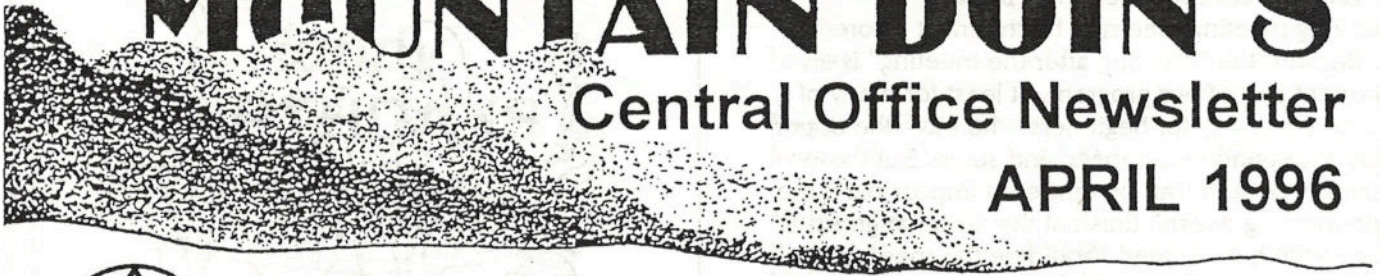


MOUNTAIN DOIN'S

Central Office Newsletter

APRIL 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

March Central Office Meeting Report

The latest Central Office meeting was held in Sylva on March 10, after this April *Mountain Doin's* had to go to press. A full report on this important meeting, which covers all three Districts 70, 71, and 80, representing all of Western North Carolina, will be published in the May issue of *Mountain Doin's*.

Readers Forum

Live Letters

How Long Should Meetings Last?

I used to think that all A.A. meetings were designed to last one hour. Period. But I've been to a few lately that seemed to develop into numerous drunkalogues that stretch the meetings way beyond the specified hours. And the Chairman just lets it go on and on.

Well, of course, it's up to the group conscience to say how long a meeting should last. But I've noticed often at "hourly" meetings that just won't stop, a number of members simply get up and walk out.

Personally, I feel that a stipulated time limit is the wisest course, because many of us have to plan our days around the meetings and that calls for the discipline of the chairman's closing the meeting on time, even if some haven't had a chance to share. And, in general, wherever I travel,

Live Letters continued on page 2



49th

North Carolina
Convention of
Alcoholics
Anonymous

July 18, 19, 20, & 21, 1996

North Raleigh Hilton
3415 Old Wake Forest Road
Raleigh, NC 27609

Register Now to Support Your State Convention

Convention Registration

\$12.00 Before July 6, 1996
\$15.00 July 6, 1996 and After
Alateens (must register) - No Charge
(No Refunds after July 6, 1996)

Hotel Registration

\$57.00 for up to four people
Reservations: (919) 872-2323
or 1-800-445-8667
Hotel Cut-off for Convention rate is
June 18, 1996

Thursday	July 18 - 8:00 PM	Malachi H.	Columbia, SC
Friday	July 19 - 3:00 PM	Old-Timers Panel	
Friday	July 19 - 8:30 PM	Bill C.	Charlotte, NC
Saturday	July 20 - 10:00 AM	Sue K. (Al-Anon)	Goffstown, NH
Saturday	July 20 - 2:00 PM	Mary Ann H.	Crimora, VA
Saturday	July 20 - 3:30-5:00 PM	Special Workshop by: SE Regional Trustee	Gay G., Decatur, GA
Saturday	July 20 - 8:00 PM	Tom K.	Goffstown, NH
Saturday	July 20 - 10:00 PM	Dance	EXCALIBUR
Sunday	July 21 - 10:00 AM	Gay G.	

Make Check Payable to:
North Carolina Convention Committee
PO Box 51932, Durham, NC 27717-1932

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.
hour-long meetings seem to be the most favored.

Besides, the "meeting after the meeting" is an important part of our program, at least for many of us, and especially for beginners who have the opportunity to get phone numbers, and so on. But these important periods can be rendered impossible if the main meeting doesn't finish at the time the group conscience has decided should be the meeting's duration. —BM

It's a Wonderful Program of Paradoxes

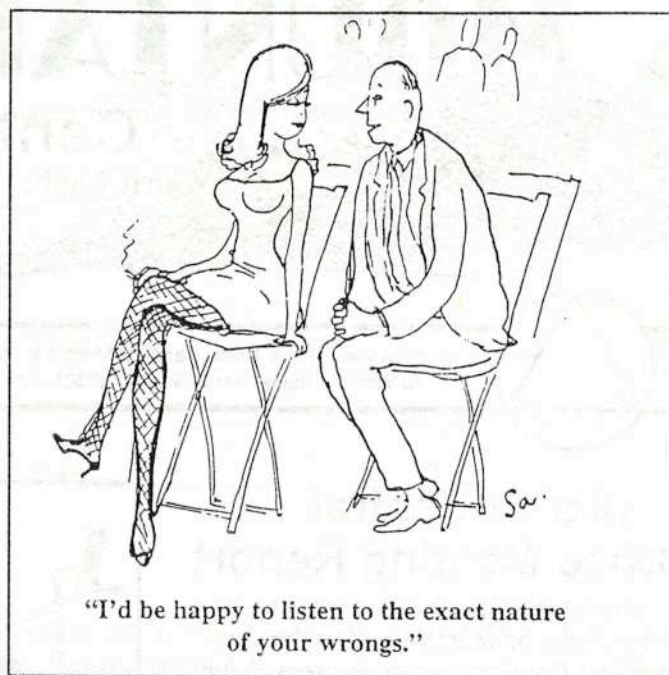
The longer I am in this wonderful program, the more I realize that there are so many paradoxes.

To me, the Twelve Step program of recovery isn't like a prison which confines me, but an open-armed welcome mat that frees me.

Certainly, the literature—the *Big Book*, the *Twelve and Twelve*, *Living Sober*, and other literature, as well as the meetings and the fellowship, are and always must be the cornerstone of my recovery.

I look forward to these as the "tip of the spiritual iceberg" which is available to me, and I feel truly blessed that mountains of other sources of spiritual growth are available, which, thanks to this program, I am beginning to understand and apply in my daily program of living. For the first time in my life I feel I have found a real and important reason for being a part of this world.

Thank you, A.A., for opening my eyes. —B.B.



"I'd be happy to listen to the exact nature of your wrongs."



Fellowship News

Meeting change: The Asheville Grace Group's regular Saturday 5.30 p.m. meeting at Presbyterian Church, 789 Merrimon Ave, has changed its *Living Sober* study meeting from closed to open.

Meeting change: The Canton **Easy Does It** Group which meets on Thursdays at 8 p.m. has moved to Sherman House, 104 Academy St.

Meeting cancellation: **The Living Sober Group** which met on Fridays at 8 p.m. at St. John In The Wilderness Church, Flat Rock, has been canceled.

Meeting change: The Candler **Women's First Step Farm Mtg.** at Candler has changed its name to **The Came To Believe Group** and meets on Tuesdays at 7 p.m. at the Women's First Step Farm, 200 Pete Luther Road. The meetings are for women only, closed, non-smoking.

Meeting cancellation: The Swannanoa **Experience Group** which met on Wednesdays has 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 2-5-96—3-1-96

Answering Service Calls	118
General Information	3
A.A. Help	9
Family Help (Al-Anon)	6
Meeting Information	60
Central Office Business	65
Medical Help (Hospital, Detox, etc.)	4
P.I. Calls	0
Others	9
Visitors	54

New Where & When

Central Office has just published a new, updated Spring/Summer version of *Where and When*, available from Central Office at 10¢ per copy. Stop by to pick up copies, or phone Central Office at 1-800-524-0465 (in Buncombe County phone 254-8539). Or write to address shown on front page of *Mountain Doin's*.



Acceptance Group

Keith B.	2-15-91	5 years
John L.	2-21-87	9 years
Bill B.	2-19-77	19 years
Jean C.	2-8-94	2 years
Irene M.	3-18-83	13 years
Jim S.	3-28-91	5 years
Perry F.	3-11-89	7 years

Back To Basics Group

James P.	2-18-88	8 years
Ralph M.	2-3-77	19 years
John L.	2-21-87	9 years
Jerry M.	3-28-88	8 years
Barbara J.	3-27-94	2 years
Jack M.	3-17-62	34 years
Brack J.	3-9-83	13 years

Brevard Group

Marion B.	4-15-92	4 years
Matt O'D.	4-3-79	17 years

Conscious Contact Group

Kate B.	1-24-93	3 years
Keldwyn T.	2-16-86	10 years
Larry B.	2-21-95	1 year
Claire F.	3-25-93	3 years
Irene M.	3-18-83	13 years
Barbara D.	3-28-81	15 years
Kathie K.	2-12-94	2 years
Rick D.	4-21-93	3 years
Betty L.	4-26-63	33 years

Cumberland Group

Tracy B.	4-9-90	6 years
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Hendersonville Happy Hour Group

Gene McF.	4-1-68	28 years
Gail A.	4-24-88	8 years

Hendersonville Group

Nick H.	4-6-89	7 years
Dienette L.	4-19-95	1 year
Gracia N.	4-29-94	2 years

Laura J.	4-12-77	19 years
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Maggie Valley Group

Marvin M.	4-?-81	15 years
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Midday Group

Barbara P.	4-29-89	7 years
Miriam S.	4-17-87	9 years
Carol S.	4-20-90	6 years
Ken W.	4-24-90	6 years
Joyce N.	4-15-89	7 years
Bob B.	4-3-94	2 years
Ron L.	4-4-78	18 years
Gracia N.	4-29-94	2 years

Serenity Service Group

Clay D.	2-6-84	12 years
Roland M.	2-6-76	20 years
Cheryl R.	2-7-84	12 years
Maryfran S.	2-9-93	3 years
Marcella S.	2-7-94	2 years
Tim E.	2-18-94	2 years
Linda G.	2-10-93	3 years
Mary H.	2-18-94	2 years
Debra W.	2-11-95	1 year
Debra M.	2-12-94	2 years
Jo Ann W.	2-6-95	1 year
Perry F.	3-11-89	7 years
Paul J.	3-6-90	6 years
Linda S.	3-10-94	2 years
Keith P.	3-15-94	2 years
Darlene C.	3-15-94	2 years
Linda C.	3-27-94	2 years
Adriana R.	3-8-95	1 year
John B.	3-13-95	1 year
Jeanette H.	3-21-95	1 year

Traditional Group

Bob V.	3-14-79	17 years
Roger W.	3-16-85	11 years
Julia H.	3-16-89	7 years
Richard B.	3-27-93	3 years
Perry	3-11-89	7 years
Jane A.	3-18-94	2 years
Carlton B.	3-2-95	1 year
Beverly H.	3-18-95	1 year
Carolyn O.	4-26-80	16 years
Stephanie W.	4-16-86	10 years
Karen R.	4-12-88	8 years
Douglas C.	4-2-95	1 year
Trina M.	4-21-95	1 year
James A.	4-29-95	1 year
Catherine W.	No date given	



Treasurer's Report

N.C. Mountain Central Office, Inc.
Financial Report for the month
of February, 1996

INCOME

Group Contributions

Acceptance Group	\$540.00
Black Mountain Group	\$225.00
Brevard Group	\$35.00
Candler Kiss Group	\$25.00
Day By Day Group	\$45.00
Early Bird Group	\$40.00
Grace Group	\$200.00
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Leicester Group	\$25.00
Maggie Valley Group	\$75.00
Marion Group	\$54.00
Mission Group	\$20.00
West Asheville Group	<u>\$50.00</u>
Total Group Contributions	\$1,484.00

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

Other Income

Literature and Chips sales	\$1,358.15
Mtn. Doin's and Where and When sales	\$54.00
Other Income	<u>\$0.00</u>
Total Income	\$2,896.15

EXPENSES

Rent	\$113.00
Telephone	\$236.97
Payroll and Payroll Taxes	\$592.61
Cost of Mtn Doin's & Where & When publication and distribution	\$391.03
Cost of Literature and Chips Sales	\$1,170.77
Other Expenses	<u>\$41.92</u>

Total Expenses \$2,546.30

Net Income \$349.85

Financial Status, end of January \$3,570.12

Operating Bank Balance Feb 29	\$4,087.03
Cash and Checks on hand Feb 29	\$77.73
Accruals	(\$244.79)

Financial Status, end of February \$3,919.97

What Is Self Support?

by Bob R., Delegate, Panel 45, Area 51

The Traditions are read at almost every meeting I attend, and most of those present at the meeting put a contribution in the basket that is passed, and sometimes I hear a remark made that we are self-supporting or there are coffee expenses, or we need to pay the rent. What I rarely hear said is how some of the money being collected is going to go toward carrying the message of recovery to the still suffering alcoholic. Why isn't it said? I believe the reason it is not said is due to the fact that the majority of the Groups in A.A. do not practice the spiritual principal of self-support as it is stated in the Seventh Tradition. It was said from the floor of the SE Regional Forum in Biloxi, MS, in December, 1994, "that it does not matter how much a Group contributes, it is the spiritual principle of contributing that matters."

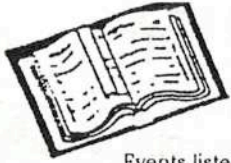
In 1995, less than 50% of the Groups in the USA/Canada sent contributions to the General Service Office, and in Area 51, North Carolina, only 37.4% of the A.A. Groups contributed funds to the Area. At the meetings I attend, almost 100% of the members contribute, so I know the membership is coming forth with the funds. Why aren't the Groups? It is suggested

that all Group funds in excess of a prudent reserve be sent to the local Central Office, the Area, the District, and the General Service Office, in whatever percentages are in accordance with each Group's conscience. There is a pamphlet entitled, *Self-Support: Where Money and Spirituality Mix*. This pamphlet answers many questions on why and how we should support the service organizations in Alcoholics Anonymous.

When the question "Who owns the Money in the Basket?" is answered, the answer is you, the A.A. member. As one of the Owners you should have a say in how the money is spent. Won't you please say it should be spent in carrying the message?

Correction

In the March *Mountain Doin's* we published an item referring to the S.E. Regional Forum. One line of text was omitted. The sentence should have read: . . . Ray D. will be requesting from the DCMs for Districts 70, 71, and 80 names of those who are willing to give of their time and energy for various tasks that need to be performed. The underlined words were omitted —Editor



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.

Sharing & Caring Women's A.A. Retreat at Camp Kirkwood, Watha, NC, May 17-19, 1996. For full details regarding reservations, and any questions regarding the retreat should be addressed to Emily Denby, 3812 Knollwood Dr., Durham, NC 27712. Or phone: (919) 383-0808. Deadline for registration is Friday, May 3, 1996.

S.E. Regional Conference of Young People in A.A., Charlotte '96 will be held June 13-16 at the Sheraton Airport Plaza Hotel, 3315 South I-85 and Billy Graham Parkway, Charlotte, NC 28208 (Phone 704-392-1200). Participants are invited to bring bikes, or mountain bikes. Meetings, entertainment, fun and fellowship.

For full details, write to S.E.R.C.Y.P.A.A. '96 P.O. Box 1666 Matthews, N.C. 28106-1666.

GSR Meeting—District 71

The meeting was held on February 25, at the Roundtable Group Mtg. Room, Moore's Grove Church, Hendersonville.

Jerry B. opened the meeting with the Lord's Prayer.

Norma H. bought a plastic container for transporting odds and ends to Eating Meetings. She donated the container to Dist. 71.

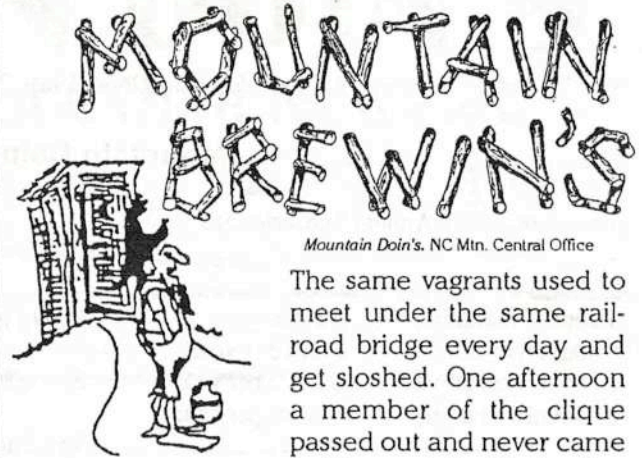
Jerry B. asked to put on hold the matter of a CPC/PI Rep. until more interest was generated from the groups. He mentioned that a few individuals were already doing CPC/PI work on their own initiative—such as visiting prisons.

The 1996 Spring Assembly is to be held on May 31 at North Raleigh Hilton. Norma H. recommended making reservations immediately information is available as rooms are quickly filled. The theme of the Spring Assembly will be "Pass It On." The three workshops will be: 1. The role of the GSR; 2. The 5th Tradition; 3. Sponsorship. There will be a discussion on CPC/PI and films, a workshop on the *Grapevine*, a workshop on using LCMs for large areas where the distances for DCMs to travel are not practical.

Jerry B. showed a list of groups in District 71 that had contributed to the various offices in A.A. Out of 18 groups in District 71, only four had contributed to Area 51.

The next Eating Meeting was tentatively set for June 9, 1996.

The next GSR meeting will be held on April 14, at 4.30 p.m. at the same location.



Mountain Doin's. NC Mtn. Central Office

The same vagrants used to meet under the same railroad bridge every day and get sloshed. One afternoon a member of the clique passed out and never came to. The next day his brother winos went to see him laid out in the local funeral parlor before his county burial. the corpse had been washed, shaved, and dressed in a new suit. they gazed at him in awe. Finally one said, "Gosh, old Jake sure looks good since he quit drinking."

x x x

An alcoholic visited his doctor complaining of a number of symptoms. The doctor examined him thoroughly but was puzzled.

"I really can't find a cause for your symptoms" said the doctor. "But I think it's due to excessive drinking."

"Well, in that case," said the alcoholic, "I'll come back when you're sober."

x x x

Doctor to the alcoholic, "You're a fine figure of a man. I'd say you were in great shape for a man of sixty-five, if I happened to forget that you're only forty-seven."

x x x

The two A.A. members were sitting together waiting for the meeting to begin. Said one to the other: "Did you know that there was a new group called "Shoplifters Anonymous?"

"Never heard of it!" said the other.

"Yes, and the last part of their Eighth Step reads: . . . became willing to make amends to the mall!"

x x x

The night desk sergeant received an odd report on the telephone. "Thieves got into my car!" said the obviously inebriated voice. "They took the steering wheel and the pedal, and the whole dashboard's gone!"

The sergeant said he'd send an officer to investigate, but a few moments later the phone rang again. "Never mind," the same voice gurgled. "I got into the back seat by mistake."

x x x

Blackouts—All that fun for nothing!

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Single copy monthly \$10.00 per year

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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Asheville NC 28801

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Address correction requested

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