

MOUNTAIN DOIN'S

Central Office Newsletter
MARCH, 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

Y'all Come!

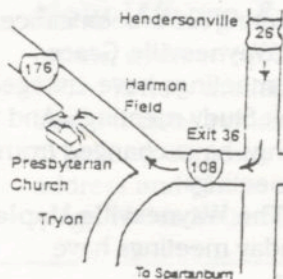


District 71 Eatin' Meeting Sunday, March 6, 1999

at Tryon Presbyterian Church

GSR Mtg. 2.30PM, Eat at 4PM., Speaker at 5PM.

Bring a covered dish for buffet-style servings (not just a bag of potato chips).



From Hendersonville take I-26 toward Spartanburg. Go 17 miles to exit 36. Go West on Rte. 108 toward Tryon for 2½ miles. Right on Rte 76 toward Saluda for 0.3 mile. The Presbyterian Church is on left, across from Harmon Field.

Join us for fellowship and fun

Central Office/District 80 March Eating Meeting Date Not Yet Available

A Central Office meeting for all C.O. Reps. in districts 70, 71, and 80 will be held in March in conjunction with the District 80 March Eatin' Meeting. The date of the District 80 Meeting was not finalized by the time *Mountain Doin's* had to go to press. Flyers containing full information will be issued by District 80 as soon as the Meeting date is ascertained.

Group Contributions to Area 51—Address Change

For the 1999-2000 term, Group contributions to Area 51 should be mailed to the following address:

NC GSC Treasurer
P.O. Box 11522
Winston-Salem,
NC 27116-1522

In our Districts 70, 71, and 80, all other addresses for contributions remain as they are at present.

Area 51 Date Correction

Incorrect information was given *Mountain Doin's* and group G.S.R.s regarding the Area 51 Spring Committee & Assembly and published on the front page of the February issue. The correct dates are Fri., May 21 to Sun., May 23, 1999. The location will be the North Raleigh Hilton.

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.

Live Letters

Alcohol/Drugs —Further Comments

Regarding the letter in the February *Mountain Doin's* "Drugs and Alcohol—the Difference."

More people die each year as a result of smoking cigarettes than all other addictive substances, automobile accidents, fires, etc. So should we talk about the drug nicotine and the horrors of withdrawal or any other drug at an A.A. meeting?

I always have to remember that my alcoholism (addiction) is on the top of the iceberg, just as is dependence on any other psycho-active drug—like nicotine, cocaine, heroin, benzodiazepines, barbiturates, hallucinogens, etc., etc. . . . If you are genetically predisposed to being addicted then it applies to all the above and more.

My program is not just staying clean and sober, but rather learning how to deal with life on life's terms without being chemically altered by substances that alters my feelings, my perception, my actions (my brain).

In Step Twelve it says, ". . . Most of the alcoholics under investigation were still childish, emotionally sensitive, and grandiose." Well, I don't know about you, but that kind of information hits me right in the gut. I still have some childish ways of trying to cope with life. I'm learning to change these ways because they don't work, and they cause me emotional pain.



Since I don't like pain. I have to change my behavior, not make the pain go away with my drug.

So I go to meetings to learn how to change my behavior—the courage to change me.

Read Chapter 17 "Doctor, Alcoholic, Addict." There is a lot of good stuff in that chapter. That's where page 449 is, and page 442 and the words benzedrine, demerol, percodan, codeine, pentothal, etc., appear. —TK

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 1-4-99—1-29-99

Answering Service Calls	175
General Information	8
A.A. Help	4
Family Help (Al-Anon)	13
Meeting Information	79
Central Office Business	64
Medical Help (Hospital, Detox, etc.)	0
P.I. Calls	0
Others	1
Visitors	62



Fellowship News

Meeting cancellations. **The Burnsville Women's Meeting**, Tuesdays at 6.30 P.M. and the **Burnsville Gp.'s** Wednesday 8 P.M. meeting have been canceled.

Meeting changes. **The Waynesville Grace Group's** Wednesday noon meetings have changed from Step Study to Big Book Study meetings. And the Group's Friday noon meetings have changed from Big Book Study to Step Study meetings.

Meeting time change. **The Waynesville Maple Grove/Clyde Group's** Monday meetings have changed from 8 P.M. to 7 P.M.

Meeting cancellation. **The Asheville Women's Group**, which met at 6 P.M. at Jubilee Community Center has been canceled.

New meeting. **The Edgewood Group** now meets at 6 P.M. on Mondays at the Asheville Friends Quaker Meeting House, 227 Edgewood Rd., Asheville (2 blocks off Merrimon Ave., near UNCA campus). The meetings are Gay Men's Discussion, open, non-smoking. Contact Steve G. (828) 252-8806.



Acceptance Group

Adrina R.	3-8-95	4 years
Perry F.	3-11-89	10 years

Back To Basics Group

Brack J.	3-9-83	16 years
Chris K.	3-9-77	22 years
Donna E.	3-12-92	7 years
Jack M.	3-17-62	37 years

Black Mountain Group

Matthew L.	3-15-98	1 year
------------	---------	--------

Brevard Group

Cathlean M.	3-7-82	17 years
Charles G.	3-19-86	3 years

Cumberland Group

Doug O.	3-9-72	27 years
Donna N.	3-18-89	10 years
Elisa H.	3-11-92	7 years

Grace Group (Asheville)

Mike B.	3-3-93	6 years
Cha Cha D.	3-4-89	10 years
Dawn C.	3-7-96	3 years

David S.	3-14-96	3 years
Dick J.	3-15-81	18 years
Bob P.	3-12-86	13 years
John B.	3-15-97	2 years
Bruce B.	3-20-87	12 years
Jim S.	3-28-91	8 years

Happy Hour Group

David R.	3-14-79	20 years
----------	---------	----------

Hendersonville Group

Deborah W.	3-17-87	12 years
Fonda V.	3-20-93	6 years
Mike S.	3-29-77	22 years
Irma D.	3-7-85	14 years
Molly T.	3-17-91	8 years
Dawn B.	3-5-96	3 years

H'ville Thurs. Afternoon Women's Group

Ruth G.	3-29-73	26 years
---------	---------	----------

Midday Group

Charlie P.	3-17-83	16 years
Nancy S.	3-23-94	5 years
Virginia O.	3-1-92	7 years
David B.	3-15-98	1 year
Don L.	3-23-71	28 years

Serenity Service Group

Erika B.	3-24-96	3 years
Linda C.	3-27-94	5 years
Tami L.	3-21-97	2 years
Courtney M.	3-21-97	2 years
Farrell R.	3-2-94	5 years
Bobby J.	3-1-98	1 year

New Where & When Published

A new, updated Spring/Summer 1999 *Where & When* is now available from Central Office. The cost per issue remains at 5¢. Stop by the office to pick up copies or phone for mail orders. The address and phone numbers appear on the front page of this issue of *Mountain Doin's*

Meditation Suggestions

The Big Book suggests that when we retire at night we constructively review our day—

1. Were we resentful, selfish, dishonest, or afraid?
2. Do we owe an apology?
3. Have we kept something to ourselves which should be discussed with another person at once?
4. Were we kind and loving toward all?

5. What could we have done better?
6. Were we thinking of ourselves most of the time?
7. Or were thinking of what we could do for others, of what we could pack into the stream of life?

After making our review we ask God's forgiveness and inquire what corrective measure should be taken.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given what we need to take care of such problems.

As we go through the day, we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves each day, "Thy will be done." Extracted from *Alcoholics Anonymous*



Treasurer's Report

N.C. Mountain Central Office, Inc.
Financial Report
for the month of January, 1999

INCOME

Group Contributions

Acceptance Group	\$50.00
Back To Basigs Group	\$100.00
Bethel Up the River Group	\$32.00
Bone Dry Group	\$107.00
Brevard Group	\$50.00
Burnsville Group	\$50.00
By The Book Group	\$54.00
Candler KISS Group	\$30.00
Common Sense Group	\$47.85
Conscious Contact Group	\$264.00
Day By Day Group	\$50.00
Franklin Group	\$15.00
Grace Group	\$50.00
Happy Hour Group	\$50.00
Hendersonville Group	\$53.50
Joy of Living Group	\$107.87
Maggie Group	\$50.00
Midday Group	\$50.00
New Hope Group	\$25.00
Otto Group	\$10.00
Reaching Out Group	\$10.00

Roundtable Group	\$25.00
Serenity Group, Brevard	\$125.00
Six O'Clock Open Group	\$66.70
Sylva Group	\$50.00
Thursday Afternoon Women's Group	\$50.00
Tuesday Night Cashiers Group	\$185.00

Total Group Contributions \$1755.92

Individual Contributions \$25.00

Total Contributions \$1780.92

Financial Statement as of January 13, 1999

Bank Balance	\$1543.24
Deposit 01-19 and 02-01	\$3105.21
Cash on Hand	\$28.08
Accounts Receivable	\$879.35

Sub-Total \$5555.88

Outstanding checks	-\$2614.40
Reserve for Tax Liability	-\$91.80
Reserve for Copy Machine	-\$450.00
Reserve for Correctional Facilities	-\$548.23

Total \$1851.45

Note: Since approval by the Board on 3-9-97 \$2,520.64 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

Group Changes Notification

The Central Office reminds all Groups that any Group or meeting changes including cancellations be notified to the Central Office so that the office can be sure that calls from inquiring alcoholics about local meetings can be correctly answered.

Letting Go—Just What Does It Mean?

For a long time I had the idea that I must succeed, I must be right, I must be important. If not, then I wouldn't be anybody. Well, who was I, anyway? Just a willful, alcoholic woman.

Now, I'm beginning to see that letting go doesn't mean giving up. It means opening myself to new vistas. There have been moments of what I would call ecstasy. I'm thrilled and I'm scared at the same time. I feel, "I'd better not enjoy this, because it is going to go away." It's so hard for me to say, "Okay, you've had a little insight. Just let it happen!"

The A.A. program says, "Look, we've got some

Hendersonville Group Gratitude

The Hendersonville Group expresses their gratitude for the A.A. community support which led to a successful Holiday Alkathon last December 24-26. Over 300 attendees participated from noon, Dec. 24 through noon Dec. 26. Eight people attended the 2 A.M. and twelve people the 4 A.M. Christmas morning meetings. A.A. meetings every two hours were separated by fellowship, food, and fun; providing a sober, safe, and enjoyable haven for members of the A.A. community, visitors, and several newcomers. Thanks to everyone for helping us "carry the message."

things that are really going to offer me a way of life that is beautiful."

When I say, "I want to know something about the spirit in me," you say, "Go ahead. There isn't anything to be afraid of. The darkness you may encounter isn't going to last, because there will always be somebody to help you."

From Came To Believe



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.

Fourth Annual Lighthouse Retreat at Fort Caswell, Caswell Beach, N.C. Speakers, golf, Saturday night entertainment. April 16, 17, and 18. For information call 910-278-3920.

How Does Your Group End Its Meetings?

"It is obvious," writes Graham, an Olympia, Washington, member, "that the time has come for the Lord's Prayer to be retired from within A.A. Though it is just as obviously not time for the prayer's retirement from practice within its native denomination, the question of its use inside A.A. has sparked sometimes heated discussion in meetings. . . .

Graham makes these observations in response to an article in *Box 4-5-9* which told how the Lord's Prayer was introduced into A.A. "In the early days, the Fellowship was more religiously oriented. We had no literature, not even a name of our own, so the early groups leaned heavily on Bible reading for inspiration and guidance. Besides, using the Lord's Prayer at meetings freed the speaker from the task, embarrassing to many, of composing prayers of their own. As time went on, co-founder Bill W. explains in *A.A. Comes of Age* (p.197), "we began to emphasize the fact that A.A. was a way of life that conflicted with no one's religious belief."

"In our G.S.R. meeting," Graham reports, "we found that we are united in our devotion to the principle of unity. Many who continue to respect, even cherish the Lord's Prayer, realize that it belongs to their religion, to their understanding of a higher power, and that A.A. must cast a wider net so as not to exclude those of other faiths, other world views. We may forget, but it is true, that not all the drunks needing our help are Christians."

Letters of sharing directed to the General Service Office indicate that an increasing number of A.A. groups throughout the U.S./Canada and Europe are choosing to end their meetings with the Serenity Prayer: "God grant me the serenity/To accept the things I cannot change/Courage to change the things I can/And wisdom to know the difference."

How does your group end its meetings?

Extracted from *Box 4-5-9*

MOUNTAIN BREWING'S



Mountain Dain's, NC Mtn. Central Office

While sharing "happy hour" cocktails, a young woman said, "What I've decided is that if you give a man enough rope he will hang himself!"

"Oh, I'm not so sure about that," another replied. "I gave my husband enough rope and he just skipped."

X X X

Said the girl to her drunken date, when they reached her front door: "Since we've been going Dutch all evening, you kiss yourself and I'll kiss myself."

X X X

Two alky girl-friends were sitting at a bar. Said one, "Why do all men have such big nostrils?"

Replied her friend, "Just look at the size of their fingers."

X X X

"What's that drink you're mixing?" the alky asked the bartender.

"It's a rum dandy," replied the bartender. "It's made of sugar, milk, and rum."

"Is it good?" asked the alky.

"It's great!" replied the bartender. "The sugar gives you pep, the milk gives you energy, and the rum gives you ideas about what to do with all that pep and energy."

X X X

The trouble with whisky is that every time you take a drink it makes a new man of you. Then, *he* has to have a drink."

X X X

"How did the accident happen?"

"My wife fell asleep in the back seat."

X X X

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below

Mountain Doin's Order Form

Mountain Doin's Annual Subscriptions:

Groups:

3 copies monthly	No charge
10 additional copies	\$10.00 per year
15 additional copies	\$15.00 per year
20 additional copies	\$20.00 per year
25 additional copies	\$25.00 per year

Group or Individual Name _____

Street/PO Box No. _____

Town and Zip Code _____

Individual Members:

Single copy monthly \$5.00 per year

Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, dependent upon USPS rates.

Clip and mail with check or money order to:

N.C. Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

North Carolina Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Address correction requested

Place
Postage
Stamp
Here