

MOUNTAIN DOIN'S

Central Office Newsletter

APRIL 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

Y'all Come!



**District
71
Eatin'
Meeting**

**Sunday
April 7**

at the
**Davidson River Presbyterian
Church, Main Street, Brevard**

How to get there: Take 280 toward downtown Brevard. Turn left on 276 South. The Church is a brick building, and is three blocks on the left.

**GSR Meeting at 2.30PM
Eating at 4PM
Speaker at 5PM**

Please Bring a covered dish for buffet-style servings, and join us fellowship and fun.



***DISTRICT
70
EATIN'
MEETING***

***SUNDAY, APRIL 14 at
Sardis Methodist Church
Asheville. (corner of Sardis
Road and 191).***

The Candler KISS Group and Women's Step Farm will provide the Main Course, sodas, and coffee. Just bring a covered dish.

GSR Mtg. 3PM Eating 4PM Speaker 5PM

How to get there:

From the North—from I-40 take the I-26 Spartanburg-Hendersonville exit and go to exit #2 Brevard Rd. Hwy 191 exit. Turn left at light and go to 3rd light—corner of Brevard Rd (Hwy 191) & Sardis Rd. (Hwy 112) Church is on the right, across from Biltmore Square Mall.

From the South—take I-26 to exit #2 Brevard Rd. Hwy (191) & turn right at light. Go to the 4th light—that's the corner of Brevard Rd (Hwy 191) & Sardis Rd. (Hwy 112). The Church is on the right, across from Biltmore Square Mall.

Come join us for Fellowship and Fun

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.

Correction: **The Upward Group** (East Flat Rock) Friday meeting listed in the Winter/Spring *Where and When* under Hendersonville shows the 8 PM meeting as being open. The meeting is Closed, Discussion, Nonsmoking, and there is an Open Speaker meeting, and Birthday Celebration on the last Friday of each month.

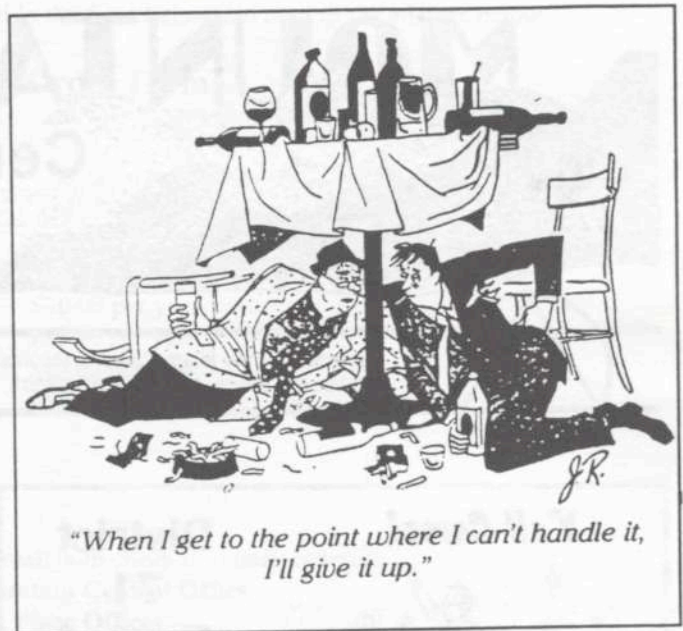
Central Office Phone Log



"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 1-28-02—2-22-02

Answering Service Calls	233
General Information	1
A.A. Help	7
Family Help (Al-Anon)	7
Meeting Information	98
Central Office Business	91
Medical Help (Hospital, Detox, etc.)	1
P.I. Calls	0
Others	0
Visitors	72



*"When I get to the point where I can't handle it,
I'll give it up."*

Readers' Forum

Live Letters

Wine All Right for Some but Not for Us.

How many of our friends in A.A. are annoyed by reading in the newspapers from time to time that a few glasses of wine a day are healthy for us and save us from heart attacks? That statement might be all right for nonalcoholics, but for us in the program it could mean a return to the journey toward death.

For us, any form of alcohol is a "no-no." Just one drink is too many, because we have already learned that one drink leads automatically to another, and another. A lot of us in the program have tried to drink in moderation. And all of us who are addicted find it impossible. We have a disease. It's called alcoholism.

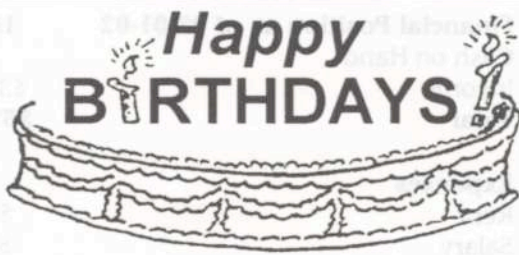
As the Big Book says on page 30: "The idea that somehow, someday he will control and enjoy his drinking is the great obsession . . . Many pursue it into the gates of insanity or death."

The answer is simple: We alcoholics can never drink again. Let's believe that and stay sober by working the program. Let those non-alcoholics believe those statements sometimes seen in the newspapers. It might be true for them, but not for us. JB

Things We Cannot Change

Bob G. (Happy Hour Group) passed away on February 13 after 10 years of sobriety.
Otis K. (Acceptance Group) passed away on February 9 after 11 years of sobriety.
Rob H. (Cedar Mountain Group) passed away on February 14 after 27 years of sobriety.

In Memoriam



Back To Basics Group

Kelsey S. 4-12-83 19 years

Candler Kiss Group

Brad D. 4-22-90 12 years

Daily Decisions Group

Mark S. 4-18-87 15 years

Rick P. 4-19-98 4 years

Fellowship Group

Steve H. 4-1-87 15 years

Lucy H. 4-5-88 14 years

Grace Group (Asheville)

John J. 4-1-96 6 years

Shirley C. 4-1-01 1 year

Adam F. 4-3-94 8 years

Frank M. 4-4-80 22 years

Talmdage H. 4-5-96 6 years

Larry M. 4-7-01 1 year

Michael C. 4-10-93 9 years

Sally K. 4-11-97 5 years

Ron C. 4-15-97 5 years

Elena L. 4-20-00 2 years
 Roger P. 4-21-00 2 years
 Brian M. 4-22-78 24 years
 Zoe H. 4-26-87 15 years
 Margaret N. 4-27-86 16 years
 Matthew J. 4-29-00 2 years
 Beth T. 4-30-93 9 years

Grace Group (Waynesville)

Bette M. 4-19-72 30 years

Betty L. 4-1-89 13 years

Kip B. 4-28-92 10 years

Eugene D. 4-8-01 1 year

Bobbi O. 4-30-94 8 years

Happy Hour Group

David W. 4-21-99 3 years

Gene McF. 4-1-68 34 years

Hendersonville Group

Stuart R. 4-16-97 5 years

Donna W. 4-27-97 5 years

Joy Of Living Group

Phyllis T. 4-14-98 4 years

Maggie Group

Tom M. 4-?-82 20 years

Jimbo C. 4-?-94 8 years

Dean F. 4-?-01 1 year

Midday Group

Theresa H. 4-11-00 2 years

Foreword to The Russian Big Book

The A. A. program would never have acquired such worldwide recognition if it had given a specific religious content to universal concepts. Since the understanding in the book *Alcoholics Anonymous* is vastly broader, it is easily accepted by Catholics, Buddhists, atheists, Muslims, etc. As repeatedly emphasized, everyone is free to understand as he chooses that which gives help.

It is only important that a person feel that "it" is more powerful than he, believe in the possibility of receiving spiritual support, and recognize that only faith, hope and love, can save him, where all other means are powerless.

Dogmatism is alien to the A.A. program. Each group and each person seeks spiritual support independently. The experience of others, for all its variety and fruitfulness, can only serve as a general guideline in specific conditions. All the same, the book is a highly reliable guide because it is the product of the collective creativity of many people. They had no

intention whatever of writing to please anyone. Their main task was to try to give practical help to people who were at times in desperate straits.

The anonymity of the book's authors has not made it impersonal. It is directed to each reader personally, for his aid and well-being.

—From a special foreword to the Russian-language publication of *Alcoholics Anonymous*

Carrying The Message

A Correctional Facilities and Treatment Centers Workshop.

The District 70 CFC Committee will be conducting a Correctional Facilities/Treatment Center workshop on June 1, 2002, from 9 AM to 1 PM at the Blue Ridge Center (same location as holiday alcohthon). We welcome all current volunteers in addition to anyone who is interested in learning more about this important service work to the A.A. community. Program agenda will include panel discussions and a guest speaker. If you have questions or would like to learn more about the workshop, call Frank H. at 250-0990 or Judy/Ralph M. at 298-7031.

Treasurer's Report



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

INCOME

Group Contributions

Acceptance Group	\$50.00
Bethel Up The River Group	\$30.00
Brevard Group	\$50.00
Brevard Serenity Group	\$120.00
Candler KISS Group	\$110.73
Day By Day Group	\$140.00
Daily Decisions Group	\$67.50
Etowah Group	\$25.00
Franklin Group	\$15.00
Grace Group (Asheville)	\$325.00
Happy Hour Group	\$50.00
Hayesville Noon group	\$25.00
Hendersonville Group	\$65.59
Marshall Group	\$100.00
Pathfinders Group	\$20.00
Six O'Clock Open Group	\$100.00
Sylvan Valley Group	\$232.00

Total Group Contributions \$1985.82

Financial Position as of 02-01-02	1982.47
Cash on Hand	\$27.26
Income	\$3570.82
Total	\$5280.55

Expenses

Rent	\$144.00
Salary	\$600.27
Payroll Tax	—
Phone S.Bell	\$62.44
Phone AT&T	\$134.58
Answering Service	\$215.50
Printing W & W	\$8.50
Printing Mountain Doin's	\$20.98
Editor Expense	\$150.00
Sales Tax	\$95.05
Books & Chips	\$1489.89
Postage	\$85.49
Postage Mountain Doin's	\$52.10
Bank Service Charge	\$1.00
Office Supplies	\$10.57

Total \$3070.37
Bank Balance as of 2-20-02 \$2210.18

To help Central Office maintain a healthy cash flow we request that groups pay their bills for material every two weeks. Thanks for your help.

Inside The Sharing Rooms

I walk into the room, a nondescript room in a church basement, but it could be a room anywhere. I feel the sense of belonging and comfort as soon as I enter the room. "Hi, how are you doing tonight?" The greetings are coming from all directions.

It's the people in this room that make it comfortable for me. I know that I am accepted.

There is a lot of sharing done here. We share our life stories, our experiences, strengths, and hopes. Honesty and truth abound here. I know I belong because of this honest sharing of feelings. I hear other people expressing the same fears I feel. The fear of rejection, of failure, of pain, of growing up. The fear of being responsible. I hear them talking about their impatience, anger, and hate. I hear them sharing how they deal with these feelings, without acting on them. The feelings here are real. I lean back in my chair and relax a little more. The joy in the room wraps around me. I feel myself laughing along with everyone else. The laughter, like everyone's, comes from deep within, and it comes with love. A man is sharing his story about his horrible day, and he is laughing at himself. We all laugh along with him, because he doesn't take himself too seriously today. We try not to, either. It's important here to have a sense of humor.

It's important to have the freedom of all emotions. When there's sadness we share that, too. For we have all known pain. The pain of beginning to grow up and look at ourselves honestly at twenty, thirty, or sixty years old.

There are slogans we have around here. They, too, are a source of comfort to me. Live and let live. This means I don't have to judge anyone or interfere in anyone else's life. Easy does it. Take it slowly and don't be too hard on yourself. Keep it simple. Don't over-complicate or analyze situations. Probably the most popular is One day at a time. I can do for one day what I can't do for a lifetime. All I have to live in is today.

God is in this room, too. He is the real force that is felt around here. People talk about him all the time, so I am becoming comfortable with him. That took a long time. He can do for us what we cannot do for ourselves. Many of us have tried to do it on our own, but until we found each other and our Higher Power we could not. When I have faith in him, and ask his help, my life does work out and I do belong.

I sit up in my chair. It's my turn to share. I ask my Higher Power for help, because it's not easy for me to share. I take a deep breath and go for it. "High, I'm Dawn, and I'm an alcoholic, grateful to be here and sober today."

—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.

Spiritual Retreat in Maggie Valley, at Living Water Reflections Center, 1420 Soco Road, Maggie Valley, NC. April 26,27, and 28. Call for more information Cheryl W. 828-495-8845, between 6PM and 10PM or Cecil O 828-274-2366, between 6PM and 9PM.

SERCYPAA 202 Southeast Regional Conference of Young People in A.A. at Holiday Inn Coliseum, 630 Assembly Street, Columbia, SC 29201. Date: July 4—July 7, 2002. Dance, Speakers, Workshops, Banquet, Marathon meetings. For information call 803-799-7800. Visit the Web Site at: WWW.SCWEBSTER.COM

Area 51 Events Schedule

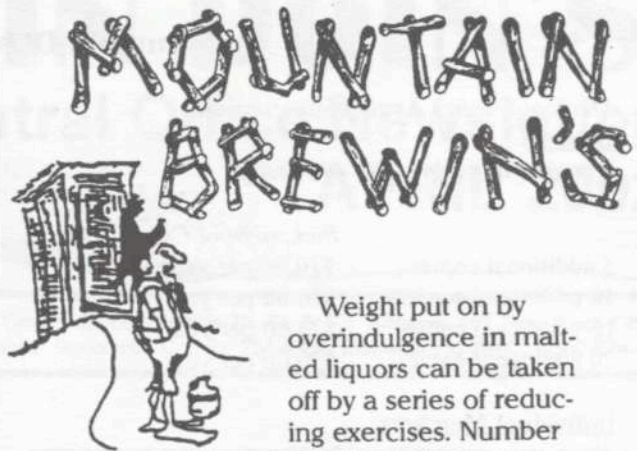
2002 Spring Comm. & Assembly	May 10-12
2002 N.C. State Convention	July 18-21
2002 Fall Committe Mtg.	Sep. 14-15
2002 Fall Committee & Assembly	Nov. 1-3

The First One

As if to illustrate the danger, Jud O. noted that in 1969 he picked up a drink one week before he was to have his 30th anniversary. "I had retired as director of research for one of the big rubber companies and taken a European tour. I had been fairly active in A.A. for a number of years, but then I got busy with my work and wasn't going to meetings. My wife was in the hospital, and I was feeling sorry for myself. . . ."

"When I came back to A.A., it was the same as I remembered, only more people and more meetings," said Jud. "Some old friends and some new ones helped me, but getting straightened our was the hardest thing I ever did. It took three years. On the other hand, it convinced other people that the original idea was correct: No matter how long you don't drink, the next one is right around the corner. It never lets you go. Dr. Bob was right: "The first one will get you."

Excerpted from pp.290-291 of Dr. Bob and the Good Oldtimers



Weight put on by overindulgence in malted liquors can be taken off by a series of reducing exercises. Number One, move the head firmly from side to side when somebody suggests another half-pint.

x x x

"That drunk! He always wears sunglasses."

"I know. He takes a dim view of things."

x x x

"His uncle told him never to go to a strip show because he might see something he shouldn't. But he went anyway."

"And did he see something he shouldn't?"

"Yep. He saw his uncle."

x x x

"I'm so bad at putting things off. I finally joined 'Procrastinators Anonymous.'"

"Did that help?"

"Not yet, we haven't yet gotten around to having a meeting."

x x x

When Alky Alf came to his home, his visiting niece was allowed to take him a glass of sherry, She handed it to him and then stood staring.

"What is it, dear?" asked Alf.

"I want to see you do your trick," said his niece.

"What trick is that?" asked Alf.

"Well, Mum says you drink like a fish."

x x x

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