

MOUNTAIN DOIN'S

Central Office Newsletter
OCTOBER, 1998



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N.C. Mountain Central Office Elects New Board Members

Minutes of August Central Office Meeting.

The N.C. Mountain Central Office held its regular meeting on August 9 at Grace Covenant Presbyterian Church, Asheville. In attendance were: Dave A., C.O. Chairman (Acceptance Group); Bob K., C.O. Co-Chairman (Common Sense Group); Jack D., C.O. Treasurer (Grace Group); Bob V., C.O. Office Manager (Acceptance Group); Alan W. C.O. Secretary and Editor, *Mountain Doin's* (Happy Hour Group); Molly W. C.O. Trustee (Grace Group); Jerry P., C.O. Rep. (Cumberland Group); Cha Cha D., C.O. Rep. (Grace Group); Bob P., C.O. Rep. (Grace Group); Marshall D. acting C.O. Rep. (Hendersonville Group).

The meeting opened with the reading of the minutes of the previous Central Office meeting. The minutes were approved as read.

The Treasurer, Jack D., gave a financial report and explained the details of the July report (as published in the September, 1998, *Mountain Doin's*). He also mentioned the fact that Central Office had received the sum of \$2,000 from an A.A. member's estate, and since a financial gift to any single group cannot exceed \$1,000, he recommended that the remaining \$1,000 should be forwarded to the General Service Office. A motion was made to that effect and passed.

The Treasurer also reported on the Central Office's tax-exempt status, and added that it had been decided that the Central Office prudent reserve should be \$4,000. After some further discussion of various aspects of Central Office financial matters, Chairman Dave A., turned the meeting to new business.

Among matters discussed was the suggestion that Office Manager, Bob V., be granted a week's vacation, since he has not had one since becoming Office

G.S.O. Estimates of A.A. Groups and Members

	Groups	Members
United States	50,997	1,166,079
Canada	5,277	102,499
Correctional facilities*	2,399	62,129
Internationalists		108
Lone members		312
Total	58,673	1,331,127
Outside U.S. & Canada**	38,895	636,306
Grand Total	97,568	1,967,433

The GSO does not keep membership records. The information shown here is based on reports given by groups registered with G.S.O., and does not represent an actual count of those who consider themselves A.A. members.

*U.S. & Canada only.

**We are aware of A.A. activity in approximately 150 countries, including 43 countries that have autonomous general service offices. Annually we attempt to contact G.S.O.s outside of US/Canada and groups that request to be listed in our records. Where current data is lacking we use previous year's figures. *Reprinted from Box 4-5-9*

Manager ten years ago. Bob V. said he would continue the financial responsibility during his absence. A volunteer will be sought to be present in the office during Bob V.'s absence. The matter was agreed upon unanimously. *(continued on page 2)*

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.

Central Office Mtg. continued from page 1

Next on the list of new business was the election of new officers for the Central Office. The following were nominated and approved for a two-year period.

- Chair: Bob K. (Common Sense Gp.)
- Co-Chair: Marshall D. (Hendersonville Gp.)
- Treasurer: Bob P. (Asheville Grace Gp.)
- Secretary: Molly W. (Asheville Grace Gp.)

All the nominations were unanimously approved.

Finally, Bob V. announced that the next Central Office meeting would be held in Flat Rock at St. John In The Wilderness Church in conjunction with the District 71 Eating Meeting on Sunday, December 20, 1998. The Central Office meeting will be held at 3 P.M. There being no further business to discuss, the meeting was brought to a close.

Respectfully submitted, Alan W., Secretary.

Readers' Forum

LIVE LETTERS

People Pleasing Problems

I heard that people pleasing wasn't an A.A. requirement. I wondered, "Why not?"

They said there was nothing wrong with pleasing people, but I should have a proper motive. I shouldn't try to please others just because I needed their approval; or because I wanted approval of others; or because I wanted to be pampered or admired, or because I wanted to impress others with my own



importance.

The thing to do, I was told, was to start thinking of others and how I could be of help—not for self-aggrandizement but because I truly wanted to be of service to others.

Above all, I should offer help anonymously, if I could. That would mean that the service came from the heart, not from an attempt to boost my ego.

Someone told me: "Try and find a middle ground. Don't be too good or too bad. Just be there for someone who genuinely needs you. But don't force yourself upon them."

Finally, I got the picture. I should be honest in my intentions, offer help by all means, but not to impress anyone. That's part of what A.A. is all about. —AF

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 7-27-98—8-28-98

Answering Service Calls	327
General Information	4
A.A. Help	2
Family Help (Al-Anon)	9
Meeting Information	99
Central Office Business	87
Medical Help (Hospital, Detox, etc.)	2
P.I. Calls	0
Others	4
Visitors	60

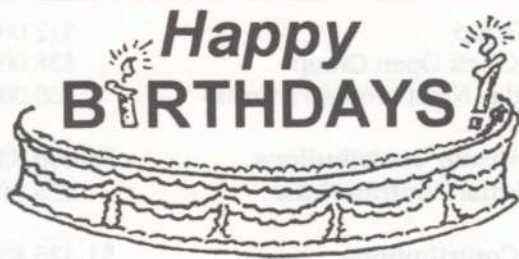


Fellowship News

Time change. Hickory Nut Gorge Gp. in Bat Cave has changed its meeting time from 7 P.M. to 8 P.M.

Meeting Change. The Asheville Day By Day Group meetings on Wednesdays and Fridays have moved to the Family Life Center, situated at left of the St. Eugene's Catholic church, 72 Culvern St., Asheville.

Meeting notice addendum. The Serenity Group Meetings held at The Sharing House in Brevard, published in last month's *Mountain Doin's*, are all non-smoking. The meetings, as published in the latest *Where and When*, are held at 5.30 P.M. on Mondays, Wednesdays and Thursdays.



Acceptance Group

Dee D.	10-7-68	30 years
Larry B.	10-13-97	1 year
Don H.	10-25-68	30 years
Randell M.	10-29-?	? years

Back ToBasics Group

Jim T.	10 -17-78	20 years
Ceil S.	10-17-87	11 years

Asheville Grace Group

Asim R.		2 years
Mary P.		1 year
Bob B.		4 years
Debra		2 years
Rick B.		3 years
Frank T.		2 years
Gerd S.		19 years
Becky H.		4 years
Diana D.		2 years
Don M.		10 years
Monty		1 year
Julie B.		9 years
Laurie K.		4 years
Barbara E.		3 years
Betty C.		1 year
Dee D.		30 years
Joy G.		15 years
Watson J.		12 years
Cecil S.		11 years
Jane H.		9 years

Black Mountain Group

Bob S.	10-09-84	14 years
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Brevard Group

Jill K.	10-16-82	16 years
Margaret H.	10-6-86	12 years

Conscious Contact Group

Ann W.	10-29-78	20 years
Brooke	10-31-85	13 years
Chuck G.	10-12-91	7 years
Dottie G.	10-12-91	7 years
Janie W.	10-24-90	8 years
Jim M.	10-23-96	2 years
Judy F.	10-19-91	7 years
Linda E.	10-3-96	2 years
Nita L.	10-10-87	11 years
Marti W.	10-19-79	19 years
Larry B.	10-13-97	1 year
Bruce H.	10-15-89	9 years

Cumberland Group

Karl S.	10-2-94	4 years
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Growing Together Group

Dee Dee J.	10-7-68	30 years
Ronnie J.	10-31-86	12 years
Liz S.	10-11-91	7 years
Terry S.	10-18-91	7 years
Connie H.	10-24-83	15 years

Happy Hour Group

Pat K.	10-14-80	18 years
Lelon N.	10-19-97	1 year
Mary P.	10-10-97	1 year
Jan H.	10-29-96	2 years

Mars Hill Group

Don B.	10-7-82	16 years
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Midday Group

Russ E.	10-11-94	4 years
Carlisle B.	10-5-97	1 year
Nancy B.	10-17-96	2 years
Joanie B.	10-22-94	4 years
Kim B.	10-24-86	12 years
Bobby C.	10-11-95	3 years

Thursday Afternoon Women's Group

Joanie B.	10-22-94	4 years
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Traditional Group

Tony B.	10-19-81	17 years
Erskine A.	10-19-93	5 years
Jesus A.	10-21-97	1 year

District 70 D.C.M. Needed

There are many A.A. groups in District 70, and the District is hoping that someone who has a background in service work will come forward and fill the position of D.C.M. (District Committee Member) which will become vacant in December. As the A.A. Service Manual points out on page S53, the qualifications are not complicated. They include a background in A.A. Service work that goes with the G.S.R.; enough sobriety to be eligible (say four to five years); and the time and energy to serve the District area. Among the many duties are: holding meetings with District G.S.R.s; helping obtain group information; keeping

G.S.R.s informed about Conference activities; keeping Groups informed about Conference-approved books and pamphlets, including *The Service Manual* and *Box 4-5-9*. Many other duties are presented on pages S55—S57 in *The Service Manual*. Altogether, a D.C.M.'s job is demanding but incredibly rewarding in giving back to A.A. some of what the program has done for us.

If anyone in District 70 feels inspired to walk along this gratifying and challenging path, please call Bob V., our Central Office manager, between the hours of 10 A.M. and 1 P.M. Mondays through Fridays, at 254-8539 in Buncombe County or 1-800-524-0465 elsewhere. Bob will be looking forward to your call.



Treasurer's Report

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

INCOME

Acceptance Group	\$50.00
Andrews Group	\$12.05
Arden Group	\$70.00
Bethel Up The River Group	\$40.00
Brevard Group	\$50.00
Burnsville Group	\$50.00
Candler KISS Group	\$15.00
Common Sense Group	\$31.70
Conscious Contact Group	\$107.47
Cumberland Group	\$240.00
Day By Day Group	\$45.00
Early Bird Group	\$100.00
Happy Hour Group	\$50.00
Hendersonville Group	\$82.61
Leicester Group	\$25.00
Liberty Bell Group	\$7.00
Mars Hill Group	\$200.00
Marshall Group	\$100.00
Midday Group	\$25.00

Otto Group	\$12.00
Six O'Clock Open Group	\$38.00
Thursday Night Women's Group	\$50.00

Total Group Contributions	\$1,400.83
Individual Contributions	\$25.00

Total Contributions	\$1,425.83
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Financial Statement as of September 1, 1998

Bank Balance 08-13-98	\$3,729.88
Deposit 08-28-98	\$1,380.20
Cash on Hand	\$28.08
Accounts Receivable	\$793.84

Sub-Total	\$5,932.00
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Outstanding checks	(\$3,140.42)
Reserve for Tax Liability	(\$183.60)
Reserve for Copy Machine	(\$150.00)
Reserve for Correctional Facilities	(\$826.58)

Total	\$1,631.40
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Note: Since approval by the Board on 3-9-97 \$2,162.59 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

Al-Anon and A.A.—The Ties are Close, but Apart

The Al-Anon Family Groups and Alcoholics Anonymous have a unique kinship formed on the twin anvils of alcoholism and recovery through A.A.'s Steps, Traditions, and Concepts. Naturally drawn together by their common ties, the two Fellowships nonetheless have differing purposes: In A.A. our primary purpose is to stay sober and to help others recover from alcoholism; in Al-Anon members seek to understand and cope with the effects of someone else's drinking on themselves and to help the families and friends of alcoholics. Even though both Fellowships are concerned with the consequences of alcoholism—and although Al-Anon's program of recovery is based on an adaptation of A.A.'s—historically they have functioned closely but not in each other's shadow. This separate functioning has served both A.A. and Al-Anon well. A.A.'s policy of "cooperation but not affiliation," in the spirit of Tradition Six, was recognized circa 1951, when the first Al-Anon service office opened its doors (*Pass It On*, page 359). And so, each entity has its own General Service Board, Conferences, publishing company, and directory; each has further established its own services and

Intergroup or Central Offices.

A question sometimes asked is, Can a group be affiliated with both A.A. and Al-Anon? The response, noted in the A.A. Guidelines on the Relationship Between A.A. and Al-Anon: "It is suggested that they not be combined, but remain as separate groups. This enables both Fellowships to function within their Twelve Traditions and to carry their messages more effectively. Thus, the group name, the officers, and the meetings should be either A.A. or Al-Anon, but not both." The Guidelines further suggest, "Whether open or closed, A.A. group meetings are conducted by A.A. members. At open meetings, non-A.A. members may be invited to share, depending on the conscience of the Group." Certainly all are welcome to attend open meetings of both A.A. and Al-Anon groups.

Excerpted from *Box 4-5-9*

Black Mtn Group's Anniversary

The Black Mountain is happy to announce that this October represents its twenty-first anniversary in the Fellowship. The Group began holding meetings in October, 1977.



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 Inland Empire Convention,

October 23-24-25, 1998 at Hilton Hotel, San Bernadino California. For full information call Ed B. (909) 798-8876.

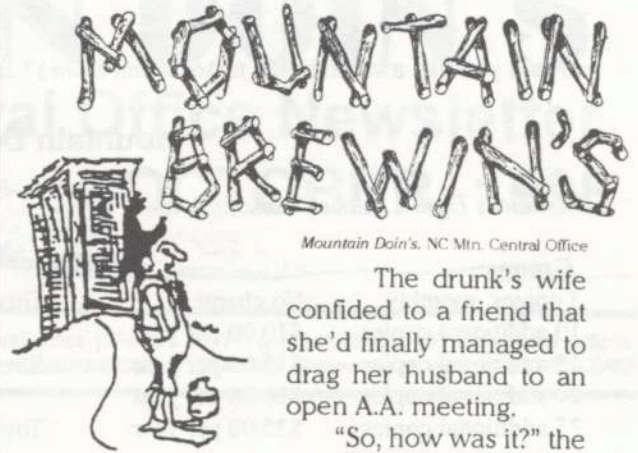
Celebrity Cruises. Sober Serenity Sail. Sail with friends of Bill and Lois W. on the **Celebrity Cruise Line Ships.** Oct. 27- Nov. 6, 1998 aboard the *Zenith* or *Century*, March 13-20, 1999 on the *Century*. **The October cruise is named The Big Book Comes Alive** with Joe McC. and Charlie P. in the Panama Canal. Ports of call: Ft. Lauderdale, FL; Cozumel, MX; Panama Canal, Puerto Caldera, Costa Rica; Huatulco, MX; Acapulco, MX, includes eleven hour Big Book study, A.A. and Al-Anon speaker meetings. **The March cruise is named The Eastern Caribbean Cruise** with Mary Pearl T. (AFG), Dick and Peggy M, and Howard and Pat P. Ports of call: Ft. Lauderdale, FL; San Juan, Puerto Rico; St. Thomas; St. Maarten; Nassau, Bahamas. includes 10,000 ft. aquaspa, award winning culinary creations, five-star service—a great shopping and sight-seeing cruise. For more infm. call Laurie at (800) 678-8785.

32nd Las Vegas Roundup. November 26-29, 1998. Sober Fun in the Sun. Marathon meetings, speaker meetings, Al-Anon meeting/workshop, Al-Ateen meeting, Spanish Speaker meeting, Headliner show, followed by a dance. For full information call Las Vegas Central Office (702) 598-1888 Monday to Friday, 8 A.M. to 4 P.M..

35th IAAWC (International A.A. Women's Conference), Feb. 11-14, 1999 San Jose, California. "The Language of the Heart Spoken Here." The vision of the Conference is to unite and support our continuing legacy of recovery by providing a compatible forum for all alcoholic women to share in our principles and traditions, and carry the joy of recovery to our alcoholic sisters. For full information call Cha Cha W. (408) 274-0588 or Rose W. (408) 274-9075.

Turning It Over

Everone who has joined A.A. and intends to stay has made a beginning on Step Three. Isn't it true in all matters touching on alcohol each of them has decided to turn his or her life over to the care, protection, and guidance of A.A.? Any willing newcomer feels sure that A.A. is the only safe harbor for the foundering vessel he or she has become. Now if this is not turning over one's will and life to a new-found Providence, then what is? Adapted from Twelve & Twelve p. 35



Mountain Doin's, NC Mtn. Central Office

The drunk's wife confided to a friend that she'd finally managed to drag her husband to an open A.A. meeting.

"So, how was it?" the friend asked.

The wife commented: "It seemed O.K., but I'm a little worried about going back. We arrived a few minutes late and almost missed the warning."

"A warning! What about?"

Answered her friend, "This fellow was up front saying, 'There are those two who suffer from grave emotional and mental disorders,' but I couldn't see where he was pointing."

x x x

First drunk: "My wife doesn't understand me at all. Does yours?"

Second drunk: "I don't know. I don't believe she's ever met you!"

x x x

"What's an alcoholic's idea of helping with the housework?"

"Lifting his legs so you can vacuum."

x x x

"My father pays the rent," complained the wife to her alcoholic husband, "My mother buys our clothes and my brother and sister pay for our groceries. I'm ashamed to think that we can't do better."

"I know just how you feel," soothed her husband. "Those two uncles of yours don't give us anything."

x x x

What do the drunk's monogrammed towels read?

Holiday Inn.

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