

MOUNTAIN DOIN'S

Central Office Newsletter

APRIL 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

Y'all Come!



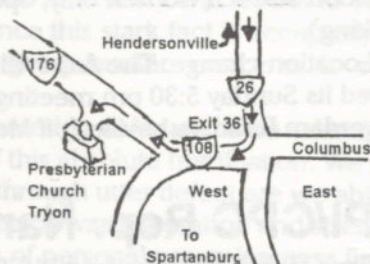
District 71

***Eatin'
Meeting***

**Sunday
April 6
1997**

at Tryon Presbyterian Church

Bring a covered dish and join us for Fun and Fellowship



From Hendersonville take I-26 toward Spartanburg. Go 17 miles to exit 36. Go West on Rte 108 toward Tryon for 2½ miles. Right on Rte 176 toward Saluda for 0.3 mile. Presbyterian Church is on left across from Harmon Field.

Eat at 4 p.m. Speaker at 5.00 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.

District 70 Eatin' Meetings

The following Eatin' Meetings are scheduled for District 70 during 1997. Times and locations are not yet available except in the case of the April 13 meeting.

April 13: (Hosted by Serenity Service and Came to Believe Groups)—Abernathy United Methodist Church, 1418 Patton Ave.
 Program: Archives 3 p.m.—4p.m.
 Eating 4p.m.—5p.m.
 Speaker 5p.m.—6p.m.
 G.S.R. Meeting 6p.m.

Please bring a covered dish.

June 8 (Hosted by The Acceptance Group)

location yet to be decided.

August 10 (Hosted by Black Mountain Group)

location yet to be decided

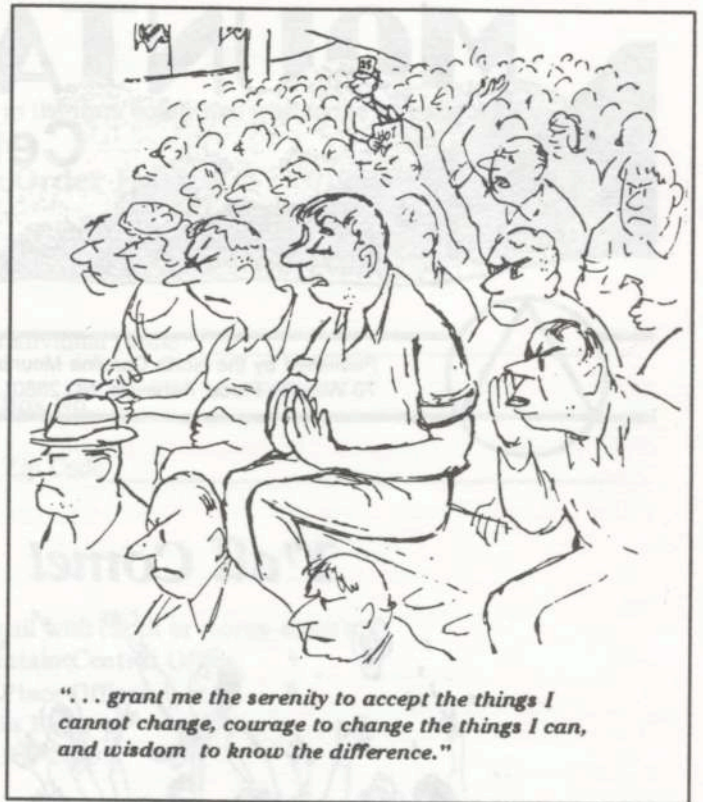
October 12 (Hosted by The Burnsville Group.)

location yet to be decided.

Did You Know?

In England in the days of Oliver Cromwell, drunkards were punished by being forced to walk around in a barrel with their heads protruding from the top and their arms dangling on the sides through holes. It has been suggested that this custom may be the origin of the term "pickled."

From *The Grapevine*, 1948



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



Fellowship News

New Meeting: By The Book Group is a new Women's group that meets 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.

New Meeting: A new group for women only now meets in Waynesville. Named **The Spiritually High Group**, the group meets at 7 p.m. on Tuesdays at First Methodist Church - Youth House, at 210 South Haywood Street. (Women only, open, discussion, non-smoking).

Location change. The Asheville Grace Group has moved its Sunday 5:30 pm meeting to the YMCA on Beaverdam Road, Asheville (off Merrimon Ave.)

PI/CPC Rep. Named

Sage M. has been named PI/CPC Area representative. Details regarding PI/CPC work will be published in a future issue of *Mountain Doin's*. In the meantime anyone in Districts 70, 71, or 80, interested in learning more about PI/CPC work, may call Sage M. Her number is (704) 837-9316.

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 2-3-97—2-28-97

Answering Service Calls	153
General Information	8
A.A. Help	6
Family Help (Al-Anon)	11
Meeting Information	64
Central Office Business	68
Medical Help (Hospital, Detox, etc.)	4
PI.Calls	0
Others	11
Visitors	50



Acceptance Group

Merritt R.	4-4-89	8 years
Cecilia	4-8-94	3 years
Will W.	4-16-93	4 years
Jim D.	4-26-77	20 years

Back To Basics Group

Perry B.	4-15-86	11 years
Vicky O.	4-29-90	7 years
Kelsey S.	4-12-83	14 years

Black Mountain Group

Carolyn M.	4-1-92	5 years
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Conscious Contact Group

Betty L.	4-26-63	34 years
Bob S.	4-15-96	1 year
Lorraine M.	4-8-69	28 years
Rick D.	4-21-93	4 years

Hendersonville Group

Gail A.	4-24-88	9 years
Dienette P.	4-19-95	2 years
Bob S.	4-15-81	16 years
Jenny M.	4-2-96	1 year

Hendersonville Happy Hour Group

Gene McF.	4-1-68	29 years
Gail A.	4-24-88	9 years

Midday Group

Miriam S.	4-17-87	10 years
Ken W.	4-24-90	7 years
Nancy S.	4-18-94	3 years
Gracia N.	4-29-94	3 years
Carol S.	4-20-90	7 years
Joyce N.	4-15-89	8 years
Bob B.	4-3-94	3 years
Ron L.	4-4-78	19 years

Reaching Out Group

Steffon G.	No date given	1 year
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Traditional Group

Stephanie W.	4-16-86	11 years
Carolyn O.	4-26-80	17 years
Karen R.	4-12-88	9 years
Katherine W.	4-9-?	? years
James A.	4-29-95	2 years
Trina N.	4-21-95	2 years
Douglas C.	4-2-95	2 years
Susan P.	4-8-96	1 year
Brandy H.	4-29-96	1 year
Kimberly Z.	4-12-96	1 year
Sharon A.	4-15-96	1 year
Michelle S.	4-1-96	1 year

Note: A.A. birthdays are published in *Mountain Doin's* for the month of the publication only. (May anniversaries only will be published in the May issue.) All birthday lists must reach Central Office by 11 a.m. on the 5th of the preceding month.

Working With Others

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can.

Life will take on a new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to have a host of friends—this is an experience you must not miss. When you discover a prospect for Alcoholics Anonymous, find out all you can about him. If he does not want to stop drinking, don't waste time trying to persuade him. You may spoil a later opportunity.

If there is any indication the he wants to stop, have a good talk to the person most interested in him—usually his wife. Get an idea of his behavior, his

problems, his background, the seriousness of his condition, and his religious leanings. You need this information to put yourself in his place, to see how you would like him to approach you if the tables were turned. Sometimes it is wise to wait till he goes on a binge. The family may object to this, but unless he is in a dangerous physical condition, it is better to risk it. Don't deal with him when he is very drunk, unless he is ugly and the family needs your help. Wait for the end of the spree, or at least for a lucid interval. Then let his family or a friend ask him if he wants to quit for good and if he would go to any extreme to do so. If he says yes, then his attention should be drawn to you as a person who has recovered. You should be described to him as one of a fellowship who, as part of their own recovery, try to help others and who will be glad to talk to him if he cares to see you.

Excerpted from Chapter 7 of *Alcoholics Anonymous*

Treasurer's Report

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

INCOME

Acceptance Group	\$519.37
Brevard Group	\$35.00
Canton Easy Does It Group	\$20.00
Common Sense Group	\$41.25
Day By Day Group	\$45.00
Early Bird Group	\$80.00
Grace Group, Asheville	\$300.00
Growing Together Group	\$95.00
Happy Hour (Hendersonville)Group	\$75.00
Hendersonville Group	\$80.15
Just For Today Group	\$3.00

Lakeside Group	\$20.00
Maple Grove Group	\$30.00
Middy (Hendersonville)Group	\$75.00
No Nonsense Group	\$10.00
Pathfinders Group	\$10.00
Reaching Out Group	\$5.00

Total Group Contributions **\$1,443.77**

Financial Statement as of March 1, 1997

Bank Balance Feb. 13, 1997,	\$3615.91
Deposits 2-18-97 & 2-28-97	\$2,601.72
Cash on Hand	\$28.37
Accounts Receivable	\$687.20
Sub-Total	\$6,933.20
Outstanding checks	(\$2528.69)
Accruals	(\$100.30)
Total	\$4,304.21

New A.A. Literature Prices Announced by G.S.O.

The N.C. Mountain Central Office will delay the price increases until June 1, 1997.
The new prices are listed below.

Title	New Price
Alcoholics Anonymous (Hard Cover)	\$6.00
" " (Soft Cover)	\$5.60
" " (Large Print)	\$6.30
" " (Pocket Edition)	\$3.50
Twelve and Twelve (Hard Cover)	\$5.40
" " (Soft Cover)	\$5.00
" " (Gift Edition)	\$5.25
" " (Large Print)	\$5.75
" " (Pocket Edition)	\$3.50
Daily Reflections	\$6.25
Came To Believe	\$2.75
Living Sober	\$2.75
A.A. In Prison—Inmate to Inmate	\$1.00

Title	New Price
A.A. Comes of Age	\$6.50
As Bill Sees It (Hard Cover)	\$6.00
" " (Soft Cover)	\$5.60
Dr. Bob and the Good Oldtimers	\$7.50
Pass It On	\$8.00
Language of the Heart	\$10.00
Non-Conference Literature (Also available from C.O.)	
Twenty four Hours a Day	\$9.00
Each Day a New Beginning	\$10.00
The Little Red Book	\$10.00
Promise of a New Day	\$10.00
Touchstones For Men	\$10.00
Stools and Bottles	\$10.00
A Program For You	\$10.00



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 at Sea, Alaska. 2nd annual Recovery Cruise. Seven days of Fellowship/Fun/Adventure aboard 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

Step One

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol now becomes the rapacious creditor, bleed us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A., we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

Reprinted from *Twelve and Twelve*

MOUNTAIN AREWIN'S



Mountain Doin's, NC Mtn. Central Office

The game host called upon an alcoholic in his audience to participate in the show.

Said the host:

Name two famous broth-

ers who made it possible for all of us to fly."

"That's easy," the alcoholic replied.

"Ernest and Julio Gallo.

x x x

It was Sunday and an alky found himself in church. As the service ended, the alky wandered up to the minister on the front steps and said: "I suppose you believe people can walk on water!"

The minister shot back: "Much better than they can on whiskey."

x x x

The mistress was looking for a new housemaid. At the end of the line she met a decidedly inebriated applicant.

"And why," asked the mistress, "did you leave your last position?"

"Oh, I couldn't stand the way the master and mistress were always quarreling."

"That must have been unpleasant."

"Oh, yes, mum, they were at it all the time. When it wasn't him and me, it was me and her."

x x x

Two old-timers were discussing their days of drinking. Said one: "If I die before you, would you mind sprinkling a quart of the best Scotch over my grave?"

The other mulled it over, then said, "Would you mind if I passed it through my kidneys first?"

x x x

Suffering from a hangover, her hair in curlers, and a faded robe draped around her, the alcoholic woman rushed out and hailed the garbage truck.

"You-hoo," she called to the driver. "Am I too late for the garbage?"

The driver yelled back: "No, ma'am. Just jump right in!"

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