

MOUNTAIN DOIN'S

Central Office Newsletter
NOVEMBER 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 Announces New Deadline Dates

N.C. Mountain Central Office has made new deadline dates for publication in *Mountain Doin's* regarding District 70, 71, and 80 special events, such as Area Meetings, Eating Meetings, A.A. Birthday Lists, and any announcements that groups would like to see published in *Mountain Doin's*.

With effect from January 1, 2002, all information must be received at Central Office by the 1st of the month prior to the month of the event.

For example, information regarding an event planned for a date in January must be received at Central Office by December 1st. But if the 1st of the month falls on a Saturday (as it does in December, 2001) the last day for receipt at Central Office, can be extended to the 3rd of January, and if the last day of the month falls on a Sunday, the last day for receipt at Central Office can be extended to the 2nd of the pre-

ceding month.

However, it is suggested that the easiest plan for groups to work by is to consider forwarding material so that it can arrive at Central Office by the last Friday of the preceding month, since Central Office is not open to receive mail on Saturdays or Sundays. Nevertheless, anyone may deliver the information personally at Central Office (in Asheville) on a Saturday or Sunday (if the building is open) by entering the building and placing the information through the mail slot in the Central Office door at the address shown on page 1 of *Mountain Doin's*.

Any questions? Call Central Office at 254-8539 in Buncombe County or 1-800-524-0465 outside Buncombe County. Please call during business hours, which are Mondays - Fridays between 10 AM and 1 PM.

A Call To Service

The District 70 CFC Committee is responsible for carrying the A.A. message to jails and institutions in our area. District 70 is in need of volunteers for service work at the following facilities.

- Buncombe County Jail (Wednesday 6:30 PM and Saturday 10:00 AM.)
- VA Hospital (Wednesday and Friday 1:00 PM.)
- ABCCN Shelter (Thursday 8:00 PM.)
- Craggy Prison (Saturday 7:00 PM.)
- NC Juvenile Detention Ctr. (Male Youths) (1st. and 3rd. Tuesday 7:00 PM.)
- Black Mountain Women's Correctional Center (Monday 7:00PM.)

Please consider volunteering for this important work. If you are interested, please call Frank H. at (250-0990), Doug M. (258-9286), or Ralph or Judy M. (298-7031).

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 Change: The Arden Fellowship Group has announced that the last Thursday of each month will be a Speaker Meeting. The Thursday meetings are held at Noon at St. Barnabas Church, Crescent Road, Arden.

Readers Forum

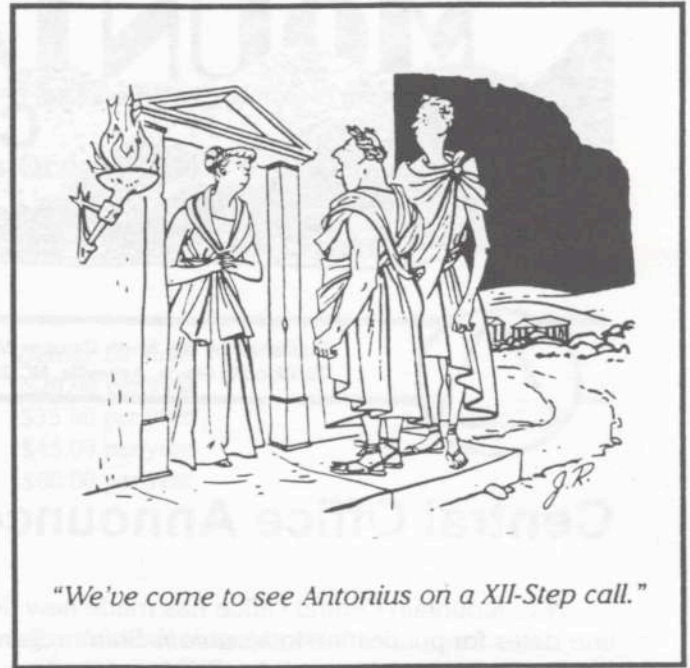
Live Letters

Gratitude Month

I guess it is only natural that we A.A.s focus on gratitude whenever November comes around, for this month is generally considered to be "gratitude month."

We are in general apt to ignore so many facts of our new life that call for expressions of gratitude and November is the annual four-week period when gratitude is brought into the forefront.

Just think of it! How grateful I am that A.A. has given me a release from the yearning for alcohol. And that's just the beginning. The program and the meetings have turned my life around to the point where I'm just not the person I was when I first was introduced to this changed understanding of what life is all about.



"We've come to see Antonius on a XII-Step call."

Today I love to seek to do the next right thing, and if I'm not sure what that is, I can search inside and ask my Higher Power to guide me. And it works!

This new life of honest living has changed my relationships with my family and my friends.

I hope all of us in A.A. are grateful for what A.A. does for each of us. Today we can face the ups and downs of life on a daily basis, and use our program to see us through life's challenges with peace and gratitude.
—GB

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 8-27-01—9-28-01

Answering Service Calls	332
General Information	5
A.A. Help	4
Family Help (Al-Anon)	5
Meeting Information	85
Central Office Business	77
P.I. Calls	0
Medical Help (Hospital, Detox, etc.)	5
Others	0
Visitors	83

Selfish Program?

I can see why you are disturbed to hear some A.A. speakers say "A.A. is a selfish program." The word 'selfish' ordinarily implies that one is acquisitive, demanding and thoughtless of the welfare of others. Of course, the A.A. way of life does not imply such undesirable traits.

What do these speakers mean? Well, any theologian will tell you that the salvation of his own soul is the highest vocation that a man can have. Without salvation—however we may define this—he will have little or nothing. For us of A.A., there is even more urgency.

If we cannot or will not achieve sobriety, then we become truly lost, right in the here and now. We are of no value to anyone, including ourselves, until we find salvation from alcohol. Therefore our own recovery and spiritual growth have to come first—a right and necessary kind of self-concern.

—letter, 1966, *As Bill Sees It*



Acceptance Group

Lorraine B.	11-3-83	18 years
Pat E.	11-5-91	10 years
Christie H.	11-24-00	1 year
Dave A.	11-24-85	16 years
Edith S.	11-27-92	9 years

Conscious Contact Group

(Note: Due to an office error, the list of Conscious Contact A.A. Birthdays for October was not forwarded to Mountain Doin's. The October list, therefore, is published below, followed by the November Conscious Contact List):

Bruce H.	10-15-89	12 years
Chuck G.	10-12-91	10 years
Dottie S.	10-12-91	10 years
Janey W.	10-24-90	11 years
Judy F.	10-19-91	10 years
Larry B.	10-13-97	4 years
Nita L.	10-10-87	14 years
Marti W.	10-19-79	22 years
Isara D.	10-24-99	2 years
Susan H.	10-24-94	7 years
Thom K.	10-20-00	1 year
Mike H.	10-05-83	18 years
Rick M.	10-03-00	1 year
Bruce G.	10-01-99	2 years

November listing:

Colby R.	11-07-96	5 years
Leslie S.	11-10-81	20 years
Peggy H.	11-23-86	15 years

Grace Group (Asheville)

Charlie L.	11-01-99	2 years
T.L.	11-03-00	1 years
David S.	11-05-00	1 years
John B.	11-06-00	1 years
Kim R.	11-18-98	3 years

Mark R.	11-20-98	3 years
Isaac C.	11-22-00	3 years

Grace Group (Waynesville)

Joan S.	11-?-79	22 years
Reid B.	11-10-80	21 years
Gail B.	11-29-96	5 years

Happy Hour Group

Margaret B.	11-6-96	5 years
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Hendersonville Group

Ed. S.	11-9-90	11 years
Gary M.	11-7-92	9 years
Ed. G.	11-11-79	22 years
Clay	11-2-99	2 years
Louise F.	11-19-98	3 years

Hendersonville Thurs. Afternoon Women's Gp.

Susan T.	11-4-91	10 years
Debra N.	11-15-97	4 years
Mary P.	11-17-81	20 years
Katie McG.	11-21-84	17 years

Joy Of Living Group

Kim R.	11-18-98	3 years
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Maple Grove Group

Paula B.	11-05-95	6 years
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Midday Group

Nancy T.	11-25-99	2 years
Julie H.	11-01-99	2 years
Scott R.	11-07-57	44 years

Serenity Service Group

Koary H.	11-23-96	5 years
Mary G.	11-15-95	6 years
James P.	11-14-97	4 years
Jeff J.	11-5-89	12 years
Jane H.	11-3-00	1 year
Payton L.B.	11-26-00	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 (December edition) anniversaries should be for the month of December only.

Morning Thoughts

On awakening, let us think about the twenty-four hours ahead. We ask God to direct our thinking, especially asking that it be divorced from self-pity and from dishonest or self-seeking motives. Free of these, we can employ our mental facilities with assurance, for God gave us brains to use. Our thought-life will be on a higher plane when our thinking begins to be cleared of wrong motives.

If we have to determine which of the two courses to take, we ask God for inspiration, an intuitive thought or a decision. Then we relax and take it easy, and we are often surprised how the right answers come after we have tried this for a while.

We usually conclude our meditation with a prayer that we be shown all through the day what our next step is to be, asking especially for freedom from damaging self-will.

From Alcoholics Anonymous



Treasurer's Report

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

Group Contributions

Acceptance Group	\$50.00
Back To Basics Group	\$175.00
Bethel Up The River Group	\$80.00
Brevard Group	\$50.00
Common Sense Group	\$20.00
Conscious Contact Group	\$185.88
Cumberland Group	\$99.60
Early Bird Group	\$150.00
Fellowship Group	\$50.00
Happy Hour Group	\$50.00
Hendersonville Group	\$35.26
Marion Group	\$25.00
Mars Hill Group	\$100.00
Mountain View Group	\$140.00
Reaching Out Group	\$10.00
Robbinsville Group	\$90.52
Roundtable Group	\$50.00
Six O'Clock Group	\$100.00
Total Group Contributions	\$1461.26

Financial Position as of 09-01-01 **\$1708.40**

Cash on Hand	\$27.26
Income	\$2263.47
Total	\$3999.13

Expenses

Rent	\$138.00
Salary	\$554.10
Payroll Tax	\$275.40
Phone BellSouth	\$58.86
Phone AT&T	\$91.34
Answering Service	\$203.50
Printing W & W	\$7.38
Printing Mountain Doin's	\$8.49
Editorial Expenses	\$150.00
Sales Tax	\$43.50
Books & Chips	\$672.58
Postage	\$32.46
Postage, Mountain Doin's	\$41.28
Bank Service Charge	\$0.00
Office Supplies	\$6.44
Copy Machine	\$00.00
Miscellaneous Adjustment	\$.05
Total	\$2283.38

Bank Balance as of 09-30-01 **\$1715.80**

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.

NC Gen. Service/Archives —How to Get There

3824 Barrett Drive, Suite 203, Raleigh NC 27609. Phone: 919-781-4111

Coming from I-40 going east, US 1 going north, US 64 going east, US 401 going north; that the Inner I-440 (Beltline) to Six Forks Road, South Exit 8-A. you will only be able to go in one direction on Six Forks Road, away from NORTH HILLS SHOPPING CENTER. At the second traffic signal take a left. This is Barrett Drive. The building is on your right, white, three stories and has red canopies over the doorways. It is clearly labeled 3824. The ARCHIVES REPOSITORY is on the second floor. After exiting the elevator take a right, around corner, first door on right, Suite 203.

Coming from the east to Raleigh on I-40 going west, US 64 going west, US 1 going south, US 401 going south, take the Outer I-440 (Beltline) to Six Forks Road south, Exit 8-A. You will be able to go in one direction only on Six Forks Road, away from NORTH HILLS SHOPPING CENTER. At the second traf-

fic signal, turn left. this is Barrett Drive. Proceed as above.

From NORTH RALEIGH HILTON on Old Wake Forest Road, coming out of the parking lot at the HILTON, turn right on to Old Wake Forest Road. At the fifth traffic signal take a right onto Six Forks Road. At the third traffic signal take a right on to Barrett Drive. Proceed as above.

The ARCHIVES REPOSITORY will be open BY APPOINTMENT.

To reach the Archivist at home call 919-787-9058 or leave a voice mail message at the repository.

Turning It Over

Everyone who has joined A.A. and intends to stay has made a beginning on Step Three. Isn't it true in all matters touching on alcohol, each of them has decided to turn his or her life over to the care, protection, and guidance of A.A.? Any willing newcomer feels sure that A.A. is the only safe harbor for the foundering vessel he or she has become. Now, if this is not turning over one's will and life to a new-found Providence, then what is it? Adapted from Twelve & Twelve p. 35



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.

Sandlapper Roundup X—November 30 - December 2, 2001. Landmark Resort Hotel, Myrtle Beach, S.C. This is the 10th Anniversary and plenty of social events are planned. For full details, phone Jonathan, Linda, or Dennis at 843-238-2694 during business hours.

Or, email us anytime at dsmith@beachaccess.net

Area 51 Events Schedule

2002 February Committee Meeting	Feb. 22-24
2002 Spring Comm. & Assembly	May 10-12
2002 N.C. State Convention	July 18-21
2002 Fall Committee Mtg.	Sept. 13-15
2002 Fall Committee & Assembly	Nov. 1-3

Lois Describes "Quiet Time"

The Wilsons had started the practice of holding a "quiet time" each morning . . . Lois described these quiet times: "They'd last fifteen minutes or so. We were in bed and we'd get up and I'd make coffee and we'd have coffee in bed, and then we'd say a prayer together. And then we'd be quiet for a little while. Then we'd talk . . . Even though nothing very world-shaking comes to you at all, the quiet and thinking about the day and being grateful for all that comes is a very helpful thing."

This is the prayer composed by Bill and recited by the Wilsons at these times:

"Oh Lord, we thank Thee that Thou art, that we are from everlasting to everlasting. Blessed be Thy holy name and all Thy benefactions to us of light, of love, and of service. May we find and do Thy will in good strength, in good cheer today. May Thy ever-present grace be discovered by family and friends—those there and those beyond—by our Societies throughout the world, by men and women everywhere, and among those who must lead us in these troubled times. Oh Lord, we know Thee to be all wonder, all beauty, all glory, all power, and love. Indeed, Thou art everlasting love. Accordingly, Thou hast fashioned for us a destiny passing through Thy many mansions, ever in discovery of Thee and in no separation between ourselves."

Excerpted from *Pass It On*, p. 264-5

MOUNTAIN BREWIN'S



Two buddies from the country were taking their very first train ride and were about to take a few drinks in the club car. Just as the first one took a drink, the train roared into

a tunnel. The man turned to his companion in the dark and asked, "Taken a swaller yet?"

"No," came the answer in the dark. "Why?"

"Don't!" the first replied. "I just did, and I'm blind!"

x x x

"I had an uncle who joined Alcoholics Anonymous,"

"Oh, yeah? How did he like it?"

"Well, he still drinks, but under an assumed name."

x x x

A fella went into a bar and ordered a quart of whiskey, which he drank. Then he ordered a pint bottle of the same brand and drank that down, too. Next he ordered a half-pint bottle. He looked up at the bartender with some puzzlement when that was finished.

"What's going on?" he asked. "The less I drink, the drunker I get!"

x x x

They call that drunk "Sardine" because they're always taking him to the can."

x x x

Two aging A.A.s, George and Jack, were wondering if they held A.A. meetings in Heaven. Soon after, Jack passed on. That same night, he appeared to his friend in a dream and told him, "Jack, I came back to tell you the answer to our big question! The good news is, Yes, there are A.A. meetings in heaven."

"What's the bad news?"

"You're the speaker next Saturday."

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below

Mountain Doin's Order Form

Mountain Doin's Annual Subscriptions:

Groups:

3 copies monthly No charge

	<i>Pick up from Central Office</i>	<i>Deliver by mail</i>
5 additional copies	\$10.00 per year	\$20.00 per year
10 additional copies	\$20.00 per year	\$35.00 per year
15 additional copies	\$25.00 per year	\$45.00 per year
20 additional copies	\$30.00 per year	\$60.00 per year

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.

Clip and mail with check or money order to:
N.C. Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Group or Individual Name _____

Street/P.O. Box No. _____

Town and Zip Code _____

North Carolina Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Address correction requested

Place
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