

MOUNTAIN DOIN'S

Central Office Newsletter
OCTOBER 1995



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N.C. Mountain Central Office Meeting

**Sunday
October 15
1995**

**Time
2 p.m.**

**at Hendersonville Group Mtg. Room
123 S. Main St., Hendersonville
(Corner of Allen and Main Streets)**

The regular quarterly meeting of the N.C. Mountain Central Office will be held on Sunday October 15 at the Hendersonville Group Meeting Room at 2 p.m. It is hoped that all Group Central Office Representatives or Alternates in Districts 70, 71, and 80 will make a particular effort to attend this meeting.

To help coordinate our three Districts, DCMs are also invited to attend the meeting. It is emphasized that input from all GSRs is vital for full coordination and cooperation in Central Office affairs.

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.

Readers Forum

Live Letters

A Family's Pain

I'd been in the program long enough to show that I was serious, and one day I received the following from my daughter-in-law. It was so touching and on-the-mark that I'd like to share it with *Mountain Doin's* readers.—RE

When I first met my father-in-law
I didn't know he'd be taking a fall
I remember the day you got taken to jail
No one wanted to put up your bail.

Whenever you drank you got nasty and mean
While there for visits that's what we had seen.
Every day your family begged and pleaded
But you just couldn't see how you were still needed.

We hope the days you spent in the basement alone
Have long since passed 'cause now you are home.
The bottle had taken over your life
But you just couldn't see you were losing your wife.

You always thought Patty did things out of spite
She had just given up the struggle to fight.
When I noticed the bottle had taken all your day
I surely feel that's when you lost your way.

All the days and nights we would all cry.
We knew if you didn't quit you would soon die.
Patty had given you all of those years
She thought the last few would be nothing but tears.

Denese was selfish and so unafraid
She would stick by you whatever choices you made.
Rusty does not want to fight or plea
All he wants is an apology.

George was sad and so confused
He couldn't understand why you didn't give up booze.
Tracey wondered why you never were there
She really missed your loving care.

When you went for help in another state
We all knew then that it wasn't too late.
We all love you, no matter what
But please, don't end up back in that spot.

When you feel the urge to take a drink
Will you please just stop and think
Whenever you feel your life's in despair
Just pick up the phone, we'll always be there.

Whenever you need a helping hand
Just don't forget who loves you, dear Russ man.
Every day will be a battle, but you've come this far—
We know you can do it, strong man that you are.

All we can hope is that you stay sober forever
But we know we can never, ever say never.
We want to shout and say out loud
That we will always be so damn proud

I'm ending this poem just to tell you, Russ,
We will always love you and we know you love us.

Your Daughter-in-Law, Rhonda E.

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 8-7-95—9-1-95

Answering Service Calls	173
General Information	1
A.A. Help	7
Family Help (Al-Anon)	13
Meeting Information	63
Central Office Business	84
Medical Help (Hospital, Detox, etc.)	0
P.I. Calls	1
Others	4
Visitors	51



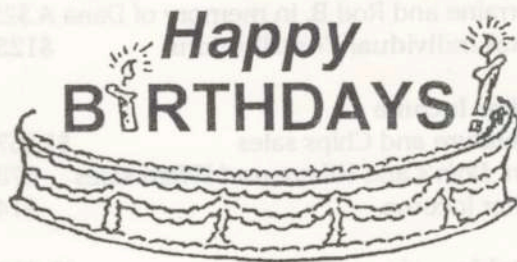
Fellowship News

Pot Luck Dinner. Celebrating the Anniversary of **The Black Mountain Group**. To be held on October 23. Eating at 7 p.m., Speaker at 8 p.m. The Speaker will be Edith. Come and enjoy an evening of good fellowship.

New meeting. **The Acceptance Group** has started a new meeting at 10.30 a.m. on Thursdays at St. Luke's Church, 219 Chunn's Cove Rd., Asheville. The meetings are closed, Step Study, nonsmoking.

Meeting changes: **The New Morning Meeting** has merged with the **Early Bird Meeting**. All meetings are now being held on Tuesday, Wednesday, and Thursday mornings at 7.30 a.m. to 8.30 a.m. at the Parish Hall, St. John In The Wilderness Church, Flat Rock, (Rte 25S). Meetings are open, discussion, nonsmoking, and will be listed as **Early Bird Meetings**. For information, call Allan or Beth, (704) 693-5825.

New Meeting location change: The Sylvan Valley Group now meets on Wednesdays at the Sharing House in Brevard. + SAT. 12:00 Noon



Acceptance Group

Owen	10-3-92	3 years
Toby B.	10-20-86	9 years
Dan G.	10-23-83	12 years
Lee T.	10-29-84	11 years
Paul Mc	10-27-81	14 years
Nancy T.	10-5-93	2 years
Dee D.	10-5-68	27 years
Don H.	10-25-68	27 years
Jane H.	10-26-93	2 years
Alan H.	10-17-94	1 year
Dwight E.	10-19-94	1 year
Denise S.	10-2-94	1 year
Steve D.	10-16-94	1 year
Dick C.	10-31-94	1 year
Sharon O.	10-4-90	5 years

Black Mountain Group

Bob S.	10-9-84	11 years
Tara S.	10-8-91	4 years
Marilyn C.	10-19-87	8 years

Brevard Group

Ginny D.	10-26-77	18 years
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Cumberland Group

Karl S.	10-12-94	1 year
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Conscious Contact Group

Bill S.	9-2-82	13 years
Chuck D.	10-12-91	4 years
Dottie S.	10-12-91	4 years.

Hendersonville Happy Hour Group

Joanie B.	10-22-94	1 year
Stan S.	10-20-86	9 years

Midday Group

Robert B.	10-1-83	12 years
Chuck S.	10-19-88	7 years
Kim B.	10-24-86	9 years
Karen W.	10-25-83	12 years
Russ E.	10-11-94	1 year
Jeb	10-2-93	2 years
Jeff W.	10-11-76	19 years
Alan F.	10-10-88	7 years

Serenity Service Group

Milam W.	9-26-90	5 years
Deb-bice? C.	9-26-90	5 years
James T.	9-7-92	3 years
Roy W.	9-30-90	5 years
Tony P.	9-30-93	2 years
Linda C.	9-19-93	2 years
Patti B.	9-4-93	2 years
Calvin M.	9-18-94	1 year
Eric G.	9-4-94	1 year

Traditional Group

Russ B.	10-21-71	24 years
Eric P.	10-15-72	23 years
Tim E.	10-24-89	6 years
Roy W.	10-1-90	5 years
Lisa	10-12-93	2 years
Allen M.	10-19-94	1 year

Fellow Members of A.A. . . .

We are a small group of recovering alcoholics meeting twice a week at Henderson Correctional Center. We are serious and determined about our sobriety. We have been in jails and institutions, and certainly don't want death, for this is the last house on the block.

We are reaching out to you for help, for we desperately need your support in order to keep our meetings going. At present we have only two volunteers, one on Monday and one on Friday. If, for any reason, these individuals are not able to be here, we lose our meetings, and therefore we need everyone we can get.

Please come and share with us your experience, strength, and hope. WE NEED YOU! For more information please contact Kenny S. at (704) 696-1875. We thank you!

We want to hear from you. We and our readers in all of Western North Carolina—Districts 70, 71, and 80—need your input through letters to the Editor so that we can all share in each others' thoughts and opinions. It could be like a meeting in print. Write today. We look forward to hearing from you. Your Editor, Alan.



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$60.00
Black Mountain Group	\$21.00
Brevard Group	\$35.00
Common Sense Group	\$23.36
Day By Day Group	\$45.00
Early Bird Meeting	\$40.00
Experience Group	\$10.00
Hendersonville Group	\$111.88
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Maggie Valley Group	\$50.00
Maple Grove Group	\$75.00
Marion Group	\$152.58
Mountain View Group	\$80.00
New Day Group	\$25.00
Pathfinders Group	\$10.00
Serenity Service Group	\$28.90
Sylvan Valley Group	\$25.00
Unity group	\$10.00
Total Group Contributions	\$952.72

Individual Contributions

John and Curry J.	\$100.00
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Lorraine and Rod B, in memory of Dana A.	\$25.00
Total Individual Contributions	\$125.00

Other Income

Literature and Chips sales	\$1,367.35
Mtn. Doin's and Where and When sales	\$78.80
Other Income	\$14.31

Total Income	\$2,538.18
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EXPENSES

Rent	\$109.00
Telephone	\$164.53
Payroll and Payroll Taxes	\$613.60
Cost of Mtn Doin's & Where & When publication and distribution	\$542.83
Cost of Literature and Chips Sales	\$1,635.81
Other Expenses	\$52.01
Total Expenses	\$3,117.78

Net Income	(\$579.60)
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Financial Status, end of July	\$3,180.90
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Operating Bank Balance Aug 31	\$2,787.56
Cash and Checks on hand Aug 31	\$138.33
Accruals	(\$324.59)

Financial Status, end of August	\$2,601.30
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Correction to the July 1995 report: The item labeled "Operating Bank Balance July 31 before transfer" should have been labeled "Operating Balance July 31 after transfer of \$1,000.00 to the Reserve Account."

Honesty—Dishonesty

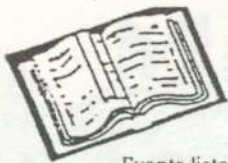
I was introduced to the A.A. program in the early 1950's. My first dry spell lasted six months, and I went back to try some more controlled drinking. At that time in my life, honesty was just a word that meant very little to me. I came back to A.A. asking for help in July or 1957, and by stubbornness, I put in the next seventeen years without a drink.

As the years went horribly by, my mental and spiritual life kept going downhill. I gradually quit going to meetings altogether and let my resentments grow into hatred. As you might guess, I ended up drinking again, for almost two years. Of course, being honest was completely out. I was sicker in every way than I had ever been in my life. After spending four weeks in a treatment center, I started going back to A.A. meet-

ings, but I wasn't getting much out of them. I went back to drinking. I would get two weeks in without a drink, sometimes three, but that was it. I kept going to meetings, on and off, but nothing seemed to be getting through.

One day, while all alone, I was reading my Big Book, the chapter on "How It Works." I came to the line that says, "if they have the capacity to be honest," and something made me stop right there. Reality struck me square in the face, and I realized, thank God, that I had not been completely honest. At long last I got down on my knees with all the humility and honesty that I could find within myself. I realize now that not being honest was my problem all those years.

Excerpted from the *Grapevine*, February 1979



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, prizes.

12 Step Study Weekend Camp Thunderbird, S.C., November 3, 4, and 5. Workshops, discussion groups, speakers, hands-on step work, fellowship, fun, and recovery. For infm. write: Camp Thunderbird Retreat, PO Box 240516, Charlotte, NC 28224.

9th Annual Las Vegas, Nevada, Roundup November 23—26, Riviera Hotel. Thurs. and Fri. night dances, Sports events, Sat. night Banquet and Dance. Call A.A. Central Office (702) 368-1888. or write The Round-Up Committee, P.O. Box 43177, Las Vegas, Nevada 89116.

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 Al-Anon speakers available.

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

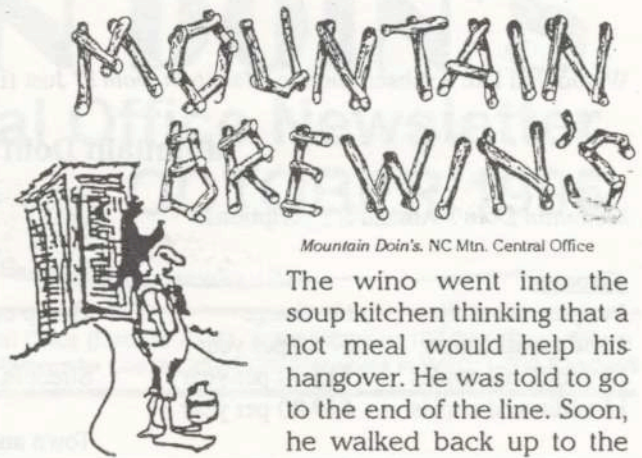
32nd International A.A. Women's Conference. The "language of the heart" will be spoken in Salt Lake City, Utah, Salt Lake City Marriott, February 8—11, 1996. IAAWC discount fares through Delta Airlines. For more information, call Molly W. (704) 254-8840.

Huh?

As a typical A.A. perfectionist (that can be defined as "a person given to correcting the grammar in the graffiti on restroom walls,") I have attempted a definition of an alcoholic that precisely fits me.

I would be described as a mellifluous, sciolistic hyperdenophilist with chronic struthionine dontopedalogical distress and antiorthokeratological attidunal enigma.

Which means: A laid-back, know-it-all wino with chronic head-in-the-sand, foot-in-the-mouth disease and a bad attitude about anything that's perfectly clear. Excerpted from the *Grapevine*.



Mountain Doin's, NC Mtn. Central Office

The wino went into the soup kitchen thinking that a hot meal would help his hangover. He was told to go to the end of the line. Soon, he walked back up to the man in charge.

"Why didn't you do what I said? Why are you back here?"

"Well," explained the man. "I went to get at the end of the line, but there was a guy already there."

x x x

A drunk got into a cab and asked the driver if there was room up front for a pizza and a six-pack.

"Sure," said the driver.

So the drunk leaned over the partition and threw up.

x x x

A man came into a bar and ordered a martini. Before drinking it, he removed the olive and carefully put it into a small glass jar, then he ordered another martini and did the same thing. After a period, when the jar was full of olives, he staggered out.

Said a customer: "Wow! I never saw anything so weird as that!"

"It's nothing," said the bartender. "His wife sent him out for a jar of olives."

x x x

"I'm so bad at putting things off," said the alky to his mate, "I finally joined Procrastinators Anonymous."

"Did that help?" asked his friend.

"Not yet, we haven't got around to having a meeting."

x x x

A family has a hard time giving away unwanted litter of puppies. Finally, the alcoholic husband said: "Get rid of those pups or I'm gonna leave!"

The next day, the advertisement appeared in the local newspaper: "Husband says either the pups leave, or he does. Puppies are adorable, mixed breed. Husband is a cross, unsympathetic drunk. Your choice, free!"

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