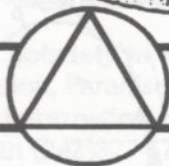


# MOUNTAIN DOIN'S

Central Office Newsletter

OCTOBER 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 70**  
**Eatin' Meeting Picnic**  
**Sunday October 12**  
**Carolina Hemlock Park**  
**Highway 80 S.**  
**Sponsored by the Burnsville Group**



**Eatin' at 4 p.m.**

**Speaker at 5 p.m.**

**Dist. 70 G.S.R.  
Meeting at 6 p.m.**



**Provided: Bratwurst, Burgers, Hot Dogs, and Beverages**  
**Please bring: Salads, Side Dishes, and Desserts**

How to get there: Take 19/23 N. to exit at Rte19 (to Burnsville). Travel about 4 miles past Burnsville, then turn right on 80S—Micaville. Travel about ½ mile and make another right turn between Barbershop and Micaville Grill (still on 80S). Travel about 9 miles from there. Carolina Hemlock Park is on the right.

**Come early and enjoy a swim in the beautiful Joe River!**

*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

## Let's Stick to Alcohol Problems

It doesn't take more than a few minutes at the very beginning of each meeting to understand that our program is about alcoholism and that it's for alcoholics.

Those present who are also drug addicts are welcome provided they stick strictly to their problems as they relate to alcohol. Druggies just don't understand how disturbing it is for someone to share and to talk only about his or her problem with drugs other than alcohol.

Many of us have noticed that many old-timers tend to stop going to meetings where drug talk prevails. And we desperately need the input from those old-timers.

A.A. is for people who have a desire to stop drinking, says the Third Tradition. Let's remember to keep it that way.

I believe that we should all identify ourselves only as alcoholics at A.A. meetings. There's no need to say you're also a drug addict. Otherwise I'm afraid we are going to lose, one by one, many of our old-timers from whom we learn so much. Let's not lose them.

One of the reasons A.A. works so well on alcoholics is because of the number of old-timers who can offer help based on years of experience and years of progress in the program. We need them among us. *continued in next column*



"Cope, cope, cope, cope, cope, cope . . ."

So let's just identify ourselves as alcoholics, stick to alcohol related problems, or join a narcotics group whose job it is to concentrate on drug problems. —AJ

## 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 8-4-97—8-29-97

Answering Service Calls	220
General Information	6
A.A. Help	4
Family Help (Al-Anon)	9
Meeting Information	80
Central Office Business	82
Medical Help (Hospital, Detox, etc.)	1
P.I. Calls	0
Others	11
Visitors	56

## We Want to Hear from You

We welcome letters from readers about any aspect of A.A. that they like or dislike. Any questions, suggestions, thoughts? Address letters to The Editor. Use address given on front page.

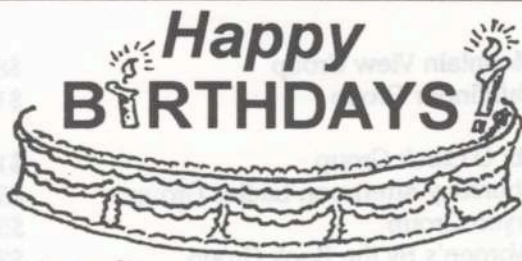


## Fellowship News

**New Meeting: Big Book Study** Mars Hill Methodist Church, on Tuesdays at 8 P.M. The meetings are open, nonsmoking.

**New Meeting. The Beginners Group** has begun meetings at 7 P.M. Fridays in Bat Cave at the Church of Transfiguration. (The meetings are Discussion, for beginners).

**Needed: Women Speakers** with two years or more sobriety are needed to speak at the Black Mountain Women's Prison. Please contact Kitt Mc. (704) 255-9618.



#### Acceptance Group

Sharon O.	10-4-90	7 years
William W.	10-19-96	1 years
Suzanne S.	10-25-96	1 year

#### Back To Basics Group

Ceil	10-17-87	10 years
Jim T.	10-17-78	19 years

#### Brevard Group

Jill K.	10-16-82	15 years
Lynn H.	10-18-93	4 years
Dale F.	10-31-76	21 years
Margaret H.	10-6-86	11 years

#### Black Mountain Group

Bob S.	10-9-84	13 years
Bruce C.	10-18-92	5 years

#### Happy Hour Group

Patrick K.	10-14-80	17 years
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#### Hendersonville Group

Owen C.	10-30-84	13 years
Fred S.	10-15-92	5 years
Connie C.	10-21-87	10 years
Jo P	10-16-84	13 years
John H.	10-15-96	1 year

Stan S.	10-20-86	11 years
David S.	10-16-94	3 years
Mike H.	10-5-83	14 years
Robin T.	10-31-93	4 years

#### H'ville Thursday Afternoon Ladies Group

Wanda P.	10-19-88	9 years
Jeanie	10-22-94	3 years

#### Midday Group

Robert B.	10-1-83	14 years
Kim B.	10-24-86	11 years
Russ E.	10-11-94	3 years
Jeff W	10-11-76	21 years
Joanie B.	10-22-94	3 years
Bobby C.	10-11-95	2 years

#### Serenity Service Group

Will R.	10-1-96	1 year
Gregg L.	10-15-96	1 year
Orlando S.	10-20-96	1 year
Debbie Y.	10-25-93	4 years
Maurice H.	10-27-78	19 years
Brian C.	10-29-94	3 years

#### Traditional Group

Roy W.	10-1-90	7 years
Eric P.	10-15-72	25 years
Joe S.	10-29-93	4 years
Jackie B.	10-12-94	3 years
Tim E.	10-24-89	8 years
Erskin A.	10-19-93	4 years
Will T.	10-14-94	3 years
Mark W.	10-8-95	2 years
Steve O.	10-23-95	2 years
Presta S.	10-22-95	2 years
Barbara T.	10-9-96	1 year

## The Traditions At Work

Nobody wants to talk about the Traditions. "We don't want to hear about all that politics stuff! Let's talk recovery program!"

Really? What do we talk about when we take a newcomer to a meeting? We sure don't talk recovery program! Can you visualize a newcomer sitting, shaking, worried, fearful in the front seat of the car riding to his first meeting? The A.A. sponsor announces, "We're going to help you recover from your alcoholism with this Twelve Step program. First, you'll admit you're powerless, then you'll surrender to God, take a moral inventory, and confess your faults." The newcomer fumbles for the door handle. "Surrender to God? Confess my faults? Are you people some kind of religious nuts? Let me out of here!"

No, the A.A. sponsor talks soothingly about things like anonymity, no dues to pay, no bosses in A.A., no affiliation with outside groups, no membership

requirement except a desire to stop drinking—all to make our newcomer feel comfortable and protected. We talk traditions to our people in A.A. long before we broach the sensitive subjects in the Steps.

We think A.A. will be around forever, but we have nothing to prove—no A.A. buildings, towers, or monuments. We are no more permanent than the length of our lease and our prudent reserve in our treasury. Our groups are month to month tenants in churches renting meeting halls. The groups aren't well organized, have no bylaws or charters. Officers are elected for terms of six months to two years, and resign at will. Meeting formats are loose and mostly unstructured. No policing force exists to make members conform to any rules or regulations.

Informed members in A.A. will tell you that if groups follow the Traditions, A.A. will survive and grow and, for a long time to come, will continue to carry the message to the alcoholic who still suffers.

Excerpted from the Grapevine

# Treasurer's Report

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

## INCOME

Acceptance Group	\$50.00
Bethel Up The River Group	\$24.00
Brevard Group	\$35.00
Burnsville Group	\$50.00
Came To Believe Group	\$25.00
Common Sense Group	\$45.20
Day By Day Group	\$45.00
Grace Group	\$250.00
Growing Together group	\$75.00
Happy Hour Group	\$50.00
Hendersonville Group	\$122.55
Lakeside Group	\$15.00
Lambda Group	\$20.00
Marshall Group	\$50.00
Midday (Hendersonville)Group	\$75.00
Mission Group	\$10.00

Mountain View Group	\$80.00
Pathfinder Group	\$10.00
Six O'Clock Group	\$13.80
Thursday Afternoon Ladies Group	\$50.00
Tryon Group	\$50.00
Women's By the Book Group	\$25.00

**Total Group Contributions** \$1,170.55

**Individual Contributions** \$2,025.00

**Total Contributions** \$3,195.55

## Financial Statement as of Sept. 2, 1997

Bank Balance 08/13/97	\$1,297.68
Deposits 08/18/97 & 09/02/97	\$4,062.15
Cash on Hand	\$28.08
Accounts Receivable	\$616.40

<b>Sub-Total</b>	<b>\$6,004.31</b>
Outstanding checks	(\$1,742.52)
Reserve for Copy Machine	(\$450.00)
Reserve for S.S. Payment	(\$183.60)
Reserve for Tax Liability	(\$1,000.00)
Reserve for Correctional Facilities	(\$949.55)
<b>Total</b>	<b>\$1,678.64</b>

## The Slogans In Ireland

"When I was a newcomer," recalled Michael S. of Ireland, "it was emphasized that I should never miss my home group's meeting except for a very good reason, such as a funeral—my own! I came to see that what I can't do alone, "we can do together!" It wasn't just what the A.A.s around me said: it was their cheery spirits, their sense of responsibility, their willingness to spend time sharing with me either in a group or person-to-person. All that convinced me I could become as they were, in my own and God's good time."

Speaking as a delegate to the World Service Meeting in Munich, Germany, last October (1990), Michael said: "Newcomers are soon made aware that becoming sober is not just a matter of corking the bottle. There is a lot of living to be learned and changes of attitude to be made." The A.A. slogans, he suggested, "point the way to a new life," and he gave some examples.

"First Things First—The priority must be not to drink, even while giving family and job top rating.

"Easy does it—Be patient with the progress of your own recovery, and that of others.

"Keep it simple—Live your own life to the fullest

and let others live theirs as they see fit..

"If you bottle it up, you may drink it, so it is suggested that newcomers get a sponsor—one with whom they can identify and share everything that is going on in their lives."

Finally, Michael says, the phrase "Express Gratitude Through Action" is used so often in Irish A.A. that it might well be called a slogan. "Our members generally do express their gratitude through the action of showing newcomers the A.A. way," he comments. "Not all that many become trusted servants beyond group level. But most are active. The beauty of A.A. is that it allows us all the freedom to develop as we see fit and to make ourselves available to the suffering alcoholics who might identify with us and become attracted to this wonderful Fellowship."

From Box 4-5-9

***I was a social drinker  
for the first thirty minutes,  
then a radical personality  
change overtook me.***



# 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 In Paradise 1997.** 4th Annual Convention, Paradise Island, Bahamas. **October 24—26.** For information call Jill (242) 393-2015, after 5 p.m., or Keith (242)327-5755, or Floyd (242) 3364-0124, or Dennis (242) 328-1567, or Henry (242) 341-5876.

**Sobriety at Sea!** Recovery Cruise 1998. January 25, 1998, seven night Caribbean Cruise. Miami to Nassau, San Juan, St. John, and St. Thomas. Meetings at Sea! Fellowship, Fun, Adventure. For full information, call Bob at 1-800-650-7245.

## Preamble—New Version

(A reader sent this new version of the Preamble to the *Grapevine*)

Alcoholics Anonymous is a Fellowship designed and administered by a brunch of ex-drunks whose only qualification for membership is that they can't hold their liquor and they don't want to or can't learn how. It has no rules, dues or fees. No nothing that any sensible organization seems to require. At meetings the speakers start on one subject and end up talking about something entirely different. They conclude by saying, "I don't really know much of anything about the program except that it works."

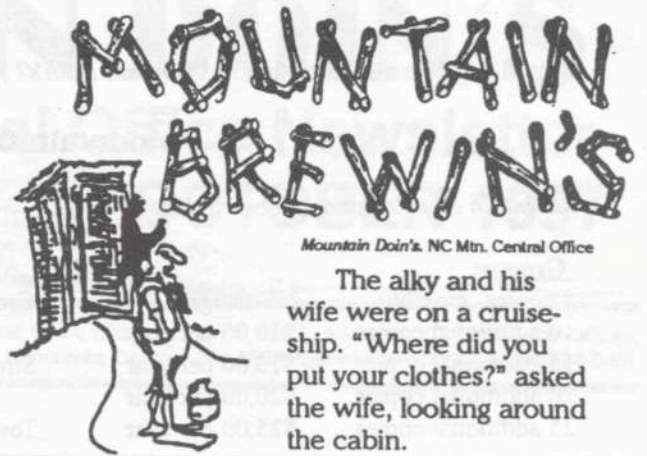
The groups are always broke but always seem to have enough money. They are always losing members but always seem to grow. They claim A.A. is a selfish program but members always seem to be doing things for others. Every group allows members to impose laws, rules, edicts, and pronouncements which everybody blithely ignores. Members who disagree are privileged to walk out in a huff, quitting forever, then to return as though nothing had happened, and to be greeted accordingly.

Nothing is ever planned more than twenty-four hours ahead, yet great projects are born and survive magnificently. Nothing in A.A. is according to Hoyle. How can it survive?

## Faith and Trust— the Difference

There is a vast difference between faith and trust.

Faith is the belief that God can stretch a tightrope across the Grand Canyon and push a wheelbarrow across it without falling. Trust is when you're willing to get into the wheelbarrow and ride across with him.



Mountain Doin's, NC Mtn. Central Office

The alky and his wife were on a cruise-ship. "Where did you put your clothes?" asked the wife, looking around the cabin.

"In that little closet with the glass door."

Exclaimed his wife: "You fool—that's the porthole!"

x x x

Two alkys were sitting boozing at the bar where they spent most of their evenings.

Said one: "We spend so much time here. Does your wife miss you very much?"

"No," replied his friend. "She throws remarkably accurately for a woman."

x x x

Mrs. Smith came running into her husband's office one morning.

"Oh, Harry," she cried, "I must have lost the ring from my finger. I can't find it anywhere."

"It's all right, Clara," replied the husband. "I found it in my trousers pocket."

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 want me to interrupt her?"

x x x

"Don't you think our A.A. group is just like one big family?"

"No—everybody's been pretty friendly, so far."

x x x

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