

MOUNTAIN DOIN'S

Central Office Newsletter

NOVEMBER, 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 71 EATIN' MEETING
and
N.C. MOUNTAIN CENTRAL OFFICE MEETING
AT
ST. JOHN IN THE WILDERNESS EPISCOPAL CHURCH
GREENVILLE Hwy.(RTE. 25 S), FLAT ROCK
*Sunday, November 29, 1998***

*CENTRAL OFFICE MTG. AT 3 P.M.
(SEE PAGE 2 FOR DETAILS)*

EATING AT: 4 P.M.

SPEAKER AT: 5 P.M.

**PLEASE BRING
COVERED DISH**



Y'all COME, for Food, FUN AND Fellowship!

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.

N.C. Mountain Central Office Meeting

To be held on November 29, 1998, at St. John In The Wilderness Church, Flat Rock, at 3 P.M. in conjunction with District 71 Eating Meeting (see page 1 for details). All District CP/CPI representatives and interested parties are invited. We will focus on the role of the Central Office and local CP/CPI matters.

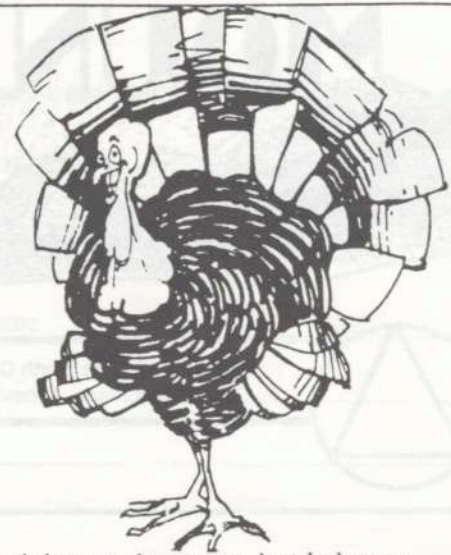
This issue is very important. Please attend.

Area 51 General Service Fall Assembly

Our three Districts, 70, 71, and 80, are all within Area 51 and the Fall assembly is of particular importance to DCMs, Alt. DCMs, Officers, Committee Chairs, and past Delegates.

The Fall Assembly will be held at Adam's Mark Hotel, Winston Salem, N.C. on November 20, 21, and 22, 1998. As usual an informal discussion meeting will be held on Friday night, November 20, for early arrivals. The meeting will be held at 8 P.M. in the Bethabara Room in the hotel's East Tower.

This will be an election assembly. Area officers will be elected to serve during 1999 and 2000. Other matters will be motions regarding establishment of a Registrar position, nomination approval of Correction



"I don't know about you, but I always give thanks the day *after* Thanksgiving."

Facilities Committee Chairman, the Area 51 purchase of a financial umbrella general facility insurance policy, for the Archives Repository, a decision regarding the continuance or discontinuation of the Area 51 Newsletter, and other matters reflecting budget, plans for 1999 S.E. Conference, and North Carolina State Convention, and status report on N.C. Archives Repository.

For more details, please consult your DCM.

To make reservations, call the Hotel's toll-free number—1-800-444-ADAM.

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 8/31/98—10/2/98

Answering Service Calls	277
General Information	4
A.A. Help	1
Family Help (Al-Anon)	17
Meeting Information	83
Central Office Business	95
Medical Help (Hospital, Detox, etc.)	4
P.I. Calls	0
Others	5
Visitors	88



Fellowship News

Meeting cancellation. **The Asheville Conscious Contact Group** meeting, which was held at 8 P.M. on Mondays has been canceled.

Meeting change. **The Burnsville Women's Meeting** on Thursdays at 5.30 P.M. has been changed to 6.30 P.M. on Tuesdays.

Meeting change. **The Maggie Valley Group's** Thursday meeting, formerly held at 6 P.M. is now held at 6.30 P.M.. In addition, 6.30 P.M. meetings are also held on Tuesdays and Wednesdays at the same location. The meetings are closed, nonsmoking.

Meeting change. **The Bryson City Group** is holding meetings on Tuesdays and Thursdays at 8 P.M. at the Presbyterian Church.



Acceptance Group

Loraine B.	11/3/83	15 years
Jack B.	11/11/94	4 years
Joe C.	11/14/97	1 year
Jane	11/14/96	2 years
Bob G.	11/15/96	2 years
Colleen K.	11/15/97	1 year
Kay T.	11/23/78	20 years
Dave A.	11/24/85	13 years
Edith	11/27/92	6 years

Back To Basics Group

Jill R.	11/3/85	13 years
Les M.	11/3/81	17 years
Molly B.	11/16/77	21 years

Black Mountain Group

Kathy F.	11/7/87	11 years
Bill G.	11/30/83	15 years
Ann O.	11/6/79	19 years
Fred P.	11/8/79	19 years
John B.	11/25/66	32 years

Brevard Group

Gene O'H.	11/6/87	11 years
Karen B.	11/25/92	6 years
Molly A.	11/17/93	5 years

Conscious Contact Group

Kay G.	11/5/84	14 years
Peggy H.	11/23/86	12 years
Rick W.	11/23/95	3 years
Steve M.	11/4/94	4 years

Cumberland Group

Dee	11/14/92	6 years
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Growing Together Group

John B.	11/25/66	32 years
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Georganne H. 11/13/86 12 years

Happy Hour Group

Lucy W.	11/25/94	4 years
Margaret B.	11/6/96	2 years

Hendersonville Group

Jimmy D.	11/2/97	1 year
Ed G.	11/3/79	19 years
John C.	11/5/93	5 years
Don O.	11/8/62	36 years
Jerry B.	11/9/88	10 years
Ed S.	11/9/90	8 years
Josh H.	11/29/96	2 years

Leicester Group

Grady O.	11/7/86	12 years
David H.	11/7/85	13 years

Midday Group

Georganne H.	11/13/86	12 years
Debra N.	11/15/97	1 year
Elizabeth DeV.	11/25/83	15 years
Lester L.	11/26/97	1 year

Serenity Service Group

Keary H.	11/23/96	2 years
Celia T.	11/21/93	5 years
Valerie W.	11/27/94	4 years
Ruth E.	11/06/97	1 year
Eric J.	11/16/97	1 year
Lillian W.	11/23/97	1 year
Jeff J.	11/5/89	9 years
Bill K.	11/18/97	1 year

Thursday Afternoon Women's Group

Susan T.	11/4/91	7 years
Georganne H.	11/13/86	12 years
Katy M.	11/21/84	14 years
Mary P.	11/22/81	17 years

Traditional Group

Vicki B.	11/3/94	4 years
Jules H.	11/4/97	1 year
Cindy T.	11/2/97	1 year
Jeff J.	11/5/89	9 years
Mike B.	11/24/97	1 year

Will Power and Choice

We A.A.s know the futility of trying to break the drinking obsession by will-power alone. However, we do know that it takes great willingness to adopt A.A.s Twelve Steps as a way of life that can restore us to sanity.

No matter how grievous the alcohol obsession, we happily find that other vital choices can still be made. For example, we can choose to admit that we

are personally powerless over alcohol; that dependence upon a 'Higher Power' is a necessity; even if this be simply dependence upon an A.A. group. Then we can choose to try for a life of honesty and humility, or selfless service to our fellows and to 'God as we understand him.'

As we continue to make these choices and so move toward these high aspirations, our sanity returns and the compulsion to drink vanishes.

From *As Bill Sees It*



Treasurer's Report

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

INCOME

Acceptance Group	\$50.00
Brevard Group	\$50.00
Common Sense Group	\$62.21
Day By Day Group	\$45.00
Happy Hour Group	\$50.00
Hickory Nut Grove Group	\$20.00
Locked In Forward Group	\$61.65
Midday Group	\$15.00
Otto Group	\$10.00
Reaching Out Group	\$10.00
Six O'Clock Open Group	\$55.98
Tuesday Night Group	\$111.00
Waynesville Grace Group	\$200.00
West Asheville Group	\$12.50

Women's By the Book Group	\$52.00
Total Group Contributions	\$805.34
Individual Contributions	\$60.00

Total Contributions **\$865.34**

Financial Statement as of October 1, 1998

Bank Balance 9/13/98	\$2,207.41
Deposits 9/16/98 & 10/02/98	\$1,931.24
Cash on Hand	\$28.08
Accounts Receivable	\$617.09

Sub-Total **\$4,783.82**

Outstanding checks	(\$2,521.50)
Reserve for Tax Liability	(\$0.00)
Reserve for Copy Machine	(\$300.00)
Reserve for Correctional Facilities	(\$764.28)

Total **\$1,198.04**

Note: Since approval by the Board on 3/09/97 \$2,254.59 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

Gratitude

Gratitude has always played an integral part in my program of recovery. But while I've always talked about the importance of gratitude, what I mean by gratitude continues to change. In the early days of my recovery, gratitude meant a list of things I was grateful for. Things like waking up without a hangover, being able to take my trash outside without the paranoia or what the empty liquor bottles would reveal to others. During that stage of my sobriety, I used my list as a weapon against self-pity and depression. If my day wasn't going very well, I would simply inventory my gratitude list and get prompt relief.

My list grew longer and longer. It included gratitude for my job, my new health, the return of my family, and my newfound A.A. family. Whenever gratitude was the topic at an A.A. meeting, I would dutifully recite my list. This list was getting pretty long when an old-timer told me that gratitude wasn't a list of things to be grateful for, but my *response* to having *received* those gifts. Gratitude wasn't just something I felt, it was something I had to demonstrate.

If I was truly thankful for my job, my gratitude would be reflected in how well I performed my duties. If I was thankful for the return of my family, I would show it in the way I treated them. If I was grateful for what the A.A. program had given me, I must demonstrate that by sharing it with others. From then on, whenever I felt gloomy or self-obsessed, I would

review my gratitude list as a means of discovering some action to take. The action always freed me from my depression, and this generated even more gratitude on my part, which in turn led to more action.

Recently gratitude has taken on a deeper meaning. The whole concept of gratitude depends upon receiving a gift, and expressing our gratitude through action toward others. But what does it mean to receive a gift? For me, a gift is something I receive through no merit of my own. For something to be a gift, it must be freely given with no strings attached. Things that we earn or deserve cannot be gifts.

It is in that sense that I call sobriety a gift. There were many times when I said, "This is my last drink," but it was not. Finally the time came when I gave up, and in my defeat, found that I no longer had the compulsion to drink. This freedom was not my doing; it was nothing that I had earned or deserved. I can only view it as a gift.

Now when I review my gratitude list, I see that it consists of things that were not brought about by my efforts. Time and again I discover that when I stop trying to force things my way, the natural outcome turns out wonderful. When I stay out of my way, my whole life unfolds like a gift. All I need to do is rely on the gift-giver—my higher power. *From the Grapevine*

Want long friendships? Develop a short memory



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.

Fifth North Carolina Native American A.A.

Convention, Cherokee, N.C. Everyone welcome—you don't have to be a Native American to attend. November 5, 6, 7, 8, 1998. Convention Center, Cherokee, 28719. Located on Aquoni Road across from Best Western Motel.

Activities include: Marathon Meetings, Speaker Meetings, Old-Timers Meetings, Banquet, Workshops, Dance. For full information contact John W. (828) 497-4483.

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.

A Bridge To Faith

We were squarely confronted with the question of faith. We couldn't duck the issue. Some of us had already walked along the bridge of reason toward the desired shore of faith, where friendly hands stretched out in welcome. We were grateful that reason had brought us so far. But somehow, we couldn't quite step ashore. Perhaps we had been relying too heavily on reason that last mile, and we did not like to lose our support.

Yet, without knowing it, had we not been brought to where we stood by a certain kind of faith? For did we not believe in our own reasoning? Did we not have confidence in our ability to think? Yes, we had been faithful, abjectly faithful to the god of reason. So in one way or another, we discovered that faith had been involved all the time!

From Alcoholics Anonymous

MOUNTAIN BREWING'S



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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