

MOUNTAIN DOIN'S

Central Office Newsletter

MARCH 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

District 80 Eatin' Meeting and Central Office Meeting—Sunday, March 9, 1997

To be held in Murphy, N.C., at Wayne's Restaurant, 205 Tennessee Street (Two blocks north of traffic light, across from Henn Theatre)



Eating at 2 p.m.



Speaker at 3 p.m.



Central Office Mtg. follows the Speaker

Central Office Mtg. Agenda

A full attendance of Central Office Representatives, and GSRs is looked for at the March 9 Central Office meeting at approximately 4 p.m. at Wayne's Restaurant in Murphy. Some important matters that will be included on the Agenda will be 1. The submission of an updated Central Office "Articles of Association." 2. Discussion regarding the setting aside of funds for prison groups for literature, chips, and other aspects of the prison programs. 3. The allocating of funds of PI/CPC work. 4. Allocation of Central Office contributions to be sent to A.A. World Services. 5 The addressing of new complaints and possible resolutions regarding the Central Office Answering Service.

What's New?

The latest offering is the publication of a soft-cover edition of *As Bill Sees It*. The price: \$4.75. Send for copies of this new publication from Central Office or call at the phone number given above in the masthead.

Another new addition to Central Office services is the availability of the *Big Book* in Braille. The book (contained in two cardboard cartons) may be borrowed by anyone for a one-month period. It cannot be mailed for fear of damage. Please phone before visiting to make sure that the book is available at the time.

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.

Live Letters

Do Addicts Belong in A.A.?

More and more it seems in today's A.A. meetings newcomers are talking of their dual addictions—alcohol plus drugs. Never used to be like that. But then, I read recently that one third of today's A.A. members are under thirty five years old. It's a changing world, and, more and more, drugs are as much a part of addiction as alcohol.

I know that when I heard someone say, "I'm so-and-so and I'm an alcoholic and a drug addict," I used to feel that the person probably wasn't an alcoholic at all but the drugging made him or her think so. And I further thought that the person didn't really belong in our meeting at all.

But today, I've learned to be more tolerant with those who announce their dual addictions. As long as those dually addicted stick to our primary purpose—to keep discussion of our problems as they relate to alcohol and, or, living sober one day at a time —then there's no harm done if someone mentions that he or she had problems with more than one substance.

A.A. as it ages is bound to change over the years, but as long as we continue to concentrate on the steps, on growth in our programs, and follow the suggestions laid down in the Traditions and the Big Book, we will continue to gain help and healing in our recovery process in A.A. —KM



Fellowship News

New Meeting: Women's Meetings are now being held on Sundays at 10 a.m. at Trend Community Health Center, 800 Fleming Street, Hendersonville (opposite Pardee Hospital). The meetings are open, nonsmoking, Big Book Study for women only. The meetings are held in the classroom at the rear of the building.

Meeting cancellation: The Asheville Sunday 8 p.m. **Women's Meeting** "A Women's Place" Alabama Ave. has been canceled.

Meeting Time change: **The Women's Meeting** held on Saturdays at St. Luke's Episcopal Church, 219 Chunn's Cove Rd., Asheville, now meets at 6 p.m. on Wednesdays instead of 8 p.m.

District 80 Eatin' Mtgs

Selection of 1997 Eatin' Meetings after the March 9 Murphy meeting, announced on page 1 are:
 June 8—Franklin Gp. Location to be decided
 Sept. 14—Highlands Gp. Location to be decided
 Dec 14—Waynesville Gp. Waynesville Epis. Church

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 1-6-97—1-31-97

Answering Service Calls	119
General Information	11
A.A. Help	4
Family Help (Al-Anon)	11
Meeting Information	55
Central Office Business	79
Medical Help (Hospital, Detox, etc.)	4
P.I. Calls	0
Others	9
Visitors	43



Acceptance Group

Jesse P.	3-5-88	9 years
Perry F.	3-11-89	8 years
Erika B.	3-24-96	1 year

Asheville Grace Group

Stan B.	3-5-95	2 years
Galle J.	3-5-96	1 year
Dawn C.	3-7-96	1 year
Bob P.	3-12-86	11 years
Amy M.	3-19-82	15 years
Kerry W.	3-19-92	5 years
Karen R.	3-24-95	2 years
Jim S.	3-28-91	6 years

Black Mountain Group

Jay C.	3-11-92	5 years
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Conscious Contact Group

Barbara D.	3-28-81	16 years
Irene M.	3-18-83	14 years

Happy Hour Group

Pamela L.	3-28-94	3 years
James M.	3-28-89	8 years
David R.	3-14-79	18 years
Nancy S.	3-23-94	3 years

Hendersonville Group

Mike S.	3-29-77	20 years
Deborah W.	3-17-87	10 years
Maude G.	3-21-83	14 years
Irma D.	3-7-85	12 years
Fonda V.	3-20-93	4 years
Dawn C.	3-7-96	1 year
Molly T.	3-17-91	6 years

Middy Group

Greg C.	3-17-95	2 years
Charlie P.	3-17-83	14 years
Nancy M.	3-17-91	6 years
Virginia O.	3-1-92	5 years
Don N.	3-23-71	26 years
Alesia C.	3-8-96	1 year
Steve H.	3-11-84	13 years
Rita H.	3-14-92	5 years

Reaching Out Group

Chris	3-18-93	4 years
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Serenity Service Group

Keary H.	3-1-96	1 year
David C.	3-18-96	1 year
Erika B.	3-24-96	1 year
Perry F.	3-11-89	8 years
Wade	3-16-92	5 years
Darlene C.	3-15-94	3 years
Linda S.	3-10-94	3 years
Linda C.	3-27-94	3 years
Farrell R.	3-24-94	3 years
Keith P.	3-15-94	3 years
Jeanette H.	3-21-95	2 years
John B.	3-13-95	2 years
Adriana R.	3-18-95	2 years
Paul J.	3-6-90	7 years
Regina S.	3-18-96	1 year

Traditional Group

Julia H.	3-16-89	8 years
Roger W.	3-16-85	12 years
Jane A.	3-18-94	3 years
Bob V.	3-14-79	18 years
Richard B.	3-17-93	4 years
Carlton B.	3-2-95	2 years
Beverly H.	3-18-95	2 years

Note: A.A. Birthdays will be published in *Mountain Doin's* for the month of the publication only. (April anniversaries only will be published in the April issue.)

All birthday lists must reach Central Office by 11am on the 5th of the month preceding the month of issue.

About Anonymity

Dr. Bob said, "If I got up at a meeting and gave my name as Dr. Bob S., people who needed help would have a hard time getting in touch with me."

Dr. Bob stated that there were two ways to break the anonymity tradition: (1) by giving your name at the *public level* of press or radio, and (2) by being so anonymous that you can't be reached by other drunks."

"Since our Tradition on anonymity designates the exact level where the lines should be held, it must be

obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this tradition."

Dr. Bob, 1969 *Grapevine*

We must learn from the mistakes of others. After all, we'll never live long enough to make them all our selves.

Treasurer's Report

N.C. Mountain Central Office, Inc.
Financial Report
for the month of January, 1997

INCOME

6 O'Clock Group	\$67.25
Back to Basics Group	\$100.00
Black Mountain Group	\$81.50
Brevard Group	\$35.00
Came to Believe Group	\$15.00
Common Sense Group	\$31.00
Conscious Contact Group	\$216.00
Cumberland Group	\$125.00
Day By Day Group	\$45.00
Franklin Group	\$30.00
Happy Hour (Hendersonville)Group	\$75.00
Hendersonville Group	\$98.60
Marshall Group	\$50.00

Midday (Hendersonville)Group	\$75.00
Newdale New Day group	\$25.00
Reaching Out Group	\$5.00
Sylvan Valley Group	\$50.00
Thursday Afternoon Women's Group	\$50.00
Tuesday Night Men's Group	\$60.00
Waynesville Grace Group	\$200.00
Total Group Contributions	\$1,434..35

Individual Contributions 8.50

Total Contributions \$1,442.85

Financial Statement as of February 1, 1997

Bank Balance January 13, 1997	\$3,006.36
Deposits 01/15/97 & 01/31/97	\$2,280.27
Cash on Hand	\$28.37
Accounts Receivable	\$739.60
Sub-Total	\$6,054.60
Outstanding checks	(\$1,670.42)
Accruals	(\$54.40)
Total	\$4,329.78

In Remembrance of Ebby by Bill W.

In his seventieth year, and on the twenty-first of March, my friend and sponsor Ebby passed beyond our sight and hearing.

On a chill November afternoon in 1934 it was Ebby who had brought me the message that saved my life. Still more importantly, he was the bearer of the grace and principles that shortly afterward led to my spiritual awakening. This was truly a call to new life in the spirit. It was the kind of re-birth that has since become the most precious possession of each and all of us.

As I looked upon him where he lay in perfect repose, I was stirred by poignant memories of all the years I had known and loved him.

After the war years we were sometimes together, then drinking, of course. Alcohol, we thought, was the solvent for all difficulties, a veritable elixir for good living.

Over the following five years, I seldom saw Ebby. But of course our drinking went on and on. In late 1934 I got a terrific jolt; when I learned that Ebby was about to be locked up, this time to a state mental hospital.

Following a series of mad sprees, he had run his father's new Packard off the road and into the side of a dwelling, smashing into its kitchen and just missing a terrified housewife. Thinking to ease this rather awkward situation Ebby summoned his brightest smile and said, "Well, how about a cup of coffee?"

Of course. Ebby's lighthearted humor was quite lost on everyone concerned. The town fathers yanked him into court. To all appearances, Ebby's final destination was the insane asylum. To me, this marked the end of the line for us both. Only a short time before, my physician, Dr. Silkworth, had felt obliged to tell Lois there was no hope of recovery; that I, too, would have to be confined, else risk insanity or death.

But Providence would have it otherwise. It was presently learned that Ebby had been paroled into the custody of friends who (for the time being) had achieved their sobriety in the Oxford Groups. They brought Ebby to New York where he fell under the benign influence of A.A.'s great friend-to-be, Dr. Sam Shoemaker, the rector of Calvary Episcopal Church. Much affected by Sam and the O.G., Ebby promptly sobered up. Hearing of my serious condition, he had straightway come to our house in Brooklyn.

As I continued to recollect, the vision of Ebby looking at me across our kitchen table became wonderfully vivid. As most A.A.s know, he spoke to me of the release from hopelessness that had come to him (through the Oxford Groups) as the result of self-survey, restitution, outgoing helpfulness to others, and prayer. In short, he was proposing the attitudes and principles I used later in developing A.A.'s Twelve Steps of recovery.

It had happened. One alcoholic had effectively carried the message to another. Ebby had been enabled to bring me the gift of grace because he could reach me at the depth through which all in A.A. have since passed to find their freedom under God.

Excerpted from the *Grapevine*, 1966



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.

Serenity Weekend, at Holiday Inn Central, Richmond, Virginia, April 4, 5, & 6, 1997. Speakers, Workshops, Marathon Meetings. The Hotel is located at 3207 North Boulevard, Richmond, VA. For reservations (which must be made by March 21) call 1-800-Holiday. For further information call Ross B., Chairman, (804) 560-7247.

Sobriety at Sea, Alaska. 2nd annual Recovery Cruise. Seven days of Fellowship/Fun/Adventure about Celebrity Cruise Lines superliner "Galaxy." June 13, 1997. Ship departs Vancouver, BC for Juneau, Skagway, Haines, Hubbard Glacier, and Ketchikan. For information and brochures, call Bob at 1-800-650-7245.

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 Thankful Heart

One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine—both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been able to make in some areas of living.

I try hard to hold fast to the truth that a full and thankful heart cannot entertain conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know.

From *The Grapevine*



Mountain Doin's, NC Mtn. Central Office



The alky's wife was reading fairy tales to her child. she began: "Once upon a time—" Her child interrupted with: "Mommy, do fairy tales always begin like

that?"

Mother: "No, darling, sometimes they begin, 'Awfully sorry, my dear, but I was detained at the office again tonight.'"

x x x

Two alxies were drinking and chatting about their friend, Johnny.

Said one: "And when the judge ruled that Johnny had to pay alimony, how did he feel about it?"

"Chagrined."

"And how did his wife feel about it?"

"She grinned."

x x x

The slumping alky sat on a bench and watched a well-dressed lady walking by.

"Have you a piece of cake, lady, to give a poor man who hasn't had a bit to eat for two days?"

Responded the lady: "Cake? Isn't bread good enough for you?"

"Ordinarily, yes ma'am," said the alky. "But today is my birthday."

x x x

The farmer whose pig was killed by an automobile driven by an alcoholic was raving mad.

"Don't worry," said the alky, hoping to stay out of trouble. "I'll replace the pig."

"You can't," fumed the farmer, "you ain't fat enough."

x x x

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