

MOUNTAIN DOIN'S

Central Office Newsletter

JULY 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

53rd North Carolina State Convention

July 20, 21, 22, 23, 2000

Hilton North Raleigh Hotel
3415 Wake Forest Road
Raleigh, NC 27609

•Early Bird Mtg •Marathon Mtgs •Outstanding Speakers •Old-Timers Panel •Sat. Night Dance •

Conference Registration

\$12.00 per person before July 6, 2000
\$15.00 per person July 6, 2000 and after.
Alateens (must register)—No Charge

(No refunds after July 6, 2000)

Hotel Registration

\$66.00 for up to four people
Reservations: 1-800-445-8667

(Hotel cut-off for Conference rate is
July 1, 2000)

Request special room rates when making reservations. Call 1-800-Hiltons or E-mail at WWW.HILTON.COM

Program Agenda and Speakers

Thursday, July 20, 2000 Brenda S., *Sanibel, FL*

Friday, July 21, 2000 Wadell T., *Durham, NC*

Saturday, July 22, 2000 Rose N., *Laurel, MD*
(Al-Anon)

Saturday, July 22, (continued) Marie E. *Myrtle Beach, SC*

Lyn W. *Laguna Hills, CA*

Sunday, July 23, 2000

Tom B., *Avon Lake, OH*

Marathon Meetings Throughout the Convention

Ask your Group or G.S.R. for Registration forms

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.

Spiritual Fitness

Upon the foundation of spiritual fitness rests our freedom from bondage and our release from the compulsion to drink. "The alcoholic, at certain times, has no effective defense against the first drink. His defense must come from a Higher Power" (page 43, The Big Book).

The Big Book tells us that we are given a daily reprieve from alcoholism, contingent on the maintenance of our spiritual condition. Spiritual fitness, like physical fitness, requires effort, practice, repetition.

Just as our physical muscles gain strength through a daily program of action, so does our spiritual condition depend upon a program of action.

Let's take a look into our spiritual gym bag and find some of the equipment that is inside. Ah—there's prayer and meditation, Step 11. Prayer and meditation are tools that enable us to become fit in order that we may help others.

Working with others is an activity that we are told will insure immunity from drinking as no other can. We can learn to keep it by giving it away.

Reliance on God's will instead of self-will is another important piece of equipment. Will-power just hasn't worked for us!

There are many other tools also, and as we learn to use them, we will begin to see so-called problems and troubles in a new light. They, too, become opportunities to practice spiritual weight-lifting. As we come to rely on God-reliance versus self-reliance, we will



notice that we are being restored to sanity.

We will cease fighting anything or anyone—even alcohol. The problem will have been removed so long as we keep in fit spiritual condition. *Grapevine*, Feb. 1969



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.

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 5/1/2000—5/26/2000

Answering Service Calls	307
General Information	6
A.A. Help	6
Family Help (Al-Anon)	6
Meeting Information	96
Central Office Business	60
Medical Help (Hospital, Detox, etc.)	2
P.I. Calls	0
Others	2
Visitors	62

Things We Cannot Change

Charlie E., the last surviving founding member of the Hendersonville Group (which was founded in August, 1945, and is acknowledged to be the oldest continuing A.A. Group in all of North Carolina) passed away sober on May 18, 2000. Charlie was eighty-seven years old, and was a regular attendee of the Hendersonville Group.

As one member of the Hendersonville Group puts it: "Charlie left us a fifty-five-year legacy, which we can only repay by keeping our Home Group unified."



Acceptance Group

Loretta C.	7-7-94	6 years
Barbara B.	7-8-75	25 years
Billy G.	7-8-91	9 years
Otis K.	7-9-91	9 years
Ron G.	7-17-97	3 years
Curry J.	7-19-79	21 years
Bart B.	7-29-82	18 years

Back To Basics Group

Liz H.	7-12-92	8 years
Judy McL.	7-3-94	6 years

Black Mountain Group

Ed. B.	7-18-90	10 years
Beth H.	7-24-87	13 years

Brevard Group

Grant P.	7-15-86	14 years
Diane F.	7-4-77	23 years

Conscious Contact Group

Debbie L.	7-4-99	1 year
Steve M.	7-18-88	12 years

Cumberland Group

David T.	7-21-93	7 years
Steve H.	7-18-90	10 years
Joal L.	7-29-88	12 years
Jerry P.	7-17-94	6 years
David M.	7-1-99	1 year

Grace Group (Asheville)

Maria M.	7-5-99	1 year
Frank R.	7-5-99	1 year
Carl N.	7-5-99	1 year
Billy G.	7-8-91	9 years
Frances R.	7-14-97	3 years
Mark C.	7-18-98	2 years
Mike S.	7-23-93	7 years
Maureen J.	7-23-99	1 year
Richard R.	7-24-88	12 years
Bob C.	7-25-97	3 years
Melinda P.	7-26-95	5 years
Robert J.	7-28-96	4 years
Joe M.	7-30-96	4 years
Pat C.	7-31-96	4 years

Grace Group (Waynesville)

Sarah G.	7-28-87	13 years
John W.	7-5-83	17 years
Dave S.	7-18-83	17 years

Happy Hour Group

Bill S.	7-11-95	5 years
Frank B.	7-24-88	12 years
Nancy G.	7-16-76	24 years

Hendersonville Group

Eric G.	7-31-93	7 years
Bob P.	7-10-83	17 years

H'ville Thursday Aft. Women's Group

Shirley B.	7-5-92	8 years
April C.	7-11-89	11 years

Maple Grove Group

Bob W.	7-14-86	14 years
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Roundtable Group

Darnell A.	7-2-98	2 years
Steven G.	7-20-97	3 years

Traditional Group

De De	7-14-98	2 years
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A Look at Meeting Topics

"I couldn't believe my ears," exclaims Jeff. L., of San Francisco. "It was an A.A. discussion meeting, and the topic was 'Co-dependency.' A lot of psycholingo appropriate to other times and places swirled around me, but not a word about the Steps, the Traditions, or just plain staying sober. At least one very befuddled newcomer was present.

Like Jeff, Barbara S. of New York City feels that some of the topics aired at meetings today "tend to be far out of the Fellowship. I'm curious about symbiotic relationships and therapeutic catharsis as the next person, but not at A.A. meetings, where I go for my sobriety 'fix.' Perhaps the litmus test of a topic

should be: Is it based on the A.A. solution for recovery from the common illness that ails us all?"

What some members may not realize is that there's a moveable feast of A.A. oriented subjects to choose from. For starters, the General Service Office lists about fifty possibilities in its service piece on "Suggested Topics for Discussion meetings." These range widely from "Twelfth-Stepping and Sponsorship" to "Fear," "Surrender," and "Projection Versus Planning."

Another idea source is the AA Grapevine, which carries suggested "Discussion Topics" as a regular feature in every issue. Most of them are linked with contiguous articles that provide food for thought.

Condensed from Box 4-5-9- Aug/Sep 1991

Treasurer's Report



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

INCOME

Group Contributions

AWOL Group	\$5.00
Brevard Group	\$50.00
Came To Believe Group	\$25.00
Common Sense group	\$50.00
Conscious Contact Group	\$267.00
Early Bird Group	\$150.00
Fletcher Group	\$50.00
Grace Group	\$400.00
Happy Hour Group	\$50.00
Hendersonville Group	\$114.67
Marshall Group	\$100.00
Middyay Group	\$90.00
Traditional Group	\$25.00
Traditional Group	\$100.00
Triangle Group	\$26.00

Total Group Contributions \$1502.67
Individual Contributions \$0.00

Total Contributions \$1502.67

Financial Position as of 6/01/2000

Bank Balance \$858.03
Deposits 5/14 & 6/01 \$2920.89
Cash on Hand \$27.76
Accounts Receivable \$1098.60

Subtotal \$4905.28

Outstanding checks -\$2581.83
Reserve for Tax Liability -\$183.60
Reserve for Copy Machine -\$150.00
Reserve for Correctional Facilities -\$110.48
Reserve for CPC/PI use -\$100.00

Total \$1779.37

**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.

A.A.'s Singleness of Purpose Challenged at Correctional/Treatment Centers

A recurring problem faced by many A.A.s who carry the message into Correctional and Treatment Facilities is the increasing number of non-alcoholic drug addicts being referred to A.A. and who are encouraged by staff to attend A.A. meetings within the facilities. Some facilities are inclined to view all "substance abusers" and alcoholics as having the same common addictions and they are treated accordingly.

The *Treatment Facilities Workbook*, published by the General Service Office, makes clear the A.A. policy regarding non-alcoholic drug addicts. *Open* meetings are available to anyone interested in the A.A. program of recovery from alcoholism. *Closed* meetings are for A.A. members only, or for those who have a drinking problem and "have a desire to stop drinking."

A.A.'s singleness of purpose must be communicated to the administrators and staff of Correctional Facilities and Treatment Facilities by the CF/TF Committee, as that committee has the task of informing and sharing with these professionals about A.A. policy and Traditions. A.A. meetings within the facilities cannot be "substance abuse meetings." Although enlightening CF and TF personnel on the reasons for abiding by A.A. policy on this matter is often difficult and time consuming, experience has shown that the most effective communication by A.A.s is handled in a cordial manner and in the spirit of cooperation.

Regardless of our sympathies, Bill W. explained that it is the first duty of A.A. members to ensure our own survival. History has indicated that we cannot remain effective if we attempt a focus unrelated to recovery from alcoholism. To stray from our singleness of purpose will result in the collapse of the A.A. Fellowship, leaving the suffering alcoholics who follow us with no place to go. *Kay G., DCM District 70*

Recovery, Unity, Service

Our Twelfth Step—carrying the message—is the basic service that A.A.'s Fellowship gives; this is our principal aim and the main reason for existence.—*The Language of the Heart*, p.160

I thank God for those who came before me, those who told me not to forget the Three Legacies: Recovery, Unity, and Service. In my home group the Three Legacies were described on a sign which said: "You take a three legged-stool, try to balance it only on one leg, or two. Our Three Legacies must be kept intact. In Recovery, we get sober together; in Unity, we work together for the good of our Steps and Traditions; and through Service, we give away freely what had been given to us. —*Daily Reflections*, p 366

The next NC Mtn. Central Office Meeting will be held in Asheville in August. Full details will be published in the August *Mountain Doin's*.



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.

2000 Orlando. 44th Florida State Convention,
August 9-13th, 2000, Orlando, Fla.

Speakers, workshops, fun and fellowship. For full information call (407) 423-7952 or E-mail: cap3@bell-south.net

Sobercruise.Com 7-night Fall Foliage Cruise,
October 1-8, 2000—from Montreal to Quebec and Sydney, in Canada, Portland, ME, Newport, RI, and New York.

Join your friends in recovery for 7 days of sober fun and relaxation; speakers, meetings, fellowship, on Premier Cruise Line's *The Rembrandt*. For registration information phone (561) 844-7655 or info@sober-cruise.com

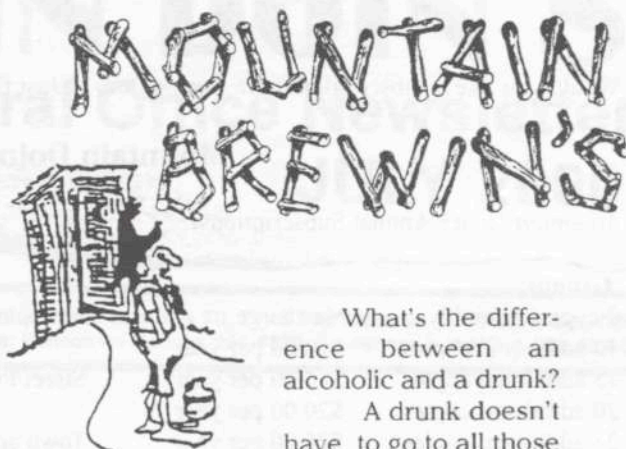
Sobriety @ Sea. 5th annual "Winter Escape."
December 3, 2000. Aboard the *Carnival Destiny*. Your 7-night cruise aboard the beautiful 100,000 ton superliner departs from San Juan, Puerto Rico. Ports of call in the Caribbean are St. Thomas, Antigua, Guadeloupe, and Aruba. Please call Bob at South Beach Cruises (CruiseShopping.com) at 800-650-7245 for details and your free brochure.

Let's 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 opinions. 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 to write about:

- Questions about A.A. and Central Office.
- How has A.A. helped you?
- What do you think would help others?
- Some surprises you've had in the program.
- How you deal with relationships.
- How about an unforgettable moment in A.A. you'd like to share?

Send to the Editor, Mountain Doin's, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801.



What's the difference between an alcoholic and a drunk?
A drunk doesn't have to go to all those meetings!

x x x

A New Yorker was visiting friends in North Carolina and dropped into a bar. He asked for a drink common to his hometown, although he hadn't tasted one before. "I'll have a Manhattan, please," he said.

The bartender produced the frosty drink with a sprig of parsley floating on top.

"What's this?" asked the New Yorker.

"What you ordered," said the bartender. "A Manhattan."

"What's that green thing—Central Park?"

x x x

An old-timer in A.A. had a friend who was still drinking.

"John," said his friend. "Why don't you try the Fellowship, you might be surprised; you might like it."

"No thanks, Joe," said the drunk. "Unlike you I'm only an alcoholic *when* I drink."

x x x

The wife insisted on chauffeuring her husband to the saloon every evening. One day he asked her, "Why do you do this for me?"

She replied, "So you can tell the boys I'm like every other wife—I drive you to drink."

x x x

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