

MOUNTAIN DOIN'S

Central Office Newsletter

JUNE 2000



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Happy
Birthday
A.A.

June 10, 1935
65 Years Old



Dr. Bob had been drinking heavily before an operation he was to perform. He took three days to sober up. Then on the morning of the operation he shook miserably as Bill and Bob's wife, Anne, tried to help him dress.

On the way to the City Hospital in Akron, Bob held out his hand from time to time to see whether the shakes had subsided. . . . Bill, who also had his practical side, gave Dr. Bob a bottle of beer to help stop the shakes.

Bill and Anne went back to the house to wait. After many hours, Bob phoned to tell them that the operation had been successful.

The bottle of beer Bill gave him that morning was the last drink Dr. Bob ever had. . . . It is generally agreed that Alcoholics Anonymous began there, in Akron, on that date, June 10, 1935.

—Excerpted from *Dr. Bob and the Good Oldtimers*

Pass It On—Into the 21st Century

International Convention of A. A., July 20—July 2, 2000. Minneapolis, Minnesota.

The objectives of the 2000 International Convention are to provide opportunities for rededication of attendees to the primary purpose of A.A. It is also an opportunity for A.A.s and the public to witness the success and growth of the A.A. program around the

world, and to let the world know that A.A. is alive, flourishing and available as a community resource.

On June 10, 2000, it will be 65 years since A.A. was born, and began to spread around the world.

Throughout the world individual A.A. members are preparing for the trip to the Convention Center in Minneapolis, where we will have the opportunity to "Pass It On—Into the 21st Century."

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

Big Book Bible

Like many other alcoholics I have talked to, I started going to regular meetings and after a time began to work the steps as they were printed on the wall. But I never seriously read the Big Book, starting at the beginning. I treated the Big Book rather as a novel that I would one day start to read in my "spare time."

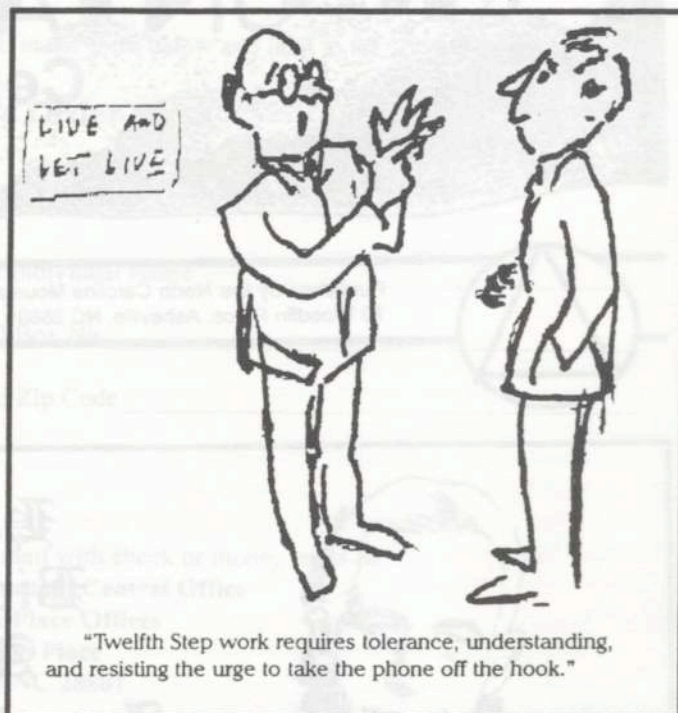
Then I learned from my sponsor that it was absolutely vital that I read the first 164 pages and honestly follow the directions or "suggestions."

My sponsor pointed out that A.A. today is not exactly the same as it was when the Big Book was published, but its suggestions remain the same. For instance, Bill W. writes about the "recovered" alcoholic, but today, we know that the word should be "recovering," because it is a life-long process. But substantially everything of importance to the alcoholic applies just as much today as it did in A.A.'s first days.

The fact is, we must follow the suggested directions in the first 164 pages of the Big Book if we are to remain in sobriety for the rest of our lives. —ST

Laughter, An Important Tool in Recovery

When I first came to A.A.—embarrassed, gloomy, humiliated, and even a little resentful—it really annoyed me to see so much laughter and giggling going on during the meeting. After all, as far as I was concerned, this was a serious business and certainly



not something to laugh about.

But I quickly came to realize that laughter and humor were to become powerful tools in the journey to sobriety. It took away that feeling of shame that kept me hiding from socializing with my new friends.

And I found that laughter is relaxing and loosens the tautness in the body as well as in the mind. And, above all, it brought me new friends who shared my new-found happiness, both in and out of A.A.

Today, I think that laughter is an important tool in recovery. —BG

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 4/7/2000—4/28/2000

Answering Service Calls	297
General Information	0
A.A. Help	8
Family Help (Al-Anon)	8
Meeting Information	97
Central Office Business	64
Medical Help (Hospital, Detox, etc.)	4
P.I. Calls	0
Others	3
Visitors	51



Fellowship News

New Meeting: The Safe and Sound Group has formed and meets at the Asheville YWCA 185 South French Broad Avenue, Asheville, at 11.30 A.M. on Saturdays. The meetings are Women, Closed, Discussion.

Things We Cannot Change

Bill M. of the West Asheville Group, passed away in April, 2000.

Our memories of his love and caring will be with us always.



Acceptance Group

Carl W.	6-10-99	1 year
Jay S.	6-25-99	1 year
Carol S.	6-28-99	1 year
Judy M.	6-28-99	1 year

Back To Basics Group

Gene R.	6-13-56	44 years
Bill Mc	6-1-74	26 years
Jeff M.	6-22-82	18 years
Scott O.	6-15-93	7 years
Ed. A.	6-14-95	5 years
Tammi W.	6-28-96	4 years

Black Mountain Group

Hugh H.	6-11-78	22 years
Frank M.	5-16-88	12 years
Jimmy L.	5-25-85	15 years
Kirk C.	5-22-97	3 years
Cindy P.	6-10-79	21 years
Mike T.	6-16-77	23 years
Jerry D.	6-8-74	26 years
Bill P.	6-6-84	16 years
Carolyn S.	6-21-89	11 years
Joel B.	6-19-95	5 years

Brevard Group

Pat J.	6-15-83	17 years
Jack C.	6-15-83	17 years
Cliff F.	6-30-89	11 years
Isabel L.	6-16-85	15 years
Jen F.	6-10-98	2 years
Steve H.	6-12-98	2 years
Kathy B.	6-7-91	9 years

Conscious Contact Group

Jim G.	6-27-89	11 years
John J.	6-2-86	14 years

Jolene J.	6-30-92	8 years
Julie Mac.	6-17-96	4 years

Cumberland Group

Sue T.	6-27-84	16 years
Brad K.	6-1-98	2 years

Grace Group (Asheville)

Bob P.	6-2-92	8 years
Paul S.	6-10-85	15 years
Vicki C.	6-12-89	11 years
Dan A.	6-13-95	5 years
Katie K.	6-13-97	3 years
Julie M.	6-17-96	4 years

Grace Group (Waynesville)

Ted S.	6-18-77	23 years
Gary J.	6-16-97	3 years

Happy Hour Group

Alan W.	6-20-88	12 years
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Hendersonville Group

Kenny S.	6-28-83	17 years
Bill H.	6-14-77	23 years
Anita S.	6-12-94	6 years
Nadine G.	6-21-91	9 years
Warren P.	6-15-92	8 years
Marshall D.	6-17-82	18 years

H'ville Thursday Aft. Women's Group

Janet R.	6-10-99	1 year
Kay G.	6-24-82	18 years
Loie Y.	6-25-73	27 years

Maple Grove Group

Beverly B.	6-10-88	12 years
Andy M.	6-27-96	4 years

Midday Group

Patsy S.	6-25-90	10 years
Irene H.	6-18-71	29 years
Nancy M.	6-17-95	5 years

Serenity Service Group

Ken B.	6-30-82	18 years
Lavern N.	6-24-94	6 years
Tonya M.	6-17-94	6 years

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

Treasurer's Report



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

INCOME

Group Contributions

Black Mountain Group	\$150.00
Brevard Group	\$50.00
Franklin Group	\$30.00
Friendship Group	\$20.00
Happy Hour Group	\$50.00
Hendersonville Group	\$118.44
Joy Of Living Group	\$161.74
Just For Today Group	\$40.00
Lambda Group	\$60.00
Locked In Forward Group	\$21.60
Maple Grove Group	\$100.00
Midday Group	\$90.00
No Name Group	\$20.00
Six O'Clock Group	\$100.00
Spruce Pine Group	\$50.00

Total Group Contributions **\$1061.78**

Individual Contributions **\$125.00**

Total Contributions **\$1186.78**

Financial Position as of 5/01/2000

Bank Balance	\$1992.97
Deposits 4/14, 4/20 & 4/27	\$1893.90
Cash on Hand	\$27.76
Accounts Receivable*	\$1299.05

Subtotal \$5213.68

Outstanding checks -\$3067.90

Reserve for Tax Liability -\$91.80

Reserve for Copy Machine -\$450.00

Reserve for Correctional Facilities -\$33.73

Reserve for CPC/PI Use -\$100.00

Total \$1470.25

**To help the Central Office maintain a healthy cash flow, we request that groups pay their bill for materials every two weeks.*

Thank you for your help.

Promises—In Perspective

I love the so-called promises in the paragraph that begins at the bottom of page 83 of the Big Book. I've heard members ask, "Why doesn't A.A. offer 'The Promises' as a wall plaque like the Steps and Traditions?"

Is this a trend in our Fellowship—lifting the promises out of context? If so, it troubles me. Why?

Because, first of all, if we go back to the source and read the paragraph in the Big Book containing the Promises, it is immediately clear that they are not meant to be set apart. They are buried in the text (and within the context), and for a reason. *They are part of a discussion of how to work the Steps.* Not even all the Steps, really, but specifically the first nine.

Second, these are not unconditional promises as they seem to be when set apart. They are the rewards that can be expected "if we are painstaking about this phase of our development"—the working of the first nine Steps as described in the preceding twenty-four pages!

And how many of us have actually worked the steps that way? How many of us, for example, in doing our Fourth Step inventory have followed the example in the Big Book? How many of us took Steps Eight and Nine with the diligence recommended in detail from pages 73 to 83 in the Big Book? Not I.

Yet we must recognize that that is what is meant

by being "painstaking." We must recognize that what the Big Book is saying is that if we have taken all the necessary actions up to that point *then* we will not regret the past . . . and so on, through the rest of the promises. In fact, it says that they will materialize *if we work for them.*

And the rest of that chapter is devoted to telling us how to continue to work for them by practicing Steps Ten and Eleven.

Finally, it seems to me that when I quote the promises so glibly and smugly (as I am inclined to do), I may actually be playing down the Steps. Am I glorifying end results while ignoring the footwork necessary to get there? Is it easier and more comforting to take refuge in the promises (lifting them out of context) than to go through the purging and the pain of taking the first nine Steps—which are clearly the prerequisite of the promises?

The alcoholic often is likely to seize upon the promises consciously or unconsciously, as "an easier and softer way."

So let's read and reread chapters Five and Six (along with the rest of the Big Book, naturally!) And when we get to the beautiful section of pages 83 and 84, let's cherish the promised rewards set forth there. Let's carry them in our minds and hearts as a joyous and inspiring part of our program of recovery.

But let's not sanctify the promises.

Extracted from *The Grapevine*, May



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.

A.A. Endorsed Conference: Alcoholics Anonymous Area 51 Correctional Facilities Committee Twelfth Annual Conference.

"Freedom From Bondage XII" June 9, 10 and 11, 2000. At Holiday Inn Conference Center, U.S. 1 North, Southern Pines, N.C. Phone: 1-800-262-5737 or (910) 692-8585. Make reservations early: Room rates \$53.00

Workshops/Panels/Speakers/Great Fellowship/Lots of Fun.

Conference registration fee: \$10 per person. Make checks payable to: Area 51, 1111 Ladell Lane, Shelby, N.C. 28152.

Homebound? Loner? Traveling?

Need a Meeting but can't get to one?

Come and try the new

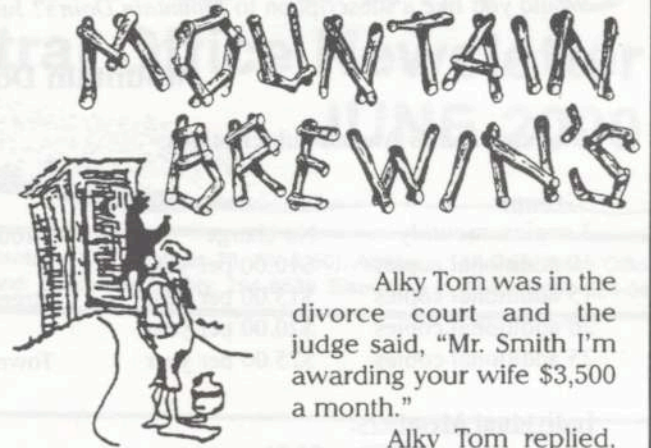
A.A. Phone Meeting

This format is being used in other programs with great success. Whether you are traveling, homebound, or otherwise unable to attend a meeting, this technology will allow you to connect with the fellowship without leaving your home or office by simply picking up the telephone.

When: Thursdays 10P.M. Eastern
Format: Speaker/Discussion, 1 hour
How: Simply dial (702) 222-9960

Do you know people who need to connect?
Pass this information on to them!

Please note: You need to call from a quiet location and portable/cell phones are discouraged. You will incur your regular long-distance telephone charge for this call. (It can be as little as \$3 for the hour with 5 cent per minute plans—that is less than car fare to a meeting for many folk. Please check with your carrier for special rates)



Alky Tom was in the divorce court and the judge said, "Mr. Smith I'm awarding your wife \$3,500 a month."

Alky Tom replied, "That's great, judge, I'll throw in a few bucks now and then myself."

x x x

A cop pulled a guy over and said, "Your wife fell out of the car four blocks ago, Buddy."

The driver responded, "Thank God! I thought I went deaf."

x x x

A guy was lying in bed with his wife when the phone rang. He replied to the caller, "How would I know that, Buddy? That's two hundred miles from here."

He hung up and his wife asked, "Who was that?"

He answered, "Some Bozo wanting to know if the coast was clear."

x x x

Alky Jack and his girl were making love over the phone—until the cops came and threw them out of the booth.

x x x

"Were you excited when you first asked your husband for money?"

"Oh, no! I was calm—and collected."

x x x

A flight attendant announced, "I'm sorry but we have 100 passengers and only 40 dinners. Anyone kind enough to give up his meal will receive free drinks for the length of the flight"

An hour later she announced, "If anyone wants to change their mind, we still have 29 dinners left."

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