

MOUNTAIN DOIN'S

Central Office Newsletter

December 1997



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District 71 Eatin' Meeting

Sunday, December 7, 1997

at The Parish House
St. John In The Wilderness Church
Flat Rock, Rte. 25S

N.C. Mountain Central Office will meet at 2.30P.M. before the Eatin' Meeting

District 71 G.S.R. Mtg at 2.30 P.M.

Eating at 4P.M.

Speaker at 5P.M.

D'all Come!
Everyone's invited!

Please bring a covered dish



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.

Central Office Meeting

The N.C. Mountain Central Office will meet on Sunday, December 7, 1997, at 2.30 P.M. at the Parish House, St. John in the Wilderness Church, Flat Rock, on Route 25S, just south of Hendersonville. The meeting will be held in conjunction with the District 71 Eating Meeting. Full details of the District 71 meeting are given on page 1 of this edition of *Mountain Doin's*. It is hoped that all District 71 group Central Office representatives and/or alternates will attend this meeting.

Readers' Forum

Live Letters

A Reader's Christmas Wish

This is Christmas month, and I'd like to share my big Christmas wish for everybody—Serenity!

We are always quoting the Serenity Prayer, and we are used to discussing the things we can and cannot change. But when Reinhold Niebuhr wrote that prayer he was asking God to grant him the SERENITY to accept or change things according to whether they were his responsibility or otherwise. Plus, of course, the wisdom, to know the difference.

I've learned that many of the moments that brought frustration and anger to me could be quelled by simply saying to myself: "Hey, what's the big deal?"



Calm down! Easy does it." And that gives me the serenity to accept things such as other people's offensive remarks; others' decisions that, though I might not agree with, are none of my business; and the ups and downs of life beyond my control.

To all these daily annoyances, Serenity is the answer for me, and that's what Reinhold Niebuhr was seeking when he wrote that prayer.

Merry and Serene Christmas everyone! —FW

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 9-29-97—10-31-97

Answering Service Calls	265
General Information	11
A.A. Help	5
Family Help (Al-Anon)	21
Meeting Information	91
Central Office Business	79
Medical Help (Hospital, Detox, etc.)	2
P.I. Calls	0
Others	5
Visitors	60



Fellowship News

Meeting cancellation: **The New Horizon Group** has canceled its meetings. The Group used to meet in Asheville at Cumberland Baptist Church on Wednesdays and Saturdays at 8 p.m.

Found at the **October 12 District 70 Eat-in Meeting**—one new Basketball. Call Bill A. at (704) 682-7798 (Burnsville) to claim same.

Black Mountain Group Christmas Candlelight Meeting



Join us for our Christmas Candlelight meeting on December 18 at the Black Mountain Group meeting room at United Methodist Church, 101 Church St. Bring a candle and snack at 7 P.M. Meeting at 8 P.M.



Happy Birthdays

Acceptance Group

Brad M.	12-3-96	1 year
Monica B.	12-7-94	3 years
Phil J.	12-16-94	3 years
Art W.	12-17-82	15 years
Laura H.	12-18-96	1 year
Charlie M.	12-21-??	
Brent R.	12-22-95	2 years
Jack W.	12-25-91	6 years
Mike Mc	12-31-84	13 years
Suzanne R.	12-31-96	1 year

Black Mountain Group

Joe T.	12-8-96	1 year
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Brevard Group

Jill K.	12-?-82	15 years
Gene O'H.	12-?-87	10 years
Karen B.	12-?-92	5 years
Jimmy C.	12-?-83	14 years
Sharon H.	12-?-80	17 years
Woody P.	12-?-81	16 years
Steve H.	12-?-90	7 years
Sandy W.	12-?-88	9 years

Conscious Contact Group

Marcia M.	12-?-85	12 years
Tom B.	12-?-96	1 year

Valerie	12-?-93	4 years
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Happy Hour Group

Richard M.	12-18-94	3 years
Kelly B.	12-14-93	4 years

Hendersonville Group

Ted A.	12-7-88	9 years
Larry N.	12-24-96	1 year
Brian M.	12-10-75	22 years
Tony M.	12-1-96	1 year
Rick S.	12-23-96	1 year
Kathy K.	12-24-92	5 years
Larry R.	12-25-96	1 year
Norma H.	12-11-89	8 years
Sandra C.	12-23-95	2 years

Hendersonville Thurs. Aft. Ladies Group

Audrey R.	12-2-77	20 years
Carol C.	12-11-85	12 years

Maggie Group

Alan	12-?-88	9 years
Robbin	12-?-83	14 years

Midday Group

Mike S.	12-2-92	5 years
Ann A.	12-24-91	6 years
JoAnn P.	12-31-90	7 years
Carol C.	12-11-85	12 years

Serenity Service Group

Mills B.	12-16-96	1 year
Brad M.	12-3-96	1 year
Gary S.	12-8-91	6 years

A.A. Membership Survey

The General Service Office conducts triennial membership surveys and the latest survey, taken in 1966, published in pamphlet form—"The A.A. 1996 Membership Survey"—is now available from the G.S.O. The purpose of the survey is to provide A.A. members with an overview of membership characteristics. The survey also provides information about A.A. to the professional community and the general public.

Here are some of the membership characteristics from the present survey.

Ages of Members

Under age 21	1%
Age 21 through 30	12%
Age 31 through 40	30%
Age 41 through 50	29%
Age 51 through 60	16%
Age 61 through 70	9%
Age over 70	3%

Gender of Members

All Members:	67% Men
33% Women	
Age 30 and Under:	60% Men
40% Women	

Marital Status

of Members	
39% Married	28% Single
24% Divorced	6% Widowed
3% Separated	

The average age of an A.A. member is 44 years.

Composition of Members

White	86%
Black	5%
Hispanic	4%
Native American	4%
Asian and other	1%

Length of Sobriety

Sober more than 5 years	45%
Sober between 1-5 years	28%
Sober less than 1 year	27%

Average sobriety of members is more than six years.

Sponsorship

76% of the members have a sponsor.
67% of the members got their sponsor within 90 days.

Meeting Attendance

Members attend an average of more than two A.A. meetings per week.

Group Membership

86% of the members belong to a home group.

Introduction to A.A.

Factors that were most responsible for members coming to A.A. (three responses were permitted).

Self-motivated	51%
Through an A.A. member	48%
Treatment facility	40%
Family	39%
Counseling agency	15%
Court order	13%
Employer or fellow worker	9%
Health Care provider	8%
Non-A.A. friend	
or neighbor	8%
Other	
A.A. literature	5%
Al-Anon or Alateen member	3%
Correctional facility	3%
Newspaper/	
magazine/radio/TV	3%
Member of clergy	3%



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$50.00
Back to Basics Group	\$100.00
Bethel Up The River Group	\$24.00
Black Mountain Group	\$214.00
Brevard Group	\$35.00
Cumberland Group	\$131.29
Day By Day Group	\$45.00
Franklin Group	\$30.00
Hendersonville Happy Hour Group	\$75.00
Hendersonville Group	\$99.10
Locked In Forward Group	\$61.18
Maggie Group	\$50.00
Midday Group	\$100.00
Mountain View Group	\$80.00

Newcomers Group	\$175.00
Pathfinders Group	\$10.00
Six O'Clock Open Group	\$25.15
Waynesville Grace Group	\$200.00

Total Group Contributions	\$1,504.72
Individual Contributions	\$202.55
Total Contributions	\$1,707.27

Financial Statement November 3, 1997

Bank Balance 10/13/97	\$3,485.10
Deposits 10/16/97 & 11/3/97	\$2,787.57
Cash On Hand	\$28.08
Accounts Receivable	\$866.60
Subtotal	\$7,167.35
Outstanding checks	(\$3,268.90)
Reserve For Copy Machine	(\$150.00)
Reserve for Tax Liability	(\$1,091.80)
Reserve for Correctional Facilities	(\$702.25)
Total	\$1,954.40

Notice: Since approval by the Board on 3/9/97 \$1,297.75 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

The Christmas That Changed Her Life

In December 1959, I went through the tortures of hell trying to hang on to the Christmas spirit. My eldest daughter, then eighteen, and my husband were spending the holidays with us. I had moved to Florida with my remaining four young children, and had started divorce proceedings.

I had suddenly realized that I had become a helpless alcoholic and through this process was losing—if I had not already lost—two people very dear to me. Somewhere along the way, I had lost communication with both of them. They did not understand me, nor I them.

That Christmas Eve was a very solemn night, in spite of the excited behavior of four youngsters waiting for Santa and greeting the strange reappearance of their father and sister.

Alcohol had fogged my senses for a long time. There had been many things I did not understand, and I had resisted and fought everything and everyone I did not understand. Most of all, I did not know or understand myself. I had lost my own identity, I was indecisive, afraid, and twisted in every realm of my mind (what was left of it).

The years have passed, and I have received help. I have worked at staying sober, one day at a time—by the grace of God.

I need to share, I need to give. But it is only in giving to serve the right purpose that I receive the

very essence of power in my own life.

When I am pointed in the wrong direction, my life loses meaning, and I am temporarily lost, too, and become unhappy.

I have not regained all the love that my drinking took from me, but I have gained all that I need. My children are grown; three of them married; and no parent has ever loved—and been loved by—her family more than I. I have been blessed beyond all measure. The children's father and I are friends, though the realities of life sent our paths apart long ago. But we have remained the same in one respect: our concern and caring for our children.

The proof of my sobriety, if it need be proved, is in the many problems that have been faced, lived through, and worked out.

This does not mean that I have passed every test along the way. But I did not drink. Something in my A.A. training always helped me through the real rough days, and my ever-loving God always helped me deal with the mistakes I made.

To be able to continue in this way is my fervent prayer. I hope the rest of my life can be useful and meaningful not just for myself, but for any human being who crosses my path and may need what I needed.

Excerpted from *The Grapevine*, Dec. 1975

When you put a smile on another's face you're bound to have one on your own



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.

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

The Dilemma of No Faith by Bill Wilson

The phrase "God as we understand him" is perhaps the most important expression to be found in our whole A.A. vocabulary. Within the compass of these five significant words there can be included every kind and degree of faith, together with the positive assurance that each of us may chose his own. Scarcely less valuable to us are those supplemental expressions—"a higher power" and "a power greater than ourselves." For all who deny or seriously doubt a deity, these frame an open door over whose threshold the unbeliever can take his first step into the realm of faith.

In A.A. such breakthroughs are everyday events. They are all the more remarkable when we reflect that a working faith had once seemed an impossibility of the first magnitude to perhaps half our present membership of three hundred thousand. To all doubters has come the great discovery that as soon as they could cast their main dependence upon a "higher power"—even upon their own A.A. groups—they had turned that blind corner which had always kept the open highway from their view. From this time on—assuming they tried hard to practice the rest of the A.A. program with a relaxed and open mind—an ever deepening and broadening faith, a veritable gift, had invariably put in its sometimes unexpected and often mysterious appearance.

We much regret that these facts of A.A. life are not understood by the legion of alcoholics in the world around us. Any number of them are bedeviled by the dire conviction that if ever they go near A.A. they will be pressured to conform to some particular brand of faith or theology. They just don't realize that faith is never a necessity for A.A. membership: that sobriety can be achieved with an easily acceptable minimum of it; and that our concepts of a higher power and God as we understand him afford everyone a nearly unlimited choice of spiritual belief and action.

Bill W., April 1961 *Grapevine*

MOUNTAIN BREWING'S

Mountain Dair's, NC Mtn. Central Office



"Before we have another drink I must read you my latest poem. Thirty days has September, April, June and my Uncle."

"How could your uncle have thirty days?"

"The judge gave them to him."

"What for?"

"He was doing his Christmas shopping early."

"How early?"

"Before the store opened."

x x x

Christmas is that time of the year when neither the past nor the future is of so much interest as the present.

x x x

The alky, sitting at the bar on Christmas Eve handed his pal a piece of paper and said with a smile, "There's a secret Christmas message on this paper. Can you find it?" His pal looked at the paper, which had on it: a,b,c,d,e,f,g,h,i,j,k,m,n,o,p,q,r,s,t,u,v,w,x,y,z.

The second alky looked at the note, then said, "What's the message?"

His pal smiled: "No L (no el)" he said.

x x x

It was Christmas Eve and the doctor was awakened in the middle of the night by a man whose voice was distinctly slurry. "Doc," said the voice, "my arm got broke in two places. What should I do?"

The sleepy doctor replied: "Don't go back to either of them."

x x x

Christmas comes, but once a year is enough!

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