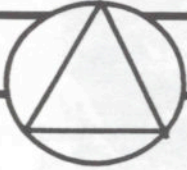


MOUNTAIN DOIN'S

Central Office Newsletter

MARCH 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

District 71 Eatin' Meeting and GSR Meeting

Sunday, March 11, 2001
in
Brevard

Davidson River Presbyterian Church
300 E. Main St., Brevard, NC

GSR Meeting at 2.30 P.M.

Eating at 4.00 P.M.

Speaker (Brad B.) at 5.00 P.M.

This is an open meeting; family and friends
are invited.

Please bring a covered dish!



Directions: If you're approaching from the east, take Hwy 64W. to downtown Brevard, the corner of Broad and Main. Turn left, and the Church is located three blocks from Broad & Main at 300 E.Main.

District 80 Eatin' Meeting and N.C. Mtn. Central Office Mtg.

Sunday, March 11, 2001
in
Waynesville

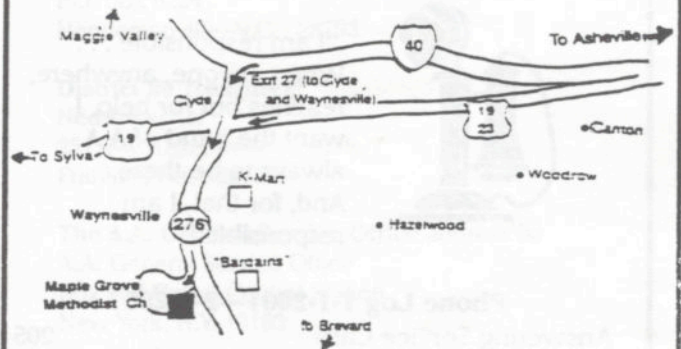
Maple Grove Methodist Church
Dellwood Rd., Waynesville, NC (Rt.276)

Eating at 2.00 P.M.

Speaker (Sage M.) at 3.00 P.M.

Central Office Meeting at 4.00 P.M.

Please bring a covered dish!



Come Join us for Fellowship and Fun

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: A new Group has formed (no name given) and meets at Varick Chapel, 308 S. French Broad Street (Bartlet Street entrance). The meetings are held at 6:30 P.M. on Saturdays and are Open, Disc., Nonsmoking.

Meeting changes: The Hendersonville Group meetings on Wednesdays at 6:00 P.M. and 8:00 P.M. nonsmoking.

Meeting cancellation: The Arden Gp. meetings, which were held at St. Barnabas Church at 7:30 P.M. on Mondays have been canceled.

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, Nonsmoking.

Readers Forum

Live Letters

We all know anonymity is a popular subject at many meetings, and rightly so. But I think it is often misunderstood. One of the pet statements that inevitably pops out when anonymity is discussed is



"... and since I've been sober in A.A. I've paid all my bills—except when to do so would be harmful to others."

"A.A. is a program of attraction rather than promotion." But that's not what is actually stated in our A.A. literature.

The correct quotation is published in Tradition Eleven and it reads: *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*

As is obvious, the reference to "attraction versus promotion" is intended for use in the public media. And that puts the matter into perspective.

Nothing is said regarding private, one-on-one discussion, promoting A.A.'s program. In other words, personal discussion and friendly program promotion, is acceptable. But public promotion of A.A. in the media—the press, radio, films, (and TV)—is not advised. —JM

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 1-1-2001—2-2-2001

Answering Service Calls	205
General Information	9
A.A. Help	3
Family Help (Al-Anon)	6
Meeting Information	83
Central Office Business	66
P.I. Calls	0
Medical Help (Hospital, Detox, etc.)	6
Others	1
Visitors	55

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.



Back To Basics Group

Jack M.	3-11-62	39 years
Chris K.	3-9-77	24 years
Donna E.	3-12-92	9 years
Lisa C.	3-1-99	2 years
Perry F.	3-11-89	12 years

Bethel Up the River Group

Candy P.	3-31-89	12 years
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Black Mountain Group

Jay C.	No date given	9 years
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Brevard Group

Charles G.	3-19-96	5 years
Rachel D.	3-11-95	6 years

Fellowship Group

Vicky T.	3-3-00	1 year
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Grace Group (Asheville)

Jerry W.	3-01-00	1 year
Mike B.	3-03-93	8 years
Cyndy H.	3-16-81	20 years
Ray F.	3-18-00	1 year
Ed T.	3-21-99	2 years
Laura L.	3-23-00	1 year
Jim S.	3-28-91	10 years

Grace Group Waynesville

Bobbi O,	3-30-94	7 years
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Happy Hour Group

Laura H.	3-8-94	7 years
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Hendersonville Group

Mike S.	3-7-77	24 years
Deborah W	3-7-87	14 years
Irma D.	3-7-85	16 years
Eleanor C.	3-7-75	26 years
Fonda N.	3-7-93	8 years

Maple Grove Group (Waynesville)

Jimbo C.	3-10-94	7 years
Carol D.	3-23-87	14 years
Donna H.	3-26-90	11 years

Midday Group

Robert B.	3-19-00	1 year
John E.	3-06-96	5 years
Charlie P.	3-17-83	18 years

Information regarding new Officers in Area 51, (Districts 70,71, and 80)

Area 51 Registrar Beth S. and Treasurer Natalie R. have forwarded the following information to all necessary officers in our Area.

"The new year has arrived and this year brings with it a new group of Area Officers. Contributions to Area 51 for the 2001 - 2002 term should be mailed to the following address:

"NC GSC - Treasurer,
P.O. Box 13708
Durham, N.C., 27709-3708

"Please include your Group Service Number on any contributions you send to the Treasurer."

With regard to addresses within our three Districts within Area 51, they are:

NC Mtn. Central Office,
107 Park Place Offices,
70 Woodfin Place
Asheville N.C., 28801.

District 70 Treasurer

P.O. Box 8574
Asheville, N.C, 28814 -8574

District 71 Treasurer

P.O. Box 6224
Hendersonville, N.C., 28793

District 80 Treasurer

Ned Drescher
251 Watauga Street
Franklin, N.C., 28734

The A.A. General Service Office address is:

A.A. General Service Office
Box 459 Grand Central Station
New York, N.Y. 10163

Beth and Natalie also remind us that Group information should be mailed to the following address:

N.C. GSC - Registrar
P.O. Box 1288
Benson, NC 27504.

And they add: "This includes any changes regarding the GSR, Alt.GSR, meeting place and/or times and type of meeting being held. GSRs should communicate changes to their DCMs, who will send them to the registrar. After the Area records have been updated the changes will be forwarded to GSO."



Treasurer's Report

N.C. Mountain Central Office, Inc.
Financial Report
for the month of January 2001

Group Contributions

Acceptance Group	\$50.00
AWOL Group	\$12.00
Back To Basics Group	\$175.00
Brevard Group	\$50.00
Came To Believe Group	\$15.00
Cumberland Group	\$198.00
Early Bird Group	\$150.00
Edneyville Group	\$10.00
Fletcher Group	\$60.00
Maple Grove Group	\$190.00
Marshall Group	\$100.00
Happy Hour Group	\$50.00
Hendersonville Group	\$83.29
Joy of Living Group	\$46.77
Locked In Forward Group	\$18.50
Six O'Clock Open Group	\$100.00
Sylva Group	\$50.00
Thurs. Afternoon Women's Group	\$50.00

Total Group Contributions \$1408.56
Individual Contributions \$120.00

Total Contributions \$1528.56

Financial Position as of 1/31/01

Bank Balance as of 01/01/01	\$2107.97
Cash on Hand	\$27.26
Income	\$3308.78
Total	\$5444.01

Expenses

Rent	\$133.00
Salary	\$554.10
Phone BellSouth	\$83.16
Phone AT&T	—
Answering Service	\$167.50
Printing W & W	\$283.70
Printing Mountain Doin's	\$276.30
Publishing Expenses	\$150.00
Sales Tax	\$99.03
Books & Chips	\$1121.77
Postage	\$52.62
Postage Mountain Doin's	\$78.96
Bank Service Charge	\$36.00
Office Supplies	\$66.68

Total \$3102.82

Bank Balance as of 1/31/01 \$2341.19

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.

The Four Paradoxes of A.A.

1. We Surrender to Win. On the face of it, surrendering certainly does not seem like winning.

But it is in A.A. Only after we have come to the end of our rope, hit a stone wall in some aspect of our lives beyond which we can go no further, only when we hit "bottom" in despair and surrender, can we accomplish sobriety when we could never accomplish before. We must, and we do, surrender in order to win.

2. Give It Away to Keep It. That seems absurd and untrue. How can you keep anything if you give it away?

But in order to keep whatever it is we get in A.A., we must go about giving it away to others, for no fees or rewards of any kind. When we cannot afford to give away what we have received so freely in A.A., we had better get ready for our next "drunk." It will happen every time. We've got to continue to give it away in order to keep it.

3. We Suffer to Get Well. There is no way to

escape the terrible suffering of remorse and regret and shame and embarrassment which starts us on the first road to getting well from our affliction.

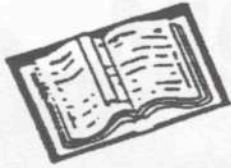
There is no new way to shake out a hangover. It's painful. And for us, necessarily so. I told this to a friend of mine as he sat weaving to and fro on the side of the bed, in terrible shape, about to die for some paraldehyde.

I said, "Lost John"—that's his nickname—"Lost John, you know you're going to have to do a certain amount of shaking sooner or later." "Well," he said, "for God's sake let's make it later!" We suffer to get well.

4. We Die to Live. That is a beautiful paradox straight out of the Biblical idea of being "born again" or "in losing one's life to find it."

When we work at our Twelve Steps, the old life of guzzling and fuzzy thinking, and all that goes with it, gradually dies, and we acquire a different and a better way of life. As our shortcomings are removed, one life of us dies, and another life of us lives. We in A.A. die to live.

—from Second Edition of the *Big Book*



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.

Oak Island Lighthouse Retreat 2001. April 20, 21, & 22. Fort Caswell, Oak Island, NC . For full information call Richard at 910-201-4162.

Area 51 Events Schedule

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

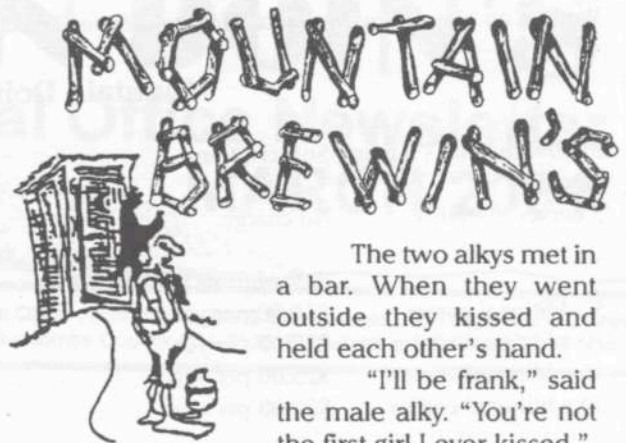
How and Why A.A. Works!

The A.A. program works so well, I believe, because it puts its finger on the *underlying* personality patterns and calls for a willingness to change them. This is the turning over of will and life to God, "as we understand Him." That is to say, the life patterns for obtaining a substitute sense of adequacy and worth are given up. Instead, the A.A. members learns a new way of life which provides *the real thing*.

In short, A.A. shows that by letting go of the old ego, a person is enabled to find his true self. (By losing self he finds self.) The A.A. program helps the person to let go of the unsatisfactory old ways and helps him to develop a new way of life which gives *genuine* security and a *valid* sense of worthiness. It is a way which required no alcohol to make it work, because it attunes the person to life as he was meant to be attuned; because it provides him with the feelings and relationships—the spiritual values—which Truly satisfy.

In my opinion, that is what the A.A. program does: It guides the alcoholic to a way of life which satisfies his real hunger. The program not only calls for the abandoning of all substitute foods on which he has so vainly tried to nourish his spirit. The A.A. program, it seems to me, rests on the spiritual supposition that to displace the bottle it is necessary also to displace the substitute spiritual food, like prestige, and to replace them with a diet that's adequate. And the diet which meets our real needs—which truly satisfies our spirits—consists of wholehearted, deep-running, positive relationships to other persons, to our work, to life, and to God,

—*The Grapevine*, December, 1971



The two alkys met in a bar. When they went outside they kissed and held each other's hand.

"I'll be frank," said the male alky. "You're not the first girl I ever kissed."

"And I'll be frank," said the girl; "You have a lot to learn."

x x x

Alky Nellie: "I had a real crazy dream last night. Didn't you think it was crazy?"

Jack: "How would I know if it was crazy? It was your dream."

Nellie: "Yeah! But you were in it!"

x x x

Two recovering alkys were chatting.

"Fred says 'Never take a drink when you feel as if you need one.' But Harry says 'Never take a drink except when you need one.' So what is a chap supposed to do?"

"That's easy. Follow both rules, and you'll be all right."

x x x

Alky Tom reached the curbside just as a large and elegant funeral was passing. Alky Tom asked a boy standing at the curb: "Who died?"

Said the boy: "The man in the coffin."

x x x

Caught red-handed, the inebriate faces the judge on charges of holding up a liquor store and taking cases of vodka, while leaving the cash register untouched.

Judge: "Why didn't you take the money?"

Alky: "Oh, I'd just blow it on booze."

x x x

"I wonder if my girl really loves me?"

"Of course. Why should she make you an exception?"

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Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, dependent upon USPS rates.

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N.C. Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Group or Individual Name _____

Street/P.O. Box No. _____

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Central Office Phone Log

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