

MOUNTAIN DOIN'S

Central Office Newsletter

AUGUST 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



Eating at 4 P.M. will be preceded by a District 70 meeting at 3 P.M. to which everyone is invited, not just GSRs.

District 70 Eatin' Meeting
Sunday, August 8th
at
St. Margaret Mary
Catholic Church
in
Swannanoa

Hosted by
The Black Mountain Group

The Group will supply meat; please bring a covered dish to share.

The speaker will be Bill K. from Charlotte
Bill will speak at 5 pm

Come join us for fellowship and fun

Readers' Forum

LIVE LETTERS

The Importance of Meetings

Why do I keep going to meetings? It never occurred to me not to, frankly. I drank for twenty years I went to meetings for twenty years. I figure now that

I've made up for some of the arrested development I suffered while I drank, maybe I can learn to deal with everyday life in a more mature way.

Sometimes I wonder why there seem to be relatively few of us twenty-plus people who keep showing

Live Letters continued on next page

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Live Letters, continued from page 1

up. Where are the rest of us? Some have moved, some go to different meetings, some have died, and some apparently don't come any more. Am I a sucker to keep coming back? It's kept me sober and growing thus far, so I'm going to keep doing what works. I don't care to imagine life without A.A.

There are two main reasons I keep coming to meetings. First, somebody was here when I got here. "When anybody, anywhere, reaches out for help. I want the hand of A.A. always to be there. And, for that, I am responsible."

Second, the longer I'm sober, the more I need the rest of you. Staying sober means experiencing life's challenges as well as its joys without a drink. Sharing solutions with other A.A.s becomes more important the longer we're sober. I tended to be an isolationist when I drank. I still have to work at being sociable much of the time, even if I don't seem to act like it. When I need people most it's still sometimes hardest to reach out—in and out of the program.

So please, when you see me or anybody else with long-term sobriety come into our rooms, come and talk to us. We need you now at least as much as we needed you when we first showed up at A.A. And now we know it!
—OP

A.A.'s Key Word

If you asked me, "What's the most important word in A.A." my answer would be "responsibility."



On page 13 of *As Bill Sees It*, Bill makes the statement: "A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither . . ." And later, on the same page: "Faith is more important than our greatest gift; its sharing with others is our greatest responsibility."

Those of us who have a few years in the program should always be willing to share at meetings, but it is our responsibility to make certain that our sharing keeps to the subject of alcoholism. Too many "old-timers" and others ramble on about incidents that occurred to them that might be amusing or entertaining, but have nothing to do with alcoholism, and this isn't helping the newcomers at all. In fact, it tends to confuse them as to what A.A. is all about.

Our responsibility is to share our experiences only as they apply to alcoholism.
—HT

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 5-31-99—7-2-99

Answering Service Calls	250
General Information	12
A.A. Help	1
Family Help (Al-Anon)	19
Meeting Information	107
Central Office Business	87
Medical Help (Hospital, Detox, etc.)	3
P.I. Calls	0
Others	4
Visitors	70



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.



Acceptance Group

Harry S.	8-6-83	15 years
Drema C.	8-10-91	8 years
Cecily S.	8-13-98	1 year
Bill W.	8-18-75	24 years
Suzanna B.	8-25-92	7 years

Asheville Grace Group

Bobbe N.	8-10-83	16 years
Wayne F.	8-11-84	15 years
Dennis M.	8-15-89	10 years
Larry S.	8-17-96	3 years
Ray B.	8-27-95	4 years
Tim M.	8-29-97	2 years

Back To Basics Group

Carl A.	8-2-96	3 years
Linda McC.	8-6-85	14 years
Pete McH.	8-8-83	16 years
Dixie B.	8-17-98	1 year
Dale N.	8-30-86	13 years

Bethel Group

John W.	8-5-83	16 years
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Brevard Group

Dale F.	8-31-76	23 years
Merlyn C.	8-25-95	4 years

Happy Hour Group

Marilyn T.	8-22-95	4 years
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Hendersonville Group

Ray D.	8-21-80	19 years
Michaelene P.	8-4-96	3 years

Michael I.	8-31-83	16 years
Lisa T.	8-15-85	14 years
Nancy S.	8-14-96	3 years
Carol P.	8-11-94	5 years
Joe Mc.	8-19-97	2 years
Joe T.	8-24-97	2 years

Midday Group

Greg G.	8-15-89	10 years
Marc T.	8-1-86	13 years
Bill F.	8-28-87	12 years
Jack E.	8-14-88	11 years

Thurs. Afternoon Women's Group

Rose Mary M.	8-14-87	12 years
Nancy S.	8-17-97	2 years
Ellen B.	8-19-92	7 years
Ann F.	8-31-89	10 years

Traditional Group

Richard T.	8-7-84	13 years
Billy H.	8-14-87	12 years
Ray S.	8-8-95	2 years
Linda P.	8-21-98	1 year
Alan S.	8-20-98	1 year
David H.	8-12-98	1 year
Kezial K.	8-4-98	1 year
Kimmy R.	8-7-98	1 year

Waynesville Grace Group

Bob D.	8-11-61	38 years
Wayne A.	8-8-80	19 years
Richard O.	8-22-88	11 years
Charlie T.	8-30-91	8 years
Howdy W.	8-25-94	5 years

A.A.—A Way of Life

... I went to my first meeting. I was a very fortunate drunk. God has been good to me both in drinking and in my sobriety. Because, thank God, since I came into this program I haven't had any trouble. Oh yes, I get the dry jitters once in a while, but that isn't anything to worry about. It passes away. But I've never come close to that first drink. I took the advice of people I had heard at meetings, the people in the group, and I jumped in with both feet. Someone told me, "When you drank, you didn't get half drunk. You went all the way. In this program there aren't any halfway measures. In here you must go all the way too." So I attended as many meetings as possible.

There are steps of recovery, of maintenance.

Each one has its own place. We all use them differently. I found a great deal of friendship in this movement. I learned to pray honestly. When you come in here, you find the understanding that you need. A.A.'s Twelve Steps may confuse you when you read them over. But the more meetings you attend, the more people you meet at these meetings, the clearer the Steps become.

We must learn to walk before we can run. That's why we have these slogans. I use that "Easy Does It" every day, to slow me down a little. I have to watch myself all the time. So I don't just take the inventory at night—I take it continually throughout the day. Before I step out and do anything, I stop and check it over first, and then let my conscience be my guide. For me, A.A. is a way of life. *Alcoholics Anonymous*, p. 516



Treasurer's Report

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

INCOME

Group Contributions

AWOL Group	\$5.00
Brevard Group	\$50.00
Common Sense Group	\$40.00
Cumberland Group	\$288.00
Etowah Group	\$25.00
Happy Hour Group	\$50.00
Hendersonville Group	\$20.00
Leicester Group	\$25.00
Marion Group	\$10.00
Marshall Group	\$50.00
Middy Group	\$90.00
No Name Group	\$10.00
Reaching Out Group	\$10.00

Six O'Clock Open Group	\$101.00
Total Group Contributions	\$774.00

Individual Contributions	\$9.00
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Total Contributions	\$783.00
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Financial Position as of 7/01/99

Bank Balance	\$761.73
Deposits 6/15, 6/28, & 7/01	\$1866.35
Cash on Hand	\$28.08
Accounts Receivable	\$601.10

Sub-Total	\$3257.26
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Outstanding checks	-\$2519.19
Reserve for Tax Liability	-\$0.00
Reserve for Copy Machine	-\$300.00
Reserve for Correctional Facilities	-\$200.08

Total	\$237.99
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Note: Since approval by the Board on 3-9-97 \$2,868.38 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

"Service Work" —a Message from District 70 DCM

"The GSR—as the general service representative is known—has the job of linking his or her group with A.A. as a whole. The GSR represents the voice of the group conscience, reporting the group's wishes to the committee member and to the delegate, who passes them on to the Conference and to the movement."

—Quote from *The General Service Manual*, page S44.

District 70 is a very large district, so it was disappointing that so few GSRs attended the Spring Assembly. I understand that it is not always possible to get away for a weekend, and not all groups have the funds to pay expenses. However, I cannot stress strongly enough how very important it is for GSRs to make every effort to attend the two annual assemblies. The job of the GSR is indeed one of the most important service positions in A.A. The GSR is the voice of the group who elected him or her, and nowhere else is that voice more needed than at the assemblies where important decisions affecting all of A.A. are discussed and voted upon. In addition to the business of A.A., the assemblies have interesting workshops, a guest speaker and the opportunity to meet other people in recovery from all over North Carolina.

If the GSR cannot attend the next Assembly on November 12th - 14th, then please, ask your Alternate GSR, or failing that, a group member with two or more years of sobriety. District 70 needs you at these assem-

blies. Please try to make it in November. I would like to thank the following individuals for following through on their commitment to the responsibilities of the GSR. In love and service they participated in the Spring Assembly May 21st - 23rd held at the Raleigh Hilton:

Eric C., GSR, Conscious Contact Group
Scott O., Alternate GSR, Back to Basics Group
Stan O., GSR, Traditional Group
Kevin K., Alternate GSR, Traditional Group
Mike B., GSR, Grace Group

Yours in service, Kay G., District 70 DCM

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.

12th Annual Choo Choo Roundup, "Happy, Joyous, & Free" August 20-22 at Chattanooga's Choo-Choo Holiday Inn and Conference Center, 1400 Market Street, Chattanooga, Tennessee. Speakers, Workshops, Alcahion, Hospitality Suite Ice Cream Social on Friday, Dance on Saturday, and Child Care will be provided. Questions? Or want information? contact Brenda T. 423-894-5621, or ruth 423-858-8349,

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 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

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>.

MOUNTAIN BREWINS



Mountain Doin's, NC Mtn. Central Office

"I'm afraid alcohol has finally beaten my brother. He's very sick in the hospital."

"I hope you went to see him and cheered him up."

"I did. I took him some magazines. But I told him not to start any serials."

x x x

"You remember Jerry the drunk—he dropped off the eaves of this building and he's in hospital."

"Well, that's what you get for eaves-dropping."

x x x

"Wow! A worm got in my drink and I swallowed it!"

"Hadn't you better take something for it?"

"Hell no. Let the thing starve!"

x x x

Two alkys were sitting at the bar discussing their recent drinking escapades. After one had described his unhappy adventures of the night before, his friend asked: "What did you get drunk for, in the first place?"

Said his friend: "I didn't get drunk in the first place. I got drunk in the last place."

x x x

Policeman: "Have an accident, sir?"

Alky: "No, thanksh—I just had one."

x x x

Jean and Betty were celebrating at the bar. Said Jean, "Tell me, did any of your friends admire your engagement ring?"

Replied Betty: "They did more than that. Two of them recognized it!"

x x x

"Don't you think our A.A. group is just like one big family?"

"No, everybody's been pretty friendly; so far."

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