

# MOUNTAIN DOIN'S

## Central Office Newsletter

### FEBRUARY 2000



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

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All books, pamphlets, chips, and medallions, may be purchased from N.C. Mountain Central Office simply by a phone call, a personal visit, or by mail. The prices are shown below. All orders are mailed from Central Office on the following day provided that the items are in stock.

### Conference Approved Literature

Alcoholics Anonymous (Hard Cover)	\$6.00
"    "    (Soft Cover)	\$5.60
"    "    (Large Print)	\$6.30
"    "    (Pocket Edition)	\$3.50
Twelve and Twelve (Hard Cover)	\$5.40
"    "    (Soft Cover)	\$5.00
"    "    (Gift Edition)	\$5.25
"    "    (Large Print)	\$5.75
"    "    (Pocket Edition)	\$3.50
Daily Reflections	\$6.25
Came To Believe	\$2.75
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A.A. Comes of Age	\$6.50
As Bill Sees It (Hard Cover)	\$6.00
"    "    (Soft Cover)	\$5.60
Dr. Bob and the Good Oldtimers	\$7.50
Pass It On	\$8.00
Language of the Heart	\$11.00

### Non-Conference Literature in Stock

Twenty Four Hours a Day \$9.00

### Other Non-Conference Literature not kept in stock but will be ordered upon request

Each Day a New Beginning	\$10.00
The Little Red Book	\$10.00
Promise of a New Day	\$10.00
Touchstones for Men	\$10.00
Stools and Bottles	\$10.00

Where & Whens (Meeting schedules) 10¢

### Sobriety Chips

All Chips (White, Silver, Gold, Yellow, Green, Blue) are sold at 25¢

### Anniversary Medallions

All medallions are sold at \$1.50 each.

All Pamphlets are sold at A.A. catalog prices.

*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

### A Letter to a Newcomer

Dear Newcomer,

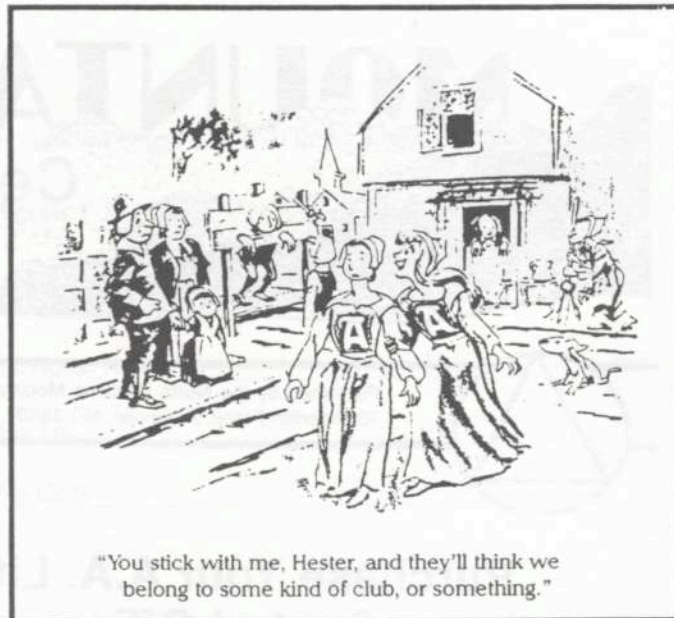
Welcome! You've just joined us on a journey that you'll quickly find will change your life around 380 degrees. And your first few meetings might not suggest that the statement is true. But give it time. Don't make any judgments on your first few meetings. Just keep coming back.

And here are a few suggestions, which I wish I had heard when I first came into the program.

1. Alcoholism is today a medically acknowledged disease—which means you won't be able to cure it on your own. In fact, there is no cure. But A.A. can help you keep it under control on a daily basis, for as long as you live.

2. Although to many newcomers the frequent mentions of the word "God" may be hard to take at first, remember that A.A. is not a religion. But it helps to think that there is a "higher power" (call it God, or the Group, or whatever you like), but be open-minded enough to accept that there is surely a power greater than you, whether it be the collective influence of all the members, or whether it be the God of the Bible. At least, acknowledge that all these new-found friends around the tables agree that *something* has come into their lives to relieve them of the desire to drink—one day at a time.

3. What are those "Twelve Steps" all about? Well, they may not appear to make much sense to you at



first, but don't worry about them just yet. They'll make sense when you begin to work them one at a time with the help of a sponsor and others in your group. But, for a while, all you have to do is listen and keep coming to meetings.

4. That's it. For the first few weeks and months, just be determined to turn up to meetings, daily if possible. It won't take long before you come because you want to and that's where it begins. —LB

## 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 12-6-99—12-31-99

Answering Service Calls	222
General Information	4
A.A. Help	9
Family Help (Al-Anon)	15
Meeting Information	67
Central Office Business	166
Medical Help (Hospital, Detox, etc.)	0
P.I. Calls	0
Others	0
Visitors	38



## Fellowship News

Name Change: The Waynesville Lakeside Group has changed its name to **The Sunshine Group**.

Meeting cancellations: The 8 P.M. former **Lakeside Group** meetings on Fridays and Saturdays have been canceled.

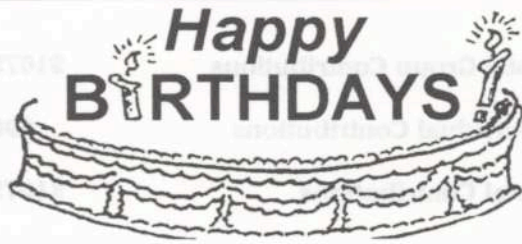
Asheville Meeting cancellation: **The Growing Together Group** Friday, 7 P.M. meeting at St. John's Episcopal church has been canceled.

Burnsville Meeting cancellation: The Saturday 9.30 A.M. **Women's 12 Step Group** meeting at New Hope Counseling Center, has been canceled.

### Dist. 70 Business Meeting

District 70 is holding a business meeting on Sunday, February 13 at the Serenity Service Meeting Room at 107 Broadway, Asheville. The meeting will begin at 3 P.M. Members of all groups in our area are invited to attend.





#### Acceptance Group

John L.	2-21-87	13 years
Bill B.	2-19-77	23 years
Dan B.	2-15-94	6 years
Susan A.	2-14-95	5 years
Susan W.	2-12-?	? years
Brad Mc.	2-1-83	17 years
Dan P.	2-9-98	2 years

#### Back To Basics Group

Ralph M.	2-3-77	23 years
Melody K.	2-9-98	2 years
James P.	2-18-88	12 years
John L.	2-21-87	13 years

#### Black Mountain Group

Levi G.	2-23-78	22 years
David F.	2-8-98	2 years

#### Brevard Group

Frank J.	2-11-88	12 years
Tom K.	2-23-87	13 years
Kathleen M.	2-28-82	18 years

#### Grace Group (Asheville)

Marion H.	2-1-98	2 years
Jack D.	2-12-86	14 years

Jennie D.	2-14-85	15 years
Rowan	2-14-92	8 years
Molly W.	2-23-85	15 years
Megan J.	2-26-88	12 years
John W.	2-28-96	4 years

#### Grace Group (Waynesville)

Mary S.	2-15-75	25 years
Sally G.	2-5-99	1 year
Steven W.	2-5-90	10 years

#### Happy Hour Group

Rudy F.	2-2-95	5 years
Maureen McF.	2-14-69	31 years
Bill W.	2-8-98	2 years

#### Hendersonville Group

Ed D.	2-22-72	28 years
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#### Maggie Group

Marvin M.	No date given	19 years
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#### Maple Grove Group

Sally G.	2-5-99	1 year
Hank S.	2-11-99	1 year
Elice M.	2-14-98	2 years
Paul G.	2-15-98	2 years
Glen S.	2-19-89	11 years

#### Midday Group

Tom M.	2-9-82	18 years
Frankie C.	2-20-96	4 years
Beth R.	2-25-99	1 year
Jackie R.	2-8-99	1 year
Larry L.	2-20-81	19 years

## The Good of the Group

Approximately four years ago at the age of nineteen I entered A.A. after being in two psychiatric centers in treatment after my last drunk, which resulted in a suicide attempt. I guess you could say I was at the jumping off place.

When I entered A.A. I was blessed with a wonderful group and a sponsor. Both helped me to see my alcoholism very clearly. As we know, there are a lot of other problems and addictions in this world today. I had experienced many. However, alcohol is what brought me to my knees. I thank God today for the fact that my group and sponsor loved me enough to tell me that I had to keep the focus on my drinking. I was told very quickly that the primary purpose of an A.A. meeting is to share experience, strength, and hope, not to dump my garbage. Right away I was being pointed away from the self-centeredness that

ran my life when I was an active drunk.

Later on I had the privilege to learn about the Traditions. these Traditions taught me to put my personal desires aside for the good of A.A. and my group. this meant that I should refrain from sharing at the group level on subjects not related to alcoholism, even the things which I thought were so important to me. I know today it is only because I am sober that I am able to work on any "other issues" I might have. However, I go to the appropriate place for them because I love A.A. too much to expect anything from A.A. other than sobriety—freedom from alcohol—which in itself is more than I could ever have dreamed of.

excerpted from the *Grapevine*, 1994

Often the people who help us the most are the people we resent the most.





# Treasurer's Report

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

## INCOME

### Group Contributions

Blue Ridge Group	\$100.00
Brevard Group	\$50.00
Candler KISS Group	\$60.00
Cumberland Group	\$252.60
Easy Does It Group	\$25.00
Fletcher group	\$50.00
Grace Of God Group	\$3.50
Happy Hour Group	\$50.00
Locked In Forward group	\$24.00
Maple Grove Group	\$50.00
Midday Group	\$90.00
Mountain View Group	\$320.00

Total Group Contributions	\$1075.10
Individual Contributions	\$00.00
<b>Total Contributions</b>	<b>\$1075.10</b>

### Financial Position as of 12/31/99

Bank Balance	\$2412.94
Deposit 12/31/99	\$1137.03
Cash on Hand	\$27.76
Accounts Receivable	\$829.46
<b>Subtotal</b>	<b>\$4407.19</b>
Outstanding checks	-\$2671.58
<b>Reserve for Tax Liability</b>	<b>-\$0.00</b>
Reserve for Copy Machine	-\$450.00
Reserve for Correctional Facilities	-\$96.58
<b>Total</b>	<b>\$1189.03</b>

Note: Since approval by the Board on 3-9-97 \$3221.88 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

## Unity—Old-timers Share Their Views

"I suggest that, young in the program or old, we all bring our disease to A.A. meetings in order to continue recovery," writes Gary B. of Vinita, Oklahoma. "Old-timers have been sober a lot longer, and what they say is almost always something the newer members need to hear. To the old-timers who go to meetings only occasionally and have been disappointed in the ones they've attended, my suggestion is to go to a lot more. Because they're apt to be more discerning about the content, they may not have as many good meetings as they once did, but the quality of the meetings may be improved for A.A.s in the earlier stages of recovery."

Gary further notes that "sometimes just being there can carry the message to the newcomer."

His letter is one of the many thoughtful responses to an article published in a 1991 issue of *Box 4-5-9*.

Addressing the question, "Have old-timers been driven away by group discussions that seem to be less and less A.A. oriented?" Drew S. of Rialto, California, writes in the affirmative. "I am growing weary of struggling with the non-A.A. talk that is going on in the Fellowship today. I still go to several meetings a week, but they tend to be more of an ordeal than a pleasure."

Harry B, of Walton Beach Florida, notes that his own "bit of spiritual growth" has not come easily, adds: "Dedicated reading of the Big Book discloses

not a words of profanity or a single off-color story. And while A.A.s roar and applaud a sexy, smutty story, have you noticed something odd: that they laugh just as loudly at a good clean joke?

From Connecticut, old-timer Danny D. points out that "when we are talking about unity, we a talking about our Traditions, especially the Third, which insures that we don't exclude any alcoholic who wants to join us. We're also talking about sponsorship and other aspects of A.A. life openly and caringly, allowing a Higher Power to work through our group conscience.

"If a member at an A.A. meeting speaks of a problem other than recovery from alcoholism, what can be done? Tradition Twelve reminds us to 'place principles above personalities' in facing our problems, most of which come from within. Let us resolve them the same way we deal with newcomers—with tenderness and love.

Excerpted from *Box 4-5-9*, Aug/Sep

1991

### Upcoming Area 51 Events

2000 Spring Committee Meeting	Feb 26-27, 2000
2000 Spring Committee and Assembly	June 2-4, 2000
N.C. State Convention	July 20-23, 2000
2000 Fall Committee Meeting	Sep 9-10, 2000
2000 Fall Committee and Assembly	Nov 3-5, 2000
2001 Spring Committee Meeting	Feb 24-25, 2001
2001 Spring Committee and Assembly	May 18-20, 2001
N.C. State Convention	July 19-22, 2001





# 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.

**“Language Of The Heart”**, Ocean Front 24th Anniversary Conference., at The Cavalier Hotel, Oceanfront at 42nd St., Virginia Beach, Virginia. **February 18, 19, and 20, 2000..** For details call The Cavalier Hotel 1-800-446-8199.

**Roundup at Sea 2000.** Sober Cruise on the S.S. Norway, May 6 - 13, 2000. From Miami, to St. Maarten, Netherlands Antilles, St. John and St. Thomas, U.S. Virgin Islands, and Great Stirrup Cay (private island), Bahamas. Join your friends in recovery for Meetings, Speakers, Sober fellowship. For full information call Jim and Cathy M. (561) 844-7655.  
E-Mail SOBERCRUIS@AOL.COM

## Just Being There

After a year of taking from the program of Alcoholics Anonymous, I felt I should do something in return. But I was afraid. Occasionally, I would give my telephone number to a newcomer, then hope he wouldn't call.

My distorted idea of the Twelfth Step caused me to view is as requiring great valor. Saving others seemed an awesome responsibility, I was afraid to “get involved.”

Sometime during my second year of sobriety, a friend and I were reminiscing. He recalled being present at my first meeting at our club. “You helped me so much that morning,” he said. “I remember how depressed I was and how you brought me out of it.”

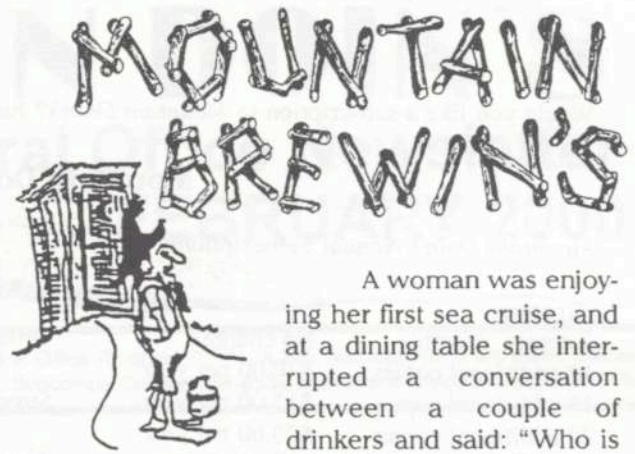
Obviously, the guy was mistaken. I remembered that meeting, and I had not said a word. I had not wanted to be there that morning, and there was no way I could have helped anyone. I told him he had me confused with someone else.

“No,” he replied with a smile. “You were sick and scared, and you seemed lost. All I could think about was trying to reach out to you. It brought me out of myself, and I forgot my own problems.”

I remembered, he talked with me after the meeting, offered advice, suggested some reading in the Big Book, and gave me his telephone number.

Finally, it dawned. I had actually “Twelfth-stepped” someone without even being aware of it. The only thing I had done was be there. The Twelfth Step doesn't ask me to be perfect. It says we “tried” to carry the message. Sometimes, we try just by showing up.

Excerpted from the *Grapevine*, March 1983



A woman was enjoying her first sea cruise, and at a dining table she interrupted a conversation between a couple of drinkers and said: “Who is this Bill W., anyway?”

“I don't know,” replied her friend, “but I've been on a handful of cruises, and he's been on every one.”

x x x

Said alky Alice to her boyfriend, “I've been asked to get married lots of times.”

Said her friend: “Who asked you?”

Replied alky Alice: “My father and mother.”

x x x

An alky wandered into the jungle and met a ferocious-looking lion. The terrified alky began praying for his life. The lion came and knelt down beside him.

Seeing this, the alky exclaimed, “Dear brother lion! A moment ago I feared for my life, and now you join me in prayer. Oh, thank the lord!”

“Quiet,” said the lion, “I'm saying grace.”

x x x

A tipster, too drunk to drive, called a tow truck instead of a taxi to take him home from the bar. He figured it would cost him \$10 or \$15 more, but at least he'd know where his car was in the morning.

x x x

“I used to know Mr. Johnson who was with your firm. I knew him as an alcoholic, but I understand he is a tried and trusted employee.”

The banker looked at the person coldly.

“He was trusted, yes; and he will be tried, if we are fortunate enough to catch him!”

x x x

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