

# MOUNTAIN DOIN'S

Central Office Newsletter

AUGUST, 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

*District 70*

## *Dog Days of Summer Eatin' Meeting*

*Sunday, August 9*

**Grace Covenant Presbyterian Church**  
789 Merrimon Avenue (behind McDonald's)  
Asheville

**Also N.C. Mountain Central Office Meeting**  
Hosted by Asheville Grace Group & Conscious Contact Group



***Y'all come on out now!***

3 p.m. Central Office Meeting

3 p.m. District 70 GSR Meeting

4 p.m. Eating

5 p.m. Speaker

**Bring side dishes, salads, desserts**  
(Main dish and drinks provided)

*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.



**Readers' Forum**

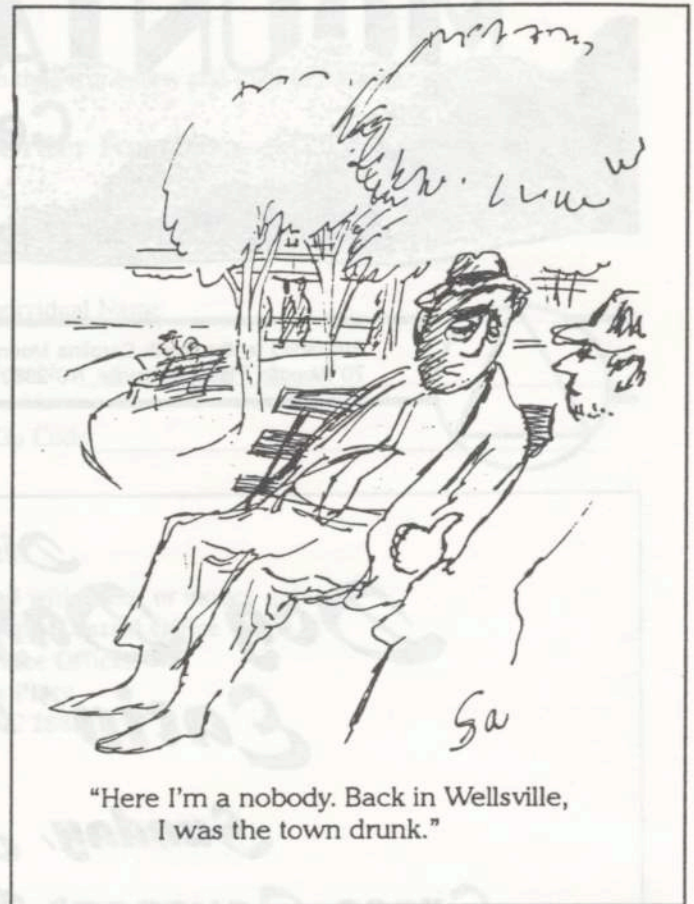
**LIVE LETTERS**

**A New View on Old-Timers**

A recent letter you printed about "old-timers" who monopolize the time and change the topic at meetings does not meet with my experience.

Most of the old-timers (whatever the definition of an old-timer may be) seem to me to be specific and succinct when they share. I always learn from them and they seem to have the ability to capsule good ideas and experiences. I do not find them straying from the topic. The folks I note who run on and on when sharing are those who do not seem to have a firm grip on the program and share questions, thoughts, and impressions rather than experiences and truths. Some folks seem to over analyze the program and have difficulty reaching conclusions. However, I learn from these folks also. I learn much more by listening than talking. It seems to me at my meetings the chairman does cut off the folk that talk too long, and that is the function of the chairperson.

There are many A.A. meetings in our area. If your current meeting or meetings are not helpful or are creating resentments for you, find another group. That is what I do and I enjoy meetings I attend. Personally, I like to go to groups with lots of experienced members (old-timers?) and learn much from the time, experience and wisdom these folks share with me. They have been on this sobriety road much longer than me and I find I can learn more from the person who has



"Here I'm a nobody. Back in Wellsville, I was the town drunk."

been there than I can in reading about it. I think old-timers are the backbone of A.A. and we would be lost without them. —OK

**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 6-1-98—6-26-98**

Answering Service Calls	295
General Information	7
A.A. Help	1
Family Help (Al-Anon)	9
Meeting Information	60
Central Office Business	60
Medical Help (Hospital, Detox, etc.)	2
P.I. Calls	0
Others	4
Visitors	50



**Fellowship News**

**Meeting Cancellation.** The Brevard Group has canceled its Saturday, 10 A.M. meeting which was held at St. Timothy's, Rte. 64, Hospital Road.

**Meeting time change.** The Conscious Contact Group of Asheville has changed the time of its Saturday meeting from 10 A.M. to 5 P.M.

**New Group.** Asheville Pass It On Group has formed and meets at Emma United Methodist Church, 59 Adams Hill Rd, Asheville, on Wednesdays at 8 P.M. The meetings are Closed, nonsmoking, Big Book Study and Step Study.

**Meeting change.** Waynesville Lakeside Group has moved to 1st United Ch., Old Parsonage Home, 104 Academy St. Also, the Sunday meeting time has changed from 10 A.M. to 1 P.M. All other meetings will remain at the times listed in *Where and When*.





#### Acceptance Group

Laurie K.	8-3-77	?? years
Harry S.	8-6-84	14 years
Drema C.	8-10-91	7 years
Rebekah E.	8-17-88	10 years
Curry J.	8-7-79	19 years

#### Asheville Grace Group

Louise A.	8-1-96	2 years
Bobby N.	8-10-83	15 years
Wayne F.	8-11-84	14 years
Dennis M.	8-15-89	9 years
Larry S.	8-17-96	2 years
Ray B.	8-27-95	3 years
Tim M.	8-29-97	1 year

#### Black Mountain Group

Bob G.	8-01-81	17 years
Rebekah E.	8-17-88	10 years

#### Brevard Group

Gene B.	8-26-90	8 years
Dale F.	8-31-76	22 years
Lynn H.	8-18-93	5 years
Merlyn C.	8-25-95	3 years

#### Conscious Contact Group

Bobbie N.	8-10-83	15 years
Frank W.	8-15-94	4 years
Dale N.	8-30-86	12 years
Rita V.	8-17-92	6 years
Liz D.	8-12-85	13 years
Kelly M.	8-11-97	1 year
Kathleen R.	8-18-96	2 years

#### H'ville Ladies Thurs. Afternoon Group

Rose Mary M.	8-14-87	11 years
Ellen B.	8-19-92	6 years
Ann F.	8-31-89	9 years
Nancy S.	8-17-97	1 year

#### Happy Hour Group

Michaelene P	8-4-96	2 years
Marilyn T.	8-22-95	3 years

#### Midday Group

Greg G.	8-15-89	9 years
Marc T.	8-1-86	12 years
Bill F.	8-28-87	11 years
Jack E.	8-14-88	10 years

#### Traditional Group

Richard T.	8-7-84	14 years
Melvin T.	8-10-86	2 years

#### Hendersonville Group

Michaelene P.	8-4-96	2 years
Carol P.	8-11-94	4 years
Nancy	8-14-96	2 years
Lisa T.	8-15-85	13 years
Peter S.	8-17-97	1 year
Charlie B.	8-18-97	1 year
Joe McG.	8-19-97	1 year
Ray D.	8-21-80	18 years
Michael I.	8-31-83	15 years

## 'Hello and Welcome' are Magic Words

Just as our "being there" at meetings is important to the vitality of the group, so can being there beforehand with a warm 'hello' induce the sick alcoholic to take that giant step inside—like a miracle waiting to happen. One Manhattan A.A. tells the story of a chronic slipper who was walking past the door of a meeting he had sometimes attended. Wavering, he made a bet to himself: "If that guy is still sitting by the door in the same seat, I'll go in; if he's not, I'll leave." The greeter was at his old stand; the slipper stepped inside, sobered up and now does some greeting of his own.

Providing a point-counterpoint, Jim, of Irvine,, California, shares his experience as a greeter. "I was sitting in my usual seat in the front row at the speaker meeting," he writes, "because my sponsor had told me there was no good A.A. past the first three rows. A man who looked vaguely familiar approached the podium, said his name was John and proceeded to tell how it was and what happened. My ears pricked up—I always like hearing people talk about going from being drunk to sober—and suddenly he was pointing at me and saying that I was the guy responsible for his being there sober."

As the speaker continued, understanding dawned. "I was a greeter at my home group," Jim explains. "My sponsor knew I'd been a lonely, isolated drunk and was struggling to get out of myself in sobriety, so he 'suggested' I take the position. Which is what I was doing the night John came to the door. I had seen him many times during the past months, and he usually reeked of booze. He just couldn't seem to get sober although he came to meetings anyway. I welcomed him back again, saying something like, "It's good to see you here."

As John related his story from the podium, Jim remembers, "he said that was the first time he really heard someone say he was welcome at A.A. drunk or sober. And he said it was the turning point for him. He corked the bottle and has kept it corked. We barely glimpsed each other again until the night I heard him speak, but his story made me realize two important things:

"1. You never know when something you say will be the key to someone else's recovery. I try to be the best example of A.A. I can because I may be the only edition of the Big Book someone may have on hand.

"2. When someone is not ready to get sober, there's nothing right you can say to force it to happen. Conversely, when a person is finally ready, there's nothing you can say that's wrong (well, almost nothing). John might have sobered up even if I hadn't been at that meeting—but I'm glad I was there as the greeter. It was a small way for me to give back some of what had been given to me."

Condensed from Box 4-5-9, March 1998



# Treasurer's Report



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

## INCOME

Acceptance Group	\$50.00
Blue Ridge Group	\$100.00
Brevard Group	\$50.00
Burnsville Group	\$40.00
Cedar Mountain Group	\$157.50
Day By Day Group	\$45.00
Fletcher Group	\$125.00
Happy Hour Group	\$50.00
Hendersonville Group	\$105.36
Midday Group	\$50.00
Otto Group	\$10.00
Reaching Out Group	\$15.00
Six O'Clock Open Group	\$18.25
West Asheville Group	\$19.30

Total Group Contributions	\$835.41
Individual Contributions	\$200.00
Total Contributions	\$1,035.41

## Financial Statement as of July 4, 1998

Bank Balance 06-14-98	\$3,757.21
Deposits 06-15-98 & 07-02-98	\$2,345.51
Cash on Hand	\$28.08
Accounts Receivable	\$673.60

**Sub-Total** **\$6,804.40**

Outstanding checks	(\$2,624.81)
Reserve for Copy Machine	(\$450.00)
Reserve for Tax Liability	(\$1,000.00)
Reserve for Correctional Facilities	(\$864.18)

**Total** **\$1,865.41**

Note: Since approval by the Board on 3/9/97 \$2,124.99 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

## What Makes a Newcomer Keep Coming Back

"About 50% of those coming to A.A. for the first time remain less than 90 days. We often say that few get to A.A. by accident, so the fact that in a brief amount of time we lose half of those who begin our program may mean that we lose a great number of people who desperately need sobriety." Since a 1963 membership survey, which reported that 60% remained after three months, there appears to have been a slow but steady attrition during the first year.

"This," the survey suggests, "may be a challenge to the membership to change the things we can."

What can we do to make the alcoholic newcomer keep coming back?

This is especially critical today when groups are apt to be larger and confused newcomers can easily fall through the cracks or be unnoticed altogether—especially if fresh out of rehab, "dry" and looking good.

The following are a few ways for groups and individual A.A.s to carry the message as suggested at Regional Forums, workshops, and conferences.

- Station greeters at the A.A. meeting room door.
- At large meetings, ask those present who have

attended fewer than three meetings (or those in their first week or month of sobriety) to identify themselves—"Not to embarrass you but so we can get to know you."

- Break up a large meeting into smaller groups, at least for part of the meetings.
- Offer newcomers your home phone number and let them know you'd welcome their call.
- If newcomers turn out to have a problem other than alcohol, explain A.A.'s singleness of purpose and offer to take them to a meeting of a twelve step program with which they can identify.
- If you go out for coffee, cake and sharing after the meeting, include a newcomer. It may be his or her first opportunity to socialize soberly.
- Stress the importance of the twelve steps and sponsorship as vital to sobriety, and be willing to share these tools as lifelines to recovery in A.A.

Be aware that every day of sobriety counts. About 40% of members sober less than a year will remain sober and active in A.A. for at least another twelve months—and that figure jumps to approximately 90% after five years. Carrying the A.A. message to the newcomers who need our help is our top priority. By leading a beginners' meeting, regularly participating in our home groups and greeting each newcomer with A.A. love, we A.A.s are passing along what was freely given to us.

Excerpted from Box 4-5-9, Oct 1991





# 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.

## 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, Alcathon, 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 North Carolina Conference of young people in A.A.** "Rocketed Into a Fourth Dimension." August 20-23. Sheraton Airport Plaza Hotel, Charlotte, 3315 South I-85 at Billy Graham Pkwy. Workshops, Dances, Entertainment, Banquet, Speakers. For more information contact Graig W. (704) 679-7182 or Stu. P. (704) 334-7360.

## Honesty—Dishonesty

I was introduced to the A.A. program in the early 1950's. My first dry spell lasted six months, and I went back to try some more controlled drinking. At that time in my life, honesty was just a word that meant very little to me. I came back to A.A. asking for help in July of 1957, and by stubbornness, I put in the next seventeen years without a drink.

As the years went horribly by, my mental and spiritual life kept going downhill. I gradually quit going to meetings altogether and let my resentments grow into hatred. As you might guess, I ended up drinking again, for almost two years. Of course, being honest was completely out. I was sicker in every way than I had ever been in my life. After spending four weeks in a treatment center, I started going back to A.A. meetings, but I wasn't getting much out of them. I went back to drinking I would get two weeks in without a drink, sometimes three, but that was it. I kept going to meetings, on and off, but nothing seemed to be getting through.

One day, while all alone, I was reading my Big Book, the chapter on "How It Works." I came to the line that says, "if they have the capacity to be honest," and something made me stop right there. Reality struck me square in the face, and I realized, thank God, that I had not been completely honest. At long last I got down on my knees with all the humility and honesty that I could find within myself. I realize now that not being honest was my problem all those years.

Excerpted from the *Grapevine*, February 1979

# MOUNTAIN BREWING'S



Mountain Dain's, NC Mtn. Central Office

Two alky's were sitting chatting at the bar. "If I die first," said one, "would you mind sprinkling a quart of Scotch over my grave?"

The other thought it over, then said, "Would you mind if I passed it through my kidneys first?"

x x x

An alky too drunk to drive called a tow truck instead of a taxi to take him home from his nightly hangout. He figured it would cost him \$10 or \$15 more, but at least he'd know where his car was in the morning.

x x x

Said the alky gal to her friend at the bar, "Men are all alike!"

Said her friend, "Yeah! Men are all I like, too!"

x x x

A fellow went into a bar and ordered a quart of whiskey, which he proceeded to drink. then he ordered a pint bottle of the same brand and drank that down, too. Next he ordered a half-pint bottle. He looked up at the bartender with some puzzlement when that was finished.

"What's going on?" he asked. "The less I drink, the drunker I get!"

x x x

How can a drunk brighten up a room?  
By leaving it.

x x x

"How come drunks can play gin rummy with only twenty-five cards?"

"Because they are not used to playing with a full deck."



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