

MOUNTAIN DOIN'S

Central Office Newsletter

APRIL, 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



District 70 Eatin' Meeting

Sunday, April 11, 1999

at

St. Paul's Methodist Church
223, Hillside Street, Asheville

(Hosted by the Cumberland Group)

N.C Mountain Central Office Meeting at 3 P.M.

District Meeting at 3 P.M.

Eating at 4 P.M.

Speaker at 5 P.M.

All G.S.R.s and/or Alternate G.S.R.s in District 70 are urged to attend the District Meeting at 3 P.M. to obtain information to take back to their groups prior to the Spring Assembly in Raleigh on May 21. Our District 70 D.C.M. will communicate with every G.S.R. listed prior to April 11 with as much advance information as possible.

Please bring a covered dish.

Join us for fun and fellowship!

North Carolina A.A. General Service Archives Now Open

After many years of prayers and proposals the North Carolina A.A. Archives has its own permanent repository. At present, open hours are Mondays, Wednesdays, and Fridays, from 10 A.M. to 12.30 P.M. All other times by appointment. To reach the Archivist (Corinne H.) at home, dial 919-787-9058 or Associate Archivist (Marylin M.) dial 919-303-2076.

The Archives Repository is located at 382, Barrett

Drive, Suite 203, Raleigh, NC 27609. Phone No. 919-781-4111.

The A.A. World Services handbook for Archives states: "The main purpose of the Archives, consistent with A.A.'s primary purpose, is to keep records straight so that myth does not predominate over fact as to the history of the Fellowship."

continued on next page

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.

Archives (continued from page 1)

The Archives Repository houses a collection of historical documents including material from the Hendersonville Group, which as far as is known is the oldest continuously running A.A. Group in North Carolina. It began meetings 54 years ago, in 1945, and, although it has changed locations more than once, it still is active in the Hendersonville area.

Among the hundreds of materials that form the Archives at present are: Area Committee/Assembly minutes, Hendersonville Group records, letters from Bill W. and others, Newsletters from the 1940s, A.A. books and publications, including many first editions, Akron correspondence, Grapevine correspondence, Serenity Prayer background material, tapes, videos, mounted pictures of various subjects, including Bill W., Dr. Bob, Ebby, and many others, the manuscript of the first edition of A.A., and hundreds of other items.

The Archivists hope within the next six months to have a listening corner—where people can come and listen to old tapes of Bill, Dr. Bob, Ebby and others. Also being sort are first-edition Big Books, Service manuals, conference materials, and copies of published articles.

Groups are invited to send in the histories of their groups, which include group names, service members, founding dates, founders and early members, meeting places and times, present membership numbers, total group history (including interesting anec-



dots, comments, the use of "chips," and any other information that would be appropriate to A.A. history in North Carolina.

Groups are invited to send such information to:
 N.C. Area 51 Archives
 P.O. Box 20233
 Raleigh, NC 27619-0233

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 2-1-99—2-26-99

Answering Service Calls	184
General Information	3
A.A. Help	1
Family Help (Al-Anon)	10
Meeting Information	61
Central Office Business	70
Medical Help (Hospital, Detox, etc.)	4
P.I. Calls	0
Others	0
Visitors	55



Fellowship News

District 70 Committee on CPC/PI will meet May 2, 1999, at 12.15 P.M. at Toms Hospital Mountain Care Building (following the regularly scheduled 11 A.M. Conscious Contact Meeting).

Future meetings will be July 11, September 12, November 14, and December 12.—same location and time. Any A.A. member interested in CPC/PI please attend. *You are needed.*

Especially needed are A.A. members who have experience in CPC/PI. For information, please call Elisa H. 681-8022 or Linda Mc. 258-3268.

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.



Acceptance Group

Ocean S.	4-9-71	28 years
Will W.	4-16-93	6 years
Jim D.	4-26-77	22 years

Back To Basics Group

Kelsey S.	4-12-83	16 years
Perry B.	4-15-86	13 years
Vicky O.	4-29-90	9 years

Black Mountain Group

Carolyn M.	4-1-92	7 years
Tom B.	4-4-83	16 years

Conscious Contact Group

Betty L.	4-26--63	36 years
Jimmy L.	4-17-90	9 years
Kelly M.	4-25-98	1 year
Rick D.	4-21-93	6 years

Grace Group (Asheville)

John J.	4--1-96	3 years
Adam F.	4-3-94	5 years
Frank M.	4-4-80	19 years
Talmadge H.	4-5-96	3 years
Michael C.	4-10-93	6 years
Ron C.	4-13-96	3 years
Maureen B.	4-14-98	1 year
Sheri S.	4-27-98	1 year
Fred H.	4-20-90	9 years
Brian M.	4-22-78	21 years

John D.	4-22-97	2 years
Margaret N.	4-27-86	13 years

Hendersonville Group

Bob S.	4-15-81	18 years
Stuart R.	4-16-97	2 years
Jack P.	4-30-97	2 years
Dienette P.	4-19-95	4 years
Wayne S.	4-27-98	1 year
Nick H.	4-6-88	11 years
Micheline H.	4-14-80	19 years
Donna B.	4-27-97	2 years
Butch P.	4-30-97	2 years
Robert B.	4-10-93	6 years

Hendersonville Happy Hour Group

Gene McF.	4-1-68	31 years
Micheline H.	4-14-80	19 years

H'ville Thurs. Afternoon Women's Group

Miriam S.	4-17-87	12 years
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Midday Group

Mark A.	4-21-92	7 years
Joanie B.	4-23-94	5 years
Gracia N.	4-29-94	5 years
Ken W.	4-24-90	9 years
Nancy S.	4-18-94	5 years

Traditional Group

Jeff L.	4-1-88	11 years
Glen S.	4-10-97	2 years
Karen R.	4-12-88	11 years
Carolyn O.	4-26-97	2 years

Waynesville Grace Group

Claude R.	4-15-88	11 years
Betty C.	4-1-89	10 years
Vicki P.	4-13-98	1 year

Aspects of Spirituality

Among A.A.s there is still a vast amount of mix-up respecting what is material and what is spiritual. I pre-

N.C. Mountain Central Office April Meeting

The April meeting of our N.C. Mountain Central Office will be held in conjunction with the District 70 Eatin' Meeting on April 11, at St. Paul's methodist Church, 223, Hillside Street, Asheville, at 3 P.M. Full details of the District 70 meeting are on page 1 of this issue of *Mountain Doin's*

fer to believe that it is all a matter of motive. If we use our worldly possessions too selfishly, then we are materialists. But if we share these possessions in helpfulness to others, then the material aids the spiritual.

The idea keeps persisting that the instincts are primarily bad and are the roadblocks before which all spirituality falters. I believe that the difference between good and evil is not the difference between spiritual and instinctual man; it is the difference between proper and improper use of the instinctual. Recognition and right channeling of the instinctual are the essence of achieving wholeness.

From *As Bill Sees It*



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$50.00
Arden Group	\$70.00
Blue Ridge Group	\$100.00
Brevard Group	\$50.00
Early Bird Group	\$500.00
Grace Group	\$375.00
Happy Hour Group	\$50.00
Hendersonville Group	\$20.00
Midday Group	\$75.00
Otto Group	\$10.00
Traditional Group	\$78.05
Tuesday Night Men's Group	\$70.00
West Asheville Group	\$16.80

Total Group Contributions \$1464.85

Individual Contributions \$3.50

Total Contributions \$1468.35

Financial Statement as of 2-14-99

Bank Balance	\$3336.40
Deposit 3-1-99	\$1447.40
Cash on Hand	\$28.08
Accounts Receivable	\$904.60

Sub-Total \$5716.48

Outstanding checks	-\$2993.93
Reserve for Tax Liability	-\$183.60
Reserve for Copy Machine	-\$150.00
Reserve for Correctional Facilities	-\$520.23

Total \$1868.72

Note: Since approval by the Board on 3-9-97 \$2,548.23 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

Something Wrong With Us

It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*. If somebody hurts us and we are sore, we are in the wrong also. But are there no exceptions to this rule? What about "justifiable" anger? If somebody cheats us, aren't we entitled to be mad? Can't we be properly angry with self-righteous folk? For us of A.A. these are dangerous exceptions. We have found that justifiable anger ought to be left to those better qualified to handle it.

Few people have been more victimized by resentments than have we alcoholics. It mattered little whether our resentments were justified or not. A burst of temper could spoil a day, and a well-nursed grudge could make us miserably ineffective. Nor were we ever skillful in separating justified from unjustified anger. As we saw it, our wrath was always justified. Anger, that occasional luxury of more balanced people, could keep us on an emotional jag indefinitely. These emotional "dry benders" often led straight to the bottle. Other minds of disturbances—jealousy, envy, self-pity, or hurt pride—did the same thing.

A spot-check inventory in the midst of such disturbances can be of very great help in quieting stormy emotions. Today's spot check finds its chief application to situations which arise in each day's march. The consideration of long-standing difficulties had better be postponed, when possible, to times deliberately set

aside for that purpose. The quick inventory is aimed at our daily ups and downs, especially those where people or new events throw us off balance and tempt us to make mistakes.

From *Twelve and Twelve*, p. 90 and 91.

We Need Each Other

"... A.A. is really saying to every serious drinker, 'You are an A.A. member if you say so ... nobody can keep you out.'"

Twelve Steps and Twelve Traditions, p.139

For years, whenever I reflected on Tradition Three ("The only requirement for A.A. membership is a desire to stop drinking"). I thought it was valuable only to newcomers. It was their guarantee that no one could bar them from A.A. Today I feel enduring gratitude for the spiritual development the Traditions have brought me. I don't seek out people obviously different from myself. Tradition Three, concentrating on the one way I am similar to others, brought me to know and help every kind of alcoholic, just as they have helped me. Charlotte, the atheist, showed me higher standards of ethics and honor. Clay, of another race taught me patience. Winslow, who is gay, led me by example into true compassion. Young Megan says that seeing me at meetings, sober thirty years, keeps her coming back. Tradition Three insured that we would get what we need—each other. *Daily Reflections*, p. 33



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.

The Freedom To Choose

Looking back we see that our freedom to choose badly was not, after all, a very real freedom.

When we chose because we "must," this was not a free choice either. But it got us started in the right direction. When we chose because we "ought to," we were really doing better. This time we were earning some freedom, making ourselves ready for more.

But when, now and then, we could gladly make right choices without rebellion, hold-out, or conflict, then we had our first view of what perfect freedom under God's will could be like. *From As Bill Sees It.*

... And You Don't Drink

The pain is worse than you can ever remember. You look up and say the Serenity Prayer and nothing happens. You pace the floor and then sit down and light a cigarette, and then get up and fix another cup of coffee, and then take a deep breath and wait.

"This too shall pass" is like a scratched record in your brain, and you wonder, "When?" And you don't drink.

You drive and turn the radio up loud to drown out the thoughts, and then stop to look over the city from the hill. You cry and you hurt.

Each day after a sleepless night you ask, "Is this the day, God? Is this the day when it will be over?" You go to meetings.

You cover up, and you smile and ache. You call a friend, and it doesn't help. You feel as if you will explode if you don't unload on someone, and then you finally do. It brings a little relief. And you don't drink.

You say the Serenity Prayer ten times with closed eyes and clenched fists and smoke some more. You beat the pillow with your fists, look at the clock, and you know you have made it through one more day, one minute at a time. You hurt some more.

Then, the day comes. You open the door. The sun is shining and warm. You see the trees, and you say, "Is this the day, God? And it is."

Reprinted from The Grapevine

MOUNTAIN BREWING'S



Mountain Doin's, NC Mtn. Central Office

The wife complained bitterly to her alcoholic husband about the unbelievable number of whiskey bottles cluttering up the house."

"Well, it couldn't have been me," said the husband. "I've never, ever, brought an empty whiskey bottle into the house."

x x x

Said the alky brunette to her blonde friend at the bar. "Why is it you're so popular with the men?"

Replied the blonde: "I give up!"

x x x

The wealthy Ashevillean had hired a new manservant, and shortly afterwards he noticed that liquor was vanishing from the bar. He confronted the manservant, who responded, "Sir, I come from a long line of honest Englishmen."

Smelling the manservant's breath, the wealthy employer said: "Frankly, it's not your English forebears that concern me., It's your Scotch extraction."

x x x

What's an alky's idea of a seven-course dinner?

A pizza and a six-pack.

x x x

"If your mother married again you'd have a step-father."

"Wouldn't be any different."

"No different?"

"No—we drag the one we've got off the steps every night."

x x x

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