

MOUNTAIN DOIN'S

Central Office Newsletter

MARCH 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

District 80 Eatin' Meeting and Central Office Meeting—Sunday, March 12, 2000

To be held at Maple Grove Methodist Church

Dellwood Road, Waynesville, NC (Rte. 276 N.)

Sponsored by the Maple Grove/Clyde Group



Eating at 2 P.M.

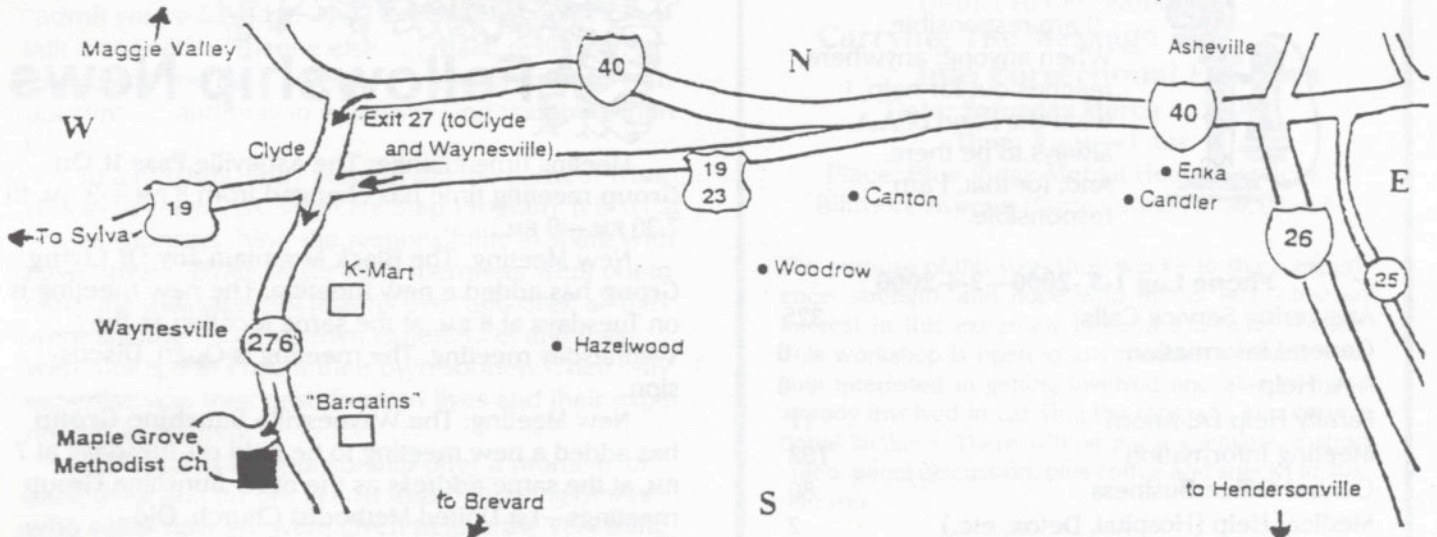


Speaker at 3 P.M.
Ray C. from Atlanta



Central Office Meeting at 4 P.M.

Bring a covered dish! Meat and drinks provided. Y'all come—for fellowship and fun!



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

Newcomers and Meeting Subjects

What is this thing in the meetings around here, where, if there is a newcomer present, the chairperson or some other well-meaning A.A. in the group will say, "Since there is a newcomer here today, I think we should talk about the first step."

No newcomer will ever realize what we are talking about, in their FIRST meeting, no matter what we discuss. And, to change the format of a meeting for any one person, at any time, is just not A.A. practice. We have a prearranged format for our meetings. Stick with the subject at hand and let the chips fall where they may. As a rule, newcomers are so out of it, they can barely hold a cup of coffee upright without spilling, let alone be the center of the meetings. If anything, this focus of attention, just might turn them off and send them running for cover, lest we do that to them next time we see them. It isn't A.A. and it isn't going to do anyone any good.

A.A. is for those who want it, and want it enough to go to any lengths to get it. All this dancing about around the newcomer, I think it's time to get back to good old fashioned, down to earth, basic A.A. If it works we work it. If it works, don't change it! —NG

The Program Should Include Service

I agree that working the Steps and attending meetings are vital aspects of the program. But, as they say, you can't keep it until you give it away.



For me, that means service work. And I don't mean only 12 Stepping. Accepting offices in our home groups, such as secretary, chairman, treasurer, GSR, CPC/PI, Central Office Rep., and making coffee and arranging chairs—all these come under service work. And all are not only satisfying but help discipline us to regularly attend meetings and become truly a part of the group.

And when we reach the goal of sustained striving to be present and to offer the helping hand, we truly live the right kind of life that will support us through life's ups and downs and keep us on that sunny road of recovery. —BB

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 1-3 -2000—2-4-2000

Answering Service Calls	325
General Information	6
A.A. Help	0
Family Help (Al-Anon)	17
Meeting Information	103
Central Office Business	80
Medical Help (Hospital, Detox, etc.)	2
P.I. Calls	0
Others	0
Visitors	67



Fellowship News

Meeting time change: The Asheville **Pass It On Group** meeting time has changed from 8 P.M.—9 P.M. to 7.30 P.M.—9 P.M.

New Meeting: The Black Mountain **Joy Of Living Group** has added a new meeting. The new meeting is on Tuesdays at 8 P.M. at the same location as the Wednesday meeting. The meeting is Open, Discussion.

New Meeting: The Waynesville **Sunshine Group** has added a new meeting to be held on Tuesdays at 7 P.M. at the same address as the other Sunshine Group meetings—1st United Methodist Church, Old Parsonage House, 104 Academy St. The meetings are Open, Discussion, Nonsmoking.

Meeting cancellation: **The Unity Group** meetings held on Tuesdays and Thursdays at 8 P.M. at Charter of Asheville, 60 Caledonia Road, have been canceled.



Acceptance Group

Paula 3-4-99 1 year

Back To Basics Group

Judy S. 3-1-99 1 year
 Chris H. 3-8-99 1 year
 Brack J. 3-9-83 17 years
 Chris K. 3-9-77 23 years
 Donna E. 3-12-92 8 years
 Jack M. 3-11-62 38 years

Black Mountain Group

Jay C. 3-11-92 8 years

Brevard Group

Charles G. 3-19-96 4 years

Grace Group (Asheville)

Mike B. 3-03-93 7 years
 Dawn C. 3-07-96 4 years

Bob P. 3-12-86 14 years
 David S. 3-14-96 4 years
 John B. 3-15-97 3 years
 Jim S. 3-28-91 9 years

Grace Group (Waynesville)

Bobbi O. 3-30-94 6 years

Hendersonville Group

Deborah W. 3-17-87 13 years
 Irma D. 3-7-85 15 years
 Mike S. 3-29-77 23 years
 Dawn B. 3-5-96 4 years
 Molly T. 3-17-91 9 years

Maple Grove Group

Jimbo C. 3-10-94 6 years
 Donna H. 3-26-90 10 years

Midday Group

Greg C. 3-23-98 2 years
 Charlie P. 3-17-83 17 years
 Robert L. 3-18-99 1 year
 David B. 3-15-98 2 years

Thursday Aft. Women's Group

Dawn B. 3-5-96 4 years
 Lillian C. 3-15-90 10 years
 Ruth G. 3-29-74 26 years

Bill W. on Sponsorship

Bill W. wrote on several occasions of the profound effect that his friend Ebby (whom he always called his sponsor) had on him when Bill was barely sober, lying in a hospital bed. Ebby told Bill he had to "admit you're licked . . . get honest with yourself . . . talk it out with someone else . . . make restitution to the people you have harmed . . . give of yourself without stint . . . and pray to whatever God you think there is."

In a nutshell, Ebby handed Bill the germ of what was to become A.A.'s Twelve Step Program. It is what we, as sponsors, have the responsibility to share with newcomers. When those early members went out to carry the message, Bill tells us over and over, all they were sharing was their own experience, and they were doing it to ensure their own sobriety. Their *only* expertise was their past drunken lives and their experiences in sobriety.

Bill's words on sponsorship offer a promise for each of us and for our Fellowship: "Showing others who suffer how we were given help is the very thing which makes life seem so worthwhile to us now. Cling to the thought that, in God's hands, the dark

past is the greatest possession you have—the key to life and happiness for others. With it, you can avert death and misery for them." (*Alcoholics Anonymous*, p.124)

District 70 CFC Workshop Carrying The Message Into Correctional Facilities

Date: Saturday March 4, 2000

Time: 9 A.M.—1 A.M.

Place: Blue Ridge Mental Health Services
 Biltmore Avenue (Same location as Alcolthon)

The purpose of this workshop will be to share experience, strength, and hope with others who have an interest in this extremely important area of service. This workshop is open to any member of the fellowship interested in getting involved and also to those already involved in carrying the message into correctional facilities. There will be guest speakers, a short video, panel discussion, plus coffee and snacks to sustain you.

We look forward to seeing you on March 4.

Treasurer's Report



N.C. Mountain Central Office, Inc.
Financial Report
for the month of January 2000

INCOME

Group Contributions

Acceptance Group	\$50.00
Acceptance Group	\$400.00
AWOL Group	\$7.50
Black Mountain Group	\$140.00
Bone Dry Group	\$100.00
Brevard Group	\$50.00
Burnsville Group	\$50.00
Common Sense Group	\$30.00
Conscious Contact Group	\$162.00
Edneyville Group	\$10.00
Franklin Group	\$30.00
Growing Together Group	\$93.03
Happy Hour Group	\$50.00
Hendersonville Group	\$105.33
Hendersonville Group	\$114.29
Marion Noon Group	\$150.00

Midday Group	\$90.00
Roundtable Group	\$50.00
Sylva Group	\$50.00
Thursday Afternoon Women's Group	\$100.00
Total Group Contributions	\$1832.15

Individual Contributions **\$00.00**

Total Contributions **\$1832.15**

Financial Position as of 2/01/2000

Bank Balance	\$1106.49
Deposits 2/01 & 1/14	\$3513.33
Cash on Hand	\$27.76
Accounts Receivable	\$837.40
Subtotal	\$5484.98
Outstanding checks	-\$3408.91
Reserve for Tax Liability	-\$91.80
Reserve for Copy Machine	-\$0.00
Reserve for Correctional Facilities	-\$79.79
Total	\$1904.49

Note: Since approval by the Board on 3-9-97 \$3238.68 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

A Teenager Asks: "Could I be an Alcoholic?"

"My name is Sara. I'm thirteen years old and I think I might be an alcoholic, but I'm not sure. Can you be an alcoholic if you're really young and don't get drunk? If you can't, I'm in the clear. If you can, I'm in trouble."

Writing to G.S.O. from the Southeast, Sara says: "The first thing I ever drank was plum brandy. Oh, did it ever taste bad—but it made me feel warm all over, calmed my nerves and helped me forget about my poor grades, lack of friends, and constant fights with my parents. As my worries and troubles worsened, the more I wanted to drink."

At first, Sara recounted, "I'd take a drink (usually vodka since it has no smell) just before school. My 'great escape' was too short, so I started carrying a water bottle filled with vodka."

"That helped, though I still had no friends and my grades were worse than ever. Can you believe it? It used to be that something like that would make me cry, but now I just take a drink and feel better."

"You know, the funny thing is that my parents don't even notice anything's missing from their liquor cabinet. I could never talk to them about this. They'd think I was making it up and transfer me to a different school or something. The reason I didn't go to my

counselor is because I didn't know if I had a problem or not, and since you're the experts I figured you could tell me. I do take a drink before I go to sleep and I had one before I wrote this and I hope you'll please answer."

"Yes, Sara, you could be an alcoholic, but only you can decide that you are," a G.S.O. staff member responded in part. "To help you, we are enclosing several A.A. pamphlets in which young people like you share their own experience: 'Too young?,' 'Young people and A.A.,' and 'Do you Think You're different?'"

"Be aware that alcoholism is an illness; and like most other illness, it strikes people of any age—even thirteen and younger. So, if your life seems topsy-turvy and you think drinking might have something to do with it, I suggest that you look up Alcoholics Anonymous in your phone book and call (if you have difficulty connecting, consult your school counselor). Sharing with an A.A. member usually makes it easier to understand the nature of the illness, and to realize that help is available to you if you want it."

Excerpted from *The Grapevine*

Coffee: A beverage that most A.A. members like but are too busy to make for the group.



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.

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

Renewed Spirits. Bundoran, County Donegal, Ireland, April 13-21, 2000. Your invitation to kick off the millennium with a sober sojourn to the Emerald Isle has arrived. To register or for more details contact: Fran Kenney, at 202-364-4707.

E-mail fkenney4@aol.com

A.A. endorsed event: **53rd South Carolina State Convention** March 23-26, 2000. **Miracles In The Millennium.** Old Timers panel, Archives, Workshop, Pool & Exercise room, Speakers, Golf, Tennis, Fun and Fellowship.

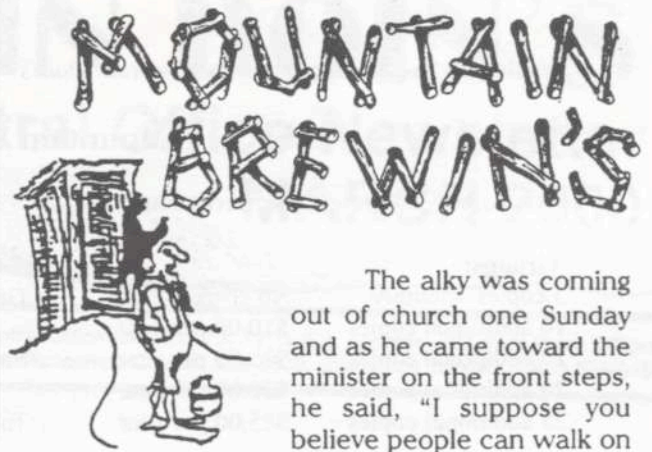
Embassy Suites Hotel, 670 Verdae Blvd., Greenville, SC. Phone (864)676-9090 or (800)362-2779. Cut-off date for convention rate 3/1/2000.

The Serenity Prayer In Full

God, grant me the Serenity
To accept the things I cannot change;
Courage to change the things I can,
And wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway
to peace;
Taking, as He did, this sinful world
as it is,
Not as I would have it.

Trusting that He will make all things
right if I surrender my will;
That I may be reasonably happy in
this life,
And supremely happy with Him
forever in the next.



The alky was coming out of church one Sunday and as he came toward the minister on the front steps, he said, "I suppose you believe people can walk on water!"

The parson knew the alky well and responded, "Much better than they can walk on whisky."

x x x

A group of alkies were sitting around a table discussing their program.

Said one, emphatically, "I have nothing but praise for A.A."

"Yes, I've noticed that," said one member, across the table; "every time the basket is passed around."

x x x

Alky Alice: "Now that we're engaged, dear, you'll give me a ring, won't you?"

Alky Fred: "Yesh, dear, shertainly. What's your number?"

x x x

An intoxicated man asked a pedestrian, "I shay, which ish the other side of the street?"

"Why, over there," was the answer.

"Shtrange, I was jus' over there an' a gentleman shaid it was over here."

x x x

A local court judge was being treated to a rare night on the town.

"Have a drink?" one of them asked. "Have you ever tried a whisky and soda?"

"No," the judge soberly replied. "But I've tried plenty of fellows who have."

x x x

"I've always been a social drinker. Whenever anyone says: 'I'll have one,' I'd say, "Social I."

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below

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 _____

Street/PO Box No. _____

Town and Zip Code _____

Individual Members:

Single copy monthly \$5.00 per year

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.

Clip and mail with check or money order to:

N.C. Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

North Carolina Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Address correction requested

Place
Postage
Stamp
Here