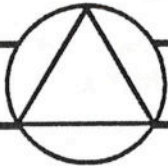


MOUNTAIN DOIN'S

Central Office Newsletter
JANUARY 1996



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



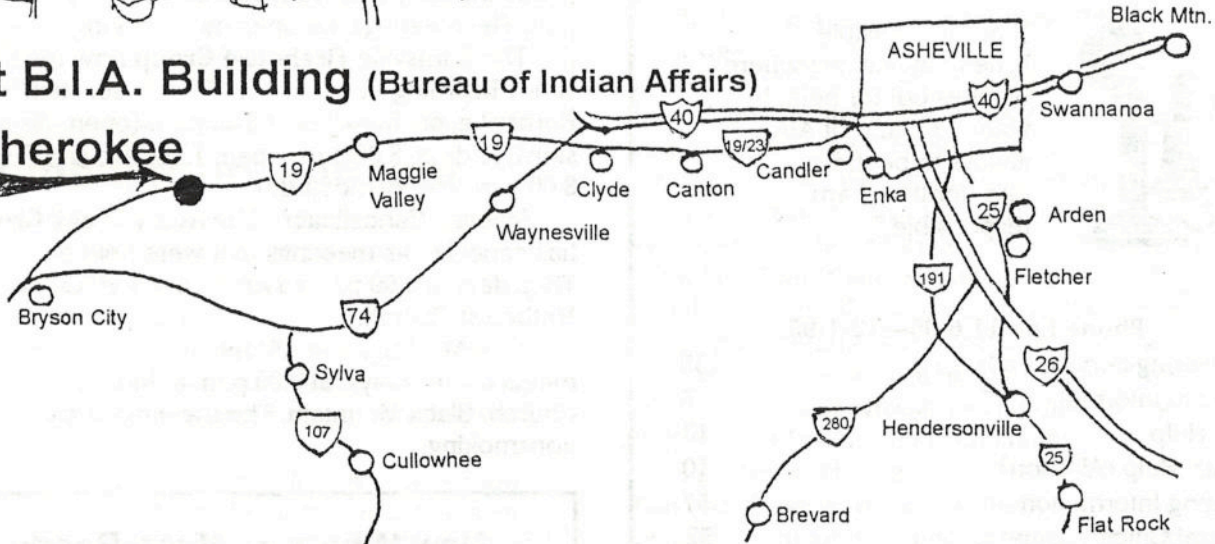
**N.C. Mountain
Central
Office
Meeting**

**Sunday
January 14**

Time: 3 p.m.

at B.I.A. Building (Bureau of Indian Affairs)

Cherokee



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.

Central Office Reduces Literature Prices

As announced in our December *Mountain Doin's* the prices for all Conference-approved literature are being reduced with effect from January 1, 1996. Here are the new prices for all literature, chips, and medallions if purchased from Central Office.

We remind you that sales tax on all literature purchased from Central Office has already been paid to the state.

Here are the new prices:

Conference Literature

Alcoholics Anonymous	(Hard Cover)	\$5.00
"	(Soft Cover)	\$4.60
"	(Large Print)	\$5.30
"	(Pocket Edition)	\$3.50
Twelve & Twelve	(Hard Cover)	\$4.40
"	(Soft Cover)	\$4.15
"	(Gift Edition)	\$4.65
"	(Large Print)	\$4.75
"	(Pocket Edition)	\$3.50
Daily Reflections		\$5.25
Came To Believe		\$2.00
Living Sober		\$2.00
A.A. In Prison—Inmate to Inmate		\$1.00
A.A. Comes of Age		\$5.10
As Bill Sees It		\$5.15
Dr. Bob and the Good Oldtimers		\$6.00
Pass It On		\$6.50
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, and Blue) are sold at 25¢ each.

Medallions:

With effect from January 1, 1996, all bronze medallions are sold at \$1.50 each

Feel free to visit Central Office (10 a.m. to 1 p.m. Mondays through Fridays). Phone orders may be made by calling (in Buncombe County) 254-8539, or (outside Buncombe County) 1-800-524-0465.



Fellowship News

Meeting location change. **The Brevard Group** has moved from the Lutheran Church to Davidson River Presbyterian Church. The Brevard Group meets Tuesdays and Thursdays at 8.00 p.m.

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.

The **Burnsville Firehouse Group** now meets at Yancy Learning Center, in the Firehouse, Main Street, Burnsville, on Tuesdays at 8.00 p.m. (open, discussion); Fridays, 8.00 p.m. (open, 12 & 12); and Sundays, 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 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 11-6-95—12-1-95

Answering Service Calls	139
General Information	5
A.A. Help	13
Family Help (Al-Anon)	10
Meeting Information	57
Central Office Business	52
Medical Help (Hospital, Detox, etc.)	5
P.I. Calls	0
Others	6
Visitors	53

New Where & When Ready

A new *Where and When Winter/Spring 95/96* is now available from Central Office. Order by phone, by mail, or by personal visit. All copies are priced at 10¢ each



Acceptance Group

Suzanne T.	1-1-92	4 years
Faye	-1-5-93	3 years
Margie C.	1-26-76	20 years

Brevard Group

Dot P.	1-21-82	14 years
Don H.	1-5-92	4 years
Charles P.	1-29-92	4 years

Hendersonville Happy Hour Group

Arlene H.	1-19-95	1 year
Jerry M.	1-4-90	6 years

Hendersonville Midday Group

Bert B.	1-25-87	9 years
Judy C.	1-22-82	14 years

Traditional Group

Lisa P.	12-1-78	17 years
Kasey V.	12-1-85	10 year
Don O.	12-11-93	2 year
Stephen M.	12-28-94	1 year
Hazel L.	12-12-94	1 year
Lisa W.	12-31-94	1 year
Glenn S.	12-22-94	1 year
Mike P.	12-12-94	1 year
Ken H.	1-1-83	13 years
Bruce L.	1-1-88	8 years
Shelly C.	1-2-95	1 year
Alberta C.	1-28-95	1 year

Home Group Concept

Experience has shown that for most A.A. members, membership in an A.A. group known as a "Home Group" is vital in maintaining sobriety through Alcoholics Anonymous.

In the early days of the Fellowship, the A.A. members actually met in the homes of fellow members and shared their experience, strength, and hope with one another.

The Home Group is where they accept responsibilities and try to sustain friendships. And although all A.A. members are usually welcome at all groups and feel at home at any of these meetings, the concept of the Home Group has still remained the strongest bond between the A.A. member and the Fellowship. The concept affords the member the right to vote on issues that might affect A.A. as a whole.

From *As Bill Sees It*.

Readers' Forum

LIVE LETTERS

Reader Espouses Generic Spirituality

"Whose father?" Not mine. "Who keeps us sober?" A power greater than myself does; not a "Father who art in heaven."

"A.A. is not allied with any sect, denomination, politics, organization, or religion" (Preamble). Yet some groups continue to place the stamp of Christianity (or what organized religion is passing off as the teaching of Christ), on this Fellowship. And this, in spite of Bill's clear admonition on page 34 of *As Bill Sees It*.

There are many abused women and men in these rooms healing from abuse of a toxic father—whether family or church hierarchy.

Why do those of us who experience healing from the Spirit of the Universe need to exclude ourselves from a circle who honor a father/mother in heaven when we already have experienced the "Great Reality deep down within us," and "need not consider another's conception of God." (From the chapter in the Big Book "We Agnostics." To me, A.A. is generic spirituality, possibly best understood by a physicist who observes the unseen law of nature at work. Sobriety is a gift of A.A., whose Fellowship channeled to me an unknown Power. To whatever ritual/belief system you take your joy of recovery, please don't ask me to come with you.

Consider this: There is one God, but in different "Drag." . . .

Thanks for letting me share. Take what you like and leave the rest.
—KMcG

Encouragement, Not Condemnation!

I was at a meeting the other day when a man next to me told the group that he had just returned from a ten-day nightmare of boozing, and he'd like, some words of advice. I patted him on the shoulder and told him we were glad to have him back again.

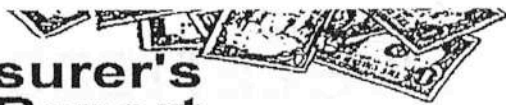
The Chairman tore into him with: "Why did you come back?" And before the fellow could answer, he went on: "Unless you're really serious about it maybe you'd be better off going out again. And we don't want you here unless you're really serious about it."

I wanted to interrupt him by saying, "Well, I want him back. What's wrong with offering him positive help?" But, of course, I said nothing.

I got the impression from the old-timer chairman that only those who had the strength to master the program from the very first visit were welcome. But we are all different in our strengths and weaknesses, and neither one nor the other necessarily signifies our desire to get rid of the obsession to drink. And words of gentle encouragement, in my opinion, are far more likely to help the "slipper" than words of condemnation.

—DH

Treasurer's Report



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

INCOME

Group Contributions

Acceptance Group	\$60.00
Black Mountain Group	\$21.00
Bone Dry Group	\$25.00
Brevard Group	\$35.00
Conscious Contact Group	\$180.00
Day By Day Group	\$45.00
Early Bird Group	\$20.00
Etowah Group	\$50.00
Experience Group	\$15.00
Hendersonville Group	\$88.88
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$250.00
Just For Today Group	\$3.00
Mission Group	\$20.00
Pathfinders Group	\$10.00
Reaching Out Group	\$113.90
Serenity Service Group	\$31.20
Sylva Group	\$15.00
Traditional Group	\$150.00
Waynesville Grace Group	\$100.00
Total Group Contributions	\$1,282.98

(Central Office wishes to thank all the Groups

listed above for their contributions).

Individual Contributions

Barbara B.	\$200.00
Lorraine & Rod B., memory of Dana A.	\$50.00
Total Individual Contributions	\$250.00

Other Income

Literature and Chips sales	\$1,064.40
<i>Mtn. Doin's and Where and When</i> sales	\$42.00
Other Income	\$268.44
Total Income	\$2,906.82

EXPENSES

Rent	\$109.00
Telephone	\$296.27
Payroll and Payroll Taxes	\$592.61
Cost of <i>Mtn Doin's & Where & When</i> publication and distribution	\$362.30
Cost of Literature and Chips Sales	\$808.02
Other Expenses	\$35.62
Total Expenses	\$2,203.82

Net Income **\$703.00**

Financial Status, end of October **\$3,112.86**

Operating Bank Balance Nov 30	\$3,798.49
Cash and Checks on hand Nov 30	\$251.41
Accruals	(\$234.04)

Financial Status, end of November **\$3,815.86**

Just for Today

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appal me if I felt I had to keep it up for a lifetime.

Just for today I will be happy. Most folks are as happy as they make up their minds to be.

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out: if anybody knows of it, it will not count. I will do at least two things I don't want to do—just for exercise. I will not show anyone that my feelings are

hurt; they may be hurt, but today I will not show it.

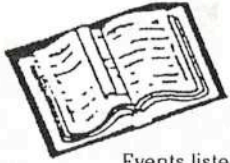
Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

There's nothing wrong with drinking like a fish—as long as you drink what a fish drinks.



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.

Tar Heel Mid-Winter Conference. January 18, 19, 20, 21, 1996—North Raleigh Hilton and Convention Center. Outstanding speakers; Saturday Night Dance. Early registration (by January 4, 1996) \$12.00 per person. Late Registration (after January 4) \$15 per person.

Mail registrations and deposits to the North Raleigh Hilton. Conference mailing address: Conference Chairman, P.O. Box 18312, Raleigh, NC 27619.

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. For more information, call Molly W. (704) 254-8840.

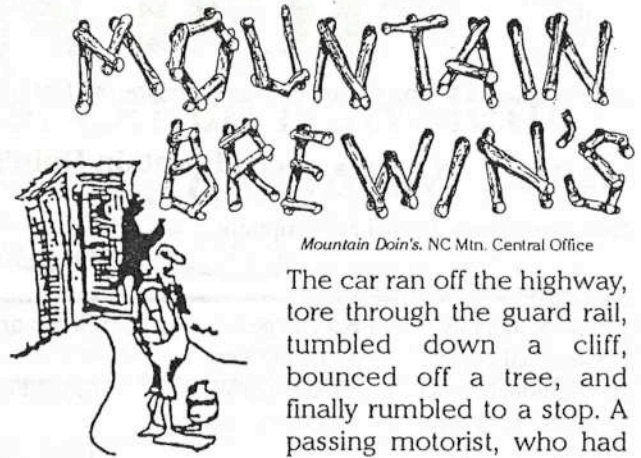
21st Annual San Fernando Valley A.A. Convention (with Al-Anon and Alateen participation). February 2, 3, and 4, 1996, at Burbank Airport Hilton, Burbank, CA. Golf, Dances, Walks, Banquet. For pre-registration contact 21st Annual SFVAA Convention, P.O. Box 7727, Northridge, CA 91327-7727.

Recovering Women join together for a weekend of **Spring Spirit I.** Friday, 3/29/96 through Sunday 3/31/96. Catholic Conference Center, Hickory, NC (704) 327-7441. Cost: \$65 includes room and meals. For more information call: Mary G. (704)366-2201, or Sister Eileen: (704) 343-9954.

Calling All Campers. If you like to go camping, whether in a tent, a trailer, or a motorhome, and also want to get some wonderful A.A. fellowship at the same time, then you might want to check out the "Coffee Cup Campers."

For Easter to Thanksgiving we meet just about every month at campgrounds around the state, from the mountains to the beaches, to enjoy pot-luck suppers, lots of sober socialibility or peace and quiet (or both), together with some regular sharing of Experience, Strength, and Hope in recovery. There are usually between five and fifteen couples or individuals who gather for one of these refreshing weekends, and the Coffee Cup Campers welcome newcomers.

If you have a recreational vehicle or just like to pitch a tent on the ground, you might try a weekend with the Coffee Cup Campers. They have been meeting for 20 years now, and their membership list is always open. If you would like to be on their mailing list, to learn when and where the next camp-out will be, contact the group secretary Linda Millsaps at 2104 Triplett Road, Mooresville, NC 28115, or phone her at (704) 527-0029.



Mountain Doin's, NC Mtn. Central Office

The car ran off the highway, tore through the guard rail, tumbled down a cliff, bounced off a tree, and finally rumbled to a stop. A passing motorist, who had seen the entire accident,

helped the surprisingly unharmed driver out of the wreck.

"Good heavens, mate," he gasped, "are you drunk?"

"Of course," said the bleery driver. "What the hell do you think I am—a stunt driver?"

x x x

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 drunk, "twice last night and again this morning."

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

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 cat 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 her 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

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Mountain Doin's Order Form

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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.

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