

# MOUNTAIN DOIN'S

Central Office Newsletter

MAY, 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 Spring Assembly Hilton North Raleigh Raleigh NC

Fri night May 21, Sat May 22, Sun May 23.  
Assembly Theme: "We Can Do What I Can't"

Deadline for making Hotel room reservations at special rate of \$66 (for up to 4 people) is April 23.

Phone(919) 872-2323 or 1-800-445-8667. Be sure to identify yourself as being with Area 51 General Service Committee Spring Assembly. This will assure you of getting your special room rate and be sure to get a confirmation number (This will help avoid any confusion when you check in.)

### Schedule:

Friday 8 P.M.

Saturday 9 A.M.

"Early Bird Meeting."

### Mini-Workshops:

- CFC 9 and 10:15 A.M.
- CPC/PI 9 and 10:15 A.M.
- Archives
- 12 Concepts
- How the Assembly Operates

### Standing Committee Mtgs.:

- Budget & Finance
- Site Investigation
- Treatment Facilities

Saturday 1—5:30 P.M.

### Assembly in Session

- Welcome and Business
- "What's On Your Mind"
- Dinner Recess

5:30—7 P.M.

7—10 P.M.

### Workshops:

- 1. Role of the GSR. 2. Sponsorship into Service. 3. Home Group: Where It All Begins.

Sunday 8:30—11.30 A.M.

### Assembly In Session

- Workshop Reports
- Guest Speaker
- Closing & Adjournment

11.30 A.M.

## Central Office Meeting

The North Carolina Mountain Central Office held it's regular meeting on April 11 at St. Paul's Methodist Church, in Asheville.

A full report on the meeting will be published in the June issue of *Mountain Doin's*.

## Late Fellowship News

Just before this *Mountain Doin's* was about to go to press, an item of Fellowship news regarding a temporary group meeting change was received. The information is published here in the hope that it will be of service to the Group and its members.

**The Roundtable Group**, which usually meets at Moore's Grove United Methodist Church in Hendersonville on Highway 64 (Four Seasons Boulevard) is temporarily relocating to Balfour United Methodist Church on US 25 N., across from Hunter Chevrolet. The meetings will continue to be held on Sunday evenings at 8 P.M..

REMINDER: District 70 Committee on Cooperating with the Professional Community/Public Information (CPC/PI) will meet July 11, 1999, at 12.30 P.M. at Thoms Hospital Mountain Care, Building 68 (following the regularly scheduled 11 A.M. Conscious Contact Meeting).

Any 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 Lynda Mc.—258-3268.

*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

## Step Three Hangups Solved

From discussions I've had with other A.A. members, I know that for many of us, the Third Step was the hardest to take with honesty. It just went against our pre-conceived notions of what life was all about.

Of course, it was always easy to quote the Step, but to mean it, with honest and sincerity, was a bit much. Then, when I had talked about this with my sponsor, he simply said: "You'll know you've taken the Third Step when you start to work through the rest of the Twelve Steps."

Today, maybe I haven't taken the Third Step perfectly, but I'm no longer bogged down over it. The *Twelve and Twelve* helps with this statement: the Third Step is "like the opening of a door that, to all appearances, is still closed and locked."

Realizing it is a program of action I found that I had become active with Steps Four, Five, Six, Seven, and Eight, and that helped me to realize that I had at last unlocked the door to the Third Step.

I think that God, through our Fellowship, had presented me with a simple way to live my life. A life of honesty, openness, thoughtfulness, and Step Three was really the turning point. As someone said: "You know you are doing Step Three when you pick up your pencil and take the Fourth Step." —DL



"Charlie's been in A.A. about three weeks."



## Fellowship News

**New Meeting: The Marion Group** is now meeting at 12 noon on Mondays through Fridays at McDowell Care Center, 17 Garden Street, Marion.

**Meeting cancellation:** The **Marion Group's** 6 P.M. Monday meetings have been canceled.

**Meeting cancellation:** The **Asheville Serenity Service Group** meetings held on Mondays through Fridays at 9 A.M. have all been canceled. All other Serenity Service Group meetings will continue to function as published in the current *Where and When*.

**New Meeting: The Asheville Early Bird Meeting** has begun meetings at 9 A.M., Monday through Friday at 141 Hillside St., Life on Life's Terms Building. The meetings are Open, Discussion, Nonsmoking.

## 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 3-1-99—3-26-99

Answering Service Calls	165
General Information	4
A.A. Help	12
Family Help (Al-Anon)	11
Meeting Information	68
Central Office Business	68
Medical Help (Hospital, Detox, etc.)	4
P.I. Calls	0
Others	3
Visitors	57

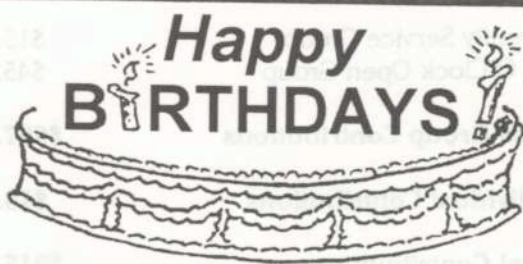
## Let's Hear from You

We welcome letters from our readers, and we encourage all to send the Editor letters about any aspect of A.A. that they like or that bothers them, or questions, suggestions, and opinions. By voicing your thoughts through letters to the Editor you are, in fact, doing Twelfth-Step work, for it is by sharing that our Fellowship gains. Need some ideas? Here are a few subjects to write about:

- Questions about A.A. and Central Office.
- How has A.A. helped you?
- What do you think would help others?
- Some surprises you've had in the program.
- How you deal with relationships.
- How about an unforgettable moment in A.A. you'd like to share?

Send to the Editor, Mountain Doin's, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801.





**Acceptance Group**

Rod B.	5-5-85	14 years
John G.	5-12-98	1 year
Michael K.	5-15-92	7 years
Bob V.	5-17-80	19 years
Vivian	5-13-79	20 years

**Back To Basics Group**

Marianne R.	5-3-86	13 years
Lee R.	5-8-92	7 years
Rusty Mc	5-10-83	16 years

**Black Mountain Group**

Hugh H.	5-11-78	21 years
Frank M.	5-16-88	11 years
Jimmy L.	5-25-85	14 years
Kirk C.	5-22-97	2 years

**Brevard Group**

Pat J.	5-15-83	16 years
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**Conscious Contact Group**

Joe G.	5-11-97	2 years
Michelle M.	5-31-88	11 years

**Cumberland Group**

Danny K.	5-1-89	10 years
Pete A.	5-24-97	2 years
Marianne R.	5-3-86	13 years

**Grace Group (Asheville)**

Mike R.	5-2-87	12 years
Kathie V.	5-2-96	3 years
Cricket H.	5-?-89	10 years
Meg H.	5-17-95	4 years

**Grace Group (Waynesville)**

Gene V.	5-26-73	26 years
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Pete M.	5-25-82	17 years
Roy C.	5-08-90	9 years

**Hendersonville Group**

Glen H.	5-23-93	6 years
Leonard B.	5-23-98	1 year
Vee S.	5-20-79	20 years
Mike Mc	5-21-98	1 year
Jerry D.	5-16-97	2 years

**Hendersonville Happy Hour Group**

Bob G.	5-23-92	7 years
Jim B.	5-17-93	6 years
Carolyn T.	5-28-94	5 years
Johnny R.	5-24-96	3 years

**H'ville Thurs. Afternoon Women's Group**

Eleanor D.	5-15-88	11 years
Vee S.	5-20-79	20 years
Lorry F.	5-29-74	25 years

**Maple Grove Group**

Heidi D.	5-?-73	26 years
Bruce P	5-?-96	3 years
John B.	5-?-89	10 years
John A.	5-?-89	10 years

**Midday Group**

Karen C.	5-31-83	13 years
Rosemary McC	5-20-85	14 years
Lorry F.	5-31-75	24 years

**Traditional Group**

Richard W.	5-1-98	1 year
Jennifer C.	5-2-98	1 year
Stan O.	5-8-97	2 years
Eugene P.	5-11-91	8 years
Stephanie J.	5-11-98	1 year
Sarah W.	5-14-97	2 years
Mark E.	5-15-97	2 years
Kathy F.	5-17-98	1 year
Cindy T.	5-26-94	5 years
John H.	5-26-98	1 year
Kenny T.	5-27-98	1 year
Bob K.	5-29-94	5 years

## Awakening to a New Life

Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a 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. As it does go on, we find that bit by bit we can discard the

old life—the one that didn't work—for a new life that can and does work under any conditions whatever.

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, through the practice of the Twelve Steps of A.A.

*From As Bill Sees It*





## Treasurer's Report

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

### INCOME

#### Group Contributions

Acceptance Group	\$150.00
Brevard Group	\$50.00
But For The Grace of God Group	\$20.00
Common Sense Group	\$31.24
Cumberland Group	\$180.00
Edneyville Group	\$40.00
Happy Hour Group	\$50.00
Hendersonville Group	\$20.00
Locked In Forward Group	\$41.55
Marion Group	\$75.00
Marshall Group	\$50.00
Midday Group	\$50.00
New Beginnings Group	\$10.00
Otto Group	\$10.00
Pathfinders Group	\$50.00
Reaching Out Group	\$10.00

Serenity Service Group	\$15.00
Six O'Clock Open Group	\$45.00

**Total Group Contributions** **\$897.79**

**Individual Contributions** **\$18.00**

**Total Contributions** **\$915.79**

### Financial Position as of 4/01/99

Bank Balance	\$1789.87
Deposits 3/15 & 4/01	\$2253.44
Cash on Hand	\$28.08
Accounts Receivable	\$821.90

**Sub-Total** **\$4893.29**

Outstanding checks	-\$2604.24
Reserve for Tax Liability	-\$0.00
Reserve for Copy Machine	-\$300.00
Reserve for Correctional Facilities	-\$480.03

**Total** **\$1806.02**

Note: Since approval by the Board on 3-9-97 \$2,588.43 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

## Are We Supporting Our Support System?

When was the last time your group made a contribution to your Central Office? Has it been a month, two months, six months? Or is your group one of those that has never made a contribution? Is this apathy or just lack of knowledge?

I serve on the advisory board of our Central Office and it seems no one is willing to make contributions anymore. It's becoming harder and harder to support our Central Office and provide the services for our A.A. Community.

I started questioning the meeting I regularly attend, asking them point blank why they hadn't made a contribution. The answers astonished me. One group told me that the secretary had decided they wouldn't make a contribution because they needed the money for the group's social activities. Another secretary told a group member that he'd do what he damn well wanted with the money.

The hardest and saddest stories I heard were from groups that simply didn't know how and where to make a contribution.

The basics of Central Office information are published regularly in our local service newsletter. In addition,

a pamphlet from G.S.O. on the question of self-support is sent regularly in the secretary's packet. Either groups don't read the secretary's packet or they've never paid attention to the information under the heading "Contributions." Unfortunately, we have many secretaries out there who are new in sobriety. They're not even out of the fog before someone pushes the job of secretary on them. But the Group has a responsibility to inform those secretaries who are newcomers.

So how do we get the word passed around? Maybe those who care about Central Office should start questioning the groups they attend about contributions. What's wrong with asking groups if they understand that they should make contributions on a regular basis, explaining what they need to do?

I can hear the responses already: It's not my job. Let someone else do it. I didn't get sober to spend my time running after a bunch of drunks and keeping them straight.

The fact is, there are only so many of us in service. We need help, so we turn to other members. We need to remember that A.A. stands for unity, recovery, and service.

Bill W. said if A.A. was to be destroyed, it would be from within. It would be sad if it was due to apathy.

Reprinted from April, 1955, *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.

## Sponsorship Weekend VII, of the Palm

**Beaches**, May 21, 22'23, 1999. Fellowship, Workshops, Great speakers, Spiritual fun, Saturday night banquet. Speakers: Clancy I., Venice CA; Bobby C., Philadelphia. PA; Brenda L., Wayzata, MN; Joe K., Naples, FL; Harriett, R., Miami, Fl. at Boca Raton, Marriott, Boca Center. For inf. call (561) 966-5964.

## 64th Anniversary of Alcoholics Anonymous,

June 11,12,13, 1999. Akron, Ohio, birthplace of A.A. Activities include Meetings, Actors' Guild Play, Old Timers Panel, 12 Traditions Skit, Young Peoples' Panel, All-Night Alkathon, Bus Tour of Historic A.A. Sites, Alateen Panel, Al-Anon Workshop, Dance, Motorcade to Dr. Bob's Grave, Closing Speaker Meeting, Coffee and Fellowship Room, Literature Sales, A.A. Archives, For inquiries mail to Founders' Day Committee, P.O.Box 12, Akron, Ohio, 44309-0012

## Restored and United

Life among Alcoholics Anonymous is more than attending gatherings and visiting hospitals. Cleaning up old scrapes, helping to settle family differences, explaining the disinherited son to his irate parents, lending money and securing jobs for each other, when justified—these are everyday occurrences.

No one is too discredited or has sunk too low to be welcomed cordially—if he means business. Social distinctions, petty rivalries and jealousies—these are laughed out of countenance. Being wrecked in the same vessel, being restored and united under one God, with hearts and minds attuned to the welfare of others, the things which matter so much to some people no longer signify much to them. How could they?

*From Alcoholics Anonymous page 161*

## BAR Association

**Bottoms Up:** The American Bar Association has found an "astonishing rise" in alcohol consumption. An ABA survey found that 13 percent of lawyers admit to drinking six or more cocktails a day: only .05 percent confessed to drinking that much in 1984, when the previous survey was taken. The survey links the rise in drinking to increases in job dissatisfaction and stress. And apparently female lawyers more than keep up with their male counterparts: 20 percent of women and only 11 percent of men admit to quaffing in quantity. Kind of gives a new meaning to the term "bar association."

*From U.S. News and World Report*



*Mountain Doin's, NC Mtn. Central Office*

The defense lawyer argued with the arresting officer at the trial. "Just because he was on his hands and knees in the middle of the highway does not prove that my client

was drunk!" he said.

"That's true, sir," replied the cop. "Except that he was also trying to roll up the white line."

x x x

Said the alky to the waiter: "This coffee tastes like mud!"

Said the waiter: "So it should, sir. It was ground just this morning."

x x x

"Did you enjoy the play yesterday?" the alky asked his bar buddy.

"I enjoyed the first act. But I couldn't wait for the second act."

"Why not?"

"I couldn't wait that long. I had to get to a bar. The program said the second act was two years later!"

x x x

After years of scolding her husband from coming home drunk, Mrs. Jackson was counseled to treat him only with kindness. The next morning, when Jackson came staggering home, his wife greeted him affectionately, seated him comfortably, embraced him, and asked him to kiss her.

"I may as well," he muttered drunkenly, "I'll get hell when I get home anyway."

x x x

An alcoholic office worker was seen by his boss to be drinking at his desk.

"I hope you don't mind," said the alky, thinking quickly. "This is just a little celebration on the sixth anniversary of my last raise."



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### 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 \_\_\_\_\_

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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.

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**107 Park Place Offices**  
**70 Woodfin Place**  
**Asheville NC 28801**

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