

MOUNTAIN DOIN'S

Central Office Newsletter
NOVEMBER 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 Releigh, N.C. November 17-19, 1995

The Fall assembly will be held on Saturday and Sunday, November 18 and 19, 1995, and an informal closed discussion meeting will be held on Friday night, November, 17 for early arrivals. All group GSRs in our Districts 70, 71, and 80 are encouraged to attend—and all interested parties are also invited and should check with their Group GSRs for full information.

Subjects for discussion at the General Assembly include the adoption of eight standing committees for a trial period of one year; a bid by Area 51 to host the 1999 Southeast Regional Conference; the status of the 1996 Southeast Regional Forum, to be held in Asheville in December of 96; a proposal to select the Radisson Marquee Hotel of Winston-Salem as site for the 97-98 Area 51 events; reporting requirements for the Correctional Facility Committee.

Readers Forum

Live Letters

We're All In The Same Boat

I used to get angry when members insisted that they didn't want to hear any matters talked about at meetings except discussions on how to keep sober "one day at a time." Have they forgotten that this is a program of recovery? A program that teaches us how to live in today's up and down—and constantly changing—world? With people who are all different from each other: sensible, insane, good, bad, funny, sad? Our program includes managing and sometimes changing our strengths, our weaknesses, our egos, our readiness to anger, and bringing to the surface our

other character defects so that we can recognize them and learn to change or control them.

Our program works because it faces and deals

Live Letters continued on next page

A Plea To All Groups

Please let Central Office know if you have changed the location, day, or time of any of your group meetings or if any meetings have been canceled. It is important, particularly for newcomers, to be assured that the meetings are correctly listed in *Where and When*. Phone or write us at the address shown above in our masthead.

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
with reality and how we can learn about reality when we open our ears and our eyes to the stories of other alcoholics and their handling of recent or past struggles with their world. For their world is our world. Other people's problems help me broaden my own conception of life as it is, and prepare me to face my own conception of life as it is, and to face whatever might come along.

We will never recover unless we patiently listen to other people's problems—and learn from the views subsequently by others at the meetings. —TE

The Virtue of Brevity

I recently read an article regarding the virtue of brevity. The article mentioned that Lincoln used only 267 words for his Gettysburg address. The Lord's Prayer contains only 70 words. The Ten Commandments, which set a whole moral code for humankind, has only 91 words. In contrast, the words used in a federal order dealing with the price of cabbage contained 26,911 words.

This brought to mind my observation over the years that at meetings, the people whose comments are brief are usually the most meaningful. The people who ramble on and on move me about the same as would the order dealing with the price of cabbage. I know I'm supposed to be patient, that people who love the sound of their own voices may have to pontificate at length to stay sober, etc. But I'm also mind-

ful of self will run riot, and that the long-winded people give no thought to the fact that other hurting folks might want to share.

The sad thing is that the people who will read this and agree with it will be the ones whose comments are brief and to the point. The ones for whom this message is intended will either not read it or ignore it altogether after having read it. —BS



Fellowship News

Meeting Location Change: The Sylvan Valley Group now meets on Wednesdays and Saturdays at noon at The Sharing House in Brevard.

Time change: T.G.I.F. Group, which meets at Unity Center, Airport Road., off Rte 25, has changed its Friday meeting time from 6.30-8.00 p.m. to 7.00-8.30 p.m. The meetings are open, nonsmoking.

New Group: Burnsville Firehouse Group meets at Yancy Learning Center, in the Firehouse, Main Street, Burnsville. The meetings are held on Thursday at 8.00 p.m. (open, discussion); Friday, 8.00 p.m. (open, 12 & 12); and Saturday, 8.00 p.m. (Big Book Study).

Meeting Cancellation: The Avery Creek Group has canceled its meetings that were held on Thursdays at 8.00 p.m. in Arden at Avery Creek United Methodist Church.

New Meeting: The Reaching Out Group has formed and meets at the Hendersonville Correctional Center on Stoney Mountain Road, Hendersonville. The meetings are held on Mondays and Fridays at 7.00 p.m. Attendees must arrive by 6.45 p.m. and be cleared by the Dept. of Corrections. For information, call Kenny S., (704) 696-1875.

New Meeting: The Ridgerunners II Group now meets on Tuesdays, at 8.00 p.m. at Ridgecrest Baptist Church, Black Mountain. The meetings are closed, nonsmoking.

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 9-4-95—9-29-95

Answering Service Calls	144
General Information	7
A.A. Help	6
Family Help (Al-Anon)	8
Meeting Information	73
Central Office Business	77
Medical Help (Hospital, Detox, etc.)	2
P.I. Calls	0
Others	7
Visitors	55



"Personally I always give thanks on the day *after* Thanksgiving!"



Black Mountain Group

Bill G.	11-30-83	12 years
Fred P.	11-8-79	16 years
Ann E.	11-6-79	16 years
Ray L.	11-6-94	1 year
Shelia T.	11-6-94	1 year

Bethel Up The River Group

Rick I.	9-7-94	1 year
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Brevard Group

Gene O'H.	11-6-87	8 years
Karen B.	11-25-92	3 years
Danny Mc.	11-9-93	2 years

Conscious Contact Group

Dick C.	10-31-94	1 year
Steve M.	11-4-94	1 year
Kay S.	11-5-84	11 years.

Cumberland Group

Howard E.	11-2-92	3 years
D.	11-14-92	3 years

Lee D.	11-14-92	3 years
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Hendersonville Group

Andy T.	11-24-91	4 years
Ed. G.	11-3-79	16 years
Don O.	11-8-62	33 years
John B.	11-24-94	1 year
Lisa H.	11-2-93	2 years
John C.	11-5-93	2 years
Chris. V.W.	11-18-86	9 years
Rebecca M.	11-26-94	1 year

Midday Group

Susan H.	11-12-90	5 years
Kathy McG.	11-21-84	11 years
Paul B.	11-18-93	2 years
Margaret B.	11-3-94	1 year

Serenity Service Group

Maurice H.	10-27-78	17 years
Jim O'H.	10-31-70	25 years
Joy G.	10-18-83	12 years
Greg H.	10-21-93	2 years
Deborah Y.	10-25-93	2 years
Jackie B.	10-12-94	1 years

Traditional Group

Wayne P.	11-9-70	25 years
Morris R.	11-6-73	22 years
Elizabeth P.	11-1-94	1 year
Vicki B.	11-3-94	1 year
Terry L.	11-10-94	1 year
Lisa W.	11-15-94	1 year
Frank C.	11-29-94	1 year

... And You Don't Drink

The pain is worse that you can ever remember. You look up and say the Serenity Prayer and nothing happens. You pace the floor and then sit down and light a cigarette, and then get up and fix another cup of coffee, and then take a deep breath and wait.

"This too shall pass," is like a scratched record in your brain, and you wonder. "When?" ... and you don't drink.

You drive and turn up the radio loud to drown out the thoughts, then you stop to look over the city from the hill. You cry and you hurt.

Each day after a sleepless night you ask, "Is this the day, God? Is this the day when it will be all over?" You go to meetings.

You cover up, and you smile and ache. You call a friend, and it doesn't seem to help. You feel as if you will explode if you don't unload on someone, and then you finally do. It brings a little relief ... and you

don't drink.

You say the Serenity Prayer ten times with closed eyes and clenched fists and smoke some more. You beat the pillow with your fists, look at the clock, and you know you have made it through one more day, one minute at a time. You hurt some more.

Then the day comes. You open the door. The sun is shining and warm. You see the trees and you say "Is this the day, God?"

... and it is.

Excerpted from *The Grapevine*. Sept. 81

No one can go back and
make a brand new start.
But anyone can start now
and make a brand new end.



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$120.00
Black Mountain Group	\$21.00
Brevard Group	\$70.00
Cashiers Valley Group	\$50.00
Conscious Contact Group	\$270.00
Cumberland Avenue group	\$125.00
Day By Day Group	\$45.00
Experience Group	\$15.00
Flat Rock Newcomers Group	\$100.00
Hayesville Group	\$40.00
Hendersonville Group	\$117.87
Hendersonville Happy Hour Group	\$50.00
Hendersonville Middyay Group	\$100.00
Just For Today Group	\$3.00
Pathfinders Group	\$10.00
Tryon Group	\$75.00
Tuesday Night Men's Group	\$158.76
Waynesville Grace Group	\$100.00
Total Group Contributions	\$1,470.63

Individual Contributions

Labor Day Anonymous Group \$20.00

Total Individual Contributions \$20.00

Other Income

Literature and Chips sales \$1,082.90

Mtn. Doin's and Where and When sales \$35.50

Other Income \$15.82

Total Income \$2,624.85

EXPENSES

Rent \$109.00

Telephone \$176.67

Payroll and Payroll Taxes \$571.62

Cost of Mtn Doin's & Where & When
publication and distribution \$211.68

Cost of Literature and Chips Sales \$981.44

Other Expenses \$36.95

Total Expenses \$2,087.36

Net Income \$537.49

Financial Status, end of August \$2,601.30

Operating Bank Balance Sep 30 \$3,298.39

Cash and Checks on hand Sep 30 \$228.88

Accruals (\$388.48)

Financial Status, end of September \$3,138.79

Communication, by Bill W.

Often I sense the deep meaning of the phenomenon of Alcoholics Anonymous, but I cannot begin to fathom it. Why, for instance, at this particular point in history has God chosen to communicate his healing grace to so many of us? Who can say what this communication actually is—so mysterious and yet so practical. We can only partly realize what we have received and what it has meant to each of us.

It occurs to me that every aspect of this global enfoldment can be related to a single crucial word. The word is *communication*.

From the beginning, communication in A.A. has been no ordinary transmission to helpful ideas and attitudes. It has been unusual and sometimes unique. Because of our kinship in suffering, and because our common means of deliverance are effective for ourselves only when constantly carried to others, our channels of contact have always been charged with

the language of the heart.

And what is that? Let's see if I can communicate to you something of what it means to me.

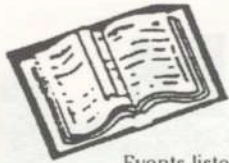
At once, I think of my own doctor, William Duncan Silkworth, and how he ministered to me with the language of the heart during the last shattering year of my alcoholism.

Love was his magic, and with it he accomplished this wonder: He conveyed to the foggy mind of the drunk that here was a human being who understood, and who cared without limit.

He was one who would gladly walk the extra mile with us, and if necessary (and it often was), even the last mile of all. At that time he had already tried to help over twenty thousand drunks, and he had failed with nearly all.

Only here and there had this dismal experience of futility been brightened by genuine recovery. People wondered how he could go on, how he could still believe with a faith that never faltered. He kept saying, "Someday we'll find the answer."

Excerpted from *The Language of the Heart*



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.

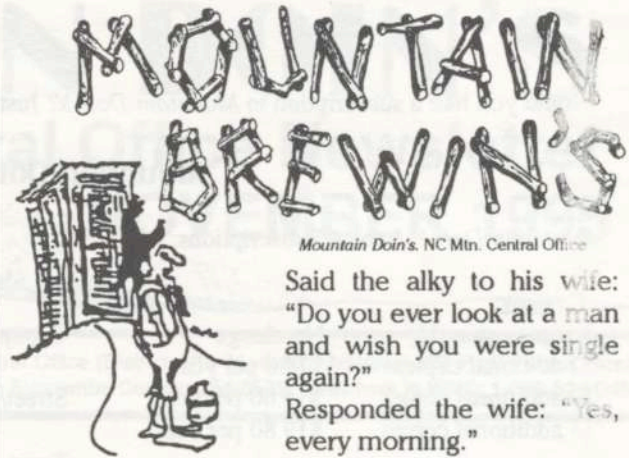
32nd International A.A. Women's Conference. The "language of the heart" will be spoken in Salt Lake City, Utah, Salt Lake City Marriott, February 8—11, 1996. IAAWC discount fares through Delta Airlines. For more information, call Molly W. (704) 254-8840.

Meeting Adversity

Now and then all of us fall under heavy criticism, when we are angered and hurt, it's difficult not to retaliate in kind. Yet, we can restrain ourselves and then probe ourselves, asking whether our critics were really right. If so, we can admit our defects to them. This usually clears the air for mutual understanding.

Suppose our critics are being unfair. Then we can try calm persuasion. If they continue to rant, it is still possible for us—in our hearts—to forgive them. Maybe a sense of humor can be our saving grace—thus we can both forgive and forget.

—As Bill Sees It



Mountain Doin's, NC Mtn. Central Office

Said the alky to his wife:
"Do you ever look at a man
and wish you were single
again?"

Responded the wife: "Yes,
every morning."

x x x

The alky was looking for money to buy his next drink. He wandered up to a man at his doorstep who offered to pay him if he'd paint the porch at the rear of his house. He supplies the alky with paint and brush, and the alky runs off to the rear of the house.

Later in the afternoon the alky calls at the house to collect his pay, and as he was leaving he remarked: "Thank you, sir, and incidentally, that's not a Porche there at the back, it's a Ferrari!"

x x x

The alky was on a tremendous binge and one night he drove toward his home, ran his car across one neighbor's lawn, threw up on another living room, treated the whole neighborhood to a screaming session with his wife, acted as a one-man demolition crew at a party down the block—and then replied to his wife, when she suggested that he visit A.A. "Who, me? What on earth would the neighbors think?"

x x x

When he was new at the job the bartender thought it an insult if anyone offered him a drink. But, in time, he learned to swallow the insults.

x x x

The antique shop customer asked the owner: "When I was here last week, I was admiring a big mug with a flat head that holds a lot of beer. I'd like to buy it, please."

"Sorry," said the proprietor, "you can't do that."

"Why not?"

"Because that was my brother-in-law."

x x x

The alky left the bar and was driving down Main Street weaving from side to side when a police officer pulled him over.

"Sir, you're drunk!" charged the officer.

"Thanks be to God!" replied the local alky. "I feared it were the steering."

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