

MOUNTAIN DOIN'S

Central Office Newsletter

APRIL 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

Spring is here! Welcome to all in the Fellowship

—from North Carolina Central Office

As we settle into the Spring of 2003, our North Carolina Mountain Central Office welcomes Groups in our Districts of 70, 71, and 80, and we hope that we can all continue our journey in recovery, with the help of our program and the Fellowship of A.A.

Our monthly contributions to all A.A. Services can continue to keep our Fellowship capable of meeting its day-to-day obligations and even expand its efforts to help more and more alcoholics enjoy the benefits of learning to live lives of sobriety. Contributions are the main source of income for all these A.A. services.

Here is an updated list of addresses within the Fellowship that rely solely on our monthly contributions in order to keep functioning.

Central Office

N.C. Mountain Central Office,
197 Park Place Offices,
70 Woodfin Place,
Asheville, NC 28801

General Service Office

General Service Office,
P.O. Box 459,
Grand Central Station,
New York, NY 10164-0423

Area 51

NCGSC Treasurer
P.O. Box 4648
Cary, NC 27519-4648

District 70

District 70 Treasurer,
P.O. Box 4351,
Asheville, NC 28805-1260

District 71

District 71 Treasurer
P.O. Box 6224,
Hendersonville, NC 28793-6224

District 80

Treasurer/Registrar,
P.O. Box 1531,
Franklin, NC 28744-1531

The General Service Conference suggests that groups adopt a specific contribution plan. Once basic expenses have been taken care of, and a prudent reserve decided upon, the remaining monies are dispersed to aid A.A. Services. A popular breakdown of groups' monthly contributions is: Central Office—50%; G.S.O.—30%; District—10%; Area—10%

Twelfth Step Telephone List: N.C. Mountain Central office holds a list of A.A. members who have volunteered to submit their names and telephone numbers for the purpose of agreeing to accept calls from suffering alcoholics who call Central Office to inquire about getting help. Our list needs updating from time to time, and we ask all members willing to lend a helping hand to the suffering alcoholic by words of encouragement and A.A. information, to provide first names and phone numbers on a list now held by each group chairperson. Your Central Office thanks you.

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.

District 70 Financial Status as of 12/31/2002

Beginning balance as of 01/01/2002 \$404.21
 Year to date Group contributions **\$2110.84**
 Balance: **\$3515.05**

Expenses:

Secretary mailing and copying	\$145.30
Transfer to CPC/PI Reserve	\$102.66
Transfer to CFC/TC Reserve	\$731.66
Website Maintenance fees (\$25 monthly)	\$362.83
DCM Expenses	\$500.00
DCM Telephone Expense	\$53.22
Mountain Central Office Contribution*	\$132.00
NC GSC Contribution*	\$99.00
GSO Contribution*	\$99.00
Annual Post Office Box rental	\$76.00
Archives Supplies	\$150.00
Ending Balance	\$1063.38*

*District 70 has established a prudent reserve of \$1,400.00. When that reserve is exceeded, the district has voted to distribute the excess between our local Central Office (40%), the NC GSC (30%) and the GSO in New York (30%)

**The most tiring exercise in the world
is carrying yesterday on your back.**

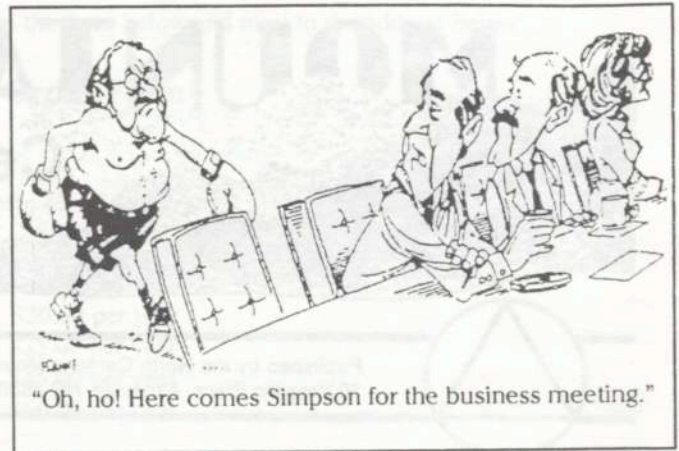
Central Office Phone Log



"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 02-02-03

Answering Service Calls	258
General Information	0
A.A. Help	2
Family Help (Al-Anon)	4
Meeting Information	97
Central Office Business	70
Medical Help (Hospital, Detox, etc.)	8
P.I. Calls	0
Others	0
Visitors	64



"Oh, ho! Here comes Simpson for the business meeting."

Readers Forum

Live Letters

Cross Talk Crackpots

One thing I used to enjoy when I first came into A.A. was the way everyone listened or remained quiet while someone else was talking. It was a very gratifying experience for me to learn that here was a group of people who would patiently listen to what each other had to say and then respond when invited to by the Chairperson.

Unfortunately, this is no longer true in some of the groups I attend—especially among some of the old-timers. Cross talk we call it—talking across the room. Often one old-timer wants to give a newcomer advice, or wants to contradict what has just been said. It is rude and boring. And, I contend, out of order. I've even seen people get up and leave the meeting when cross-talking persists.

It's the Chairperson's job to put a stop to this behavior. Everyone should be free to share without interruption or receiving across-the-room advice. But some Chairpersons are just too polite or perhaps nervous to call on the cross-talker to be quiet.

Perhaps it's something that should be included in the Preamble. Some like: "When anyone is called upon to volunteer to speak, we ask that he or she not be interrupted by across-the-room talk nor given comments by someone who has not at that point been asked to speak
 —JR

Things We Cannot Change

Phil M. a member of the Murphy No Name Mtg passed away in February, 2003, after 25 years of sobriety. He was a former DCM for District 80, and he will be long remembered for his love and service in our A.A. program.

In Memoriam



Acceptance Group, Asheville

Marrett A.	4-1-59	44 years
John J.	4-1-96	7 years
Tom B.	4-4-83	20 years
Sherry N.	4-5-01	2 years
Ocean S.	4-9-71	32 years
Stephanie W.	4-16-86	17 years
Allison H.	4-16-02	1 year
John C.	4-20-01	2 years
Jim D.	4-26-??	?? years

Asheville Big Book Step Study Group

Phil D.	4-28-88	15 years
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Back To Basics Group

Kelsey S.	4-12-83	20 years
Perry B.	4-15-86	17 years
Margaret N.	4-29-86	17 years

Fellowship Group

Steve A.	4-1-87	16 years
Lucy H.	4-5-88	15 years
Carol S.	4-10-88	15 years

Grace Group, Asheville

Adam F.	4-3-94	9 years
Beth T.	4-3-93	10 years
Brian M.	4-22-78	25 years
Elena L.	4-20-00	3 years
John D.	4-22-97	6 years

John J.	4-1-96	7 years
Larry M.	4-7-01	2 years
Matthew J.	4-29-00	3 years
Michael C.	4-10-93	10 years
Roger P.	4-21-00	3 years
Ron C.	4-15-96	7 years
Sally K.	4-11-97	6 years
Shirley O.	4-01-01	2 years
Talmadge H.	4-05-96	7 years
Zoe H.	4-26-87	16 years

Haywood County Grace Group

Betty C.	4-01-89	14 years
Betty M.	4-19-72	31 years
Kip B.	4-28-92	11 years
Mike W.	4-05-94	9 years

Happy Hour Group

Gene McF.	4-1-68	35 years
David W.	4-21-99	4 years

Hendersonville Group

Stewart R.	4-16-97	6 years
Mike L.	4-14-00	3 years
Sam B.	4-28-86	17 years
Gail A.	4-24-88	15 years

Joy Of Living Group

Marion B.	4-5-02	1 year
Phyllis T.	4-14-85	18 years

Maple Grove Group

Heidi D.	4-1-73	30 years
John B.	4-14-89	14 years
John A.	4-19-89	14 years

Midday Group

Michelline H.	4-16-80	23 years
Theresa H.	4-11-00	3 years
Nancy S.	4-04-02	1 year

More Than Just a Coffeepot

For Jerry D. of Warren, Pennsylvania, the coffeepot is more than the sum of its parts. It symbolizes the essence of rotation—in all its service positions, from group coffeemaker to the board of trustees—that is the Fellowship's main method of doing away with popularity contests and, in the spirit of Tradition Twelve, "reminding us to place principles before personalities.

Writes Jerry: "I had been in A.A. for five months when I joined a Big Book study group. One night my soon-to-be service sponsor told me to 'get active and clean the coffeepot.' I did, and got such a wonderful feeling cleaning the pot—it was the first good feeling I'd had in a long time.

"For the next year I cleaned the coffeepot every

Thursday night. It was my job, and I wouldn't let anyone else do it. One night I was telling my sponsor how good it made me feel. He said 'Great. Now let somebody else clean the coffeepot. Let that person feel good like you.' So I found somebody else. First we cleaned the coffeepot together, then he cleaned it, then he passed the job on to another A.A., all in the spirit of rotation."

Seven years passed, Jerry relates. "Then, one night I paid a by now infrequent visit to the same Big Book study meeting. Afterward I walked into the kitchen to throw my paper cup away, and there was that old coffeepot. The current 'trusted servant' and I had our own meeting while I was cleaning it, and it felt really good.

Thank God for A.A.—and coffeepots."

—Box 5/4/9 Feb-March 2002



Treasurer's Report

N.C. Mountain Central Office, Inc. Financial Report for the month of February 2003.

INCOME

Group Contributions:

Acceptance Group	\$50.00
Asheville Big Book Step Study Group	\$52.00
AWOL Group	\$13.00
Bethel Up the River Group	\$50.00
Blue Ridge Group	\$100.00
Bone Dry Group	\$80.00
Brevard Group	\$50.00
Cashiers Valley Group	\$172.68
Common Sense Group	\$10.00
Day By Day Group	\$90.00
Early Bird Group	\$69.00
Edneyville Group	\$10.00
Fellowship Group	\$50.00
Franklin Group	\$50.00
Grace Group, Asheville	\$234.50
Happy Hour Group, Hendersonville	\$50.00
Hayesville Group	\$25.00
Hendersonville Group	\$51.00
Just For Today Group	\$115.00
Locked In Forward Group	\$10.00
Mars Hill Group	\$200.00
Midday Group	\$30.00
Native American Group	\$100.00
Sunshine Group	\$25.00

Total Group Contributions	\$1687.18
Financial Position as of 2--01-03	\$3331.48
Cash On Hand	\$27.26
Income	\$3148.67
Total	\$6507.41

Expenses:

Rent	\$150.00
Salary	\$600.27
Payroll Tax	—
Phone Bell S.	\$56.97
Phone MCI	\$25.92
Answering Service	\$184.50
Printing <i>Where & When</i>	\$6.78
Printing <i>Mountain Doin's</i>	\$14.30
Editor Expense	\$150.00
Sales Tax	\$90.79
Books & Chips	\$1191.11
Postage	\$56.06
Postage <i>Mountain Doin's</i>	\$54.32
Bank Service Charge	\$1.14
Office Supplies & Expense	\$87.04
Miscellaneous Returned Checks	—
Transfer to Copy Fund	\$400.00
Total Expenses	\$3069.20

Bank Balance as of 2-28-03 **\$3438.21**

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

Unity, the Aim of the Traditions

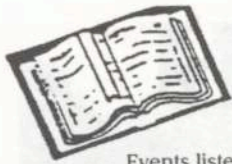
A glance at the Twelve Traditions will instantly assure anyone that "giving up" is the essential idea. Tradition One asks us to place the common good ahead of personal desire. Tradition Two asks us to listen to God as he may speak in the group conscience. Tradition Three requires that we exclude no alcoholic from A.A. membership. Tradition Four implies that we abandon all idea of centralized human authority. But each group is enjoined to consult widely in matters affecting us all. Tradition five restricts the A.A. group to a single purpose, carrying the message.

Tradition Six points at the corroding influence of money, property, and personal authority. It also warns against the natural temptation to make alliances and give endorsements. Tradition Seven states that we had best pay our own bills; that large contributions or those carrying obligations ought not to be received. Tradition Eight forswears professionalizing our Twelfth

Step work but it does guarantee our few paid service workers an unquestioned amateur status. Tradition Nine asks that we give up all idea of expensive organization; enough is needed to permit effective work by our special services—and no more. Tradition Ten implores each of us to take care against committing A.A. to the fires of reform, in our public relations, that we be alert against sensationalism. Personal anonymity at the level of press, radio, and film, [and T.V.] is urgently required, thus avoiding the pitfall of vanity.

Tradition Twelve, in the mood of humble anonymity, plainly enough comprehends the preceding eleven. The Points of the Traditions are little else than a specific application of the spirit of the Twelve Steps of recovery to our group life and to our relations with society in general. The recovery steps would make each individual A.A. whole and one with God; the Twelve Traditions would make us one with each other and whole with the world about us. Unity is our aim.

Extracted from The Language Of The Heart



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.

Weekend Spiritual Retreat on April 25-27. at Living Waters Reflection Center, 1420 Soco Road, Maggie Valley, NC, 28751 (Phone: (828) 926-3833).

The retreat is not allied with any sect, denomination, politics, organization or institution, but you must be an A.A. member to attend. Purpose: to provide an opportunity for all A.A. members (men and women) a weekend of quiet reflection, of sharing experience, strength and hope, and to provide additional direct support to their spiritual well being. Cost: \$120 per person—includes private room, five meals, snacks, fruit, etc. For more information call Karin M., 1-828-328-8298, or Patty R., (828) 304-2340

Women's Retreat, at Wolf Laurel Lodge and Retreat, 41 Beauty Spot Road, Mars Hill, NC, 28754, on Friday, May 2nd, Saturday, May 3rd and Sunday, May 4th. Check-in time will be at 4 PM on Friday, May 2nd, and the Retreat will end at Noon on Sunday, May 4th. For full details of the program, costs, and any other details, please phone Elizabeth H, 828 242-8205, or Kathy H., 828-665-0824, or Vicki T. at 828-421-3502.

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 (Naşsau, 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.

8th Annual National Archives Workshop, takes place on Sept 25 - 28, at the Westin Hotel, 400 Corporate Drive, Ft. Lauderdale, FL, 33334. For reservations call the Hotel at (800) 228-3000. For information call Michael C. at (945) 749-0804.

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 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. 21-23

MOUNTAIN BREWINS'S



The doctor was examining Alky Dick to discover the cause of the patient's complaint.

"I'm sorry, Dick," said the doctor, "but I really can't diagnose your problem. I think it must be drink."

"Aw, that's O.K. doctor," said Alky Dick. "I'll come back when you're sober."

x x x

Alky Mary: "I told Greg a month ago that I wouldn't marry him, and he's been hittin' the bottle ever since."

Alky Sally: "Wow! I'd say that's carrying a celebration too far!"

x x x

"Can you believe it—I lost 250 lbs in one day."

"Wow! How d'ya do it?"

"I divorced her!"

x x x

"Not having a job, and living off welfare as you do, do you ever have any trouble getting the basic necessities of life?"

"I sure do. And half the time, when I do get it, it ain't fit to drink."

x x x

"The man I marry must be a hero."

"Oh, you're not as bad as all that."

x x x

Two alkyies were sitting at the bar. Said one, pointing to a young man sitting at a table, "That young man's 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?"

"Yes, he saw his uncle."

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Clip and mail with check or money order to:

N.C. Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Group or Individual Name _____

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