

MOUNTAIN DOIN'S

Central Office Newsletter

JUNE, 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

Y'all Come!



**District 71
Eatin'
Meeting**

**Sunday
June 7
1998**

**Good Shepherd Lutheran Church, Brevard
(Across from Ingles)**

Bring a covered dish and join us for Fun and Fellowship

Eat at 4 p.m. Speaker at 5 p.m.

A.A. Web Sites Information

It's now available—a flyer that answers "Ten Frequently Asked Questions About A.A. Web Sites."

Available free of charge from the General Service Office, the double-sided flyer suggests ways to set up

a local A.A. web site, and determine its contents, policy, and procedures.

Permission must be obtained from G.S.O. prior to including A.A.W.S. material on your web site.

An A.A. web site is a public medium which has

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Web Sites Information (continued from page 1)
 the potential for reaching the broadest possible audience and, therefore, requires the same safeguards that we use at the level of press, radio, and film. Also included is information about G.S.O.'s A.A. Web Site (www.alcoholics-anonymous.org), which "is set up as a Public Information tool. Available in English, French, and Spanish, it provides . . . information about A.A. to the general public, media, and professionals." In 1997, the service piece notes, G.S.O.'s Web Site was visited 214,603 times; currently it averages approximately 900 hits daily, *Extracted from Box 4-5-9- Apr/May 98*

Readers' Forum

LIVE LETTERS

Newcomers and The Steps

It is customary at most groups nowadays to ask at the start of the meetings if there are any newcomers present. If there are, the Chairperson usually recommends that we discuss Steps 1, 2, and 3.

Personally, I don't think this is a wise approach. I've often seen the newcomer look increasingly bewildered as the meeting continues. And it is my opinion he or she is not yet ready to plunge into the idea of powerlessness, unmanageability, the idea of coming to believe in a Higher Power, and then a direct decision to turn our will and life over to the care of God.

The newcomer is usually uneasy at that first meeting and is not yet ready to accept such deep and important subjects at that point. It would be much



more helpful, I think, to share with the newcomer some of the things you wish had been told about the program, the disease of alcoholism, (that it isn't a weakness but a medically acknowledged sickness that has no permanent cure, but can be kept under control through the A.A. program). And I think it is important that the newcomer be told that for a while all he or she has to do is to turn up to meetings and listen to others sharing. In a surprisingly short while everything will make sense. Tell the newcomer to get phone numbers from members at the meeting (members of the same sex preferably), and to accept a temporary sponsor who can point out do's and don'ts of the program and act as a guide for the first few bewildering weeks. And, above all, let the newcomers know that if they get involved in A.A., keeping coming back to meetings, it won't take long before the urgent desire to drink goes away. —BG

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 3-3-98—4-1-98

Answering Service Calls	247
General Information	7
A.A. Help	4
Family Help (Al-Anon)	15
Meeting Information	86
Central Office Business	78
Medical Help (Hospital, Detox, etc.)	0
P.I. Calls	0
Others	8
Visitors	46



Fellowship News

New Meeting. But For The Grace of God Group is a newly formed group which meets on Mondays at 7 P.M. in Hendersonville at Grace Lutheran Church, at the corner of 6th Ave. and Blythe St. The meetings are Big Book Study, closed, nonsmoking.

Meeting cancellation. The Traditional Group of Asheville has canceled its Tuesday 6.30 P.M. and Saturday 8.30 P.M. meetings, which were held at Trinity Episcopal Church at Church and Aston Sts.



Acceptance Group

Bill Mc	6-1-74	24 years
R.L.S.	6-13-97	1 year
Tammy B.	6-28-96	2 years

Black Mountain Group

Cindy P.	6-10-79	19 years
Mike T.	6-16-77	21 years
Bill P.	6-6-84	14 years
Jerry D.	6-8-74	24 years
Carolyn S.	6-21-89	9 years

Brevard Group

Pat J.	6-15-83	15 years
Cathy B.	6-1-91	7 years

Growing Together Group

Donald D.	6-6-85	13 years
Gerry D.	6-8-74	24 years
Bob P.	6-2-92	6 years
Josef M.	6-21-87	11 years.

Happy Hour Group

Loretta B.	6-20-87	11 years
Ruthanne G.	6-12-90	8 years
Chet C.	6-14-94	4 years
Alan W.	6-20-88	10 years

Hendersonville Group

Bill H.	6-14-77	21 years
Kenny S.	6-28-83	15 years
Marshall D.	6-17-82	16 years

Tom B.	6-2-88	10 years
Nancy McG.	6-15-89	9 years
Mark S.	6-21-90	8 years
Nadine G.	6-21-91	7 years
Warren	6-15-92	6 years
Anita S.	6-12-94	4 years

Hendersonville Ladies Thurs. Aft. Group

Mary B.	6-9-58	40 years
Kay G.	6-24-82	16 years
Loie L.	6-25-73	25 years

Maple Grove Group.

Dick B.	6-2-80	18 years
Keith B.	6-5-95	3 years

Midday Group

Sandy C.	6-28-92	6 years
Patsy S.	6-25-90	8 years
Nancy M.	6-17-95	3 years
Irene H.	6-18-71	27 years

Serenity Service Group

John M.	6-4-96	2 years
Liz	6-4-97	1 year
Fred C.	6-21-97	1 year
Gail H.	6-10-97	1 year
Marco T.	6-10-97	1 year
Melvin L.	6-28-97	1 year
Roger M.	6-4-97	1 year
Bob V.	6-22-78	20 years
Ken B.	6-30-82	16 years
Lavern	6-24-94	4 years

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

Is Alcoholism a Disease?

The American Medical Association and the World Health Organization, as well as many other professional groups, regard alcoholism as a disease.

Some authorities continue to see alcoholism only as an expression of underlying emotional problems. Others see it starting as a symptom which precedes an illness and requires treatment in itself.

The Committee on Alcoholism and Drug Dependence of the American Medical Association defines alcoholism as an illness in which there is preoccupation with alcohol and loss of control over its consumption, as a type of drug dependence that can harm a person's health and interfere with his ability to work and get along with other people.

The alcoholic usually drinks heavily and gets

drunk often. Quantity and frequency, however, are only one sign. Although some alcoholics actually drink the key factor is loss of control and craving for the drug, alcohol.

Physical disabilities and difficulties adjusting to life may contribute to the development of the illness, as well as result from it. Drinking by one's self or drinking in the morning, may be signs of alcoholism, but they are not always present.

Similarly, living on skid row, being irresponsible and other behavior commonly regarded as fundamental to alcoholism, are neither limited to the disorder nor necessarily a part of it. In fact, the class of alcoholics made up of financially successful professional persons may well be one of the largest, and certainly one of the most seriously neglected groups in the country. Source American Medical Assn and World health Org.

Treasurer's Report

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

INCOME

Acceptance Group	\$50.00
Back To Basics Group	\$100.00
Black Mountain Group	\$65.07
Brevard Group	\$35.00
Day By Day Group	\$45.00
Franklin Group	\$30.00
Happy Hour Group	\$50.00
Hendersonville Group	\$42.65
Leicester Group	\$25.00
Maggie Group	\$35.00
Midday Group	\$50.00
Otto Group	\$15.00
Pathfinders Group	\$35.00
Six O'Clock Open Group	\$38.00

Tuesday Night Men's Group	\$162.00
Total Group Contributions	\$777.72
Individual Contributions	\$0.00
Total Contributions	\$777.72

Financial Statement as of May 1, 1998

Bank Balance 04/13/98	\$4,160.42
Deposits 04/14/98 & 05/01/98	\$1,815.27
Cash on Hand	\$28.08
Accounts Receivable	\$1,011.35
Sub-Total	\$7,015.12
Outstanding checks	(\$3,088.19)
Reserve for Copy Machine	(\$150.00)
Reserve for Tax Liability	(\$1,091.80)
Reserve for Correctional Facilities	(\$1,022.18)
Total	\$1,662.95

Note: Since approval by the Board on 3/9/97 \$1,977.82 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

Origin of the Twelve Steps

by Bill W.

Having arrived at chapter five (of the Big Book), it seemed time to state what our program really was. I remember running over in my mind the word-of-mouth phrases then in current use. Jotting these down, they added up to the six named below:

1. We admitted we were powerless over alcohol.
2. We got honest with ourselves.
3. We got honest with another person in confidence.
4. We made amends for the harms done others.
5. We worked with other alcoholics without demand for prestige or money.
6. We prayed to God to help us do these as best we could.

Then came the idea that our program ought to be more accurate and clearly stated. Distant readers would have no ability to rationalize, something airtight would have to be written. We couldn't let the reader wriggle out anywhere. Besides, a more complete statement would help in the chapters to come where we would need to show exactly how the recovery program ought to be worked.

At length, I began to write on a yellow tablet. I split the word-of-mouth program up into smaller pieces, while enlarging its scope considerably. Uninspired as I felt, I was surprised that in a short time, perhaps half an hour, I had set down certain

principles which turned out to be twelve in number. And for some unaccountable reason, I had moved the idea of God into the second step. . . right up front. Besides, I had named God very liberally throughout the other steps. In one of the steps I had even suggested that the newcomer get down on his knees. When this document was shown to our New York meeting, the protests were many and loud. Our agnostic friends didn't like the idea of kneeling. Others said we were talking altogether too much about God. And anyhow, why should there be Twelve Steps when we had done five or six? Let's keep it simple, they said.

This discussion went on for days and nights. But out of it all there came a ten-strike for A.A. Our agnostic contingent finally convinced us that we must make it easier for people like themselves by using such terms as "a Higher Power" or "God as we understand him." These expressions, as we so well know today, have proved lifesavers for many alcoholics. They have enabled thousands of us to make a beginning where none could have been made had we left the steps just as I originally wrote them. There were no other changes to the original draft and the number of steps would be widely approved by clergy and psychiatrists.

This little fragment ought to convince the most skeptical that nobody invented A.A. It grew—by the Grace of God. From a July 1953 *Grapevine* article by Bill W.

Success comes in cans; failure in can'ts.



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.

Founders' Day. 63rd Anniversary of A.A. June 5,6,7, in Akron, Ohio, the birthplace of A.A., will consist of a wide variety of activities, including meetings, a two-act play, a 12 Traditions skit, all-night alcahthon, speaker meetings, workshops, motorcade to Dr. Bob's grave, a dance, and many other activities. For full information write to Founders' Day committee, P.O. Box 12, Akron, OH 44309-0012.

S.E.R.C.Y.P.A.A. (South East Regional Conference of Young People in A.A.) will be held in Charleston, South Carolina, at the Sheraton Charleston Hotel on June 18, 19, 20, and 21. Great Speakers, Workshops, Archives Display, Spirituality, Dance, Entertainment, and Fellowship. For hotel reservations call Sheraton Charleston Hotel, 170, Lockwood Dr., Charleston, SC 29403, at (803) 723-3000 or (800) 968-3569. For full information call Patty W. (803) 588-0192, or Marvin F. (803) 795-3319, or Chrissy R. (803) 571-1540.

First Annual July Jubilee, July 3, 4, and 5. at Ramada Universal Hotel and Conference Center, 3110 Olentangy River Road, Columbus, Ohio (614) 267-7461. Seven Speakers. For further information phone Sue D. (614) 848-3390, or Laura D. (614) 848-4783

The Hand of AA. 51st North Carolina Convention of Alcoholics Anonymous. July 23, 24, 25, 26. Adams Mark Winston Plaza Hotel and M.C. Benton Convention Center, Winston-Salem, N.C. Marathon meetings, Old-Timers Panel, Thursday Early Bird Meeting, Saturday Night Dance, Speakers. For reservations call 1-800-444-2326.

11th Annual Choo Choo Roundup. August 14-16. At Chattanooga's Choo-Choo-Holiday Inn and Conference Center, 1400 Market St. Chattanooga, TN 37402. Speakers. Workshops, Alcahthon, Ice Cream Social, Dance, child care provided. Pre-registration:\$12 until July 25. Registration: \$15 after July 25. Alateens Special Registration: \$6. Make checks payable to "Choo-Choo Roundup." Mail to Choo-Choo Roundup, P.O. Box 2105, Chattanooga, TN 37409.

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

Courage is fear that has said its prayers

MOUNTAIN BREWIN'S



Mountain Doin's. NC Mtn. Central Office

"There'll be times," said the lady of the house to the new cook, "when it will be necessary to help the butler upstairs."

"Of course, ma'am," replied the young cook. "I've worked with lushes before."

x x x

Two buddies were seated at the bar. Said one: "How do you like bathing beauties?"

"I don't know," said the other. "I've never bathed any."

x x x

Six-year-old Jean awoke at two in the morning.

"Tell me a story, Mommy," she begged.

"Hush, darling," said her mother. "Daddy will be in soon and he can tell us both one."

x x x

Joanie had been sober a few months in A.A. and she was feeling lonely. She asked her sponsor one day, "What kind of husband should I get?"

Replied her sponsor, "You get a single man and let the husbands alone!"

x x x

Old man alky: "Young man, you can put in your paper that my secret of health and long life is to drink a bottle of Scotch every day."

Reporter: "Why do you refer to it as a secret?"

x x x

Said the alky to his friend, "I'm going to shoot the man who married my wife."

Said his friend.: "But that would be murder, wouldn't it?"

"No, it's suicide."

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