

MOUNTAIN DOIN'S

Central Office Newsletter

JANUARY, 1999



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

Central Office Meeting Discusses PI/CPC roles

The N.C. Mountain Central Office held its regular meeting on November 29, 1998, at St. John in the Wilderness, Flat Rock.

In attendance were: Bob K., Chair (Common sense Gp.); Marshall D., Co-Chair (Hendersonville

Gp.); Bob P., Treasurer (Grace Gp.); Molly W., Secretary (Grace Gp.); Bob V., Officer Manager (Acceptance Gp.); Dave A., Trustee, District 70 (Spring Creek Gp.); Art DeW., PI/CPC, District 80 (Common Sense Gp.); Bob S., PI/CPC, District 71 (Hendersonville Gp.); Tom B., C.O. Rep. (Black Mountain Gp.); Dan P., C.O. Rep. (Acceptance Gp.).

Bob K. Chair, opened the meeting with a moment of silence followed by the Serenity Prayer. The minutes of the August 9 Central Office meeting were approved as read by Molly W., Secretary.

Bob P., Treasurer, gave the financial report as of November 1. the only item of note was the forwarding to GSO of a bequest excess of \$1,000 in accordance with the A.A. tradition and as moved at the August meeting. Bob P. clarified that the report's surplus of \$1,246.83 represented operating capital; the prudent reserve is in another account. A motion was made and passed to accept the Treasurer's report.

In the Office Manager's report, Bob V. responded to a question that has been raised about higher answering service costs. While there has been a modest raise in rates, the increase has been primarily due to call volume: 480 calls in November, 1998, vs. 271 calls for the same period in 1991. The billing is based on a flat fee of \$65 per month for 50 calls plus 35¢ for each additional call. Bob V. has not as yet been able to arrange temporary staffing that would allow him vacation time.

There was no Old Business. Under New Business, the topic was exploring the role of the Central Office in Public Information/Cooperation with the Professional Community concerns and the appropriate assistance to be offered to Districts 70, 71, and 80. The Central Office is currently fulfilling all of the suggested services outlined in the "Working Together" section

(continued on page 2)

Reminder:

Christmas Alcahons

1. Hosted by Asheville's Grace Group
2nd Annual Christmas Alcahons
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.

Volunteers needed—Speakers, food, helping cleanup, setup etc. For information call Steve G. at 252-8806.

2. Hosted by the Hendersonville Group
Christmas Alcahons
at
Hendersonville Group Meeting Room —former Lutheran Church
(corner, 7th Ave and Church St. Hendersonville)

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

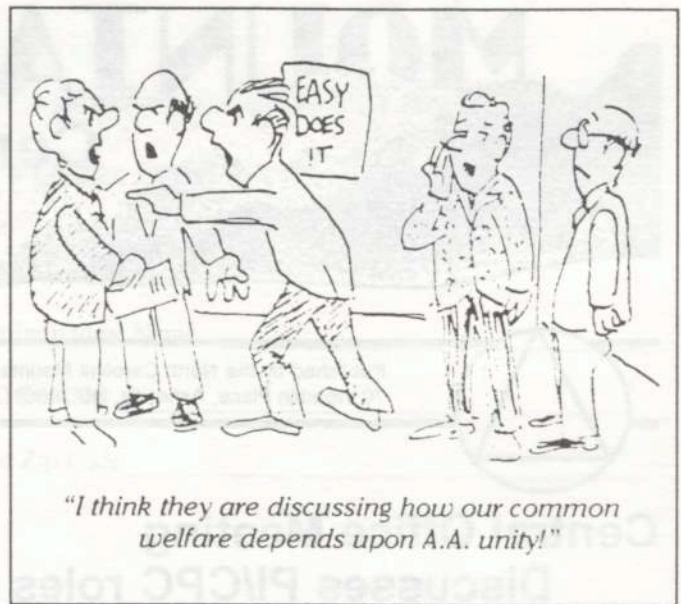
Volunteers needed to chair mtgs, supply food, etc. For information call Joe M. at 685-2671 or Bill H. at 697-2845.

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December C.O.Meeting (continued from page 1) of the A.A. Service Manual with the exception of the following: "3. Establishing local Public Information committees; 4. Maintaining information about local hospitals and recovery facilities for alcoholics." One action had been taken, that of contributing \$250 to each District to stimulate PI/CPC work.

District PI/CPC representatives had been invited to attend and all Districts had a "voice" present. There was discussion about the uses for the \$250 allocations and the general status of PI/CPC work. Art DeW. reported on a presentation to professional personnel of Baptist Children's Ministries. His group also takes responsibility to distribute *Where and Whens*. Dave A. said that District 70 has appointed an ad hoc subcommittee; they had initially been overwhelmed by the magnitude of the task ("What an order! I can't go through with it.") and decided to concentrate on one project at a time. They have arranged for GSO-prepared A.A. commercials to be aired; they will be starting soon. He stressed the importance of opting for something "do-able." Bob S., who is taking on PI/CPC responsibilities in Hendersonville, described the difficulties of getting started. A suggestion was made that the Districts communicate with each other and perhaps arrange a joint meeting with Area PI/CPC committee chairs. All were in agreement that the Districts needed to define their PI/CPC goals and enlist more support before being able to ask the Central Office for more definitive assistance.

Bob P. suggested that a C.O. Liaison position be



created to maintain communication with the Districts, as a way of keeping the Central Office aware of PI/CPC work and the question of support for the Districts on the table at future C.O. meetings. A motion to create such a position was made and passed. A further motion carried to accept Dave A.'s offer to serve as Liaison.

Bob V. announced that the probable meeting location rotation for 1999 would be Asheville, Hendersonville, Waynesville, with dates to be announced. The meeting was adjourned, followed by the Lord's Prayer.

Respectfully submitted, Molly W., Secretary.

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 11-2-98—11-27-98

Answering Service Calls	204
General Information	4
A.A. Help	1
Family Help (Al-Anon)	21
Meeting Information	70
Central Office Business	54
Medical Help (Hospital, Detox, etc.)	4
P.I. Calls	0
Others	2
Visitors	56



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.

New Meeting. The Candler KISS Group, which meets at Sardis Methodist Church, Asheville, (at Sardis and 191) has begun new meetings on Mondays at 6.30 P.M.. The meetings are open, Big Book Study, non-smoking.

Meeting cancellation. The Serenity Service Women's Meeting held on Saturdays at 7.30 P.M. at 107 Broadway, Asheville, has been canceled.



Acceptance Group

Suzanne T.	1-1-92	7 years
Richard G.	1-1-85	14 years
Betsy P.	1-4-98	1 year
Faye Mc	1-5-93	6 years
Don M.	1-5-85	14 years
Ann Mc	1-5-95	4 years
Wally R.	1-9-97	2 years
Jay C.	1-10-98	1 year
Flo V.	1-11-95	4 years
Dana G.	1-14-89	10 years
Kathy J.	1-21-98	1 year
Sue C.	1-24-81	18 years
Margie C.	1-25-76	23 years
Chris C.	1-26-98	1 year

Black Mountain Group

Jack B.	1-12-96	3 years
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Brevard Group

Dot P.	1-21-82	17 years
Don H.	1-5-92	7 years
Bob M.	1-24-93	6 years
Charles P.	1-29-92	7 years

Conscious Contact Group

Suzanne B.	1-23-75	24 years
John B.	1-16-98	1 year

Grace Group, Asheville

Phil P.	1-23-95	4 years
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Grace Group, Waynesville

Rick C.	No date given	12 years
Doris H.	No date given	10 years

Growing Together Group

Tom C.	1-1-60	39 years
Amy M.	1-21-75	24 years

Happy Hour Group

Jerry M.	1-4-90	9 years
Matt F.	1-23-98	1 year
Hugh A.	1-3-90	9 years

Hendersonville Group

Anne-Marie D.	1-2-89	10 years
Tom R.	1-30-75	24 years

Midday Group

Karen J.	1-3-91	8 years
Joyce R.	1-7-98	1 year
Sandy D.	1-27-98	1 year
Kevin E.	1-19-98	1 year

Thursday Afternoon Women's Group

Karen J.	1-3-90	9 years
Martha K.	1-5-77	22 years
Janet W.	1-6-86	13 years
Kay C.	1-25-73	26 years

Traditional Group

Millie P.	1-9-98	1 year
Paul W.	1-19-98	1 year
Chris S.	1-1-98	1 year
Shawn S.	1-1-98	1 year
Richard M.	1-29-97	2 years
Christi W.	1-5-97	2 years
Wilborn K.	1-1-97	2 years

Lois Remembers

After Bill sobered up, it was a great blow for me to realize that he did not need me in the way he had before. My primary aim in life, helping Bill achieve sobriety, had been canceled out, and I had not yet found anything to take its place. Slowly I recognized that because I had not been able to "cure" Bill of his alcoholism, I resented the fact that someone else had done so, and I was jealous of his newfound friends. Little by little, I saw that my ego had been nourished during his drinking years by the important roles I had to fill: mother, nurse, breadwinner, decision-maker. As we had no children, the mother role was very necessary to me. Excerpted from *Lois Remembers*

Turning It Over

Every man and woman who has joined A.A. and intends to stick has, without realizing it, 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 Alcoholics Anonymous? Any willing newcomer feels sure that A.A. is the only safe harbor for the foundering vessel he has become. If this is not turning one's will and life over to a newfound Providence, then what is it? *12 Steps and 12 Traditions*, p.35

**Middle age is when actions
creak louder than words.**

Treasurer's Report



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

INCOME

Brevard Group	\$50.00
Came to Believe Group	\$25.00
Cashiers Group	\$100.00
Cumberland Group	\$240.00
Day By Day Group	\$45.00
Etowah Step Group	\$25.00
Asheville Grace Group	\$315.00
Growing Together Group	\$100.00
Happy Hour Group	\$50.00
Hendersonville Group	\$20.00
Candler KISS Group	\$15.00
Leicester Group	\$25.00
Marshall Group	\$200.00
Midday Group	\$25.00
Otto Group	\$10.00
Reaching Out Group	\$10.00

Six O'Clock Open Group	\$69.30
Waynesville Grace Group	\$200.00
Total Group Contributions	\$1524.30
Individual Contributions	\$0.0

Total Contributions **\$1524.30**

Financial Statement as of November 13, 1998

Bank Balance 11/13/98	\$2490.98
Deposit 12/01/98	\$1537.35
Cash on Hand	\$28.08
Accounts Receivable	\$731.60

Sub-Total **\$4,788.01**

Outstanding checks	-\$2100.76
Reserve for Tax Liability	-\$183.60
Reserve for Copy Machine	-\$300.00
Reserve for Correctional Facilities	-\$554.33

Total **\$1649.32**

Note: Since approval by the Board on 3/09/97 \$2,464.54 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

Personal Inventory

I believe that if a group has "a group conscience" it can take an inventory, and I am part of that inventory. My inventory includes my own behavior toward my group and each individual member, toward other groups, and toward A.A. as a whole. I first ask myself: Am I a good A.A. member? Then: What is my inventory as part of my group?

Do I:

- Attend meetings only when I "Need a meeting" or just when I "feel like it?"
- Always refuse to hold any office, even when I could. Shun responsibility? Refuse to run errands, make coffee, wipe a cup, empty ashtrays, set up chairs? Ignore anything that needs doing, always managing to "let somebody else do it?"
- Neglect to talk to newcomers or, worse, never listen to them? Drift off to certain little cliques after meetings? Or just "beat it" with "good" reasons (too tired, too busy, a TV show, etc.)
- Turn down or turn over to someone else all Twelfth Step calls, when I could have gone? Refuse to speak (or to find someone to take my place) before

non-A.A. groups or students, without good reason?

• Give up after a time or two contacting the sick alcoholic? Use the "Not ready/not honest" routine? Try to carry the alcoholic instead of the message. Forget that I go to see the sick alcoholic not because he is an alcoholic, but because I am?

Do I:

- Attend other meetings, help other groups get started, or give a lift to an old group? Encourage other groups to visit us?
- Show no interest in our Traditions, General Service or worldwide A.A.? Be tight with my money when I do not have to be, not remembering that the pamphlets and other services to help other alcoholics "don't grow on trees?"
- Indulge in criticism, resentment or self pity toward the group, a member, or members? Complain of boredom, speakers, the chairman (secretary, leader), becoming part of the problem instead of part of the solution? Criticize a member behind his back? Criticize slippers? Take people's inventories?

• Do these things without trying to help in any way?

Do I?

From the Grapevine



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.

Spiritual Fitness

Upon the foundation of spiritual fitness rests our freedom from bondage and our release from the compulsion to drink.

The Big Book tells us that we are given a daily reprieve from alcoholism, contingent on the maintenance of our spiritual condition. Spiritual fitness, like physical fitness, requires effort, practice, and repetition. Just as our physical muscles gain strength through our daily program of action, so too does our spiritual conditioning depend upon a program of action.

Let's take a look into our spiritual gym bag and find some of the equipment that is inside: Ak—there's prayer and meditation, Step 11. Prayer and meditation are tools that enable us to become fit in order that we may help others.

Working with others is an activity that we are told will insure immunity from drinking as no other can. We learn to keep it by giving it away.

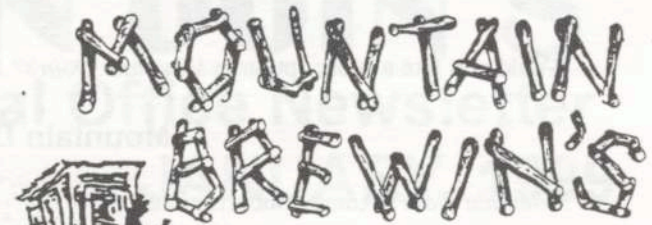
Reliance on God's will instead of self-will is another important piece of equipment. Will-power just hasn't worked for us!

There are many other tools also, and as we learn to use them, we will begin to see so-called problems in a new light. They, too, become opportunities to practice spiritual weight-lifting. As we come to rely on God-reliance versus self-reliance, we will one day notice that we are being restored to sanity.

We will cease fighting anything or anyone—even alcohol. The problem will have been removed so long as we keep in fit spiritual condition.

Reprinted from *The Grapevine*, Feb. 1969

Close your eyes to the faults of others and watch the doors of friendship swing open.



Mountain Doin's, NC Mtn. Central Office

The young lady's car stalled at the traffic lights. she tried the starter again and again but nothing happened. An impatient alcoholic behind her honked his

horn steadily. Finally, she got out and walked back to him. "I'm terribly sorry," she said, "but I just can't seem to get my car started. If you'd be kind enough to start it for me, I'll stay here and lean on your horn."

x x x

How did the drunken lady on her birthday kill her toy poodle?

Trying to put batteries in it.

x x x

The alky called out to the waiter, "Hey, waiter, bring me a dish of prunes."

Said the waiter, "Stewed, sir?"

"Thash none of your business!"

x x x

At an A.A. Beginners Meeting the leader gave an inspiring talk on getting sober. At the end he assured new members that he was always happy to hear from them about their problems. He concluded: "You can call day or night at this number. . . ."

Suddenly there was a cry from one of the leader's pigeons. "Hey!" he exclaimed, "That's my number!"

x x x

Wife: "Hello, A.A.? Can you find a bigger meeting place? My husband wants to attend, but he tells me that you're full up."

x x x

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