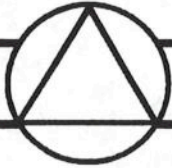


# MOUNTAIN DOIN'S

## Central Office Newsletter

### NOVEMBER 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

**SUNDAY, December 1**  
**at Grace Episcopal Church**  
**(Corner of Miller and Haywood Sts.)**  
**Waynesville**



**Y'ALL COME TO**  
**DISTRICT 80**  
**EATIN'**  
**MEETING**

Eating at 2 p.m.  
Speaker at 3 p.m.



**3rd North Carolina Native American**  
**Convention, Cherokee N.C.**

Everyone welcome. You don't have to be Native American to attend

**October 31, November 1,2,3, 1996**

**Qualla Civic Center, Cherokee. Located on Aquoni Road next to Tribal Casino.**

For full information regarding Convention details, room reservations, etc., call any of the following:  
Fred T. (704) 586-6617, Harry C. (704) 497-5228, O.C. (704) 497-2829

*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 location change: **The Conscious Contact Group** has moved from the Outpatient Building Thoms Hospital, 68 Sweeten Creek Rd., to the Mtn. Care Building.

New Meeting: **The Waynesville Lakeside Group** which meets at the Grace Episcopal Church, corner of Miller and Haywood Sts., has added a new meeting to its schedule. The new meeting is on Fridays at 8 p.m.

Meeting cancellation: **The Sapphire/Lake Toxaway Group**, which met at the Sapphire Community Center, US 281 on Thursdays at 8 pm. has been canceled.

Meeting cancellations: **The Murphy Downtown Fellowship Group**, which meets at Fellowship Hall 206 N. Church St., has canceled two of its meetings. The Monday, noon, and Wednesday, noon, meetings have now been canceled.

Meeting address change: **The Sylva Mission Group** continues to meet at its same location as published in the *Where and When*, but the street name has now been changed. What was formerly known as Church Street has now been renamed Finch Street.



"I like this place. It has atmosphere!"

## Black Mountain Group to Celebrate Anniversary

On Monday, November 11, the Black Mountain Group, will celebrate its Anniversary at First United Methodist Church, 101 Church Street, Black Mountain, with a covered dish meal at 7 p.m.

The Black Mountain Group will supply drinks.

At 8 p.m., following the meal, there will be a Speaker 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 9-2-96—10-4-96

Answering Service Calls	255
General Information	4
A.A. Help	3
Family Help (Al-Anon)	13
Meeting Information	100
Central Office Business	87
Medical Help (Hospital, Detox, etc.)	3
P.I. Calls	0
Others	6
Visitors	60

## 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

Loraine B.	11-3-83	13 years
Dave	11-10-95	1 year
Shawn D.	11-15-92	4 years
Kay T.	11-23-78	18 years
Ray D.	11-23-95	1 year
Dave A.	11-24-85	11 years
Carl W.	11-25-95	1 year
Edith S.	11-27-92	4 years

#### Back To Basics Group

Amy B.	9-3-95	1 year
Jim T.	10-17-78	18 years
Ceil L.	10-17-87	9 years

#### Black Mountain Group

Bill G.	11-30-83	13 years
Ann O.	11-6-79	17 years
Fred P.	11-8-79	17 years
John B.	11-25-66	30 years
Tim P.	11-10-91	5 years

#### Brevard Group

Gene O'H.	11-6-87	9 years
Karen B.	11-25-92	4 years
Danny Mc.	11-9-93	3 years

#### Cumberland Group

Dee J.	11-14-92	4 years
Lee Bt.	11-14-94	2 years

#### Hendersonville Group

L.A.	11-12-86	10 years
Don O.	11-8-62	34 years
Ed G.	11-3-79	17 years
Tommy E.	11-4-95	1 year
John C.	11-5-93	3 years
Andy T.	11-23-91	5 years
Debbie L.	11-22-94	2 years
Jerry B.	11-9-88	8 years

#### Midday Group

KaTie McG.	11-21-84	12 years
Paul B.	11-18-93	3 years
Margaret B.	11-3-94	2 years

#### Traditional Group

Ray W.	10-1-90	6 years
Eric P.	10-15-72	24 years
Joe S.	10-29-93	3 years
Jackie B.	10-12-94	2 years
Tim E.	10-24-89	7 years
Erslina A.	10-19-93	3 years
Will ??	10-14-94	2 years
Mark W.	10-8-95	1 year
Steve O.	10-23-95	1 year
Presta S.	10-22-95	1 year
Marris B.	11-6-73	23 years
Frank C.	11-24-94	2 years
Terry L.	11-10-94	2 years
Wayne P.	11-9-70	26 years
Elizabeth P.	11-1-94	2 years
Vicky B.	11-3-94	2 years
Sandy B.	11-2-94	2 years
David M.	11-2-95	1 year
Jamie S.	11-4-95	1 year
Deborah G.	11-7-95	1 year
Debbie S.	11-19-92	4 years
Howard E.	4-3-92	4 years.

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

*For some months now Mountain Doin's has published details of the upcoming Southeast Regional Forum. Here are extracts of a letter recently received from Bob R., our Area 51 delegate.*

This is the first time Area 51 has had the privilege of hosting this event. It is not a business meeting, and the only cost to the attendees is for the coffee they drink. What we do have is a wonderful sharing session, workshops, and presentations, and you get to ask questions you have about A.A., and receive answers from members of the General Service Board,

General Service Manager, and some of the Staff Members of the General Service Office.

If you want to stay at the Radisson Hotel, rooms are available for \$54 per night plus tax, for up to four in a room. Phone for reservations at (704) 252-8211, or 1-800-333-3333, using the reservation code SERF. If you do not plan to stay at the hotel but plan on attending the Forum please send in your registration card to the Regional Forum Secretary at G.S.O. before November 17. Registration and Reservation forms are available through DCMs of Districts 70, 71, and 80, or your Group GSR, or from the N.C. Mountain Central Office.

"It is my hope that many of you will attend. I'm sure if you do, you will come away with a spiritual experience you will cherish for years.

"In love and service, Bob R., Delegate Panel 45, Area 51."

# Treasurer's Report



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

## INCOME

### Group Contributions

Acceptance Group	\$60.00
Bethel Up The River Group	\$20.00
Brevard Group	\$35.00
Cedar Mountain Group	\$108.00
Columbus Group	\$50.00
Common Sense Group	\$30.00
Conscious contact Group	\$300.00
Cumberland Group	\$125.00
Day By Day Group	\$45.00
Grace Six O'Clock Group	\$86.00
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$75.00
Lakeside Group	\$85.00
Lakeside Group	\$90.00

Leicester Group	\$25.00
Mission Group	\$20.00
Mountain View Group	\$40.00
Newcomers Group	\$150.29
Newdale New Day Group	\$25.00
Pathfinders Group	\$10.00
Serenity Service Group	\$23.00

<b>Total Group Contributions</b>	<b>\$1,452.29</b>
Individual Contributions	\$3.50

<b>Total Contributions</b>	<b>\$1,455.79</b>
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<b>Bank Balance 9-30-96</b>	<b>\$6,184.13</b>
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Outstanding checks	\$2,932.83+
Accruals	\$16.20 -
Cash on Hand	\$28.37+
Accounts Receivable	\$518.25+
Deposit 9-30-96	\$1,566.25+
Reserve for replacement of Duplicating Equipment	\$2,500.00-

<b>Balance 10-4-96</b>	<b>\$2,847.92</b>
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## 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.

**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.

### Readers' Forum

## LIVE LETTERS

### November—Gratitude Month

November is often referred to in A.A. as Gratitude month. And here comes another November. I'd like to

share a few thoughts about it.

In the first place I was not a particularly friendly person when I came into the Fellowship. I was shy and kept myself away from others, but the Group helped me to become more outgoing and to accept the friendship that so many members offered me. I learned to share more and more and I came to believe in the honest friendship of others.

This has given me a peace of mind in showing me that I'm not really any different from other A.A. members. The Promises are coming true for me and that's another reason for my gratitude. I'm thankful to all those in our group and for my newly found higher power, with whom I can share and benefit from my new-found happiness.

—P.D.

### Welcome, November!

Welcome, Gratitude month! Most of all I'm grateful for being introduced to A.A. I feel some sense of maturity after a life lost to booze. I even have a sense of self-respect, and what I call emotional sobriety.

What a wonderful journey A.A. has turned out to be for me. I have found a return of my moral values, and am truly a person who has been reborn and who today sees life through new eyes and who is growing one day at a time.

It is gratifying, too, to learn that others are seeing a difference in me—which proves that all this wonderful new life is not just wishful thinking on my part. It's real. Thank you, A.A.

—HS

## The Paradoxes of the Program

**1. We Surrender to Win.** On the face of it, surrendering certainly does not seem like *winning*. But it is in A.A. Only after we have come to the end of our rope, hit a stone wall in some aspect of our lives beyond which we can go no further; only when we hit "bottom" in despair and surrender, can we accomplish sobriety which we could never accomplish before. We must, and we do, surrender in order to win.

**2. We give away to Keep.** That seems absurd and untrue. How can we keep anything if we give it away? But in order to keep whatever it is we get in A.A., we must go about giving it away to others for no fees or rewards of any kind. When we cannot afford to give away what we have received so freely in A.A. we had better get ready for our next "drunk." It will happen every time. We've got to continue to give it away in order to keep it.

**3. We suffer to get well.** There is no way to escape the terrible *suffering* of remorse and regret and shame and embarrassment which starts us on the road to getting well from our affliction. There is no new way to shake out a hangover. It's painful. And for us, necessarily so. I told this to a friend of mine as he sat weaving to and fro on the side of the bed, in terrible shape, about to die from some paraldehyde. I said, "Lost John, you *know* you're going to have to do a certain amount of shaking sooner or later." "Well," he said, "for God's sake let's make it later!" We suffer to get well.

**4. We die to live.** That is a beautiful paradox straight out of the Biblical idea of being "born again." or "in losing one's life to find it." When we work our Twelve Steps, the old life of guzzling and fuzzy thinking, and all that goes with it, gradually dies, and we acquire a different and a better way of life. As our shortcomings are removed, one life of us dies, and another life of us lives. We in A.A. die to live.

From page 336 of the second edition of the *Big Book*. 1955.

## Huh?

As a typical A.A. perfectionist (that can be defined as "a person given to correcting the grammar in the graffiti on restroom walls), I have attempted a definition of an alcoholic that precisely fits me.

I would be described as a mellifluous, sciolistic hyperdenophilist with chronic struthionine dontopedalogical distress and antiorthokeratological attitudinal enigma.

Which means: A laid-back, know-it-all wino with chronic head-in-the-sand, foot-in-the-mouth disease and a bad attitude about anything that's perfectly clear. Excerpted from the *Grapevine*, 1984

## MOUNTAIN BREWIN'S



Mountain Doin's, NC Mtn. Central Office

Said Katie to her friend:  
"Did you tell anybody of your secret marriage?"

"No, I'm waiting for my husband to sober up—I want him to be the first to know."

X X X

Said one alky to another: "I hear you had found a new job."

"Yeah."

"From all I hear about it, you must be fired with enthusiasm."

"I was!"

X X X

Two drunks were sitting at the bar. Said one:  
"Did you throw that cigarette butt on the floor?"

"What?" asked his hard-of-hearing pal.

"Did you throw that cigarette butt on the floor?"

"What?"

"Is that your cigarette butt on the floor?"

"No—go ahead you saw it first."

X X X

Wife to alcoholic husband: "That new couple next door seem so devoted. He kisses her every time they meet. You never do that."

Alky husband: "Well, I don't know her well enough."

X X X

The judge recognized the offender as he was brought into court, because he had been in before.

"Fred," said the judge, "you've been brought in for drinking. What do you have to say?"

"I say that's great," grinned Fred. "Let's get started!"

X X X

When the drunk finally got home he found his wife of thirty-five years packing.

"What do you think you're doing?" he asked.

"Leaving," she snapped. "I've had it!"

He started packing his own suitcase.

Said his wife, "And what do you think you're doing?"

"If you're leaving," he said, "I'm coming with you!"

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