

# MOUNTAIN DOIN'S

Central Office Newsletter

APRIL, 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

## Spring is here! Welcome to all in the Fellowship from N.C. Mountain Central Office

As we settle into the Spring of 1998, our North Carolina Mountain Central Office welcomes all Groups and their members in our Districts of 70, 71, and 80, and we hope we can all continue our journey in recovery, with the help of our program and the Fellowship of A.A. We hope, too, that we will all continue to reach out to the still suffering alcoholic.

Our monthly contributions to all A.A. Services can continue to keep our Fellowship capable of meeting its day-to-day obligations and even expand its efforts to help more and more alcoholics enjoy the benefits of learning to live lives of sobriety. Contributions are the only source of income for all these A.A. services.

Here is an updated list of addresses within the Fellowship that rely solely on our monthly contributions in order to keep functioning.

### Central Office

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

### General Service Office

General Service Office,  
P.O. Box 459,  
Grand Central Station,  
New York, NY 10164-0371

### Area 51

NCGSC Treasurer/GIC,  
P.O. Box 52238,  
Durham, NC 27717-2338

### District 70

District 70 Treasurer,  
P.O. Box 4351,  
Asheville, NC 28805-1260

### District 71

District 71 Treasurer/GSC,  
P.O. Box 6224,  
Hendersonville, NC 28793-6224.

### District 80

Treasurer/Registrar,  
P.O. Box 1531,  
Franklin, NC 28744-1531.

To help A.A.'s essential services, the General Service conference suggests that individual groups adopt a specific contribution plan tailored to meet the group's financial situation. Once the basic group expenses have been taken care of (rent, refreshments, A.A. literature, etc.), and a "prudent reserve" (often approximately two months' worth of group expenses to provide for any unforeseen circumstances), has been decided upon, the remaining monies are dispersed to aid A.A. services. A popular breakdown of groups' monthly contributions is: Central Office—50%; G.S.O.—30%; District—10%; Area—10%.

**District 70 Eatin' Meeting, April 19**  
**See page 4.**

*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.

# LIVE LETTERS

## Boredom Is Curable

For three long years I regularly attended A.A. meetings, stayed sober, and did all the things I was supposed to do. And it all seemed so easy. But then I became bored with hearing the same old things from the same old people. I got to the point where I could almost tell what the member was going to say, because I'd heard it all before.

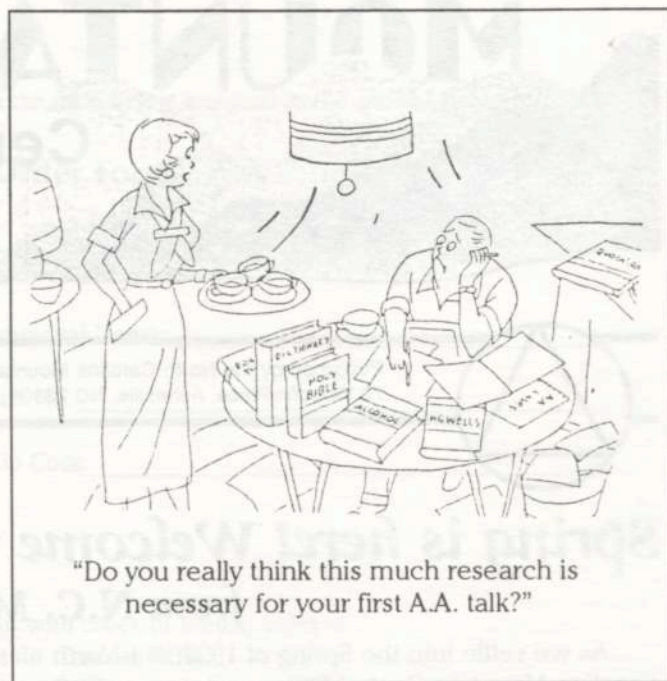
Eventually, I stopped going to meetings and—yes I know, you've heard *this* before—within a few months I started drinking again. Before long I was running into trouble and eventually I was back where I used to be before A.A. came into my life.

Than, ultimately, I longed to return to the new kind of life that A.A. introduced me to, and came back into the program. I'll tell you this, boredom will never happen again, because I've found that as soon as I begin to tire of anyone in a group, I just join another group and start all over with new friendships. It's great that in North Carolina there are so many groups I can go to.

I'll never stay bored again. —LP

## All Equals in A.A.

I've been going to meetings for a few years and I've always had a personal gratification that, no matter what our station in life, as soon as we join the A.A. Fellowship each of us is as important as the other. We



are truly a society of equals, and that includes high-school dropouts, those with college degrees, the rich, the poor, the glamorous, the ignorant. In A.A. all of us are equals—all races, all religious creeds, atheists. Can you think of another organization that can truthfully say that?

From whatever status in life we come, alcoholism knows no discrimination at all. We can share as equals, with love and honest caring. The poor can help the rich, the blacks can help the whites, the uneducated can help those with doctorates.

We're all equals in A.A., and we can benefit from each other—and we all get our opportunity to share our experiences and growth in the program.

I call that spiritual. —KG

## 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 2-2-98—2-27-98

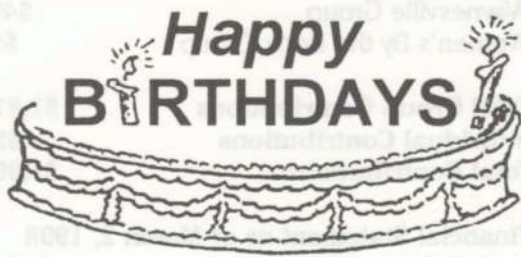
Answering Service Calls	168
General Information	8
A.A. Help	2
Family Help (Al-Anon)	
Meeting Information	52
Central Office Business	68
Medical Help (Hospital, Detox, etc.)	5
P.I. Calls	1
Others	6
Visitors	53



## Fellowship News

Meeting change. **The Serenity Service Group's** Wednesday night 8 P.M. meeting has changed its subject from an Open, Step Study, to a Closed, Discussion Meeting.

Meeting change. **The Wednesday Night Men's Group**, which met on Wednesday evenings at 6.15 P.M., at Flynn House, 182 Cumberland Avenue, has canceled its Wednesday meetings. The Group (no official name change given to *Mountain Doin's*) now meets at the same address on Monday evenings at 6 P.M. The meetings are Men, Open.



#### Acceptance Group

Ocean S.	4-9-71	27 years
Will W.	4-16-93	5 years
Jim D.	4-26-77	21 years
Camille C.	4-27-84	14 years

#### Black Mountain Group

Carolyn M.	4-1-92	6 years
Tom B.	4-15-97	1 year

#### Growing Together Group

Rich B.	4-15-96	2 years
John D.	4-22-97	1 year

#### Grace Group

Molly B.	No date given	10 years
Maureen B.	" " "	1 year
Doug M.	" " "	12 years
Tim H.	" " "	10 years
Judy L.	" " "	3 years
Carl D.	" " "	1 year
Amy M.	" " "	13 years
Mark M.	" " "	12 years

#### Happy Hour Group

Gail A.	4-24-88	10 years
Gene McF.	4-1-68	30 years
John C.	4-19-93	5 years
Micheline H.	4-14-80	18 years

#### Hendersonville Group

Jenny M.	4-2-96	2 years
Bob S.	4-25-81	17 years
Stuart R.	5-16-97	1 year
Jack "Butch" P.	4-30-97	1 year

#### Maple Grove Group

Heidi D.	4-1-73	25 years
Bruce P.	4-3-96	2 years
John A.	4-19-89	9 years

#### Midday Group

Gracia N.	4-29-94	4 years
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#### Roundtable Group

Darnel A.	4-15-97	1 year
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## Many Kinds of Freedom

Our co-founder Bill W. wrote about freedom in an article published in *The Grapevine* in 1960. That was the year of A.A.'s silver anniversary. "In its deeper sense, A.A. is a quest for freedom—freedom under God," Bill wrote. "Of course, the immediate object of our quest is sobriety—freedom from alcohol and from all its baleful consequences. Without this freedom, we have nothing at all."

One of my first big revelations came when I identified with what speakers described as their bitter longing for freedom in their drinking days. That same longing for freedom had dogged all of the years of my drinking, too. What a relief to find out that others had lived in the same box of space and time. They too had been powerless to fight their way out. But now they were free. *And so was I.*

Since I came into the Fellowship, there have been countless, constructive freedoms made known to me. To list a few: A.A. freed me so that I could find my own identity and become myself; it freed me from the inescapable allure of escape itself; it freed me from the fear of growing up. A.A. freed me, eventually, from my long and deadly romance with oblivion.

There is another major freedom, which does not come for some of us until long after the freedom from the obsession with alcohol. For me, these two freedoms were granted simultaneously. The obsession that had driven me by daylight and by dark was snatched from me at the height of my last drunk. The impact of those twin freedoms was so overwhelming that I was barely able to cope with it. On top of that, intellectual arrogance made coping even harder.

But what about happiness—the "new happiness" that the Big Book talks about? Did you notice that the book doesn't say we will *find* it? It says we will *know* it. Could it be that a state of happiness might come about through osmosis instead of through high adventure?


My new happiness proved to have very little to do with worldliness. It turned out to be a by-product of simply doing what I was supposed to be doing as a sober member of society at large. Without my realizing it, my strong sense of gratitude to A.A. was automatically generating a sense of happiness that was already pervading my whole being in much the same way as hopelessness had done before.

That brings me to still another freedom, the freedom from denial of myself. By staying away from one drink for one day at a time, I made it possible to accept myself as a worthy and deserving person. In what ways? Socially, sexually, professionally, and just plain everyday me. As it says in Chapter 5, "What an order!"—except that, in this case, I positively *can* go through with it.

With lots of help, of course.

Excerpted from *The Grapevine*

**Age is a question of mind over matter.  
If you don't mind, it doesn't matter.**



# Treasurer's Report

N.C. Mountain Central Office, Inc.  
Financial Report  
for the month of February, 1998

## INCOME

Acceptance Group	\$50.00
Acceptance Group	\$250.00
Back To Basics Group	\$100.00
Brevard Group	\$35.00
Cedar Mountain Group	\$81.00
Day By Day Group	\$45.00
Grace Group	\$225.00
Happy Hour Group	\$50.00
Hendersonville Group	\$202.03
Hickory Nut Group	\$10.00
Mars Hill Group	\$300.00
Midday Group	\$50.00
Otto Group	\$11.50
Reaching Out Group	\$5.00
Reaching Out Group	\$5.00

Waynesville Group	\$400.00
Women's By the Book Group	\$55.00

<b>Total Group Contributions</b>	<b>\$1,874.53</b>
<b>Individual Contributions</b>	<b>\$32.70</b>
<b>Total Contributions</b>	<b>\$1,907.23</b>

## Financial Statement as of March 2, 1998

Bank Balance 2/13/98	\$4,549.45
Deposit 3/02/98	\$1,701.71
Cash on Hand	\$28.08
Accounts Receivable	\$1,148.35

**Sub-Total** **\$7,427.59**

Outstanding checks	(\$2,373.15)
Reserve for Copy Machine	(\$300.00)
Reserve for Tax Liability	(\$1,183.60)
Reserve for Correctional Facilities	(\$252.90)
<b>Total</b>	<b>\$3,317.94</b>

Note: Since approval by the Board on 3/9/97  
\$1,747.10 in A.A. literature has been used by  
Groups bringing meetings to correctional facilities.

District 70  
**Eatin' Meeting**  
Sunday April 19  
**Abernathy United Methodist Church**  
1418 Patton Avenue  
W. Asheville



Eating 4 p.m.

Speaker 5 p.m.

G.S.R.  
Meeting 6 p.m.



In attendance will be Donna B., Area 51 Treasurer/Registrar. She will have explanations of why we need an Archives Repository. G.S.R.s from all three Districts—70, 71, and 80—are invited to attend.

The Grapevine Chairperson for Area 51 also will be present with a Grapevine Display.

**Come and join us for a great afternoon of fun and fellowship!**



# 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.

**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 11th National A.A. Men's Conference, St. Louis, Missouri.** April 24, 25, and 26. At Henry VIII Hotel and Conference Center, 4690 North Lindbergh, St. Louis, MO 63044. For information call: Bill W. (314)962-3368, John A. (314) 521-2084, or Tom E. (Day #) (314) 647-2907.

**NCCYPAA II The N.C. Conference of Young People in A.A.,** August 20—23. Sheraton Airport Plaza Hotel, 3315 South I-85 @ Billy Graham Pkwy., Charlotte, N.C. For information call Erik M (704) 525-5542.

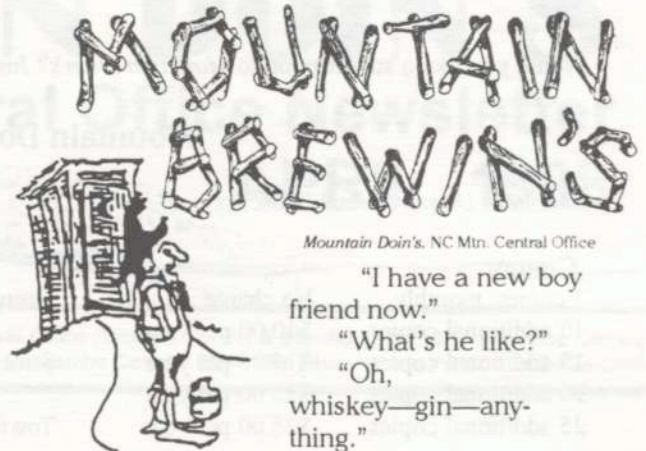
## What Makes an A.A. Leader?

Somewhere in our literature there is a statement to this effect: "Our leaders do not drive by mandate: they lead by example." In effect, we are saying to them, "Act for us, but don't boss us."

Therefore, a leader in A.A. service is a man [or woman] who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job. When a leader power-drives us badly, we rebel; but when he too meekly becomes an order-taker and he exercises no judgment of his own—well, he really isn't a leader at all.

Good leadership originates plans, policies, and ideas for the improvement of our Fellowship and its services. But in new and important matters, it will nevertheless consult widely before taking decisions and actions. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere.

Reprinted from *The A.A. Service Manual*



Mountain Doin's, NC Mtn. Central Office

"I have a new boy friend now."

"What's he like?"

"Oh, whiskey—gin—anything."

x x x

A lot of alkys who had checkered lives end up in striped suits.

x x x

Drunk (looking at the moon's reflection in the water) "Say, what is that I see down there?"

Cop: "It's the moon."

Drunk: "Well, how on earth did I get way up here?"

x x x

Tarzan came into his tree house late one day. "Jane, he said, "Give me a martini."

She got him one.

"Give me another one," he said.

She gave him another one.

Again he said: "Another martini."

"Hold on, Tarzan," Jane said. "Aren't three martinis too many?"

"You don't understand, Jane," said Tarzan. "It's a jungle out there!"

x x x

You know you have drinking problem when you keep asking people for the time, and can't understand why you keep getting different answers.

x x x

"What's the idea?" asked the cop. "Don't you know this is a one-way street?"

"Well," said the alky. "I'm only going one way."

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