

MOUNTAIN DOIN'S

Central Office Newsletter

FEBRUARY, 1998



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Central Office Answering Service Problems Now Resolved

The matter of our Central Office answering Service was one of many important issues discussed at the December 7, 1997, Central Office meeting. Minutes of the meeting are published below.

The latest N.C. Mountain Central Office meeting was held on December 7, 1997, at St. John In The Wilderness Church, Flat Rock. In attendance were: Dave A. (Acceptance Group) C.O. Chairman; Bob K. (Otto Mtg.) Vice Chairman; Bob V. (Acceptance Group) C.O. Office Manager; Alan W. (Hendersonville Happy Hour Group) C.O. Secretary and Editor, *Mountain Doin's*; Tim B. (Franklin Common Sense Group), C.O. Rep.; Barbara K. (Acceptance Group) C.O. Rep.; Maureen D. (Asheville Grace Group) C.O. Rep.; Molly W. (Asheville Grace Group) C.O. Trustee.

Secretary Alan W. read the minutes of the previous meeting (published in the November *Mountain Doin's*). The minutes were passed, as read. Treasurer Jack D. pointed out that action had been taken regarding the \$1,000 planned to be sent to G.S.O.—it was being kept temporarily by the Central Office because of some unresolved questions regarding our legal tax status. Further explanation would be made at the next Central Office meeting, after the tax liability situation had been resolved.

The Treasurer's Report was then made by Treasurer Jack D. with an explanation of some of the figures quoted in the financial report published in the January 1988 issue of *Mountain Doin's*. The Treasurer also handed out separate reports on 1997 contributions per month, showing that the average totals of contributions per month for 1977 was \$1,321. Also handed out was a list of contributions of A.A. literature

New G.S.O. Publications

The following three new publications are available from the General Service Office:

- *A.A. Service Manual/Twelve Concepts for World Service, 1997/1998 edition.* A history and explanation of A.A. services. (BM-31) \$1.55. Spanish edition, (SS-42) \$1.55.

- *1997 Final Conference Report.* Detailed report of the annual General Service Conference. *Confidential; for A.A. members only.* (M-23) \$2.00.

- *A.A. Guidelines on Archives.* Shared experience on topics of concern for area and local archives. (MG-17) 15¢ each.

for the use of Correctional Facilities.

After some discussion regarding our tax-exempt situation, a motion was made to pass the Treasurer's Report. The motion was approved.

A motion was also made to ask the Treasurer to clarify our tax-exempt status and report on it at the next Central Office meeting. The motion was passed unanimously.

Chairman Dave A. brought up the question of whether we pay workers compensation for our professional staff (Office Manager). Are we in the workers compensation program? The opinion was expressed that we should ask for professional advice regarding this matter.

The matter of our Central Office Answering Service was brought up for discussion, and Bob V. explained that the original Answering Service no

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Central Office Meeting Minutes *continued*

longer is employed by Central Office and that our present Answering Service comes from Morganton. Bob V. stated that our problems had leveled out and the present Answering Service is doing a much better job than the previous service. It was, Bob opined, as good an answering service as we can get.

Bob V. also mentioned that the requests sent out to all groups via *Mountain Doin's* for updated lists of members willing to accept Twelfth Step messages from callers who had contacted Central Office for information about A.A. meetings etc., was disappointing and that only about 20% of Groups had responded.

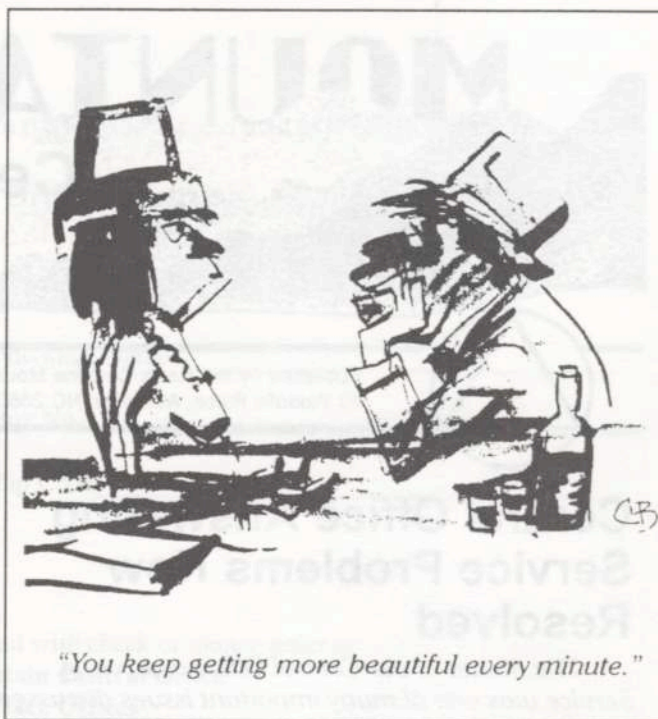
Treasurer Jack D. mentioned that in District 70, a "Bridging the Gap" program concerning the "hook-up" with Correctional Facilities was getting established in an A.A. Group.

The public information work has been based upon individual efforts, but there has in general been a fall-off in Public Information work and there is now renewed interest at the State level. Jack D. announced that Sage, from District 80, is going to visit District 70 to discuss this issue. Our Central Office has been supportive in this area. Jack D. stated that it would be helpful if Groups in all three Districts became active in this area.

There was more discussion about Correctional Facilities and the A.A. situation in the three Districts, but no conclusions were drawn.

After the discussion, the meeting was brought to a close at 4:15 P.M.

Respectfully submitted, Alan W. Secretary.




Fellowship News

Meeting change. **The Pathfinders Group** holds Step Study meetings on Saturdays at 8 P.M. The meetings are closed, non-smoking, and are held at St. James Episcopal Church, Black Mountain. On the last Saturday of each month the Group will hold open meetings.

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 is an Open, Discussion meeting. (The present Big Book and Step Study meetings continue.)

Central Office Phone Log

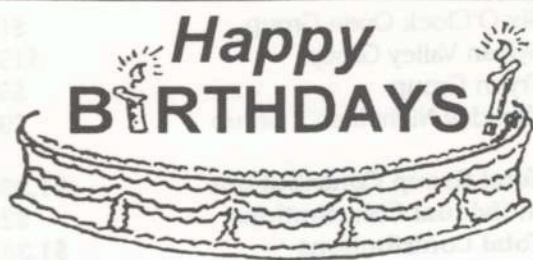


"I am responsible . . .
When anyone, anywhere,
reaches out for help, I
want the hand of A.A.
always to be there.
And, for that, I am
responsible."

Phone Log 11-24-97—1-2-98

Answering Service Calls	237
General Information	7
A.A. Help	4
Family Help (Al-Anon)	12
Meeting Information	98
Central Office Business	92
Medical Help (Hospital, Detox, etc.)	6
P.I. Calls	0
Others	29
Visitors	75

You will never get ahead of anyone as long as you try to get even with them.



Acceptance Group

Barbara K.	2-12-88	10 years
Larry A.	2-12-88	10 years
Susan A.	2-14-95	3 years
Bill B.	2-18-77	21 years
Dan B.	2-22-94	4 years

Black Mountain Group

Shelby B.	2-13-96	2 years
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Brevard Group

Frank J.	2-11-88	10 years
Tom K.	2-22-87	11 years

Happy Hour Group

Maureen McF.	2-14-69	29 years
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Leicester Group

Nelson A.	No date supplied	1 year
Gene M.	" "	25 years

Maggie Group

David A.	No date supplied	1 year
Bill	" "	2 years

Robin	No date supplied	14 years
Marvin M.	" "	17 years

Midday Group

Tom M.	2-9-82	16 years
Nancy S.	2-17-91	7 years
Helen P.	2-14-93	5 years
Larry L.	2-10-81	17 years
Tom K.	2-23-87	11 years

Pathfinders Group

Craig R.	2-14-85	13 years
Pamela G.	2-5-81	17 years

Serenity Service Group

Clay D.	2-6-84	14 years
Joann W.	2-6-95	3 years
Mike G.	2-11-95	3 years
Windey R.	2-5-97	1 year
Danny G.	2-11-96	2 years
Fred F.	2-3-96	2 years
Jim P.	2-20-97	1 year
Minnie S.	2-20-96	2 years
Dana O.	2-7-97	1 year
Roland M.	2-6-76	22 years

Note: A.A. birthdays are published in *Mountain Doin's* for the month of the publication only. (March anniversaries only will be published in the March issue.) All birthday lists must reach Central Office by 11 A.M. on the 5th of the preceding month.

Unity—Old-timers Share

"I suggest that, young in the program or old, we all bring our disease to A.A. meetings in order to continue recovery," writes Gary B. of Vinita, Oklahoma. "Old-timers have been sober a lot longer, and what they say is almost always something the newer members need to hear. To the old-timers who go to meeting only occasionally and have been disappointed in the ones they've attended, my suggestion is to go to a lot more. Because they're apt to be more discerning about the content, they may not have as many good meetings as they once did, but the quality of the meetings may be improved for A.A.s in the earlier stages of recovery."

Gary further notes that "sometimes just being there can carry the message to the newcomer."

His letter is one of the many thoughtful responses to an article published in a 1991 issue of *Box 4-5-9*.

Addressing the question, "Have old-timers been driven away by group discussions that seem to be less and less A.A. oriented?" Drew S. of Rialto, California, writes in the affirmative. "I am growing weary of struggling with the non-A.A. talk that is going on in the Fellowship today. I still go to several meetings a week,

but they tend to be more of an ordeal than a pleasure."

Harry B. of Walton Beach Florida, notes that his own "bit of spiritual growth" has not come easily, adds: "Dedicated reading of the Big Book discloses not a word of profanity or a single off-color story. And while A.A.s roar and applaud a sexy, smutty story, have you noticed something odd: that they laugh just as loudly at a good clean joke?"

From Connecticut, old-timer Danny D. points out that "when we are talking about unity, we are talking about our Traditions, especially the Third, which insures that we don't exclude any alcoholic who wants to join us. We're also talking about sponsorship and other aspects of A.A. life openly and caringly, allowing a Higher Power to work through our group conscience."

"If a member at an A.A. meeting speaks of a problem other than recovery from alcoholism, what can be done? Tradition Twelve reminds us to 'place principles above personalities' in facing our problems, most of which come from within. Let us resolve them the same way we deal with newcomers—with tenderness and love.

Excerpted from *Box 4-5-9*, Aug/Sep '91

Treasurer's Report



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

INCOME

Acceptance Group	\$50.00
Arden Group	\$60.00
Black Mountain Group	\$30.00
Brevard Group	\$35.00
Candler KISS Group	\$50.00
Cashiers Group	\$140.00
Day By Day Group	\$45.00
Early Bird Group	\$50.00
Edneyville Group	\$100.00
Growing Together Group	\$100.00
Happy Hour Group	\$50.00
Hendersonville Group	\$148.62
Lambda Group	\$20.00
Marshall Group	\$100.00
Midday Group	\$50.00
Otto Group	\$10.00
Pathfinders Group	\$10.00

Six O'Clock Open Group	\$12.00
Sylvan Valley Group	\$150.00
Tryon Group	\$50.00
Tuesday Night Men's Group	\$96.00

Total Group Contributions	\$1,356.62
Individual Contributions	\$25.00
Total Contributions	\$1,381.62

Financial Statement as of January 5, 1998

Bank Balance 12/14/97	\$3,605.45
Deposits 11/16/97 & 12/1/97	\$3,033.47
Cash on Hand	\$28.08
Accounts Receivable	\$789.25

Sub-Total	\$7,456.25
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Outstanding checks	(\$2,713.51)
Reserve for Copy Machine	(\$450.00)
Reserve for Tax Liability	(\$1,000.00)
Reserve for Correctional Facilities	(\$608.45)
Total	\$2,684.29

Note: Since approval by the Board on 3/9/97 \$1391.55 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

The Essence of A.A.: HALT!

We are certain that most members of A.A. are aware of the "Rule of HALT," but to what degree we cannot be certain. To scrutinize the rule briefly may be helpful to the reader. Violation of it in part or *in toto* can, and often does, lead to relapse. Here, then, is the meat of the rule.

H DON'T GET TOO HUNGRY. For a reason we cannot explain, there seems to be in the alcoholic, a peculiar psychophysical relationship between hunger and the urge to drink. On some occasions, we would eat a big dinner and then find that it had literally destroyed our desire to drink afterwards. Conversely, and eventually more often, we avoided eating because we knew it would interfere with our drinking. And so, when you are hungry, eat. Simple and important.

A DON'T GET TOO ANGRY. We don't have to be on the program very long to realize that anger, righteous or not, is better left to those who can handle it. We cannot afford to get angry—especially at people. Kick the wall or the TV if you will, but "Let the other guy get mad!" We know too well where the anger leads: to resentment! And brother, do we know what resentment brings!

L DON'T GET TOO LONELY. Nonalcoholic mem-

bers of the psychiatric profession tend to equate loneliness with boredom, and we are inclined to agree. If there is one thing that must be included in the alcoholic's life before he can once again become whole, it is worthwhile activity. This may be Twelfth Step work, his vocation, his avocation, or anything else. But we feel such activity must be present in order to fulfill his existence and eliminate loneliness. Under any conditions, loneliness is the mother of self pity, and the ultimate end is resentment and drinking.

T DON'T GET TOO TIRED Physical fatigue will affect both our bodies and our minds adversely and will thereby lower our defenses against the urge to drink. And here the rule of thumb is: "When you get tired, put the body down!" (How many times have we read and said EASY DOES IT!)

So there it is: HALT—Hungry, Angry, Lonely, Tired. This rule, when coupled with meetings and living our day-by-day lives according to A.A. principles, will make things much easier, not only for the newcomer, but for the old-timer as well. Once we recognize that these four conditions are dangerous if succumbed to, we should avoid them as carefully as we would that first drink—for any one of them could be the first step to a drunk.

Dr. John, San Diego, CA. —The Grapevine 1971



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.

Let's put Alcohol back in A.A.

Whatever happened to physical sobriety? You know, that principle where you don't pick up a drink, no matter what the reason? Whatever happened to those corny cliches that helped so many of us find sobriety? Like "one day at a time," or, "Don't take that first drink and you won't get drunk?" Where are those drinking stories that remind us of where we were? Are we all so relieved of our disease and restored to sanity that we don't have to, or need to, share our experience, strength and hope? Have we raised the bottom so high that many alcoholics now have a "social disease" and not that mental obsession coupled with a physical allergy that the Big Book speaks of? It seems like many of the meetings I go to have become a haven for psychobabble and other forms of self-help or self-awareness. In all fairness, I have to admit that I still find some good physical sobriety at these meetings. But where are all our teachers? Have all the old timers died, or just run away from these types of meetings? I don't know. The reasons why we drank are not as important as the fact that we drank. So, let's please put the alcohol back in Alcoholics Anonymous. Let's get the A.A. railroad back on track. Remember, there are literally millions of alcoholics in need of our help.

From the Grapevine

Obituaries

Ginnie L., mother of Ocean S. and member of the Burnsville Group passed away on December 11, 1997.

Ann A., Chairperson of the Midday Group passed away on December 26, 1997.

Both will be sorely missed by their friends in the Fellowship.



Mountain Doin's, NC Mtn. Central Office



A drunk driver was stopped and interrogated by a patrolman.

"Why don't you guys get organized?" complained the inebriate. "One week you take

away my driver's license, and the next week you demand to see it!"

X X X

The reason an alcoholic finds it difficult making both ends meet is because he is too busy making one end drink.

X X X

Magistrate: "You are charged with being drunk. Have you anything to say?"

Culprit: "I've never been drunk in my life, sir, and never intend to, for it always makes me feel so bad in the morning."

X X X

A drunkard was asked if he had met a certain wino who was notorious for his drinking habit.

"Know him!" was the reply. "Why, I got him so drunk one night it took three hotel porters to put him to bed."

X X X

The lush asked the housewife, "Could you give a poor fellow a bite?"

Said the housewife, "I don't bite myself, but I'll call the dog."

X X X

Said the alky to his wife: "I think, dear, that you fib a little occasionally."

"Well, I think it's a wife's duty to speak well of her husband occasionally."

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