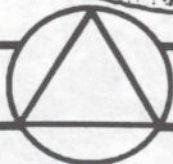


MOUNTAIN DOIN'S

Central Office Newsletter

NOVEMBER 1997



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November: Gratitude Month!

To start the month off on the right track, here are some excerpts from *As Bill Sees It*.

A Full and 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 enabled to make in some areas of living.

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

As Bill Sees It, page 37

Accepting God's Gifts

"Though many theologians hold that sudden spiritual experiences amount to a special distinction, if not a divine appointment of some sort, I question this view. Every human being, no matter what his attributes for good or evil, is a part of the divine spiritual economy. Therefore, each of us has his place, and I cannot see that God intends to exalt one over another.

"So it is necessary for all of us to accept whatever positive gifts we receive with a deep humility, always bearing in mind that our negative attitudes were first necessary as a means of reducing us to such a state that we would be ready for a gift of the positive ones via the conversion experience. Your own alcoholism and the immense deflation that finally resulted are indeed the foundation upon which our spiritual experience rests."

Letter, *As Bill Sees It*, p. 168

Privileged People

I saw that I had been living too much alone, and too deaf to that voice within, instead of seeing myself

District 70 needs

CPC/PI Chairperson

District 70 would love to fill some lucky person's life with service.

Pay: Very grateful A.A.s

Hours: Adjustable

Title: CPC/PI chairperson (Cooperation with the Professional Community/Public Information)

If you want to give back some of what you have received—the line starts at right!

Please contact Central Office between 10 A.M. and 1 P.M., Monday through Friday. For phone number, see *Mountain Doin's* masthead above.

as a simple agent bearing the message of experience, I had thought of myself as a founder of A.A.

How much better it would have been had I felt gratitude rather than self-satisfaction—gratitude that I had once suffered the pains of alcoholism, gratitude that a miracle of recovery had been worked upon me from above, gratitude for the privilege of serving my fellow alcoholics, and gratitude for those fraternal ties which bound me ever closer to them in a comradeship such as few societies of men have ever known.

Truly did a clergyman say to me, "Your misfortune has become your good fortune. You A.A.s are a privileged people."

As Bill Sees It, p.133

Area 51 Assembly—Nov. 21-23

The Assembly will be held at Adams Mark Hotel, Winston Salem. GSRs & Alts, DCMs & Alts, Area officers, standing chairs, past delegates—all welcome.

For Hotel registration, phone 910-725-3500.

Problems or questions? Phone Bill A., 919-471-0934, or Marilyn M. 919-851-3222.

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.

Readers' Forum

Live Letters

Why I'm Grateful to A.A.

The month of November is often referred to in A.A. as gratitude month. And here comes another November. I'd like to share a few reasons why A.A. has brought gratitude into my life in so many areas.

In the first place, I was not a particularly friendly person when I came into the fellowship. I was shy and kept myself away from others. But the Group helped me to become more outgoing and to accept the friendship that so many members offered me. I learned to share more and more and believe in the honest friendship of others.

This has given me a peace of mind in showing me that I'm not really any different from other A.A. members. The Promises are coming true for me and that's another reason for my gratitude. I'm thankful to all those in our group and for my newly found Higher Power, with whom I can share and benefit from my new-found happiness. Thank you, A.A. —PD

This Wonderful New Life

Welcome November, gratitude month! I'm truly grateful for having been introduced to A.A. I feel some sense of maturity after a life lost to booze. I have grown from a low point in my life when I actually considered suicide to a new life of purpose, caring for other people, letting go of resentments and self-pity. I truly want to help other suffering alcoholics



who may be looking for help. What a wonderful journey A.A. has turned out to be for me.

I have found a return to my moral values, and am truly re-born and today I see life through new eyes and I know it is true that I am growing one day at a time.

It is gratifying, too, to learn that others are seeing a difference in me—which proves that all this wonderful new life is not just wishful thinking or imagination on my part. It's real. —HS

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 9-1-97—9-26-97

Answering Service Calls	183
General Information	8
A.A. Help	6
Family Help (Al-Anon)	14
Meeting Information	66
Central Office Business	72
Medical Help (Hospital, Detox, etc.)	3
P.I. Calls	0
Others	7
Visitors	53

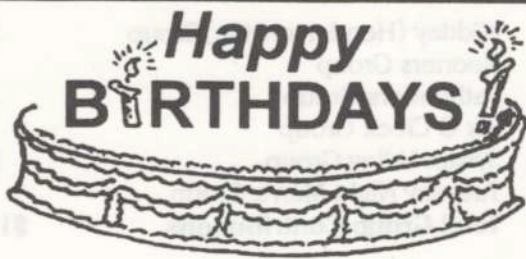


Fellowship News

Meeting Date Change—The Old Ford Group now meets on Sundays instead of Saturdays. The Sunday meetings are held at 8 pm. in the Kiwanis Building across from the Police Station.

New Meeting—In Waynesville, meetings are now being held at the Haywood Medical Center, 7th floor Conference Room. The meetings are on Wednesdays at noon and Fridays at 10 A.M. All meetings are open, non-smoking. No Group name was given *Mtn. Doin's*

Meeting Cancellation—Asheville Women's Meeting held at 6 pm at St. Luke's Episcopal church, 219 Chunn's Cover Rd, has been canceled.



Acceptance Group

Lorraine B.	11-3-83	14 years
Ben J.	11-7-96	1 year
Smokey T.	11-8-90	7 years
Jane	11-14-96	1 year
Bob G.	11-15-96	1 year
Barbara	11-18-96	1 year
Cicily S.	11-18-96	1 year
Kay T.	11-23-78	19 years
Laura H.	11-23-96	1 year
Dave A.	11-24-85	12 years
Lori H.	11-27-90	7 years
Edith S.	11-27-92	5 years

Back To Basics Group

Les M.	11-3-81	16 years
Molly B.	11-16-77	20 years
Jill R.	11-3-85	12 years

Black Mountain Group

Bill G.	11-30-83	14 years
John B.	11-25-66	31 years
Fred P.	11-8-79	18 years
Ann O.	11-6-79	18 years

Conscious Contact Group

Bette S.		15 years
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Kay G.	13 years
Peggy H.	11 years
Rick W.	2 years
Steve M.	3 years

Growing Together Group

John B.	31 years
Georgianne H.	11 years

Hendersonville Group

Chris V.W.	11-18-86	11 years
Jerry B.	11-9-88	9 years
Josh H.	11-29-96	1 year
John C.	11-5-93	4 years
Don O.	11-8-62	35 years
Ed G.	11-3-79	18 years
Deb G.	11-18-92	5 years
Scott R.	11-8-57	40 years

Midday Group

Katie Mc G.	11-21-84	13 years
Paul B.	11-18-93	4 years
Margaret B.	11-3-94	3 years

Serenity Service Group

Keary H.	11-23-96	1 year
Celia T.	11-21-93	4 years
Valerie W.	11-27-94	3 years

Thursday Afternoon Ladies Group

Susan T.	11-4-91	6 years
Georgeanne H.	11-11-86	11 years
Dale	11-14-96	1 year
Kathy M.	11-21-84	13 years
Mary P.	11-22-81	16 years

Whose Job Is It?

This is a story about four people named Everybody, Somebody, Anybody, and Nobody.

There was an important job to be done and Everybody was asked to do it. Anybody could have done it, but Nobody did. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Let's talk service. When was the last time you collected dirty coffee cups, volunteered to be G.S.R. or offered to pick up a cake for someone's birthday? It has come to my attention one more time that it would be wonderful if there was some way we could get more people involved in A.A. service. We all know "When it comes to survival for Alcoholics Anonymous,

nothing short of our very best will be good enough." Many of us, however, never put our hand up to volunteer for service—even in our home group. We get a lot out of the meeting, like people, feel supported, drink the coffee and eat the birthday cake that someone else made, and have been going there for a long time.

What is it that keeps us from volunteering for service? Can we forever in our sobriety expect others to do everything to keep the Fellowship going so that A.A. is there for our children if needed? What goes through our heads to justify this kind of "let somebody else do it" behavior? Maybe we were a volunteer in a past life and something went wrong. Does that mean that we must never volunteer for anything again? Let's give A.A. service a chance to get even more satisfaction out of our sobriety. "Eager hearts and hands have lifted the spire of our cathedral into its place. That spire bears the name of Service. May it ever point straight upward toward God."

Excerpted from A.A. Comes of Age

Treasurer's Report



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

INCOME

Acceptance Group	\$50.00
Blue Ridge Group	\$75.00
Brevard Group	\$35.00
Conscious Contact Group	\$143.78
Day By Day Group	\$45.00
Edneyville Group	\$100.00
Fletcher Group	\$150.00
Happy Hour Group	\$50.00
Hendersonville Group	\$128.84
Lakeside Group	\$12.50
Lambda Group	\$20.00

Midday (Hendersonville) Group	\$100.00
Nooners Group	\$3.25
Pathfinders Group	\$10.00
Six O'Clock Group	\$19.00
Sylvan Valley Group	\$100.00
Tuesday Night Men's Group	\$60.00
Total Group Contributions	\$1,102.37

Financial Statement as of October 1, 1997

Bank Balance 09/14/97	\$3,617.77
Deposits 9/15/97 & 9/30/97	\$2,370.83
Cash on Hand	\$28.08
Check on Hand	\$75.00
Accounts Receivable	\$460.95
Sub-Total	\$6,552.63
Outstanding checks	(\$2,480.26)
Reserve for Copy Machine	(\$450.00)
Reserve for Tax Liability	(\$1,000.00)
Reserve for Correctional Facilities	(\$915.95)
Total	\$1,706.42

Let's Stop Wearing Out Our Welcome!

"Where will we meet when no place will have us? Will we wait until it's too late or are we going to learn from the experience of the past and mend our fences now?" A.A. member John P. wants to know. Writing in the monthly newsletter of the Central Office of Santa Clara County, California, he notes that "scores of groups have lost their meeting places in recent years because of the destructive behavior of some members, and many more have been cautioned."

This is a problem that affects us all, John points out. "A.A. members are not the only ones who share experience. Church people talk to each other, too, and it's not only churches—other facilities are increasingly wary of A.A. They see their maintenance and janitorial costs rising to repair the damage some of us do to their premises, and they worry about the liability claims our actions may expose them to."

Incident by incident, John warns, "we are destroying the goodwill built up by generations of A.A.s who did not act as if they own the place but knew they were other peoples' guests—since the nominal rent we usually pay (and sometimes fail to pay) hardly qualifies us as tenants." It is true that the troublesome behaviors—cigarette burns, random messiness, noise pollution and even occasional vandalism and thievery, to name some— "are confined to a relative handful of A.A.s" he adds, "but we have always had a few angry, destructive people coming to our meeting because alcoholism tends to make some people antisocial. Co-founder Bill W. said that we had nothing to fear from

them and that in fact, 'thousands of these sometimes frightening people were to make astonishing recoveries and become our greatest workers and intimate friends.' (*Twelve Steps and Twelve Traditions*, p 140).

Still, John points out, "nothing in A.A. happens automatically, including the humdrum, business of maintaining good relations with the facility where the group meets. At the minimum that means: having a group member act as liaison with the landlord in the interests of clear communication and harmony; paying the agreed-upon rent on time; leaving the facility in at least as good condition after the meeting as it was in before; and treating other people who use the place with the same courtesy and respect we'd want for ourselves. All in all, not such a tall order!"

In essence, John says, "we have a choice. We can continue as mostly loose and shifting aggregates or uncommitted individuals and watch the destructive force that is alcoholism prevail, even as most of us remain sober. Or we can accept the whole gift of recovery, which is given in its fullness only to those who are willing to work together for the common good. . . . Please, before we lose another non-A.A. friend, let us begin to think and talk about these things."

Adapted from Box 4-5-9-

I never missed work because I went to too many A.A. meetings, but I have missed work because I didn't go to enough A.A. meetings



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.

37th Tri-State Convention, October 31st, November 1st and 2nd. "Gratitude Changes Attitude" 37th Tri-State Convention, Executive Inn Rivermont, Owensboro, Kentucky. For information, call 502-683-0371.

Sandlapper Roundup 6. Myrtle Beach, S.C. December 5-7, 1997 Landmark Resort Hotel, 1501 South Ocean Boulevard, Myrtle Beach, SC 29577. For information call Jonathan, Linda, or Dennis at 803-238-2695 during regular business hours. For room reservations call 800-845-0658.

He Had the Answers

A lady called up my wife one Saturday afternoon, saying she wanted me to come over that evening to meet a friend of hers who might help me. It was the day before Thanksgiving and I had come home plastered, carrying a big potted plant which I set down on the table and forthwith went upstairs and passed out. The next day she called again. Wishing to be polite, though I felt very badly, I said, "Let's make the call," and extracted from my wife the promise that we would not stay over fifteen minutes.

We entered her house at exactly five o'clock and it was eleven fifteen when we left. I had a couple of talks with this man afterward, and stopped drinking abruptly . . .

The question which might naturally come into your mind would be: "What did the man do or say that was different from what others had done or said?"

Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience. In other words, he talked my language. He had all the answers, and certainly not because he had picked them up in his reading.

Adapted from *The Doctor's Nightmare Alcoholics Anonymous*, first edition, April 1939

Fall/Winter Where & When

The latest edition of our meetings listing, *Where and When*, is now available from Central office.

The *Fall/Winter Where and When* may be obtained from our Central Office. The price per copy is 5¢. Phone in your orders between 10 A.M. and 1 P.M. on Mondays through Fridays, or pick up your order from the Central Office during those hours.

MOUNTAIN AREWIN'S



Mountain Doin's, NC Mtn. Central Office

"What's the theme song for two alcoholics playing tennis?"
"Endless love."

x x x

Mrs. Jones had tried without success to cure her husband from drinking. One night, hoping to scare him into stopping, she dressed up as Satan and hid in the bushes. When Jones finally came staggering home, she jumped. So did Jones.

"Who are you?" he asked.

"Satan!" she replied.

Jones shot out his hand. "Shake hands," he said. "I'm married to your sister."

x x x

Q. What do you call a drunk in a vegetable garden?

A. A seizure salad.

x x x

Said the alky to his friend at the bar, "I've finally worked out the ratings system. 'G' means the hero gets the girl, 'R' means the villain get the girl, and 'X' means everyone gets the girl."

x x x

At the theater the usher noticed that Alky Bob was draped across three seats. "I'm sorry, sir," said the usher, "but you're only allowed one seat."

The alky snorted but didn't move. The usher went and sought the manager. The manager looked down at the alky. "Okay, what's your name," he said into the alky's ear. "What's your name?"

The man mumbled, "Bob."

"Where you from Bob?" asked the manager

Bob answered, "The balcony."

x x x

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