-20-93	2 years

Mars Hill Group

Eric S.	4-24-87	8 years
Pam S.	5-4-90	5 years

Midday Group

Loretta B.	6-20-87	8 years
Bill S.	6-17-92	3 years
Irene H.	6-17-71	24 years
Barbara S.	6-13-83	12 years
Bill B.	6-1-92	3 years
Sandy C.	6-28-92	3 years
Nadine M.	6-22-91	4 years
Alan W.	6-20-88	7 years

**Central Office Meeting
April 9 1995**

The N.C. Mountain Central Office held its quarterly meeting at Cashiers Community Center, on April 9.

In attendance were: Ray D., Hendersonville Gp., Trustee, District 71; John B., Tuesday Night Men's Mtg., C.O. Treasurer; Beth H., Women's Thursday Afternoon Gp., C.O. Secretary; Alan W., Midday Gp., Editor *Mountain Doin's*; Jo Ann P., Midday Gp., C.O. Rep.; Allan H., Round Table Gp., G.S.R.; Maureen McF., Happy Hour Gp., C.O. Rep.; Terry M., Black Mtn. Gp., C.O. Rep.; Jack D., Growing Together Gp., G.S.R.; Bob R., New Hope Gp., Area 51 Delegate; Ed. T., Cashiers Valley Gp., G.S.R.; Bobbie R., Mountain View Gp., G.S.R.; Ginny J., New Hope Gp., G.S.R.

Ray D. chaired the meeting in the absence of Chairman Owen C.

The Financial Report was read and approved (and is printed in this month's *Mountain Doin's*—Ed.) It was noted that contribution income declined over the three months of the first quarter, but that this is a seasonal effect that occurs each year.

It was announced that the Annual Seminar of Central Office (Intergroup) employees and volunteers of the U.S. and Canada will be held in Atlanta on October 5 and 6. It was suggested that our Central Office's Office Manager Bob V. might attend. Final decision will be reached in the July meeting of the Board.

There was a good deal of discussion about the need of the North Carolina service structure for timely records of individual groups in the State. The Board will discuss this matter when further details of the new system, which the State structure is creating, become available. There being no further business to discuss the meeting was adjourned with the Lord's Prayer.

The next Central Office Meeting will be held at 107 Broadway in Asheville on July 16, 1995.

Respectfully submitted,
Beth H., Secretary

The Coming of Faith

In my own case, the foundation stone of freedom from fear is that of faith: a faith that, despite all worldly appearances to the contrary, causes me to believe that I live in a universe that makes sense.

To me, this means a belief in a Creator who is all power, justice, and love; a God who intends for me a purpose, a meaning, and a destiny to grow, however little and haltingly, toward His own likeness and image. Before the coming of faith I had lived as an alien in a cosmos that too often seemed both hostile and cruel. In it there could be no inner security.

When I was driven to my knees by alcohol, I was made ready to ask for the gift of faith. And all was changed. Never again, my pains and problems notwithstanding, would I experience my former desolation. I saw the universe to be lighted by God's love; I was alone no more.

From *The Grapevine*



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$166.64
Black Mountain Group	\$21.00
Brevard Group	\$35.00
Cumberland Ave. Group	\$120.00
Day By Day Group	\$45.00
Etowah Group	\$45.00
Franklin Group	\$30.00
Growing Together Group	\$50.00
Hendersonville Group	\$125.12
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Just For Today Group	\$3.00
Locked In Forward Group	\$87.28
Marion Group	\$50.00
Newcomers Group	\$200.00
Pathfinders Group	\$15.00
Round Table Group	\$25.00
Serenity Service Group	\$10.82
Sylva Group	\$15.00
Sylvan Valley Group	\$50.00

Tryon Group	\$60.00
Waynesville Grace Group	\$100.00
Total Group Contributions	\$1,403.86

Individual Contributions

Anonymous	\$10.00
John B.	\$34.00
Total Individual Contributions	\$44.00

Other Income

Literature and Chips sales	\$743.50
Mtn. Doin's and Where and When sales	\$34.40
Other Income	\$13.53

Total Income	\$2,239.29
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EXPENSES

Rent	\$124.00
Telephone	\$249.26
Payroll and Payroll Taxes	\$571.62
Cost of Mtn Doin's & Where & When publication and distribution	\$184.34
Cost of Literature and Chips Sales	\$1,044.50
Other Expenses	\$31.85
Total Expenses	\$2,205.57

Net Income	\$33.72
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Financial Status, end of March	\$3,128.35
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Operating Bank Balance April 30	\$3,070.61
Cash and Checks on hand April 30	\$274.45
Accruals	(\$183.99)

Financial Status, end of April	\$3,162.07
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Don't Ride It Out Alone

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. *This is our twelfth suggestion:* Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember, they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

Bill W.

Bill W. unknowingly became not only co-founder of Alcoholics Anonymous, he also became the first sponsor, sponsoring Dr. Bob. Although it wasn't called

sponsorship at that time, both Bill and Bob extended the hand of hope and friendship to those still sick and suffering.

It was in this common need that A.A. was created: the importance of sponsorship, one alcoholic helping another, became and still is essential.

Q. When and why was the Lord's Prayer introduced into A.A.?

A: In the early days, A.A. was more religiously oriented. We had no literature, not even a name, so the early groups leaned heavily on Bible reading for inspiration and guidance. Besides, using the Lord's Prayer at meetings freed speakers from the task, embarrassing to many, of composing prayers of their own. As time went on, Bill W. explains in *A.A. Comes of Age*, "We began to emphasize the fact that A.A. was a way of life that conflicted with no one's religious belief."



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.

Esse Quam Videri—Spiritual Retreat for A.A. Women.

May 26-28 at Camp Grier, Old Fort, N.C. The retreat allows alcoholic women to grow spiritually as they share with each other. Cost of \$50 includes lodging and all meals. Please bring your own sheets, pillows, towels, wash-cloths, blankets, flashlights. For full information call Debbie McM. (704) 825-4612.

Mountain Top Spiritual Retreat, Mars Hill. (At Mars Hill College, Fox Dorm) Hwy. 19-23N. Registration begins 2 p.m., Friday, June 2. If you are at present using Alcohol or Drugs in any form please wait until another time and retreat. Cost: \$65 per person for the weekend—everything included. No refunds after May 20. Make checks or money orders payable to and mail to: Mountain Top Retreat, P.O. Box 17252, Winston-Salem, NC 27116.

Fifth Annual Spring to Sobriety Roundup, a week of Unity, at 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

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.

8th Annual Choo-Choo Roundup, Chattanooga, Tn. August 18-20. "We came alive in '95." Committed to bring the finest A.A., Alanon, and Alateen speakers we can find. Saturday night Entertainment Extravaganza, Ice Cream Party, at Days Inn & Convention Center, East Ridge, Tn. (East Ridge Exit #1 from I-75. \$47.00 per night (Reservations: 1-800-251-7624.)

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.

2nd Annual Sobriety At Sea. Recovery Cruise 1995. Three days of Fellowship/Fun/Sun, aboard Carnival Cruise Lines **Super Liner "Ecstasy."** Ship departs Miami for Nassau and a full day at Sea. Friday September 22, 1995, at 4 p.m.

MOUNTAIN BREWINS



Mountain Doin's, NC Mtn Central Office

The man at the counter of the pizza parlor asked the alky if he wanted his pizza cut into four or eight pieces. "Better make it four," said the alky. "I don't think I can eat eight."

x x x

The elevator was tightly packed and an infuriated woman stood beside her drunken husband. Then a beautiful girl entered the crowded elevator and stood by the drunk. He smiled.

When the elevator stopped and the door opened, the girl suddenly turned and slapped the man, saying, "That will teach you to pinch me!"

Bewildered, the drunk turned to his wife. "I didn't pinch that girl," he said.

"I know you didn't," she replied. "I did."

x x x

Said the drunk to his pal: "What's the secret to your long, happy marriage?"

"My wife and I go out for a romantic dinner at least once a week."

"That's wonderful! Where do you go?"

"Well, I like Italian. I don't know where she goes."

x x x

The reason an alcoholic finds it hard to make both ends meet is that he's too busy making one end drink.

x x x

The alky looked up at the sign that read: "Drink Canada Dry."

So he moved there.

x x x

Rates are \$260 per person for an inside cabin, \$290 per person for an outside cabin. Call Bob at 1-800-650-7245 to reserve cabin.

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 (8)3 238-2694, during normal business hours.

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