

MOUNTAIN DOIN'S

Central Office Newsletter
SEPTEMBER 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

Bill W. Explains How the Big Book Came to be Written

"When Dr. Bob and I realized on that fall day in 1937 that some two score of us had recovered from alcoholism, we at once asked ourselves, 'How can this experience be shared? How can the word be spread?' Dr. Bob had recovered two and a half years before, and I had been sober three years. "... Above all, we would have to put our methods down on paper. A book of experience could carry our message to distant places we could never visit ourselves. Moreover, such a book could prevent the otherwise inevitable garble and distortion that would start as soon as publicity came. It would not only guide alcoholics to recovery, but also become the basis for telling our story to the world and therefore a guide to our public relations as well. The book alone would take considerable time and some money. Neither Bob nor I had any money; we had only debts.

"Finally, Dr. Bob said: 'Why don't we call the Akron boys together and meet at T. Henry's?' At T. Henry's house, eighteen of the Akron alcoholics listened stolidly to our proposals.

"The moment we were through, those alcoholics really did work us over! Many thought we should shun publicity... some turned thumbs down on pamphlets and books... a vote had to be taken. By the barest majority the Akron meeting finally decided that we ought to go for it."

Bill began writing in earnest. Henry P. had a secretary named Ruth Hock, and Bill traveled daily from Brooklyn to New Jersey where Henry's offices were, and Bill dictated to Ruth Hock rough drafts of the chapters of the growing book. As Bill read them to the New York group they received "a real mauling." Bill undertook much rewriting.

At the point where the book had reached

Chapter 5, it was agreed that it was time to explain how the program of recovery from alcoholism really worked.

It was time to put into writing the Twelve Steps. Six of the steps were already in use, having been adapted from the Oxford Groups, William James, and Dr. Silkworth. Bill W. continued to write and dictate to Ruth Hock, with much argument among the New York group, and between agnostics, liberals, and conservatives. Then, it was realized that there had to be a case history section. Evidence would have to be produced of how the program worked among the membership. Dr. Bob and the Akron members were very helpful here, for they represented a larger variety of members. The Akronites furnished eighteen stories, and the New York group furnished ten stories.

Eventually, in January, 1939, the book was complete. Copies were run off for study by the then numbers of alcoholics in the program. And they were asked to read it and comment on its suitability for general publication. Also, a title had yet to be decided upon.

Over one hundred titles were considered and the title "Alcoholics Anonymous" was slowly gaining favor. A considerable number voted for "The Way Out." Then the Library of Congress in Washington reported that already twelve books had been published with the title "The Way Out." And eventually it was agreed that "Alcoholics Anonymous" would have to be the title.

Finally, after numerous minor changes to the script, the book was sent for printing. The first printing was for 5,000 copies to be sold at \$3.50 per copy. It was decided to print the book on the thickest paper in the print-shop. The volume proved so bulky that it became known as the "Big Book." The idea was to convince the alcoholic purchaser that he was indeed getting his money's worth.

Adapted from Alcoholics Anonymous Comes of Age

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 Hendersonville Group has begun new meetings at its usual meeting place at 818 Greenville Highway, Hendersonville, (US25S.) First building south of Food Lion. The new meetings are held on Fridays, 10 PM. (ABSI)

Meeting Change: The Maple Grove Group of Waynesville has turned the second Friday, 8 PM meeting each month from an Open, Discussion meeting to a Speaker Meeting. (0, S. NS).

Location change: The Asheville Saturday Morning Men's Group which meets at 9 AM has moved to Unitarian Church, Charlotte and Edwin Pl. (M.D.)

Location change: The Asheville Day-By-Day Group 5.30 PM meeting has moved to St. Eugene's Catholic Church, SEY House, 72 Culven St. (C. NS.).

Meeting change: The Asheville Serenity Service Group will keep open their meeting room seven days per week for fellowship, from one hour before the first meeting of the day, until after the last meeting in the evening for that days' schedule. The change will come into effect starting Monday, September 1st.



"I guess we can relax the 'men with men, ladies with ladies' rule."

GOD IS EVERYWHERE

*As I look around me
I can surely see
Signs of love from Heaven
Created just for me.*

*The blue sky above me,
The flowers, grass, and trees,
The babbling brooks, the ponds and lakes
The mountains and living seas.*

*I feel God touch my cheek
As the breeze brushes my face;
He warms my back and strokes my soul
With the sun he put in place.*

*I know that God is everywhere,
His love is all around me.
For I am created as his child,
I can feel his love surround me.*

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 6-30-03—7-25-03

Answering Service Calls	401
General Information	0
A.A.. Help	7
Family Help (Al-Anon)	5
Meeting Information	100
Central Office Business	87
Medical Help (Hospital, Detox, etc.)	4
Pl.Calls	0
Others	0

There are two ways of spreading light:
to be the candle, or the mirror that
reflects it.



Acceptance Group

Michael P.	9-07-02	1 year
Patti C.	9-11-01	2 years
Murri	9-12-84	19 years
Don M.	9-23-87	16 years
Adena	9-30-86	17 years
Norma T.	9-30-94	9 years

Asheville Big Book Study Group

Elizabeth B.	9-01-90	13 years
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Back To Basics Group

Robert H.	9-01-97	6 years
Jeff G.	9-06-89	14 years
Cate Mc.	9-25-82	21 years
Todd C.	9-14-87	16 years
Joe C	9-01-02	1 years

Conscious Contact Group

Susie B.	9-18-96	7 years
Eric C.	9-02-96	7 years
Mary M.	9-29-92	11 years
Jake B.	9-28-93	10 years
Jim A.	9-23-89	14 years
Casey	9-11-00	3 years
Bruce G.	9-01-99	4 years
Mary C.	9-03-87	16 years
Michelle P.	9-24-91	12 years

Daily Decisions Group

Elizabeth B.	9-01-90	13 years
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Fellowship Group

Denise C.	9-04-01	2 years
Gerd S.	9-17-79	24 years
Becky H.	9-21-94	9 years
George D.	9-30-89	14 years

Grace Group (Asheville)

Sarah L.	9-13-99	4 years
Dave M.	9-17-96	7 years
Edward J.	9-17-84	19 years
Bill E.	9-30-95	8 years

Happy Hour Group

Frank B.	9-27-89	14 years
Karen T.	9-01-00	3 years
Karen B.	9-06-99	4 years

Hendersonville Group

H.C. O	9-06-94	9 years
Susan J.	9-16-85	18 years
Ray D.	9-14-99	4 years
Raymond F.	9-18-96	7 years
Oscar F.	9-20-95	8 years
Paul K.	9-02-91	12 years
Tina G.	9-23-02	1 year
Mike K.	9-21-01	2 years

Maple Grove Group (Waynesville)

Sam S.	9-17-00	3 years
Marsha C.	9-18-99	4 years
Keith M.	9-27-02	1 year

Midday Group

Debbie M.	9-21-95	8 years
Ilena R.	9-26-97	6 years

Getting Active

Before you make any decision about a drinking problem, it might be a good idea to spend some time around A.A. Don't worry—just sitting at, and observing, A.A. meetings does not make you an alcoholic or an A.A. member, any more than sitting in a hen house makes you a hen. You can try a sort of "dry run" or "dress rehearsal" of A.A. first, then decide about "joining."

As most A.A. meetings end, you'll generally notice that some of those present start putting away the folding chairs, or emptying ashtrays, or carrying empty tea and coffee cups to the kitchen. Join in. You may be surprised at the effect on yourself of such seemingly little chores. You can help wash out the cups and coffee pot, put away literature, and sweep the floor.

In fact, some of us began to feel comfortable around A.A. only when we began to help with these

simple acts. And we were even more at ease, and much further away from drinking or the thought of it, when we accepted some small but specific, regular responsibility—such as bringing refreshments, helping to prepare and serve them, being a greeter, or performing other tasks that needed doing. Simply by watching other people, you'll learn what needs to be done to get ready for the A.A. meeting, and to straighten up afterwards.

A.A.s take turns doing the services needed for the group meetings and other functions.

No particular professional skill or education is needed. Even if you have never been a joiner, or a chairman or secretary of anything, you may find, as most of us have, that within the A.A. group, these services are easy to do, and they do wonders for us. They build a sturdy backbone for our recovery.

—From *Living Sober*, pp. 14 and 15



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$500.00
Asheville Big Book Study Group	\$31.71
Black Mountain Group	\$98.00
Blue Ridge Group	\$100.00
Bryson City Group	\$10.00
Cashiers Vally Group	\$50.00
Common Sense Group	\$27.00
Conscious Contact Group	\$240.00
Cumberland Avenue Group	\$210.00
Edneyville Group	\$5.00
Etowah Group	\$25.00
Fellowship Group	\$25.00
Good Livers Group	\$50.00
Happy Hour Group	\$50.00
Hendersonville Group	\$39.40
Joy Of Living Group	\$51.15
Maple Grove Group	\$648.11
Midday Group	\$25.00
Mountain View Group	\$120.00
Original Recipe Group	\$110.00
Safe & Sound Group	\$117.02
Sylvan Valley Group	\$55.00
Sunshine Group	\$25.00
Thurs. Afternoon Women's Group	\$100.00
Waynesville Grace Group	\$267.20
Total Group Contributions	\$3015.59

Individual Contributions **\$200.00**

Financial Position as of 07-01-03 **\$2852.08**

Cash on Hand	\$27.26
Bank Interest	\$0.10
Income	\$1150.04

Total **\$7245.07**

Expenses

Rent	\$150.00
Salary	\$600.27
Payroll Tax	—
Phone S.Bell	\$58.42
Phone MCI	\$109.57
Answering Service	\$552.00
Printing W & W	\$13.87
Printing Mountain Doin's	\$13.76
Editorial Expense	\$175.00
Sales Tax	\$74.34
Books & Chips	\$1387.43
Postage	\$41.17
Postage Mountain Doin's	\$66.24
Bank Service Charge	—
Office Supplies	—
Copier Maintenance	—
Misc. Expenses	—
Total Expenses	\$3242.07

Bank Balance as of 07-30-03 **\$4003.00**

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.

What is alcoholism?

As A.A. sees it, alcoholism is an illness. Alcoholics cannot control their drinking, because they are ill in their bodies and in their minds (or emotions), A.A. believes. If they do not stop drinking, their alcoholism almost always gets worse and worse.

Both the American Medical Association and the British Medical Association, chief organizations of doctors in those countries, also have said that alcoholism is an illness. . . .

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober. They offer the same help to anyone who has a drinking problem and wants to do something about it. Since they are all alcoholics themselves, they have a special understanding of each other. They know what the illness feels like—and they have learned to recover from it in A.A.

A.A. is made up of over 90,000 local groups, in 141 countries. The people in each group get together, usually once or twice a week, to hold A.A. meetings of two main types:

(1) At "open meetings" speakers tell how they drank, how they found A.A., and how the program helped them. Members may bring relatives or friends to attend "open meetings."

"Closed meetings" are for alcoholics only. These are group discussions, and members who want to may speak up, to ask questions, and to share their thoughts with fellow members.

Through the example and friendship of the recovered alcoholics in A.A., new members are encouraged to stay away from a drink "one day at a time," as the A.A.s do. Instead of "swearing off" forever or worrying about whether they will be sober tomorrow. A.A.s concentrate on not drinking right now—today.

—extracted from A.A. pamphlet *A brief guide to A.A.*



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.

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

A.A. Is My Fulfillment

A.A. is sobering up one more time than I got drunk. It is a fellowship with others who have done the same things I have; who have known despair and remorse, as I have; who have experienced that awful urge to take a drink, but who have said, as I have, "Not today."

A.A. is an end to my lies and excuses and alibis. It is breaking the shackles of self-pity, self-deception, and self-loathing. It is saying, honestly and realistically, "Booze got me here. Not the bad breaks. Not anyone else. Just me and too many drinks, too often."


A.A. is loving the world I awakened to today. It is my reflection in the mirror, clear-eyed and calm. It is keeping an appointment at eight o'clock in the morning! It is living *just for today*.

A.A. is the acceptance of things and people and situations I can't change. It is courage to change what I can. It is the search for wisdom to know one from another.

A.A. is warmth derived from sharing strength and hope and experience with another alcoholic still suffering. It is life with depth and purpose.

—from *The Grapevine*, November 1966

MOUNTAIN BREWING'S



Alky John: "What is an alcoholic?"
Alky Fred: "A person who puts thirst things first."

x x x

"Did you tell anybody of your secret marriage?"
"No. I'm waiting for my husband to sober up—I want him to be the first to know."

x x x

A one-dollar bill met a twenty-dollar bill and said, "Where have you been lately?" The twenty replied, I was on a cruise and hung out in the casinos, then I came back to the states and flew to L.A., took in some of the new movies, that sort of thing. How about you?"
"Oh, you know, the same old thing—meetings, meetings, meetings."

x x x

Two drinking buddies were sitting at a bar when one said suddenly: "Whoops! I'm gonna have to sneeze!"
"At who?"
"Atchoo!!"

x x x

Why did the woman bury her husband twelve feet under?
Because deep down he's a good person.

x x x

What's a man's idea of helping with the housework?
Lifting his legs so you can vacuum.

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