



MOUNTAIN DOIN'S

Central Office Newsletter

JANUARY 2003



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

Sixth Annual Alcathoon

Starting at 6 P.M., Christmas Eve, December 24th, 2002
to 6 P.M., Christmas Day, December 25th, 2002

and

Starting at 6 P.M., New Year's Eve, December 31st, 2002
to 6 P.M., New Year's Day, January 1st, 2003

at

**The Blue Ridge Center,
356 Biltmore Avenue, Asheville.
lower level.**

(Opposite Neil Dobbins, next to St. Joseph's Hospital)

Meetings ever hour.
Food and Fellowship

Sponsored by the Asheville Grace Group

Food contributions will be appreciated

For more information or to volunteer to chair/speak or to bring food, call
Vicki M. 225-5880 or Steven H. 298-3925

Christmas/New Year Central Office Closings

N.C. Mountain Central Office will be closed on Tuesday, December 24th and Wednesday, December 25th. The office will also be closed on Tuesday, December 31st and Wednesday, January 1st, 2003

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: Brevard Joy of Living Group. A new meeting has begun by the Joy Of Living Group on Thursdays at 7.30 P.M. at St. Philips Episcopal Church, 317 East Main Street, Brevard. The meetings are Women's, Closed, Non-smoking, Step Study.

Meeting cancellation: The Mountain View Group meeting held on Wednesdays at 5.30 P.M. at 1st Presbyterian Church, Highlands, has been canceled.

Meeting cancellations: The Maggie Group meetings held at 1st. Presbyterian Church, Maggie Valley, at 7 P.M. on Tuesdays, Wednesdays, and Thursdays, have been canceled. The 8 P.M. Saturday meetings continue to be held.

Meeting cancellations: The Burnsville Group meetings held on Mondays and Thursdays at noon have been canceled. All other Burnsville Group meetings remain as shown in the *Where & When* Schedule.

When the Gifts are Gone

The holidays were troubling for the newcomers who had no friends or family, so the sponsor asked



him to join him in doing his holiday shopping.

After several hours of tramping through the mall they entered a restaurant for lunch. Piling all the gifts on the opposite seat of their booth they ate and talked about the program. When they were done eating they left and drove to the sponsor's home, only to find that they had left all the gifts behind.

Hopping back into the car they returned to the restaurant to find the gifts right where they had left them.

"The program works," the newcomer exclaimed. "The gifts are here!"

"No," the sponsor replied. "The program works when the gifts are gone."

—Ocean S.

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 10-28-02—11-29-02

Answering Service Calls	354
General Information	0
A.A. Help	12
Family Help (Al-Anon)	4
Meeting Information	82
Central Office Business	96
Medical Help (Hospital, Detox, etc.)	2
P.I. Calls	0
Others	0
Visitors	82

God as We Understand Him

The phrase "God as we understand him" is perhaps the most important expression to be found in our whole A.A. vocabulary. Within the compass of these five significant words there can be included every kind and degree of faith, together with the positive assurance that each of us may choose his own. Scarcely less valuable to us are those supplemental expressions—"A higher power" and "A power greater than ourselves." For all who deny, or seriously doubt a deity, these frame an open door over whose threshold the unbeliever can take his first easy step into reality hitherto unknown to him—the realm of faith.

—Bill W., April 1961 *Grapevine*.

Volunteers Needed

For Women's A.A. meeting, 7:00 P.M. Monday nights at Black Mountain Correctional Facility for Women. For more information, contact: Cari B. (828) 296-1535 or Myra B. (828) 296-0405.



Asheville Big Book Study Group

Suzanne T. 1-1-92 11 years

Brevard Group

Dot P. 1-21-82 21 years
 Don H. 1-5-92 11 years
 Bob M. 1-24-93 10 years

Conscious Contact Group

Thomas M. 1-4-98 5 years
 Suzanne B. 1-23-75 28 years
 Joe B. 1-27-00 3 years
 Margaret K. 1-27-00 3 years

Daily Decisions Group

Steve H. 1-8-02 1 year
 McRae H. 1-9-86 17 years
 Scott B. 1-17-01 2 years
 Joe T. No date given 6 years
 Josie S. No date given 2 years

Fellowship Group

Sue C. 1-24-81 22 years
 Greg F. 1-28-79 24 years

Grace Group (Asheville)

Amy M. 1-21-75 28 years
 Andi P. 1-14-99 4 years
 Brenda J. 1-3-00 3 years
 Chris C. 1-25-95 8 years
 Jane H. 1-4-79 24 years
 Karl K. 1-7-98 5 years

Leslie P. 1-10-00 3 years
 Liz N. 1-12-99 4 years
 Matt G. 1-17-98 5 years
 Mike M. 1-9-02 1 year
 Nancy S. 1-13-02 1 year
 Patty C. 1-15-02 1 year
 Sharon C. 1-12-00 3 years
 Stephanie J. 1-30-01 2 years
 Tony W. 1-20-00 3 years

Grace Group (Waynesville)

Rick C. 1-29-87 16 years
 Doris H. 1-13-89 14 years
 Dan D. 1-21-99 4 years
 Rick B. 1-5-00 3 years

Hendersonville Group

Tom R. 1-30-75 28 years
 Jason B. 1-25-00 3 years

Joy Of Living Group

Norm C. 1-11-56 47 years
 Sandy T. 1-18-00 3 years

Midday Group

Eddie S. 1-13-99 4 years
 Ed F. 1-23-85 18 years
 Lisa W. 1-9-02 1 year
 Joe S. 1-19-78 25 years
 Bobbi S. 1-21-87 16 years
 Jim R. 1-07-94 9 years

Thursday Afternoon Women's Group

Deborah C. 1-1-01 2 years
 Martha K. 1-5-77 26 years
 Janet W. 1-6-86 17 years
 Karen B. 1-17-01 2 years
 Kay C. 1-25-72 31 years

The Upward Group

Barbara N. 1-11-02 1 year

Personal Anonymity

From its earliest days, A.A. has promised personal anonymity to all who attend its meetings. Because its founders and first members were recovering alcoholics themselves, they knew from their own experience how ashamed most alcoholics are about their drinking, how fearful they are about public exposure. The social stigma of alcoholism was great, and those early A.A. members recognized that a firm assurance of confidentiality was imperative if they were to succeed in attracting and helping other alcoholics to achieve sobriety.

Over the years, anonymity has proved one of the greatest gifts that A.A. offers the suffering alcoholic. Without it, many would never attend their first meeting. Although the stigma has lessened to some degree,

most newcomers still find admission of their alcoholism so painful that it is possible only in a protected environment. Anonymity is essential for this atmosphere of trust and openness.

Valuable as privacy is to new members, it is noteworthy that most of them are eager to share the good news of their A.A. affiliation with their families. Such a disclosure, however, is always their own choice: A.A. as a whole seeks to ensure that individual members stay as private and protected as they wish, or as open as they wish, about belonging to the Fellowship; but always with the understanding that anonymity at the level of press, radio, TV, and films crucial to our continuing sobriety and growth—at both the personal and group levels.

—From A.A. pamphlet *Understanding Anonymity*



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$50.00
AWOL Group	\$20.00
Brevard Group	\$50.00
Cashiers Valley Group	\$313.85
Conscious Contact Group	\$354.00
Cullowhee Valley Group	\$25.00
Edneyville Group	\$5.00
Grace Group (Asheville)	\$250.00
Grace of God Group	\$15.00
Hendersonville Group	\$38.70
Happy Hour Group	\$50.00
Hot Springs Group	\$25.00
Just For Today Group	\$50.00
Leicester Group	\$25.00
Maggie Valley Group	\$50.00
Maple Grove-Clyde Group	\$402.81
Sunshine Group	\$25.00
Tryopn Group	\$100.00
Total Group Contributions	\$1849.36

Financial Position as of 11/01/02 **\$2621.94**

Cash on Hand	\$27.26
Income	\$3871.65
Total	\$6520.85

Expenses

Rent	\$144.00
Salary	\$600.27
Payroll Tax	—
Phone S.Bell	\$63.58
Phone AT&T	\$113.04
Answering Service	\$241.00
Printing W & W	\$7.06
Printing Mountain Doin's	\$23.01
Editor Expense	\$150.00
Sales Tax	\$116.68
Books & Chips	\$1268.80
Postage	\$45.00
Postage Mountain Doin's	\$52.38
Bank Service Charge	—
Office Supplies	\$13.49
Misc. Returned checks	—
Total Expenses	\$2838.57

Bank Balance as of 11/27/02 **\$3682.28**

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.

Spiritual Experience

The terms "spiritual experience" and "spiritual awakening" are used many times in this book, (*Alcoholics Anonymous*) which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms.

Yet it is true that our first printing gave many readers the impression that these personality changes, or religious experiences, must be in the nature of sudden and spectacular upheavals. Happily for everyone, this conclusion is erroneous.

In the first few chapters a number of sudden revolutionary changes are described. Though it was not our intention to create such an impression, many alcoholics have nevertheless concluded that in order to recover they must acquire an immediate and overwhelming "God consciousness" followed at once by a vast change in feeling and outlook.

Among our rapidly growing membership of thousands of alcoholics such transformations, though frequent, are by no means the rule. Most of our experiences are what the psychologist William James calls the "educational variety" because they develop slowly

over a period of time. Quite often friends of the newcomer are aware of the difference long before he is himself. He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone. What often takes place in a few months could seldom have been accomplished by years of self-discipline. With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.

Most of us think this awareness of a Power greater than ourselves is the essence of spiritual experience. Our more religious members call it "God consciousness."

Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial.

We find that no one need have difficulty with the spirituality of the program. *Willingness, honesty, and open-mindedness are the essential of recovery. But these are indispensable.* From *Alcoholics Anonymous*



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.

36th Tar Heel Mid-Winter Conference, January 16—19, 2003. Hilton North Raleigh, Raleigh, NC. Conference registration: Early registration by Jan. 9 \$12 per person. Question - call (919) 847-5467, or (919) 471-0936 Late registration After Jan. 9. \$15 per person. Hotel Reservations: \$62 per person (by Jan. 9, 2003) Hilton North Raleigh Hotel, 3415 Old Wake Forest Road, Raleigh, NC 27609. Phone: (919) 872-2323 or 1-800-445-8667.

23rd Annual Hilton Head Island Mid-Winter Conference, January 17—19, 2003, at The Westin Resort, 2 Grasslawn Avenue, Hilton Head Island, S.C. 29928. Phone: (843) 681-7704. Registration deadline: January 8, 2003. Mail registration to Hilton Head Midwinter Conference, P.O.Box 6256, Hilton Head SC, 29938.

Sobriety @ Sea presents **Cruise to Paradise** —September 13, 2003. Aboard Royal Caribbean International's brand new super-liner "Navigator of the Seas." (a floating resort that includes ice-skating rink at sea and a 9-hole miniature golf course.) Our 7-night cruise departs from Miami and will visit these ports of call—Paradise Island (Nassau, Bahamas; St. Thomas, USVI; San Juan, Puerto Rico; and Labadee, Hispaniola. Fares starting at \$699. Fares are based on double occupancy for category "N"

For more information visit website www.SobrietyatSea.com You may also e-mail Bob at Bob@SobrietyatSea.com or call 1-800-650-7245. x111 for details and your FREE brochure.

IAAWC 39th International A.A. Women's Conference, Seattle, Washington, February 13-16, 2003. This Conference is unique in that it travels to a different city each year, providing the opportunity for thousands of women to share with one another. Many women do not hear about the Conference unless it is in their area. For further information contact Tracy H., Publicity chair, at www.tdhep@earthlink.net.

56th Annual South Carolina Convention, Thursday, March 6, through Sunday, March 9, 2003, at Sheraton, North Charleston Hotel, 4770 Goer Drive, Charleston, SC, 29406. All reservations must be called in either to the toll free number or the local number: (888) 747-1900, or (843) 747-1900

Life is not a problem to be solved, but a gift to be enjoyed.

MOUNTAIN BREWING'S



"I'll have a pint," said the teenage alky boy to the lady bartender.

Looking him over, the barmaid said, "Scram, kid. Do you want to get me into

trouble?"

"Well, maybe later," said the young man. "But right now all I want is a pint of beer."

X X X

Two alky friends were sitting around the porch in rocking chairs. "Do you ever think of the hereafter?" asked Mary.

"All the time!" replied Jane. "I go into a room and look around and say, 'Well, what was it I came here after?'"

X X X

A highway patrolman pulls over a drunk driver and says: "Show me your license."

"Will you guys get your act together?" shouts the drunk. "Last night you take it away, and now you want to see it!"

X X X

"If you tell a man anything, it goes in one ear and out the other," said Alky Jeanie.

"And if you tell a woman anything," said Alky John, "it goes in both ears and out of her mouth."

X X X

When Alky George had reached the age of sixty-five he suddenly began chasing teeners. A neighbor noticed it and mentioned it to George's wife.

"What are you going to do about it?" the neighbor asked.

"Who cares?" George's wife answered. "Let him choose young 'uns. Dogs chase cars, but when they reach them, they can't drive."

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