

# MOUNTAIN DOIN'S

## Central Office Newsletter

### JANUARY 2002



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

#### Asheville Alcathons Christmas & New Year's Day Round-the-Clock Meetings

##### *Food and Fellowship*

6 P.M. Christmas Eve to  
6 P.M. Christmas Day  
6 P.M. New Year's Eve to  
6 P.M. New Year's Day

Blue Ridge Center  
356 Biltmore Ave., Asheville  
(Opposite Neil Dobbins, next to  
St. Joseph's Hospital)

For more information call:  
Norman at (828) 625-9666

#### Christmas Alcathon Hendersonville Hosted by Hendersonville Group

The Hendersonville Group has planned a Christmas Alcathon to run from Noon, Monday, December 24 through Noon, Wednesday, December 26, at its meeting place at 818 Greenville Hwy., Hendersonville. (Building next to Food Lion)

Open meetings every hour will be followed by food and fellowship around the clock. The Group is furnishing beverages and tableware. This is a pot-luck affair, so please bring a dish to share, and a friend.

For more information, contact  
Michaelene at (828) 692-3710

#### Alcathons Macon County Library

Dec. 24—Dec. 25  
at 3 P.M.  
and  
Dec. 31—Jan 1  
at 3 P.M.

Good fellowship

Open discussion meetings

From 5:30 P.M., and continuing  
every other hour

Dancing from  
10:00 P.M. to 1:00 A.M.

Hors d'oeuvres appreciated

## Big Book, 4th Edition, Now Available

The Fourth Edition of the Big Book has now been published and is available from Central Office.

Publication includes the Big Book Hard, Soft, and Large Print editions.

The purchase prices of the new Big Books are:

Big Book Hard	\$5
Big Book Soft	\$4.60
Big Book Large Print	\$6.30

The pocket edition will not be changed and is available

at Central Office at the present price of \$3.50.

The first 164 pages of the Big Book, the Preface, the Forewords, the Doctor's Opinion, Dr. Bob's Nightmare, and the Appendices remain as is. The new 4th Edition of the Big Book contains the experience of 42 sober alcoholics—24 new and 16 "keepers" from the third edition—and presents a wide spectrum of ages, beliefs, racial and ethnic backgrounds and occupations.

"The main purpose of the revisions is to bring the story section up to date, to portray more adequately a cross section of those who found help—the audience for the book is people who are coming into A.A. now."

—Extracts from Box 4/5/9 and General Service Office letter,

*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: The Kanuga Men's Meeting** is a new meeting to be held at the Unitarian-Universalist Fellowship Church at the corner of Paterson and Kanuga Road. The meetings will be held in the gray barn building next to the church office.. The meetings will be Open, Discussion, Nonsmoking, for men only, and are to be held on Thursdays at 7 P.M.

**Meeting changes: The Hendersonville Group**, which meets at 818 Greenville Highway in Hendersonville, on Rte. 25S (first building south of Food Lion) , has made new changes regarding smoking/nonsmoking meetings. Meetings at 11 AM on Sundays , Tuesdays at 8 PM , Saturdays at noon, will allow smoking All other meetings will continue to be nonsmoking.

## Reminders

### Christmas/New Year Central Office

### Closings Reminder

As announced in the December *Mountain Doin's* the N.C. Mountain Central Office will be closed on Monday, December 24 and Tuesday, December 25, 2001. The Office also will be closed on Monday, December 31, 2001, and Tuesday, January 1, 2002.



The 24-hour Answering Service will continue to be in full operation on all these dates.

### New Deadline Dates

(This was announced in the November *Mountain Doin's*) The Central Office has made new deadlines for receipt of any announcements that groups would like to see published regarding A.A. birthdays, events, and general information. All information must be received at Central Office by the first of the preceding 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.

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 Monday - Friday between 10 A.M. and 1 P.M.

## 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 10-29-01—11-23-01

Answering Service Calls	258
General Information	6
A.A. Help	4
Family Help (Al-Anon)	10
Meeting Information	92
Central Office Business	82
P.I.Calls	0
Medical Help (Hospital, Detox, etc.)	05
Others	1
Visitors	43

## Need a Program or Speaker for your Group?

Consider *The Twelve Traditions Play*, performed by the Daily Decisions *Just barely Off Broadway Players*. This skit, which takes about half an hour, presents the foibles of an A.A. group that does everything wrong. Through humor this play illustrates what the Traditions are all about, and why we need them to survive. A serious message, but just plain fun for all involved, in the drama and the audience. An ideal change of pace for a Traditions meeting.

For information and/or a booking, please contact Phil at (828) 236-3934 or [phiz@att.net](mailto:phiz@att.net)



**Acceptance Group**

Shiela W.	1-5-82	20 years
Faye	1-5-93	9 years
Robin S.	1-5-99	3 years
Steve W.	1-6-01	1 year
Billy	1-8-01	1 year
Elaine G.	1-10-??	? years
Damon D.	1-12-96	6 years
Bill T.	1-16-01	1 year
Phil P.	1-26-01	1 year
Christine	1-29-98	4 years
Teri	1-30-01	1 year

**Asheville Big Book/Step Study**

Suzanne T.	1-1-92	10 years
Jeremy F.	1-9-95	7 years

**Back To Basics Group**

Peggy S.	1-4-95	7 years
Judy M.	1-19-82	20 years
Amy M.	1-21-75	27 years
Danny R.	1-20-96	6 years

**Brevard Group**

Dot P.	1-21-82	20 years
Don H.	1-5-92	10 years
Bob M.	1-24-93	9 years

**Candler Kiss Group**

John G.	1-30-01	1 year
Susan K.	1-18-91	11 years

**Conscious Contact Group**

Thomas B.	1-4-98	4 years
Suzanne B.	1-23-75	27 years
Brenda J.	1-3-00	2 years
Beth P.	1-21-84	18 years
Joe R.	1-27-00	2 years
Margaret K.	1-27-00	2 years

Joe A. 1-28-78 24 years

**Grace Group (Asheville)**

Jane H.	1-3-79	23 years
Brenda	1-3-00	2 years
Karl K.	1-7-98	4 years
Leslie P.	1-10-00	2 years
Sharon C.	1-12-00	2 years
Liz N.	1-12-99	3 years
Andi P.	1-14-99	3 years
Matt G.	1-17-98	4 years
Michael P.	1-18-01	1 year
Tony W.	1-20-00	2 years
Chris C.	1-25-95	7 years
Linda T.	1-28-00	2 years

**Grace Group (Waynesville)**

Rick C.	1-29-87	15 years
Doris H.	1-13-89	13 years
Rick B.	1-5-00	2 years
Dan D.	1-29-99	3 years

**Happy Hour Group**

Walter R.	1-13-89	13 years
Bobbie S.	1-21-87	15 years
Tom M.	1-1-80	22 years
Karen B.	1-17-01	1 year
Beth R.	1-23-01	1 year

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

Deborah C.	1-1-01	1 year
Martha K.	1-15-77	25 years
Janet W.	1-6-86	16 years
Karen B.	1-6-01	1 year
Kay C.	1-25-72	30 years

**Joy Of Living Group**

Norm C.	1-11-56	46 years
Sandy T.	1-18-00	2 years

**Maple Grove Group**

Carol T.	1-6-80	22 years
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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 (February edition). Anniversaries should be for the month of February only.

## Resentments and Anger

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 the 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.

—Alcoholics Anonymous, p. 66





# Treasurer's Report

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

## Group Contributions

Acceptance Group	\$50.00
AWOL Group	\$20.00
Black Mountain Group	\$35.00
Blue Ridge Group	\$100.00
Brevard Group	\$50.00
Candler KISS Group	\$150.00
Common Sense Group	\$25.00
Conscious Contact Group	\$380.52
Fletcher Group	\$60.00
Grace Group (Asheville)	\$400.00
Happy Hour Group	\$50.00
Hendersonville Group	\$60.31
Leicester Group	\$25.00
Midday Group	\$50.00
Mountain View Group	\$60.00
Roundtable Group	\$50.00
Safe & Sound Group	\$125.00
Six O'Clock Group	\$100.00
Serenity Service Group	\$35.00
<b>Total Group Contributions</b>	<b>\$1825.83</b>

Financial Position as of 11-01-01 **\$1309.82**

Cash on Hand	\$27.26
Income	\$3853.74
<b>Total</b>	<b>\$5190.82</b>

## Expenses

Rent	\$138.00
Salary	\$554.10
Payroll Tax	—
Phone BellSouth	\$57.22
Phone AT&T	\$120.31
Answering Service	\$235.50
Printing W & W	\$14.89
Printing Mountain Doin's	—
Editorial Expenses	\$175.00
Sales Tax	\$105.17
Books & Chips	\$1598.05
Postage	\$63.88
Postage, <i>Mountain Doin's</i>	\$53.49
Bank Service Charge	\$0.50
Office Supplies	\$20.30
Copy Machine	\$00.00

**Total** **\$3136.41**

**Bank Balance as of 11-30-01** **\$2054.41**

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.

## Bad Days and Good Days

I think we can all agree that a bad day does not necessitate picking up a drink. But what if that bad day stretches on for weeks, months, or even years? Is drinking then an option?

For instance: Bill W. went into deep depressions that sometimes lasted years at a stretch. Miserable? Unhappy? Certainly, but was drinking an option? No! The goading desire to drink clung to Dr. Bob for a long time. Miserable? Undoubtedly, but did he drink? No!

I can think of a number of old-timers who have experienced the unhappy, miserable side of life: loss of loved ones, financial collapse, broken marriages. But was their sobriety on conditional terms? No!

To say that once we are sober, we will never again experience misery or unhappiness is ludicrous. There are times when things crash down around our ears and misery, unhappiness and even self-pity are our unwanted but constant companions, and all we've got that day is our sobriety. This program has never guaranteed us the special status of being suspended above life and all its hills and valleys, whether self-inflicted or not. It has only promised us a way to

walk through life and its problems without having to pick up a drink.

After years of living a miserable life full of self-pity, obstinacy, anger, fear and lack of trust, most of us do not shake these things off like so much dust from our feet when we arrive at A.A. Often they hang on for a long time after our last drink, and even after a period of relief, can come back and haunt us at times. As one member put it, "The best we'll ever be is human."

During eighteen months of doubt and personal problems, I continued to do what I had been told to do: go to meetings, ask for help in the morning, say thank you at night, read the Big Book, call my sponsor, take the Steps, and, most important, I did not pick up the first drink. As a result, I am finally surrendered and am now enjoying the beautiful gift of sobriety.

So if you are miserable or unhappy today, don't give up twenty-four hours too soon. Nothing is so bad that picking up a drink will make it better. I would rather be miserable with the hope of changing tomorrow with God's help than die drunk today.

Finally, be careful what you say at meetings. Newcomers are listening.

Adapted from the October 1989 *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.

**North Eastern TN A.A. District 2—Fourth Step Workshop.** Saturday January 19, 10 AM to 2 PM, at Jonesborough United Methodist Church, Jonasborough, TN. This will be an open meeting with three speakers for each of the three parts of the 4th Step Inventory process, as laid out in the Big Book—resentment, fear, and sex conduct. For more information and for “how to get there instructions” phone (locally) Bob and Cindy R. at 423-232-0395, or (from Asheville or Kingsport) call 423-341-8048. Please bring your Big Book!

**55th North Carolina State Convention.** July 18-21st, 2002. Hilton North Raleigh, 3415 Wake Forest Road, Raleigh NC 27609. Marathon meetings throughout the Convention. Saturday Dance (with live Band). For further information contact Wallace B. (919) 776-5870, George M. (919) 779-5088, Dale H. (919) 832-1389.

**Spacecoast Round Up “Rocketing into the Fourth Dimension”.** February 1 - 3, 2002, at Holiday Inn Oceanfront Resort, in Melbourne, Florida. Includes Oceanside Sunrise Meetings, Hospitality Room, Workshops, Marathon Meetings and Six Terrific Speakers. Ice Cream Social is extra. For full information contact (321) 724-2247 or 633-0052 or email at [aaspacecoast@bellsouth.net](mailto:aaspacecoast@bellsouth.net)

**38th International AA Women’s Conference.** Denver, Colorado. February 14 through 17, 2002. Daytime Workshops, Panels, Open Discussion meetings in English and Spanish, Hospitality rooms, Longtimers Recognition, Lots of impromptu meetings. Night-time meetings: Evening Speaker meetings, State Roll Call, Sobriety Count Down, Regional Meetings. Registration contacts: Lee D. (970) 221-2484 Or Email at [lee@doellefeld.com](mailto:lee@doellefeld.com), Julie M. (970) 577-1554 Email: [jkmcmmurry@prodigy.net](mailto:jkmcmmurry@prodigy.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

# MOUNTAIN BREWING'S



An alky returned to an Antique shop and asked the owner, “When I was here last week, I was admiring a big mug with a flat head that holds a lot of beer. I’d like to buy it,

please.”

“Sorry,” said the shop’s owner, “you can’t do that.”

“Why not?”

“Because that was my brother-in-law.”

x x x

Said alky George: “What would I have to give you for just one little kiss?”

She: “Chloroform”

x x x

What does the drunk who considers himself to be God’s gift to women do first thing in the morning?

He gets dressed and goes home.

x x x

“Tell the court,” said the judge to the alky, “why did you park there?”

The alky answered: “Because, your honor, it said ‘Fine for parking.’”

x x x

An alky who lived in a rural area of North Carolina was doing some quiet drinking at home one day when he discovered that his house was on fire. Phoning the fire department at a nearby town, he explained his plight and asked them to come and put out the blaze.

“Okay,” said the fire chief. “But how do we get to your place?”

“Wassa matter?” asked the alky. “Ain’t you guys got that red truck anymore?”

x x x

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**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 \_\_\_\_\_

### Central Office Phone Log

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

Address correction requested

Place  
Postage  
Stamp  
Here