

MOUNTAIN DOIN'S

Central Office Newsletter

FEBRUARY, 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

Area 51 Fall Assembly Announcements

Area 51 (which includes our three Districts, 70, 71, and 80) has announced a number of important pieces of information as a result of the 1998 Fall Assembly in Winston-Salem. All GSRs in our Areas have received full reports of the Assembly activities.

Of particular interest to readers of *Mountain Doin's* within our Three Districts are:

1. Schedule of Upcoming Area 51 Events. (Note: These events are expected to take place in Raleigh at the North Raleigh Hilton)

1999 February Committee Meeting Feb. 26-28, 99

1999 Spring Committee & Assembly May 26-28, 99

N.C. State Convention August 5-8, 99

1999 Fall Committee Meeting Sept. 12-14, 99

1999 Fall Committee & Assembly Nov. 12-14, 99

2000 February Committee Mtg. Feb. 25-27, 2000

2000 Spring Comm. & Assembly June 2-4, 2000

2. Sage M., past DCM for District 80 was elected Area 51 Secretary.

3. Jerry B., past DCM for District 71 was elected District 51 Literary Chair.

4. Area 51 Newsletter *Pipeline* has been discontin-

ued due to lack of support via subscriptions from groups and individuals.

For full details of the Area 51 Assembly Report, please consult your Group's GSR.

1999 Regional Forums

Regional Forums strengthen the Fellowship's Three Legacies of Recovery, Unity, and Service, by providing an opportunity for A.A. Group and area representatives, as well as any interested individual A.A.s in a particular region, to share experience, strength, and hope with representatives of the General Service Board and G.S.O. staff members.

1999 Regional forums are planned as follows:

- Northeast—June 11-13: Ramada Hotel, Altoona, Pennsylvania.
- Special forum—Aug. 20-21: San Juan, Puerto Rico.
- West Central—Sept. 10-12: Holiday Inn, Sheridan, Wyoming.
- East Central—Sept. 24-26: Clarion Hotel, Ann Arbor, Michigan.
- Special forum—Oct. 8-9: Four Corners Areas. Site to be decided by the areas: Arizona (3); Utah (69); Colorado (10); New Mexico (46)—either Window Rock, Arizona, or Gallup, New Mexico.
- Southwest—December 3-5: Holiday Inn Lubbock Plaza, Lubbock, Texas.

Reprinted from Box 4-5-9 Holiday Issue 1998

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

Drugs and Alcohol—the Difference

I'm not a medic and readily confess that what I'm about to write about drugs and alcohol is gleaned from asking questions of those in the medical profession who know what they're talking about. But from what I've learned from them helps define a very important difference between a drug, such as cocaine, and alcohol. And it tends to suggest that alcohol should not be classified with cocaine and other such "hard" drugs.

What I've learned from medical sources is that cocaine and other drugs are universally addictive—to anyone, without exception, who uses them on a regular basis. Alcohol, on the other hand, is only addictive to those who have the gene—whatever it is—to so accept them. To those people, who have that gene, like me, alcohol will become addictive as powerfully as any established drug.

But there are many—a great majority—of people who do not carry the alcohol-addictive gene, and who can drink occasionally and sensibly without ever becoming addicted.

Thus, it suggests that it is quite improper to align alcohol as a drug similar to cocaine or marijuana and other drugs—a good reason for limiting discussion in meetings to alcohol alone without discussing the hard drugs such as cocaine, as is happening more and



more at meetings.

Alcohol, therefore, appears to be an acceptable drink except to those who, like me, carry the gene that causes me to become addicted to it. —FW

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 11-30-98—1-1-99

Answering Service Calls	236
General Information	3
A.A. Help	6
Family Help (Al-Anon)	4
Meeting Information	83
Central Office Business	77
Medical Help (Hospital, Detox, etc.)	6
P.I. Calls	0
Others	6



Fellowship News

Meeting time change. **The Highlands Mountain View Group's** Wednesday meeting has changed its time from 8 P.M. to 5.30 P.M.

New Meeting. **The Candler KISS Group (Asheville)** is now holding Big Book Study meetings on Mondays at 6.30 P.M.

New meeting format. **The Pathfinders (Black Mountain) Group** has a new format for its Saturday meetings, held at St. James Episcopal Church, corner of Cragmont and Hwy 70. 1st Saturday will be Closed Step Study; 2nd and 3rd Saturday will be Closed, Discussion; 4th Saturday will be Open, Traditions Study. All meetings are nonsmoking.

New meeting. **Young People Meetings** are now being held in Asheville on Sundays at 7.00 P.M. at Karpen Hall, 006 UNCA, Asheville. The meetings are open, discussion, nonsmoking.



Acceptance Group

Brad Mc. 2-1-83 16 years
 Bill B. 2-19-77 22 years

Back To Basics Group

Peggy S. No date given 4 years
 Judy M. " " " " 17 years
 Amy M. " " " " 25 years
 Ralph M. " " " " 22 years
 John L. " " " " 12 years
 James T. " " " " 11 years
 Melody K. " " " " 1 year

Black Mountain Group

Levi G. 2-23-78 21 years
 David F. 2-8-98 1 year

Brevard Group

Frank J. 2-11-88 11 years
 Tom K. 2-23-87 12 years

Conscious Contact Group

Kathie K. 2-12-94 5 years
 Terry H. 2-9-88 11 years
 Wil 2-11-83 16 years
 Tom R. 2-17-90 9 years
 Bob W. 2-16-91 8 years

Cumberland Group

Bill M. 2-15-83 16 years
 Jennifer L. 2-15-91 8 years

Michael H. 2-21-92 7 years
 Kristin W. 2-20-92 7 years
 Mary-Fran S. 2-12-97 2 years

Grace Group (Waynesville)

Mary S. 2-15-75 24 years
 Steven W. 2-5-90 9 years
 Kathryn McK. 2-13-98 1 year

Growing Together Group

Karen R. 2-9-92 7 years
 Jack D. 2-12-86 13 years
 Susan D. 2-15-86 13 years

Happy Hour Group

Maureen McF. 2-14-69 30 years
 Bill W. 2-8-97 2 years

Hendersonville Group

Mike M. 2-7-98 1 year
 Ben T. 2-14-98 1 year
 James P. 2-21-98 1 year
 Ed. D. 2-22-72 27 years
 Frieda C. 2-24-98 1 year

Maggie Group

Bill W. No date given 3 years
 David A. " " " " 2 years
 Marvin M. " " " " 18 years

Midday Group

Tom M. 2-9-82 17 years
 Helen P. 2-14-93 6 years
 Larry L. 2-20-81 18 years

Traditional Group

Colleen K. 2-20-98 1 year

Is A.A. a Selfish Program?

We've all heard the statement that ours is a selfish program. But is it? Here are some quotes from the Big Book that suggest otherwise:

1. (page 62) "Selfishness—self-centeredness! That we think is the root of our troubles."
2. (page 62) "Above everything, we alcoholics must be rid of this selfishness. We must or it kills us!"
3. (page 63) "Relieve me of the bondage of self that I may better do thy will."
4. (page 84) "We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away."
5. (page 86) "... we ask God to direct our thinking,

especially asking that it be divorced from self-pity, dishonest or self-seeking motives."

6. (page 94) "Suggest how important it is that he place the welfare of other people ahead of his own."

7. (page 97) "A kindly act once in a while isn't enough. You have to act the Good Samaritan every day if need be."

8. (page 128) "Giving, rather than getting, will become the guiding principle."

A selfish program? How about a *selfless* program?

Experience is a tremendous teacher; too bad it charges so much for its lessons!



Treasurer's Report

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

INCOME

Acceptance Group	\$420.89
Black Mountain Group	\$167.09
Brevard Group	\$50.00
Conscious Contact Group	\$82.50
Day By Day Group	\$45.00
Fletcher Group	\$25.00
Happy Hour Group	\$50.00
Midday Group	\$25.00
Otto Group	\$10.00
Six O'Clock Open Group	\$61.85
Traditional Group	\$100.00

Total Group Contributions \$1037.33

Individual Contributions	\$0.0
Total Contributions	\$1037.33

Financial Statement as of January, 1st, 1999

Bank Balance 12-13-98	\$1927.07
Deposit 12-15-98 & 12-31-98	\$2026.08
Cash on Hand	\$28.08
Accounts Receivable	\$1001.19

Sub-Total \$4,982.42

Outstanding checks	-\$2601.37
Reserve for Tax Liability	-\$0.00
Reserve for Copy Machine	-\$450.00
Reserve for Correctional Facilities	-\$537.52

Total \$1393.53

Note: Since approval by the Board on 3-9-97 \$2,481.35 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

Want To Stay Sober?

Suppose you asked twenty-five A.A. members to fill in the blank in this statement: "If you want what we have and if you want to stay sober, then the most important things that you can do are . . ." you would probably get twenty-five different answers. To be sure, all the answers would in some way indicate that the person has to put the plug in the jug and would then show what can best be done to insure that it stays there. However, the methods that we use to stay sober are as individual as each A.A. member.

I think there is universal agreement that we must stay sober and learn to trust in a Higher Power one day at a time; but how we go about doing that is where the difference lies. Work the Twelve Steps; get honest; go to meetings; get a sponsor; get involved; "Live and Let Live," "Easy Does It," but do it; talk to someone; carry the message; read the Big Book and other A.A. literature—these are but a very few of the answers to fill in the blank. In reality, we combine all of those and many other A.A. tools to help us stay sober and recover from alcoholism. Therefore, I believe that we should refrain from pointing out a single most important things, except: Read the Big Book and follow its suggested program of recovery.

Within A.A. there is only one program of recovery—the Twelve Steps. Everything else that we have, including the rest of the Big Book, is part of the instructions and tool kit that we need for that recovery. Unfortunately, some members never read the

instructions in the Big Book, and most others do so only after some time. Surely we drunks inspired the old saying, "When all else fails, read the instructions!"

Since coming into A.A., I have become a self-taught cabinetmaker, quite proficient in the use of several power tools. With the price of wood these days, one has to be either proficient or rich. After ruining some pieces of wood, I learned that there are many tricks of the trade in using power saws, routers, sanders, and other tools. I could figure out how to operate them easily enough; but in each case, I had to read the instructions to find out how to do so properly with the greatest ease and advantage. I read the instructions *after* I had already ruined the wood.

So it is with A.A. If all we want is to quit drinking, then using some of the tools may be enough. But if we want what those first A.A. members had, we must find out first what they had and then how they got it. To do either we must read the instructions—the Big Book. I believe that we are cheating new members if we don't make every possible attempt to get them to read the Big Book. However, I can tell the new person, "If you want what we have and if you want to stay sober, then the most important things that you can do are to read the Big Book and follow the suggested program of recovery."

From the Grapevine.

When you put a smile on someone's face, you're bound to have one on your own.



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.

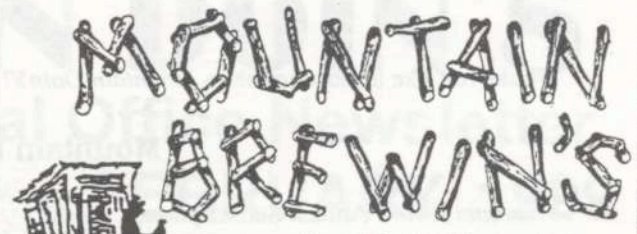
Expectations

When I was a few years sober in A.A., living in New York, I had news that my sister was dying and had to fly to the West Coast. After a few days of living with the tension, I decided to get to an A.A. meeting. At the meeting I mentioned the situation and those around the table seemed solemn while I spoke, but when the meeting closed they noisily sought out their friends. I felt very isolated. A couple of days later my sister died, and I knew I needed another meeting so I went back to the same A.A. group and experienced the same feeling of isolation. I left the hall this time nurturing a terrific resentment. It wasn't until some weeks later that I realized that my attending those meetings had been a great success. I went to them as insurance so that I wouldn't pick up a drink during an extremely tense time. And it worked . . . I didn't pick up a drink.

The experience brought out for me some very basic A.A.: I don't go to A.A. for my social life (although I have a lot of good friends in A.A.) or simply to feel good. Also, I have no right to demand that other A.A.s act in a way I want them to. My primary reason for going to A.A. is to stay sober and to grow in sobriety. The bottom line is that sobriety is basic in my life and maintaining it on a daily basis is much too important for me to have it depend on the whims, responses, or personalities of others. As the Twelfth Tradition clearly states: *Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

Reprinted from *The Grapevine*, Sept. 1993

Certain people cause happiness wherever they go, and certain other people cause happiness whenever they go.



Mountain Doin's, NC Mtn. Central Office

A group of A.A.s flying together to a convention in N.C. decided to have a meeting in the air. The meeting went fine until one member, called upon to share, identified himself as an alcoholic, and everyone yelled "Hi, Jack!"

x x x

Said the alky to his friend, "A couple of years ago, my fortune-teller told me I had a big, expensive automobile in my future."

"Was it true?"

"Sure was! The next day I got hit by a Lincoln."

x x x

The drunk asked the pedestrian, "I shay, which is the other side of the street?"

"Why, over there," the man replied, pointing.

"Shtrange, I was just over there and a man shaid it was over here!"

x x x

"Not having a job, and living off welfare, like you do, do you ever have trouble getting the basic necessities of life?"

"I sure do. And half the time, when I do get it, it ain't fit to drink."

x x x

A counselor was listening to a shapely female wino.

"I'm really a nice person," she said, "but as soon as I've had a few drinks I want to make love to any person I happen to be with."

"I see," said the counselor, thoughtfully. "Well, suppose I just mix us a couple of cocktails here, and then we can both sit and discuss this compulsion of yours."

x x x

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