

MOUNTAIN DOIN'S

Central Office Newsletter
MARCH 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



DISTRICT 70 EATIN' MEETING

SUNDAY, MARCH 10

at
Sardis Methodist Church
Asheville, (corner of Sardis
Road and 191).

The Candler KISS Group will provide
meat and drinks.

Please bring a covered dish.

GSR Meeting at 3 P.M.

Eating at 4 P.M.

Speaker at 5 P.M.

District 80 Eatin' Meeting and Central Office Meeting

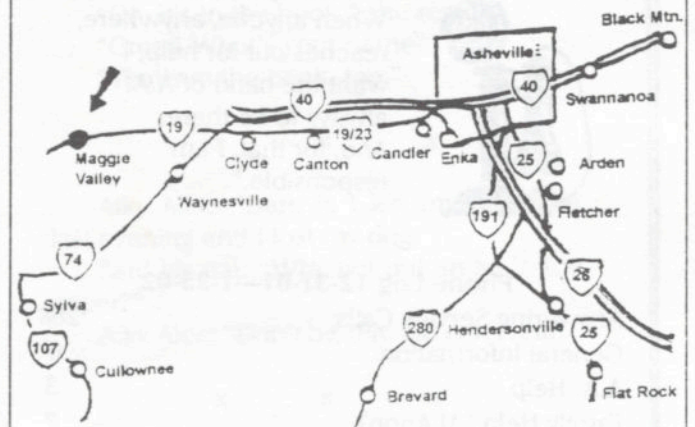
Sunday, March 24

at
Maggie Valley United Methodist Church
4192 Socco Road, (Rte. 19)
Maggie Valley
between Ramada Inn and Post Office

Eating at 2 P.M.

Speaker, (Donna B., Area Delegate) at 3 P.M.
Central Office Meeting at 4 P.M.

Please bring a covered dish



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 Address Change: The Asheville Serenity Service Group, which formerly met at 107 Broadway, has moved its meetings to ABCCM Shelter, 207 Coxe Avenue, Asheville, as of 1/1/02.

Meeting Time Change: The Drop-In-Center Meeting, which meets at the Chemical Dependency Unit, in Cherokee Indian Hospital, on Hospital Road, Cherokee, has changed its Saturday meeting times from 10 A.M. to Noon.

Meeting Location change: The Hendersonville Roundtable Group has moved its meeting location from the Moore's Grove Methodist Church to the Mount Pisgah Lutheran Church, which is also situated on Rte. 64 E. approximately one quarter of a mile east of Moore's Grove Church. The meeting room is just past Ingle's at Howard Gap Road. The meetings will continue to be held at 8 p.m.

CFC Committee Needs Help

The District 70 CFC Committee is responsible for carrying the message into jails, institutions, and treatment facilities in our area. This type of service work is

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 12-31-01—1-25-02

Answering Service Calls	268
General Information	0
A.A. Help	3
Family Help (Al-Anon)	7
Meeting Information	86
Central Office Business	86
Medical Help (Hospital, Detox, etc.)	0
P.I. Calls	0
Others	0
Visitors	67



very important in that we are often the first A.A. connection and experience for these newcomers. Currently we are seeking volunteers for the following meetings:

- Black Mountain Women's Correctional Center (Monday 7 P.M.)
- N.C. Juvenile Detention Center (Male Youths) (1st and 3rd Tuesdays at 7 P.M.)
- Neil Dobbins Detox (multiple meetings)
- Buncombe County Jail (Wednesday 6.30 P.M., Saturday 10 A.M.)

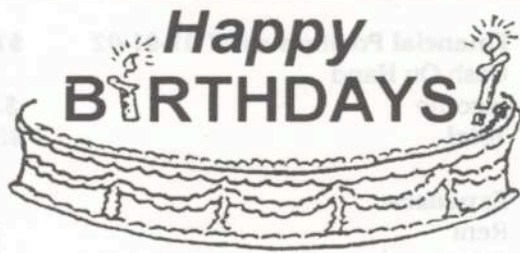
Please consider volunteering for this important service work. If you are interested, please call Frank H. (250-0990) or Ralph or Judy M. (298-7031)

The Root Of Our Troubles

Selfishness, self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must or it kills us!

—from *Alcoholics Anonymous*



Acceptance Group

Jane W. 3-17-86 16 years
Joan R. 3-31-88 14 years

Back To Basics Group

Lisa C. 3-1-99 3 years
Perry F. 3-11-89 13 years
Donna E. 3-12-92 10 years
Jack M. 3-17-62 40 years
Angela T. 3-28-01 1 year

Black Mountain Group

Jay C. 3-11-92 10 years

Brevard Group

Charles G. 3-19-96 6 years
Rachel D. 3-11-95 7 years

Burnsville Group

John H. 3-7-01 1 year

Cumberland Group

Doug O. 3-9-72 30 years
Thurman N. 3-11-85 17 years

Daily Decisions

Liz S. 3-14-01. 1 year

Fellowship Group

Vicki T. 3-3-00 2 years
Ed. 3-21-99 3 years

Grace Group (Asheville)

Jerry W. 30-1-00 2 years
Mike B. 3-3-93 9 years
Cyndy H. 3-16-81 21 years
Ray F. 3-18-00 2 years
Ed T. 3-21-99 3 years
Laura L. 3-23-00 2 years
Jim S. 3-28-91 11 years

Happy Hour Group

Karen B. 3-10-00 2 years

Hendersonville Group

Irma D. 3-7-85 17 years
Mike S. 3-29-77 25 years

Joy of Living Group

Charley B. 3-14-01 1 year

KISS Group

Harvey O 3-3-85 17 years
Doug O. 3-9-72 30 years
Athena O. 3-31-97 5 years

Maple Grove Group

Carol D. 3-23-87 15 years
Jimbo C. 3-10-94 8 years

Midday Group

Charlie P. 3-17-83 19 years
John E. 3-6-96 6 years
Robert B. 3-19-00 2 years
Anne Y. 3-14-01 1 year

Sunshine Group

Al S. 3-24-70 32 years

Thurs. Afternoon Women's Group

Barb K. 3-23-00 2 years
Ruth G. 3-29-74 28 years

Dr. Bob On Tolerance

"Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning to march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages; and in sympathy toward those whose religious ideas seem to be at great variance with our own.

"I am reminded in this connection, of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest

spoke. Without some tolerance, we might tend to become a bit smug or superior—which, of course, is not helpful to the person we are trying to help and might be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another—and a patronizing attitude can readily slow up this process.

"Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open-mindedness which is vastly important—is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

"These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us. —Dr. Bob *And the Good Oldtimers*, p. 273



Treasurer's Report

N.C. Mountain Central Office, Inc. Financial Report
for the month of January 2002.

INCOME

Group Contributions

Acceptance Group	\$600.00
Asheville Big Book Study Group	\$20.00
AWOL Group	\$25.00
Bone Dry Group	\$125.00
Brevard Group	\$50.00
But For the Grace Of God Group	\$20.00
Candler KISS Group	\$22.79
Common Sense Group	\$10.00
Conscious Contact Group	\$420.00
Cullowhee Group	\$35.00
Fellowship Group	\$50.00
Happy Hour Group	\$50.00
Hendersonville Group	\$61.58
Joy Of Living Group	\$308.54
Just For Today Group	\$30.50
Roundtable Group	\$50.00
Six O'Clock Group	\$100.00
Thursday Afternoon Women's Group	\$100.00
Total Group Contributions	\$2078.41

Financial Position as of 01-01-02	\$1473.13
Cash On Hand	\$27.26
Income	\$3796.01
Total	\$5296.40

Expenses

Rent	\$138.00
Salary	\$600.27
Payroll Tax	—
Phone Bell S.	\$90.15
Phone AT&T	\$116.90
Answering Service	\$215.50
Printing W & W	\$248.36
Printing <i>Mountain Doin's</i>	\$249.32
Editor Expense	\$150.00
Sales Tax	\$97.02
Books & Chips	\$1244.71
Postage	\$33.43
Postage <i>Mountain Doin's</i>	\$40.90
Bank Service Charge	—
Office Supplies	\$62.11
Copy Machine	\$300.00
Total	\$3286.67

Bank Balance as of 01-31-02	2009.73
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To help the Central Office maintain a healthy cash flow we request that groups pay their bills for material every two weeks. Thank you for your help

Gratitude—Words are Not Enough

Gratitude was the topic of our discussion meeting, but I kept having the feeling that not much actual gratitude was being shown. This was not to say that most of us were not grateful for what we had, but that the emphasis was too often on the wrong thing.

Gratitude was expressed for having or getting back a wife, husband, family; for putting financial affairs in order; for keeping or finding a job; for being alive; for not having any more blackouts, stays in hospitals, jails or DWIs; and for combinations of these and many other rewards received for our sobriety. Each expression of gratitude was qualified with a phrase indicating that the individual had received these things as a result of, or in return for, having stayed sober for a particular length of time.

The attitude was the same as that often expressed about a paycheck on payday. Most people are thankful to have the money. "Haven't I earned it?" But seldom if ever do we even reflect on the outside circumstances that make it possible for us to earn that paycheck.

Who is ever grateful to the founder of the company that provides the job? To the consumer who has the need for the service or product provided? Or to God for giving us the health, the ability and the opportunity to hold the job? Instead of feeling gratitude for these things, most of us feel that we have worked hard to earn the money, and that we really are not being paid as much as we are worth.

I finally realized I was taking a whole lot in my life for granted. I had stopped being thankful for what had been given to me. Instead, I had begun to feel that, by staying sober, I had *earned* the good life.

When I realized just how easy it had been for me to go to any length to get what had been offered, I knew how much more I had been given and how little I had actually earned. Today I am thankful that I have not gotten only what I deserved from the program; I have gotten much more. *Words* of gratitude are not enough. I must work ever harder to pay for what has been given me.

I must be forever on guard against feeling that I have earned what I have, or that it is a reward for staying sober. When I start believing that I have earned the good life by staying sober, then I have ceased to be thankful.

Excerpted from *The 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.

55th North Carolina State Convention. July 18-21st, 2002. Hilton North Raleigh, 3415 Wake Forest Road, Raleigh North Carolina, 27609. Marathon meetings throughout the Convention. Saturday Dance (with live band). For further information contact Wallace B. (919) 776-5870, George M. (919) 770-5088, Dale H. (919) 832-1389.

Area 51 Events Schedule

2002 February Committee Meeting	Feb 23-24
2002 Area 51 CFC Conference	March 7-10
2002 Spring Comm. & Assembly	May 10-12
2002 N.C. State Convention	July 18-21
2002 Fall Committe Mtg.	Sep. 14-15
2002 Fall Committee & Assembly	Nov. 1-3

Use *Mountain Doin's* as a Tool in Recovery

Mountain Doin's is designed as one of the tools that can be used in your recovery. And that means that your own input through letters to the editor, articles, and opinions, can be considered as twelfth-step work and may certainly help many alcoholics who are still suffering.

Central Office information that brings news of events throughout Western North Carolina and conferences, seminars, and other A.A. activities around the nation are listed, as well as news of group meeting changes within our own Districts 70, 71, and 80.

It's good to share anniversaries, just as it's good to share humor and ideas that could help us all.

We hope you will look upon *Mountain Doin's* as your newsletter. Every group receives three free copies, and more and more groups are subscribing for extra copies so that more of their members can participate in sharing through the newsletter. Many groups place copies of *Mountain Doin's* on a table and invite members to pick up a copy to take home with them. That way, as we say, it becomes a useful tool in recovery. Try it—share through our letters column your thoughts, hopes, experiences. You could help lots of us by airing your thoughts. *The Editor.*

MOUNTAIN Doin's



Alky Fred was talking to his buddy at the bar. "I've had trouble with both my wives," said Fred.

"What kind of trouble?" asked his surprised

buddy.

"The first one ran off on me."

"Oh, I'm sorry. And the second?"

"Didn't."

x x x

Mother: "Tommy, you've just come from your A.A. meeting. Why is your face so red?"

Tommy: "I was running up the street trying to stop a fight."

Mother: "That was a nice thing to do. Who was fighting?"

Tommy: "Me and Jacky Jones."

x x x

Alky Harry was sitting next to an attractive girl at the bar.

"Say pretty lady," said Harry, "What's your telephone number?"

"Oh, it's in the book," she replied.

"Great! What's your name?"

"That's in the book, too."

x x x

Alky Alec: "Darn it, I left my door ajar last evening and I lost my dog."

Said his pal: "Why not put an ad in the paper?"

Alky Alec: "Don't be silly. He can't read."

x x x

Said Alky Charlie as he met the waiter at a new restaurant, "Do you serve crabs here, waiter?"

"Take a seat," replied the waiter. "We serve anyone who comes in."

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107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

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