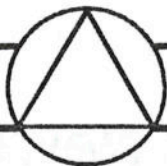


MOUNTAIN DOIN'S

Central Office Newsletter

MAY 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

Area 51 General Service Assembly North Raleigh Hilton Raleigh, N.C. June 1-2

The Spring General Service Assembly for Area 51 will be held on Saturday and Sunday June 1 to June 2. There will be a closed discussion meeting on Friday, May 31, for early arrivals. All group GSRs in our Districts 70, 71, and 80 are encouraged to attend—and other interested parties are also invited and should check with their group GSRs for full information.

Presentations will include Grapevine concepts, oldtimers and newcomers, unity, and principles before personalities. There will be a business meeting at 1 p.m. on June 1.

For full information consult your group GSR who has received full details in the mail, including costs, phone numbers for information and reservations.

N.C. Mountain Central Office March 96 Meeting Minutes

The regular meeting of the North Carolina Mountain Central Office was held at The Community Service Building in Sylva on Sunday March 10.

Present were: Owen C., Hendersonville Gp., C.O. Chairman; Bob V., Acceptance Gp., C.O. Manager; Gene Van H., Canton Easy Does It Gp., Trustee; Jan H., Asheville Grace Gp., C.O. Rep.; Jerry E., Franklin Common Sense Gp., TGR; Laine T., Waynesville Grace Gp., GSR; Dean H., Hendersonville Gp., visitor; Judy H., Waynesville Maple Grove Gp., CFR; Bobbie R., Highlands Mountain View Gp., GSR; Phil M., Murphy Downtown Fellowship Gp., Dist. Treas.; Patricia G., Cherokee New Hope Gp., GSR; Andy T., Hendersonville Gp., C.O. Rep.; Jack D., Asheville Grace

Gp., visitor; John B., Black Mountain Gp., C.O. Treasurer; Dave A., Asheville Acceptance Gp., C.O. Rep.; Alan W., Hendersonville Happy Hour Gp., Editor, *Mtn. Doin's*; Donald M., Franklin Common Sense Gp., GSR; Bob R., Franklin New Hope Gp., Area 51 Delegate; Ray D., Hendersonville Gp., Dist. 71 Rep.; Sage M., Murphy Gp., DCM Dist. 80; Fred T., Sylva Mission Gp., GSR; Joan W., Murphy Peachtree St. Gp., GSR, CPC/PI; John B., Hayesville Gp., GSR; Barbara K., Asheville Acceptance Gp., GSR Alt.

Chairman Owen C. opened the meeting with the Serenity Prayer. In the absence of the secretary, Alan W., Editor, *Mountain Doin's*, read the minutes of the previous meeting. The minutes were approved as read. John B., Central Office Treasurer, read the Treasurer's report for the preceding quarter and also

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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.

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the Treasurer's report for February. He made some comments on Central Office fiscal matters, explaining our present situation.

It was decided to increase by \$25 the monthly editorial expense allowance for production of *Mountain Doin's*.

Bob V., Central Office Manager, mentioned that we sell all A.A. literature at the G.S.O. catalog listed prices—Central Office absorbs the cost of freight and taxes on literature. Thus, groups can buy A.A. literature from Central Office at the G.S.O. listed prices without having to pay postage or taxes. In addition, it takes only about 3-5 days for Central Office to receive the literature whereas if ordered by Groups or individuals from G.S.O. it takes up to three weeks for delivery. Medallions to Groups are now only \$1.50, and all chips are now 25¢ each. Anyone may call the Office from 10am to 1pm Mondays through Fridays and orders will be mailed that same day if possible.

Bob V. suggested we hold our Central Office meetings only three times a year. He felt that three meetings would suffice and would make it easier to coincide with the eating meetings—one in each of the three Districts. A motion was made, seconded, and passed on this matter.

It was pointed out that, due to lack of coordination between the three Districts, on this day there happened to be an eating meeting in each of the three Districts, and some Central Office Representatives were not in attendance at this

Central Office meeting. At present there is no coordination between the three Districts in arranging appropriate dates for their eating meetings so that they do not conflict.

Owen C. agreed and told District 80 how much Central Office appreciated their cooperation with Central Office. District 80 is by far the most coopera-

(continued on page 4)



Fellowship News

Meeting changes: The Monday 5.30 p.m. **Franklin Happy Hour Group** has moved from 1st Presbyterian Church to St. Agnes Episcopal Church, 39 Church St. The meeting is open, discussion. On Tuesdays at 5.30 p.m. a Big Book Study meeting is being held at St. Francis Catholic Church. The group name was not given to *Mountain Doin's*, nor was the location of the church. The Wednesday 5.30 p.m. **Franklin Happy Hour Group** meetings have been canceled. On Thursdays at 5.30 p.m. a Step Study meeting is being held at St. Francis Catholic Church. The Group name and church location were not given to *Mountain Doin's*. The Friday 5.30 p.m. meeting of the **Common Sense Group** has moved from Unity Church to St. Agnes Episcopal Church, 39 Church St. The meetings are open, discussion.

New meetings. **The Asheville Serenity Service Group**, 107 Broadway, has announced the following new meetings: Monday, 5.30 p.m., Wednesday, 5.30 p.m., and Friday, 5.30 p.m. *Mountain Doin's* was not informed about the type of meetings—such as open, closed, discussion etc.

New Meeting. **Asheville Women's Group** is holding meetings on Mondays at 6 p.m. at Jubilee Community Center (enter on Patton Ave., beside Futon Store).

New Meeting. **The Murphy Peachtree Street Group**, which meets at the Episcopal Church of the Messiah, Peach St., has begun new Monday meetings at 8.00 pm. The meetings are open, non-smoking.

New Meeting. **The Mountain View Group** in Highlands, has re-started its Wednesday 5.30 p.m. meetings at the Episcopal Church, Main St. The meetings are open.

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 3-4-96—4-5-96

Answering Service Calls	145
General Information	6
A.A. Help	7
Family Help (Al-Anon)	14
Meeting Information	83
Central Office Business	107
Medical Help (Hospital, Detox, etc.)	1
P.I. Calls	0
Others	18
Visitors	69

Spirituality at Work

If we let ourselves be still and listen
to our private inner voice, we usually
know what's right for us to do.



Acceptance Group

Rod B.	5-5-85	11 years
Ida M.	5-9-yr. not given	
Theresa W.	5-11-85	11 years
Bob V.	5-17-80	16 years
Patti T.	5-18-85	11 years
Chuck B.	5-20-84	12 years
Gail L.	5-20-95	1 year
Jan R.	5-23-94	2 years
Vivian N.	5-31-79	17 years
Merritt R.	4-5-89	7 years
Ken S.	4-5-93	3 years
Will W.	4-16-93	3 years
Jim D.	4-26-77	19 years
John G.	4-29-80	16 years
Margaret	4-29-86	10 years

Black Mountain Group

Jerry P.	3-27-95	1 year
Jay C.	3-11-92	4 years
Carolyn M.	4-1-92	4 years
Frank M.	5-16-88	8 years
Troy S.	5-30-95	1 year
Hugh H.	5-11-78	18 years

Cumberland Group

Charlie E.	5-8-90	6 years
Danny K.	5-1-89	7 years
Chuck R.	5-23-93	3 years

Grace Group (Asheville)

Meg H.		1 year
Eric S.		3 years
Lynn W.		6 years
Tami B.		7 years
Jan H.		8 years
Michael R.		9 years
Vivian N.		17 years

Hayesville Group

John B.	4-15-61	35 years
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Hendersonville Happy Hour Group

Bob G.	5-23-92	4 years
Jim B.	5-17-93	3 years

Maggie Valley Group

Mike W.	4-5-94	2 years
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Marion Group

Trey O.	5-5-92	4 years
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Midday Group

John P.	5-15-85	11 years
John T.	5-11-89	7 years
Willie N.	5-5-7	
Larry F.	5-26-76	20 years
Kenny P.	5-13-94	2 years

Serenity Service Group

Stevie D.	4-29-93	3 years
Linda S.	4-4-92	4 years
Linda J.	4-24-93	3 years
Chris	4-10-89	7 years
Billy G.	4-27-93	3 years
Steve W.	4-4-92	4 years
Tom	4-11-93	3 years
Buddy S.	4-12-94	2 years
Billy A.	4-12-94	2 years
Brad D.	4-23-94	2 years
Gari M.	4-6-94	2 years
Kenneth L.	4-24-95	1 year
Jon M	5-28-83	13 years
Kathy F.	5-17-92	4 years
Ricky W.	5-27-93	3 years
Renee P.	5-22-93	3 years
Payne D.	5-14-94	2 years
Rick D.	5-13-95	1 year
Skip A.	5-1-93	3 years
Will R.	5-15-94	2 years
Roscoe H.	5-3-95	1 year
Steve B.	5-8-94	2 years
William S.	5-16-94	2 years
Donna Mc	5-4-95	1 year

Traditional Group

Miriam K.	5-4-79	17 years
Helen K.	5-20-84	12 years
Eugene P.	5-11-91	5 years
Brenda B.	5-10-94	2 years

Sense of Belonging

Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless. The moment we begin to seek truth, justice and the eter-

nal things in life, we are no longer deeply disturbed by all the seeming evidence that surrounds us in purely human affairs.

We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us here and hereafter.

From Twelve and Twelve



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$60.00
Bone Dry group	\$25.00
Brevard Group	\$35.00
Cedar Mountain Group	\$108.00
Common Sense Group	\$22.50
Conscious Contact Group	228.00
Day By Day Group	\$45.00
Fletcher Group	\$50.00
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Just For Today Group	\$3.00
Lakeside Group	\$140.00
Leicester Group	\$25.00
Mars Hill Group	\$20.00
Mission Group	\$10.00
Mountain View Group	\$80.00
Pathfinder Group	\$5.00
Reaching Out Group	\$35.00

Serenity Service Group	\$22.00
Sylvan Valley Group	\$50.00
Tuesday Nights Men's Group	\$69.60
Waynesville Grace Group	\$100.00
Total Group Contributions	\$1,283.10

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

Other Income

Literature and Chips sales	\$807.25
Mtn. Doin's and Where and When sales	\$65.60
Other Income	\$0.00
Total Income	\$2,155.95

EXPENSES

Rent	\$128.00
Telephone	\$226.32
Payroll and Payroll Taxes	\$571.62
Cost of Mtn Doin's & Where & When publication and distribution	\$222.73
Cost of Literature and Chips Sales	\$1,206.04
Other Expenses	\$56.64
Total Expenses	\$2,411.35
Net Income	(\$255.40)
Financial Status, end of February	\$3,919.97
Operating Bank Balance Mar 31	\$3,966.50
Cash and Checks on hand Mar 31	\$8.35
Accruals	(\$310.28)
Financial Status, end of March	\$3,664.57

(continued from page 2)

tive of all three Districts and sends Central Office up-to-date meeting lists, meeting changes, and notification of events, so that they can be coordinated with Central Office and be published in *Mountain Doin's*. (Seven GSRs from District 80, one from District 70 and none from District 71 were in attendance at the meeting.)

Bob R., Area 51 Delegate, suggested that the three DCMs get together with him to coordinate their future meetings and he commented that the attendance at the present meeting was the largest he had ever seen.

Owen C. asked Ray D. if he wanted to make any comments about the Regional Forum that will take place in December. Ray D. responded that it was very important that groups and members participate in many ways.

The matter of complaints about Central Office's 800 number was brought up. A number of complaints had been made that people calling for help had been given rude responses by the Answering Service. There followed much discussion about trying some other solutions to the Answering Service—such as having volunteers to answer the phone or phones. Owen C. pointed out that we are so spread out geographically that it would be difficult to use volunteers.

It was agreed that Bob V. would notify the Answering Service about the complaints.

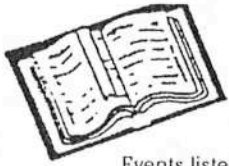
Alan W. handed round Henderson County forms that had been printed by The Midday Group and were circulated to all motels, police stations, treatment facilities, hospitals and prisons in Hendersonville, showing where and when meetings were available in Henderson County. There being no further business to discuss, the meeting was brought to a close with the Lord's Prayer.

Respectfully submitted, Alan W. for Secretary.

Note: At the next Central Meeting to be held on July 14, a new Board of Directors for Central Office is to be elected. Details of the meeting location will be published in the June *Mountain Doin's*.

Tolerance

The most lovable quality anyone can possess is tolerance. It is the generosity that concedes to others the right to their own opinions and their own peculiarities. It is the bigness that enables us to let others be happy in their own way and not our way. Excerpted from *The Grapevine*, 1969



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.

P.I./C.P.C. Workshop. Fellowship Hall, First United Methodist Church, Sylva, N.C., Sunday May 19, at 2 p.m.—4.30 p.m. Hosted by District 80, Facilitator for the workshop will be Area 51 P.I./C.P.C. Chairperson Beulah G. For information: Tom/Joan (704) 837-0876, or Gene V. (704) 452-1097.

Roanoke Women's Workshop, May 17, 18, and 19, at Smith Mountain Lake 4-H Center, Roanoke, VA. A weekend of A.A. meetings; as well as a variety of workshops on the Twelve Steps, the Big Book, relationships and growth in recovery. For information call Jody Avila 540-334-3445 or Lisa Ferguson 540-989-9706.

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., 8106-1666.

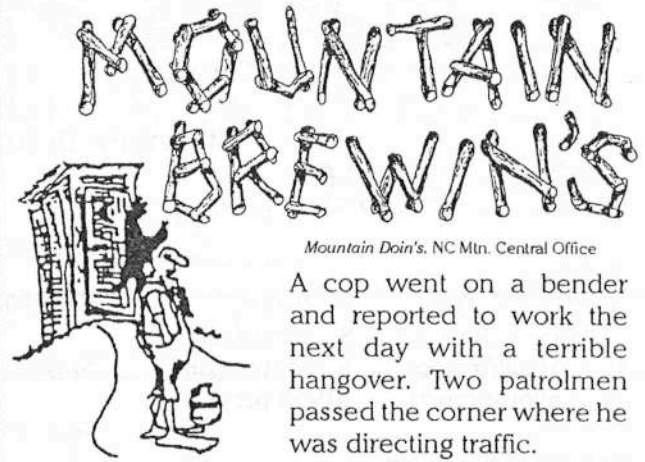
Newcomer Problems

The temptation is to become rather possessive of newcomers. Perhaps we try to give them advice about their affairs which we aren't really competent to give or ought not to give at all. Then we are hurt and confused when the advice is rejected, or when it is accepted and brings still greater confusion.

You can't make a horse drink water if it still prefers beer or is too crazy to know what he does want. Set a pail of water beside him, tell him how good it is and why, and leave him alone.

"If people really want to get drunk, there is, so far as I know, no way of stopping this—so leave them alone and let them get drunk. But don't exclude them from the water pail, either."

From As Bill Sees It.



Mountain Doin's. NC Mtn. Central Office

A cop went on a bender and reported to work the next day with a terrible hangover. Two patrolmen passed the corner where he was directing traffic.

Said one: "Poor Fred. He must feel awful after all those drinks last night."

Replied the other: "Not half as bad as he'll feel when he remembers that this is his day off duty."

x x x

The alky went up to the woman, made a pass at her said: "Could I have your phone number?"

"Sure," said the woman. "It's in the book."

Said the alky, "Great. What's your name?"

She said, "That's in the book, too."

x x x

Said the bartender to the alky: "Well, how did your first day as a salesman turn out?"

"Lousy. I only got two orders."

"That doesn't sound so bad, considering it was your first day."

"Oh, no? The first order was to get out, and the second was to stay out."

x x x

Two women were chatting at the bar. One asked the other if she wanted to get married.

"Why do I need a husband?" responded the woman. "I already have a dog that growls every morning, a parrot that swears every afternoon, and a cat that comes home late at night."

x x x

Woman to store manager: "I want to buy a shotgun for my husband."

Said the manager: "Did he let you know what kind he likes?"

Woman: "No. He doesn't even know I'm gonna shoot him."

x x x

Two alkys were sitting at the bar. Said one, pointing to a young man sitting at a table, "That young man's uncle told him never to go to a strip show because he might see something he shouldn't. But he went anyway.

"And did he see something he shouldn't?"

"Yes. He saw his uncle."

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