

# MOUNTAIN DOIN'S

## Central Office Newsletter

### JUNE 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

## June 8—Meetings, Meetings, Meetings!

Each District in our Area has an Eatin' Meeting on June 8, and our Central Office also holds a meeting on that date. Here are the details:

**Central Office** will hold its June 8 meeting at 3 p.m. at the Council Building, 906 Tunnel Road, Asheville, in conjunction with the District 70 Eatin' Meeting. For full details of location, please see below.

**District 70 Eatin' Meeting** will be held on June 8, as stated above, at the Council Building, 906 Tunnel Road, Asheville.

From Interstate 240E travel about 1½ miles past Asheville to Exit 7 (Tunnel Rd.) The Council Building

is at 906 Tunnel Rd (on left), near the Fire Dept. and Library Buildings. Please bring salads, vegetables, side dishes, and desserts.

**District 71 Eatin' Meeting** will be held on June 8 at the Good Shepherd Lutheran Church, Brevard. A G.S.R. Meeting will be held at 2.30 p.m. Eating is at 4 p.m., and the Speaker is at 5 p.m.

**District 80 Eatin' Meeting** will be held on June 8 at Macon County Community Center. The meeting is hosted by the Groups of Franklin. Eating is at 2 p.m., District G.S.R. meeting is at 3 p.m.

Please bring a covered dish to the Eatin' Meeting.

## New WNC Committee Structure

A new committee structure under which all D.C.M.s will serve on one of five committees has been implemented. Sage M., D.C.M., District 80, points out that the new structure is in our best interests in WNC, since the previous structure left the area chairman to appoint chairs (who tended to come from the big cities on the East Coast). Since these committees were mostly composed of one person, there have not been functioning committees for CPC/PI or Treatment Centers.

Region One includes Districts 70, 71, 70, 15, and 11. Michelle I., Dist. 70 is on the Treatment Facilities committee; Jerry B., Dist. 71, is on the Site Investigation Committee; and Sage M., Dist. 80, is on the CPC/PI committee. Both CPC/PI and Treatment

Facilities are looking forward to regional forums and workshops in the next year. Sage M. points out that the area has only a token budget for these committees, because D.C.M.s are already available and reimbursed by their respective district to attend Winston-Salem meetings.

*continued on page 2*

## New Where & When

A completely revised and updated *Where and When* has now been published and is available from N.C. Central Office.

The new Spring/Summer, 1997, *Where and When* is reduced in price and is available at 5¢ per copy.

Phone in your orders at the number shown at the top of this page, or pick up from the Office.

*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.

## New Committee Structure (continued from page 1)

Now that we have regional representation, it is clearly possible to bring workshops, conferences, forums, or other such events, closer to the groups. Perhaps, suggests Sage, one day all committees will be self-supporting—as is Correctional Facilities—but for now, the Groups, the Districts, and Central Office need to start thinking how best to finance and structure on a regional basis. Interesting opportunities as well as difficulties will be faced in the future. The good news, says Sage, is that it will be far easier for interested individuals to participate on the committee of their choice.

### Readers' Forum

## Live Letters

### Has A.A. Changed?

I was talking with some old-timers about the A.A. of yesterday and how it compares with today's A.A. All agreed that the Fellowship had changed considerably, but many of them found it hard to put their fingers on the changes.

After all, we still have the same literature, the same steps, the same objectives.

So what has changed? I was reading *Dr. Bob and the Good Oldtimers* recently and one thing became apparent. When reading about A.A.'s early days it was all one-on-one, or two-on-one, or three, or more. And it became apparent that as Bob tried to develop the program in Akron, Ohio, he was the only one able to discuss and explain the developing program by talking



to alcoholics and getting those he helped to meet with and talk to new alcoholics.

There were no such things as treatment centers, hospitals didn't know anything about alcoholism, and therefore couldn't do anything to help those suffering from what then was not even known to be a disease.

There were no general discussion meetings, just a handful of people working on limited knowledge about the subject. That's why in its earlier days, A.A. was so definitely a one-on-one program. Dr. Bob in Akron and Bill in New York were both practically penniless during A.A.'s early days and spent all their time trying to help alcoholics to get and to stay sober.

Today, there is so much more knowledge about alcoholism that newcomers can be taught in their early days about the truth of the disease, the need for regular meetings (in the old days meetings were few and far between), and the need to learn about our character defects so that we can change and become better persons.

And, in the meantime, treatment centers have sprung up everywhere to give the modern alcoholic an introduction (often enforced by Court order) to our wonderful program.

The basics of A.A. haven't changed, but today the general knowledge of the entire subject is so much more widespread that the truths of the program are much easier to understand.

—BR

## 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 3-31-87—4-25-97

Answering Service Calls	165
General Information	5
A.A. Help	0
Family Help (Al-Anon)	6
Meeting Information	82
Central Office Business	77
Medical Help (Hospital, Detox, etc.)	5
P.I. Calls	0
Others	2
Visitors	35



**Acceptance Group**

Bill Mc 6-1-74 23 years

**Back to Basics Group**

Gene R. 6-13-56 41 years  
 Bill M 6-1-74 23 years  
 Jim G. 6-27-89 8 years

**Black Mountain Group**

Cindy P. 6-10-79 18 years  
 Mike T. 6-16-77 20 years  
 Bill P. 6-6-84 13 years

**Brevard Group**

Sandra P. 6-7-89 8 years  
 Dotsi W. 6-10-92 5 years  
 Pat J. 6-15-83 14 years

**Conscious Contact Group**

John J. 6-2-86 11 years

**Happy Hour Group**

Ruthanne G. 6-12-90 7 years  
 Gail H. 6-20-93 4 years  
 Alan W. 6-20-88 9 years

**Hendersonville Group**

Tim 6-14-96 1 year  
 Warren 6-15-92 5 years  
 Nadine M. 6-21-91 6 years  
 Kenny S. 6--28-83 14 years  
 Anita S. 6-12-94 3 years  
 Ron P. 6-2-91 6 years  
 Nancy M. 6-15-89 8 years  
 Tom B. 6-2-88 9 years  
 Marshall D. 6-17-82 15 years  
 Sandy C. 6-28-92 5 years

**Midday Group**

Irene H. 6-18-71 26 years  
 Bill S. 6-17-92 5 years  
 Loretta B.. 6-20-87 10 years  
 Billy W. 6-14-96 1 year

**Traditional Group**

Sally A. 6-18-79 18 years  
 Tom H. 6-7-94 3 years  
 Joe H. 6-20-95 2 years  
 Allen M. 6-5-95 2 years  
 Kent P. 6-25-84 13 years  
 Jerome B. 5-21-95 2 years  
 Tim E. 6-3-95 2 years  
 Ronald C. 6-8-94 3 years  
 Ted A. 6-14-95 2 years

**No MUSTS in the Big Book?**

We've often heard that there are no MUSTS in the Big Book. But, there are plenty. Here are 57 examples

- XXIII MUST present to others
- XXIV MUST believe
- XXVI MUST have depth
- XXVI MUST be grounded in a power greater than ourselves
- XXVII MUST stop drinking
- XXVII MUST help
- XXVII MUST feel
- XXVII MUST admit
- 33 MUST be no reservations
- 43 MUST come from a higher power
- 44 MUST find a spiritual basis of life
- 62 MUST be rid of selfishness
- 62 MUST or it kills us
- 66 resentments MUST be mastered
- 69 MUST be willing
- 69 MUST make amends
- 73 MUST be entirely honest
- 74 MUST confess
- 74 MUST be hard on ourselves
- 75 MUST not postpone
- 78 MUST lose fear
- 79 MUST not shrink at anything
- 80 MUST not shrink
- 82 MUST keep sober
- 83 MUST remember
- 83 MUST remember
- 85 MUST carry the vision
- 85 MUST go with us
- 85 MUST go further
- 86 MUST be careful
- 89 MUST not miss
- 90 MUST decide these things
- 93 MUST be accompanied by action
- 95 MUST decide for himself
- 99 MUST be done
- 99 MUST try to repair damage
- 99 MUST be on a better basis
- 100 MUST walk in the path of physical progress
- 113 MUST act
- 114 MUST start anew
- 115 MUST be on guard
- 115 MUST apologize
- 117 MUST carry
- 118 MUST no expect
- 127 MUST realize
- 127 MUST see danger
- 135 MUST be convinced
- 143 MUST change
- 144 MUST abide
- 144 MUST decide
- 146 MUST be honest
- 152 MUST get along
- 153 MUST find a way out
- 156 MUST keep spiritually active
- 159 MUST help others
- 164 MUST rely on God



# Treasurer's Report

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

## INCOME

Acceptance Group	\$86.94
Arden Group	\$60.00
Back To Basics Group	\$100.00
Black Mountain Group	\$100.00
Blue Ridge Group	\$50.00
Brevard Group	\$35.00
By The Book Group	\$25.00
Candler KISS Group	\$25.00
Day By Day Group	\$45.00
Edneyville Group	\$100.00
Fletcher Group	\$50.00
Franklin Group	\$30.00
Happy Hour (Hendersonville)Group	\$50.00
Hendersonville Group	\$88.00
Lakeside Group	\$20.00
Leicester Group	\$25.00

Midday (Hendersonville)Group	\$75.00
Pathfinders Group	\$10.00
Reaching Out Group	\$5.00
Serenity Service Group	\$39.00
Sylvan Valley Group	\$50.00
Tuesday Night Men's Group	\$60.00
Waynesville Grace Group	\$200.00

**Total Group Contributions** \$1,343.94

**Individual contributions** \$61.00

**Total contributions** \$1,404.94

## Financial Statement as of April 4, 1997

Bank Balance April 13, 1997,	\$2,530.80
Deposits April, 1997	\$2,981.14
Cash on Hand	\$28.08
Accounts Receivable	\$816.85
<b>Sub-Total</b>	<b>\$6,356.87</b>
Outstanding checks	(\$3,676.46)
Res. for Corr. Facilities	(\$470.70)
Accruals	\$91.80
<b>Total</b>	<b>\$2,117.91</b>

## S.E. Forum Q's and A's

Published below is the second in a series of columns to run in *Mountain Doin's* consisting of questions and answers from the S.E. Regional Forum held in Asheville in December. The selected Q's and A's are, we feel, of special interest to members and their Groups.

### How do you carry an A.A. meeting into a treatment facility without affiliation with treatment facilities?

To circumvent problems with affiliation, create an A.A. meeting as suggested in the pamphlet "A.A. and Treatment Facilities" rather than an A.A. group.

### 12th Stepping a Wet Drunk

The workshop set up the following situation: a "wet drunk" came into a meeting room in which there was one oldtimer, Dan, and two men with less than a year. The oldtimer spent some time talking to the wet drunk. Discussion was held afterwards as to what to do now that the treatment centers are closing. The oldtimer said to dust the book off, open to Chapter 7 and do what we used to do. We need to remember and teach members how to 12th Step the wet drunk. Emergency rooms, as a rule, do not take wet drunks. We need to refocus our primary purpose and learn what medical needs to be aware of when 12th Stepping. Go with oldtimers on 12th Step calls.

### Is it all right to break personal anonymity to speak to individuals on a one-to-one basis?

Anonymity is covered in the Traditions. The pamphlet "Understanding Anonymity" is also helpful. As stated in the pamphlet, "A.A. as a whole seeks to ensure that individual members stay as private and protected as they wish, or as open as they wish, about belonging to the Fellowship; but always with the understanding that anonymity at the level of press, radio, TV, and films is crucial to our continuing sobriety and growth."

### When I came to A.A., we read the Steps. Then the Traditions were added. Now, the Promises are also read. Newcomers think it sounds like a church service, and so much reading leaves little time for sharing.

The following responses were shared: My group reads only the Steps and Traditions. It's up to the group conscience to decide on the format of meetings. Groups can conduct group inventories to see if they are meeting the needs of newcomers. Some groups reading the Promises have taken them out of context and number them one through twelve.

### Are there any plans to increase the amount that an individual A.A. member may contribute? If not, how can this be changed?

The current limit on individual contributions is \$1,000 per year. That limit was established in 1986 and there are currently no plans to increase the limit.

*More Forum Q's & A's next month*



# 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.** 4th Year of Recovery Cruises. **Great Alaska Adventure!** Ship departs Anchorage (Seward) for Hubbard Glacier, Skagway, Juneau, Tracy Arm Fjord, Wrangell and Ketchikan, **Monday, August 25, 1997.**

**Mediterranean Magic!** Ship departs Rome for Sicily, Malta, Palma de Majorca, Barcelona, Monte Carlo & Nice, Genoa & Portofino, Florence and Corsica. **Wednesday, September 10, 1997.**

(Call Bob at 1-800-650-7245 to reserve your cabin and receive your free brochure.)

**N.C. Conference of Young People in Alcoholics Anonymous.** 1st Annual NCCYPAA in Greensboro, NC, **September 4-7.** Events: Early Bird Meeting Thursday, 8 p.m. Speakers, marathon meetings, dances, panel discussions, banquet, and much more. For more information call: Dave B. (910) 274-1487, or Jobe S. (910) 854-7043.

## Love Everybody?

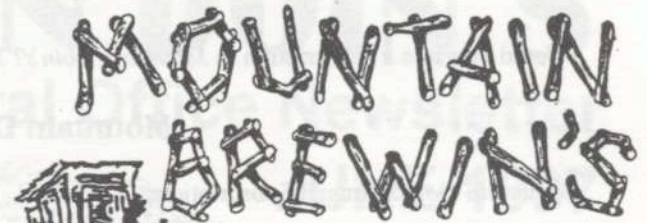
Not many people can truthfully assert that they love everybody. Most of us must admit that we have loved but a few; that we have been quite indifferent to the many. As for the remainder—well, we have really disliked or hated them

We A.A.s find we need something much better than this in order to keep our balance. The idea that we can be possessively loving of a few, can ignore the many, and can continue to fear or hate anybody at all, has to be abandoned, if only a little at a time.

We can try to stop making unreasonable demands upon those we love. We can show kindness where we had formerly shown none. With those we dislike we can at least begin to practice justice and courtesy, perhaps going out of our way at times to understand and help them.

*from As Bill Sees It*

**If we let ourselves listen to our private inner voice, we usually know what's right for us to do.**



Mountain Doin's, NC Mtn. Central Office

"I heard you were very sick. Couldn't the doctor do you any good?"

"No. He told me to drink a bottle of whiskey after a hot bath."

"And did you do it?"

"No. I couldn't finish drinking the hot bath."

x x x

The good woman, seeing a man she recognized stagger out of a saloon, remarked: "I'm sorry to see you come out of such a place."

"Why, ma'am, would you have me stay there all night?"

x x x

"One swallow does not make a summer!" quoted the alky to his pal.

"Very true. But several swallows of liquor can make a fall!"

x x x

Said the sponsor to his new pigeon, "You need some exercise. What you need is a little sun and air."

"What? I'm not even married!"

x x x

"My brother fell down the stairs with two pints of gin."

"Did he spill the gin?"

"No. He kept his mouth closed."

x x x

"I had an accident in my car—the car went from one side of the street to the other."

"The tires were loose?"

"No. I was tight."

x x x

"Jack was held up on the way home last night."

"Yes, that's the only way he could have got home."

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15 additional copies	\$15.00 per year
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**107 Park Place Offices**  
**70 Woodfin Place**  
**Asheville NC 28801**

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