

# MOUNTAIN DOIN'S

## Central Office Newsletter

### JULY 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 70**

## **Eatin' Meeting July 16**

at  
**Trinity Episcopal  
Church**

corner of Church and Aston St  
Asheville

Sponsored by Acceptance Group

**Eatin' at 4 p.m. Speaker at 5 p.m.**

*Please bring covered dish*

N.C. Mountain Central Office Meeting will be held at 3 p.m. at the same location. This is the regular quarterly Central Office meeting and all District 70, 71, and 80 C.O. Representatives and Alternates are urged to attend this meeting. DCMs and GSRs are also invited.

District 70 GSR Meeting will also take place at the same location at approximately 6 p.m. following the Speaker. It is hoped that all District 70 GSRs will attend this meeting.

## **N.C. Mtn. Central Office Receives Computer**



It is with deep gratitude that the N.C. Mtn. Central Office acknowledges the gift of a computer and printer, donated by Metrolina Intergroup of Charlotte, N.C. The Charlotte office needed to purchase larger equipment, and generously donated its present equipment to our office. The new computer will enable us to handle labels, financial statements, twelfth-step lists, and keep up-to-date group listings with greater efficiency.

We are indeed grateful to Metrolina Intergroup of Charlotte for this generous donation.

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

## Selfish Program? Yes, it is!

*(The following letter is a reader's response to a letter published in the June Mountain Doin's—Ed)*

Yes, the program of recovery is a very selfish process. It took a while for me to realize that the fellowship, meetings, service, etc., are not the program. Just as God is not the program. Yet, all three—God, fellowship, and program were essential in my recovery from alcoholism.

The first Eleven Steps led me to a spiritual awakening which enabled me to be truly selfless. Some of my early seemingly selfless actions were for very selfish reasons. Helping other alcoholics was very important insurance in maintaining my sobriety. Having a home group and being of service in it made me feel very much a part of the fellowship. Also, loving and tolerant sponsors who listened to my self-centered diatribes. In the fellowship I learned about living the principles contained in the 12 Steps. Using the Steps, as written, enabled me to gain a conscious contact with God.

Another important aspect of my early selfishness was in staying sober for myself, not anyone else. The desire for sobriety came from within myself, from the pain of my last drunk. Most all of my early prayers were directed toward staying sober on a daily basis. It

was my last drunk, my desire, my pain, my prayers—not those of anyone else.

It is one of the many paradoxes in A.A., using a selfish program to become selfless. The three prayer steps—3, 7, and 11—show the progression of what God did for me and countless others. —JB

## Changing Attitudes is Number One

A.A. has taught me many things, but the one I truly believe has helped me the most is that of attitude. We can't change our past and we can't change other people. We can't change what life causes to happen—incidents, surprises, disappointments, accidents. But we can change our attitude to them all.

I realize today that attitude is probably the most important single facet of life, including money, successes and failures. It is very comforting to know that we don't have to be knocked down by aggravating happenings—we just have to adjust our attitude toward what is happening and we can glide peacefully through the day. The choice is ours! —GF



# Fellowship News

**Meeting Cancellation.** Tuesday Women's Meeting held at Orange Street in Asheville at noon has been canceled.

**New Meeting.** Newly formed **Franklin Happy Hour Group** has begun meetings at Unity Church, Heritage Hollow, Franklin. The meetings are held at 5.30 p.m. on Mondays, Wednesdays, and Fridays. The meetings are open, discussion.

**New Meeting.** Newly formed **Day At A Time Group** will begin weekly meetings on Fridays, beginning on July 14. The meetings will be from 6.30 to 8 p.m. at Unity Center, Airport Road, off Route 25. The meetings are open, discussion.

**Meeting change.** The **Highlands Mt. View Group** will meet at the Methodist Church, Main Street, from July 10 to August 10.

**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, discussion); Monday, 8 pm, 1st United Methodist Church, (closed, Big Book Study); Wednesday, 8 pm, St. John's Parish House, S. Main St., (closed, discussion); Friday, 8 pm., St. John's Parish House, S. Main St. (open, discussion).

**New Meetings.** The **Spruce Pine Group** has 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).

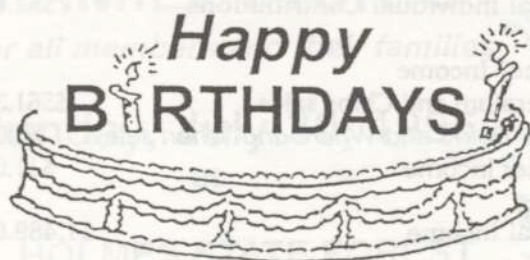
## Central Office Phone Log



"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 5-1-95—6-2-95

Answering Service Calls	213
General Information	7
A.A. Help	15
Family Help (Al-Anon)	16
Meeting Information	88
Central Office Business	89
Medical Help (Hospital, Detox, etc.)	2
Others	5
Visitors	50



#### Acceptance Group

Steve H.	7-1-93	2 years
Barbara K.	7-4-91	4 years
Otis K.	7-9-91	4 years
Liz H.	7-12-92	3 years
Susan F.	7-13-92	3 years
Betty L.	7-14-91	4 years
Curry J.	7-19-79	16 years
Hazel A.	7-23-92	3 years
Joyce D.	7-26-90	5 years
Bart B.	7-29-82	13 years
Loretta C.	7-7-94	1 year

#### Black Mountain Group

Ed. B.	7-18-90	5 years
Jed M.	7-9-94	1 year

#### Brevard Group

Eva P.	7-3-78	17 years
Gene B.	7-26-90	5 years
Shannon A.	7-26-94	1 year

#### Cumberland Group

Noelle	7-28-94	-1 year
Steve H.	7-19-90	5 years
Joal L.	7-29-88	7 years
David T.	7-21-93	2 years

#### Hendersonville Group

Eric G.	7-30-93	2 years
Suzanne S.	7-8-94	1 year
Bob P.	7-10-83	12 years
Ralph A.	7-7-94	1 year
Bill B.	7-11-94	1 year
Bob G.	7-28-91	4 years

#### Hendersonville Happy Hour Group

Nancy G.	7-16-76	19 years
Wayne B.	7-11-94	1 year
Ralph A. Jr.	7-5-94	1 year
Bill N.	7-15-50	45 years

#### Leicester Group

Gene M.	2-4-73	22 years
Doc	5-19-87	8 years

#### Marshall Group

Ed. M.	3-17-74	21 years
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#### Midday Group

Shirley B.	7-5-92	3 years
Lisa E.	7-9-92	3 years
Roxanne W.	7-6-92	3 years
Gail H.	7-28-91	4 years
Barbara F.	7-18-71	24 years
Janice	7-5-92	3 years

#### Riverside Group

Gerry D.		21 years
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#### Traditional Group

Sally A.	6-18-74	21 years
Paul W.	6-29-83	12 years
Tom H.	6-7-94	1 year
Mike K.	7-29-84	11 years
Robin S.	7-3-94	1 year
Mike O.	7-17-94	1 year
Gary H.	7-28-92	3 years

## The Home Group

One Tuesday night a lonely, confused woman walks through the doors of Alcoholics Anonymous. She knows she will never be accepted or loved again, so she slips cautiously in and sits in the far right chair in the very back row. Every Tuesday night she returns, because she doesn't want to die and has nowhere else to go . . . She is given a meeting schedule, and begins to feel a part of something for the first time in her life . . . A year passes, and she is secretary of the group. She sees another lonely woman sneak quietly in and sit down in the very last row. She walks over and tells the woman she is home, and can begin

to belong now . . .

The home group is where recovery begins: it is where A.A. members grow up in sobriety by the time-honored process of trial and error, to discover that they can be loved, "warts and all." It is where they learn to put the needs of others, especially the needs of the group and the unity of the Fellowship, ahead of their desires. It is where they first have the opportunity to serve others, and where they learn of opportunities to serve beyond the group. It is where they begin to adopt the guiding principles of Alcoholics Anonymous as working realities in their own sober lives.

—Excerpted from Box 4-5-9

# Treasurer's Report



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

## INCOME

<b>Group Contributions</b>	
Acceptance Group	\$60.00
Black Mountain Group	\$21.00
Brevard Group	\$35.00
Canton Easy Does It Group	\$25.00
Common Sense Group	\$21.00
Conscious Contact Group	\$195.00
Day By Day Group	\$45.00
Experience Group	\$17.00
Hendersonville Group	\$111.72
Hendersonville Happy Hour Group	\$30.00
Hendersonville Midday Group	\$100.00
Just For Today Group	\$3.00
Lake Group	\$20.00
Pathfinders Group	\$10.00
Six O'Clock Open Group	\$50.00
Tuesday Night Men's Group	\$125.00
Unity Group	\$10.00
<b>Total Group Contributions</b>	<b>\$878.72</b>

## Individual Contributions

Betty L.	\$32.00
<b>Total Individual Contributions</b>	<b>\$32.00</b>

## Other Income

Literature and Chips sales	\$561.30
Mtn. Doin's and Where and When sales	\$6.00
Other Income	\$11.06

<b>Total Income</b>	<b>\$1,489.08</b>
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## EXPENSES

Rent	\$109.00
Telephone	\$210.16
Payroll and Payroll Taxes	\$592.61
Cost of Mtn Doin's & Where & When publication and distribution	\$188.74
Cost of Literature and Chips Sales	\$757.78
Other Expenses	\$30.89
<b>Total Expenses</b>	<b>\$1,889.18</b>

<b>Net Income</b>	<b>(\$400.10)</b>
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<b>Financial Status, end of April</b>	<b>\$3,162.07</b>
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Operating Bank Balance May 31	\$3,046.12
Cash and Checks on hand May 31	\$16.76
Accruals	(\$300.91)

<b>Financial Status, end of May</b>	<b>\$2,761.97</b>
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## Purchase Your Literature & Chips from Central Office —and Save Money

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 25 cents each

### Anniversary Medallions

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

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

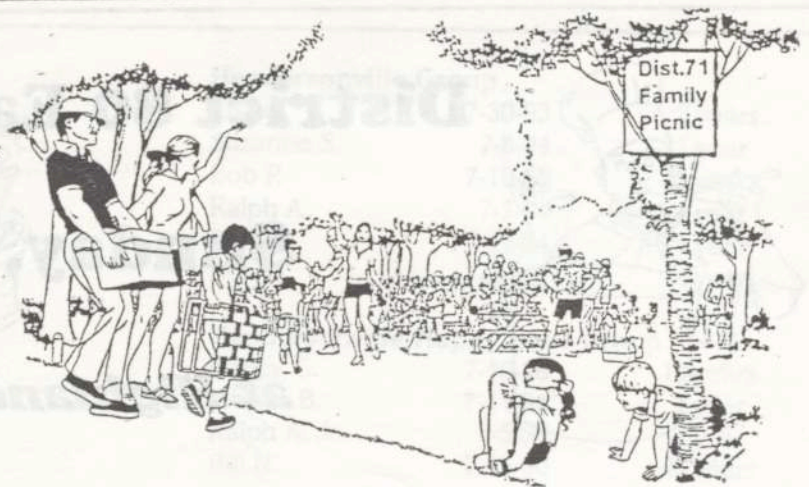
Alcoholics Anonymous (Hard Cover)	\$5.00
" " (Soft Cover)	\$5.00
" " (Large Print)	\$6.50
" " (Pocket Edition)	\$4.25
Twelve & Twelve (Regular Edition)	\$4.50
" " (Soft Cover)	\$4.50
" " (Gift Edition)	\$5.00
" " (Large Print)	\$5.50

Everyone Welcome!  
**FAMILY PICNIC**

for all members and their families

Sunday, July 30, 1995  
 at

**HOLMES STATE FOREST**  
 (Sponsored by District 71)



Join us for an afternoon of fun, food, and fellowship. Picturesque walks, talking tree walk, horseshoe pitching, volley ball, sheltered picnic area with barbecue grills.

Bring your own picnic hampers with food and refreshments.

Meet old friends and make new ones on this special afternoon.

Meet at 1 p.m. Eat at 2 p.m. Have fun all afternoon and evening. Park is open until 8 p.m. on Sundays.

## District 70 Financial Report

This lists totals for 1995 through 5-28-95.

Balance from last year	\$283.93
Acceptance Group	\$100.00
Black Mountain Group	\$20.00
Cumberland Avenue Group	\$35.00
Growing Together Group	\$10.00
Serenity Service Group	\$68.89
Tuesday Night Men's Group	\$25.00
West Asheville Group	\$32.00
S/S Copies—Dave A.	-\$1.06
Books and Postage	-\$32.60
DCM Expense	-\$300.00
<b>Balance as of 5-28-95</b>	<b>\$244.16</b>

Ralph M., Treasurer

**If you drink before you drive you're putting the quart before the hearse.**

## The History of Hooch

The time was 300 B.C. and the beer was made by putting pieces of bread in water-filled clay pots and letting it ferment by the Egyptians. The best was dark as wine and 10% alcohol content. All this was 2000 years before the invention of the alphabet and the first Bible.

Architectural evidence of a drinking room or wine shop dates back to 1300 B.C. at Alaca, in southwest Turkey. There were also remains of several victims in the shop.

Historically, wine became the drink of the rich. Greece was the center for export 800 to 400 B.C., then Italy. Chinese wine drinking vessels from 1000 B.C. have been found. In Mexico, before the Spaniards came in the 1500s, the ceremonial or spiritual use of alcohol became corrupted into secular overindulgence. When edicts against drinking became frequent, one method of imbibing was alcohol enemas. such devices were found in the graves of many well-to-do.

Excerpted from the *New Reporter*  
 Washington D.C.



# District 80 Eatin' Meeting

## Sunday, July 9

### at Highlands School

**Eat at 1:30 p.m.**

**Speaker at 2.30 p.m.**

Bring a covered dish  
and join in the fun and fellowship



## Use *Mountain Doin's* as a Tool in Recovery

*Mountain Doin's* is designed as one of the tools that can be used in your recovery. And that means that your own input through letters to the editor, articles, and opinions, can be considered as twelfth-step work and may certainly help many alcoholics who are still suffering.

Central Office information that brings news of events throughout Western North Carolina and conferences, seminars, and other A.A. activities around the nation are listed, as well as news of group meeting changes within our own Districts 70, 71, and 80.

It's good to share anniversaries, just as it's good to share humor and ideas that could help us all.

We hope you will look upon *Mountain Doin's* as your newsletter. Every group receives three free copies, and more and more groups are subscribing for extra copies so that more of their members can participate in sharing through the newsletter. Many groups place copies of *Mountain Doin's* on a table and invite members to pick up a copy to take home with them. That way, as we say, it becomes a useful tool in recovery. Try it—share through our letters column your thoughts, hopes, experiences. You could help lots of us by airing your thoughts. *The Editor.*



## 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

Drop 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



# 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.

**Mom's Celebrating Recovery.** The Oaks Episcopal Center and Mountain Area Perinatal Substance Abuse Program are co-sponsoring our second 4-day, 3-night camp on September 17-20. The camp is for mothers recovering from alcohol and one or two of their children under 5 years old. The focus of the experience is three-fold: recovery, spirituality, and conscious parenting. Childcare, meals, and a room are provided at no cost to participants. Please call as soon as possible if you are interested, as space is limited. Call Carla P. at (704) 254-5126. Come prepared to grow and to have a lot of fun.

**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.

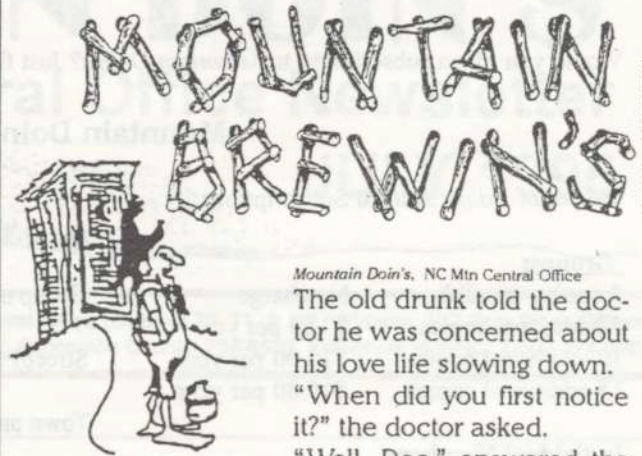
**2nd Annual Sobriety At Sea.** Recovery Cruise 1995. Three days of Fellowship/Fun/Sun, aboard Carnival Cruise Lines **Super Liner "Ecstasy."** Ship departs Miami for Nassau and a full day at Sea. Friday September 22, 1995, at 4 p.m.

**Third Annual Southeast "Woman To Woman" Seminar.** Sept. 29-October 1, 1995. "Woman To Woman" adheres to the 12 Traditions of A.A. All meetings are closed, A.A. meetings. At Delta Orlando Resort, Maingate at Universal Studios, 5715 Major Blvd., Orlando, FL 32819. For more information call Christine S. (407) 647-1876 or Laura H. (407) 647-1768

**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.

**God gave us two ends: one to sit on and one to think with. Success depends upon the one we use most—heads we win, tails we lose.**



*Mountain Doin's, NC Mtn Central Office*

The old drunk told the doctor he was concerned about his love life slowing down. "When did you first notice it?" the doctor asked.

"Well, Doc," answered the old drunk. "twice last night and again this morning."

X X X

The alky and his son were both sitting in easy chairs drinking their beers.

Said the father: "Jim, go out and see if it's raining."

"Aw, Dad," groaned the son. "Can't you call in the dog and see if he's wet?"

X X X

A woman was telling her friend about a new method of cooking chicken: "I soaked it overnight in brandy and wine, then basted it with rum and sherry."

"Sounds great!" replied the friend. "How did it taste?"

"Don't know," replied the cook. "It was probably the first time in history that a chicken staggered out of the oven and tried to join A.A."

X X X

What do you call a drunk with an IQ of fifty? Gifted.

X X X

Joan and Betty were sitting at the bar. Said Joan: "You know, men are all alike."

Said Betty: Men are all I like, too."

X X X

The Alky was chatting to his pal. Said he, "There's a new drink made of vodka and carrot juice. You get just as drunk, but you can see better in the morning."

X X X

Said she: Is it true that you were fired from your job for attending your uncle's funeral?

Said he, Yes, my boss said three days was too long to take off work for a funeral.

She: Three days? Why did you need three days off work?

He: My uncle was a big drinker, and he gave orders to be cremated. It took us three days to put out the flames.

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below

### Mountain Doin's Order Form

*Mountain Doin's* Annual Subscriptions:

**Groups:**

3 copies monthly      No charge  
5 additional copies      \$7.80 per year  
10 additional copies      \$15.00 per year  
15 additional copies      \$19.80 per year

Group or Individual Name \_\_\_\_\_

Street/PO Box No. \_\_\_\_\_

Town and Zip Code \_\_\_\_\_

**Individual Members:**

Single copy monthly      \$10.00 per year

Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, dependent upon USPS rates.

Clip and mail with check or money order to:  
**N.C. Mountain Central Office**  
107 Park Place Offices  
70 Woodfin Place  
Asheville NC 28801

North Carolina Mountain Central Office  
107 Park Place Offices  
70 Woodfin Place  
Asheville NC 28801

Address correction requested

Place  
Postage  
Stamp  
Here