

# MOUNTAIN DOIN'S

## Central Office Newsletter

### AUGUST 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

August 12, 2001

**St. Margaret Mary's Catholic Church**  
**102 Andrew Place, Swannanoa**

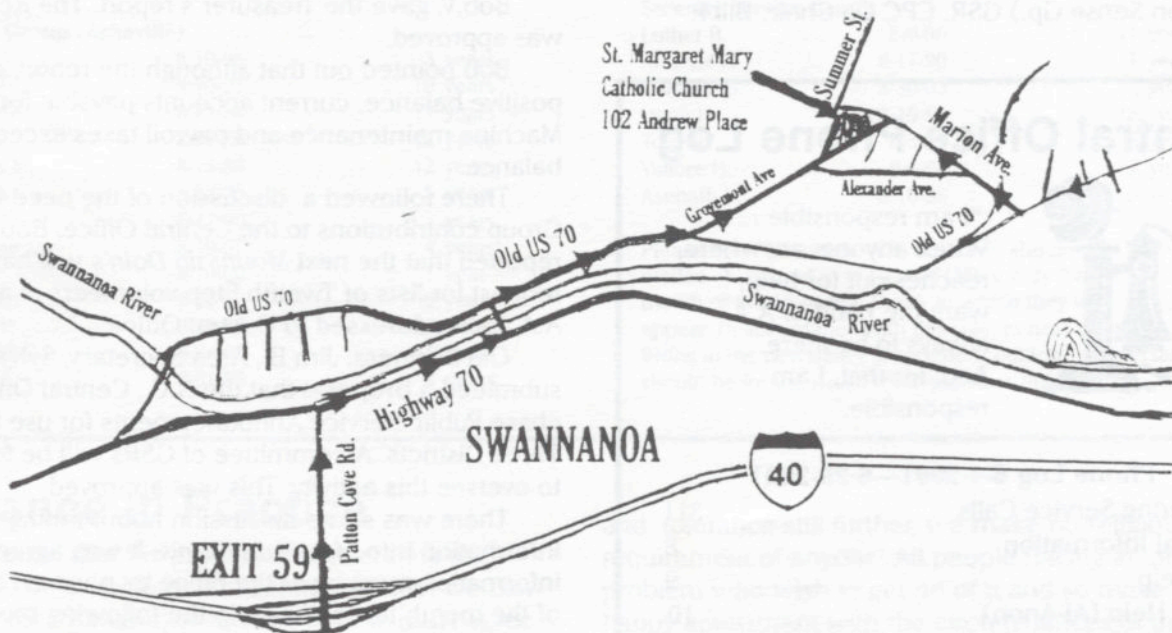
Hosted by The Conscious Contact and Black Mountain Groups

**GSR Meeting at 3PM Eatin' at 4PM Speaker at 5PM**



**Main dish and drinks provided. Bring a side dish or dessert to share**

**How To Get There:** Take I-40 to Exit 59. Turn toward Swannanoa, and then turn right at the first light (Highway 70). Turn left at the next light, cross the river and turn right onto Old 70. Turn left on Grovemont Avenue. Look for St. Margaret Mary's on your left.



*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.



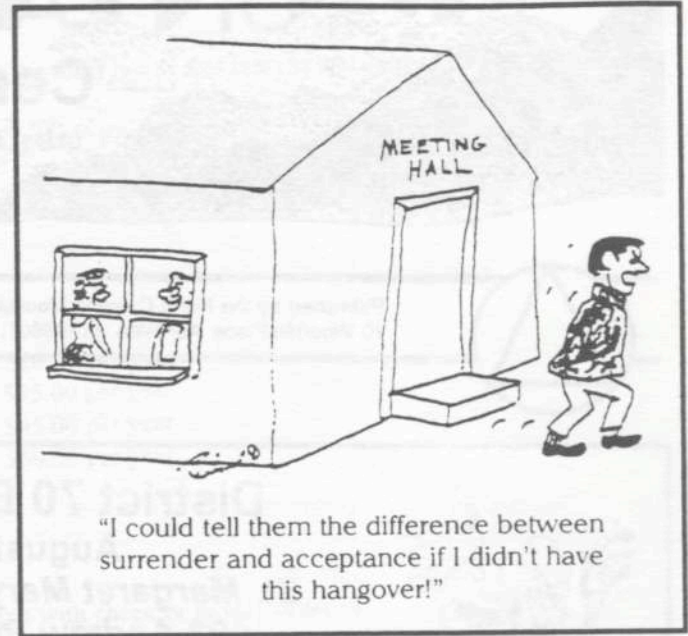
# Fellowship News

**New Meeting:** A new meeting has been formed at Rosman. The meeting is held at the United Methodist Church, by the High School. The meeting time is 8 PM and is a Discussion meeting.

## June Central Office Meeting

The North Carolina Mountain Central Office June meeting was held at Fellowship Hall, on the corner of Aston Street and South Lexington St., Asheville, N.C. on June 10, 2001.

In attendance were: Bob V. (Back to Basics Gp.), C.O. Coordinator; Marshall D. (Hendersonville Gp. C.O. Chairperson; Don B. (Mars Hill Gp.), C. O. Alternate Chair; Alan W. (Happy Hour Gp.), Editor, *Mountain Doin's*; Suzanne T. (Asheville B.B. Study Group), Visitor; Matt H. (Asheville B.B. Study Gp.) Visitor; Marianne R. (Cumberland Gp.), Visitor; Tom B. (Black Mountain Gp.); C.O. Rep.; Calvin M. (Gp. not named) District 70 DCM; Quinston M. (Serenity Service Gp.), G SR; Mark R. (West Asheville Gp.) GSR; Jack D. (Asheville Grace Gp.), C.O. Rep Sub; Bob K., (Gp. not named), Dist. 80 C.O. Rep.; Gale P. (Common Sense Gp.) GSR, CPC Co-Chair; Bill P.



(Daily Decisions Gp.), GSR; Sheila W. (Safe and Sound Gp.), GSR; Ginger C. (Safe and Sound Gp.), GSR; Jim B. (Sylva Gp.), C.O. Rep.

Marshall D. opened the meeting with The Serenity Prayer.

Minutes of the March 11 C.O. meeting were approved with the following correction: The minutes currently read: "District 70 is taking collections for CPC/PI" This should read "for prison fund."

Bob.V. gave the Treasurer's report. The Report was approved.

Bob pointed out that although the report shows a positive balance, current accounts payable for Copy Machine maintenance and payroll taxes exceed that balance.

There followed a discussion of the need for Group contributions to the Central Office. Bob V. also reported that the next *Mountain Doin's* will have a request for lists of Twelfth Step volunteers to answer A.A. calls addressed to Central Office.

Old business: Jim B., Area Secretary, Sylva Group, submitted a proposal that the N.C., Central Office purchase Public Service Announcements for use by our Three Districts. A committee of GSRs will be formed to oversee this activity. This was approved.

There was some discussion about timing to get information into *Mountain Doin's*. It was agreed that information must be at the office by noon on the 5th of the month for inclusion in the following month's edition of *Mountain Doin's*—unless the 5th is a Saturday or Sunday. On these occasions the information for *Mountain Doin's* must be at Central Office by noon on the 6th of the month. Contributions are listed as of the last day of the month.

Discussion on A.A. related issues continued. Then there being no other Central Office matters to bring forth, the meeting was closed with The Lord's Prayer.

## 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 6-4-2001—6-29-2001

Answering Service Calls	311
General Information	8
A.A. Help	9
Family Help (Al-Anon)	10
Meeting Information	98
Central Office Business	60
P.I. Calls	0
Medical Help (Hospital, Detox, etc.)	5
Others	5
Visitors	64



**Back To Basics Group**

Lisa S.	8-5-85	16 years
Lynda Mc.	8-6-85	16 years
Pete Mc.	8-8-83	18 years
Doug G.	8-20-87	14 years

**Brevard Group**

Dale F.	8-31-76	25 years
Merlyn A.	8-25-95	6 years

**Conscious Contact Group**

Sue D.	8-6-90	11 years
Kathleen R.	8-18-96	5 years
Lee W.	8-17-91	10 years
Liz D.	8-12-85	16 years
Rita V.	8-17-92	9 years
Yvonne M.	8-17-98	3 years

**Daily Decisions Group**

Frank H.	8-28-89	12 years
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**Edneyville Group**

Greg G.	8-15-89	12 years
Tom P.	8-15-95	6 years

**Grace Group (Asheville)**

Bob W.	8-10-98	3 years
Drema C.	8-10-91	10 years
Wayne F.	8-11-84	17 years
Rob A.	8-03-89	12 years
Dennis M.	8-15-89	12 years
Larry S.	8-17-96	5 years
Carl G.	8-17-99	2 years
Caroline D.	8-19-97	4 years
Jon C.	8-10-00	1 year
Susanna B.	8-25-92	9 years
Frank H.	8-28-89	12 years
Michael C.	8-28-00	1 year
Mindi F.	8-31-98	3 years

**Grace Group (Waynesville)**

Bob D.	8-11-61	40 years
John M.	8-25-81	20 years
Howdy W.	8-25-94	7 years
George R.	8-21-00	1 year
Richard O.	8-22-88	13 years

**Happy Hour Group (Hendersonville)**

Ellen B.	8-19-92	9 years
Tom P.	8-15-95	6 years
Kim C.	8-1-00	1 year

**Hendersonville Thurs. Afternoon Women's Gp.**

Nancy S.	8-17-97	4 years
Diane B.	8-25-84	17 years
Charlene O.	8-20-84	17 years

**Maggie Group**

Kim	8-29-00	1 year
Ron	7-29-00	1 year

**Maple Grove Group**

Cindy D.-M.	8-11-89	12 years
Libby B.	8-15-92	9 years
Ken T.	8-23-90	11 years

**Midday Group**

Nancy S.	8-17-97	4 years
Larry W.	8-06-97	4 years
Ellen B.	8-19-92	9 years
Greg G.	8-15-89	12 years
Bill J.	8-28-79	22 years
Bill F.	8-28-87	14 years
Bill T.	8-07-00	1 year
Don.	No date given	30 years

**Serenity Service Group**

Luther B.	8-9-90	11 years
Annette H.	8-17-90	11 years
Carmen D.	8-30-00	1 year
Dena H.	8-16-83	18 years
Tom N.	8-3-95	6 years
Vallore H.	8-6-94	7 years
Asenath H.	8-10-98	3 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 (September edition) anniversaries should be for the month of September only.

## Tolerance in Practice

"We found that the principles of tolerance and love had to be emphasized in actual practice. we can never say (or insinuate) to anyone that he must agree to our formula or be excommunicated. The atheist may stand up in an A.A. meeting still denying the Deity, yet reporting how vastly he has been changed in attitude and outlook. Much experience tells us he will presently change his mind about God, but nobody tells him he must do so.

"In order to carry the principle of inclusiveness

and tolerance still further, we make no religious requirement of anyone. All people having an alcoholic problem who wish to get rid of it and so make a happy adjustment with the circumstances of their lives, become A.A. members by simply associating with us. Nothing but sincerity is needed. But we do not demand even this.

"In such an atmosphere the orthodox, the unorthodox, and the unbeliever mix happily and usefully together. An opportunity for spiritual growth is open to all."

From *As Bill Sees It*, page 158



# Treasurer's Report

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

## Group Contributions

Acceptance Group	\$50.00
All Corners Group	\$25.00
Back To Basics Group	\$200.00
Brevard Group	\$50.00
Burnsville Group	\$50.00
Cedar Mountain Group	\$75.00
Conscious Contact Group	\$60.00
Cumberland Group	\$138.00
Early Bird Group	\$150.00
Happy Hour Group	\$50.00
Hendersonville Group	\$62.50
Leicester Group	\$25.00
Locked In Forward Group	\$11.33
Marion Group	\$25.00
Murphy Group	\$20.00
Reaching Out Group	\$20.00
Robbinsville Group	\$16.56
Traditional Group	\$250.00

**Total Group Contributions \$1278.39**

## Financial Position as of 6-30-01

Bank Balance as of 6-01-01	\$723.33
Cash on Hand	\$27.26
Income	\$2468.07
<b>Total</b>	<b>\$3218.66</b>

## Expenses

Rent	\$138.00
Salary	\$554.10
Payroll Tax	\$275.40
Phone BellSouth	\$55.55
Phone AT&T	\$58.13
Answering Service	\$201.00
Printing W & W	\$11.11
Printing Mountain Doin's	\$20.63
Publishing Expenses	\$150.00
Sales Tax	\$59.15
Books & Chips	\$936.06
Postage	\$54.24
Postage Mountain Doin's	\$48.06
Bank Service Charge	\$0.00
Office Supplies	\$16.92
Copy Machine	\$00.00
Miscellaneous	\$00.00
<b>Total</b>	<b>\$2598.35</b>

**Bank Balance as of 6-30-01 \$620.28**

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.

## Resentment—Our Number One Offender

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. . . .

It is plain that a life which includes deep RESENTMENT leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of RESENTMENT is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die.

If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison.

We turned back to the list, for it held the key to the future. We were prepared to look for it from an entirely different angle. We began to see that the world and its people really dominated us. In that state, the wrong-doing of others, fancied or real, had power to actually kill. How could we escape? We saw that these resentments must be mastered, but how? We could not wish them away any more than alcohol.

This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend.

When a person offended us we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one.

—Extracted from *Alcoholics Anonymous*, pages 64 - 66



## 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, 2001 at 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](http://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](http://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](http://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.

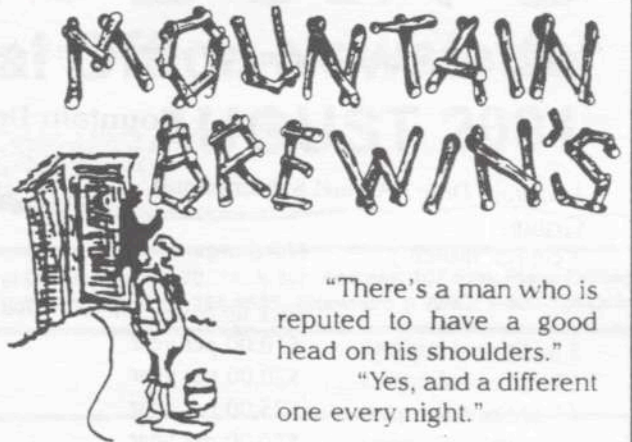
### Upcoming Area 51 Events: 2001

2001 September Committee Meeting Sept 14—16  
2001 Fall Committee and Assembly, Nov. 2—4

## A Force For Unity

The life of each individual and of each group is built around our Twelve Steps and Twelve Traditions. We very well know that the penalty for extensive disobedience to these principles is death for the individual and dissolution for the group. An even greater force for A.A.'s unity is the compelling love that we have for our fellow members and for the principles upon which our lives today are founded.

*From Twelve Concepts for World Service*



"There's a man who is reputed to have a good head on his shoulders."

"Yes, and a different one every night."

x x x

She had received his gift of flowers with rapture. "Oh, they're perfectly lovely," she exclaimed. "And there's even a little dew on them still."

"Er, yes," he stammered, "There's a little, but I intend to pay it Friday evening."

x x x

The favorite drink of an alcoholic is the next one!

x x x

Two alkys were sitting in a bar.

"Johnny," asked one, "after a drink does your tongue burn?"

"I don't know, Sam," replied the other alky. "I've never tried to light it."

x x x

An alky kept staring at a pretty girl sitting beside him at the bar.

"Have we ever met before?" he asked of the pretty lady.

"Yes, don't you remember?" she said with a smile. "I met you under the table one evening at the Holiday Inn."

x x x

Two alkys staggered along a country road in the early morning hours and fell off to sleep. When they woke up in the late morning, one said to the other: "I'm shivering! I don't think I ever felt so cold!"

"No wonder," said his pal, looking around. "You left the gate open."

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