

MOUNTAIN DOIN'S

Central Office Newsletter

MAY 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. Central Office March Meeting Minutes

The N.C. Mountain Central Office Board met on March 11, 2001, at the Maple Grove Methodist Church in Waynesville, following an "Eatin' Meeting" hosted by the Maple Grove Group.

In attendance were: Marshall D., C.O. Chair (Hendersonville Gp.); Don B., Asst. Chair (Mars Hill Gp.); Bob V., C.O. Manager (Acceptance Gp.); Gerd S., C.O. Treasurer (Asheville Grace Gp.); Barbara E., C.O. Secretary (Day By Day Gp.); Al S., Alternate GSR (Sunshine Gp.); Jim B., Secretary (Sylva Gp.); Latane C., Alternate GSR (Maggie Gp.); Bob C. (Maggie Gp.) Dick B., Alternate DCM (Maple Grove); Libby B. (Maple Grove).

Marshall D. opened with the Serenity Prayer. Minutes of the previous meeting were read and approved. The Treasurer's report was submitted and accepted to the record.

Bov V. reported that he did not attend the N.C. Intergroup Meeting in Charlotte as planned due to a conflict with this meeting. Therefore no expenses were incurred. He will attend a future meeting. Bob noted in the Treasurer's report that the expenses will show some fluctuation since the copy machine is paid every three months, as well as Estimated Taxes to the IRS.

Unfinished Business: "Cooperation with the Professional Community and Public Information" (CPC/PI) Jim B. called into question the vote at the last meeting which called for discontinuing the Central Office CPC/PI fund, and proposed that the DCMs of Districts 70, 71, and 80 hold a meeting to discuss and resolve the issue, since all were not present at the last

meeting. The DCMs are: Calvin M., District 70; Joe T., District 71; and Phil M. or Dick B. (Alternate) for District 80. Currently, some District 70 meetings are taking a special collection for CPC/PI.

New Business:

1. District 80—a web site with NCAA was discussed at the area committee level. Currently GSO is formulating guidelines. There are issues of copyright law, affiliations as well as the Traditions to be considered. Any group interested in helping to develop a web site may contact: Jim B.—851 SECT@ATT.net or call 828-250-9767 or 1-800-523-9504.

2. The Twelfth Step List needs updating again. It is important that we keep this call-list current, since we rely on our Answering Service to handle these calls 24 hours a day (except from 10 A.M. to 1 P.M. Mondays through Fridays, when our office is staffed).

The next Central Office meeting will be held on June 10, 2001, at the Traditional Group's meeting room at Trinity Episcopal Church, Asheville, at the corner of Church and Aston Streets.

Area 51 Events Schedule

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

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 Changes: The Hendersonville Group has decided that all future meetings of the group (listed in the *Where and When*) will be nonsmoking.

Meeting Cancellation: The Columbus Group's 6:30 P.M. meeting, held at the Columbus Presbyterian Church, has been cancelled.

Important Group Contribution Information

Group Contributions to Area 51 have changed. In future, Contributions to Area 51 for 2001-2002 should be mailed to:

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

Group information changes should be mailed to:

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

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 2/26/01—3/30/01

| | |
|--------------------------------------|-----|
| Answering Service Calls | 297 |
| General Information | 5 |
| A.A. Help | 8 |
| Family Help (Al-Anon) | 8 |
| Meeting Information | 122 |
| Central Office Business | 84 |
| P.I. Calls | 0 |
| Medical Help (Hospital, Detox, etc.) | 13 |
| Others | 3 |
| Visitors | 89 |



"As close as I can figure out it says:
"Don't Drink and go to meetings."

Readers' Forum

LIVE LETTERS

Drugs and Alcohol—Not the Same

I'm not a medic and readily confess that what I'm about to write about drugs and alcohol is gleaned from asking questions of those in the medical profession who know what they're talking about. But from what I've learned from them helps define a very important difference between a drug such as cocaine as compared to alcohol. And it tends to suggest that alcohol should not be classified as a drug, and certainly not aligned with cocaine and other "hard" drugs.

What I've learned from medical sources is that cocaine and other drugs are universally addictive—to anyone, without exception, who uses them on a regular basis. Alcohol, on the other hand, is only addictive to those who have the gene—whatever that is.

To those people who do have the gene—like me—alcohol will become addictive as powerfully as any established drug. But there are many—a great majority—who do not carry the alcohol-addictive gene, and who can drink occasionally and sensibly without ever becoming addicted.

Thus, it suggests that it is quite improper to align alcohol as a drug similar to cocaine or marijuana and other drugs. And that's a good reason for limiting discussion in meetings to alcohol alone without discussing the hard drugs, such as cocaine, as is happening more and more at meetings.

Alcohol, therefore, appears to be an acceptable drink except to those who, like me, carry the gene that cause me to become addicted to it. —FW



Back To Basics Group

Rusty M 5-10-83 18 years
 Bob V. 5-17-80 21 years

Black Mountain Group

Hugh H. No date given 23 years
 Frank M. No date given 13 years
 Jimmy L. No date given 16 years
 Kirk C. No date given 4 years

Brevard Group

Pat J. 5-15-83 18 years
 Jack C. 5-15-83 18 years
 Cliff F. 5-30-89 12 years
 Isabell L. 5-16-85 16 years
 Jen F. 5-10-98 3 years

Conscious Contact Group

Michelle M. 5-31-88 13 years
 Linda C. 5-1-80 21 years
 Rusty H. 5-2-90 11 years

Cumberland Group

Marriann R. 5-3-86 15 years
 Lee R. 5-8-92 9 years
 Danny K. 5-1-89 12 years

Daily Decisions Group

Greg S. 5-22-00 1 year

Fellowship Group, Arden

Buzz H. 5-22-98 3 years
 David R. 5-21-77 24 years

Grace Group, Asheville

Michael R. 5-2-87 14 years
 Lynn W. 5-6-90 11 years

Grace Group Waynesville

Roy C. 5-8-90 11 years
 Samantha 5-9-79 22 years

Happy Hour Group

Robert G. 5-22-92 9 years

Hendersonville Group

Howard P. 5-24-82 19 years

Maggie Group

Tom M. No date given 19 years
 Jimbo C. No date given 7 years
 Marvin M. No date given 20 years

Maple Grove Group

Dick B. 5-2-80 21 years
 Jimmie T. 5-25-00 1 year
 Judy H. 5-8-88 13 years
 Clyde M. 5-3-93 8 years

Midday Group

Karen T. 5-1-85 16 years

Up The River Group

John C. 5-27-94 7 years
 Pete 5-25-82 19 years

Help Newcomers Feel Special—Not Different

"If you're new or just coming back,' our secretary said at the meeting break recently, 'don't worry about giving. We need you more that we need your money.'

"I must have heard that said at hundreds of meetings and never liked it," writes an East Coast member, :but this time I suddenly understood why: It's telling newcomers that they are special and unique and needn't take part in A.A.'s Seventh Tradition. 'My God.' I thought, 'here these new people are already feeling like aliens from another planet, and we're telling them to stay that way—be different, you're not a part of us. What a sad exclusion from what is supposed to help them feel included!

"Sure, many of us came in broke (strangely, I could always get enough for booze). I was handing over nickels and dimes during those early meetings, but at least I was participating.

"My actions made me a part of A.A. I belonged. For the first time this selfish, self-centered so-and-so wanted to give back, not only to other newcomers but to the whole of A.A. The fact is, as A.A. co-founder Bill W. said, 'There is a place where spirituality and money can mix . . . in the hat.'

"What about all the times we tightwad alcoholics with some sobriety time let the basket go sailing by?` Maybe reaching into our pockets even for spare change is too much exercise. A lot of us dodge the basket but scoot out to the pricey gym, or go with our friends for \$3 cappuccinos and mocha-chocolattes.

"Since I know I'm not alone, friends, how about this for a meeting opener? `We have no dues or fees in A.A. but we do have expenses, and if you're new or just coming back, we welcome your participation —your contribution helps this group to be self-supporting and to keep the doors of A.A. open to all who suffer from alcoholism."

—Excerpted from Box 4-5-9- Oct/Nov 98



Treasurer's Report

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

Group Contributions

| | |
|----------------------------------|------------------|
| Acceptance Group | \$250.00 |
| Bethel Up The River | \$80.00 |
| Brevard Group | \$50.00 |
| Burnsville Group | \$50.00 |
| Conscious Contact Group | \$593.00 |
| Daily Decisions Group | \$175.00 |
| Etowah Group | \$25.00 |
| Happy Hour Group | \$50.00 |
| Hendersonville Group | \$48.48 |
| Leicester Group | \$25.00 |
| Pathfinders Group | \$18.16 |
| Roundtable Group | \$50.00 |
| Six O'Clock Group | \$100.00 |
| Traditional Group | \$175.00 |
| Triangle Group | \$30.00 |
| Total Group Contributions | \$1719.64 |

Financial Position as of 03/31/01

| | |
|-----------------------------|------------------|
| Bank Balance as of 03/01/01 | \$1401.17 |
| Cash on Hand | \$27.26 |
| Income | \$3499.47 |
| Total | \$4927.90 |

Expenses

| | |
|------------------------------------|------------------|
| Rent | \$138.00 |
| Salary | \$554.10 |
| Payroll Tx | \$275.40 |
| Phone BellSouth | \$57.68 |
| Phone AT&T | \$43.91 |
| Answering Service | \$198.00 |
| Printing W & W | \$14.83 |
| Printing Mountain Doin's | \$15.69 |
| Publishing Expenses | \$150.00 |
| Sales Tax | \$86.27 |
| Books & Chips | \$928.75 |
| Postage | \$36.51 |
| Postage Mountain Doin's | \$41.48 |
| Bank Service Charge | \$0.00 |
| Office Supplies | \$3.11 |
| Copy Machine | \$0.00 |
| Total | \$2560.73 |
| Bank Balance as of 03/31/01 | \$2367.18 |

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.

Dr. Silkworth—the Doctor who loved Drunks

In the autumn of 1933, when Bill found himself in Towns Hospital for the first time, the affliction of alcoholism was generally viewed as a mystery and a terrible shame. An alcoholic could expect to receive little understanding or compassion; while some called alcoholism a sin, others viewed it as wilful misconduct and gave their assent to laws that sent alcoholics to prison for "habitual drunk" convictions. The country had even suffered through a wrenching experiment with national Prohibition in an effort to curb drunkenness by banning liquor . . .

When Bill described Towns as "a nationally known hospital for the mental and physical rehabilitation of alcoholics," he was not exaggerating, but someone else who remembered the hospital described it simply as a place where alcoholics were "purged and puked." . . . but it was the chief of staff, Dr. Silkworth, who would in time to come have the most impact on the treatment of alcoholism.

. . . Silkworth's arrival at Towns Hospital in 1930 was the turning point in the doctor's life . . . Seeing the miserable wreckage that floated through the place had resolved to try to do something about it. . . . "What could he do about alcoholism? That was the

thing. All those millions with that mysterious malady of mind, emotions, and body."

When Bill arrived, Dr. Silkworth had already formulated his theory of an "allergy." . . . he likened the alcoholic's allergic state to the plight of the hay fever patient who gradually becomes sensitized to certain types of pollen.

Dr. Silkworth described his theory as follows: "We believe . . . that the action of alcohol on . . . chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, the problems pile up on them and become astonishingly difficult to solve."

Bill listened, entranced, as Silkworth explained his theory. For the first time in his life, Bill was hearing about alcoholism not as a lack of will power, not as a moral defect, but as a legitimate illness. It was Dr. Silkworth's theory—unique at the time—that alcoholism was the combination of this mysterious physical "allergy": and the compulsion to drink; that alcoholism could no more be "defeated" by will power than could tuberculosis. Bill's relief was immense.

Excerpted from *Pass It On*



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 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.

10th Annual Southeastern Women To Women Seminar; "Secrets Women Don't Share." September 21-23, 2001. At Hilton Hotel, Ocala, Florida. Listen and share on topics relating to women and sobriety in a safe and spiritual environment, in keeping with the A.A. tradition. Rotating workshops, marathon meetings, hospitality room, speaker meetings and others, including entertainment.

For additional information check the internet at www.women to women2001.homestead.com or call Patti V. 352-466-9098 or Carmel N. 352-591-4971 or Barbara F. 352-854-2473.

S.E.R.C.Y.P.A.A. 2001

Southeastern Regional Conference of Young People in A.A., May 17,18,19,& 20, 2001. Cocoa Beach, Florida. Speakers, meetings, workshops fellowship, dances. And questions, call Austin B. 407-463-7079, Glenn W. 407-493-9152, or e-mail at: info@sercypaa2001.org

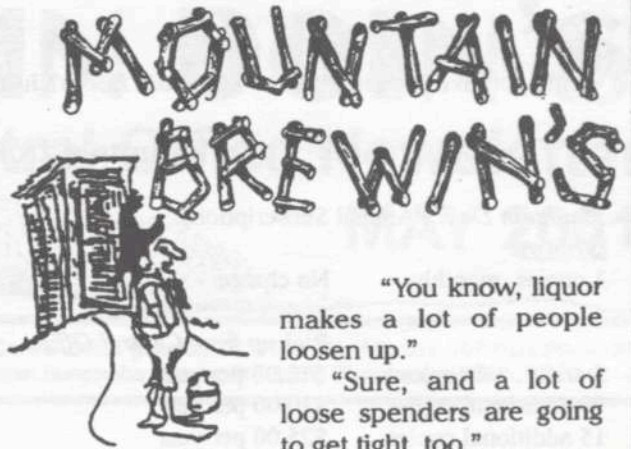
Correctional Facilities Workshop

Saturday June 2, 9A.M. - 1P.M.

Come and join us at the Blue Ridge Mental Health Services on Biltmore Avenue for a morning of:

- Great Speakers
- Informative video
- Updates on Area 51 happenings
- Meet and greet others active in the area of correctional facilities, both A.A. and non-A.A.
- Plus, most important, snacks and beverages available!

For additional information contact Kay G. at 299-1271.



"You know, liquor makes a lot of people loosen up."

"Sure, and a lot of loose spenders are going to get tight, too."

x x x

Alky John was sitting at the bar, looking glum.

"Anything troubling you?" asked his pal.

"Yeah! I've lost my dog."

"Why not put an ad. in the paper?"

"That wouldn't help. My dog can't read!"

x x x

When her boozing husband died, Mrs. Jones had a lot of trouble with the insurance company, relations, the undertaker, and many others.

She finally got her insurance check and her neighbor tried to console her with the thought of all the good things the money could do for her.

"Oh," she sighed, "I've had so much trouble with everything, there are times I wish I had never pushed him under the truck."

x x x

"How on earth did you come to be so completely intoxicated?" asked the judge.

"Well, I got into bad company, your Honor," replied the drunk. "You see, there were four of us. I had a bottle of whiskey—and, well, the other three just wouldn't touch the stuff."

x x x

"I got big-hearted this morning and gave a bum five dollars."

"What did your husband say about it?"

"Thanks!"

x x x

A sponsor is somebody who sees through you and still sees you through.

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