

MOUNTAIN DOIN'S

Central Office Newsletter

NOVEMBER 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



Area 51 Fall Assembly Hilton North Raleigh, North Carolina November 3 - 5, 2000

An informal open discussion meeting will be held on Friday, November 3, for early arrivals. There will be a rotating workshop on Saturday morning at 10 A.M. on "Third Legacy Elections and How the Assembly operates." The Assembly Session commences at 1 P.M. on Saturday.

You may register and receive your name badges starting at 9 A.M. on Saturday.

Please contact your D.C.M. for background information on the known Agenda items.

Southeast Regional Forum Huntingdon West Virginia November 17 - 19, 2000

Representation of the General Service Board and members of the General Service Office and Grapevine Staffs will be present to share experiences, respond to questions, and hear suggestions. No registration fee for the Forum.

If you wish a particular topic to be presented and discussed, feel free to send in your ideas to the Regional forums Coordinator.

Please direct all communications to: Grand Central Station, P.O. Box 459, New York, NY 10163.

District 71 Eatin' Meeting, Central Office Mtg., & Dist. 71 GSR Mtg. December 10, 2000

The District 71 December Eatin' Meeting, Central Office Meeting, and the District 71 G.S.R. meeting will be held on Sunday, December 10, 2000, at the Unitarian Universalist Fellowship Church, Kanuga Road, Hendersonville. Meeting times will be: G.S.R. meeting 2.30 P.M., Central Office Meeting, 3 P.M., Eating at 4 P.M., Speaker at 5 P.M. The Church is two miles South along Kanuga Road from Main St., Hendersonville. Full details will be included in the December issue of *Mountain Doin's*.

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.



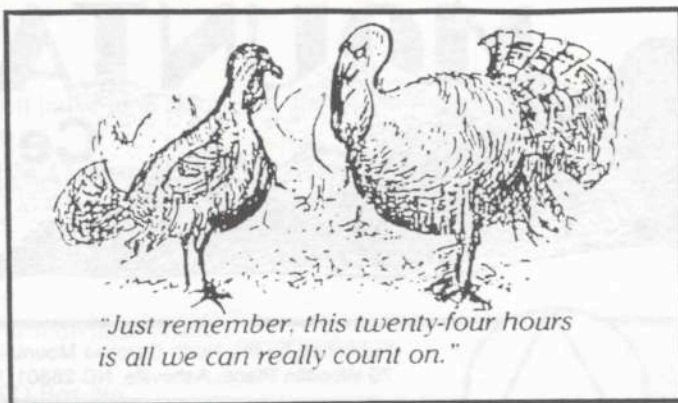
Fellowship News

Meeting change: The Upward Road Group has announced the following changes —The Tuesday evening meeting has been canceled. The Friday evening meeting continues to meet on Fridays from 6 P.M. to 7 P.M. at the Seventh Day Adventist Church School Building (behind the church), as usual. This meeting is nonsmoking, closed discussion, with an open speaker meeting on the last Friday of each month.

The church is located on Upward Road, about 1 mile East of Exit 22 off I-26 (The Cracker Barrel Exit). When exiting I-26, follow the signs pointing East toward Dana. The church entrance will be on your left at the top of a hill.

New Meeting: **ABCCM Shelter**, is now holding meetings on Thursdays at 8 P.M. at 207 Coxe Avenue, Asheville. The meetings are Open, Speaker/Discussion, Nonsmoking.

Meeting changes: All **Mission Group** meetings in Sylva have been canceled.—Sundays at 11 A.M., Thursdays and Saturdays at 6 P.M. The Mission Group meetings are now being held at the Old Webster Elementary School, Highway 116, in Webster, N.C. The new meetings are now being held on Sundays at



6 P.M., Tuesdays at 6 P.M., and on Saturdays at 11 A.M.

Meeting cancellation: **The West Asheville Group** has canceled its Saturday, 8 P.M. meeting that was held in Abernathy United Methodist Church, 1418 Patton Avenue.

Readers Forum

Live Letters

Sharing—or Dumping?

I'm sure we've all heard it said many times that an important reason for attending A.A. meetings is so that we can share our experience, strength, and hope, so that we can help another alcoholic achieve sobriety. In addition, we're there to gain that same help through the sharing of others to us. And the subject at all times is meant to be concerned with alcoholism.

But more and more we are subjected to what is often called "dumping." We are confronted with A.A. members who simply "dump" their personal family problems and feelings, that have nothing to do with alcohol. And sometimes others present at the meetings who have had similar personal problems tell the "dumper" how to handle such matters. The meeting degenerates into an across-the-room dump session, and I go home not having heard a thing said about the one problem we are supposed to be sharing—alcoholism.

Dumping may be an attention-getter, but it is not a sobriety helper. I think, therefore, that before we bring up a personal problem we could ask ourselves: "Does this have anything to do with my alcoholism and could it help another alcoholic?" If not, let's discuss it with friends outside the meeting. —KP

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 9-4-2000—9-29-2000

Answering Service Calls	263
General Information	0
A.A. Help	6
Family Help (Al-Anon)	6
Meeting Information	92
Central Office Business	70
P.I. Calls	0
Medical Help (Hospital, Detox, etc.)	2
Others	1
Visitors	54

Things We Cannot Change

Joe V. of the West Asheville Group passed away on November 9th, 2000 after twenty-one years of sobriety

In Memoriam



Acceptance Group

Lorraine B.	11-3-83	17 years
Kay T.	11-23-78	22 years
Dave A.	11-24-85	15 years
Edith S.	11-27-92	8 years

Black Mountain Group

John B.	11-25-66	34 years
Ann O.	11-6-79	21 years
Fred P.	11-8-79	21 years
Bill G.	11-30-83	17 years
Kathy F.	11-7-87	13 years

Brevard Group

Karen B.	11-25-92	8 years
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Conscious Contact Group

Colby R.	11-7-96	4 years
Leslie S.	11-7-81	19 years
Peggy H.	11-7-86	14 years
Rick W.	11-7-95	5 years
Steve M.	11-7-94	6 years

Cumberland Group

Heidi S.	11-13-98	2 years
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Grace Group (Asheville)

Charlie L.	11-1-99	1 year
Jeff J.	11-5-98	2 years
Greg M.	11-16-88	12 years
Molly B.	11-16-77	23 years

Sue S.	11-18-97	3 years
Kim R.	11-18-98	2 years
Mark R.	11-20-98	2 years
John G.	11-22-97	3 years
Phil P.	11-23-95	5 years

Grace Group (Waynesville)

Joan S.	11-7-79	21 years
Reid B.	11-10-80	20 years
Lain T.	11-10-91	9 years
Gail B.	11-29-96	4 years
Mike S.	11-1-99	1 year

Happy Hour Group

Lucy W.	11-25-97	3 years
Julie H.	11-1-99	1 year
Scott R.	11-7-57	43 years

Hendersonville Group

Ed G.	11-3-79	21 years
Josh H.	11-29-96	4 years
Ed. S.	11-9-99	1 year
Gary M.	11-7-92	8 years
Jerry B.	11-9-88	12 years
Louise F.	11-19-98	2 years
Clay W.	11-7-99	1 year

Maggie Group

Bruce K.	11-7-89	11 years
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Maple Grove Group (Waynesville)

Paula B.	11-5-95	5 years
Mike S.	11-28-94	6 years

Midday Group

Nancy T.	11-25-99	1 year
Julie H.	11-1-99	1 year

Thursday Afternoon Women's Group

Susan T.	11-4-91	9 years
Mary P.	11-17-81	19 years

A Spiritual Awakening— What Is It?

Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with the others. And these things which they have in common are not too hard to understand. When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not

something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it. A.A.'s manner of making ready to receive this gift lies in the practice of the Twelve Steps in our program.

—*Twelve Steps and Twelve Traditions* p. 106-107

A.A. is a tool that fits all nuts.



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$50.00
Asheville Big Book Group	\$40.00
AWOL Group	\$20.00
Brevard Group	\$50.00
Cedar Mountain Group	\$60.00
Conscious Contact Group	\$348.00
Early Bird Group	\$150.00
Fellowship Group	\$30.00
Fletcher Group	\$25.00
Happy Hour Group	\$50.00
Hendersonville Group	\$89.50
Just For Today Group	\$40.00
Locked In Forward Group	30.00
Marion Group	\$25.00
Midday Group	\$90.00

Six O'Clock Open Group	\$150.00
Triangle Group	\$25.00
Tuesday Night Men's Group	\$75.00
Total Group Contributions	\$1347.50
Individual Contributions	\$245.00
Total Contributions	\$1592.50

Financial Position as of October 1, 2000

Bank Balance	\$2117.09
Deposits 9/18 and 9/30	\$2469.16
Cash on Hand	\$27.26
Accounts Receivable	\$711.46
Subtotal	\$5324.97
Outstanding checks	-\$2748.82
Reserve for Tax Liability	-\$0.00
Reserve for Copy Machine	-\$600.00
Reserve for Correctional Facilities	-\$113.19
Reserve for CPC/PI use	-\$78.50
Total	\$1784.46

*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.

Abe Lincoln on Alcoholism

"In my judgment such of us who have never fallen victims have been spared more by the absence of appetite than from mental or moral superiority over those who have. Indeed, I believe if we take habitual drunkards as a class, their heads and their hearts will bear advantageous comparison with those of any other class. . . .

"The victims of it [alcoholism] were to be pitied and compassioned, just as are the heirs of consumption and other hereditary diseases. Their failing was treated as a misfortune, and not as a crime, or even as a disgrace. . . .

For the man suddenly or in any other way to break off from the use of drams, who has indulged in them for a long course of years and until his appetite for them has grown ten-or a hundred-fold stronger and more craving than any natural appetite can be, required a most powerful moral effort. In such an undertaking he needs every moral support and influence that can possibly be brought to his aid and thrown around him.

It is an old and true maxim that 'a drop of honey catches more flies than a gallon of gall.' So with men. If you would win a man to your cause, first convince him that you are his sincere friend . . .

Another error, as it seems to me, into which the old reformers fell, was the position that all habitual drunkards were utterly incorrigible, and therefore must be turned adrift and damned without remedy in

order that the grace of temperance might abound, to the temperate then, and to all mankind some hundreds of years thereafter. There is in this attitude something so repugnant to humanity, so uncharitable, so cold-blooded and feelingless, that it never did nor ever can enlist the enthusiasm of a popular cause."

—From *The Grapevine*, February, 1964

A Selfish Program?

"I can see why you are disturbed to hear some A.A. speaker say, 'A.A. is a selfish program.' The word 'selfish' ordinarily implies that one is acquisitive, demanding, and thoughtless of the welfare of others. Of course, the A.A. way of life does not at all imply such undesirable traits.

"What do these speakers mean? Well, any theologian will tell you that the salvation of his own soul is the highest vocation that a man can have. Without salvation however we may define this—he will have little or nothing. For us of A.A. there is even more urgency.

"If we cannot or will not achieve sobriety, then we become truly lost right in the here and now. We are of no value to anyone, including ourselves, until we find salvation from alcohol: therefore, our own recovery and spiritual growth have to come first—a right and necessary kind of self-concern.

From *As Bill Sees It*



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.

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.

Sandlapper Roundup IX, December 1-3, 2000, Landmark Resort Hotel, Myrtle Beach, South Carolina. For the ninth consecutive year, the Sandlapper Roundup will bring to Myrtle Beach a terrific lineup of A.A. and Alanon speakers. Come join us! For more information, contact Linda, Jonathon, or Dennis, at 843-238-2694 during business hours. We feature free coffee, lots of food and drinks, and lots of fun activities, all set on the beauty of South Carolina's Grand Strand.

A.A. is Life with Purpose

A.A. is sobering up one more time than I got drunk. It is fellowship with others who have done the same things I have; who have known despair and remorse, as I have; who have experienced that awful urge to take a drink, but who have said, as I have, "Not today."

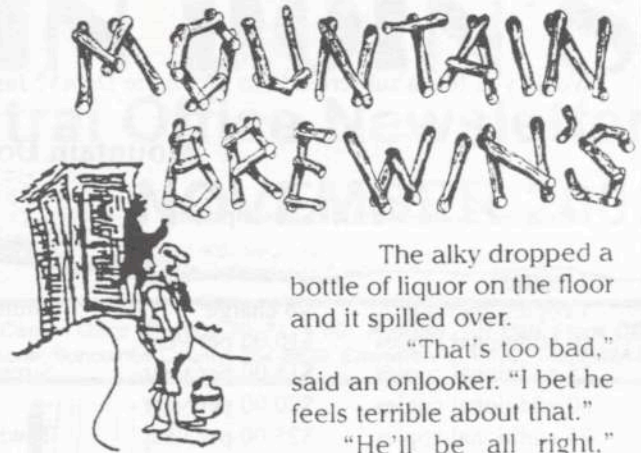
A.A. is an end to my lies and excuses and alibis. It is breaking the shackles of self-pity, self deception, and self loathing. It is saying, honestly and realistically, "Booze got me here. Not the bad breaks Not anyone else. Just me and too many drinks, too often."

A.A. is loving the world I awakened to today. It is my reflection in the mirror, clear-eyes and calm. It is keeping an appointment at eight o'clock in the morning! It is living *just for today*.

A.A. is the acceptance of things and people and situations I can't change. It is courage to change what I can. It is the search for wisdom to know one from another.

A.A. is warmth derived from sharing strength and hope and experience with another alcoholic still suffering. It is life with depth and purpose.

—From *The Grapevine*, Nov. 1966



The alky dropped a bottle of liquor on the floor and it spilled over.

"That's too bad," said an onlooker. "I bet he feels terrible about that."

"He'll be all right," commented another

onlooker, "as soon as they get all the splinters out of his tongue."

X X X

Alky John: "My wife has the worst memory I ever heard of."

Friend Bill: "Forgets everything?"

John: "No—remembers everything!"

X X X

What part of the car causes most accidents?
The nut behind the wheel.

X X X

"Say Dad, you drink coffee like anybody else, don't you?"

"Of course. Why not?"

"Mom told me that you drink like a fish."

X X X

The judge had never seen anybody as drunk as the culprit accused of driving under the influence. He ordered a blood test. The blood came back with an olive in it.

X X X

"It was a beef and stew romance," said one alky to another.

"What is that?"

"She was always beefing and he was always stewed."

X X X

"You look like Helen Brown."

"I look even worse in blue."

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