

MOUNTAIN DOIN'S

Central Office Newsletter

SEPTEMBER 2001



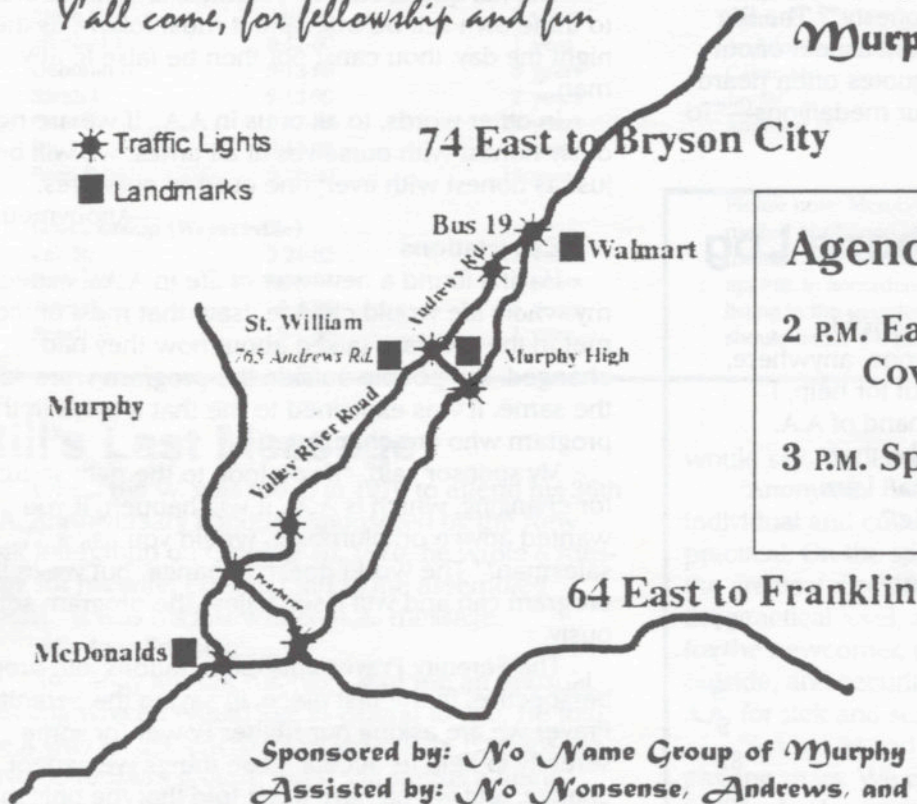
Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80). Address: 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801. Phone: Buncombe County: 254-8539. Elsewhere in WNC: 1-800-524-0465



Y'all come, for fellowship and fun

District 80 Eatin' Meeting Sunday, Sept 9

at 765 Andrews Road
Murphy, NC 28906



Agenda:

2 P.M. Eating (Please bring a Covered Dish)

3 P.M. Speakers: Ann H
and Dan H.

Sponsored by: *No Name Group of Murphy*

Assisted by: *No Nonsense, Andrews, and the Out To Lunch Bunch*

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 Asheville Early Bird Meeting** has been canceled. The meetings were held on Mondays through Fridays at 9 AM. at Life On Life's Terms Building, at 141 Hillside Street, in Asheville.

Meeting cancellation: **The Asheville Chunn's Cove Big Book Study** meeting has been canceled. The meeting was held on Mondays at 8 PM at St. Luke's Church, Chunn's Cove Road.

Meeting cancellation: **The Hot Springs Group** has been canceled. the Group met at Hot Springs Community Center on Wednesdays at 8 PM.

Meeting changes: **The Marion Group** has begun meetings on Sundays at 8 p.m. at McDowell Care Center, 17 Garden Street, Marion. The Group has canceled its Tuesday Noon, Tuesday 8 P.M. and Thursday Noon meetings.

Readers Forum

Live Letters

Rigorous Honesty

What is meant by "rigorous honesty"? The Big Book tells of it as being an important aspect of our sobriety. And one of the popular quotes often heard at meetings is the one that's on our medallions—"To



thine own self be true." That's from Shakespeare's Hamlet, Act 1, Scene 3. But people seldom use the full quote, which is really a very important aspect of our sobriety.

The full quote, said by Polonius, is "This above all: to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man."

In other words, to all of us in A.A., if we are rigorously honest with ourselves at all times, we will be just as honest with everyone outside ourselves.

—Anonymous

Expectations

Having found a new way of life in A.A. I expected my whole life would change. I saw that most of those I met in the program talked about how they had changed. But people outside the program were still the same. It was explained to me that it is we in the program who are changing.

My sponsor said, "If you look to the right source for changing, which is A.A., it will happen. If you wanted advice on plumbing, would you ask a TV salesman?" The world doesn't change, but we in the program can and will if we follow the program seriously.

The Serenity Prayer puts expectations into proper perspective. In the first place, in saying the Serenity Prayer we are asking our Higher Power for some serenity to help us accept those things we cannot change, and we all have been told that the only thing we can consciously change is ourselves. —L.C.

Central Office Phone Log

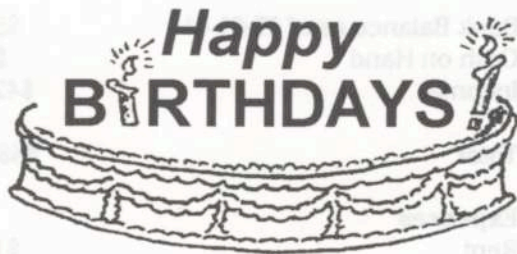


"I am responsible . . .
When anyone, anywhere,
reaches out for help, I
want the hand of A.A.
always to be there.
And, for that, I am
responsible."

Phone Log 7-2-01

Answering Service Calls	297
General Information	9
A.A. Help	9
Family Help (Al-Anon)	9
Meeting Information	82
Central Office Business	66
P.I. Calls	0
Medical Help (Hospital, Detox, etc.)	3
Others	3
Visitors	56

People who will lie for you will lie to you.



Back To Basics Group

Jeff G.	9-6-89	12 years
Bob H.	9-1-97	4 years
Cate Mc	9-25-82	19 years

Bethel Up The River Group

J.D.	9-25-96	5 years
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Brevard Group

Ken B.	No date given	17 years
Kristan K.	No date given	1 year

Daily Decisions Group

Elizabeth B.	9-1-90	11 years
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Fellowship Group

Gerd S.	9-17-79	22 years
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Grace Group (Asheville)

Steve C.	9-4-98	3 years
Michael J.	9-12-00	1 year
Deborah H.	9-13-96	5 years
Sarah L.	9-13-99	2 years
Gerd S.	9-17-79	22 years
Joy T.	9-17-99	2 years
Evan R.	9-20-90	11 years

Grace Group (Waynesville)

Lee R.	9-21-82	19 years
Dave W.	9-19-87	14 years
Jane H.	9-4-96	5 years
Randy B.	9-1-00	1 year

Happy Hour Group

Karen T.	9-1-00	1 year
Frank B.	9-27-89	12 years

Hendersonville Group

Ray D.	9-14-99	2 years
Raymond F.	9-18-96	5 years
H.C.	9-6-94	7 years
Penny	9-4-98	3 years
Susan J.	9-16-85	16 years

Hendersonville Thurs. Afternoon Women's Gp.

Cleta S	9-3-95	6 years
Maija G.	9-4-87	14 years
Ann F.	9-4-88	13 years
Camile R.	9-9-78	23 years
Carol H.	9-28-72	29 years

Maggie Group

Fran C.	No date given	12 years
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Maple Grove Group

Lynette H.	9-30-00	1 year
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Midday Group

Debbie M.	9-12-95	6 years
Ilena R.	9-12-97	4 years

Serenity Service Group

Linda C.	9-19-93	8 years
Myles P.	9-1-98	3 years
Angelo W.	9-9-99	2 years
Calvin M.	9-21-94	7 years
Jay W.	9-19-00	1 year
Angellen M.	9-19-00	1 year

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 (October edition) anniversaries should be for the month of October only.

Bill's Last Message

When Bill W. was too ill in 1970 to attend his 36th A.A. Anniversary banquet, sponsored by the New York Intergroup on October 10, 1970, he wrote a message for his wife, Lois, to read to the assembled guests. It was his last written A.A. message:

"My dear Friends,

"Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabian groups, but it still seems a fitting expression of how I feel for each of you. It says, 'I salute and thank you for my life.' My thoughts are much occupied these days with gratitude to your Fellowship and for the myriad blessings bestowed upon us by God's Grace. If I were asked which of these blessings I felt most responsible for our growth as a Fellowship and the most vital to our continuity, I

would say, 'the concept of anonymity.'

"Anonymity has two attributes essential to our individual and collective survival: the spiritual and the practical. On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.

"A.A. must and will continue to change with the passing years. We cannot, nor should we, turn back the clock. However, I deeply believe that the principle of anonymity must remain our primary and enduring safeguard. As long as we will continue to receive God's Grace.

"And so, once more I salute you in that spirit and again I thank you for our lives. May God bless all now, and forever. Bill."



Treasurer's Report

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

Group Contributions

Acceptance Group	\$300.00
AWOL Group	\$15.00
Black Mountain Group	\$126.00
Brevard Group	\$50.00
Common Sense Group	\$50.00
Conscious Contact Group	\$380.20
Daily Decisions Group	\$175.00
Day By Day Group	\$100.00
Etowah Group	\$25.00
Franklin Group	\$30.00
Happy Hour Group	\$50.00
Hendersonville Group	\$51.00
Just For Today Group	\$30.00
Maple Grove Group	\$250.00
Midday Group	\$50.00
Mountain View Group	\$80.00
Safe & Sound Group	\$100.00
Serenity Group	\$138.51
Sylva Group	\$50.00
Thursday Afternoon Women's Group	\$100.00
Grace Group (Waynesville)	\$382.00
Total Group Contributions	\$2534.71
Individual Contributions	\$50.00
Total Contributions	\$2584.71

Financial Position as of 07-31-01

Bank Balance as of 07-01-01	\$593.02
Cash on Hand	\$27.26
Income	\$4257.19
Total	\$4874.47

Expenses

Rent	\$138.00
Salary	\$554.10
Payroll Tax	—
Phone BellSouth	\$55.57
Phone AT&T	\$98.94
Answering Service	\$456.50
Printing W & W	\$252.78
Printing Mountain Doin's	\$252.78
Publishing Expenses	\$150.00
Sales Tax	\$90.00
Books & Chips	\$974.96
Postage	\$28.02
Postage, Mountain Doin's	\$27.88
Bank Service Charge	\$3.50
Office Supplies	\$71.70
Copy Machine	\$00.00
Miscellaneous	\$00.00
Total	\$3154.73

Bank Balance as of 07-31-01 **\$1722.74**

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.

Letting Go

To "let go" does not mean to stop caring.
It means that I can't do it for someone else.

To "let go" is not to cut myself off.
It's the realization that I can't control another.

To "let go" is to admit powerlessness,
which means that the outcome of the situation is not
in my hands.

To "let go" is not to try to change or blame another.
It's to make the most of myself.

To "let go" is not to care for,
but to care about.

To "let go" is not to fix,
but to be supportive.

To "let go" is not to judge,
but to allow another to be a human being.

To "let go" is not to be in the middle, arranging all the
outcomes,
but to allow others to affect their own destinies.

To "let go" is not to deny,
but to accept.

To "let go" is not to nag, scold or argue,
but instead to search out my own shortcomings and
correct them.

To "let go" is not to try to adjust everything to my
desires,
but to take each day as it comes and cherish myself in
it.

To "let go" is not to regret the past,
but to grow and live in the future.



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.

Upcoming Area 51 Events: 2001

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

The "Worth" of Sobriety

Every A.A. Group ought to be fully self-supporting, declining outside contributions

Twelve Steps and Twelve Tradition p.160

When I go shopping I look at the prices and if I need what I see, I buy it and pay. Now that I am supposed to be in rehabilitation, I have to straighten out my life. When I go to a meeting, I take a coffee with sugar and milk, sometimes more than one. But at the collection time, I am either too busy to take money out of my purse, or I do not have enough, but I am there because I need this meeting. I heard someone suggest dropping the price of a beer into the basket, and I thought, that's too much! I almost never give one dollar. Like many others, I rely on the more generous members to finance the Fellowship I forget that it takes money to rent the meeting room., buy my milk, sugar and cups. I will pay, without hesitation, ninety cents for a cup of coffee at a restaurant after the meeting; I always have money for that. So, how much is sobriety and my inner peace worth?

—Daily Reflections

MOUNTAIN BREWIN'S



Alky Artie likes to take a drink because it makes him see double and feel single.

x x x

"If you don't give up gin it will shorten your life."

"Do you think so?"

"Yes, I'm sure of it. If you stop drinking it will prolong your days."

"I guess that's right. I went twenty-four hours without a drink six month's ago, and I never spent such a long day in my life."

x x x

"Oh, officer! There's a man following me and I think he must be drunk."

The officer looks the woman up and down.
"Yes, ma'am, he must be!"

x x x

Heavy drinkers have what is known as saloon arthritis—every night they get stiff in a different joint.

x x x

Jack: "Fred just gave me twenty bucks."

Jim: "Fred gave you that? I always thought he was pretty tight."

Jack: "He was!"

x x x

The typical alcoholic insists that he only drinks on special occasions, like when the sun goes down every day.

x x x

Alky Alice, to her friend: "So you never let a man kiss you good night?"

Alky Mary: "No. By the time he leaves it's always morning."

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70 Woodfin Place
Asheville NC 28801

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