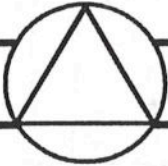


# MOUNTAIN DOIN'S

Central Office Newsletter

AUGUST 1996



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## Central Office Meeting

The Western North Carolina Central Office held its July 14 meeting at Warren Wilson College, Swannanoa prior to the District 80 Eatin' Meeting.

An important item on the agenda was the election of new officers.

Full details of the W.N.C. Central Office meeting will be published in the September, 1996, issue of *Mountain Doin's*.

## Readers' Forum

### LIVE LETTERS

#### What's Your Program? Readers Respond

In the June edition of *Mountain Doin's*, DA asks to define your own A.A. program. When I want the definition of a word, the dictionary is the place I go.

The dictionary defines "program" as a sequence of things to be done with a specific goal in mind. Sounds like the Twelve Steps to me. How I choose to work those steps is "my program."

The book *Alcoholics Anonymous* and the Twelve Steps gives me a perspective on life. It tells me where I am, where I want to be, and how to get there. The Big Book is not a map, but a guide to a better way of life. It gives me faith, courage, and hope. It is up to me as an individual and my Higher Power as to how I handle situations in my life. Following the guidelines from the Big Book I learn how to accept responsibilities for my action.

My program consists of daily affirmations, Serenity Prayer, calling sponsor, etc. The list could go on ad

infinitum. In short, the answer to the question, "What is my program?" it is a spiritual pattern of living which is the solution to all my problems. —Anonymous.

#### Another Reader's Program Response

It's easy to say that "Working the Steps" is set out as our program, and that's that. But, to me, and I think to most of us, that's an important part of our program, but it isn't all of it. Working the steps teaches us how

*Live Letters continued on next page*

## A.A. Acronyms

- G.S.R. General Service Representative  
—The group's link to A.A. as a whole
- G.I.R. Group Institutions Representative  
—Coordinates twelfth-step work for the group
- Gv.R. Grapevine Representative  
—Keeps groups informed of our meeting in print.
- L.C.M. Local Committee Member  
—Helps D.C.M. communicate with the groups.
- D.C.M. District Committee Member  
—Chairs district meetings and represents groups' conscience of the district on the Area Committee.
- G.S.O. General Service Office  
—A.A. central office that serves the membership nationally and internationally.
- T.F.C. Treatment Facilities Committee  
—Cooperates with treatment facilities.
- C.F.C. Correctional Facilities Committee  
—Cooperates with penal institutions.
- C.P.C. Cooperation with the Professionals Committee  
—Cooperates with business and professional people.
- P.I. Public Information  
—Carries our message to the public.

*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.





# Fellowship News

**Meeting Cancellation.** The Double Trouble A.A. Meeting started last month on Thursdays at noon at Quitting Time, Hendersonville, has been canceled.

**Meeting Change:** The Maggie Valley Group has moved from Garland-Murphy Parish Hall to Fellowship Hall, Maggie Valley Methodist Church, in Downtown Maggie Valley.

**New Meeting.** The Black Mountain Group has added a new meeting to its list. A women's closed meeting is now being held on Tuesdays at noon at the United Methodist Church, 101 Church Street.

**New Meeting.** The Hendersonville Group has started a new Beginners meeting. The meeting meets on Wednesday evenings at 6 p.m., and is held at the Hendersonville Meeting Room at the former Lutheran Church, 7th & Church St., next door to the Chariot.

**New Meeting:** The Maple Grove Group, Waynesville, now holds a Traditions Meeting on the last Friday of each month.

**Incorrect listing.** The Franklin New Hope Group meeting for Wednesdays at 8 pm, held in the Smoky Mtn. Counseling Center, was listed in the July *Mountain Doin's* as open. The meeting is, in fact, a closed, discussion meeting.

## 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 6-3-96 to 7-5-96

Answering Service Calls	311
General Information	7
A.A. Help	29
Family Help (Al-Anon)	17
Meeting Information	94
Central Office Business	83
Medical Help (Hospital, Detox, etc.)	4
P.I. Calls	0
Others	9
Visitors	61



*He's either a spy or an A.A. member having a slip.*

### Live Letters continued from page 1

to live and, in fact, if we work them honestly and fully, they turn our lives around.

But there are other things we must do to live truly sober and useful lives. Twelfth Stepping, for instance, takes us out of ourselves and can help pass on to others a picture of what alcoholism was doing to us and how it can be controlled, and how A.A. can turn our lives into an entirely new direction. Sponsoring does the same. And both Twelfth Stepping and sponsoring gives us a sense of pleasure and satisfaction that is uplifting and gratifying.

—RS

### A Reader's Poem, Inspired by A.A.

The following is my first attempt at poetry, inspired by A.A.:

As I sit among the coolness of morning—  
The birds singing their beautiful songs—  
Although inside there's an emptiness, a longing,  
I'm hopeful that little by little,  
Through persistence and faith,  
I'm being filled with the presence of God.  
For A.A. has given me a map for living.  
And, if I follow in faith,  
I will no longer be at odds.

—DO

We want to hear from you. Do you have any thoughts to share with other members? Send your letters to The Editor, Mountain Doin's, 107 Park Place Offices, 70 Woodfin Place, Asheville NC 28801. Thanks, your Editor, Alan W.





#### Acceptance Group

John S.	8-1-91	5 years
Laurie K.	8-3-93	3 years
Harry S.	8-6-84	12 years
Suzannah B.	8-25-92	4 years

#### Black Mountain Group

Bill G.	8-21-87	9 years
Kate M.	8-5-94	2 years
Bob G.	8-1-81	15 years
James S.	9-13-94	2 years
Nancy S.	9-14-94	2 years

#### Brevard Group

Eva P.	7-3-78	18 years
Gene B.	7-26-90	6 years

#### Canton Up the River Group

John W.	7-5-83	13 years
John C.	5-27-94	2 years
Roy W.	No date given	2 years

#### Hendersonville Group

Ray D.	8-21-80	16 years
Carol L.	8-11-94	2 years

#### Hendersonville Happy Hour Group

Ronnie O.	8-21-92	4 years
Ellen B.	8-19-92	4 years

#### Hendersonville Midday Group

Bill F.	8-28-87	9 years
Travis	8-5-89	7 years
Lisa T.	8-15-85	11 years
John G.	8-19-90	6 years
Christine B.	8-14-94	2 years
Ed. D.	8-19-92	4 years
Lou P.	8-28-87	9 years

#### Marion Group

Tim T.	8-6-93	3 years
Trudy V.	8-15-90	6 years

#### Traditional Group

Richard T.	8-7-84	12 years
Terri S.	8-5-93	3 years
Vivian S.	8-18-93	3 years
Dennis L.	8-10-93	3 years
Dianne M.	8-17-94	2 years
Leon A.	8-12-94	2 years
Ray S.	8-8-95	1 year
Susan P.	8-3-95	1 year

## District 71—GSR June 1996 Meeting

D.C.M. Jerry B. passed around information about the 1996 State Convention to be held in Raleigh on July 18-21. Also passed around was a list of group contributions to Area 51's Treasurer.

Information and registration on the Southeast Conference and Mississippi's 52nd A.A. convention to be held in August was also given out. Last was a reminder of the Southeast Conference to be held in Asheville, December 6-8, 1996, at the Radisson Hotel. Referring to the Raleigh Spring Assembly, Jerry B. reported that all the agenda items were passed.

Among the items voted upon were: L.C.Ms. could attend all committee meetings and give suggestions, but would have no voting power in the assemblies; it was recommended that any committee spending over \$500 had to be brought before the assembly to be approved before the study continued; the North Raleigh Hilton was voted upon as the site for the 1999 Southeast Convention, if Area 51's bid is accepted.

It was also reported that the General Service Office is looking for a recovering alcoholic with twelve-plus years of sobriety, who would be interested in being a trustee. He/she needs to have gone through all district and state office positions. It also would be a help if the person had knowledge of management, banking, and clerical work. Jerry B. should be contacted if anyone was interested or knew someone who would be.

There has still not been a date set for the District 71 Eating Meeting.

The next G.S.R. meeting will be August 11, 1996, at the Roundtable Group Room in Hendersonville. For those interested, the District 71 mailing address is: D.C.M. Fund, P.O. Box 6224, Hendersonville, NC 28793.

#### District 71 Treasurer's Report

**Financial status as of May 19, 1996      \$598.35**

#### Contributions:

Happy Hour Group	\$10.00	
Cedar Mtn. (Jan-Apr)	\$24.00	
Midday Group	\$30.00	
Hendersonville Group	\$10.00	
Early Bird Meeting	\$40.00	\$712.35

#### Other Credits and Debits

Jerry B. (A.A. Assembly)	-\$420.00	\$292.35
Eatin' Meeting	+\$41.25	
DCM Refund	+\$100.00	\$433.60
Donation, Lutheran Church	-\$20.00	\$413.60
Norma H. (exp. Eatin' Mtg.)	-\$16.12	\$397.48
April & May monthly charge	-\$8.00	\$389.48
<b>Balance as of June 6, 1996</b>		<b>\$389.48</b>





# Treasurer's Report

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

## INCOME

### Group Contributions

Acceptance Group	\$60.00
Brevard Group	\$35.00
Canton Easy Does It Group	\$50.00
Day By Day Group	\$45.00
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Just For Today Group	\$3.00
Lakeside Group	\$50.00
Locked In Forward Group	\$13.50
Mission Group	\$20.00
Mountain View Group	\$80.00
Pathfinders Group	\$5.00
Serenity Service Group	\$25.00
Tuesday Night Men's Group	\$60.00

**Total Group Contributions**                   **\$596.50**

## Other Income

Literature and chips sales	\$823.05
Mtn. Doin's & Where & When sales	\$13.50
Other Income	\$4.47

**Total Income**                                   **\$1,437.52**

## Expenses

Rent	\$113.00
Telephone	\$208.79
Payroll and Payroll Taxes	\$571.62
Cost of Mtn. Doin's & W & W publication and distribution	\$210.49
Cost of Literature & Chips sales	\$559.27
Other Expenses	\$36.18

**Total Expenses**                               **\$1,699.35**

**Net Income**                                       **(\$261.83)**

**Financial Status, end of May**               **\$3,976.23**

Operating Bank Balance June 30	\$3,981.16
Cash and Checks on hand June 30	\$28.37
Accruals	(\$295.13)

**Financial Status, end of June**               **\$3,714.40**

## Who We Are

We in A.A. are men and women who have discovered, and admitted, that we cannot control alcohol. We have learned that we must live without it if we are to avoid disaster for ourselves and those close to us.

With local groups in thousands of communities, we are part of an informal international fellowship, which now has members in 110 countries. We have but one primary purpose: to stay sober ourselves and to help others who may turn to us for help in achieving sobriety.

We are not reformers, and we are not allied with any group, cause, or religious denomination. We have no wish to dry up the world. We do not recruit new members, but do welcome them. We do not impose our experience with problem drinking on others, but we do share it when we are asked to.

Within our membership may be found men and women of all ages and different social, economic, and cultural backgrounds. Some of us drank for many years before coming to the realization we could not handle alcohol. Others were fortunate enough to appreciate, early in life or in their drinking careers, that alcohol had become unmanageable.

The consequences of our alcoholic drinking have

also varied. A few of us had become derelicts before turning to A.A. for help. Some of us had been hospitalized or jailed times without number. We had committed grave offenses—against society, our families, our employers, and ourselves.

Others among us have never been jailed or hospitalized. Nor had we lost jobs or families through drinking. But we finally came to a point where we realized that alcohol was interfering with normal living. When we discovered that we could not live without alcohol, we, too, sought help through A.A.

All the great faiths were represented in our Fellowship, and many religious leaders have encouraged our growth. There are even a few self-proclaimed atheists and agnostics among us. Belief in, or adherence to, a formal creed is not a condition of membership.

We are united by our common problem, alcohol. Meeting and talking and helping other alcoholics *together*, we are somehow able to stay sober and to lose the compulsion to drink, once a dominant force in our lives.

We do not think we are the only people who have the answer to problem drinking. We know that our A.A. program works for us, and we have seen it work for every newcomer, almost without exception, who honestly and sincerely wanted to quit drinking.

Excerpted from *This is A.A.*





# 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.

**Our Key To Unity—The 12 Traditions.** Mississippi Coast Coliseum & Convention Center, Biloxi, MS, August 14—18. (52nd Southeastern Conference & 50th Mississippi Area Convention. Holiday Inn/Express (Biloxi) 1-800-HOLIDAY (rate code ALC). For information call (601) 736-6660.

**39th Annual I.C.Y.P.A.A. International Conference of Young People in A.A.,** with Al-Anon and Alateen participation. Anaheim, California, Hilton Hotel and Towers. September 5th—8th. Mail all pre-registration or inquiries to: 1996 I.C.Y.P.A.A., P.O. Box 775, Placentia, CA 92670. For information phone Rob C. (714) 744-2494.

**3rd Annual Sobriety at Sea, Alaska! Recovery Cruise 1996.** 7 days of Fellowship/Fun/Adventure aboard "Sky Princess." Ship departs Vancouver, BC on Monday, September 9, 1996, for Anchorage with stops at Ketchikan, Juneau & Skagway, plus Hubbard Glacier & College Fjords. Meetings at Sea! Call Bob at 1-800-650-7245 to reserve your cabin and receive your free brochure.

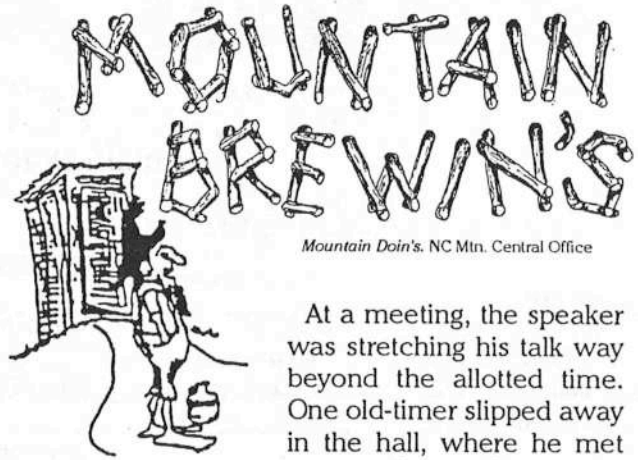
**Sandlapper Roundup V.** December 5—8, 1996, at The Landmark Best Western Resort Hotel, Myrtle Beach, S.C. Registration limited to first 1000 registrants. For more information on the Sandlapper Roundup call Dennis or Linda at (803) 238-2694 during normal business hours.

## Building of Character

Since most of us are born with an abundance of natural desires, it isn't strange that we often let these far exceed their intended purpose. When they drive us blindly, or we willfully demand that they supply us with more satisfactions or pleasures than are possible or due us, that is the point at which we depart from the degree of perfection that God wishes for us here on earth. That is the measure of our character defects, or, if you wish, of our sins.

If we ask, God will certainly forgive our derelictions. But in no case does He render us white as snow and keep us that way without our cooperation. That is something we are supposed to be willing to work toward ourselves. He asks only that we try as best we know how to make progress in the building of character.

*From Twelve and Twelve*



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

At a meeting, the speaker was stretching his talk way beyond the allotted time. One old-timer slipped away in the hall, where he met yet another sufferer who

asked, "He finished yet?"

"Oh, he finished long ago," said the other. "He just won't stop."

x x x

The married couple had been boozing all evening and on returning home the wife was on her way to bed when the phone rang. The husband answered it, then joined his wife in bed.

"Who was it on the phone?" asked the wife.

"Oh, just some guy wanted to know if the coast was clear."

"What'd you say?"

"I said, 'What do you think this is, the weather bureau?' Then I put down the phone."

The wife smiled quietly, and went off to sleep.

x x x

The bartender was closing up when his last remaining patron suddenly slumped to the floor. He tried to get the man on his feet, but could not. He found identification in the man's wallet and decided to take him home. He finally reached the man's home and dragged him to the door.

The lady who answered the door thanked him graciously for bringing the man home, then asked, "But where is his wheelchair?"

x x x

A man was making a fool of himself at a party. His wife nudged him and said, "The trouble with you is, you don't know your limit."

And the husband replied, "I do know my limit. The trouble is, I get drunk before I reach it."

x x x

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