

MOUNTAIN DOIN'S

Central Office Newsletter

APRIL 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

A.A. Membership Approaches 2,000,000

As reported in the General Service Office A.A. Fact File, because A.A. has never attempted to keep formal membership lists, it is extremely difficult to obtain completely accurate figures on total membership at any given time. The membership figures listed below are based on reports to the General Service Office, plus an average allowance for groups that have not reported their membership.

Estimated A.A. Membership and Group Information.

Groups in U.S.	51,183
Members in U.S.	1,166,927
Groups in Canada	5,257
Members in Canada	101,786
Groups Overseas	39,804
Members Overseas	656,938
Internationalists	124
Groups in Correctional Facilities (U.S./Canada)	2,466
Lone Members	347

Total: 1,989,124 Members
98,710 Groups

Pass It On— *Into the 21st Century* **International** **Convention of A.A.**

June 29—July 2, 2000

Coordinated by A.A World Services
held in

the Minneapolis, Minnesota, Convention Center

Beginning Thursday, June 29, midnight through early Sunday, July 2, marathon meetings will be held in English and in Spanish. Topic Meetings, Workshops, Panels, Special Interest Meetings will be held all day Friday and Saturday at the Convention Center, the Hilton, Hyatt, and Regal Hotels. Alanon and Alateen have scheduled a variety of daytime meetings and workshops. There will be programs in English, Spanish, French and other languages.

Air Travel—flight discount tickets are available.

Car Rentals are available at standard discount rates.

Convention Shuttle Bus transportation is available between participating hotels and motels to the Convention Center, downtown, etc.

For copies of the full details and registration forms, ask your group G.S.R. or apply to our Central Office for copies.

Pre-registration deadline is May 15, 2000.

Please send registration form and total registration fee to:

2000 International Convention
P.O.Box 3262
Ventura, CA 93003
Phone: (805) 654-0110

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.

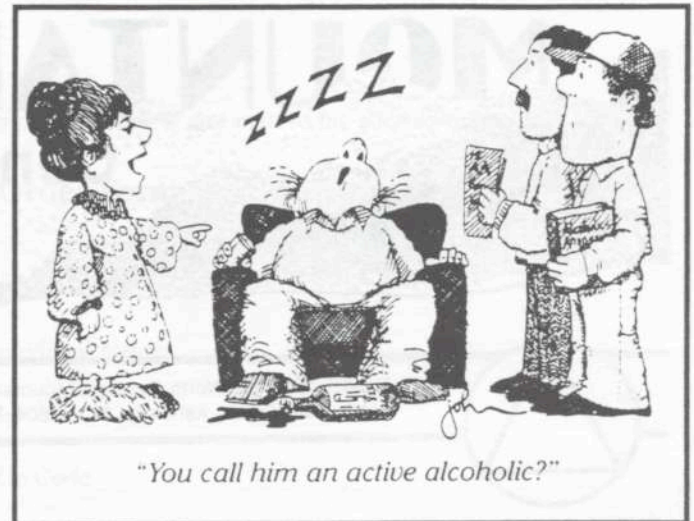
LIVE LETTERS

Keep Going to Meetings

I met a friend in A.A. who had been very helpful to me in my early days. Imagine my amazement when I learned he had had a slip the other day. But he came back a week later and I immediately asked him what happened. He appeared to be as bewildered about it as I was. He had faced no crisis—he just decided to take a drink. I was as puzzled as he, but we resumed our friendship and continued to attend meetings together. Then, a few days later, another friend was missing from meetings and we soon learned that he, too, went out and started drinking again for a short time. And, in time, there were others. Some came back, some didn't.

I was deeply troubled, because these friends seemed to be no different from me. Did that mean I was going to have a slip someday? I listened to their stories, and they all started in similar ways. First, they stopped going to meetings, for various reasons. Some stopped because they were just bored with the same things people were saying over and over again. Others had various reasons, but they all were similar in that their A.A. experiences had made them feel safe enough to stop going.

For me, going to daily meetings was easy, so I kept going. And today I can see clearly that the saying "One day at a time" is not just a cliché that everyone chants, without thinking of its true significance. It real-



ly means what it says, and also what it implies—don't live in the tomorrow, full of fear and doubt. Live in today, full of possibilities and controllable actions. And that's all there is to worry about. RM



Fellowship News

Meeting name change: The Asheville **Pass It On Group** has changed its name to **The Asheville Big Book /Step Study Group**. The Group meets on Wednesdays at 7.30p.m.—9p.m.

New Meeting Change: The Black Mountain **Joy Of Living Group's** new Tuesday 8 P.M. meeting reported in the March *Mountain Doin's*, has changed from Open Discussion to Closed 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 Changes: The Waynesville **Maple Grove/Clyde Group** 7 P.M. meeting has changed its monthly last Friday meeting from Closed Step Study to Traditions meeting. Also the Wednesday meeting has been canceled, and the Friday 8 P.M. meeting has changed its last Friday of the month Traditions meeting to Open, Discussion.

New Meeting: The Asheville **Working With Others Group** is a new group that meets on Thursdays at 8 P.M. at 445 Biltmore Avenue, (corner of Victoria and Biltmore Avenue), in Room 401 on the fourth floor. Enter at ground level, and ride elevator to 4th floor. The meetings are Closed, 10-, 11-, and 12-Step Study. Parking is in ground level parking lot.

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 2-7-2000—2-25-2000

Answering Service Calls	182
General Information	0
A.A. Help	3
Family Help (Al-Anon)	9
Meeting Information	64
Central Office Business	47
Medical Help (Hospital, Detox, etc.)	3
P.I. Calls	0
Others	6
Visitors	45



Acceptance Group

Ocean	4-9-71	29 years
Steven	4-10-98	2 years
Will	4-16-93	7 years
Jim D.	4-26-77	23 years

Back To Basics Group

Kelsey S.	4-12-83	17 years
Perry B.	4-15-86	14 years
Vicky O.	4-29-90	10 years

Bethel Up The River Group

Candy P.	4-31-89	11 years
Bob P.	4-22-81	19 years

Black Mountain Group

Carolyn M.	4-1-92	8 years
Tom B.	4-4-83	17 years
Rusty M.	4-1-99	1 year

Conscious Contact Group

Betty L.	4-26-63	37 years
Jimmy L.	4-17-90	10 years
Kelly M.	4-25-98	2 years
Rick D.	4-21-93	7 years

Grace Group (Asheville)

John J.	4-01-96	4 years
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Adam F.	4-3-94	6 years
Frank M.	4-4-80	20 years
Talamadge H.	4-5-96	4 years
Michael C.	4-10-93	7 years
Ron C.	4-13-96	4 years
Maureen B.	4-14-98	2 years
Brian M.	4-22-78	22 years
John D.	4-22-97	3 years
Margaret N.	4-27-86	14 years

Grace Group (Waynesville)

Betty C.	4-1-89	11 years
Vicki P.	4-13-98	2 years
Claude R.	4-15-86	14 years

Happy Hour Group

David W.	4-21-99	1 year
Gene McF.	4-1-68	32 years
Gail A.	4-24-88	12 years

Hendersonville Group

Micheline H.	4-14-80	20 years
Mark A.	4-21-92	8 years
Jimmy D.	4-21-99	1 year

Maple Grove Group

John A.	4-19-89	11 years
John B.	4-14-89	11 years
Heidi D.	4-1-73	27 years
Bruce P.	4-3-96	4 years

Midday Group

Theresa H.	4-27-99	1 year
Julie H.	4-12-99	1 year
Joanie B.	4-22-94	6 years
Gracia N.	4-29-94	6 years

Thursday Aft. Women's Group

Miriam S.	4-17-87	13 years
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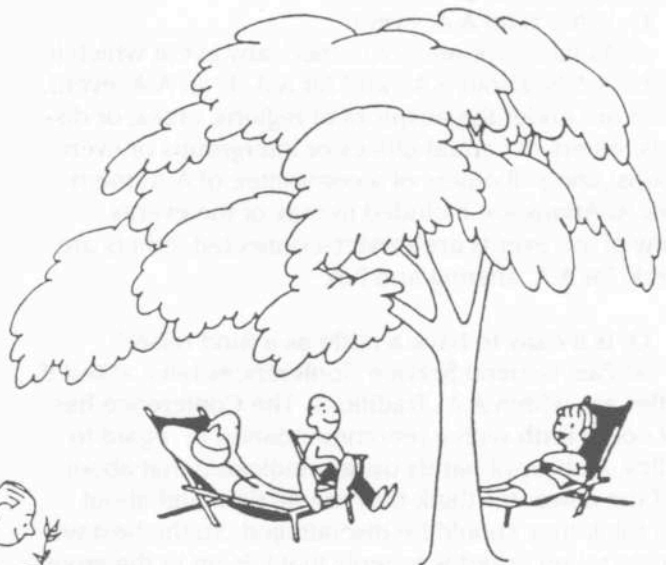
When anyone, anywhere, reaches
out for help, I want the hand of
A.A. always to be there.
And for that:
I am responsible.



we can't keep it...



unless we give it away.



Then it grows for all to share.



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$50.00
Back To Basics Group	\$175.00
Bethel Up The River Group	\$40.00
Brevard Group	\$50.00
Columbus Group	\$100.00
Cumberland Group	\$250.00
Day By Day Group	\$100.00
Early Bird Group	\$125.00
Edneyville Group	\$40.00
Grace Group (Asheville)	\$282.50
Happy Hour Group	\$50.00
Hendersonville Group	\$81.84
Just For Today Group	\$30.00
Marion Group	\$25.00
Mars Hill Group	\$200.00
Marshall Group	\$200.00
Midday Group	\$90.00
No Nonsense Group	\$20.00

Reaching Out Group	\$10.00
Robbinsville Group	\$12.00
Six O'Clock Open Group	\$100.00

Total Group Contributions \$2031.34

Individual Contributions \$00.00

Total Contributions \$2031.34

Financial Position as of 3/01/2000

Bank Balance	\$2851.90
Deposit 2/29/00	\$2075.29
Cash on Hand	\$27.76
Accounts Receivable	\$954.17

Subtotal \$5909.12

Outstanding checks -\$3503.90

Reserve for Tax Liability -\$183.60

Reserve for Copy Machine -\$150.00

Reserve for Correctional Facilities -\$0.13

Total \$2071.49

Note: Since approval by the Board on 3-9-97 \$3318.33 in A.A. literature has been used by Groups bringing meetings to correctional facilities.

Some of G.S.O.'s Most Frequently Asked Questions

Q: What is an A.A. event?

A: As far as we are concerned, any event which is run by A.A.'s, about A.A., and for A.A. is an A.A. event. Some are under the auspices of regions, areas, or districts; others of central offices or intergroups or even groups; and still others of a committee of A.A. members. Al-Anons are included in many of the events. Many of the events are service-connected, others are purely for A.A. sharing and fun.

Q: Is it okay to have a raffle as a fund raiser?

A: Past General Service Conferences have asked if raffles are within A.A. Traditions. The Conference has not come forth with a recommendation in regard to raffles. A show of hands usually indicated that about half the delegates think they are all right and about half think they should be discouraged. So the best we can do when asked is to reply that it is up to the group conscience. Of course, this reply is referring to raffles within A.A. Selling raffle tickets to people outside A.A. is not within the spirit of the Seventh Tradition, which reminds us that every A.A. group ought to be self-supporting, declining outside contributions.

Q: Is it O.K. to hold a dance (no meeting) as a fund raiser for an A.A. function?

A: See the answer above regarding raffles as fund raisers. If tickets for the dance are sold within the Fellowship, it's up to the group conscience; if they're sold outside, it's a clear violation of the Seventh Tradition. Dances themselves are a popular feature of A.A. conventions and get-togethers.

Q: For health reasons, I can no longer sit in the smoke-filled A.A. meetings rooms, and I have stopped attending meetings. Is forming a nonsmoking group within the Traditions?

A: Yes, nonsmoking groups are within the Traditions. Members attending a nonsmoking meeting with a desire to smoke during the meeting can simply step outside for a few minutes. Many groups today have "no smoking" sections. Not attending A.A. meetings is a very high price for an alcoholic to pay, so you might want to think of, and act on, some of the alternatives.

Extracted from Box 4-5-9 Aug 1987

The best place to find a helping hand is at the end of your arm.



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.

Sharing and Caring, Women's Retreat. at Camp Kirkwood, Watha, N.C., May 5 - 7, 2000. A quiet and relaxing weekend, surrounded by the beauty of nature, lots of good home-cooking and chock-full of sobriety, spirituality, and unity. The retreat delivers fellowship for women recovering in A.A. Sleeping and full bathroom accommodations are available on the campgrounds.

Reservations, questions, and checks should be made payable to **Sharing and Caring** and should be sent to: Debbie Wright, 1814 Northgate St., Durham, NC 27704. Phone: 919-220-2117. The deadline for registering is Friday, April 21, 2000.

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

We Want to 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 thoughts.

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 that are always of interest to our readers:

- *Questions about A.A. and Central Office.
- *How A.A. has helped you.
- *What do you think would help others?
- *What disturbs you about some A.A. meetings?
- *Some surprises you have had in the program.
- *How you have learned to deal with relations or situations.

*Why you keep going to meetings.

Send all letters and ideas to The Editor, Mountain Doin's, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801.

We look forward to hearing from you!

Your Editor, Alan W.

MOUNTAIN AREWIN'S



"If your mother married again you'd have a step-father."

"Wouldn't be any different."

"No different?"

"No—we drag the one we've got off the steps every night!"

x x x

A good sign you're drunk is when you feel sophisticated but you can't pronounce it."

x x x

What's the alcoholic's idea of helping you with the housework?

Lifting his legs so you can vacuum!

x x x

What did the tipsy clam say to the crab at their A.A. meeting? "I'm glad this is a shellfish program."

x x x

The parson was really fond of peach brandy. One of his parishioners said to him, "I'll be happy to bring you a bottle of peach brandy if you'll promise that it will be acknowledged in the Church bulletin.

The parson agreed. After he was given the bottle a note appeared in the bulletin: "The clergy wishes to thank the generous parishioner for his recent gift of fruit, and the *spirit* in which it was given!"

x x x

"My husband really loves me. He says such nice things about me in his sleep, but he always calls me by the wrong name."

x x x

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