

MOUNTAIN DOIN'S

Central Office Newsletter

JUNE 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



DISTRICT

70

**EATIN'
MEETING**

SUNDAY, JUNE 8

**at
1st Christian Church,
Fellowship Hall
20 Oak St
Asheville, N.C.**

**Sponsored by the Traditional Group
and Daily Decisions Group**

**GSR Meeting at 2 30 P.M.
Eating at 4 P.M.
Speaker at 5 P.M.**

**Please bring a covered dish
Meat and beverages will be supplied**

Come join us for Fun and Fellowship!

District 80

**Eatin' Meeting
and
Central Office Mtg.**

Sunday, June 22

**at
Macon County Recreational
Center
Allman Road
(Off Rte. 441)
Franklin, N.C.**

Sponsored by The New Hope Group

**Eating 1 P.M.
Speaker 2 P.M.
(Sue E.)
Central Office
Meeting 3 P.M.**

**Please bring cov-
ered dish. Meat
and beverages
will be supplied.**



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.

Group Lists Wanted

Included in the April issue of *Mountain Doin's* was a sheet asking for lists of names and phone numbers of group members willing to accept calls for help from suffering alcoholics who call Central Office for information about A.A. and meeting locations.

Our present lists are outdated and Central Office needs new names and numbers of members who are willing to chat with suffering alcoholics, and provide words of encouragement.

It was requested that as soon as completed the lists should be returned by the groups to N.C. Mountain Central Office, 107 Park Place Offices, 70 Woodfin Place, Asheville, N.C., 28801. Only 40% of the groups in Districts 70, 71, and 80 responded. We ask that those who have not responded do so as soon as possible.

Your Central Office thanks you.

Trudging the Road

Our book (The Big Book) is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do for each day for the man who is still sick. The answers will come, if your own house is still in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others.



*"I wanna practice them Twelve Steps—
but the railings are too darn low."*

This is the Great Fact for us. Abandon yourself to God, as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

—*Alcoholics Anonymous* p. 164

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 3-31-2003—4-25-2003

Answering Service Calls	271
General Information	0
A.A. Help	2
Family Help (Al-Anon)	5
Meeting Information	91
Central Office Business	80
Medical Help (Hospital, Detox, etc.)	1
P.I. Calls	0
Others	0
Visitors	78

Let's Hear from You

We welcome letters from our readers, and we encourage all to send the Editor letters about any aspect of A.A. that they like or that bothers them, or questions, suggestions, and opinions. By voicing your thoughts through letters to the Editor you are, in fact, doing Twelfth-Step work, for it is by sharing that our Fellowship gains. Need some ideas? Here are a few subjects to write about:

- Questions about A.A. and Central Office.
- How has A.A. helped you?
- What do you think would help others?
- Some surprises you've had in the program.
- How you deal with relationships.
- How about an unforgettable moment in A.A. you'd like to share?

Send to the Editor, *Mountain Doin's*, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801.



Asheville Big Book Step Study Group

Michael R. 6-03-02 1 year
Ann S. 6-10-98 5 years

Conscious Contact Group

John J. 6-02-86 17 years
Julie M. 6-17-96 7 years
Charles M. 6-19-01 2 years
Sue T. 6-27-84 19 years
Bruce U. 6-03-79 24 years
Melanie C. 6-29-91 12 years

Cumberland Group

Brad K. 6-01-98 5 years

Daily Decisions Group

Phil P. 6-01-96 7 years
Lee H. 6-16-02 1 year
Martha M. 6-25-02 1 year
Steve E. 6-28-00 3 years

Grace Group (Asheville)

Angie B. 6-26-00 3 years
Bob P. 6-02-92 11 years
Dan A. 6-13-95 8 years
Jonathan S. 6-07-02 1 years
Katie K. 6-13-97 6 years
Kelly B. 6-22-87 16 years
Margie M. 6-06-00 3 years
Marty H. 6-25-01 2 years
Paul S. 6-10-85 18 years
Richard P. 6-20-01 2 years
Sherry J. 6-05-02 1 year
Vicki C. 6-12-89 14 years

Happy Hour Group

Leonard A. 6-04-00 3 years
Alan W. 6-20-88 15 years
Ruthanne K. 6-12-90 13 years

Hendersonville Group

Nadine G. 6-21-91 12 years
Marshall D. 6-17-82 21 years
Warren P. 6-15-92 11 years
Bill H. 6-14-77 26 years
Marylin T. 6-21-00 3 years
Harold C. 6-15-98 5 years
Steven G. 6-20-97 6 years

Maple Grove Group

Mary Ann B. 6-07-71 32 years
Beverly B. 6-10-88 15 years
Sally G. 6-18-00 3 years

Midday Group

Nancy M. 6-17-95 8 years
Patsy S. 6-25-90 13 years
Loie L. 6-25-73 30 years
Irene No date given 32 years
Eugenia S. 6-02-02 1 year
Jim R. 6-15-97 6 years
Leonard A. 6-02-00 3 years

Traditional Group

Laura O. 6-3-89 14 years
Melvin L. 6-27-97 6 years
Mike B. 6-26-01 2 years
Denise D. 6-19-01 2 years
Terry G. 6-07-01 2 years
Elizabeth D. 6-06-01 2 years
James G. 6-10-01 2 years
John T. 6-15-01 2 years
Mike B. 6-26-01 2 years
Charity B. 6-23-99 4 years
David M. 6-02-02 1 year
Kaiser 6-01-02 1 year

Carrying the Lantern

Someone has observed, "He who carries a lantern on a dark road at night sees only one step ahead. When he takes that step, the lamp moves forward and another step is made plain. He finally reaches his destination in safety without once walking in the darkness. All the way was lighted, but only a single step at a time. This is the method of God's guidance."

To me, this is the ultimate description of how the program of Alcoholics Anonymous works. The Twelve Steps, the principles they teach, and the Higher Power they lead to, are our lantern—the Fellowship is a fuel. We move forward one step at a time never

knowing for sure what lies ahead, but move ahead on faith because the path we follow is well worn from those who have gone ahead of us. And we can be certain, as long as we keep the lantern fueled and burning bright, we will never fall into the dark pit of agony and despair where we once lived

And if someone nearby is stumbling in the darkness, we can reach out our hand and share our light with them to help them stay on the path. This, more than anything else, will provide fuel for our own lantern. I pray the God of your understanding will richly bless you with serenity, joy, and happiness as he has me. Thank you for helping me to keep the lantern burning bright. —Sheba, *Grapevine*, May 2000.

Treasurer's Report



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

INCOME

Group Contributions

Acceptance Group	\$50.00
Andrews Group	\$15.00
Asheville Big Book Step Study Group	\$52.00
Back To Basics Group	\$300.00
Black Mountain Group	\$110.00
Brevard Group	\$40.00
But For the Grace of God Group	\$10.00
Cullowee Valley Group	\$25.00
Daily Decisions Group	\$128.00
Early Bird Group	\$18.00
Edneyville Group	\$5.00
Fellowship Group	\$25.00
Happy Hour Group	\$50.00
Hendersonville Group	\$39.25
Joy Of Living Group	\$29.20
Midday Group	\$25.00
Sunshine Group	\$25.00
Tuesday Night Men's Group	\$47.00
Total Group Contributions	\$993.45

Financial Position as of 04-01-03 \$3061.56

Cash on Hand	\$27.26
Income	\$2295.57
Total	\$5384.39

Expenses

Rent	\$150.00
Salary	\$600.27
Phone S.Bell	\$57.80
Phone MCI	\$35.96
Answering Service	\$186.00
Printing W & W	\$36.59
Printing <i>Mountain Doin's</i>	\$31.96
Editor Expense	\$150.00
Sales Tax	\$70.04
Cost of Literature & Chips	\$912.90
Postage	\$63.09
Postage <i>Mountain Doin's</i>	\$58.20
Bank Service Charge	\$4.68
Office Supplies	\$23.39

Total Expenses \$2380.98

Bank Balance as of 4/30/03 \$3003.41

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.

“And The Wisdom To Know The Difference”

To many of us in A.A., the Serenity Prayer is something we rattle off unthinkingly at the opening of meetings. But the prayer is really of little value unless well understood and wisely used.

“God grant me the serenity to accept the things I cannot change.” Serenity can be defined as peace of mind, or the absence of anxiety, resentment, rebellion, bitterness, and similar emotions.. It's not easily acquired, and it comes in part by true acceptance of things we are powerless to change—for example, being born with a withered arm, or in our case, being alcoholic. We may learn to live with such handicaps, in our situation, by not drinking—but we can't change the basic infirmity itself.

Further, one of the hardest things in life to learn is that we can't change other people just to please ourselves. They are the way they are because that's the way they wanted to be, and no amount of nagging, appeals, or pressure will do anything but cause them anger and resentment. Therefore, much of our lack or loss of serenity involves clashes with other people's wills, directly or indirectly, open or hidden.

“Courage to change the things I can.” Our choice of action is to change ourselves—our faults, weaknesses, attitudes, way of life, and everything else our inventory has disclosed. It's a lifelong effort.

“And the wisdom to know the difference.” That's the big question. Whence comes the wisdom to tell the changeable from the unchangeable? Certainly prayer and meditation are of utmost importance, but we can't expect a celestial computer to print out a yes or no. Part of the job seemed to be up to us, through thoughtful and intelligent study of the situation, with an input of our own past experiences and those of others. We can ask for advice from both those in A.A. and those outside it. In the end, it helps to have enough humility to realize that our final decision could very well be wrong. When events prove our choice is correct we thank our Higher Power. When we are wrong, it's back to the drawing board again.

from The Grapevine, Jan. 1983

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



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.

11th Annual S.E. Regional Woman to Woman Seminar, September 19-21, 2003. A seminar for alcoholic women, hosted by alcoholic women. Holiday Inn—Richmond, 6531 West Broad Street. (804)285-9951. For more information contact: Chris W. (804)768-4655/cwell21@aol.com, or Holly D. (804)748-6277 HADZW@hotmail.com

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 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 (949) 749-0804

Area 51 Events Schedule

2002 Fall Committe Mtg. Sep. 14-15
2002 Fall Committee & Assembly Nov. 1-3

Leadership In A.A.

No society can function well without able leadership at all it's levels, and A.A. can be no exception. But we A.A.s sometimes cherish the thought that we can do without much leadership at all. We are apt to warp the traditional idea of "principles before personalities" around to such a point that there would be no "personality" in leadership whatever. This would imply rather faceless robots trying to please everybody.

A leader in A.A. service is a man or woman who can personally put principles, plans, and policies into such dedicated and effective action that most of us naturally want to back him up and help him with his job. When the leader power-drives us badly we rebel; but when he exercises no judgment of his own—well, he really is not a leader at all. —From *As Bill Sees It*

MOUNTAIN BREWING'S



"My husband beats me up every morning."
"How terrible!"
"Yes. He gets up at seven and I get up at eight."

x x x

Alky Jack: "My uncle swallowed a frog."
Alky Jill: "Goodness! Did it make him sick?"

Jack: "Sick! He's liable to croak at any moment."

x x x

Dan the drunk had just ended an argument with one of his drinking buddies, when a minister happened to be passing by. "You must learn to love your enemies," he cautioned Dan.

"I do," responded Dan. "I love whiskey and gin."

x x x

Men often make passes at girls who drain glasses.

x x x

"My wife came home from the doctor this afternoon and he told her that she had a drinking problem.

"Better get rid of it," I told her.

"So, this evening, she threw me out."

x x x

Little Harry rushed into his mother's bedroom "Ma," he complained, "I just can't sleep. Can you tell me a bedtime story?"

"Just wait a little while, honey," his mother said, consolingly. "Your father will be home soon and he'll tell us both one."

x x x

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