

MOUNTAIN DOIN'S

Central Office Newsletter

JULY 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

Central Office Twelfth Step Lists Need Updating

With each group's supply of this July issue of *Mountain Doin's* a sheet is supplied for first names and phone numbers of volunteers willing to accept phone calls from suffering alcoholics who are calling to inquire about the locations of meetings within our Areas or who make other general inquiries about A.A. The reason is that our present lists are out of date and need to be replaced with names and phone-numbers of all members who are willing to volunteer to answer general meeting questions from suffering alcoholics who may be new to your area or who want to come into the program, or who simply need words of encouragement and information about A.A.

The lists will be used both by our Central Office during office hours and by our twenty-four hour answering service at all other times.

We ask that this list be passed around during group meetings, so that thoughtful members may write down their first names, phone numbers, and availability hours, and that the list, when completed, will be forwarded to our Central Office at the address in the *Mountain Doin's* masthead above.

Please respond by August 1, 2001. Your Central Office sincerely thanks all who participate in this important program.

54th North Carolina State Convention

July 19th - 22nd, 2001

Hilton North Raleigh
3415 Wake Forest Rd.
Raleigh, NC 27609

Marathon meetings throughout the Convention!
Saturday Night - DANCE - Live Band

Program Speakers

Thurs, July 19 Jana L., Wilmington, NC
Fri, July 20 Andy T., Pataskala, OH
Sat, July 21, Pati S., Fort Worth, TX
Darla B. Leland, MS
Cecil C., Prince Albert,
Saskatchewan, CN
Sun, July 22, Arnold R., Baltimore, MD

For further information contact:

Wallace B. (919)776-5870
George M. (919) 779-5088
Dale H. (919) 832-1389

A Message from The General Service Office of A.A.

Everyone at your General Service Office is grateful for the sacrifices made by members and groups who contribute to the General Service Office (G.S.O.). Those voluntary contributions help G.S.O. to provide the services requested to help you with your vital Twelfth Step work.

We are striving to have the English version of the Fourth Edition of the Big Book, *Alcoholics Anonymous*, published by Thanksgiving, 2001. . . Warmest A.A. love from your friend, Greg Muth, General Manager, G.S.O.

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

Meeting cancellation: The Hendersonville Friday 8 P.M. Women's Meeting has been cancelled.

CFC Workshop Meeting, June 2, 2001

District 70 held their second Correctional Facilities Committee workshop on Saturday, June 2, at the Blue Ridge Center on Biltmore Avenue, Asheville. Several speakers came to share their experience including Cathy Peterson, the Program Director from Swannanoa Valley Juvenile Development Center. District 70 has recently started taking a meeting to the young inmates at this facility. Cathy told us about the program out there and how pleased they are that A.A. is bringing a meeting. Debbie D. came all the way from Wilmington to share her experience in carrying the message to juveniles. Jim D. a fellow A.A. and co-ordinator of the DART program in several prisons locally, shared his experience both professionally and personally. Jim came with a DART counselor from the Black



Mountain Women's Correctional Facility and we also heard from an inmate who shared what the A.A. meetings meant to her. Area 51 CFC Chair Tom I, came all the way from Southern Pines and shared with us his "action plan" for the next two years that he holds this position. As a result of this, Keith L., a DCM from the Wilkesboro area, who is also on the Area 51 CFC Committee, will organize another CFC workshop which will be held in Boone on 9/22. One of the key areas of Tom's plan is to simplify the procedure to obtain clearance to enter a prison as an A.A. volunteer. In addition, a plan has been formulated which will be discussed further in Boone, whereby the pressure will be taken off those A.A. volunteers who carry the message week after week behind the walls, with little support from other A.A. members and who subsequently become burned out.

The workshop was very well supported and it was gratifying to see so many A.A.s who had traveled a fair distance to be present. Those present were a diverse group, with not only A.A. members who had been involved in prison work for many years, but also members who wanted to find out more about this important service work. For me, and I believe for most of those present, the two most powerful speakers were both inmates.

So many local A.A. members helped with this workshop and I would like to thank all the GSRs for getting the word out to the groups, and to all of you who work so hard and faithfully carrying the message "behind the walls."

District 70 CFC committee meets on the second Tuesday of every other month at 7 P.M. at Trinity Episcopal Church in downtown Asheville and will next meet on July 10. Yours in service, Kay G.

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 4-30-01—6-1-01

Answering Service Calls	359
General Information	8
A.A. Help	0
Family Help (Al-Anon)	11
Meeting Information	87
Central Office Business	89
P.I. Calls	0
Medical Help (Hospital, Detox, etc.)	6
Others	0
Visitors	66



Back To Basics Group

Judy Mc 7-3-94 7 years

Bethel Up The River Group

John W. 7-5-83 18 years

Brevard Group

Grant P. 7-15-86 15 years
 Diane F. 7-4-77 24 years
 Jim M. 7-24-84 17 years

Cumberland Group

David T. 7-21-93 8 years
 Steve H. 7-18-90 11 years
 Joal L. 7-29-88 13 years
 David M. 7-1-99 2 years

Grace Group (Asheville)

Bob P. No date given 9 years
 Margie M. No date given 1 year
 Tara D. No date given 15 years
 Paul S. No date given 16 years
 Vicki C. No date given 12 years
 Dan A. No date given 6 years
 Katie K. No date given 4 years
 Kelly B. No date given 14 years
 Angie B. No date given 1 year
 Steve S. No date given 3 years
 Keith 7-4-94 7 years
 Maria M. 7-5-99 2 years
 Frank R. 7-5-99 2 years
 Carl N. 7-5-99 2 years
 Billy G. 7-8-91 10 years

Nancy S.. 7-11-00 1 year
 Fran R. 7-14-97 4 years
 Mark C. 7-18-98 3 years
 Maureen J. 7-23-99 2 years
 Richard R. 7-24-88 13 years
 Bob C. 7-25-97 4 years
 Melinda P. 7-26-95 6 years
 Robert J. 7-28-96 5 years
 Joe M. 7-30-96 5 years

Grace Group (Waynesville)

Sarah G. 7-28-87 14 years
 Dave S. 7-18-83 18 years

Happy Hour Group (Hendersonville)

Bill S. 7-11-95 6 years
 Bill W. 7-18-97 4 years

Hendersonville Group

Tricia R. 7-26-00 1 year
 Bob P. 7-10-83 18 years
 Rick S. No date given ? years

Hendersonville Thurs. Afternoon Women's Gp.

Cindy K. 7-7-99 2 years
 April C. 7-11-89 12 years

Maggie Group

Fred E. No date given 21 years

Maple Grove Group

Bob W. 7-14-86 15 years

Serenity Service Group

Monica 7-26-99 2 years
 Loretta 7-7-94 7 years
 Paddy 7-4-72 29 years

Please note: Members' A.A. birthdays should be mailed or phoned in to Central Office only for the month of the *Mountain Doin's* in which they will appear. In accordance with this rule, in next month's listing in the newsletter (August edition) anniversaries should be for the month of August only.

A.A. Is My Fulfillment

A.A. is sobering up one more time than I got drunk. It is a 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-eyed 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*, November 1966



Treasurer's Report

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

Group Contributions

Acceptance Group	\$50.00
AWOL	\$25.00
Bethel Up The River Group	\$80.00
Blue Ridge Group	\$100.00
Brevard Group	\$50.00
Conscious Contact Group	\$60.00
Day By Day Group	\$100.00
Edneyville Group	\$10.00
Grace Group	\$333.00
Happy Hour Group	\$50.00
Hendersonville Group	\$74.93
We Don't Wine Group	\$12.50
Total Group Contributions	\$945.43

Financial Position as of 5-31-01

Bank Balance as of 05/01/01	\$985.70
Cash on Hand	\$27.26

Income	\$2160.17
Total	\$3173.13

Expenses

Rent	\$138.00
Salary	\$554.10
Payroll Tax	\$00.00
Phone BellSouth	\$55.28
Phone AT&T	\$200.00
Answering Service	\$209.00
Printing W & W	\$9.45
Printing Mountain Doin's	\$00.00
Publishing Expenses	\$175.00
Sales Tax	\$56.83
Books & Chips	\$914.83
Postage	\$41.78
Postage Mountain Doin's	\$58.81
Bank Service Charge	\$0.50
Office Supplies	\$8.87
Copy Machine	\$00.00
Miscellaneous	\$00.00
Total	\$2422.54

Bank Balance as of 5/31/01

\$750.59

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.

Together We Can . . .

Two months after I picked up my four-year chip, I decided I was tired of meetings and resentful that I had a disease that required meetings. I rationalized that I could stay sober without Alcoholics Anonymous; after all, weren't there many alcoholics who were sober without A.A.?

I attempted to examine my reasons for wanting to quit meetings. I still liked A.A., although I had lost some of my original thrill for it. I hear the comment several times in meetings, "I come to meetings because I'm afraid if I don't, I'll get drunk." I didn't want to come to meetings out of fear of getting drunk; I wanted to come not to avoid a painful consequence but to gain something positive, such as release from fear and rebellion and a better way to life.

I chaired a discussion meeting of my home group and confessed that I had been debating in my mind whether I could stay sober without Alcoholics Anonymous.

The discussion started on my right with Joan. My feelings on the subject were nothing new to her as she had already thought what I thought and tried it. She'd had five years of sobriety, quit going to meetings, and relapsed. It took inpatient treatment for her to get sober again and, she assured me, she doesn't

want to test statistics again.

Next was a chronic slipper, who'd never been able to stay sober more than three months. I bet he could stack his start-over chips to the ceiling. He explained to me that someone might come through the doors of A.A. who needs me to be there. Now this might not mean much to someone else, but to me, it touches my heart.

And the last person, the one who brought tears to my eyes, was the newcomer at his first meeting. He had come to a standstill only two nights before and couldn't face life any more. With tears in his eyes, he said he couldn't go on anymore. He'd tried everything he knew to stay sober, even church, and he was looking for someone he could talk to who would understand that he was "just a drunk." He said he left something in his room, he didn't know what it was, but he knew that we were there for him and that somehow we understood.

With goosebumps on my arms, I thanked my Higher Power for my answers once again and for the privilege of being a part of the Fellowship of Alcoholics Anonymous. I realized that sitting there in that meeting had nothing to do with fear, but was about love and the sharing of experience, strength, and hope with one another.

—S.R., Virginia, January 1990 *The Grapevine*



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.

54th South Carolina State A.A. Convention in conjunction with the 57th Southeast Regional Conference. August 16,17,18,& 19, 2001At Adam's Mark, Columbia, 1200 Main St. Columbia, S.C., 29201. Great workshops, Early Bird Meeting, Archives Display Room, Sharing Meetings, Delegates' Panel. Six speakers. Make room reservations directly with hotel (800)-444-2326. Or (803) 771-7000. Visit our website at www.scwebster.com

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.

Upcoming Area 51 Events: 2001

2001 September Committee Meeting Sept 14—16

2001 Fall Committee and Assembly, Nov. 2—4

Edneyville Group Birthday Celebration Reminder

The Edneyville Group is celebrating Myrtle D.'s A.A. birthday of fourteen years clean and sober (sobriety date July 4, 1987).

The celebration will be in the form of an Eating Meeting on Sunday, July 8, after the regular 2.30 P.M. Group meeting at St. Paul's Episcopal Church, St. Paul's Road, Edneyville.

Please bring a covered dish—and a friend!

MOUNTAIN BREWINS'S



Alky Bill: "How do you keep a bar-buddy in suspense?"

Fred: "I don't know. Tell me, how?"

Bill: "O.K. I'll tell you how.Fred. I'll tell you tomorrow."

x x x

"What's your husband's average income?"
"His income? Oh, around midnight."

x x x

A drunk staggered into a bar shouting, "Happy New Year, everybody!"

The fellow closest to him said, "You turkey, it's the beginning of July."

The bewildered drunk looked at him and cried, "Oh,my gosh! My wife is going to kill me. I've never been this late before!"

x x x

"Which is the best way to get to the emergency hospital?"

"Just stand out there in the middle of the street."

x x x

"A little bird told me what kind of a lawyer your uncle is"

"What did he say?"

"Cheep! Cheep!"

"Oh, yeah! Well a duck just told me what kind of doctor your Pa is!"

x x x

"Are you worried because you think he'll tell lies about you?"

"I don't mind the lies, but if he ever tells the truth, I'll break his neck.!"

x x x

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Individual Members:

Single copy monthly \$6.00 per year

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

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North Carolina Mountain Central Office
107 Park Place Offices
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Address correction requested

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