



MOUNTAIN DOIN'S

Central Office Newsletter

December 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

Christmas Alcathons

Hosted by Asheville's Grace Group

2nd Annual Christmas Alcathon

at
Blue Ridge Center
356 Biltmore Avenue, Asheville
(enter building from lower parking lot, doors facing Biltmore Avenue)

24 consecutive meetings plus nonstop food and fellowship, beginning at 5:00 P.M. Christmas Eve, December 24, and ending at 5:00 P.M., Christmas Day, December 25.

We need volunteers!

Host a meeting, speak at a meeting, cook some food, help clean up or set up. If your group would like to sponsor a meeting or if you would like to help, please contact Steve G. at 252-8806.

Hosted by the Hendersonville Group

Christmas Alcathon

at
Hendersonville Group Meeting Room
former Lutheran Church
(corner, 7th Ave and Church St. Hendersonville)

Meetings will be held every 2 hours beginning at noon on Thursday, December 24, and will end at noon on Saturday, December 26

Your help is needed!

Please volunteer to chair a meeting, speak at a meeting, contribute food, drinks, decorations etc. Any contribution of the above would be appreciated.

For information and volunteer details call Joe M. at 685-2671 or Bill H. at 697-2845

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

Christmas—a Time for Giving

An often quoted Biblical phrase is: "It is more blessed to give than to receive." And, of course, this is a particularly apt quotation at Christmas time. For one thing, the phrase applies very aptly to our program of Alcoholics Anonymous. And at this time of year, our sharing and caring with other alcoholics is not only symbolic of this giving season but it is especially needed to carry the message to help those new in the program, for our newcomers will be confronted with all the temptations of the Yuletide partying and celebrating.

I feel that it is very important for me to attend all the meetings I can at this Yuletide season and to share in spreading the assurance to friends in the Fellowship that the Christmas period can be a joyous experience for all.

If we are intent on helping and sharing with all who need the comfort of support, we can be assured that we shall gain a measure of thankfulness that is rewarding to ourselves even more than to those to whom we have held out a hand. It is indeed more blessed to give than to receive.

I wish all in the Fellowship a happy, sober, and fulfilling Christmas. —AW

'Tis the Season to be Sober

Christmas is being able to see the tree all lit up



"How come this Christmas you've all of a sudden easy to get along with? What did I do apart from joining A.A. and getting sober?"

and glowing, instead of being the one who is all lit up and glowing—from booze.

It is listening to the Christmas songs and feeling love and happiness deep inside of us, instead of that old feeling of self-pity and drunken confusion.

I give thanks every day to Alcoholics Anonymous and to the people in this wonderful program. It makes every day of my life just a little bit like Christmas Day.

May everyone in the fellowship have a happy and sober holiday. —DD

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 9-29-97—10-31-97

Answering Service Calls	265
General Information	11
A.A. Help	5
Family Help (Al-Anon)	21
Meeting Information	91
Central Office Business	79
Medical Help (Hospital, Detox, etc.)	2
P.I. Calls	0
Others	5
Visitors	60



Fellowship News

Meeting Time Changes. The Waynesville Grace Group's Monday, Tuesday, Thursday and Friday 11 A.M. women's meetings have been changed to 10.30 A.M. In addition, the Waynesville Grace Group's Monday 8 P.M. closed, discussion meeting has been changed to 5:30 P.M.

Black Mountain Group Christmas Candlelight Meeting



Join us for our Christmas Candlelight meeting on December 21 at the Black Mountain Group meeting room at United Methodist Church, 101 Church St. Bring a candle and snack starting at 7 P.M.



Happy Birthdays

Acceptance Group

Monica B.	12-7-94	4 years
Beth M.	12-8-89	9 years
Phil T.	12-16-94	4 years
Allie	12-24-88	10 years
Jack W.	12-21-91	7 years
Richard M.	12-29-97	1 year
Suzanne R.	12-31-96	2 years
Mike McC	12-31-84	14 years

Brebard Group

Jimmy C.	12-17-83	15 years
Sharon H.	12-18-80	18 years
Woody P.	12-26-81	17 years
Steve H.	12-28-90	8 years
Sandy W.	12-29-88	10 years
Heide C.	12-22-90	8 years

Conscious Contact

Valerie L.	12-5-93	5 years
Joe T.	12-8-96	2 years

Hendersonville Group

Ted A	12-7-88	10 years
Norma H.	12-11-89	9 years
Tony T.	12-16-97	1 year
Maurice S.	12-21-80	18 years
Debra R.	12-22-97	1 year
Rick S.	12-23-96	2 years
Sandra C.	12-23-95	3 years
Larry N.	12-24-96	2 years

Midday Group

Debra R.	12-22-97	1 year
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Serenity Service Group

Stephanie C.	12-13-97	1 year
Mike S.	12-28-97	1 year
Dean K.	12-25-97	1 year
Haven P.	12-18-97	1 year
Charles H.	12-26-?	? years
Teresa P.	12-15-94	4 years

Thursday Afternoon Women's Group

Audrey R.	12-2-77	21 years
Carol C.	12-11-85	13 years

Traditional Group

Don O.	12-11-93	5 years
Hazel L.	12-12-94	4 years
Robert S.	12-28-95	3 years
Kelser H.	12-26-97	1 year
Sandy B.	12-12-96	2 years

Waynesville Grace Group

Sue S.	12-18-87	11 years
Harry M.	12-27-92	6 years
Anna H.	12-27-97	1 year

A.A. Needs Love, Not Micromanagement

"It is not important to me whether a person stays sober in A.A. (that's personal). My responsibility is to make sure that the doors of A.A. stay open. A.A. does not need micromanagement—it's about fellowship and love."

Reflecting on the A.A. he knew as a beginner in 1956, Mike O. of Islip Terrace, New York, says, "When I sobered up at age twenty-five, I didn't get a great welcome. One old-timer remarked that in his time he'd spilled more than I ever drank, and some others were afraid A.A. groups would be over-flooded by hospital people who'd eat the cake, drink the coffee, and miss the basket. I remember that there were roughly two factions in A.A. back then: the orthodox bunch who would kidnap a drunk and fill him full of coffee, and the contingent who always kept a pint of booze handy so the fellow wouldn't go into DTs

Mike says that "the A.A.s I got to know and love always told me the program is based on self-honesty—you take what you need and leave the rest. These were the same members who gave of themselves by making coffee, putting up chairs . . . Their attitude was 'If you're an alcoholic, you'll stay; if you have problems other than alcohol, you won't. It's your decision.' And when the police and firemen started sending people to A.A. with a note, it was the group conscience that determined whether or not to let them stay. What I'm saying is, we should not try to fit the people to the program but let them fit the program themselves."

Recalling how some A.A.s were sticklers on defining the only requirement for A.A. membership as "an honest desire to stop drinking," Mike notes with a chuckle that "we took the 'honest' part out because the newcomer usually was too far gone to know what that was." In essence, he says, "A.A. is people, and in this day of computers and mass communication, we should never underestimate the precept of one drunk helping another. Let's keep it simple—protecting A.A. is an inside job, and it's about stressing the importance of the Traditions, group involvement, and giving back what we ourselves have received."

—from *Box 4-5-9*, March, 1998

Easy Does It

The temptation is to become rather possessive of newcomers. Perhaps we try to give them advice about their affairs which we aren't really competent to give or ought not give at all. Then we are hurt and confused when the advice is rejected, or when it is accepted and brings still greater confusion.

From *Twelve and Twelve*

Treasurer's Report



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

INCOME

Group Contributions

Acceptance Group	\$50.00
Back to Basics Group	\$100.00
Black Mountain Group	\$156.44
Blue Ridge Group	\$100.00
Brevard Group	\$50.00
Came To Believe Group	\$25.00
Cedar Mountain Group	\$180.00
Conscious Contact Group	\$236.00
Day By Day Group	\$45.00
Franklin Group	\$30.00
Hendersonville Happy Hour Group	\$50.00
Hendersonville Group	\$20.00
Maggie Group	\$50.00
Maple Grove Clyde Group	\$75.00
Midday Group	\$25.00
Otto Group	\$10.00

Roundtable Group

\$25.00	
Six O'Clock Open Group	\$69.59
Traditional Group	\$100.00
West Asheville Group	\$19.00
Total Group Contributions	\$1416.03
Individual Contributions	\$200.00
Total Contributions	\$1616.03

Financial Statement as of November 1, 1998

Bank Balance as of 10/13/98	\$2,106.83
Deposits 10/14/98 & 11/1/98	\$2,669.92
Cash On Hand	\$28.08
Accounts Receivable	\$863.35
Subtotal	\$5668.18
Outstanding checks	-\$3,511.87
Reserve for Tax Liability	-\$91.80
Reserve For Copy Machine	-\$150.00
Reserve for Correctional Facilities	-\$667.68
Total	\$1,246.83

Notice: Since approval by the Board on 3/9/97 \$2,351.19 in A.A. literature has been used by

The History of Booze

Alcohol has been around a long time. History tells us that the first fermented grain beverages were developed by the Egyptians. The time was 3000 B.C., and beer was made by putting pieces of bread in water-filled clay pots and letting it ferment. The best varieties were as dark as wine and 10 percent in alcohol content. Eventually, fermented beverage production accounted for 40 percent of the grain crop in the major civilized areas of the ancient Near-Eastern world.

Architectural evidence of a drinking room or wine shop has been found as early as 1300 B.C. in the town of Alaca, which is in modern southwest Turkey. Drinking cups were found, along with knuckle bones used for dice-type gambling, and clay markers, which were used like poker chips to represent money. There were also several murder victims found in the shop when it was excavated. All in all, not unlike modern drinking establishments some of us may have been familiar with.

Historically, wine became the drink of the rich. Greece was the major center for export from 800 to 400 B.C. After this time, sunny Italy, the homeland of the Romans, became the center for wine production in the Mediterranean. In the first Chinese Dynasties of 1000 B.C., numerous

wine-drinking vessels have been found among the ceremonial grave goods. In the new world cultures of Mexico, before the Spanish came in the 1500s, immoderate alcohol was frowned upon except for the very old. But soon, the ceremonial or spiritual use of alcohol became corrupted into secular overindulgence.

With writing becoming more common, laws and edicts against immoderate drinking began to become more frequent. In this climate of prohibition, one method of imbibing was by alcohol enemas. This was one way to keep the breath sweet! These enema devices were found in the grave goods of almost all the well-to-do in society, and show how cunning alcoholics can function, even in stone-age societies.

Resentment

Resentment often is a reaction to hurt pride. By carrying a resentment I am only hurting myself. What a waste of time! Once the resentment is conquered I find that I have gained from the experience. Praying for the person who offends you and causes you to resent him or her sounded like a really dumb idea. But I did it anyway. And I found two astonishing things. One, I liked the person. Two, I was relieved.



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.

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

What Is Our Greatest Gift

by Bill Wilson

The greatest gift that can come to anybody is a spiritual awakening. Without doubt this would be the certain verdict of every well-recovered alcoholic in A.A.'s entire Fellowship.

So, what is this "spiritual awakening"? How can we receive it and what does it do?

To begin with, a spiritual awakening is our means of finding sobriety. And to us of A.A. sobriety means life itself. We know that a spiritual experience is the key to survival from alcoholism and that for most of us it is the only key. We must awake or die. So we do awake, and we are sober. Then what? Is sobriety all that we are to expect of a spiritual awakening? Again, the voice of A.A. speaks up. No, sobriety is only the bare beginning, it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on, and if it does go on, we find that bit by bit we can discard the old life—the one that did not work—for a new life that can and does work under any conditions whatever. Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening. *From the Grapevine, Dec. 1957*

People, Places, and Things

"Certain set times, familiar places, and regular activities associated with drinking have been woven closely into the fabric of our lives. Like fatigue, hunger, loneliness, anger, and over-relations, these old routines can prove to be traps dangerous to our society.

"When we first stopped drinking, many of us found it useful to look back at the habits surrounding our drinking and to change a lot of the small things connected with our drinking." —*Living Sober*

MOUNTAIN BREWIN'S



Mountain Doin's, NC Mtn. Central Office

It was Christmas Eve and a friendly bartender was closing up after last call when a customer, who had been boozing all evening, suddenly slumped to the floor. The bartender tried to get him to his feet, but could not. He searched in the man's wallet, found his address, and hauled him with much effort to his front door. There, a grateful wife thanked the bartender for bringing her husband home, then added: "But what happened to his wheelchair?"

x x x

Christmas is a time when there are fewer trees lit up than people.

x x x

On Christmas morning, while reading his daily paper, waiting for his wife to serve up breakfast, alky Johnny read an article about an actress and model who married a boxer who was not noted for his I.Q.

"I'll never understand," said Johnny to his wife, "why the biggest jerks get the most attractive wives."

His wife replied: "Why, thank you, dear!"

x x x

Said the Christmas Eve alky to his pal, "Last night, as a Christmas-time greeting, I stood beneath my girl-friend's window and serenaded her with Christmas songs. And she threw me a flower."

"That was nice," said his friend. "Say, what's that bump on your forehead?"

"She forgot to take the flower out of the pot."

x x x

At Christmas, all alcoholics want their past forgotten and their present remembered.

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