

# MOUNTAIN DOIN'S

Central Office Newsletter

AUGUST 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

## GOLDEN ANNIVERSARY

of

## W.N.C.'s Oldest A.A. Group

*You are cordially invited to attend the 50th Anniversary Celebration  
of the Hendersonville Group of Alcoholics Anonymous*

**Sunday, August 27, 1995**

**at St. John In The Wilderness Episcopal Church  
Greenville Highway, Flat Rock (Rte. 25S)**

***Agenda: Charter Member's Mini Speeches; State Archives Display,  
Light Refreshments will be served***

The Hendersonville Group of A.A., formed on August 25, 1945, is the oldest group in Western North Carolina and as far as can be determined is the oldest continuous Group in all of North Carolina.

The first meetings were held on the fourth floor of what is now the Northwestern Bank Building in a judge's office. The charter members of the group were a corporate attorney, a chicken fighter, a bondsman, a prominent businessman, and a man who had become a destitute bum. This last man, Smiley M., after obtaining his sobriety, rose to become one of the most prominent and successful businessmen in Henderson County. During several of the lean years when the group was just getting started, some meetings would be attended by five members or less. But, because of the efforts of this man and his love for Alcoholics Anonymous, the

Group has been successful in bringing the A.A. message to hundreds of men and women in the Western part of the State.

In the beginning, the meetings were held for men only, but in 1953, the first woman joined the group and since then the number of women members has increased as is true everywhere in A.A.

In 1951 the Hendersonville Group was instrumental in helping to organize a group in Brevard, N.C., which has been active ever since.

As the Group continued to grow, some of the members decided that it was time to form another group in Henderson County. In May, 1970, the Blue Ridge Group was started in Flat Rock, by members of the Hendersonville Group.

To celebrate its 50th anniversary, the Hendersonville Group invites everyone to join in the fun and nostalgic reminiscing about our oldest Group's early days and its progress through the years.

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

## 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 us, 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

## Getting Back to Basics

I'm sure you've 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, 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 ourselves. As we all know, the overwhelming desire to drink leaves us in time, but maybe 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 to drink 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



## Fellowship News

**New Group. Burnsville Women's 12th Step Group**, meets on Saturdays at 9.30 a.m. at New Hope Counseling Center, 525 W. Main St. For information call (704) 682-4844.

Meeting cancellation. **The Burnsville 601 Group** meetings formerly held on Sundays, Tuesdays, and Fridays, have been canceled at 601 Main Street at 8 p.m. Future meetings at a new address will be announced as soon as possible.

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** Has begun weekly meetings on Fridays. 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.

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).

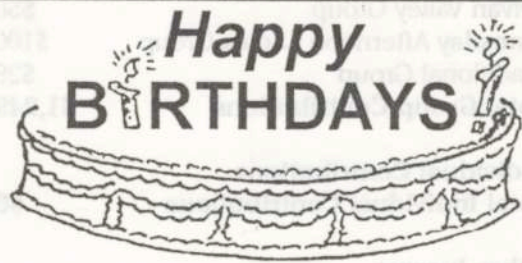
## Central Office Phone Log



"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 6-5-95—6-30-95

Answering Service Calls	172
General Information	4
A.A. Help	6
Family Help (Al-Anon)	16
Meeting Information	93
Central Office Business	80
Medical Help (Hospital, Detox, etc.)	2
Others	7
Visitors	54



#### Acceptance Group

Rita V	8-17-92	3 years
Mari Jo	8-18-86	9 years
Tim T.	8-29-92	3 years
David H.	8-26-94	1 year
Laurie	8-2-93	2 years
Suzanna B.	8-25-92	3 years
Wayne F.	8-11-84	11 years
John S.	8-1-91	4 years
Keith S.	8-1-94	1 year
Threcia	8-11-94	1 year
Danny L.	8-24-94	1 year
Kate M.	8-4-94	1 year
Greg S.	8-15-94	1 year

#### Arden Group

George M.	7-18-78	17 years
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#### Brevard Group

Lynn H.	8-18-93	2 years
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#### Conscious Contact Group

Beth H.	7-24-87	8 years
Serath K.	7-30-94	1 year
Frank W.	8-15-94	1 year
Bobbi N.	8-12-83	12 years
John S.	8-1-91	4 years

#### Cumberland Group

Tracy T.	8-22-94	1 year
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#### Hendersonville Group

Ray D.	8-21-80	19 years
Laurence R.	8-27-92	3 years
Mary Linda D.	8-16-82	13 years

#### Hendersonville Happy Hour Group

Ronnie O.	8-21-92	3 years
Ellen Benjamen	8-19-92	3 years

#### Midday Group

Lou P.	8-24-92	3 years
Bill F.	8-28-87	8 years
Jack C.	7-25-89	6 years
Christine B.	8-14-94	1 year
Ed.D.	8-19-92	3 years
Travis	8-5-89	6 years
Lisa T.	8-15-85	10 years

## What is Spirituality?

I went to my sponsor, a very smart man, and asked him, "What is the exact meaning of spirituality in A.A.? I'm really confused."

My sponsor leaned back, closed his eyes halfway, and peered at me. "You've been sober ten years?"

"It's almost twelve now," was my reply.

"Have you read the *Big Book* lately?"

"Well, I go to a Big Book study group once a week," I told him.

When he said, "Let me tell you a story and you can figure it out for yourself," I expected a long session, so I leaned back, too, with my eyes half closed.

"The *Big Book* says the spiritual life is no theory, that we have to live it," he went on. "This story is about a man not in A.A. who spent a lot of time in church. He was an usher on Sunday and he sang in the church choir. He really felt spiritual. But after awhile the amount of booze he was consuming had increased to the point where he lost control. He became one of us. Luckily he found A.A. and recovered. He still goes to church, but his attitude has changed. What happened? He started helping others. He became responsible."

"You mean being responsible has something to do with spirituality?" I asked.

"It has everything to do with it. We have to live it, not just talk about it. And being responsible means paying bills on time, getting to work on time, doing household duties as needed, and so forth." This doesn't mean we can't have fun. Recreation and vacations are very important. I also need to take care of my health by eating a good diet and getting regular exercise."

"Okay. Is that it?"

"That's a lot of it, but there's more. As a responsible person I also need to be fairly well-disciplined, go to meetings on a regular basis, work the Steps on a regular basis, exercise on a regular schedule. Another big item is being available. When other people reach out, I need to reach back and listen to them talk about their situation. In some cases I need to take them to their first meetings to get them started. I need to be available."

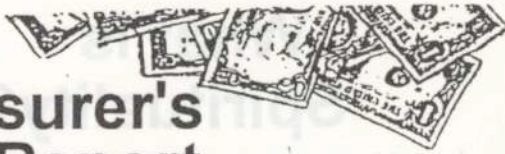
"Sounds to me like spirituality is more action than a lot of praying," I commented.

"True. But prayer is important because I must have the help of my Higher Power in everything. To sum it up, for me spirituality is a triple whammy: being responsible, being somewhat disciplined, and being available."

"Sound like a full-time job to me," I grumbled.

"Yes," my sponsor ended, "But it is the easiest way to gain peace of mind that I know."

Excerpted from *The Grapevine*



# Treasurer's Report

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

## INCOME

### Group Contributions

Acceptance Group	\$60.00
Arden Group	\$60.00
Back To Basics Group	\$20.00
Black Mountain Group	\$21.00
Brevard Group	\$35.00
Candler KISS Group	\$50.00
Clyde Sunday Night Group	\$100.00
Cumberland Avenue Group	\$125.00
Day By Day Group	\$45.00
Growing Together Group	\$50.00
Hendersonville Group	\$107.86
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Just For Today Group	\$3.00
Leicester Group	\$20.00
New Morning Group	\$20.00
Newcomers Group	\$100.00
Pathfinders Group	\$10.00
Serenity Service Group	\$78.20
Sylva Group	\$15.00

Sylvan Valley Group	\$50.00
Thursday Afternoon Ladies Group	\$100.00
Traditional Group	\$29.50
<b>Total Group Contributions</b>	<b>\$1,249.56</b>

## Individual Contributions

<b>Total Individual Contributions</b>	<b>\$0.00</b>
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## Other Income

Literature and Chips sales	\$1,559.85
Mtn. Doin's and Where and When sales	\$51.50
Other Income	\$14.05

<b>Total Income</b>	<b>\$2,874.96</b>
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## EXPENSES

Rent	\$109.00
Telephone	\$143.81
Payroll and Payroll Taxes	\$592.61
Cost of Mtn Doin's & Where & When publication and distribution	\$191.74
Cost of Literature and Chips Sales	\$925.65
Other Expenses	\$55.86
<b>Total Expenses</b>	<b>\$2,018.67</b>

<b>Net Income</b>	<b>\$856.29</b>
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<b>Financial Status, end of May</b>	<b>\$2,761.97</b>
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Operating Bank Balance June 30	\$3,757.43
Cash and Checks on hand June 30	\$245.36
Accruals	(\$384.33)

<b>Financial Status, end of June</b>	<b>\$3,618.26</b>
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## Passing the Basket— Or Passing the Buck?

When I was newly sober in A.A., fourteen years ago, I seldom attended a meeting without taking a pamphlet to read. I always had at least two cups of coffee, and if there was anything to eat, I ate. When the basket was passed, I always put a quarter in it—for two people, my wife and me.

Most of us decry the fact that more than forty percent of groups do not support the Fellowship. When it comes to A.A.'s being self-supporting, many fail to recognize one important aspect: If we aren't even willing to pay our own way at a meeting, how can we expect the groups to support the Fellowship? Early in my sobriety, it was explained that it was imperative for me to get my priorities in order. Learning to become responsible was one of them. This financial buck-passing certainly seems to run counter to responsibility. If we want "the hand of A.A. always to be there,"

we each need to assume our own share of responsibility. If money and spirituality do mix in the basket, as the *Twelve and Twelve* says, then how much better they will blend when money is used to perpetuate A.A. by making more Twelfth Step work possible.

We who have had so much given to us freely—in love, with no strings attached—sometimes forget that this also is an area where we have to give it away to keep it. One of the promises in the Big Book is freedom from "fear and economic insecurity."

Long ago, one of my sponsors suggested that if I stayed sober and tried to live along spiritual lines, my needs would always be met. Today I know that when I give of myself, I am compensated many times over.

God has given each of us a share of the responsibility. He has given each of us the tools to work with and the ability to use them. Let's all of us assume our shares so that we may all reap ever increasingly the fruits of selflessness and love in service to our Fellowship. Excerpted from *The Grapevine*



# 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.

**2nd N.C. Native American A.A. Convention in Cherokee NC.** Everyone welcome! You don't have to be a Native American to attend. **November 9-12, 1995.** To make room reservations: Boundary Tree Lodge 441 North, Cherokee, NC (704-497-2155). Activities include Marathon meetings, speakers, newcomers, raffles, sobriety pow-wow, dance, door prizes.

**Sobriety In Paradise, 1995.** At the Holiday Inn, SunSpree Resort, Paradise Islands, Bahamas. Date: October 6—8, 1995. You are invited to the 2nd A.A. Convention of The Nassau Group, Nassau, Bahamas. Share experience, strength and hope as we celebrate Sobriety in Paradise. For reservations contact Agnes Smith. Phone: (809)362-2100. Or call Jill (809)325-1950 (W) or (809) 393-2015 (H)

**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.)

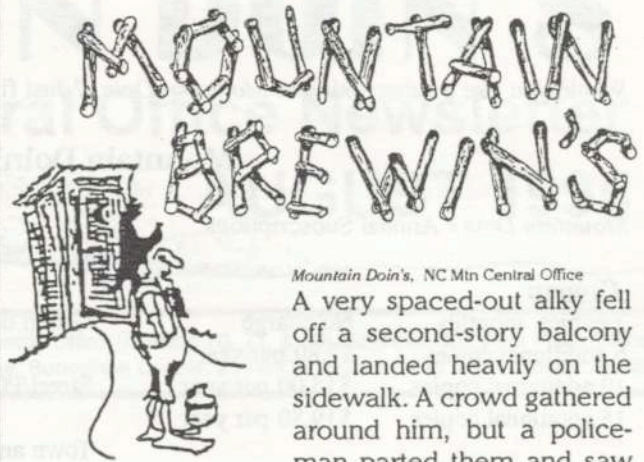
**2nd Annual Sobriety At Sea.** Recovery Cruise 1995. Three days of Fellowship/Fun/Sun, aboard Carnival Cruise Lines **Super Liner "Ecstasy."** Ship departs Miami for Nassau and a full day at Sea. Friday September 22, 1995, at 4 p.m.

**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.

**A word of encouragement after failure is worth more than a dictionary of praise after success.**



*Mountain Doin's, NC Mtn Central Office*

A very spaced-out alky fell off a second-story balcony and landed heavily on the sidewalk. A crowd gathered around him, but a policeman parted them and saw

the man, who was dusting himself off groggily.

"What happened?" asked the cop.

"I dunno," said the drunk. "I just got here myself."

x x x

The drunk learned that ninety percent of all traffic accidents take place within ten miles of the home.

So he moved.

x x x

A boozer was walking down the street with huge blisters on both ears, and met a friend who asked him what happened.

"My wife left her hot iron out by the phone when she left the house," said the boozer. "And the phone rang and I picked up the iron by mistake."

"But what about the other ear?" asked his friend.

"The damned man called back!"

x x x

Said the wife to her alcoholic husband, "What do you say we go out tonight and have a good time?"

Replied the husband, "Good idea. And if you get home first, please turn on the porch light."

x x x

The alky asked his pal at the bar: "Hey, does your wife ever talk in her sleep?"

"No," replied the first. "I can't understand it. She never talks in her sleep, she just smiles."

x x x

Wife to alcoholic husband: "That new couple next door seem so devoted. He kisses her every time they meet. You never do that."

Alky husband: "Well, I don't know her well enough."

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."

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