

MOUNTAIN DOIN'S

Central Office Newsletter

SEPTEMBER 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 71 Eatin' Meeting and G.S.R. Meeting

Sunday, September 17, 2000
at
Polk County 4-H
Locust Street
Columbus NC

G.S.R. Meeting at 2:30 p.m.
Eating at 4:P.M.
Speaker at 5 P.M.



Take Exit 38 off I-26 (route to Highways 74 and 108). Stay in right lane at exit and head toward Highway 108 (Columbus). Turn left at Stop

Sign (Highway 108) and go through three Stop lights. Locust Street is slightly beyond the third light and is on your right. There is a "4-H" sign at Locust Street.

District 80 Eatin' Meeting

Sunday, September 17, 2000

at
First Presbyterian Church
in Tartan Hall

Franklin, N.C.
(South of Waynesville)

Eating at 2 P.M.
Speaker at 3 P.M.

Speaker is John J. from Asheville

Sponsored by:
Common Sense
—Group
Church St. Group
Franklin Group
New Day Group



*Bring a covered dish, and join
us for fun and fellowship.*

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.

Readers' Forum

LIVE LETTERS

AS Message from District 70 DCM. Kay G.
Area 51 Officers to Receive Large Expense Increase from Group Funds.

The above is not true, but it might be. However, if it were true, about 90% of the GSR's from District 70 would have had nothing to say about it on behalf of their groups, since they did not attend the Spring Assembly in Raleigh on June 2—4th. It makes me wonder, usually at Assembly time, whether the GSRs fully understand what being a GSR implies. It states in our literature that being a GSR is "the most important job" in the service structure, and this is based in part on the upside down pyramid that represents our service structure. All authority for decision making lies with the groups, and the GSR is the voice of the Group. Every GSR needs to understand that one of the principal responsibilities of accepting this position is attendance not only at local District meetings, but most importantly at Area Assemblies.

Decisions are made at assemblies that impact directly and indirectly, every group in the Area. In addition workshops are given and opportunities arise to learn a great deal about many aspects of the great movement of which we are a part. I understand that it is not always possible for the GSR to attend the Assembly, which is why every group is encouraged to have an alternate GSR.

Our Area 51 Alternate Delegate Donna B. stated at the Spring Assembly that "the lack of service structure

at the group level may be the biggest threat to the future of A.A."

As your current DCM I ask every GSR in District 70 to please make every effort to attend the Fall Assembly in Raleigh on November 3-5th and I will forward the relevant information to you as soon as I receive it. I would like to conclude by referring to a quote made by Bill W. on General Services and the GSR:

"The strength of our whole A.A. Service structure starts with the Group and with the General Service Representative (GSR) the Group elects. I cannot emphasize too strongly the GSR's importance.

—Kay G., DCM District 70



Fellowship News

Alcoholicos Anonimos en Espanol, Sabados 6 PM
 191 Finch St. Sylva, NC. Finch St. es el callejon arriba del restaurante Mexicano "Colima" y abajo de Sylva Plaza. Las juntas estan en el edificio antiguo de piedra que entes era una iglesia.

El unico requisito para ser miembro de Alcoholicos Anonimos es querer dejar de beber

(Alcoholics Anonymous in Spanish, Saturdays 6PM 191 Finch St. Sylva, NC. Finch St. is the road above Colima Mexican restaurant and below Sylva Plaza. The meetings are in the old rock building which used to be a church. The only requirement for A.A. membership is a desire to stop drinking.)

New Meeting: Paso A Paso Group, Asheville,
 Spanish speaking, 531 Haywood Road, Calvary Baptist Church. Mtg in the rear (O.D.NS)

New Meeting: Hendersonville Women's A.A. meet-
 ing, at 8.00P.M. on Tuesdays. Balfour United Methodist Church, Fellowship Hall, U.S. 25 North. Across from Hunter Chevrolet, Hendersonville.

Area 51 Future Events:

- 2000 Fall Committee Meeting, September 9 - 10
- 2000 Fall Committee & Assembly, November 3 - 5
- 2001 Spring Committee Meeting, February 24 - 25
- N.C. State Convention, July 19 - 22.

Note: District 70 Eating Meeting will be held on October 8 at Carolina Hemlock Park, Hwy. 80 S.-9 miles from Micaville, N.C. Full details will be published in the October Mountain Doin's.

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 6/26/200-7/28/2000

Answering Service Calls	305
General Information	5
A.A. Help	7
Family Help (Al-Anon)	12
Meeting Information	93
Central Office Business	71
Medical Help (Hospital, Detox, etc.)	8
P.I. Calls	0
Others	6
Visitors	59



Acceptance Group

Murri S.	9-12-84	16 years
Susie B.	9-18-96	4 years
Don M.	9-23-88	12 years

Back To Basics Group

Robert H.	9-1-97	3 years
Jeff G.	9-6-89	11 years
Cate M.	9-25-82	18 years

Black Mountain Group

Milam W.	9-28-90	10 years
Orene P.	9-14-76	24 years
Lenny P.	9-22-99	1 year

Conscious Contact Group

Eric C.	9-2-96	4 years
Mary M.	9-29-92	8 years
Bill S.	9-2-82	18 years

Cumberland Group

Bob R.	9-7-83	17 years
Connie A.	9-30-92	8 years
Ray S.	9-8-95	5 years

Grace Group (Asheville)

Mindi F.	9-01-98	2 years
Clyde L.	9-02-99	1 year
Steve C.	9-04-98	2 years
Mary C.	9-11-97	3 years
Bob B.	9-11-94	6 years
Sonya	9-12-99	1 year
Debra H.	9-13-96	4 years
Sarah L.	9-13-99	1 year
Gerd S.	9-17-79	21 years
Evan R.	9-20-90	10 years

Grace Group (Waynesville)

Lee R.	9-21-82	18 years
Dave W.	9-19-87	13 years
J.D.	9-25-96	4 years
Jane H.	9-4-96	4 years

Happy Hour Group

Karen B.	9-6-99	1 year
Beth P.	9-4-98	2 years
Frank B.	9-26-89	11 years

Hendersonville Group

Ray D.	9-14-99	1 year
H.C.D.	9-6-94	6 years
Ray F. Jr.	9-6-94	6 years

Midday Group

Debbie M.	9-21-95	5 years
Ilena R.	9-27-97	3 years

Roundtable Group

Chris S.	9-26-95	5 years
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Serenity Service Group

Linda C.	9-19-93	7 years
Calvin M.	9-21-94	6 years
Myles P.	9-1-98	2 years
Alvin C.	9-1-98	2 years
Jerry Mc.	9-14-98	2 years
Angela P.	9-1-96	4 years
Bill K.	9-15-95	5 years
Michael D.	9-1-97	3 years
Bill S.	9-1-97	3 years
Olando "Carl" B.	9-16-97	3 years
Rick W.	9-9-99	1 year
John E.	9-7-99	1 year

Traditional Group

Jesse L.	9-1-99	1 year
Kenneth H.	9-4-98	2 years
Jennifer Mc.	9-5-97	3 years
John E.	9-7-99	1 year
Sharom K.	9-7-99	1 year
Oscar F.	9-29-95	5 years
Heather Y.	9-26-98	2 years
LeRoy P.	9-28-97	3 years
Wayne C.	9-29-93	7 years

Love Without Anxiety

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics —Alcoholics Anonymous, p.80

Sponsorship held two surprises for me. First, that my sponsees cared about me. What I had thought was gratitude was more like love. They wanted me to be happy, to grow and remain sober. Knowing how

they felt kept me from drinking more than once. Second, I discovered that I was able to love someone else responsibly, with respectful and genuine concern for that person's growth. Before that time, I had thought that my ability to care sincerely about another's well-being had atrophied from lack of use. To learn I can love, without greed or anxiety, had been one of the deepest gifts the program has given me. Gratitude for that gift has kept me sober many times.

—Daily Reflections, p.280



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$50.00
Acceptance Group	\$400.00
Andrews Group	\$10.00
AWOL Group	\$15.00
Back To Basics Group	\$175.00
Blue Ridge Group	\$100.00
Brevard Group	\$50.00
Common Sense Group	\$26.00
Easy Does It Group	\$25.00
Franklin Group	\$30.00
Happy Hour Group	\$50.00
Hayesville Group	\$50.00
Hendersonville Group	\$86.96
Joy Of Living Group	\$72.15
Leicester Group	\$25.00
Marshall Group	\$100.00
Six O'Clock Open Group	\$100.00
Sylva Group	\$50.00

Thursday Afternoon Women's Group	\$100.00
Traditional Group	\$75.00

Total Group Contributions	\$1590.11
Individual Contributions	\$50.00

Total Contributions	\$1640.11
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Financial Position as of August, 1 2000

Bank Balance	\$2190.85
Deposits 7/17/2000 & 8/1/2000	\$2700.83
Cash on Hand	\$27.26
Accounts Receivable	\$1051.66

Subtotal	\$5970.60
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Outstanding checks	-\$3280.74
Reserve for Tax Liability	-\$91.80
Reserve for Copy Machine	-\$200.00
Reserve for Correctional Facilities	-\$118.27
Reserve for CPC/PI use	-\$100.00

Total	\$2179.79
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*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.

Say "No" to Negativism

Riffling back through the memories of our drinking past, some of us spot a manifestation of negativism. But it is a behavior many have learned to change, and the change in our actions has also brought better attitudes and an improvement in our feelings. For some reason, we spent a lot of time thinking or noting or talking about how wrong or mistaken so many *other* people persistently were. (Whether they really were or not is irrelevant to the welcome change in our own feelings now.) For some, the change begins with a tentative willingness to wait and see, to accept for a moment the hypothesis that the other person just possibly might be right.

Before rushing to judgment, we suspend our own argument, listen carefully, and watch for the outcome.

It may or may not prove us to be in the wrong. That is not the important issue here. Whichever way the chips fall, we have at least temporarily freed ourselves from our driving need to be always right, or one-up. We found that a sincere "I don't know" can be rejuvenating. Saying, "I'm wrong, you're right" is invigorating when we are sufficiently at ease with ourselves not to be bothered about actually being in the wrong. We are left feeling relaxed and thankful that we can be open to new ideas. The finest scientists are always alert to new evidence which may prove their

own theories wrong, so they can discard any false notions and move closer to the ultimate truth they are seeking. When we achieve a similar openness, we find our instant negativism has begun to evaporate.

—Excerpted from *Living Sober*

HELP!

District 70 Correctional/Treatment Center Facilities Committee still needs your help to carry the message to the following facilities which need our support. If you can help, please contact the persons listed below.

1. **Black Mountain Women's Correctional Facility:** Kay G. 299-1271, Phyllis 669-3805.
2. **Women's First Step Farm:** Kay G. 299-1271.
3. **Downtown Detox:** Scott O. 253-9610.
4. **Men's First Step Farm:** Scott O. 253-9610.
5. **Buncombe Correctional Facility:** Mike Mc. 253-5774.
6. **Craggy Correctional Facility:** Judy M. 298-7031.
7. **V A Hospital:** Calvin M. 285-9250
8. **Downtown County Jail:** Doug M. 258-9286

We are planning to start two new meetings, one at ABCCM and one at the Juvenile Detention Center in Black Mountain. If you are interested in supporting these new meetings, please contact Judy M. 298-7031
District 70 Correctional/Treatment Facilities Committee meets on the 2nd Tuesday of every month at 7 P.M. at Trinity Episcopal Church in downtown Asheville. Any questions —please contact Kay G. or Calvin M.



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.

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@sobercruise.com

7th Annual Sobriety in Paradise Convention (SIPP), Bahamas, 2000. October 20—October 22. Convention held at Nassau Beach Hotel, Cable Beach, Nassau, Bahamas. For further information contact:

Jill T. (242) 393-2015 (H) or (242) 394-1200 (W)
Floyd M. (242) 364-0124 (H) or (242) 393-3715 (W)
Keith E. (242) 394-5010 (H) or (242) 394-294-2952
Patty B. (242) 363-2629
e-mail: doubleb@batelnet.bs

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.

Southeast Regional Women to Women Conference, September 22 - 24 2000, at Holiday Inn West, 3053 Ross Clark Circle, Dothan, Alabama. To receive special room rates reservations must be made by September 8th. To make reservations, phone (334) 794-6601.

Things We Cannot Change

Elizabeth "Beth" H. passed away in her sleep on Saturday, July 29, 2000. The devoted wife of Allan H., Beth was well-loved in the many A.A. groups who benefited from her love and sharing in Hendersonville/Flat Rock and other areas.

We share with Allan memories of Beth's happy and helpful activities in A.A. and we know that she will always be with us in our thoughts.



Alky Alice was on the phone to the fire department. "A man is trying to get into my room," she said.

"You don't want the fire department," was the reply. "What you want is the police department."

Alky Alice: "I don't want the police—I want the fire department. A man is trying to get into my room, and we're on the second floor and he needs a ladder."

X X X

"I got a good one on you, Mike."

"What do you mean?"

"I went by your home last night, and you forgot to pull your shades down. And I saw your wife kissing you. Had a good laugh on that."

"Ha, ha! But the joke's on you, Joel!"

"How's that?"

"I wasn't home last night."

X X X

Johnny's wife must think a lot of her boozing husband. She kisses him every time he comes home."

"Yes, but she kisses him to see if he's been drinking."

X X X

Watching the girl from the corner of his eye as he poured her a drink, the young alky said "Say when."

She replied: "Right after that drink."

X X X

"I've been asked to get married lots of times."

"Who asked you?"

"My mother and father."

X X X

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