

MOUNTAIN DOIN'S

Central Office Newsletter

OCTOBER 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 GSR/Eatin' Meeting Sunday, October 14, 2001

at

St. John's Episcopal Church Parish House
315 S. Main Street, Marion, N.C.

GSR Meeting: 3:00PM

Eating: 4:00PM

Speaker: 5:00PM

How to get there: Take I-40E. from Asheville to Marion Exit. Go north on 221, through the light to the Parish House at St. John's Episcopal Church, 315 Main Street, (opposite the Police Station). It is a one-story red-brick building and will be on your right just after you navigate a sharp right-hand turn. The Parish House phone number is (828) 652-4144.

Plates, utensils, napkins, soft drinks, and coffee provided. Please bring your favorite Covered Dish.



For further information phone:

Ronnie C. (828) 724-1688

Harvey B. (828) 659-9226

Sponsored by The Marion Group
Asheville Tradional Group
Black Mountain Joy of Living group
Black Mountain Pathfinders Group



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 Group: The Kanuga Group, meets on Saturdays at Noon at the Unitarian Universalist Church at the corner of Kanuga and Price Rds. in Hendersonville. The group was formerly part of The Midday Group. The new group is Open, Non-smoking, Discussion. For more information call Larry L. at 891-0097 or Ali R. at 890-3007.

Meeting Cancellation: The Mission Group which meets at Old Webster Elementary School, Hwy. 116, Webster, N.C. has canceled its Sunday 6 PM meeting. The meeting was published under both Marion and Webster in the Summer *Where and When*.

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 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.

Meeting Changes: The Burnsville Group's



Tuesday meeting has changed its time from 5:30 PM. to 8 PM. In addition the 8 PM Sunday meetings are no longer Big Book Study meetings but are Open, Discussion; and the 8 PM Saturday meetings are no longer Step Study meetings but are Open, Discussion.

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 7-30-01—8-24-01

Answering Service Calls	220
General Information	2
A.A. Help	12
Family Help (Al-Anon)	12
Meeting Information	105
Central Office Business	90
P.I. Calls	0
Medical Help (Hospital, Detox, etc.)	0
Others	3
Visitors	60

District 70 Fourth Step Workshop

Saturday, Oct. 13

at

Emma United Methodist Church
59 Adams Hill Road, W. Asheville
(corner of Adams Hill Rd. and N. Louisiana Ave.)

Meeting time: 10 A.M. — 2 P.M.

This will be an open meeting with 3 speakers for each of the 3 parts of the 4th Step Inventory process as it is laid down in the Big Book—resentment, fear, and sex conduct.

Please Bring your Big Book

Coffee, sodas, cookies, etc. available. Half-hour break at noon, so bring a lunch, or take a trip for fast food.

For more information call

Harry S./Suzanne T.

Phone: (828) 232-0581

E-mail: siegtour1@home.com

Website: www.geocities.com/bbssworkshop



Back To Basics Group

Hoss	10-3-00	1 year
Ceil S.	10-17-87	14 years
Randy P.	10-17-99	2 years
Judy S.	10-24-00	1 year

Brevard Group

Elise B.	10-22-80	21 years
Jill K.	10-16-82	19 years
Monica C.	10-5-99	2 years

Cumberland Group

Karl S.	10-2-94	7 years
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Daily Decisions Group

Watson J.	10-17-86	15 years
Linda K.	10-8-88	13 years
Isara	10-28-99	2 years

Grace Group (Asheville)

Julie B.	10-1-89	12 years
Camille S.	10-2-00	1 year
Susan D.	10-2-98	3 years
Barbara E.	10-6-95	6 years
Louise A.	10-6-99	2 years
Dee D.	10-7-68	33 years
Joy G.	10-12-83	18 years
Tom H.	10-15-98	3 years
Watson J.	10-17-86	15 years
Jane H.	10-21-89	12 years
Judy S.	10-24-00	1 year

Larry Z.	10-26-89	12 years
Norman P.	10-31-95	6 years

Grace Group (Waynesville)

L.A.C.	10-2-82	19 years
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Happy Hour Group

Don L.	10-11-98	3 years
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Hendersonville Group

Ernie H.	10-31-87	14 years
Joe P.	10-16-84	17 years
Owen C.	10-30-84	17 years
Connie P.	10-21-87	14 years
Stan F.	10-20-86	15 years
Mike K.	10-19-00	1 year

Hendersonville Thurs. Afternoon Women's Gp.

Joanie B.	10-22-94	7 years
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Kanuga Group

Jeff W.	10-11-76	25 years
Pat K.	10-14-80	21 years

Maggie Group

Cary	10-?-90	11 years
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Maple Grove Group

Robert B.	10-20-96	5 years
Sam G.	10-21-82	19 years
David S.	10-01-87	14 years

Midday Group

George C.	10-15-88	13 years
Kim B.	10-14-86	15 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 (November edition) anniversaries should be for the month of November only.

Like his Old Car, his A.A. Program Needs Overhaul

I see a parallel between myself and the old car I had when I came to A.A. It started sometimes, yet I never felt at ease with it. It knocked, missed, and sometimes stalled. The most I can say for it is that it got me by. I should have gone to work on it with new rings, bearings, and a general overhaul. But as long as it got me by, I procrastinated until the day it gave out completely and I was forced to junk it.

Like that old car, my A.A. program needs an overhaul. I cannot continue to "just get by" ignoring the knocks and misses until it collapses completely, and with it the sobriety and happiness that have been

given to me. If this should happen, it will not be because A.A. has let me down. For me A.A. is no temporary solution, but a lifetime program. It will work for me as long as I work it. Just as there is no time of graduation in A.A., neither is there a time when my recovery is completed. I cannot stand still. I must go forward, or at least try, or I shall go backward. I cannot "just get by" for my alcoholism is progressive, so must be my sobriety.

The promises in the Big Book are yet to be realized. But with A.A. and my Higher Power, they are within reach if I apply the same effort and dedication that sprang from my early enthusiasm. The Big Book's counsel against "an easier softer way" is not meant for newcomers only. —R.T., *The Grapevine*, February 1981



Treasurer's Report

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

Group Contributions

Acceptance Group	\$200.00
Andrews Group	\$10.00
Asheville Big Book Step Study Group	\$24.00
AWOL Group	\$30.00
Brevard Group	\$50.00
Blue Ridge Group	\$100.00
Common Sense Group	\$40.00
Cullowhee Group	\$60.00
Fellowship Group	\$25.00
Grace Group	\$275.00
Happy Hour Group	\$50.00
Hendersonville Group	\$41.75
Maggie Valley group	\$50.00
Roundtable Group	\$50.00
Six O'Clock Group	\$150.00
Total Group Contributions	\$1155.75

Financial Position as of 08-31-01

Bank Balance as of 08-01-01 \$1695.48

Cash on Hand	\$27.26
Income	\$2516.91
Total	\$4239.65

Expenses

Rent	\$138.00
Salary	\$554.10
Payroll Tax	—
Phone BellSouth	\$58.06
Phone AT&T	\$111.28
Answering Service	\$234.00
Printing W & W	\$7.41
Printing Mountain Doin's	\$12.16
Publishing Expenses	\$150.00
Sales Tax	\$75.48
Books & Chips	\$1047.81
Postage	\$47.78
Postage, Mountain Doin's	\$50.39
Bank Service Charge	\$3.00
Office Supplies	\$14.52
Copy Machine	\$00.00
Miscellaneous	\$00.00
Total	\$2503.99

Bank Balance as of 08-31-01 \$1735.66

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.

Meditation

When I practice listening in A.A. meetings, I am learning something I can use in private meditation practice. It took me a while to learn how to really listen to others in A.A., to have my mind solely on what the speaker was saying. What I do at meetings is called listening. When I listen alone with God, it is called meditating. When I can listen, completely to what you have to say without having to change or criticize it to meet my expectations, then I have a better chance of being able to do the same thing with God the next time I pray or meditate.

For instance, if I want to avoid or leave, God wants me to stay and handle. If I want to be understood or accepted by others, God wants me to try and understand or accept others a bit more. If I want to forget, God wants me to forgive. If I want to point the finger of blame at someone else, God wants me to see my part in creating the disaster.

Meditation not only helps me hear God and others better, it also helps me see how even the tiny things I do daily for others strengthens me in my ability to cooperate with God. For I am one of those hard-hearted alcoholics who had to practice cooperating with others for a while to learn how to cooperate with

God, so that "turning it over" could become almost as easy and often as automatic as not taking the first drink.

In the last year, I've heard more silence than messages from God while praying or meditating. At this stage in my development, I think God is trying to teach me something I could not learn otherwise about patience and trust. What I'm now learning is how to apply to myself a bit of Native American wisdom that my sponsor shared with me over a decade ago: "If someone comes to you who is hungry and you give that person a fish, that person will expect to get a fish from you every time hunger strikes. But if, when the person comes to you the first time, you teach her or him to fish, that person will never be hungry again. So the messages I receive during meditation or prayer aren't anything like a fish from God. Instead the messages are like God's lesson in fishing.

Whatever I learn during meditation applies to me in life, not necessarily to anyone else. The messages are usually what I need to hear at a particular time, whether I agree or not. For example:

Help yourself by helping someone first.

When in doubt, be silent.

Grow where you are planted.

Anonymous, USA from Nov. 99 Grapevine

We Want to 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 thoughts. 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 that are always of interest to our readers:

- *Questions about A.A. and Central Office.
- *How A.A. has helped you
- *What do you think would help others?
- *What disturbs you about some A.A. meetings?
- *Some surprises you have had in the program.
- *How you have learned to deal with relations or situations.
- *Why you keep going to meetings.

Send all letters and ideas to The Editor, Mountain Doin's, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801.

We look forward to hearing from you!

Your Editor, Alan W.

What Is Group Conscience?

What exactly is group conscience? How does it differ from a group opinion or a majority vote? And what is the best way to "get" there?

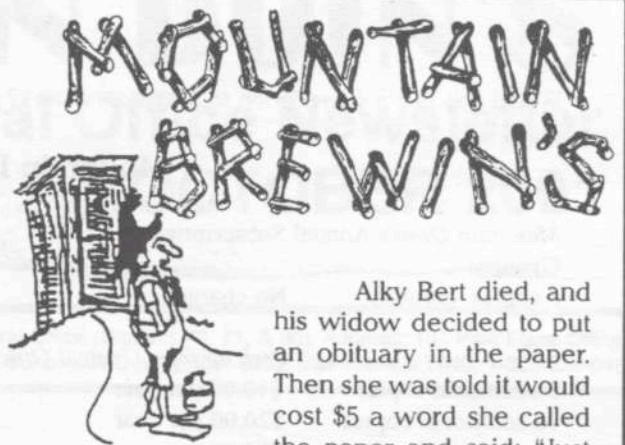
... Placing principles before personalities, the group is wary of dominant opinions. Its voice is heard when a well-informed group arrives at a decision.

... There are two ways to arrive at a group conscience: "The competitive way permits the person with the loudest voice to push his idea across, take a vote and come up with a "majority" decision. *This is not informed group conscience.* In the cooperative way, group members come together in mutual trust to arrive at a group decision, *not one individual's personal triumph.*

The formula for a cooperative and informed group conscience calls for facts or presentations on both sides of a question. The meeting is not thrown open for general discussion. This would allow the more vocal members to set a debate. *It is suggested that the chairperson call on every member in turn, allowing two minutes for each to speak. No member should speak a second time until all have had their chance. The chairperson expresses his or her opinions only after all the others have spoken.*

It is important that the minority vote always be heard; but it should be borne in mind that while the minority voice is sometimes right, it is just as often wrong. Unless the minority voice is decidedly persuasive, it should be considered in its proper light—as a minority voice. To permit the minority always to influence the majority is to permit the tail to wag the dog.

—Extracts from *Box 459* Feb. 1990



Alky Bert died, and his widow decided to put an obituary in the paper. Then she was told it would cost \$5 a word she called the paper and said: "Just

put in 'Bert died.'"

The clerk told her there was a five-word minimum.

Bert's widow said: "O.K. Make it 'Bert died. Cadillac for sale.'"

x x x

Alky Jane sat through two complete cycles of the traffic lights, holding up everyone behind her. The traffic cop was a little upset. "What's the matter lady?" he asked. "Don't we have a color you like?"

x x x

The two alkys were chatting at the bar. One was decidedly unhappy. "What's the trouble?" asked his pal.

"Well," responded his disgruntled companion. "Not so long ago the pastor mumbled a few words in church and I was married. Then, just the other day, I mumbled a few words in my sleep, and now I'm divorced."

x x x

"Was the party last night a good one?" asked Alky Al.

Responded Boozy Bob: "It was great—while I lasted!"

x x x

Ten-year-old Robert was sitting at the breakfast table with his alcoholic father.

Said Robert: "Why, Dad, you drink coffee like everyone else, don't you?"

"Of course. Why not?"

"Mom told me you drank like a fish."

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