

# MOUNTAIN DOIN'S

## Central Office Newsletter

### FEBRUARY 2001



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

## N.C. Mountain Central Office December Meeting Minutes

Attendees were: Marshall D., C.O. Chairperson (Hendersonville Gp.); Bob V., C.O. Manager, (Acceptance Gp.); Gerd S., C.O. Treasurer (Grace Gp.) Barbara E., C.O. Secretary (Day By Day Gp.); Alan W. Editor *Mountain Doin's & Where And When*, (Happy Hour Gp.); Tom B., C.O. Rep. (Black Mountain Gp.); Karl S., C.O. Rep. (Cumberland Gp.); Louise A., C.O. Rep. (Grace Gp.); Gary M., C.O. Rep. (Cumberland Gp.); and Don B., C.O. Rep. (Mars Hill Gp.)

Marshall D. opened the meeting with the Serenity Prayer. Minutes of the last meeting were read and approved. The Treasurer's Report was submitted and accepted for the record. It was agreed that future reports will be more detailed as to listing of expenses.

Office Manager's Report: Bob V. asked for a motion to set aside \$100 each month in a Money Market fund in order to build a reserve for purchase of a new copy machine. The present machine is functioning, but will probably need replacing within the next two years. The price of subscribing to *Mountain Doin's* has been increased to cover actual costs. New subscription rates are listed on the back of *Mountain Doin's*. Bob V. will attend the N.C. State A.A. meeting in March, with mileage reimbursed by Central Office.

New Business: A motion was made and passed to discontinue the CPC/PI fund. Districts 70, 71, and 80 are passing separate collections at Meetings for the purpose of funding meetings at the prisons and jails and for professional/public information. Each District is to manage the disbursement of its own funds.

The next N.C. Mountain Central Office meeting will be held in April, 2001, with the exact date and location to be announced. The meeting was then adjourned, following the Lord's Prayer.

Respectfully submitted, Barbara E., C.O. Secretary.

## District 71 Seeks Group Feedback

District 71 seeks participation from the 21 Groups in Henderson, Polk, and Transylvania Counties regarding a proposition to hold a series of A.A. Workshops at the June GSR/Eating Meeting in Hendersonville. Such an event could contribute to A.A. in our individual Groups and in the District.

The idea would be to make this a one day affair. Workshops could start in the morning; a pitch in meal could happen, perhaps at midday; a speaker meeting could follow, and the event would conclude with perhaps a last workshop. This format is just a guide.

Answers needed from you:

- Would your Group participate in this event?
- What subjects should be included?
- How would you like the event to be structured?

All groups are requested through their GSRs to reply to A.A. District 71, P.O.Box 6224, Hendersonville NC 28793-6224, or to Al H. 828-859-3167, or to Joe T. 828-698-8361.

*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

**New Meeting:** The Brevard Speed Bump Group has newly formed and meets at St. Timothy United Methodist Church on Asheville Highway, Brevard on Wednesdays at Noon. The meetings are Closed, Non-smoking.

**Meeting Location Change:** The Sunday Hendersonville **By The Book Group** Step Meeting is now open to men and women and has moved from the Trend Building opposite Pardee Hospital to the Day Reporting Center, 331 1st Avenue E., corner of Grove St. and 1st Ave. (Next to the new Courthouse) The time has changed from 10 A.M. to 9.30 A.M. Everyone is invited.

**Meeting Location Change:** The Hendersonville **Happy Hour Group** has moved from the Trend building opposite Pardee Hospital to the 1st Baptist Church annex, corner of 5th Avenue and Buncombe St. On 5th Ave. pass 1st Baptist Church on left, turn left to Buncombe St. The building on the corner is the new Church annex. Enter double-doors, walk down short passage and turn right. The Room at this corner is Number 537, Happy Hour's new meeting room. The Group meets Tuesdays and Thursdays at 5.30 P.M. to 6.30 P.M. and is open, discussion, nonsmoking.

**Meeting Location Change:** The Hendersonville



"A.A. says 'stick with the winners.' I'm going to Al-Anon to find out if I have to stick with a loser."

**Midday Group's** Saturday meetings, which met at The Trend Building opposite Pardee Hospital, now meets at the Unitarian-Universalist Fellowship Church, 409 Patterson St. (at the corner of Kanuga and Price Streets) The meetings are at noon on Saturdays, and are open, discussion, nonsmoking.

## 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 11-27-00—12-29-00

Answering Service Calls	212
General Information	0
A.A. Help	5
Family Help (Al-Anon)	11
Meeting Information	104
Central Office Business	96
P.I. Calls	0
Medical Help (Hospital, Detox, etc.)	5
Others	0
Visitors	56

## Readers Forum

### Live Letters

#### Honesty—It Pays Off

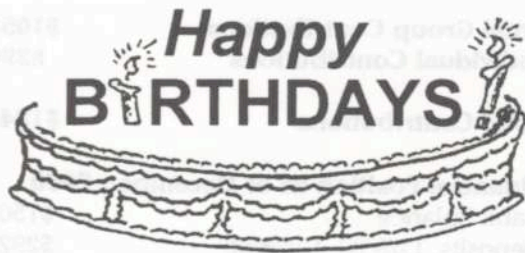
Looking back on my years of boozing, I can understand when I came into A.A. How difficult it was to follow one aspect of our program. And that is complete, rigorous honesty—especially since until I came into this program my life could be said to be based on dishonesty. The ability to lie was really part of my day by day living. To me, lying was an essential part of impressing others. And that was what living was all about.

Today, having spent some years in sobriety I can truthfully say that honesty is a vital part of my life. But it is not an easy path to tread. Sometimes telling the truth hurts, but I found that number one in honesty is being honest with myself. That makes it easier being honest with others. At any rate, today honesty is very satisfying, and makes me feel good.

Today being honest with myself makes it so much easier to be honest with others. I may not be perfect, but I'm much happier today than I've ever been before in my whole life.

Thanks, A.A.

—TK



**Acceptance Group**

Dan B. 1-15-94 7 years  
 Bill B. 2-19-77 24 years

**Back To Basics Group**

Ralph W. 2-3-77 24 years  
 John L. 2-21-87 14 years  
 James H. 2-18-88 13 years  
 John T. 2-21-89 12 years  
 Melody K. 2-9-98 3 years

**Black Mountain Group**

Levi G. 2-23-78 23 years  
 David F. 2-8-98 3 years  
 Ray S. 2-9-00 1 year

**Brevard Group**

Kathleen M. 2-28-82 19 years  
 Frank J. 2-11-88 13 years  
 Lauri 2-22-99 2 years

**Conscious Contact Group**

Bob W. 2-16-91 10 years  
 Kathie K. 2-12-94 7 years  
 Terry H. 2-9-88 13 years  
 Terry R. 2-17-90 11 years  
 Amy B. 2-17-00 1 year

**Cumberland Group**

Kristin W. 2-20-92 9 years  
 Bill M. 2-15-83 18 years  
 Mike H. 2-21-92 9 years

Kirby S. 2-22-75 26 years  
 A. Berry 2-19-99 2 years

**Fellowship Group**

Mary B. No date given ? years

**Grace Group (Asheville)**

Tony W. 1-20-00 1 year  
 Marion H. 2-1-98 3 years  
 Jack D. 2-12-86 15 years  
 Alfred C. 2-12-00 1 year  
 Jennie D. 2-14-85 16 years  
 Rowan R. 2-14-92 9 years  
 Jonathan S. 2-17-00 1 year  
 Megan R. 2-26-88 13 years  
 John W. 2-28-96 5 years

**Grace Group (Waynesville)**

Mary S. 2-15-75 26 years  
 Steven W. 2-5-90 11 years

**Happy Hour Group**

Bill W. 2-18-97 4 years  
 Maureen McF. 2-14-69 32 years

**Hendersonville Group**

Ed. D 2-22-72 29 years  
 Larry L. 2-20-81 20 years  
 J.J. 2-5-85 16 years  
 Victor 2-6-00 1 year  
 Michael 2-22-92 9 years

**Maple Grove Group (Waynesville)**

Dick B. 2-7-71 30 years  
 Hank S. 2-11-99 2 years  
 Kathryn M. 2-14-98 3 years  
 Paul G. 2-15-98 3 years

**Midday Group**

Tom K. 2-23-87 14 years  
 Tom M. 2-9-82 19 years  
 Tom R. 2-27-70 31 years

**Happy, Joyous and Free**

We aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. We try not to indulge in cynicism over the state of the nations nor do we carry the world's troubles on our shoulders. When we see a man sinking into the mire that is alcoholism, we give him first aid and place what we have at his disposal. For his sake, we do recount and almost relive the horrors of the past. But those of us who have tried to shoulder the entire burden and trouble of others find we are soon overcome by them.

So we think cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic

experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others.

Everybody knows that those in bad health, and those who seldom play, do not laugh much. So let each family play together or separately, as much as their circumstances warrant. We are sure God wants us to be happy, joyous, and free. We cannot subscribe to the belief that this life is a vale of tears, though it once was just that for many of us. But it is clear that we made our own misery. God didn't do it. Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.

—From *Alcoholics Anonymous*, pp 132, 133.



# Treasurer's Report

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

## Group Contributions

Acceptance Group	\$50.00
AWOL Group	\$10.00
Brevard Group	\$50.00
Burnsville Group	\$50.00
Columbus Group	\$50.00
Common Sense Group	\$60.00
Marion Group	\$25.00
Mount View Group	\$440.00
Hendersonville Group	\$83.29
Roundtable Group	\$50.00
Tuesday Men's Group	\$30.00

Grace Group (Waynesville)	\$160.00
<b>Total Group Contributions</b>	<b>\$1058.29</b>
<b>Individual Contributions</b>	<b>\$290.00</b>
<b>Total Contributions</b>	<b>\$1348.29</b>

## Financial Position as of December, 2000

Bank Balance	\$1500.66
Deposits 12/8/00, 12/28/00	\$2920.85
Cash on Hand	\$27.26
Accounts Receivable	\$569.28
<b>Subtotal</b>	<b>\$5018.05</b>
Outstanding checks	-\$1708.14
Reserve for Tax Liability	-\$91.80
Reserve for Copy Machine	-\$600.00
<b>Total</b>	<b>\$2618.11</b>

\*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.

## News From Area 51 Assembly and District 70 Election Meeting

I attended my last Assembly on 11/3/-11/5/2000 as District 70 DCM. It was an election Assembly for the period 2001-2003 and the ladies swept almost all of the Area 51 election positions. Our new Delegate will be Donna B. who for the past two years has been the Alternate Delegate. Her Alternate will be Emily D. who for the past two years has been Area 51 Secretary. Area 51 Chairperson will be Teresa F. who for the past two years has served as the Alternate Chair and her Alternate will be Paul B. who has just finished his term as Registrar. Area 51 Secretary will be Jim B. from Waynesville who is a past DCM. The very important job of Treasurer will be held by Natalie R., and the Registrar will be Beth S., a past DCM. Jim K. was elected S.E. Regional Trustee and Tom I. was elected Trustee at Large.

The District 70 Business and Election meeting was held on 12/17/2000 at Serenity Service in Asheville. Calvin M. was elected DCM for the period 1001-2003 Calvin has been alternate DCM for the past two years. Eric C. was elected Alternate DCM and Kelly M. was elected District Secretary. Bob P. will take over as District Treasurer. The position of District Treasurer has been in the capable hands of Will W. for the past four years, and we all thank him for his patience and dedication. Eric C. will remain Co-Chair with Stan O. of the CPC/PI Committee. I have been acting Chair of the CFC/TF Committee for the past year and volunteered to continue in this capacity and was elected by the committee for another year.

I have enjoyed my role as DCM for District 70 for the past two years and thank you for giving me this opportunity to serve.

Kay G.

## Understanding Anonymity

- It is not the media's responsibility to maintain our Traditions, it is our own individual responsibility.
- A.A. members generally think it unwise to break the anonymity of a member even after his or her death, but in each situation, the final decision must rest with the family.

- A.A. members may disclose their identity and speak as recovered alcoholics, giving radio and TV interviews, without violating the Traditions—so long as their names and faces are not revealed. They speak not for A.A. but as individual members.

*Experience suggests that A.A. members:*

- Respect the right of other members to maintain their own anonymity at whatever levels they wish.
- When speaking as A.A. members at non-A.A. meetings, usually use first names only.
- Maintain personal anonymity in articles and autobiographies.
- Avoid the use of titles such as "A.A. counselor" when employed as professionals in the field of alcoholism (the title "alcoholism counselor" is preferred).
- Use last names within the Fellowship, especially for election of group officers and other service jobs.

—from the pamphlet *Understanding Anonymity*



# 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.

## Oeanfront 25th Anniversary Conference.

February 16, 17, and 18, 2001. At the Cavalier Hotel, Oceanfront at 42nd Street, Virginia, Beach, Virginia. A.A. Meetings, Al-Anon meetings, and Speaker meetings. Early Bird Meeting—for those who wish to arrive early an Early Bird meeting will be held at the hotel. For information call 1-800-446-8199.

## Area 51 Events Schedule

2001 Spring Committee Mtg.	Feb 14-25
2001 Spring Committee & Assembly	May 18-20
2001 N.C. State Conventiion	July 19-22
2001 Sept. Committee Mtg.	Sept. 14-16
2001 Fall Comm. & Assembly	Nov. 2-4
2002 February Committee Meeting	Feb. 22-24
2002 Spring Comm. & Assembly	May 10-12
2002 N.C. State Convention	July 18-21

## A.A. Regeneration Paradox

It may be possible to find explanations of spiritual experiences such as ours, but I have often tried to explain my own and have succeeded only in giving the story of it. I know the feeling it gave me and the results it has brought, but I realize I will never fully understand its deeper why and how.

We A.A.s had tried out a radical and old-time formula, one rather out of fashion nowadays, and it worked. "We admitted that we were powerless—that our lives had become unmanageable" and "we made a decision to turn our wills and our lives over to God *as we understood Him.*" Every one of us who could make and fairly well maintain this humbling admission and sweeping decision had found relief from obsession and had begun to grow into a totally and wonderfully different mental, physical, and spiritual existence.

Such is the paradox of A.A. regeneration: strength arising out of complete defeat and weakness, the loss of one's old life as a condition for finding a new one. But we of A.A. do not have to understand this paradox: we have only to be grateful for it.

—Excerpted from *Alcoholics Comes of Age*

# MOUNTAIN AREWIN'S



Bob and Bill were sitting at the bar when a good-looking girl walked in. Bob recognized her and pointed her out to Bill.

Said Bob: "I proposed to that girl and would have married her if it hadn't been for something she said."

Bill: "What did she say?"

Bob: "No!"

x x x

"So you broke a cane over his head, did you?"

"It was an accident."

"How could it be an accident. You did it deliberately."

"I had no intention of breaking the cane."

x x x

Said Alky Fred to his pal: "Charlie's hard to understand. He didn't kiss his wife for over a year, then he got mad when I did."

x x x

Alky Jack walked into the store and asked the salesman: "Do you have any birdseed?"

Salesman: "What kind of bird do you have?"

Alky Jack: "I don't have a bird. I just want to grow one."

x x x

"Ginger ale, please."

"Pale?"

"No, just a glassful."

x x x

Two drunks were wandering around a zoo when they came across a giraffe.

"Why does a giraffe have such a long neck," asked one.

"He has to," said his alky friend. "Look how far his head is away from his body."

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