

LIVE LETTERS

Keeping A.A. Alive

No one, at least no one in the program, questions the statement that alcoholism is a disease. Which means, if we happen to be one of those who has the disease, then it is not our fault that we have it.

However, it is our responsibility to do everything we can to keep it under control. It is also our responsibility to try to help others. That's what Groups are for. We cannot go it alone. We can get sobriety and keep it if we attend Group sessions regularly and get truly involved in the program. We do it in the company of others, and to be successful we must become involved to the extent of helping the Group in general. It isn't enough just to turn up on time and leave on time. We have to get involved. When we first came in we needed all the help we could get. Now, it is our turn to help others. That's only fair.

Besides, considering A.A. not only saved our lives but gave us a new program for living, surely we owe the Group a debt. And how can we pay it? By offering a helping hand to the newcomer, by service work, by becoming an officer in the group, by twelfth-stepping. If we all left those responsibilities to others, A.A. would vanish in no time at all. —AP

Tips to Long-winded Ramblers

I remember reading a letter in *Mountain Doin's* in



which the writer criticized the long-winded ramblings of some who dribble on whether or not what they are saying has relevance to alcoholism or the subject in hand.

Here are a few tips for the droner if his or her ego will allow a glance around the room occasionally. If you see people glancing at their watches, you've probably been talking too long. If you see people start lining up at the coffee pot, you've been talking too long. If people get up and leave the room—too long.

Let's make our point—as soon as you've made *your* point, stop talking, and allow others to share. We might even learn from someone else a thing or two that could be helpful to us. —DA

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 1-5-98—1-30-98

Answering Service Calls	159
General Information	7
A.A. Help	2
Family Help (Al-Anon)	10
Meeting Information	47
Central Office Business	58
Medical Help (Hospital, Detox, etc.)	1
P.I. Calls	0
Others	5
Visitors	35



Fellowship News

Meeting change. The Burnsville New Day Group has changed its meeting date. It now meets at Newsdale Presbyterian Church, Hwy. 19E on Saturdays at 8 P.M.

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.



Acceptance Group

Adrian	3-8-95	3 years
Perry F.	3-11-89	9 years
Bruce B.	3-20-87	11 years
Skipper B.	3-25-95	3 years

Black Mountain Group

Claire F.	3-25-93	5 years
Jay C.	3-11-92	6 years

Cashiers Tues. Night Group

Ginny J.	3-8-89	9 years
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Conscious Contact Group

Irene M.	3-18-83	15 years
Barbara D.	3-28-81	17 years
Shawn D.	3-9-97	1 year

Growing Together Group

Dick J.	3-7-81	17 years
Stephen McC.	3-7-82	16 years

Happy Hour Group

David R.	3-14-79	19 years
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Hendersonville Group

Fonda V.	3-20-93	5 years
Mike S.	3-29-77	21 years
Keith C.	3-19-97	1 year
Irma D.	3-7-85	13 years
Molly T.	3-17-91	7 years
Deborah W.	3-17-87	11 years
Scott	2-13-92	6 years
Jason G.	2-10-97	1 year

Midday Group

Greg C.	3-17-95	3 years
Charlie P.	3-17-83	15 years
Nancy M.	3-17-91	7 years
Nancy S.	3-23-94	4 years
Steve H.	3-11-84	14 years
Virginia	3-1-92	6 years

Serenity Service Group

Erika B.	3-24-96	2 years
Linda C.	3-27-94	4 years
Jim T.	3-20-97	1 year
Hope R.	3-11-97	1 year
Josh A.	3-18-97	1 year
Tami L.	3-21-97	1 year
Courtney M.	3-31-97	1 year

Spiritual Fitness

Upon the foundation of spiritual fitness rests our freedom from bondage and our release from the compulsion to drink. 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, repetition.

Just as our physical muscles gain strength through a 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.

February 1969, *The Grapevine*

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 January, 1998

INCOME

Acceptance Group	\$50.00
Blue Ridge Group	\$100.00
Brevard Group	\$35.00
Came To Believe Group	\$25.00
Common Sense Group	\$45.30
Conscious Contact Group	\$197.22
Day By Day Group	\$45.00
Etowah Group	\$50.00
Franklin Group	\$15.00
Happy Hour Group	\$50.00
Hendersonville Group	\$171.32
Lakeside Group	\$10.00
Maggie Group	\$50.00
Midday Group	\$10.00
Otto Group	\$10.00

Sylva Group	\$50.00
Total Group Contributions	\$913.84
Individual Contributions	\$00.00
Total Contributions	\$913.84

Financial Statement as of February 2, 1998

Bank Balance 1/13/98	\$3,926.32
Deposits 1/16/98 & 2/2/98	\$2,030.34
Cash on Hand	\$28.08
Accounts Receivable	\$792.60

Sub-Total **\$6,777.34**

Outstanding checks	(\$2,495.81)
Reserve for Copy Machine	(\$150.00)
Reserve for Tax Liability	(\$1,091.80)
Reserve for Correctional Facilities	(\$300.20)
Total	\$2,739.53

Note: Since approval by the Board on 3/9/97 \$1,699.80 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

Y'all Come!

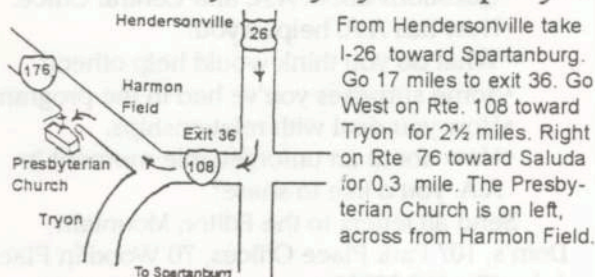


**District 71
Eatin'
Meeting
Sunday
Mar 1**

Tryon Presbyterian Church

Bring a covered dish

and join us for fellowship & fun



From Hendersonville take I-26 toward Spartanburg. Go 17 miles to exit 36. Go West on Rte. 108 toward Tryon for 2½ miles. Right on Rte 76 toward Saluda for 0.3 mile. The Presbyterian Church is on left, across from Harmon Field.

Eat at 4 P.M.

Speaker at 5 P.M.

G.S.R. meeting at 2:30 P.M.

Taxing Questions

Every April, as the 15th rolls around, the General Service Office in New York receives numerous letters from inflation-weary A.A. members asking whether contributions to A.A. are tax-deductible. G.S.O.'s Comptroller comes up with the following advice:

Contributions to an A.A. Group, Central Office, or Intergroup, are tax-deductible only if the entity is exempt from paying Federal income taxes under Section 501(c)3 of the Internal Revenue Code. Contributions made directly to Central Office, Intergroup, or General Service Board of A.A. are deductible under that code.

The Internal Revenue Code has no provision which the Board could apply for tax-exempt status for all Groups and other A.A. entities since each entity is autonomous in financial matters as in all other ways. Donations to A.A. Groups are not deductible unless the Group has filed the proper application with the local I.R.S. Office and has been individually evaluated by that Office. Some tax examiners may make exceptions if proof of contributions is presented, but this is strictly up to the individual tax examiner.

Travel expenses to conventions or their registration fees are never deductible, as the Government does not consider them to be donations.

Deadline this year for filling your return is [Wednesday, April 15, 1998].

Excerpted from Box 459



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.

Serenity Weekend, Richmond, Virginia.

April 3, 4, and 5, 1998. Agenda includes Speakers, Workshops, Marathon meeting, Ice Cream Social. Location: Holiday Inn Koger Center South, 10800 Midlothian Turnpike at Koger Center Blvd., Richmond, Va. For more information contact Jug G. (804) 330-7458 or Ross B. (804) 560-7247.

Sobriety In Action Convention, "Along Spiritual Lines." April 17, 18, and 19, 1998. Location: St. Petersburg Bayfront Hilton, St. Petersburg, Florida. Four super Speakers, Panels, Workshops, Discussions, Banquet, Dance, Ice Cream Social, Al-Anon Program. Speaker meetings will be interpreted for the hearing impaired. For more information write: Convention Committee, PO Box 2571, Pinellas Park, Fl. 33780-2571.

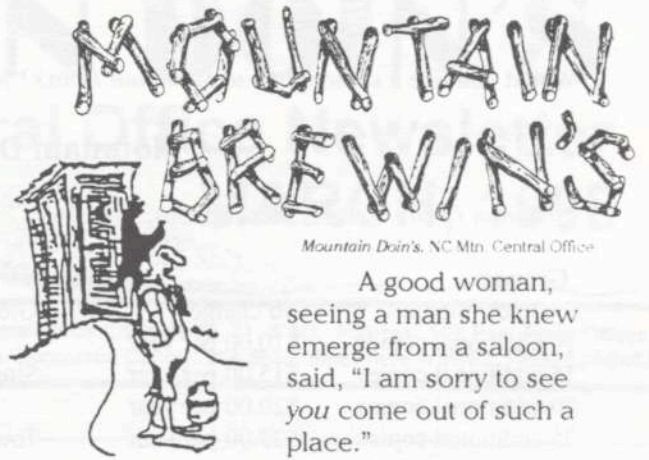
The Serenity Prayer in Full

God, grant me the Serenity
To accept the things I cannot change;
Courage to change the things I can,
And wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to
peace;
Taking as He did, this sinful world as it is,
Not as I would have it.

Trusting that He will make all things right
if I surrender my will;
That I may be reasonably happy in this life,
And supremely happy with Him forever in
the next.

Editor's note: The above is generally accepted as the original version of the prayer, attributed to Reinhold Niebuhr, although versions slightly varying from the above have also been published.



Mountain Doin's, NC Mtn. Central Office

A good woman, seeing a man she knew emerge from a saloon, said, "I am sorry to see you come out of such a place."

"Why, madam, would you have me stay there all night?"

X X X

Thoughtful friend to the drunk outside a bar, "Why don't you take the street car home?"

Drunk: "Shno use. My wife wouldn't let me keep it in the house."

X X X

"Was my husband intoxicated when he came home last night, Polly?"

"I didn't notice anything ma'am. He only asked for a mirror to see who he was."

X X X

The wife complained to her alcoholic husband about the unbelievable number of empty whiskey bottles cluttering up the house.

"Who, me?" exclaimed the husband. "Why, I never brought home an empty bottle in my life!"

X X X

A man still feeling groggy from the night before, stepped into his local bar and asked the bartender, "Can you give me something to steady me—something tall and cold and full of gin?"

"Sir," demanded a customer standing next to him, "just how did you come to know my wife?"

X X X

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