

MOUNTAIN DOIN'S

Central Office Newsletter
FEBRUARY 2003



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District 70 Eatin' Meeting



on
Sunday, February 9, 2003
at

Emma United Methodist Church, Asheville
N. Louisiana Ave. and Adams Hill Road
(Take Patton Ave. to N. Louisiana. Follow
N. Louisiana to Adams, Hill. (Church is across from Square D.)

ESE Meeting at 2:30 PM
Eating at 4 pm
Speaker at 5 PM

Drinks and main dish provided
Please bring a side dish

Hosted by the Asheville Grace Group
and the Asheville Big Eck Step Study Group

All are Welcome!

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 Mountain View Group meeting held on Wednesdays at First Presbyterian Church, Highlands, has been canceled.

New Meeting: The Asheville Original Recipe Group is a newly formed group and has begun meetings at 7 PM on Mondays at First Christian Church, Fellowship Hall, downstairs, at 20, Oak Street, Asheville. The meetings are Big Book, Step Study, Closed.

Meeting Address change: The Asheville Serenity Service Group now meets at a new location. The meetings are at 967-G Haywood Road, Asheville, beside Ingles. Parking is available in the Ingles parking lot area facing the meeting location. All meetings are non-smoking.

Meeting details:

Sunday	11 AM open	8 PM closed
Monday	—	8 PM closed
Tuesday	5:30 PM closed	8 PM closed
Wednesday	—	8 PM closed
Thursday	5:30 PM closed	8 PM closed
Friday	—	10 PM closed
Saturday	11 AM Open	10 PM closed

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 12/02/02—12/27/02

Answering Service Calls	264
General Information	1
A.A. Help	7
Family Help (Al-Anon)	8
Meeting Information	83
Central Office Business	71
Medical Help (Hospital, Detox, etc.)	0
P.I. Calls	0
Others	0
Visitors	618



Readers' Forum

Live Letters

Greetings from the new District 70 DCM

Dear Fellow A.A.ers,

I'd like to introduce myself as the incoming District 70 District Committee Member (DCM) for 2003-2004. I am both honored and humbled by the duties of this job, and I hope that "y'all" will help me to be my best at it. Thank you for this chance to serve!

I'm very much an idealist—one who strives for the greater good. This seems like the perfect time to encourage all District 70 A.A. members to work together, so we can strengthen the District's service to alcoholics and their home groups through greater participation at District meetings and also at Eatin' Meetings. I'd also like to urge every General Service Representative (GSR) and Alternate GSR from each group to attend both of these wonderful events. Over the years I've found them to be great opportunities for fellowship and service.

See you there!

Suzanne T.

DCM 2003-2004, District 70

Look for the worst in people and you'll find it. Look for the best in people and you'll find it.



Acceptance Group

Dan B. 2-15-94 9 years
 Leslie B. 2-15-02 1 year

Asheville B.B. S.S. Group

Stacey R.. 2-13-02 1 year
 Bill D. 2-25-99 4 years

Brevard Group

Kathleen M. 2-28-82 21 years
 Jenny B. 2-29-95 8 years

Conscious Contact Group

Terry H. 2-09-88 15 years
 Jay C. 2-04-62 41 years

Cumberland Group

Kristin W. 2-20-92 11 years
 Kirby S. 2-27-75 28 years

Daily Decisions Group

Ed. F. 2-02-02 1 year
 La Shawn L. 2-19-01 2 years

Grace Group (Waynesville)

Bill D. 2-25-99 4 years
 Mary S. 2-15-75 28 years

Happy Hour Group

Maureen McF. 2-14-69 34 years

Beth R. 2-06-00 3 years
 Bill W. 2-18-97 6 years

Hendersonville Group

Larry L. 2-20-81 22 years
 Ed. D. 2-22-72 31 years
 Dave N. 2-12-01 2 years

Joy of Living Group

Derry C. 2-01-01 2 years
 Shelby B. 2-15-96 7 years
 David F. 2-15-98 5 years
 Perry S. 2-04-01 2 years

Leicester Group

Mason C. 2-19-98 5 years
 Gene M. 2-04-73 30 years
 Tom C. 2-27-02 1 year

Maggie Group

Marvin M. No date given 22 years

Maple Grove Group

Dick B. 2-07-71 32 years
 Kathryn M. 2-14-98 5 years

Midday Group

Anne Y. 2-14-01 2 years
 Tom M. 2-09-82 21 years

Mountain Side Group (Robbinsville)

Howard G. 2-10-97 6 years
 Dennis W. 2-03-01 2 years

Sylvan Valley Group

Kathleen C. 2-01-96 7 years
 David M. 2-20-94 9 years

Upward Group

Bobbi P. 2-03-86 17 years

Making Amends

A little rigorous honesty will reveal to any alcoholic that he "roared like a tornado through the lives of other people." But when you start making a list of people you have harmed, do you put your own name on the list? You are apt to be the person you most harmed. You are very likely the one in most need of repair. This is selfish you say? I think not. Remember the old lines: "To thine own self be true, and it must follow as the night the day, thou canst not then be false to any man."

First things first. Make amends—but start where the trouble starts, with yourself. Learn to forgive yourself, then you can forgive others. Accept yourself, and then others will begin to accept you. Feeling accepted—or rejected—is important to us alcoholics.

As drinkers we often experienced rejection, so often that we developed hair-trigger reflexes. Despite our present abstinence from alcohol, these reflexes are still with us. We're quick to sense rejection, real or fancied, and this breeds resentment. A.A. experience, as well as words of our Big Book, tell us that resentment is one emotion an alcoholic cannot afford.

If the problems of acceptance and rejection are annoying you, if the things you try to do leave you feeling not satisfied, if your experience sober is beginning to convince you that drunk or sober you are a born loser in this life, I have a suggestion to offer: try once more to embrace the Eighth and Ninth Steps of the A.A. program This time though, go at it with this for reference: put making amends to *accepting yourself* on top of the list. —*The Grapevine*, June '65



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$50.00
AWOL Group	\$10.00
Back To Basics Group	\$300.00
Brevard Group	\$50.00
Daily Decisions Group	\$148.00
Day By Day Group	\$100.00
Fellowship Group	\$50.00
Happy Hour Group	\$50.00
Hendersonville Group	\$49.09
Midday Group	\$25.00
Marion Group	\$25.00
Mountain View Group	\$48.00
Robbinsville Mountainside Group	\$35.00
Tuesday Night Men's Group	\$60.00

Total Group Contributions **\$\$1000.09**

Financial Position as of 12-01-02 **\$3682.28**

Cash on Hand **\$27.26**

Income **\$2414.78**

Total **\$6124.32**

Expenses

Rent	\$164.00
Salary	\$600.27
Payroll Tax	\$298.35
Phone S.Bell	\$120.98
Phone MCI	\$36.76
Answering Service	\$207.00
Printing W & W	\$277.02
Printing Mountain Doin's	\$277.02
Editor Expense	\$150.00
Sales Tax	\$87.87
Books & Chips	\$1005.36
Postage	\$47.80
Postage Mountain Doin's	\$49.32
Bank Service Charge	\$0.31
Office Supplies	\$42.67
Misc. Returned Checks	—
Transfer to Copier Fund	\$300.00

Total Expenses **\$3664.73**

Bank Balance as of 12/31/02 **\$2459.59**

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.

If You Can't Live or Die, Make Coffee

It has been said in these rooms that if we all threw our problems into one pile and walked around it for a while, we'd each reach in and take back our own problems. As an active alcoholic, I wish I had a nickel for every time I found myself in that state of utter despair. God help me! What can I do? I've alienated everyone I know who means anything to me. I don't know how to behave among normal people; and I can't stop drinking!

I thought I knew the answers, but for some inexplicable reason nothing seemed to work out. Everything in my life seemed to be getting progressively worse when all I wanted was to make it better. I saw that I couldn't live this way, but there seemed to be no other way I could live.

Death appeared to be an alternative. If I killed myself I'd have the last say after all, and my family would benefit from the insurance. It seemed my last opportunity to write a happy ending. But I wasn't really all that macho. I was scared, and I knew I was about to lose everything I'd manipulated my life into. It was as if my whole life had become meaningless.

What should I do?

Make coffee? That's what some insensitive guy suggested at a meeting. "Why dwell on what you can't do? It just gets you more frustrated. Why not concentrate on what you can do? You want to be of some genuine value in this world? Then come off Mount Olympus and join us.

"We don't need a corporate vice president—and your other credentials don't count here. Our only concern is to help ourselves by helping each other find what we are all so desperately in search of: freedom from booze, and a contented, useful life. We don't need a genius. We need a coffee maker.

"You want to feel good about yourself once again? Make coffee!"

All I thought about as I was making the coffee was making the coffee, and how people could enjoy it. At my sponsor's suggestion, I stood by the coffee pot and welcomed everyone who came by. I must have experienced a million smiles in a very short time.

My troubles were gone for the time that I was doing these things. And so it can be for you.

If you can't live and you can't die, make coffee.

—From *The Home Group: Heartbeat of A.A.* pp.81-84



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.

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, 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.

Sobriety @ Sea presents **Cruise to Paradise**—September 13, 2003. Aboard Royal Caribbean International's brand new superliner "Navigator of the Seas." (a floating resort that includes ice-skating rink at sea, and a 9-hole miniature golf course.) Our 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, Hispanola. Fares starting at \$699. Fares are based on double occupancy for category "N".

For more information, visit website www.SobrietyatSea.com. You may also email Bob at Bob@SobrietyatSea.com or call 1-800-650-7245. X111 for details and your Free brochure.

Area 51 Events Schedule

(All events will be held at the Hilton-N. Raleigh Hotel, Raleigh, N.C. with the exception of the Area 51 CFC Conference).

- 2003 February Committee Mting February 22-23
- 2003 Area 51 CFC Conference - Holiday Inn - Southern Pines March 14-16
- 2003 Spring Committee Assembly May 16-18
- 2003 N.C. State Convention July 17-20
- 2003 Sept. Committe Meeting Sept. 13-14
- 2003 Fall Committee & Assembly Nov. 12-23

Log on to District 70's www.ashevilleaa.org for meeting schedules, service opportunities, special events and GSR information.

MOUNTAIN BREWINS'S



Two alkyes were out hunting when a bear suddenly appeared in the forest. It began to turn in their direction. One alky reached

into his pack and pulled out a pair of sneakers, and put them on in a hurry.

His pal said: "You know you can't outrun that bear."

"I don't have to," the other replied. "I just have to outrun you!"

x x x

"What's the secret to your long and happy marriage?"

"My wife and I go out for a romantic dinner at least once a week."

"That's wonderful! Where do you go?"

"I like Italian . . . I don't know where she goes."

x x x

The plump lady struggled onto the bus while her husband just stood and waited.

"Eh, Charlie," she said as she found a seat. "You ain't as gallant as you was when I was a gal."

"No, luv," he replied. "And you ain't as buoyant as you was when I was a boy."

x x x

"Is your new horse well behaved?" asked alky Fred of his pal Jerry.

"Oh yes," answered Jerry. "When we come to a fence, he stops and let's me go first."

x x x

Alky husband to wife: "Do you ever look at a man and wish you were single again?"

Wife: "Yes. Every morning."

x x x

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