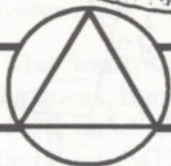


# MOUNTAIN DOIN'S

Central Office Newsletter  
JANUARY, 1998



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

## General Service Office Announces: "Stories Being Reviewed for a Fourth Edition of A.A.'s Big Book." And You Can Help!

An Advisory Action of the 1997 General Service Conference recommended that "A draft Fourth Edition of the Big Book, *Alcoholics Anonymous*, be developed and a progress report be brought to the 1998 conference Literature Committee."

The Action repeated stipulations set forth in a 1995 Conference Advisory Action: namely that the first 164 pages—the Preface, the Forewords, the section entitled "The Doctor's Opinion," the chapter "Dr. Bob's Nightmare," and the Appendices "remain as is." Additionally, another '97 Action called for "a publication of stories dropped from the First, Second, and Third Editions of the Big Book be developed, and a progress report brought to the 1998 Conference Literature Committee."

It took 35 years to sell the first million copies of the Big Book. Now A.A. distributes more than a million every year in the English-language edition alone, and sales by the end of 1996 passed the 18-million mark. The 575-page volume is available hard- and soft-cover, and the basic text has been published in 34 languages.

Over the years, three editions of the Big Book have been issued: the second in 1955 and the third in 1976. As Bill cautioned: "The main purpose of the revision is to bring the story section up-to-date, to portray more adequately a cross-section of those who have found help. The audience for the book is people who are coming to Alcoholics Anonymous now. Those who are here have already heard their stories. Since the audience for the book is likely to be newcomers, anything from the point of view of content or style might offend or alienate those who are not

familiar with the program should be carefully eliminated."

In all three editions of the Big Book issued to date, the basic text, contained in the first eleven chapters, has remained the same. The personal stories section has been altered or changed in some instances, though, to represent changing patterns in A.A.'s membership—for example, the increasing numbers of women, young people, and those alcoholics who were also addicted to drugs. The effort to meet alcoholics where they are may be one reason why the Big Book is often called A.A.'s most effective sponsor.

In gathering stories to be considered for inclusion in a possible Fourth Edition, the subcommittee will use all possible A.A. Fellowship resources. The emphasis will be on A.A. stories which reflect a broad range of experience and diversity. The most important thing is to find good A.A. stories and then, among those, to identify some stories that reflect the experiences of folks not now well represented in the Big Book.

The committee will look at documents up to 3,500 words, double spaced. The deadline for receipt of manuscripts is June 1, 1998. the words "Fourth

### **Christmas Alcathon 97**

(Sponsored by the Grace Group)

### **Need an A.A. Meeting During Christmas Holiday?**

There will be a special Alcathon from 6 P.M. on Christmas Eve until 5 P.M. on Christmas Day at **Charter of Asheville**, 60 Caledonia Road, Asheville, 28803. Enjoy around-the-clock meetings, speakers, fellowship, and food.

*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.

**Big Book Fourth Edition (continued from page 1)**  
Edition" should appear on the outside of the envelope and at the top of the first page. Your mailing address should also appear on the first page of the manuscript and you should keep a copy for your own files. Mail to: Literature Coordinator, General Service Office, Box 459, Grand Central Station, New York, NY 10163.

condensed from Box 4-5-9 Nov/Dec 1997

**Readers' Forum**

**Live Letters**

**We Just Cannot Stop**

I guess we all reach a point in our sobriety where we think we no longer need to go to meetings for support. But that's just where the danger lies. Just yesterday, at a meeting, I spotted a long-time-sober friend of mine whom I hadn't seen for months I thought he had probably moved out of town.

But the truth is, he had simply stopped going to meetings, and after some weeks, tried drinking again. At this meeting he picked up a white chip and I was astonished, but very glad he was back among us.

This is just another example of the truth that we can never stop going to meetings, even if we think we can. Fact is, the program never ends. There's always more to learn, just as there's always more to share and help another suffering alcoholic.

Instead of ending our journey at any time, let's remember that no matter how long we've been in the program, we've only just begun. —JL



**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 11-3-97—11-21-97**

Answering Service Calls	127
General Information	5
A.A. Help	5
Family Help (Al-Anon)	9
Meeting Information	55
Central Office Business	57
Medical Help (Hospital, Detox, etc.)	1
P.I. Calls	0
Others	3
Visitors	39

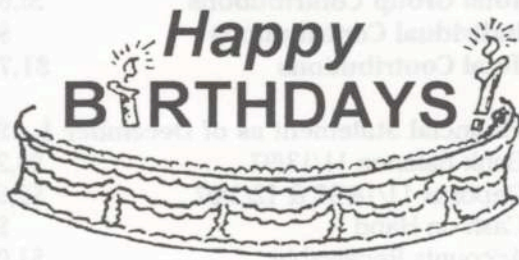
Meeting cancellation. **The Sylva Group's** Saturday, 8 P.M. meeting has been canceled.

Meeting change. **The Asheville Grace Group's** Saturday 5.30 P.M. meeting has been changed from *Living Sober* study, to *Big Book* study.

Meeting cancellation. **The Reaching Out Group's** Monday and Friday 7 P.M. meetings have been canceled. The Reaching Out Group now meets at 9.00 A.M. on Saturdays.

Meeting change. **The Conscious Contact Group's** Wednesday 8.00 P.M. meeting now has added a second meeting at the same time. The new meeting will be an Open, Discussion meeting. (The present Big Book and Step Study meetings will continue.)

**This much is true of all  
A.A. motorists: those  
with patience today will  
not be patients tomorrow**



#### Acceptance Group

Suzanne T.	1-1-92	6 years
Faye M.	1-5-93	5 years
Sue C.	1-27-81	17 years

#### Brevard Group

Dot P.	1-12-82	16 years
Don H.	1-5-92	6 years
Charles P.	1-29-93	5 years

#### Growing Together Group

Tom C.	1-1-60	38 years
--------	--------	----------

#### Happy Hour Group

Jerry M.	1-4-90	8 years
----------	--------	---------

#### Hendersonville Thurs. Aft. Ladies Group

Martha K.	1-5-77	21 years
Janet W.	1-6-86	12 years

#### Marion Gproup

Buddy F.	1-5-87	11 years
----------	--------	----------

#### Midday Group

Bob P.	1-26-96	2 years
Joe V.	1-20-96	2 years
Bill N.	1-4-84	14 years
Emily H.	1-15-58	40 years

#### West Asheville Group

Bruce L.	1-1-88	10 years
Joe Y.	1-20-79	19 years
Chad W.	1-8-96	2 years
Alberta C.	1-22-95	3 years

**It is a law of human life, as certain as gravity—to live fully, we must learn to use things and love people, not love things and use people.**

## Missteps of the Season

1. We admitted we were powerless over the holidays—that our bank balances had become unmanageable.
2. Came to believe that paying attention to advertising would drive us insane.
3. Made a decision to turn our will and our credit cards over to the care of shopping malls as we understood them from watching TV.
4. Made a searching and fearless shopping list for our family and friends.
5. Admitted to the bank and to ourselves the exact nature of our credit rating.
6. Were entirely ready to remove extravagant gifts from our shopping lists.
7. Humbly asked for a diet that would remove ten pounds by the New Year.
8. Made a list of all persons we had brought the wrong sizes and colors for and became willing to make exchanges for them all.
9. Made direct returns to stores whenever possible, except when they had gone out of business.
10. Continued to take personal grocery lists to the store and when we could use a coupon promptly cut it out.
11. Sought through procrastination and couch-potatoing to improve our conscious contact with the home team, praying only for the health of the players and their power to carry the ball.
12. Having had a rude awakening as the result of opening our credit card statements, we tried to eliminate shopping from our daily disciplines, and to fill our time with more A.A. meetings. *From The Grapevine, Dec 88*

## Let's Hear from You

We welcome letters from our readers, and we encourage all to send the Editor letters about any aspect of A.A. that they like or that bothers them, or questions, suggestions, and opinions.. By voicing your thoughts through letters to the Editor you are, in fact, doing twelfth-step work, for it is by sharing that our Fellowship gains. Need some ideas? Here are a few subjects to write about:

- Questions about A.A. and Central Office.
- How has A.A. helped you?
- What do you think would help others?
- Some surprises you've had in the program.
- How you deal with relationships.
- How about an unforgettable moment in .A.A.you'd like to share?

Send all letters to the Editor, Mountain Doin's, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801.

# Treasurer's Report



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

## INCOME

Acceptance Group	\$573.33
Bone Dry Group	\$65.00
Brevard Group	\$35.00
By The Book Group	\$40.00
Common Sense Group	\$45.15
Conscious Contact Group	\$78.50
Day By Day Group	\$45.00
Grace Group, Asheville	\$350.00
Happy Hour Group	\$50.00
Hendersonville Group	\$134.70
Leicester Group	\$25.00
Marion Group	\$130.00
Middy Group	\$100.00

Six O'Clock Open Group	\$13.00
<b>Total Group Contributions</b>	<b>\$1,684.68</b>
<b>Individual Contributions</b>	<b>\$50.00</b>
<b>Total Contributions</b>	<b>\$1,732.68</b>

## Financial Statement as of December 1, 1997

Bank Balance 11/13/97	\$3,212.50
Deposits 11/18/97 & 12/1/97	\$2,632.13
Cash on Hand	\$28.08
Accounts Receivable	\$1,012.30

**Sub-Total** **\$6,885.01**

Outstanding checks	(\$2,219.36)
Reserve for Copy Machine	(\$300.00)
Reserve for Tax Liability	(\$1,183.60)
Reserve for Correctional Facilities	(\$636.25)
<b>Total</b>	<b>\$2,545.80</b>

Note: Since approval by the Board on 3/9/97 \$1363.75 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

## Questions and Answers on Sponsorship

### How does sponsorship help the newcomer?

It assures the newcomer that there is at least one person who understands the situation fully, and cares. Sponsorship gives the newcomer an understanding, sympathetic friend when one is needed most. Sponsorship provides the bridge enabling the new person to meeting other alcoholics—in a home group and in other groups.

### How should a sponsor be chosen?

The process of matching newcomer and sponsor is as informal as everything else in A.A. Often, the new person simply approaches a more experienced member who seems compatible, and ask that member to be a sponsor. Most A.A.s are happy and grateful to receive such a request.

### May a newcomer change sponsors?

We are always free to select another sponsor with whom we feel more comfortable.

### What does a sponsor do?

A sponsor does everything possible, within the limits of personal experience and knowledge, to help the newcomer get sober and stay sober through the A.A. program.

- Encourages and helps the newcomer to attend a variety of A.A. meetings—to get a number of viewpoints and interpretations of the A.A. program.

- Sees that the newcomer is aware of A.A. literature, in particular the Big Book, *Twelve Steps and Twelve Traditions*, *The Grapevine*, *As Bill Sees It*,

*Living Sober*, and suitable pamphlets.

- Is available to the newcomer when the latter has special problems.

- Goes over the Twelve Steps, and emphasizes their importance.

- Urges the newcomer to join in group activities as soon as possible.

- Impresses upon the newcomer the importance of the Traditions.

- Tries to give the newcomer some picture of the scope of A.A. beyond the group, and directs attention to the history of the Fellowship, the Three Legacies, the service structure, and the worldwide availability of A.A.

- Explains the program to relatives of the alcoholic, if this appears to be useful, and tells them about Al-Anon Family Groups and Alateen.

- Quickly admits "I don't know" when that is the case, and helps the newcomer find a good source of information.

- Encourages the newcomer to work with other alcoholics as soon as possible, and sometimes begins by taking the newcomer along on Twelfth Step calls.

Excerpted from the A.A. pamphlet *Q's and A's on Sponsorship*

**We must learn from the mistakes of others. After all, we'll never live long enough to make them all ourselves.**



# 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.

## 51st South Carolina State A.A. Convention.

"Willingness, honesty, and openmindedness." March 5-8, 1998, Landmark Hotel, Ocean Blvd. at 15th Ave, S., Myrtle Beach, SC 29577. Great speakers, archives display, old-timers panel, workshop, dance, ice-cream social, golf, entertainment, pool, the beach. Phone: 1-800-845-0658.

## Spiritual Fitness

Upon the foundation of spiritual fitness rests our freedom from bondage and our release from the compulsion to drink. "The alcoholic at certain times has no effective defense against the first drink. His defense must come from a Higher Power " (page 43, Big Book).

The Big Book tells us that we are given a daily reprieve from alcoholism, contingent on the maintenance of our spiritual condition. Spiritual fitness, like physical fitness, requires effort, practice, and repetition.

Just as our physical muscles gain strength through our daily program of action, so too does our spiritual conditioning depend upon a program of action.

Let's take a look into our spiritual gym bag and find some of the equipment that is inside: Ah—there's prayer and meditation, Step 11. Prayer and meditation are tools that enable us to become fit in order that we may help others.

Working with others is an activity that we are told will insure immunity from drinking as no other can. We learn to keep it by giving it away.

Reliance on God's will instead of self-will is another important piece of equipment. Will-power just hasn't worked for us!

There are many other tools also, and as we learn to use them, we will begin to see so-called problems and troubles in a new light. They too, become opportunities to practice spiritual weight-lifting. As we come to rely on God-reliance versus self-reliance, we will one day notice that we are being restored to sanity.

We will cease fighting anything or anyone—even alcohol. The problem will have been removed so long as we keep in fit spiritual condition.

Reprinted from *The Grapevine* Feb. 1969

**He who hesitates is sometimes saved**

# MOUNTAIN AREWINS'S



Mountain Doin's, NC Mtn. Central Office

"Did you tell anybody about your secret marriage?"

"No, I'm waiting for my husband to sober up. I want him to be the first to know."

x x x

"My wife has the worst memory I ever heard of."

"Forgets everything, huh?"

"No, remembers everything!"

x x x

"My husband really loves me. He says such nice things about me in his sleep, but he always calls me by the wrong name!"

x x x

What did the ceiling say to the four walls?

"Hold me up. I'm plastered."

x x x

Wife: "After you've been drinking have you ever tried to tickle a mule."

Husband: "No. Why should I?"

Wife: "I think you'd get a big kick out of it."

x x x

The problem with alcoholics is that they would rather be good livers than have them.

x x x

"You must have had quite an accident last night. The front of your car is all smashed in. What did you hit?"

"I hit a cow."

"A Jersey cow?"

"I don't know. I didn't see her license plate."

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below

### Mountain Doin's Order Form

*Mountain Doin's* Annual Subscriptions:

**Groups:**

3 copies monthly	No charge
10 additional copies	\$10.00 per year
15 additional copies	\$15.00 per year
20 additional copies	\$20.00 per year
25 additional copies	\$25.00 per year

Group or Individual Name \_\_\_\_\_

Street/PO Box No. \_\_\_\_\_

Town and Zip Code \_\_\_\_\_

**Individual Members:**

Single copy monthly \$5.00 per year

Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, dependent upon USPS rates.

Clip and mail with check or money order to:

**N.C. Mountain Central Office**  
**107 Park Place Offices**  
**70 Woodfin Place**  
**Asheville NC 28801**

North Carolina Mountain Central Office  
107 Park Place Offices  
70 Woodfin Place  
Asheville NC 28801

Address correction requested

Place  
Postage  
Stamp  
Here