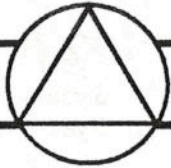


# MOUNTAIN DOIN'S

Central Office Newsletter

FEBRUARY 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

## Readers' Forum Live Letters

### A.A.—A New Life

In A.A. I see a new life—and I'm part of it! It's almost like being born again. When I first went through those A.A. doors, all I hoped for was to learn how to stop drinking. Little did I know that the A.A. program included a whole set of guidelines that covered the whole concept of finding a new life—for me, for the whole Fellowship and, amazingly, for my own family.

Who would have thought the program labeled Alcoholics Anonymous included the concept of living a new life of honesty, integrity, love for my fellow sufferers, as well as a new love for my family? No more need to sneak around, hide the truth about my indulgence, finding out that life would never be perfect, but a thousand times better than I can ever remember.

Today, I'm so grateful for all the good things that have happened that I know I will never be able to pay back the debt. And the Fellowship has given me all these wonderful blessings—for free! DK

### Bright Start to a New Day

This morning I was reading page 86 of the Big Book, and I was particularly affected by the paragraph that reads: "On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin we ask God to direct our thinking, especially that it be divorced from self-pity, dishonest or self-seeking motives."

Not being a "God" person, I substitute the phrase "ask God to direct our thinking" to "be careful to consciously direct my thinking." And although the substitute phrase works for me whereas the other phrase works for most others, taken as a whole, the general determination of the sentences (*continued on page 2*)

## District 71 GSR Meeting

The December 3, 1995, District 71 GSR Meeting was held at the Roundtable Group Meeting Room. DCM Jerry B. introduced new officers.

It was announced that five Big Books were provided by the Hendersonville Group for the local prison, and that the Midday Group donated Big Books to the Stoney Mountain prison. GSRs were asked to become more knowledgeable about CPC/PI work by attending CPC/PI conferences.

It was decided to purchase a container to transport "odds and ends" for future eating meetings.

Jerry B. announced that the 1997 Assembly would be held at the Radisson Marquee in Winston-Salem, making it more central for all groups.

It was announced that the next Eat-in Meeting for District 71 has been tentatively set for the second Sunday in March (March 10, 1996) in Tryon. Details will be published in the March issue of *Mountain Doin's*.

The next District 71 GSR meeting will be February 25 at 4.30 p.m. at the Roundtable Group meeting room at Moore's Grove Church, Rte 64, Hendersonville.

### District 71 Treasurer's Report for December, 1995.

<b>Balance from 11/13/95</b>	<b>\$127.25</b>
<b>Group Contributions:</b>	
Early Bird Mtg.	\$20.00
Edneyville Group	\$50.00
Happy Hour Group	\$10.00
Midday Group	\$50.00
Midway Group (Columbus)	\$50.00
Hendersonville Group	<u>\$10.00</u>
<b>Total Contributions (12-15-95)</b>	<b>\$190.00</b>
Other Income:	
DCM Expense Refund	\$50.00
Total Deposit	\$240.00
<b>Balance as of 12-15-95</b>	<b>\$367.25</b>

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)

helps make a bright and promising start to a new day of sobriety, unselfishness, and growth.

That's a big change from my life before A.A., and has helped me to steer a new course of thought, action, and reaction into my new way of life. —LH



## Fellowship News

**Location change: The Hendersonville Group**, which for many years has met at 123 Main St., Hendersonville, has now moved to the former Lutheran Church at the corner of Seventh Avenue and Church Street (next door to The Chariot). The meetings are held in the Church's basement.

**New Meeting. The Leicester Women's Mtg.** holds meetings on Wednesdays at 6.30 to 7.30 p.m. at the Leicester Community Center. The meetings are for women only, Big Book Study.

**Location change: The Black Mountain Group** has moved to Black Mtn United Methodist Church, 101 Church St. (just off State St.). Times and dates of meetings remain the same.

**New Meeting. The Early Bird Mtg.**, which meets at St. John In The Wilderness Ch., Flat Rock, has added a new meeting—Saturdays, at 7.30 a.m.

**Meeting Cancellation: The Arden T.G.I.F. Gp.** Friday meetings at Unity Center, Airport Road, have been canceled.

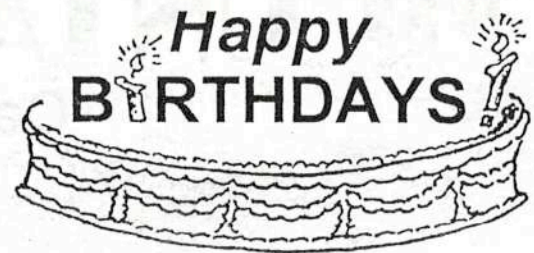
### Central Office Phone Log



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 12-4-95—12-29-95**

Answering Service calls	114
General Information	4
A.A. Help	4
Family Help (Al-Anon)	13
Meeting Information	68
Central Office Business	57
Medical Help (Hospital, Detox, etc.)	3
Others	13
Visitors	49



**Acceptance Group**

Susan A.	2-14-95	1 year
Dan B.	2-15-93	3 years
Bob W.	2-16-91	5 years
Joan L.	2-21-87	9 years

**Back to Basics Group**

James P.	no date supplied	8 years
Ralph M.	no date supplied	19 years
John L.	no date supplied	9 years

**Brevard Group**

Dell B.	2-25-87	9 years
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**Hendersonville Group**

Ed. D.	2-22-72	24 years
Helen D.	2.22.72	24 years
Ann L.	2-7-89	7 years
Michael H.	2-22-92	4 years
Tara C.	2-6-89	7 years
Greg B.	2-28-94	2 years
Kathy H.	2-19-94	2 years

**Hendersonville Happy Hour Group**

Maureen McF.	2-14-69	27 years
Rudy F.	2-2-95	1 year
Mac S.	2-23-93	3 years

**Hendersonville Middy Group**

Tom M.	2-9-82	14 years
Larry L.	2-20-81	15 years
Nancy S.	2-17-91	5 years
Helen P.	2-14-93	3 years

**Traditional Group**

Ken H.	1-1-83	13 years
Shelly C.	1-2-95	1 year
Alberta C.	1-28-95	1 year
Kate B.	1-24-93	3 years
Bruce L.	1-1-88	8 years

**Winter/Spring Where & When Ready**

In case you missed it in last month's *Mountain Doin's* the new Winter/Spring, 1995-96 edition of the WNC meeting schedules publication *Where and When* are now available at 10 cents per copy from Central Office. For copies, call, write-in or pick up personally from Central Office.

## Central Office Literature Prices

As announced in our January *Mountain Doin's* the prices for all Conference-approved literature were reduced with effect from January 1, 1996. We reprint here the new prices, printed in large type with the suggestion that Groups display this page for the benefit of all members.

We remind you that sales tax on all literature purchased from Central Office has already been paid to the state, and Central Office also absorbs the cost of mailing literature to Groups.

### ***Conference Approved Literature:***

<b>Alcoholics Anonymous (Hard Cover)</b>			<b>\$5.00</b>
" "		<b>(Soft Cover)</b>	<b>\$4.60</b>
" "		<b>(Large Print)</b>	<b>\$5.30</b>
" "		<b>(Pocket Edition)</b>	<b>\$3.50</b>
<b>Twelve and Twelve</b>		<b>(Hard Cover)</b>	<b>\$4.40</b>
" "		<b>(Soft Cover Edition)</b>	<b>\$4.15</b>
" "		<b>(Gift Edition)</b>	<b>\$4.65</b>
" "		<b>(Large Print)</b>	<b>\$4.75</b>
" "		<b>(Pocket Edition)</b>	<b>\$3.50</b>
<b>Daily Reflections</b>			<b>\$5.25</b>
<b>Came To Believe</b>			<b>\$2.00</b>
<b>Living Sober</b>			<b>\$2.00</b>
<b>A.A. In PrisoM—Inmate to Inmate</b>			<b>\$1.00</b>
<b>A.A. Comes of Age</b>			<b>\$5.10</b>
<b>As Bill Sees It</b>			<b>\$5.15</b>
<b>Dr. Bob and the Good Oldtimers</b>			<b>\$6.00</b>
<b>Pass It On</b>			<b>\$6.50</b>
<b>Language of the Heart</b>			<b>\$11.00</b>

### ***Non-Conference Literature in Stock***

<b>Twenty Four Hours a Day</b>	<b>\$8.00</b>
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### ***Other Non-Conference Literature not kept in stock but will be ordered upon request:***

<b>Each Day a New Beginning</b>	<b>\$9.00</b>
<b>The Little Red Book</b>	<b>\$8.00</b>
<b>Promise of a New Day</b>	<b>\$9.00</b>





# Treasurer's Report

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

## INCOME

### Group Contributions

Acceptance Group	\$60.00
Bethel Up-The-River Group	\$25.00
Black Mountain Group	\$21.00
Blue Ridge Group	\$40.00
Brevard Group	\$35.00
Candler Kiss Group	\$50.00
Canton Easy Does It Group	\$21.00
Columbus Group	\$50.00
Cumberland Avenue Group	\$125.00
Day By Day Group	\$45.00
Early Bird Group	\$30.00
Growing Together Group	\$50.00
Hendersonville Group	\$62.76
Hendersonville Happy Hour Group	\$50.00
Jump-Off Rock Group	\$99.00
Just For Today Group	\$6.00
Lakeside Group	\$75.00
Mission Group	\$10.00
Pathfinders Group	\$10.00
Tuesday Night Men's Group	\$110.00
<b>Total Group Contributions</b>	<b>\$974.76</b>

(Central Office wishes to thank all the Groups listed above for their contributions).

## Other Income

Literature and Chips sales	\$981.38
Mtn. Doin's and Where and When sales	\$40.00
Other Income	\$0.00

**Total Income** **\$1,996.14**

## EXPENSES

Rent	\$109.00
Telephone	\$460.38
Payroll and Payroll Taxes	\$571.62
Cost of Mtn Doin's & Where & When publication and distribution	\$205.50
Cost of Literature and Chips Sales	\$786.45
Other Expenses	\$38.04

**Total Expenses** **\$2,170.99**

**Net Income** **(174.85)**

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

Operating Bank Balance Dec. 31	\$3,758.48
Cash and Checks on hand Dec. 31	\$197.71
Accruals	(\$315.18)
Transfer to Reserve	(\$0.00)

**Financial Status, end of December** **\$3,641.01**

## Spirituality—eventually

For someone like me, who came to this program saying that there was no God, the word was one I withdrew from and did not want to consider. Over a long period of time, the world "spiritual" ceased to make me want to shy away.

At the Thursday night meeting, we discussed Appendix II of the Big Book about spiritual experience, along with the last paragraph on page 64. I had heard for many long years that the body begins to heal, then we begin to get well emotionally, and mentally, then we heal spiritually. A sentence on page 64 had me and others puzzled. It says "When the spiritual malady is overcome, we straighten out mentally and physically." In our group discussion we hear many views of what that statement meant. We hear in meetings, "Bring your body and the mind will follow." Just bringing the body, or calling the A.A. phone number, or opening the Big Book, is a spiritual act.

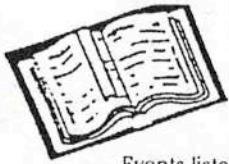
Using what Appendix II tells us about spiritual experience evolving and becoming a change in personality, calling A.A., looking into the Big Book, or

walking into an A.A. meeting makes a change in my thinking. Trying to control or "cure" my alcoholism by myself was folly, but I persisted in doing so for a long time. Admitting I needed help and following through with action meant reaching outside myself for the answer. I kept looking for the big definition of spirituality and could not understand that the first step in asking or seeking help outside myself was the beginning of the first spark of spirituality. The "hoop" is big enough for all to pass through if we can only open up our minds and let go of those old ideas. That little thought is the beginning of spirituality, and, indeed, we must address it before we can begin the healing process.

Excerpted from the *Grapevine*, May 1985

**God, I'm not what I want to be. God, I'm not what I ought to be. But thank you, God, I'm not what I used to be.**





# 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.

## 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 camp, 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 sociability 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.

**What impressed me most at my first few meetings was hearing my own life story told in bits and pieces, by other people.**

# MOUNTAIN BREWING'S



*Mountain Doin's. NC Mtn. Central Office*

After imbibing a number of drinks at the bar, a group wandered over to the dining room and ordered dinner. After a spell of drinking more and eating their meals, the group noticed

that one alky began to gag.

"I—I think I swallowed a bone," he gasped.

"Jack!" cried out a voice from the other side of the table. "Are you choking?"

"No, dammit, I'm serious!"

X X X

Said the alcoholic patient to his psychiatrist, "Have you figured out what's wrong with me yet, Doc?" The psychiatrist replied: "Yes, you have a split personality." Said the alky: "Baloney, Doc. I don't agree with you, and neither do I."

X X X

The wife complained bitterly to her alcoholic husband about the unbelievable number of empty whiskey bottles cluttering up the house.

"Well, it couldn't have been me," said the husband. "I've never brought home an empty whiskey bottle in my life!"

X X X

The alky was trying to impress the lady sitting next to him at the bar. "People like me," he said, "don't just grow on trees."

"I know," said the lady. "They swing from them."

X X X

A boozier was in the hospital awaiting surgery. He noticed a pretty nurse and asked her if she thought he would be well enough to take her dancing the following weekend.

She smiled sweetly and replied, "Perhaps you should ask my finance—he'll be operating on you tomorrow morning."

X X X

Said the alky patient: "Doc, I know it's crazy and silly, but I keep feeling that people tend to ignore me."

Doctor: "Next!"

X X X

Blackouts—All that fun for nothing!

X X X

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5 additional copies	\$7.80 per year
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15 additional copies	\$19.80 per year

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