

MOUNTAIN DOIN'S

Central Office Newsletter

JULY 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



56th North Carolina State Convention

July 17th through 20th, 2003

Hilton North Raleigh Hotel

3415 Wake Forest Road

Raleigh, NC 27609

'Round the Clock Marathon Meetings

Saturday Night Dance

*FREE Convention Mug to First
500 Pre-Registrants!*

?Questions? Or more information

Bill A.—(919) 471-0936

Vic L.—(704) 694-3844

Bill T. (919) 479-7369

or Email: ncconference@nc.rr.com

Convention Registration

\$12.00 per person thru June 20, 2003

\$15.00 per person June 21, and after.

Alateens (must register) - No Charge

(No Refunds after June 20, 2003)

Program Agenda—Speakers

Thursday, 8.30 pm Mike B., Charlotte, NC

Friday, 3. pm Old Timers' Panel

8.30 pm Crockett H., Columbia, SC

Saturday, 10. am Sarajayne B., Milledgeville, GA

2.30 pm. Brookins B., Milledgeville, GA

8.30 pm Dean R., El Reno, OK

Sunday, 10 am Eva S., New York, NY

"Old Timers"

Alberta G., Fayetteville, NC

Dick. W., Matthews, NC

George McS., Naples, FL

Hotel Reservations

\$69.00 for up to four people

Reservations: (919) 872-2323 (Mon-Friday)

Or 1-800-445-8667

Hotel cut-off for Conference rate is

June 20, 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

Meeting cancellation: **The Highlands Mountain View Group meeting** held on Thursdays at 5:30 pm has been canceled.

New meeting: **The Asheville Conscious Contact Group** has begun a new meeting to be held on Sundays at 5:30 PM at Thoms Hospital/Mtn. Care Bldg. 68 Sweeten Creek Rd. The meeting is Big Book, Open, Non-smoking.

Jackson County A.A. Phone Service has received a new phone number. The new phone number is (828) 641-5400.

New A.A. Volume Now Available

Entitled *Experience, Strength, and Hope*, this new A.A. publication is now available from our Central Office at the price of \$8 per copy.

This is a collection of stories that bring back to the Fellowship the experience of fifty-six members

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 4/28/03—5/30/03

Answering Service Calls	367
General Information	1
A.A. Help	4
Family Help (Al-Anon)	3
Meeting Information	110
Central Office Business	102
Medical Help (Hospital, Detox, etc.)	1
P.I. Calls	0
Others	0
Visitors	98



"He does have serenity!"

whose stories are no longer available in the book *Alcoholics Anonymous*. As new revisions of the Big Book were published (today's latest edition is the 4th) new stories were added to reflect A.A.'s changing membership, others had to be dropped to make room for them.

A.A.'s membership continues to grow and change, but these stories from the past will never be outdated. The essential story—"What we used to be like, what happened, and what we are like now"—is a constant. That timeless formula for A.A. talks rings as true in these stories from our history as it does today in the meeting around the corner.

—Adapted from cover jacket of *Experience, Strength, and Hope*

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

Darrell B.	7-03-03	1 year
Loretta C.	7-07-94	9 years
Bill H.	7-21-01	2 years

Acceptance Group

Keith S.	7-04-94	9 years
Ken A.	7-13-02	1 year
Ron G.	7-17-97	6 years
Adam	7-23-01	2 years
Curry J.	7-26-79	24 years
Bart B.	7-29-82	21 years

Brevard Group

Grant P.	7-15-86	17 years
Jim M.	7-24-84	19 years

Conscious Contact Group

Woody N.	7-28-75	28 years
----------	---------	----------

Cumberland Group

David T.	7-21-93	10 years
----------	---------	----------

Grace Group (Asheville)

Judy M.	7-03-94	9 years
---------	---------	---------

Keith S.	7-04-94	9 years
Elizabeth P.	7-07-94	9 years
Barbara B.	7-08-95	8 years
Jay D.	7-13-98	5 years
Fran R.	7-14-97	6 years
Vicki M.	7-25-82	21 years
Bob P.	7-30-01	2 years

Happy Hour Group

Bill S.	7-11-95	8 years
---------	---------	---------

Hendersonville Group

Trish F.	7-26-00	3 years
Bob G.	7-28-91	12 years
Paul C.	7-17-97	6 years
David E.	7-29-02	1 year

Maple Grove Group

Jerry H.	7-13-98	5 years
Bob W.	7-14-86	17 years
Sherri M.	7-28-02	1 year

Robbinsville Mountainside Group

Moe	7-08-72	31 years
Bill	7-2-83	20 years
Jolly Jim	7-22-82	21 years

Sylvan Valley Group

Bill L.	?-?-90	13 years
Deborah B.	?-?-93	10 years

Using The Serenity Prayer

On the walls of thousands of A.A. meeting rooms, in any of a variety of languages, this invocation can be seen:

God grant us the serenity to Accept
the things we cannot change,
Courage to change the things we can,
And Wisdom to know the difference.

A.A. did not originate it. Versions of it seem to have been used for centuries in various faiths, and it is now widely current outside A.A. as well as within the Fellowship. Whether we belong to this church or that, whether we are humanists, agnostics, or atheists, most of us have found these words are a wonderful guide to getting sober, staying sober, and enjoying our sobriety. Whether we see the Serenity Prayer as an actual prayer or just a fervent wish, it offers a simple prescription for a healthy emotional life.

We couldn't change our alcoholism. But we didn't say meekly, "All right, I'm an alcoholic. Guess I'll just have to drink myself to death." There was something we could change. We didn't have to be drunk alcoholics. We could become sober alcoholics. Yes, that did take courage. And we needed a flash of wisdom to see that it was possible that we could change ourselves.

For us, that was only the first, most obvious use for the Serenity Prayer. The further away we get from the first drink, the more beautiful and the more packed with meaning these few lines became. We can apply them to everyday situations, the kind we used to run away from, into the bottle.

When it comes to us now, it is more as plain recognition—a clear-eyed, realistic way of seeing the world, accompanied by inner peace and strength. Serenity is like a gyroscope that lets us keep our balance no matter what turbulence swirls around us. And that is a state of mind worth aiming for.

—Extracted from *Living Sober*, page 18



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$530.00
AWOL Group	\$10.00
Brevard Group	\$60.00
Cashiers Valley Group	\$160.00
Conscious Contact Group	\$480.00
Day By Day Group	\$71.50
Edneyville Group	\$5.00
Fellowship Group	\$25.00
Grace Group (Asheville)	\$1050.00
Hendersonville Group	\$38.79
Hendersonville Happy Hour Group	\$50.00
Hendersonville Middy Group	\$25.00
Kanuga Group	\$200.00
Marion Noon Group	\$36.13
Mountain View Group	\$50.00
Six O'Clock Open Group	\$208.00
Young People Group	\$107.50
Total Group Contributions	\$3106.92

Financial Position as of 5-01-03 **\$2976.15**

Cash on Hand **\$27.26**

Income **\$4399.52**

Total **\$7403.23**

Expenses

Rent	\$150.00
Salary	\$600.27
Payroll Tax	—
Phone S.Bell	\$59.52
Phone MCI	\$32.46
Answering Service	\$203.00
Printing W & W	\$12.00
Printing Mountain Doin's	\$15.63
Editor Expense	\$150.00
Sales Tax	\$82.20
Books & Chips	\$705.43
Postage	\$34.19
Postage <i>Mountain Doin's</i>	\$47.10
Bank Service Charge	—
Office Supplies & Expense	\$2896.26
(includes price of new copy machine)	
Misc. Check Printing	—

Total **\$4988.06**

Bank Balance as of 05-30-03 **\$2415.17**

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.

The Second First Year (After a Slip)

Today I celebrate my first year birthday. The feelings of joy and gratitude are overwhelming, for I've celebrated a first birthday before. What a difference this time!

Five years ago when I attempted sobriety for the first time, I managed, after a period of slipping and sliding, to stay sober for eighteen months. To this day I don't remember whether I stopped going to meetings and then drank, or if I drank and then stopped going to meetings. The important point is that I drank again.

I wasn't too bad at first. Drinking didn't lead immediately to drunkenness, but soon I was drinking heavily again, and drinking to get drunk. And it was worse this time. All my friends knew that I was a member of A.A. So now I drank alone, locked in the privacy of my apartment. My apartment became my bar. I would stock up on the way home from work, and once home I would close the door and open the first bottle. It became an unchanging pattern—the morning hangover, the struggle to get to work, the

midday remorse, the struggle to survive the afternoon, the impatience at any delay in getting home, and finally the relief of the first drink. That first drink haunted me throughout the day. It became my most important thought, and often my only thought.

My "slip" lasted two and one-half years, but I had finally reached my bottom!

And even this time there were a few additional slips before I was able to grasp the program, but this time grasp it I did. I discovered that you can appear to have the program, and you can know the terminology—talk the talk—but if you don't really have the desire to stop drinking you have only grasped an illusion.

This time Tradition Three is mine! And now the rest of the program makes sense. I even find the slogans falling from my lips (and how I hated those slogans before). I look forward to meetings rather than dread them, and my smile is genuine. I relish the new freedoms I have found. Life is once again precious. I'm involved—in A.A. and in life. What a difference this time!

—from Aug. 1986 *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.

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

Material and Spiritual Well-being

Fear . . . of economic insecurity will leave us.

Alcoholics Anonymous p.84

Having fear reduced or eliminated and having economic circumstances improve, are two different things. When I was new in A.A. I had those two ideas confused. I thought fear would leave me only when I started making money. However, another line from the Big Book jumped off the page one day when I was chewing on my financial difficulties. "For us, material well-being always followed spiritual progress; it never preceded." (page 127). I suddenly understood that this promise was a guarantee. I saw that it put priorities in the correct order, that spiritual progress would diminish that terrible fear of being destitute, just as it diminished many other fears. —From *Daily Reflections*, p.89

MOUNTAIN BREWINS



"My mother lived to be ninety eight and never needed glasses."

"Never, at that age?"

"Nope, She always drank right out of the bottle."

X X X

Show me an alcoholic whose Big Book is falling apart, and I'll show you an alcoholic who isn't.

X X X

Alky Bert said to his doctor: "I've got a pain in my left foot."

Doctor: "It's nothing to worry about. Just old age."

Aky Bert: "In that case why doesn't the other foot hurt? I've had it just as long."

X X X

Said the wife to her late-returning husband: "Is that you, Harold?"

Harold: "It had better be!"

X X X

Two alkyies met the first time at a bar. Said one: "Hi! My name is John."

"Hello, John. My name is Sue." She smiled, and added: "You look a lot like my fifth husband."

"Your fifth husband? How many husband's have you had?"

"Four."

X X X

Judge: "You're accused of stealing a typewriter. How do you plead?"

Alky Fred: "I'm going to plead innocent, your honor. The whole thing was a mistake."

Judge: "How so?"

Alky Fred: "I thought it was a cash register."

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below

Mountain Doin's Order Form

Mountain Doin's Annual Subscriptions:

Groups:

3 copies monthly No charge

	<i>Pick up from Central Office</i>
5 additional copies	\$10.00 per year
10 additional copies	\$20.00 per year
15 additional copies	\$25.00 per year
20 additional copies	\$30.00 per year

<i>Deliver by mail</i>
\$20.00 per year
\$35.00 per year
\$45.00 per year
\$60.00 per year

Individual Members:

Single copy monthly \$6.00 per year

Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, dependent upon USPS rates.

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 _____

Street/P.O. Box No _____

Town and Zip Code _____

North Carolina Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Address correction requested

Place
Postage
Stamp
Here