

MOUNTAIN DOIN'S

Central Office Newsletter

OCTOBER 1996



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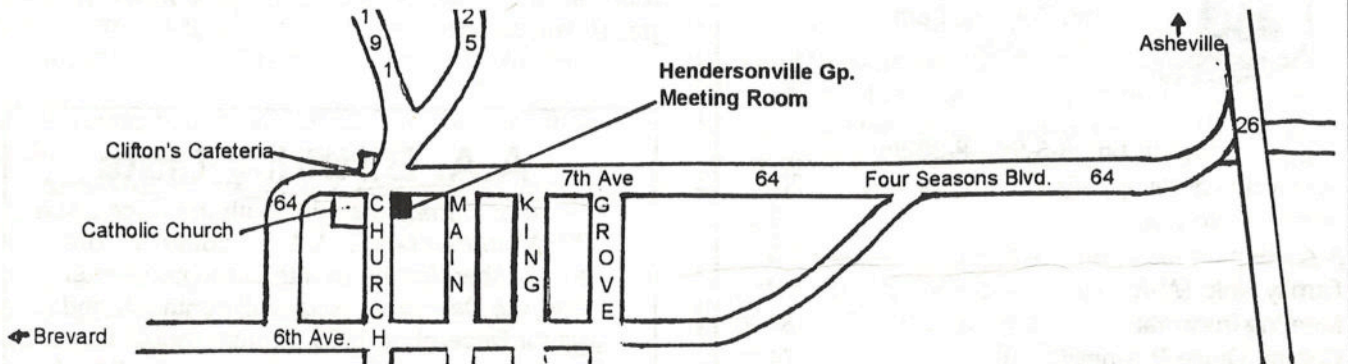


**N.C. Mountain
Central
Office
Meeting**

**Sunday
October 13
1996**

at Hendersonville Group Mtg. Room
Former Lutheran Church, corner of 7th and Church
St., next door to The Chariot. (Meeting in basement)

**Time
2 p.m.**



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: Asheville Soup and Serenity Meeting, which met on Tuesdays at 12.30 p.m. at Mt. Zion Church, Eagle Street, has been canceled.

Meeting Change: the Asheville Grace Group's 5.30 p.m. Sunday meeting, which meets at 25 Orange St., is now an open, speaker/discussion meeting.

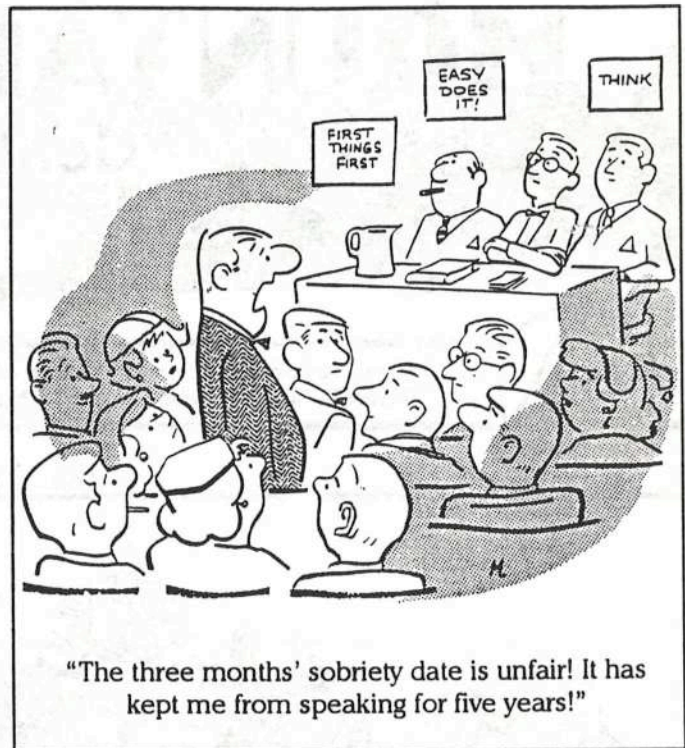
Readers' Forum

LIVE LETTERS

"Is Ours a Selfish Program?"

I remember reading a letter from a reader in *Mountain Doin's* about our program being a selfish one. The writer was sure that our program wasn't selfish at all, that he or she had never seen anything so selfLESS than all those A.A. members helping each other and reaching out to the still-suffering alcoholic. And at the time a I agreed wholeheartedly. Then in another issue of *Mountain Doin's* someone wrote that it was indeed a selfish program because our own sobriety must come first—and that makes it selfish.

Well, now after many months of wondering about all this I've come to realize that selfishness is whatever you want to call it. It applies in my program. My



continual meetings and my listening to my sponsor have taught me that to stay sober in the program I must learn to reach out to those whom I can help. Volunteering to make coffee and other tasks helps to give me some sense of responsibility—a sense of being needed. Only through service, offering to lend a helping hand, being willing at all times to do what I am asked in the program, can I maintain my sobriety, become a true member of A.A., and help assure my growth. Me, me, me.

Is that selfish? Call it what you like, I have learned to love the program, the people in it, and to be grateful for what A.A. has done for me. All I can say is that helping others and being of service in the program is very self-satisfying. So does that make it a selfish program? You decide.
—JD

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 8-5-96—8-30-96

Answering Service Calls	207
General Information	7
A.A. Help	5
Family Help (Al-Anon)	7
Meeting Information	80
Central Office Business	74
Medical Help (Hospital, Detox, etc.)	3
P.I. Calls	0
Others	9
Visitors	52

A.A. Birthday Lists

Please note that beginning with the December, 1996 *Mountain Doin's*, A.A. Birthdays will only be published for the month of the newsletter. Thus, the December issue will contain birthday lists for December, 1996. Groups should forward their lists to reach Central Office by the 5th of the month preceding the birthday dates. In other words, December birthdays must reach Central Office by November 5th. If preferred, the list may be phoned directly to the Editor, Alan W. (704) 697-6031.



Acceptance Group

Sharon O.	10-4-90	6 years
Scott Mc	10-4-85	11 years
Dee D.	10-7-68	28 years
Chamin M.	10-13-85	11 years
Carl W.	10-14-95	1 year
Dan G.	10-23-83	13 years
Don H.	10-25-68	28 years
Jane H.	10-26-93	3 years

Black Mountain Group

Milam W.	9-28-90	6 years
Bob S.	10-9-84	12 years
Robert A.	10-30-94	2 years
Marilyn C.	10-19-87	9 years
Nicky P.	10-2-88	8 years

Conscious Contact Group

Bobbie N.	8-10-83	13 years
Frank W.	8-15-94	2 years
Bill S.	9-2-82	14 years
Chuck G.	10-12-91	5 years
Dottie S.	10-12-91	5 years
Bruce H.	10-15-89	7 years
Janey W.	10-24-90	6 years
Dick C.	10-31-94	2 years

Asheville Grace Group

Bucky B.	9-9-94	2 years
Ellen V.	9-10-84	12 years
Bob B.	9-11-94	2 years

Gerd S.	9-17-79	17 years
Dottie S.	9-17-90	6 years
Becky H.	9-21-94	2 years
Don M.	9-23-88	8 years
Laurie K.	10-4-94	2 years
Barbara E.	10-6-95	1 year
Dee D.	10-7-68	28 years
Joy G.	10-12-83	13 years
Donna V.	10-13-94	2 years
Zoe S.	10-4-95	1 year
Larry	10-26-89	7 years
Jane H.	10-21-89	7 years
Debbie B.	10-30-77	19 years
Mike B.	10-30-77	19 years

Hendersonville Group

Owen C.	10-30-84	12 years
Stan S.	10-20-86	10 years
Harold S.	10-30-87	9 years
Robin T.	10-31-93	3 years
Connie C.	10-21-87	9 years

Hendersonville Happy Hour Group

Joanie B.	10-22-94	2 years
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Midday Group

Robert B.	10-1-83	13 years
Kim B.	10-24-86	10 years

Mission Group

Deborah D.	8-5-95	1 year
Ray S.	8-8-94	2 years
Greg G.	8-14-92	4 years
Debra M.	9-24-91	5 years
Mike B.	10-21-95	1 year

Cumberland Group

Bob R.	9-7-83	13 years
Jackie S.	9-10-94	2 years
Rachael Q.	9-20-92	4 years
Connie K.	10-12-92	4 years
Carl S.	10-12-94	2 years

A.A. Preamble—Its Origin

The Preamble was introduced in the June 1947 issue of *The Grapevine*. It was written by the then editor, who borrowed much of the phrasing from the Foreword to the original edition of *Alcoholics Anonymous*.

In those early years, the *Grapevine* had just begun to circulate among non-A.As. and the Preamble was intended primarily to describe for them what A.A. is and is not. It is still often used for public information purposes. As time passed, it began appearing in all Conference-approved publications, and many groups now use it to open meetings.

The original version differed in two ways from the familiar form given above: (1) It stated that "The only requirement for membership is an *honest* desire to stop drinking." and (2) it contained only the very brief statement: "A.A. has no dues or fees."

We are often asked why the word *honest* was deleted. In 1958, the trustees dropped the word because many of us are not entirely honest when we come to A.A., but stay to achieve sobriety (and honesty). The brief phrase "A.A. has no dues or fees" was expanded to clarify A.A.'s fundamental principle of self-support.

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Treasurer's Report



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

INCOME

Group Contributions

Acceptance Group	\$540.00
Black Mountain Group	\$101.50
Bone Dry Group	\$40.00
Brevard Group	\$35.00
Came To Believe Group	\$15.00
Common Sense Group	\$65.00
Day By Day Group	\$45.00
Early Bird Group	\$125.00
Fletcher Group	\$50.00
Asheville Grace Group	\$250.00
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$50.00
Locked In Forward Group	\$20.70
Maple Grove Group	\$50.00
Marion Group	\$40.00
Mission Group	\$20.00
Murphy Group	\$20.00
Pathfinders Group	\$10.00
Serenity Service Group	\$42.00
Traditional Group	\$30.00
Tuesday Night Men's Group	\$60.00
West Asheville Group	\$25.00

Waynesville Grace Group	\$200.00
Total Group Contributions	\$1884.20
Individual Contributions	\$6.50
Total Contributions	\$1,890.70

Other Income

Literature & Chips Sales	\$1,048.10
Mtn. Doin's & Where & When	\$49.00
Total, other income	\$1,097.10
Total Income	\$2,987.80

Expenses

Rent	\$113.00
Telephone (Inc. Ans. Service)	\$258.12
Payroll and Payroll Taxes	\$508.39
Cost of Mtn. Doin's & W.&W. publication and distribution	\$272.38
Cost of Literature & Chips	\$1,310.50
Other Expenses	\$26.77
Total Expenses	\$2,489.16

Net Income

\$498.64

Financial Status, end of July, 96

\$3,036.31

Bank Balance August 13, 96

\$4,328.67

Cash and Checks on hand

\$28.37

Accruals

(\$184.64)

Financial Status, end of August, 96

\$4,172.40

Deposits of \$2889.06 not included



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.

Sobriety In Paradise. The Nassau Group 3rd Annual A.A. Convention. October 25, 26, and 27, Paradise Island, Bahamas. Main speaker, Clancy I. For further information, call Nassau Group 809-322-1685.

The Big Book Comes Alive, with Joe M. and Charlie P. November 15-17, Howard Johnson Hotel, 3600 34th Sq., St. Petersburg, FL. For information, call Dave D. 813-399-0647 or Mike M. 813-237-5542.

All proceeds will be donated to the Founders Foundation in support of Dr. Bob's House and the Wilson Inn.

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.

Southeast Regional Forum December 6-8, 1996 Radisson Hotel, Asheville

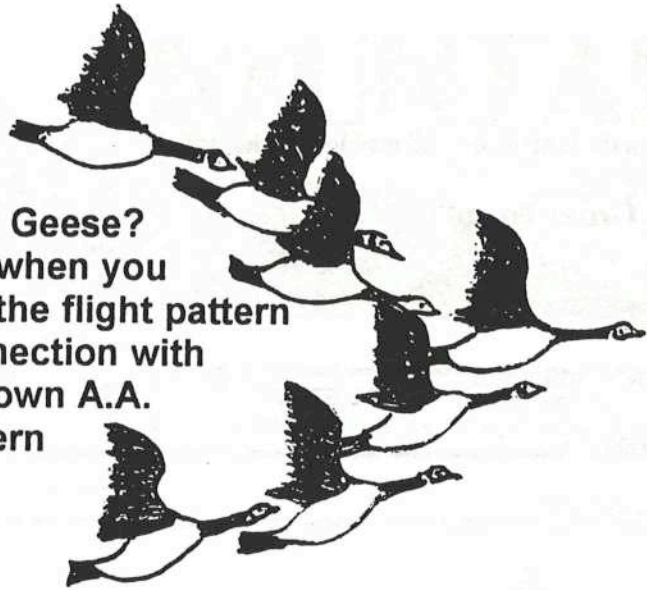
Registration cards have now been issued to all G.S.R.s regarding the Forum. Everyone who intends to attend the Forum should ask the Group G.S.R. for copies of the cards.

There are two cards—one to be completed and forwarded to the Radisson Hotel if the member wishes to stay at the hotel for the duration of the three-day Forum. The other is for all persons who wish to attend the Forum sessions at the Radisson, whether or not they intend to stay at the hotel. There is no registration fee, but the G.S.O. would like to know the approximate number of persons planning to attend so that adequate meeting space may be assured. Please ask your group's G.S.R. for copies of the card or cards you will need so that you can complete them for forwarding as indicated.

Copies of the cards may also be obtained from the N.C. Mountain Central Office either individually or in bulk to groups upon request

The object of the Forum is to provide a unique opportunity for everyone to share valuable experience, ask questions, and spark new ideas.

**Silly Geese?
Not when you
see the flight pattern
connection with
our own A.A.
pattern**



Now it's fall, and you see the geese heading south for the winter in a V-formation. Did you realize there's a strong A.A. connection in their flight pattern?

1. As each bird flaps its wings, it creates an uplift for the bird immediately following. In V formation, the whole flock adds at least seventy-one percent greater flying range than if each bird flew on its own.

People who share a common direction and sense of community can get where they are going quicker and easier, because they are traveling on the uplift of one another.

2. When a goose falls out of formation, it immediately feels the drag and resistance of trying to go it alone, and quickly gets back into formation. A.A. connection:

If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going.

3. When the lead goose gets tired, it rotates back in the formation and another goose flies points.

It pays to take turns doing necessary jobs.

4. Geese honk from behind to encourage those up front to keep up their speed.

Encouraging comments, carrying the message, and Twelfth Step work help the fellowship.

5. When a goose gets sick or is wounded by gunshots and falls out, two geese fall out of formation and follow it down to help and protect it. They stay with the ailing goose until it is either able to fly or until it dies; then they launch out again, stronger than ever, to catch up to the group.

If we have the simple sense of a goose, we will stand by each other like that.

Adapted from *The Grapevine*

MOUNTAIN BREWING'S

Mountain Doin's, NC Mtn. Central Office



Three hard-of-hearing drunks met on a windy street corner. The first lush said, "Windy, ain't it!"

The second drunk said: "No, it's Thursday." Then the third alky chimed in

with, "Me, too! Let's go and have a drink."

X X X

Said the woman to her friend: "Is it true that you were fired from your job for attending your uncle's funeral?"

Said he, "Yes, my boss said three days was too long to take off work for a funeral."

She: "Three days! Why did you need three days off work?"

He: "My uncle was a big drinker, and he gave orders to be cremated. It took us three days to put out the flames."

X X X

A boozer was walking down the street with huge blisters on both ears, and met a friend who asked him what happened.

"My wife left her hot iron out by the phone when she left the house," said the boozer. "And the phone rang and I picked up the iron by mistake."

"But what about the other ear?" asked his bewildered friend.

"The damned man called back!" responded the boozer.

X X X

An alky was griping to his friend how he hated to go home after his nightly visits to the bar.

"I kill the engine a block from home and coast into the garage. I open the door slowly, tip-toe up to our room, but just as I'm about to slide into bed, she always wakes up and gives me hell."

"I make a loud racket when I get home," his friend said. "I honk the horn, slam the door, turn on the lights, stomp up to the bedroom and give my wife a big kiss. "Hi, Honey, I'm home," I say. "How about a little kiss for your old man?"

"And what does she say," asked his friend. "Nothing," his pal replied. "She always pretends to be asleep."

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