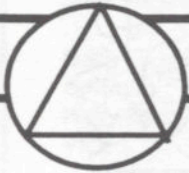


MOUNTAIN DOIN'S

Central Office Newsletter

APRIL 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 70 Eatin' Meeting

Sunday, April 8

To be held at West Asheville's Meeting Place at
Abernathy United Methodist Church
1418 Patton Avenue
W. Asheville



GSR Meeting

3 P.M.

(Not just for GSRs —everyone is invited)

Eating at 4 P.M.

(Please bring a covered dish, dessert, or beverage to share)

Speaker at 5 P.M.



COME AND 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

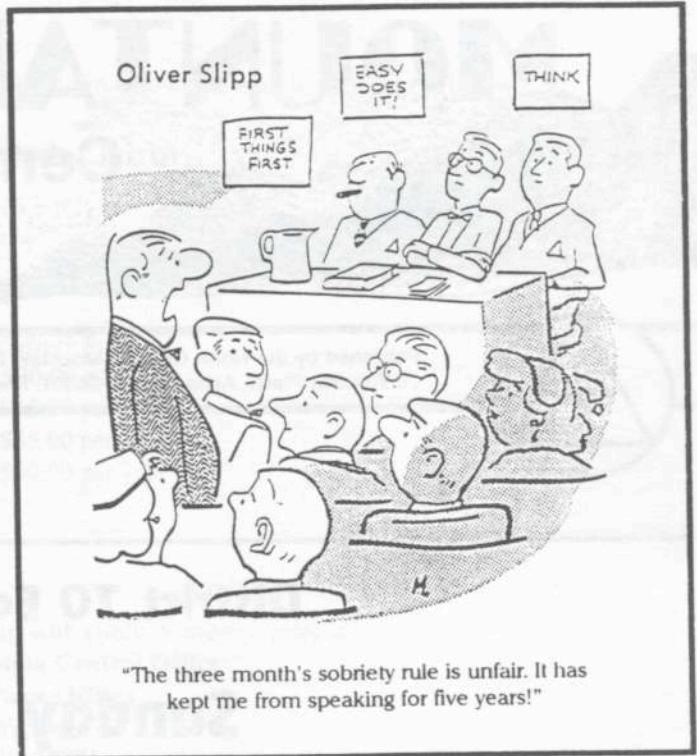
Brevard Meeting changes: **The Serenity Group**, which meets at the Sharing House, has begun new meetings Tuesdays at 5.30 P.M. The subject is Eleventh Step Study. Also, a new meeting has begun on Fridays at 5.30 P.M. The subject is *Daily Reflections*. In addition, the 5.30 P.M. Wednesday **Serenity Group** has changed its meetings to Beginners, Open, Nonsmoking. Also a new meeting has begun named **The Speed Bump Group** and meets at St. Timothy's United Methodist Church on Asheville Highway, Brevard, on Wednesdays at Noon. The meetings are Closed, Nonsmoking.

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, Discussion, Nonsmoking.

Meeting changes: **The Hendersonville Group** meetings on Wednesdays at 6:00 P.M. and 8:00 P.M. are now to be 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: Named **Chunn's Cove Big Book**



Study. The group meets at St. Luke's Episcopal Church, Chunn's Cove Road, Asheville, at 8 P.M. on Mondays

Dist. 80/Area 51 Workshop

Saturday March 31, at 11 A.M.

To be held at St. Mary's Catholic Church,
2 Bartlett St. Sylva N.C.

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 2-5-2001—2-23-2001

Answering Service Calls	188
General Information	8
A.A. Help	7
Family Help (Al-Anon)	9
Meeting Information	66
Central Office Business	45
P.I. Calls	0
Medical Help (Hospital, Detox, etc.)	1
Others	1
Visitors	49

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.



Asheville Big Book Study Group

Mark H. 4-1-90 11 years

Back To Basics Group

Kelsey S. 4-12-83 18 years

Perry B. 4-15-86 15 years

Vickey O. 4-29-90 11 years

Bethel Up The River Group

Bob P. 4-22-81 20 years

Black Mountain Group

Carolyn 4-1-92 9 years

Tom B. 4-4-83 18 years

Rusty M. 4-1-99 2 years

Cumberland Group

Marshall W. 4-15-00 1 year

Elena L. 4-20-00 1 year

Fellowship Group

Lucy H. 4-5-88 13 years

Grace Group, Asheville

John J. 4-1-96 5 years

Adam F. 7-3-94 5 years

Frank M. 4-4-80 21 years

Talmadge H. 4-5-96 5 years

Michael C. 4-10-93 8 years

Sally K. 4-11-97 4 years
 Maureen B. 4-14-98 3 years
 Ron C. 4-15-97 4 years
 Will W. 4-16-93 8 years
 Brian M. 4-22-78 23 years
 John D. 4-22-97 4 years
 Margaret N. 4-27-86 15 years
 Matthew J. 4-29-00 1 year
 Beth T. 4-30-93 8 years

Grace Group Waynesville

Betty C. 4-1-89 12 years

Bette M. 4-19-72 29 years

Happy Hour Group

David W. 4-21-99 2 years

Gene McF. 2-14-69 32 years

Hendersonville Group

Jimmy D. 4-21-90 11 years

Stuart R. 4-16-97 4 years

Mark A. 4-21-92 9 years

Micheline H. 4-14-80 21 years

Joy Of Living Group

Phyllis T. 4-14-88 13 years

Midday Group

Theresa H. 4-11-00 1 year

John F. 4-24-00 1 year

Serenity Service Group

Stephanie W. 4-16-86 15 years

Billy G. 4-27-93 8 years

Quinston M. 4-22-99 2 years

Zeb N. 4-21-97 4 years

Brenda W. 4-28-95 6 years

James H. 4-21-91 10 years

Working With Others by Dr. Bob

Dr. Bob made the following comments four years after his last drink:

The questions which might naturally come into your mind would be: "What did the man [Bill W.] do or say that was different from what others had done or said?" It must be remembered that I had read a great deal and talked to everyone who knew or thought they knew anything about the subject of alcoholism. But this [Bill] was a man who had experienced many years of frightful drinking, who had had most all the drunkard's experiences known to man, but who had been cured by the very means I had been trying to employ, that is to say the spiritual approach. He gave me information about the subject

of alcoholism which was undoubtedly helpful. *Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from the actual experience. In other words, he talked my language.* He knew all the answers, and certainly not because he had picked them up in his reading.

It is a most wonderful blessing to be relieved of the terrible curse with which I was afflicted. I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. Sense of Duty.
2. It is a pleasure.
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip.

—From *Alcoholics Anonymous* pp. 180-181



Treasurer's Report

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

Group Contributions

Acceptance Group	\$50.00
Andrews Group	\$10.00
Brevard Group	\$50.00
Bone Dry Group	\$140.00
Common Sense Group	\$36.00
Franklin group	\$30.00
Grace Group	\$150.00
Happy Hour Group	\$50.00
Hendersonville Group	\$85.76
Marion Noon Group	\$50.00
No Nonsense Group	\$60.00
Reaching Out Group	\$5.00
Traditional Group	\$175.00
Upward Group	\$25.00
Total Group Contributions	\$916.76

Financial Position as of 02/28/01

Bank Balance as of 02/01/01	\$2295.43
Cash on Hand	\$27.26
Income	\$2019.10
Total	\$4341.79

Expenses

Rent	\$138.00
Salary	\$554.10
Phone BellSouth	\$55.28
Phone AT&T	\$200.00
Answering Service	\$170.50
Printing W & W	\$3.70
Printing Mountain Doin's	\$12.17
Publishing Expenses	\$150.00
Sales Tax	\$69.33
Books & Chips	\$1260.22
Postage	\$42.36
Postage Mountain Doin's	\$52.28
Bank Service Charge	.50
Office Supplies	\$4.92
Copy Machine	\$200.00
Total	\$2913.36
Bank Balance as of 2/28/01	\$1428.43

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.

Cleaning Up After Meetings

"... got a call from one of the churches that an A.A. meeting is not cleaning up after itself. They are leaving cigarette butts outside. It is one of those churches that has a lot of A.A. meetings. They are ready to just not have meetings there anymore."

So reads this less than welcome notation from the report of executive secretary Mary M. in the minutes of the Aug. 14 meeting of California's San Fernando Valley Intergroup, reprinted in the October issue of its newsletter. "Maybe," Mary points out, "these are the only alcoholics these people see, and we want to put out a good image. So if we can, make sure in your groups, in the halls, wherever, that you pick up after yourselves and leave the place clean. Otherwise, you hurt us all."

The problem is one that affects us all. As another Californian, John P., noted several years ago in the *Intergroup Newsletter* of the Central Office of Santa Clara County (Box 4-5-9, Feb-March 1997), "A. A. members are not the only ones who share experience. Church people talk to each other too. One pastor's unhappiness with A.A.s can turn a whole denomination against us. And it's not only churches—other facilities are increasingly wary of A.A. They see their maintenance and janitorial costs

rising to repair the damage we do to their premises, and they worry about the liability claims our abusive actions may expose them to."

John suggested that in A.A. there is a powerful tool to deal with the problem—"Something called 'group conscience' that actually can put an end to destructive behavior at an A.A. meeting. It does so by strengthening unity and allowing the membership to speak with one voice, thus placing 'principles before personalities' in the spirit of Step Twelve. No one alcoholic in A.A. has authority over any other alcoholic, so admonishing your fellow drunk to shape up carries little or no weight. But a group of alcoholics, speaking out of the group conscience, does have authority and, strange as it seems, even inconsiderate members recognize it. Sometimes they merely leave when the group addresses them, but often they change. Either way, the group has put the common welfare first.

In the April 1946 issue of the *Grapevine* (*The Language of the Heart*, page 23) and often afterward, A.A. co-founder Bill W. wrote that for A.A.s "there is never need to praise ourselves. We feel it better to let our friends recommend us." But how can they, if we keep neglecting to clean up our act?

—From Box 4-5-9 Feb.-March 2001.



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.

Fourteenth National Men's Conference welcomes you to the 1st International A.A. Men's Conference—"Arch to Freedom." April 20, 21, and 22. Held in St. Louis, Missouri. For full information call Bill W. (314) 962-3368, John A. (314) 521-2084, or John S. (314) 544-9639.

Sobriety @ Sea presents "The Great Alaskan Adventure" on September 9, 2001, aboard Royal Caribbean's new ship "Vision of the Seas." The seven night cruise aboard the Super-liner departs from Vancouver, British Columbia. For full information and free brochure call Bob at South Beach Cruises, (CruiseShopping.com) 800-650-7245 Ext. 111.

That First One will Get You

Jud O. noted that in 1969 he picked up a drink one week before he was to have his 30th anniversary. "I had just retired as director of one of the big rubber companies and taken a European tour. I had been fairly active in A.A. for a number of years, but then I got busy with my work and wasn't going to meetings. My wife was in the hospital, and I was feeling sorry for myself. . ."

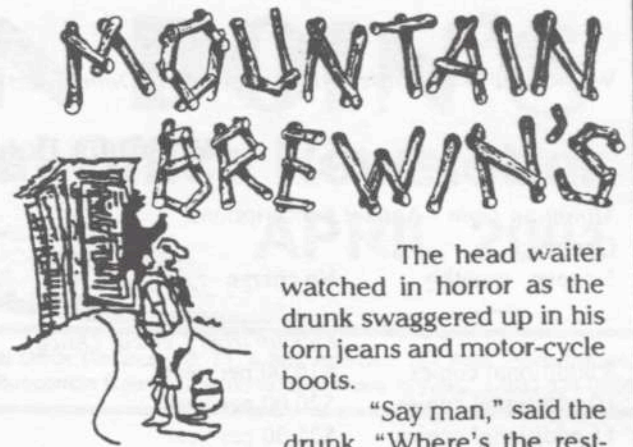
"When I came back to A.A., it was the same as I remembered, only more people and more meetings." said Jud. "Some old friends and some new ones helped me, but getting straightened out was the hardest thing I ever did. It took three years. On the other hand, it convinced other people that the original idea was correct: No matter how long you don't drink, the next one is right around the corner. It never lets you go. Dr. Bob was right: 'The first one will get you.'"

—Excerpted from *Dr. Bob and the Good Oldtimers*.

District 70, CPC/CPI Meetings

These CPC/CPI meetings will be held on the first Sunday of each month at 4.30 P.M.

The meetings will be held at Trinity Church on Church Street. For information or directions call Stan at 650-6586. Your experience, strength and hope is needed.



The head waiter watched in horror as the drunk swaggered up in his torn jeans and motor-cycle boots.

"Say man," said the drunk. "Where's the rest-room?"

"Go down the hall, turn left, and you'll see a sign that says 'Gentlemen,'" the waiter sniffed. "Don't pay any attention to the sign—walk right in, anyway."

x x x

The alky was around many evenings to share his time with his kids. But one evening he sat with them and told them about the birds and the bees.

Then, his oldest son told his alky Dad about his wife and the maintenance man.

x x x

The alky came home from work and sneaked up to his wife, who was cleaning the kitchen sink.

"Darling," he mumbled, "let's go out and have some fun this evening."

"I'd love to, dear," she replied. "Only, this time, leave the front door light on if you get home before I do."

x x x

Said the alky to his pal: "What were you running up the street for last night?"

"I was running to stop a fight," answered his buddy.

"Who was fighting?"

"Me and another fellow."

x x x

The worried son asked his father: "Dad, have you got rheumatism?"

"No," his Dad replied. "Why?"

"Mom said you got stiff in every joint."

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