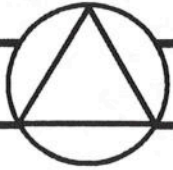


# MOUNTAIN DOIN'S

## Central Office Newsletter

### December 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

### N.C.Mtn Central Office Mtg. October 13, 1996

#### Printing Costs Reduced

It was decided at the October Central Office meeting that the prices of subscriptions to *Mountain Doin's* would be reduced for future issues of the newsletter. This was made possible by the purchase of a new copier that would reduce printing costs. At the same time, costs of *Where and When* publications would also be reduced.

The new *Mountain Doin's* subscription prices apply at the expiration of present subscriptions or at the start of new subscriptions.

Future subscriptions will be:

#### Groups

- 3 copies monthly No charge
- 10 additional copies \$10.00 per year
- 15 additional copies \$15.00 per year
- 20 additional copies \$20.00 per year
- \$25 additional copies \$25.00 per year

#### Individual Members

Single copy monthly \$5.00 per year

(See order form on page 6 of this issue of *Mountain Doin's* for new subscription application.)

The cost of *Where and Whens* are now reduced from 10¢ each to 5¢ each.

#### Central Office Bylaws

A subcommittee was formed to study the need for bringing the Central Office Bylaws up to date due to the change in name from Intergroup to Central Office and to bring the Bylaws up-to-date with today's requirements. *(continued on next page)*

### Southeast Regional Forum

December 6—8, 1996

Radisson Hotel, Asheville

1, Thomas Wolfe Plaza, Asheville NC, 28801

The Forum is designed to improve communication and participation among A.A. Service workers. There is no registration fee. The G.S.O. covers expense of meeting rooms.

The Forum provides unique opportunities to share experience, ask questions, and spark new ideas. Everyone gets to ask questions about A.A. and receive answers from members of the General Service Board, G.S.O. manager, and staff members of the G.S.O.

Fri Dec 6	2-5pm	Registration
	7-8.30pm	Welcoming & Introductory remarks by Board & Staff.
	8.30-8.45pm	Coffee break
Sat Dec 7	8.45-10pm	Open sharing. Questions for Board & Staff
	9-9.45am	A.A. Grapevine Presentations.
	9.45-10.30am	General sharing
Sun Dec 8	10.30-10.45am	Coffee break
	10.45-noon	A.M. Workshops
	12:00-1.30pm	Lunch
	1.30-2.30pm	AAWS & GSO presentations
	2.30-3.00pm	General sharing
	3.00-3.30pm	Delegate Presentations
	3.30-3.45pm	Coffee Break
	3.45-5.00pm	P.M. Workshops
	5.00-7.00pm	Dinner
	7.00-7.30pm	Delegate presentations
	7.30-8.30pm	Askit Basket/General sharing
	8.30-8.45pm	Coffee break
8.45-10pm	Askit Basket/General sharing	
Sun Dec 8	9.30-10.30am	Askit Basket/General sharing
	10.30-10.45pm	Coffee break
	10.45-11.30am	Past Trustees from the S.E. Region
	11.30-noon	Closing remarks.

*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.

Central Office Mtg. *continued from page 1*  
**New C.O. Trustee**

A new Central Office Trustee was appointed to represent District 70—Asheville Grace Group member Molly W. A Trustee for District 80 has yet to be appointed. Owen C., Hendersonville Group, is serving as Trustee for District 71. The objective of C.O. Trustees is to insure that the C.O. Board's actions are within the limits of our Traditions.

**S.E. Regional Forum**

It was announced that our officers would attend the S.E. Regional Forum, at the Radisson Hotel, Asheville, in December and would meet prior to the next Central Office Meeting to discuss certain matters and bring the information to the next meeting.

The next Central Office meeting will be held in March at a date, time, and place yet to be announced.

**Using the Serenity Prayer**

*God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*

A.A. did not originate it. Versions of it have been used for centuries in various faiths and it is widely used outside A.A. Whether we see it as an actual prayer or just a fervent wish, it offers a simple prescription for a healthy emotional life.

The word "serenity" looked like an impossible goal when we first saw the prayer. But we found that



serenity meant no such thing. When it comes to us now it is more as a clear-eyed, realistic way of seeing the world, accompanied by inner peace and strength. Serenity is like a gyroscope that lets us keep our balance, no matter what turbulence swirls around us. And that is a state of mind worth aiming for.

*Adapted from Living Sober*

**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 10-7-96—11-1-96**

Answering Service Calls	118
General Information	3
A.A. Help	6
Family Help (Al-Anon)	8
Meeting Information	28
Central Office Business	56
Medical Help (Hospital, Detox, etc.)	0
P.I. Calls	0
Others	9
Visitors	39



**Fellowship News**

Meeting time change: **The Asheville Serenity Service Group** has changed the time of its Friday 8 p.m. meetings to 10 p.m. The Group meets at 107 Broadway, Asheville. The meetings are closed, discussion.

Meeting time change: **The Asheville Traditional Group** has changed the time of its Tuesday evening young people's meetings from 6 p.m. to 6.30 p.m. The meetings are at Trinity Episcopal Church, Church and Aston, and are closed, discussion.

New Meeting: **The Brevard Group** has added a new meeting to its schedule. The new meeting is a Women's Step Study, nonsmoking meeting, and is held on Saturdays at 10 a.m. at St. Timothy's, Rte. 64, Hospital Rd, Brevard.



# Happy Birthdays

## Acceptance Group

Mike M.	12-31-84	12 years
Karen C.	12-28-87	9 years
Monica B.	12-6-94	2 years
Karen D.	12-3-95	1 year
Valerie L.	12-3-93	3 years
Jim D.	12-10-95	1 year
Terry R.	12-2-??	No year stated
Phil T.	12-16-94	2 years
Art W.	12-17-82	14 years
Michael D.	12-21-95	1 year
Jack W.	12-25-91	5 years

## Black Mountain Group

Judy A.	12-29-84	12 years
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## Conscious Contact

Marilyn A.	12-10-95	1 year
Gary S.	12-8-91	5 years

## Marion Group

Joe T.	12-12-77	19 years
Sharon H.	12-27-92	4 years
Steve F.	12-8-94	2 years

## Hendersonville Happy Hour Group

Richard M.	12-18-94	2 years
Kelly B.	12-14-93	3 years

## Hendersonville Group

Norma H.	12-11-89	7 years
Ted A.	12-7-88	8 years
Sandra C.	12-23-95	1 year
Brian M.	12-10-74	22 years

## Hendersonville Midday Group

Mike S.	12-2-92	4 years
Anne A.	12-24-91	5 years
John P.	12-3-90	6 years
JoAnn P.	12-31-90	6 years
Carol C.	12-11-85	11 years

## Serenity Service Group

Gary S.	12-8-91	5 years
Don O.	12-11-93	3 years
Jerome P.	12-15-93	3 years
Steve H.	12-17-89	7 years
Thomas G.	12-24-94	2 years

As previously stated, starting with this December issue Birthdays will be listed only for the month of the *Mountain Doin's* in which they appear. Lists should reach Central Office by the 5th of the month preceding month of publication. i.e. January birthdays must reach Central Office by December 5th.

## Readers' Forum

# Live Letters

### Drugs and Alcohol—the Difference

I was at a meeting the other day when a member stated that things are changing in America today with the help of teachers like her. She tells her students the dangers of drinking and drugging and how it can ruin their lives. She advises them not to try drugs, because they are not only no good for you but are addictive and once started you will become an addict and won't be able to stop without special treatment.

But I don't think she, and other teachers like her, get the point. Drugs are addictive. No doubt about it. But alcohol may not be. Medically it is today believed that alcoholism is inherited; that it is in the genes of certain people. It does not follow that everyone who drinks is therefore going to be an alcoholic. Just those of us who inherited the gene. We all know lots or people who drink and are not alcoholic. It is not therefore correct to compare alcohol to other drugs. Drugs are addictive; alcohol may be, depending upon your genes.

Why not advise children about the possibilities that alcoholism may be in their genes and therefore the best way to avoid finding out—because once addicted there's no permanent recovery—is to avoid alcohol in the first place.

But—just in case—there's always A.A. —BG

### We Cannot Go It Alone

No one, at least no one in the program, questions the statement that alcoholism is a disease. Which means, if we happen to be one of those who has the disease, then it isn't our fault that we have it.

However, it is our responsibility to do everything we can to keep it under control. It is also our responsibility to try to help others. That's what groups are for. We cannot go it alone. We can get sobriety and keep it if we attend group sessions regularly and get truly involved in the program. We do it in the company of others, and to be successful we must become involved to the extent of helping the group in general. It isn't enough to turn up on time and leave on time. We have to get involved. When we first came in we needed all the help we could get. Now, it is our turn to help others. That's only fair.

Besides, considering A.A. not only saved our lives but gave us a new program for living, surely we owe the group a debt. And how can we pay it? By offering a helping hand to the newcomer, by service work, by becoming an officer in the group, by twelfth-stepping. If we all left those responsibilities to others, A.A. would vanish in no time at all. —AJ

**Never look back, unless you intend to go that way.**

# Treasurer's Report



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

## INCOME

### Group Contributions

Acceptance Group	\$60.00
Arden Group	\$60.00
Back to Basics Group	\$100.00
Black Mountain Group	\$194.00
Brevard Group	\$70.00
Candler KISS Group	\$25.00
Day By Day Group	\$45.00
Early Bird Group	\$80.00
Fletcher Group	\$50.00
Franklin Group	\$30.00
Hendersonville Happy Hour Group	\$50.00
Hayesville Group	\$45.00
Just For Today Group	\$3.00
Lakeside Group	\$50.00

Marshall Group	\$50.00
Mission Group	\$20.00
Pathfinders Group	\$10.00
Roundtable Group	\$100.00
Serenity Service Group	\$28.00
Tuesday Night Men's Group	\$60.00
Waynesville Grace Group	\$200.00

<b>Total Group Contributions</b>	<b>\$1,330.00</b>
<b>Individual Contributions</b>	<b>\$100.00</b>
<b>Total Contributions</b>	<b>\$1,430.00</b>

### Financial Statement November 1, 1996

Bank Balance 10-13-96	\$5,011.39
Outstanding Checks	-\$4635.40
Money Owed	-\$100.30

Cash On Hand	\$28.37
Accounts Receivable	\$886.55
Bank Deposits 10-15-96	\$1,277.00
Bank Deposits 10-31-96	\$1,382.68

**Bank Balance November 1, 1996**      **\$3,850.29**

## 1996 "Big Book" Sales Top 15 Million

In 1996 the book *Alcoholics Anonymous*, popularly known as the "Big Book," passed the 15 million sales mark, making it one of the top nonfiction best-sellers of all time.

It didn't seem that that would be the case in 1939. The new book *Alcoholics Anonymous* was featured on a popular radio show by announcer Gabriel Heatter, and three days later, A.A. founders lugged empty suitcases to their post-office box in anticipation of a deluge of orders—only to find two lone inquiries.

It took thirty-six years to sell the first million copies. Now A.A. distributes more than one million books every year in the English-language edition alone. At last tally, the 575-page volume has been published in thirty other languages, and a number of additional translations are nearing completion.

Often called A.A.'s "most effective sponsor," the Big Book was launched on a shoestring. Initial sales lagged, and the young fellowship found itself saddled with nearly 5,000 unsold books and large incidental debts. Then, in March 1941, after an article about A.A. by Jack Alexander appeared in the *Saturday Evening Post*, sales soared and a second printing was ordered at once.

The book provided the name for a small movement that until then had been known simply as the Alcoholic Foundation, with but one hundred members. Today, A.A. has an estimated two million mem-

bers in 145 countries. In addition, its program of recovery serves as a model for many Twelve-Step organizations.

The Big Book itself has opened the way of life of comfortable sobriety for thousands of suffering alcoholics who otherwise might not have found help. It has offered convincing evidence to relatives and friends that compulsive drinkers can recover; and has furnished revealing insights to physicians, psychologists, members of the clergy, and other professionals who work with alcoholics.

Today, the hardcover edition of *Alcoholics Anonymous* costs \$5.00, just \$1.50 more than it sold for more than fifty years ago.

*Excerpted from Press Release, G.S.O., New York*

## True Tolerance

Gradually we began to be able to accept the other fellow's sins as well as his virtues. We coined the potent and meaningful expression, "Let us always love the best in others—and never fear the worst." *From The Grapevine*

Finally, we begin to see that all people, including ourselves, are to some extent emotionally ill as well as frequently wrong. When this happens, we approach true tolerance and we see what real love for our fellows actually means.

*From Twelve and Twelve*



# 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.

**Sandlapper Roundup V.** December 5-8, 1996, at The Landmark Best Western Hotel, Myrtle Beach, S.C. Registration limited to first 1,000 registrants. For more information call Dennis or Linda at (803) 238-2694 during normal business hours.

**15th Annual TCYPAA** February 28-March 2, 1997, at the Radisson Read House, Chattanooga, TN 37402. Any questions, please call Lorri M. at (423) 256-6367.

## District 71 October Meeting

At the District 71 meeting held on October 13, 1996, DCM Jerry B. reported on matters discussed at the Area 51 committee meeting in Raleigh.

New Area 51 officers will be elected to serve for the next two years.

Correctional Facility (CPC), at present have 1,100 people working in prisons. There is need for better cooperation in getting our information to Area 51 and to get more support from the Area.

Contributions from the N.C. Groups in Area 51 showed an increase.

### District 71 Treasurer's Report:

Balance 9-10-96	\$769.48
Expenses:	
U.S. Post Office	\$6.40
Eatin' Meeting expenses	\$20.00
Comm. Mtg., Raleigh, Jerry B.	<u>\$300.00</u>
Balance	\$443.08

### September Receipts:

Eating' Meeting	\$59.80
Happy Hour Group	\$10.00
Midday Group	\$50.00
Hendersonville Group	\$10.00
Total Balance	\$572.88
Expense: Use of St. Johns Ch.	<u>\$20.00</u>
New Balance	\$552.88

### October Receipts:

Roundtable Group	\$20.00
Fletcher Group	\$25.00
Midday Group	\$50.00
Hendersonville Group	\$10.00
Cedar Mountain Group	\$10.00
Happy Hour Group	\$10.00
Early Bird Group	\$80.00
Brevard Group	<u>\$25.00</u>

**Final Balance 10-17-96 \$792.88**

# MOUNTAIN BREWIN'S

Mountain Doin's, NC Mtn. Central Office



The alky was looking for a Christmas gift for his wife. He entered a women's clothing store.

"I want to buy something for my wife," he said to the store clerk. "Can I interest you in something in silk stockings?" asked the clerk.

"Well," said the alky, "let's see about the present first."

X X X

A couple was admiring Alcoholic Art's Christmas decorations around his house, with colored lights and toy deer decorating the garden. "Boy, he certainly does a good job," said one. "And look—they're just carrying in the yule log."

"That isn't no yule log," said the other. "That's Art they're carrying in!"

X X X

At Christmas, all alcoholics want their past forgotten and their present remembered.

X X X

Asked an alky of his friend, "Did you get home from the Christmas party O.K. last night?"

"Well, yes, except that just as I turned the corner into our street, some damn fool stepped on my fingers."

X X X

Said the wife to her alcoholic husband. "Since it's Christmas, what say we go out tonight and have a good time?"

Replied the husband: "Good idea. and if you get home first, please turn on the porch light!"

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below

### Mountain Doin's Order Form

*Mountain Doin's* Annual Subscriptions:

**Groups:**

3 copies monthly	No charge
10 additional copies	\$10.00 per year
15 additional copies	\$15.00 per year
20 additional copies	\$20.00 per year
25 additional copies	\$25.00 per year

Group or Individual Name \_\_\_\_\_

Street/PO Box No. \_\_\_\_\_

Town and Zip Code \_\_\_\_\_

**Individual Members:**

Single copy monthly \$5.00 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.

Clip and mail with check or money order to:

**N.C. Mountain Central Office**  
**107 Park Place Offices**  
**70 Woodfin Place**  
**Asheville NC 28801**

North Carolina Mountain Central Office  
107 Park Place Offices  
70 Woodfin Place  
Asheville NC 28801

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