

MOUNTAIN DOIN'S

Central Office Newsletter

AUGUST 2003



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The Home Group A.A.'s. Vital Need In Maintaining Sobriety

Experience has shown that for most A.A. members, membership in an A.A. group known as a "Home Group," is vital in maintaining sobriety through Alcoholics Anonymous.

In the early days of the Fellowship the A.A. members actually met in the homes of fellow members, and shared their experience, strength, and hope with one another. From this "Home Group," they went on to help newcomers seeking sobriety through A.A.

Thus, the concept of the "Home Group" has grown to thousands of groups through which the "Home Group" member helps others to recover from alcoholism. Through the years, the very essence of A.A. strength has remained with the traditional "A.A. Home Group." This is true especially where isolated alcoholics have found sobriety, fellowship, service work, and the true joy of good living through one's own A.A. group.

Traditionally, most A.A. members through the years have found it important to belong to one group that they call "Home Group." This is the group where they accept responsibilities and try to sustain friendships. And although all A.A. members are usually welcome at all groups and feel at home at any of these meetings, the concept of the "Home Group" has still remained the strongest bond between the A.A. member and the Fellowship.

The "Home Group" concept affords the A.A. member the privilege and right to vote upon issues which might affect A.A. as a whole and is the very basis of our service structure. In Concept 1 Bill writes: "The ultimate responsibility and final authority for World Services resides with the group—rather than

with the trustees of the General Service Board of the General Service Office in New York.

Obviously, as with all group conscience matters, each A.A. member has one vote, and this ideally would be through their "Home Group."

An A.A. member from one area states the following about her "Home Group": "This is the group where I accept responsibility for being informed and available. My group cannot be in a contest designed for individuals, group rivalry, or competition to see which group is the biggest, or who stays sober the longest, or which group contributes the most service, or who is the most sought-after speaker.

"... part of my commitment is to show up at my "Home Group" meetings, greet newcomers at the door, and to be available to the newcomers—not only for them, but also for me. These are the people who know me, who listen to me, and steer me straight when I am going off in left field. This 'Home Group' cares about me, and thus I can care about the newcomers that come to my group. When a newcomer walks in I want to have the very best that A.A. has to offer, just like I had.

"... if each of us stays active in our 'Home Group' emptying ashtrays, making coffee, opening and closing up buildings, taking the Steps and following the Traditions—our 'Home Group' will not only survive, it will be there for days, months, and years to come, offering all of us the loving, joyful, and free life that A.A. has to give, not only to us, but to all who follow us in this life of giving.

*Reprinted from the A.A. Service Manual
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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: Mill Spring Meeting is held at Cooper Riis on Thursdays at 8 PM. The meeting is Open.

New Meeting: Safe and Sound (Women's Meeting) is a new meeting on Fridays at 6 PM. The meetings are held at 218 Patton Avenue, Asheville, N.C. (Back entrance).

Meeting Time Change: The Cashiers Valley Group has changed its Saturday meeting time from Noon to 9 AM. The group meets at The Church of the Good Shepherd, across from the High Hampton Resort (O. SS. NS.)

Expanded A.A. Web Site

The A.A. Web site (www.aa.org) continues to be a work in progress. Begun eight years ago by the General Service Office as a public information tool, in English, French, and Spanish, the site's usefulness is reflected in the number of visits by A.A. members, professionals, and others. In January 1999, the site was visited nearly 47,000 times; by January 2002, more than 155,000. The A.A. World Services Board has overall responsibility for the Web Site through its Services Committee.

—from Box 4-5-9, April-May 2003



"The good thing about being an alcoholic is you're sick, but you get to stop taking the medicine."

THE JOURNEY

*We are all on a journey, so they say,
Learning to live along life's way;
Testing the waters of our searching
heart,
Reaching for God and a fresh, new
start.*

*Daily trudging through good and bad,
Knowing God knows all the trials
we have had.*

*He planned this journey for us to
heed*

*The sound of his voice, our greatest
need.*

*Still, He carries our aching soul
Through the journey called life,
To make us whole*

Ronda I.

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 6/02/03—6/27/03

Answering Service Calls	302
General Information	0
A.A. Help	3
Family Help (Al-Anon)	8
Meeting Information	99
Central Office Business	73
Medical Help (Hospital, Detox, etc.)	2
P.I. Calls	0
Others	0
Visitors	85



Acceptance Group

Herb C.	8-11-83	20 years
Denise D.	8-13-99	4 years
Rob R.	8-16-02	1 year
Brent R.	8-25-00	3 years

Asheville Big Book Step Study Group

Jan F.	8-05-84	19 years
Harry S.	8-06-84	19 years
Lee W.	8-17-91	11 years
Mary T.	8-24-87	16 years

Back to Basics Group

Pete Mc.	8-08-83	20 years
Diane M.	8-09-93	10 years
Doug G.	8-20-87	16 years
Danny R.	8-20-96	7 years

Brevard Group

Dale F.	No date given	27 years
Judy L.	No date given	8 years
Kirk L.	No date given	6 years

Cumberland Group

Linda M.	8-06-85	18 years
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Daily Decisions Group

Derwin H.	8-09-02	1 year
Mike K.	8-15-02	1 year
Michael C.	8-28-00	3 years
Frank H.	8-28-89	14 years

Grace Group (Asheville)

Rob A.	8-04-89	14 years
Rich S.	8-05-02	1 year
Doug H.	8-29-92	11 years

Happy Hour Group

Karen T.	8-06-01	2 years
Linda P.	8-24-84	19 years
Tom P.	8-15-95	8 years
Nancy S.	8-06-01	2 years
Marilyn T.	8-22-95	8 years

Joy Of Living Group

Bob G.	08-1-81	22 years
Jack B.	8-19-01	2 years

Maple Grove Group

Libby B.	8-15-92	11 years
Ken T.	8-23-90	13 years
Jill B.	9-28-02	1 year

Midday Group

Bill F.	8-28-87	16 years
Bill J.	8-18-79	24 years
Larry W.	8-06-97	6 years
Charlene O.	8-20-84	19 years
Ellen B.	8-09-92	11 years
Bill T.	8-07-00	3 years

Sunshine Group

Larry R.	8-7-84	19 years
Carrie	8-13-89	14 years

Thursday Afternoon Women's Group

Diane B.	8-25-84	19 years
Charlene O.	8-20-84	19 years

Upward Group

Debbie B.	8-22-02	1 year
Sara S.	8-07-02	1 year

Too Young To Be In A.A.?

We felt the same when we came into A.A.—that we were too young to be alcoholics. Some of us hadn't been drinking that long. Some of us didn't drink hard liquor. Some of us didn't fall down or have memory lapses.

"Just sit down and listen," we were told "You can always go back to drinking if you want. But first try some A.A. meetings, because you wouldn't be here at all if you didn't have a drinking problem."

Soon we hear that it doesn't matter how much you drink, where you drink, what you drink, or how old you are—what matters is what alcohol does to you inside. You are the best judge of whether or not you have a problem. And you know this from your gut—whether you feel guilty, lonely, ashamed; whether alcohol is interfering in your life.

All of us felt strange about going to A.A. But we've come to see that A.A. saved our lives and gave us a new beginning—it is the best thing that ever happened to us.

Today, we go to meetings as often as we can. There we hear personal stories, and we realize that we are not unique—that others have been through much of what we have been through. We learn not to compare the outer facts of our story with those we hear, but to identify with the feelings of the speaker.

We change ourselves, gradually, day by day. We help other alcoholics. And, by helping, we stay sober sane, and happy. For the first time in our lives we've found real freedom. For we have broken out of the dim prison of alcoholic drinking that was closing in around us. Now we are free to discover who we are, who we hope to become, who we were meant to be.

—Excerpted from pamphlet *Young People & A.A.*



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$50.00
Bethel Up The River Group	\$50.00
Brevard Group	\$50.00
Bryson City Group	\$10.00
Columbus Group	\$25.00
Fellowship Group	\$25.00
Hendersonville Group	\$32.79
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$25.00
Leicester Group	\$25.00
Marion Group	\$25.00
Mars Hill Group	\$100.00
Six O'Clock Open Group	\$108.00
Sunshine Group	\$25.00
Upward Group	\$30.00
Young Peoples Group	\$42.00

Total Group Contributions \$672.79

Financial Position as of 06-01-03 \$2415.17

Cash on Hand \$27.26

Transfer from Copier Fund	\$1389.74
Income	\$2080.55
Total	\$5912.72

Expenses

Rent	\$170.00
Salary	\$600.27
Payroll Tax	\$298.35
Phone S.Bell	\$59.49
Phone MCI	\$44.60
Answering Service	\$203.50
Printing W & W	154.62
Printing Mountain Doin's	\$162.99
Editor Expense	\$150.00
Sales Tax	\$90.27
Books & Chips	\$940.36
Postage	\$34.64
Postage Mountain Doin's	\$53.10
Bank Service Charge	—
Office Supplies	\$43.93
Copier Maintenance	—
Misc. Check Printing	—
Total	\$3006.12

Bank Balance as of 06-27-03 \$2879.34

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.

Bill W.'s Spiritual Kindergarten

Occasionally, A.A.'s write G.S.O. to ask for guidelines concerning formation of specialized groups for Christians. G.S.O.'s reply: It is perfectly all right for A.A.'s who are also Christians to meet with one another if they choose. However, our Preamble states that A.A. is not allied with any sect or denomination, neither endorses nor opposes any causes, so it would be misleading to consider such a gathering as an A.A. group. No specialized meeting qualifies as an A.A. group unless it conforms to these six points defined by the group conscience of the Fellowship in the U.S. and Canada:

“(1) All members are alcoholics, and all alcoholics are eligible for membership; (2) As a group, they are fully self-supporting; (3) A group's primary purpose is to help alcoholics recover through the Twelve Steps; (4) As a group they have no outside affiliation; (5) As a group, their public relations policy is based on attraction rather than promotion, and they maintain personal anonymity at the level of press, televi-

sion, radio, and film.”

Yet another A.A. member took a dim view of “hymn singing” at A.A. roundups and other functions “in view of the fact that probably more than half the A.A.'s of the world are not Christian.” The G.S.O. respondent suggested that the writer share her feelings with the service workers who comprise the steering committees of most A.A. conventions, roundups, and other events. In every such instance, it was noted, the group conscience of the steering committee prevails. A.A. itself is strictly non-denominational.

Bill W. himself never expressed A.A.'s position more simply than when he said, “We are only operating a spiritual kindergarten in which people are enabled to get over drinking and find the grace to go on living to better effect. Each man's theology has to be his own quest, his own affair.” On another occasion he stated succinctly, “How far the alcoholic shall work out his dependence on God is none of A.A.'s business. Whether it is in a church or not in a church, whether it is in this church or that church, is none of A.A.'s business.

Extracted from Box 4-5-9



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.

59th Southeastern Conference, 2003. Area 64 State Convention, August 7—10, 2003. At Holiday Inn Select Memphis Airport, 2240 Democrat Road, Memphis, TN. 38132. Call 901-332-1130 or 1-888-444-7789. For more information contact: WWW NOW.AT/59THAACONFERENCE or call Alton C. @ 901-382-7096.

SobrietyAtSea.com presents **Cruise to Paradise**, aboard Holland America Line's brand new 5-star ship: *Zuiderdam*. September 13, 2003.

Your 7-night cruise departs from Miami and will visit these ports of call: Half Moon Cay (Holland America's private island), St. Maarten, St. Thomas., UISVI. and Nassau, Bahamas.

Come join us with fares starting at \$549 per person including all port charges and government taxes.

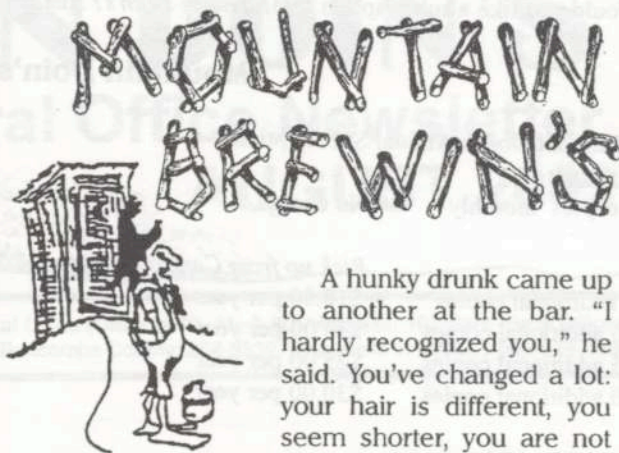
For more information please visit our website at www.SobrietyatSea.com. You may direct e-mails to Bog@SobrietyatSea.com or call Bob at 1-800-650-7245 for details and your FREE brochure.

Knowing Happiness in A.A.

I owe my life and sanity to my sponsors. They would listen patiently to my rantings. When I thought I would shock them out of their seats, they would sit relaxed, smile, and say, "It's going to be all right. Time heals all. 'Easy Does It.' You won't feel inner peace all at once." That, I didn't care to hear!

But all of a sudden, I realized that I was smiling once in a while. I caught myself laughing, even at myself occasionally. The beauty of the happiness that I am finding in the A.A. program in that it is a constant growth process. Also, I am discovering (sometimes the hard way) that it is up to me to determine my level of happiness. I can raise it by making a conscious choice today to allow people into my life, by looking at my so-called problems today as experiences and adventures, by taking my own inventory and learning from my mistakes and not being so hard on myself. I believe now that I am human, not perfect. I am striving today, not for perfection, but for continuation—to the best of my ability—of honesty, open-mindedness, understanding, growth, love, and acceptance. And with God's help, I want to share the gift of sobriety with those who are still suffering, so that they, too, can know happiness.

—from *The Grapevine*.



A hunky drunk came up to another at the bar. "I hardly recognized you," he said. You've changed a lot: your hair is different, you seem shorter, you are not wearing glasses. What's

happened to you, Mr. Jones?"

"I'm not Mr. Jones."

"Wow! You've even changed your name, too."

x x x

Question: What's an alcoholic's idea of a seven-course meal?

Answer: A pizza and a six-pack.

x x x

And eighty-year-old alky told his doctor that he was concerned that his love life was slowing down.

"When did you first notice it?" asked the doctor.

"Doc, it was twice last night and again this morning!"

x x x

The alky entered the local bar one evening, carrying a live duck in his arm.

Bartender Joe calls out from the bar: "Hey, what are you doing with that ugly pig?"

Replied the alky: "You dope! This isn't a pig—it's a duck!"

Said bartender Joe: "I was talking to the duck!"

x x x

Alky George was sitting at the bar, chatting with his friend Charlie.

Said George: "My wife has the worst memory I ever heard of."

Charlie: "Forgets everything?"

George: "No, remembers everything."

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