

# MOUNTAIN DOIN'S

Central Office Newsletter

FEBRUARY 1997



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

## Welcome to all!

### from NC Mountain Central Office

As we settle into our New Year of 1997, Central Office welcomes all groups in our Districts 70, 71, and 80 and hopes that we can all continue to enjoy our journey in recovery, with the help of our program and the Fellowship of A.A.

And we hope we will all continue to reach out to the still suffering alcoholic.

Our monthly contributions to all A.A. Services can continue to keep our Fellowship capable of meeting its day-to-day obligations and even expand its efforts to help more and more alcoholics enjoy the benefits of learning to live a life of sobriety.

Here is an updated list of addresses within the Fellowship that rely entirely on our monthly contributions to keep functioning:

#### Central Office

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

#### General Service Office

General Service Office  
P.O. Box 459  
Grand Central Station  
New York, NY 10164-0371

#### Area 51

NCGSC Treas/GIC  
P.O. Box 52238  
Durham, NC 27717-2338

#### District 70

District 70 Treasurer  
P.O. Box 4351  
Asheville, NC 28805-1260

#### District 71

District 71 Treasurer/GSC  
P.O. Box 6224  
Hendersonville, NC 28739-6224

#### District 80

District 80 GSC  
P.O. Box 194  
Marble, NC 28905-0194

### *Murphy N.C.* Dist. 80 Eatin' Mtg. and Central Office Mtg—Sunday, March 9

The next District 80 Eatin' Meeting will be held on Sunday, March 9, at Wayne's Restaurant, 205 Tennessee St. (2 blocks north of traffic light, across from Henn Theatre). Eating at 2 p.m. Speaker at 3 p.m. The N.C. Mountain Central Office meeting will be held immediately following the speaker. Central Office representatives from Districts 70, 71, and 80, as well as GSRs and DCMs are welcomed at the Central Office meeting.

*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.



## Dist. 71 GSR Mtng. Report

The following upcoming events were announced at the December District 71 GSR meeting:

### Eating Meetings:

April 6—Tryon, exact location to be announced.

June 8—Brevard, exact location to be announced.

July 17-20—SERCYPAA Conference, Wilmington, 50th State Convention, July 17-20, at Radisson Hotel, Winston-Salem.

Alternate DCM Norma H. announced that a place to store Area 51's Archives has been located. The rent would be approximately \$2,400 a year. This will probably be an agenda item at the Spring Assembly.

Anyone interested in helping at the Monday and Friday meetings at the prison near Mountain Home was invited to phone Bob G. (704) 697-2900.

### Readers' Forum

## Live Letters

### Does Cooking Evaporate Alcohol?

The other evening at a meeting I overheard an alcoholic telling another that it's all right to eat those deserts that have been cooked with alcohol because the heating process evaporates all the alcohol and only the flavor remains. It was not my business to interrupt, but if they only knew the truth!

I read that the U.S. Department of Agriculture prepared some standard alcohol-spiked recipes. They discovered that Cherries Jubilee that flamed for 48 seconds retained 75% of alcohol. Scalloped oysters



*"and as you know, all us alcoholics are very sensitive."*

baked at 375° for 25 minutes retained 45% of the dry sherry added. And 85% of Grand Marnier remained in a sauce by adding liquor to a thickened mixture of sugar, orange juice, and cornstarch. "The alcohol in a single serving of any one of these dishes represents about one third of the amount you'd find in one alcoholic drink."

So let's stop fooling ourselves. As alcoholics we must carefully and honestly avoid all liquor-laced goodies if we are to remain alcohol free in every way.

Remember, it only takes one drink to invite another. We're all just one drink away . . . —LL

## 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 12-2-96—1-3-97

Answering Service Calls	175
General Information	10
A.A. Help	6
Family Help (Al-Anon)	5
Meeting Information	69
Central Office Business	72
Medical Help (Hospital, Detox, etc.)	4
P.I. Calls	0
Others	9
Visitors	60



## Fellowship News

Meeting change: **The Fellowship Group's** 6 p.m. Fletcher meeting on Tuesdays has moved to St. Barnabas Church, Crescent Hill Drive, Arden.

Meeting Cancellation. **The Black Mountain Women's Meeting**, which was held at noon in United Methodist Church, has been canceled.





#### Acceptance Group

Ray C.	2-7-96	1 year
Susan A.	2-14-95	2 years
Larry A.	2-15-88	9 years
Barbara K.	2-15-88	9 years
Dan B.	2-15-94	3 years
Bob W.	2-16-91	6 years

#### Black Mountain Group

Shelby B.	2-15-96	1 year
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#### Hendersonville Group

Ed. D.	2-22-72	25 years
Ann L.	2-7-89	8 years
Tara C.	2-6-89	8 years
Bill G.	2-12-82	15 years
Greg B.	2-27-94	3 years

#### Hendersonville Happy Hour Group

Randy F.	2-2-95	2 years
Maureen McF.	2-14-69	28 years

#### Midday Group

Tom M.	2-9-82	15 years
Nancy S.	2-17-91	6 years
Helen P.	2-14-93	4 years
Larry L.	2-20-81	16 years
Tom K.	2-23-87	10 years

#### Traditional Group

David M.	2-14-94	3 years
Ken C.	2-22-91	6 years
Angela K.	2-26-95	2 years
Bill B.	2-19-77	20 years
John W.	2-1-96	1 year

As notified in previous issues, starting with the the 1996 December issue, Birthdays are 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 the month of publication. Thus, March birthday lists must reach Central Office by February 5th.

**He who hesitates is sometimes saved**

## Too Much Kindness

My sponsor has been most adamant about not bringing up problems other than alcohol at closed meetings. His point is that he cannot relate to wanting to use, nor can he identify with the physical sensations of withdrawal from the various drugs.

My viewpoint has always been that due to the commonality of addictions and our addictive personalities, it is enough to just identify with the desire to escape reality and not worry about one's "drug of choice."

He and I were discussing it again just a few days ago, and what he's been saying for the past three years all of a sudden hit me. While I am allowing recovering addicts to come to closed meetings and talk about *their* disease, I'm really killing them in the same way I can kill a recovering alcoholic—with too much kindness and not enough honesty. If the addict can talk about things that I can't identify with, then how can I give him feedback, let alone share my experience, strength, and hope?

Around here, we only have one N.A. meeting per week to cover the same areas covered by nineteen well-attended A.A. meetings. There is obviously an imbalance and in my zeal to share my recovery I've tried to make A.A. "All things to all people" instead of helping N.A. start meetings so that addicts can get what they need. Excerpted from *The Grapevine*, June 1990

## Walking Toward Sobriety

"When I was tired and couldn't concentrate I used to fall back on an affirmation toward life that took the form of simple walking and deep breathing. I sometimes told myself I couldn't do even this—that I was too weak. But I learned that this was the point at which I could not give in without becoming still more depressed.

"So I would set myself a small stint. I would determine to walk a quarter of a mile. And I would concentrate by counting my breathing—say six steps to each slow inhalation and four to each exhalation. Having done the quarter of a mile, I found that I could go on, maybe a half-mile more, then another half-mile, and maybe another.

"This was encouraging. The false sense of physical weakness would leave me (this feeling being so characteristic of depressions). The walking and especially the breathing were powerful affirmations toward life and living and away from failure and death. The counting represented a minimum of discipline in concentration, to get some rest from the wear and tear of fear and guilt.

*From As Bill Sees It*



# Treasurer's Report



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

## INCOME

### Group Contributions

Acceptance Group	\$1,078.30
Bethel UpThe River Group	\$15.00
Brevard Group	\$35.00
Cashiers Group	\$50.00
Columbus Group	\$50.00
Common Sense Group	\$55.00
Conscious Contact Group	\$114.00
Day By Day Group	\$45.00
Etowah Group	\$25.00
Hendersonville Happy Hour Group	\$75.00
Hendersonville Group	\$116.02

Lakeside Group	\$30.00
Mission Group	\$20.00
Pathfinders Group	\$10.00
<b>Total Group Contributions</b>	<b>\$1,718.32</b>

Individual Contributions \$12.00

**Total Contributions \$1,730.32**

### Financial Statement as of January 1, 1997

Bank Balance 12-13-96	\$3,252.57
Deposits 12-16 & 12-31-96	\$3,008.02
Cash on Hand	\$28.37
Checks on Hand	\$30.00
Accounts Receivable	\$478.87
<b>Sub-Total</b>	<b>\$6,797.83</b>
Outstanding checks	-\$3,329.06
Accruals	-\$8.50
<b>Total</b>	<b>\$3,460.27</b>

(Note: The Common Sense Group November contribution was incorrectly given to *Mountain Doin's* as \$10. The correct contribution was \$40.)  
amount was \$40

## Bill's Last Message

When the late Bill W. was too ill in 1970 to attend his 36th A.A. Anniversary banquet, sponsored by the New York Intergroup on October 10, 1970, he wrote a message for his wife, Lois, to read to the assembled guests. Since it turned out to be his last written A.A. message, it is reprinted here in full.

"My Dear Friends,

"Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabian groups, but it still seems a fitting expression of how I feel for each of you. It says, 'I salute and thank you for your life.' My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's grace. If I were asked which of these blessings I felt was most responsible for our growth as a Fellowship and the most vital to our continuity, I would say, the concept of anonymity.

"Anonymity has two attributes essential to our individual and collective survival: the spiritual and the practical. On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.

"A.A. must and will continue to change with the passing years. We cannot, nor should we, turn back the clock. However, I deeply believe that the principle

of anonymity must remain our primary and enduring safeguard. As long as we will continue to receive God's grace.

"And so, once more I salute you in that spirit and again I thank you for your lives. May God bless us all now, and forever.

"Bill."

## We Want To Hear from You

We welcome letters from our readers, and we encourage all to send the Editor letters about any aspect of A.A. that they like or that bothers them, or questions, suggestions, and thoughts. By voicing your thoughts through letters to the Editor you are, in fact, doing Twelfth-Step work, for it is by sharing that our Fellowship gains.

Need some ideas? Here are a few subjects that are always of interest to our readers:

- Questions about A.A. and Central Office.
- How has A.A. helped you?
- What do you think would help others?
- What disturbs you about some A.A. meetings?
- Some surprises you have had in the program.
- How you deal with relationships, or situations.

Send all letters and ideas to The Editor, *Mountain Doin's*, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801.





# 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.

**Great Britain Convention, 1997**, to commemorate 50 years of Alcoholics Anonymous in Great Britain. Blackpool's 'Wintergardens' complex in the seaside resort is the location for the convention. On 13, 14, and 15 June, 1997, A.A., Al-Anon, and Alateen meetings and workshops will take place, plus Cabaret, Dances, and Discos. Information on travel and a wide variety of accommodation in Blackpool may be obtained by telephoning or writing to:

North West Conference Connections,  
Conference House,  
242 Whitegate Drive,  
Blackpool FY3 9JW, England.  
Phone: 01253 699772/3 Fax: 01253 699774

## A.A. Spirituality

The A.A. program would never have acquired such worldwide recognition if it had given a specific religious content to universal concepts. Since the understanding in the book *Alcoholics Anonymous* is vastly broader, it is easily accepted by Catholics, Buddhists, atheists, Muslims, etc. As repeatedly emphasized, everyone is free to understand as he chooses that which gives help.

It is only important that a person feel that "It" is more powerful than he, believe in the possibility of receiving spiritual support, and recognize that only faith, hope, and love, can save him, where all other means are powerless.

Dogmatism is alien to the A.A. program. Each group and each person seeks spiritual support independently. The experience of others, for all its variety and fruitfulness, can only serve as a general guideline in specific conditions. All the same, the book is a highly reliable guide because it is the product of the collective creativity of many people. They had no intention whatever of writing to please anyone. Their main task was to try to give practical help to people who were at times in desperate straits.

The anonymity of the book's authors has not made it impersonal. It is directed to each reader personally, for his aid and well being.

Excerpted from a special foreword to the Russian-language publication of *Alcoholics Anonymous*.

**Gossipers: People with a sense of rumor.**



Mountain Doin's, NC Mtn. Central Office



The two drunks had completely lost track of the time.

Said Fred "What time you got?"

Harry: "Four a.m."

Fred: "Wow! I guess your wife will hit the ceiling!"

Harry: "Guess so. She's such a rotten shot."

x x x

The pair of romantic alky's left the bar and boarded a train for their homes in a nearby city. Suddenly, the train went through a dark tunnel. When it emerged again into the light the male alky said: "Wow! If I'd known that tunnel was so long, I'd have held you and kissed you."

"Goodness!" responded the girl. "Wasn't that you?"

x x x

The two alkys hadn't met for years. "And is your wife still as pretty as she used to be?" asked the first. "Oh, yes," replied the second. "But it takes her much longer."

x x x

The couple had new neighbors and the wife was interested in watching them. In a few days, she commented to her husband: "They seem a most devoted couple, Jack. He kisses her every time he goes out, and even waves kisses to her from the sidewalk. Why don't you do that?"

"Why don't I?" replied alcoholic Jack. "Good heavens! I don't even know her yet!"

x x x

"Excuse me, but I can't wait any longer," grumbled the alky in the hotel bar. "You've been on that phone for ten minutes and you haven't said a word."

"Sir, I'm talking to my wife. Do you expect me to interrupt her?"



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