

# MOUNTAIN DOIN'S

Central Office Newsletter

JULY 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

## Important Reminders to all Groups in Districts 70, 71, and 80

1. With the June distribution of *Mountain Doin's* each Group within our areas was presented with a sheet headed "Twelfth Step Telephone List."

The purpose of the sheets was to supply lists of first names and phone numbers of members willing to accept phone calls from suffering alcoholics who are calling to inquire about the location of meetings within our areas or who make other general inquiries about A.A.

The reason for the Central Office request for completed lists was because our present lists are out of date and need to be replaced with names of all members, new and old, who are prepared to volunteer to answer general meeting questions from suffering alcoholics who may be new to the area or who want to come into the program.

The lists will be used by both our Central Office during office hours and by our twenty-four hour Answering Service at all other times.

We ask all groups to complete these lists as soon as possible. Central Office thanks all who respond.

2. Central Office reminds all groups that if there are any group changes, such as meeting times or address changes, or if new groups have been formed, it is very important that Central Office be notified, in order that our office and our answering service can correctly notify all calls regarding meeting times and places. This will also enable us to keep up-to-date with information in *Where and When* and in *Mountain Doin's*.

## A.A. Area 51 Correctional Facilities Committee

Eleventh Annual Conference

**"Freedom From Bondage XI"**

July 23, 24, & 25, 1999

**Holiday Inn Conference Center  
US1 North, Southern Pines, N.C.**

**Phone: 1-800-262-5737  
or (910) 692-8585**

**Make Reservations Early. Room rates \$53  
Guest Speaker: Billy N., Chicago, Ill.  
Workshops / Panels / Speakers  
Great Fellowship / Lots of Fun**

Conference registration fee \$10 per person  
Make checks payable to:

Area 51/CFC, P.O. Box 4241, Rocky Mtn. NC 27803

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# Live Letters

## A Spiritual Birthday

I am new to the Asheville area and just finding my way around to the different meetings. A few days ago something happened that felt like it was worthy of sharing with the fellowship. I was in a meeting and after it was over I was kind of making small talk with a lady named "Sam." Somehow she mentioned that the anniversary of our fellowship was coming up and that it was June 10th. I remarked that my belly-button birthday was June 8, and that I was pleased to find out that I was born so close to when A.A. was born. After a moment I said, "I guess A.A. is a Gemini right?"

"What do you mean?" Sam replied.

"Well, the astronomical sign for that time of the year is Gemini, the Twins," I said. "So I guess the program of Alcoholics Anonymous is a Gemini!"

She looked thoughtful for a moment and then smiled at me. "Yes, the old us and the new us, twins! This sounds right!"

We both had a laugh about how neatly that all seemed to fit. There was a good feeling about the conversation, that spiritual things happen sometimes when we are sharing with another alcoholic and we came to a place of mutual understanding and common experience. That we had arrived at this interesting and amusing concept together was what was most important about the whole event. Each of us had con-



tributed pieces from within ourselves until the picture could form and we could both delight in the realization. This is the very essence of our program: that we do it together. It's good to be in Asheville and it's GREAT to be in A.A. —DG



## Fellowship News

**New Meeting: The Murphy No Name Group** has begun Thursday, 7:30 P.M. meetings at Murphy Presbyterian Church (white house in rear), Valley River Avenue. The meetings are Open, Discussion.

**New Meeting: The Hayesville #2 Meeting** has begun meetings at the Immaculate Heart of Mary Church—Hwy. US 64, 3 miles west of Hayesville (toward Murphy). The meetings are Open, Discussion.

**New Meeting: The Sylva Mission Group** has begun Spanish Speaking meetings at 6 P.M. on Saturdays at 13, Finch St., Sylva. Finch St. is the road above Colima Mexican restaurant and below Sylva Plaza. the meetings are held in the old rock building which used to be a church.

## 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 5-3-99—5-28-99

Answering Service Calls	189
General Information	7
A.A. Help	2
Family Help (Al-Anon)	15
Meeting Information	84
Central Office Business	62
Medical Help (Hospital, Detox, etc.)	4
P.I. Calls	0
Others	4
Visitors	62

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 Ilisa H—681-8022 or Lynda Mc.—258-3268





#### Acceptance Group

Gary P.	7-4-?	? years
Barbara K.	7-4-?	? years
Barbara B.	7-8-75	24 years
Otis K.	7-9-91	8 years
Ron A.	7-17-?	? years
Curry J.	7-19-79	20 years
Bart B.	7-29-?	? years-

#### Back To Basics Group

Judy Mc	7-3-94	5 years
Liz H.	7-12-92	7 years
Bonnie L.	7-17-98	1 year

#### Black Mountain Group

Ed. B.	7-18-90	9 years
Beth H.	7-24-87	12 years

#### Brevard Group

Gene B.	7-?-90	9 years
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#### Conscious Contact Group

Beth H.	7-24-87	12 years
Seraph K.	7-30-94	5 years
Steve M.	7-18-88	11 years
Steven S.	7-16-94	5 years

#### Grace Group (Asheville)

Steve G.	7-1-94	5 years
Don M.	7-1-95	4 years
Richard H.	7-1-97	2 years
Keith S.	7-2-94	5 years
Jill H.	7-4-89	10 years
Maria M.	7-5-89	10 years

David F.	7-6-97	2 years
Betty S.	7-7-92	7 years
Billy G.	7-8-91	8 years
Frances R.	7-14-97	2 years
Malcolm	7-17-97	2 years
Mark C.	7-18-98	1 year
Mike S.	7-23-93	6 years
Jewell C.	7-25-96	3 years
Bob C.	7-25-97	2 years
Melinda P.	7-26-95	4 years
Robert J.	7-28-96	3 years
Joe M.	7-30-96	3 years
Pat ?.	7-29-97	2 years
Pat C.	7-31-96	3 years

#### Grace Group (Waynesville)

Sarah G.	7-28-87	12 years
Dave S.	7-18-83	16 years

#### Happy Hour Group

Bill S.	7-11-95	4 years
Louie N.	7-22-97	2 years
Frank B.	7-24-88	11 years
Nancy G.	7-16-76	23 years

#### Hendersonville Group

Bob P.	7-10-83	16 years
Bob G.	7-28-91	8 years
Eric G.	7-30-93	6 years

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

April C.	7-11-89	10 years
Shirley B.	7-5-92	7 years

#### Maggie Group

Linn	7-?-96	3 years
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#### Midday Group

Shirley B.	7-5-92	7 years
Janet R.	7-16-95	4 years
Jack C.	7-25-89	10 years

## Everything is Important

As the story goes, a new church had just been built. People admired the art glass windows, the frescoing on the walls, the carpet, the handsome pulpit.

Away up in the roof, a little four-penny nail held down a shingle. The nail heard the people praising everything but the shingle. The nail got mad and said, "I have done my job faithfully, and received no recognition. Nobody will miss me if I quit."

And so the little nail pulled out, raced down the steep roof, and fell to the ground. That night a big rain came and the nail was buried in the mud. Before, the nail had been obscure but useful; now it was obscure and useless, and was no longer protected by the dry

place inside the shingle.

The worst was yet to come. Without the nail, the shingle was loosened and blew away and left a hole in the roof. The rain leaked through the vacant spot and ran into the church, down the charming fresco, leaving it marred; on the pulpit, onto the carpet. All because one little shingle nail, in a fit of vanity and jealousy, refused to stay on the job.

In A.A. there are no tasks too small and insignificant. Everything we do for A.A. is important. A.A.'s many members have different abilities and capacities; there is a place for each member to fill.

When an A.A. is doing what he can in the best way he can, his work may be without fanfare, but it is never insignificant! Excerpted from *The Grapevine*, Dec. '69.



# Treasurer's Report



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

## INCOME

### Group Contributions

Back to Basics Group	\$200.00
Brevard Group	\$51.25
By The Book Group	\$50.00
Candler KISS Group	\$75.00
Common Sense Group	\$60.00
Conscious Contact Group	\$270.00
Grace Group	\$250.00
Happy Hour Group	\$50.00
Marion Group	\$22.50
Midday Group	\$50.00
Pathfinders Group	\$40.00
Serenity Service Group	\$5.00
Six O'Clock Open Group	\$100.00

Total Group Contributions \$1223.75

Individual Contributions \$0.00

Total Contributions \$1223.75

### Financial Position as of 6/01/99

Bank Balance	\$910.49
Deposits 5/17 and 6/01	\$2364.65
Cash on Hand	\$28.08
Accounts Receivable	\$702.10

Sub-Total \$4005.32

Outstanding checks	-\$2512.41
Reserve for Tax Liability	-\$183.60
Reserve for Copy Machine	-\$150.00
Reserve for Correctional Facilities	-\$294.88

Total \$864.43

Note: Since approval by the Board on 3-9-97 \$2,773.58 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

## The Essence of A.A.

**Defects.** . . There is a direct relationship between our nature—our general makeup or character—and our alcoholism. Our defects and our need to start drinking are closely intermingled. When this is recognized, our need for the Twelve Steps becomes evident.

**Resentments.** . . When resentments are discussed at A.A. meetings, there is usually evidence that people confuse them with the more common annoyances and irritations that beset our daily lives. Resentments are not instantaneous nor short-lived.

One certain ingredient of a resentment is that the injured feeling stays with us for some time. We nurse it. We hold on to it. Indeed, we do not want to be deprived of our right to stew in it. Another ingredient is the desire to get even—to square accounts or to humiliate the enemy in some fashion. This type of resentment is a mental and spiritual cancer that consumes you and has no effect on your enemy. If, even with this understanding of resentment, you persist in holding on to the feeling, I offer you an almost sure-fire solution. When next you talk to your Higher Power through the Lord's Prayer and you say, "Forgive us our trespasses as we forgive those who trespass against us," just add the words "except Joe Blow."

That should convince you of your hypocrisy. If not, carry it a step further to God's certain answer: "In that case, Bud, that means I can forgive all except you."

**Humility.** . . Humility is simply getting yourself into proper perspective in your relations with God and your

fellow man.

This involves both your importance and your unimportance in the total picture. It is just as wrong to accept always being wrong as it is to expect always to be right.

Humility must not be associated with weakness or doormats. Humility is the source of supreme strength.

Humility is as worthy an objective in prayer as serenity. My humility prayer goes like this: "God grant me the humility to understand both the importance and unimportance in my relations with You and my fellow man, and to have the wisdom to know which is which, and when." Excerpted from the Grapevine, 1971

## A.A.'s Urgent Need

To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death. A.A. can, of course, mean just as much to uncounted alcoholics not yet reached.

Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us finally will die alone.

The "Twelve Traditions" of Alcoholics Anonymous are, we A.A.'s believe, the best answers that our experience has yet given to those ever urgent questions, "How can A.A. best function?" and, "How can A.A. best stay whole and so survive.?"

*Alcoholics Anonymous, p.563*





# 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.

**36th International Alcoholics Anonymous Women's Conference**, February 10-13, 2000, Atlanta, Georgia, at Georgia International Convention Center (GICC). For further information write to 36th IAA Women's Conference, P.O. Box 723964 or phone: Kim R. (770) 642-7998, Delia B. (803) 649-6352, Pat B. (803) 648-6903, or Janetta K. (770) 987-9863. Information is also available on website: <http://www.geocities.com/~iaawc>

## Upcoming A.A. Events

**55th Southeastern Conference/52nd North Carolina State Convention.** "The Granddaddy Of Them All." August 5, 6, 7, 8, 1999, at Hilton North Raleigh Hotel & Convention Center, 3415 Wake Forest Road, Raleigh, NC 27609. For reservations call (919) 872-2323 or 1-800-445-8667. Hotel cut-off for Conference rate is July 12, 1999.

**50th Virginia State Convention of A.A.**, August 6-8, 1999, at Holiday Inn Hotel & Convention Center, Bristol, VA. For information contact George R., (540) 944-3393 or Will G. (540) 628-5133, e-mail: [gregersons@nax.com](mailto:gregersons@nax.com) For reservations call Holiday Inn and Convention Center, Bristol, Va, at 1(888) 466-4141.

**Cornhusker Roundup XXII**, August 19, 20, 21, and 22, 1999. For information call Bill G. (402) 292-1764.

**Special Forum, Puerto Rico**, August 21-22, 1999 at Best Western Hotel Pierre, Santurce, San Juan, Puerto Rico. For full information call Susan U. Regional Forums Coordinator. Direct line: (212) 870-3120. E-mail [reg\\_forums@compuserve.com](mailto:reg_forums@compuserve.com)

**46th Georgia State Pre-Paid Convention**, October 14-17, 1999. Savannah, Georgia. For information contact: 1999, Georgia State Pre-Paid Convention, P.O. Box 14256, Savannah, GA 31416.

**38th Annual Hawaii Convention**, Nov. 4th through Nov. 7th, 1999, at Hawaii Convention Center, Honolulu, Hawaii. For further information call (808) 254-9066 or visit web site <http://www.lava.net/~hconv>.

**Alcohol is the universal solvent. It dissolves all sorts of things, including marriages, families, friendships, careers, bank accounts, human interiors—and trust.**



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

On his way home from a bar a drunk met two nuns on the sidewalk, who parted to let him through.

"Gee, I wonder how she did that," he said.

x x x

Said the alky's wife to a friend: "Does your husband just lie awake some nights?"

Her friend responded: "Yes, and he often lies in his sleep, too."

x x x

The alky had spent his evening drinking and flirting with the young woman seated on the next bar stool. Then, he said: "If you give me your phone number I'll give you a call."

Said the lady, "It's in the book."

The alky smiled. "Good," he said. "What's your name?"

Said she, "That's in the book, too." And she got up and walked out.

x x x

Said alky Tom to his friend, Mary, "My college turned out some great men."

Responded Mary: "I didn't know you were a college graduate."

Alky Tom: "I was one they turned out!"

x x x

The Group named long-winded Harry, "A.T.& T."—Always Talking and Talking.

x x x

"You think you have problems," said the alky to his barroom buddy. "I lent a chap \$3,000 for plastic surgery and now I don't know what he looks like!"



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