

MOUNTAIN DOIN'S

Central Office Newsletter
OCTOBER 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 71 Eatin' Meeting & Central Office Meeting

Sunday, October 5, 2003
at
Columbus Presbyterian Church
21 Peniel Road, Columbus, NC

Take I-26 to Exit 36 (Columbus)
Turn left at end of Exit 36 ramp.
Go to next traffic light.
Turn right.
Go to STOP sign.
Church is in front of you.

GSR Meeting at 2 PM
Central Office Meeting at 3 PM
Eating at 4 PM
Speaker at 5 PM

Please bring covered dish. Meat and beverages
will be supplied

Join us for Fun and Fellowship



District 70 Eatin' Meeting

**St. Barnabas Catholic
Church**
109 Crescent Hill Rd., Arden. NC

October 12, 2003

GSR Meeting at 2.30 PM
Eating at 4.00 PM
Speaker at 5.00 PM

Sponsored by The Cumberland Group and The
Fellowship Group

**Bring a covered dish—meat and beverages
will be provided**

**From intersection of Airport Rd. and Highway 25
(Hendersonville Rd): Take 25 South 1/2 mile to
Crescent Rd. Turn right—Church is 1/10th mile on
the left-hand side of the road.**

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 Asheville's Serenity Service Group's Women's meeting has begun new meetings at 8 PM, Saturdays. The meetings are Closed, Discussion, and are held at 697-G Haywood Road, beside Ingles.

Meeting change: The Women's Safe and Sound 7 PM Tuesday and 6 PM Friday meetings are both Open meetings, not Closed, as published in the current *Where and When*.

New Meeting: The Hendersonville Group has begun new meetings at its usual meeting place at 818 Greenville Highway, Hendersonville, (US-25S). 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. (O. S. 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 day's schedule. The change has been in effect since Monday, September 1st, 2003.

The Roundtable Group

invites you to our new website

<http://www.aaroundtable.com>

The purpose of this website is to provide A.A. related information to persons who are currently "In Recovery," those who "Have a desire to stop drinking alcohol," and anyone interested in learning more about A.A.

The Site Contains:

Group Information

District 71 A.A. Meeting schedules & maps

Online A.A. meetings

A.A. Announcements & Events

A.A. Contact Info.

A.A. Related Literature

Links to A.A. Speaker Tapes

Links to other A.A. Sites

Guestbook

E-mail Contact

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 7/28/03—8/29/03

Answering Service Calls	318
General Information	0
A.A. Help	5
Family Help (Al-Anon)	9
Meeting Information	93
Central Office Business	71
Medical Help (Hospital, Detox, etc.)	1
P.I. Calls	0
Others	0
Visitors	73

12-Step Phone Calls

—Protect your Anonymity

If you've ever made a 12th step phone call, your anonymity may be compromised by the availability of "Caller ID". Many telephones today are equipped with this feature provided by their local phone company. You can protect your anonymity when returning a call to anyone requesting help by doing the following:

Before dialing the person's phone number press *67, then enter the person's phone number you are dialing. Using *67 will block your name and number from appearing on the person's caller ID unit. This is a feature free of charge and automatically available in areas where Caller ID is available.

If you wish to do 12th step phone calls and also protect your anonymity, this is the simplest way to accomplish that goal

Keep your words sweet; you may have to eat them.



Acceptance Group

Eric P. 10-15-72 31 years
 Don H. 10-25-68 35 years

Back To Basics Group

Ceil S. 10-17-87 16 years
 Isara 10-28-99 4 years

Conscious Contact Group

Bruce H. 10-15-89 14 years
 Chuck G. 10-12-91 12 years
 Dottie S-G 10-21-91 12 years
 Janey W-K 10-24-90 13 years
 Larry B. 10-13-97 6 years
 Marti W. 10-19-79 24 years
 Susan H. 10-24-94 9 years
 Mike H. 10-05-83 20 years
 Rick M. 10-03-00 3 years
 Tim H. 10-03-01 2 years
 Eileen S. 10-31-99 4 years

Cumberland Group

Karl S. 10-02-94 9 years

Daily Decisions Group

Anthony 10-12-02 1 year
 Heath R. 10-16-01 2 years
 Watson J. 10-17-86 17 years

Michael K. 10-26-01 2 years
 Eileen S. 10-31-98 5 years

Fellowship Group

Eric P. 10-15-72 31 year
 Russ B. 10-21-71 32 years

Grace Group (Asheville)

Michael T. 10-07-82 21 years
 Larry Z. 10-26-89 14 years
 Al M. 10-09-99 4 years
 Isara D. 10-28-99 4 years
 Susan M. 10-10-01 2 years
 Michael K. 10-26-01 2 years
 Charles B. 10-18-02 1 year

Happy Hour Group

Kim B. 10-24-86 17 years
 Pat K. 10-14-80 23 years
 Don L. 10-11-98 5 years
 John S. 10-07-01 2 years

Hendersonville Group

Owen C. 10-03-84 19 years
 Jo P. 10-16-84 19 years
 Stan S. 10-20-86 17 years
 Bruce M. 10-28-00 3 years
 Ernie 10-31-81 22 years

Midday Group

Kim B. 10-24-86 17 years
 George C. 10-15-88 15 years
 Joanie B. 10-22-94 9 years
 Ben T. 10-12-02 1 year
 Louis F. 10-22-01 2 years

The Disease and the Treatment

An overemphasis on the disease aspect of alcoholism overlooks a crucial point: *It is a disease totally unlike any other.* The treatment is a spiritual way of life that required much of alcoholics in adhering to moral principles. Running strongly throughout the Twelve Steps, ethical standards demand that we change. Living completely for ourselves with callous unconcern for anyone else, we drunks came to A.A. with a legacy of bad behavior for which we should feel guilty. If we don't, there's something wrong with our conscience. A.A. does not treat alcoholism with drugs, X-rays, or operations. It treats our disease with Twelve Steps, principles employed for thousands of years in the spiritual lives of many cultures.

The Twelve Steps provide a precise formula for removing guilt by facing and dealing with it, not by denying its existence or validity Steps Four, Five, Eight, and Nine are particularly healing in this. Once again, the *Big Book* is refreshingly direct on why we must do these things. Concerning Step Five, it says on page 72

(Chapter Six), "We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time, newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they turned to easier methods. Almost invariably, they got drunk.

I haven't been a victim of the disease of alcoholism. I've been victimized by my character defects, by self-inflicted pain created by an unwillingness to live honestly, responsibly, and openly. Unquestionably, the disease concept of alcoholism is useful. However, to try to deal with alcoholism as if it was like any other illness is to overlook the striking difference in its treatment. To stress the disease concept of alcoholism at the expense of emphasizing the spiritual principles spotlighted in the program is a grave disservice to alcoholics looking for workable answers to change their lives—a grave, and possibly fatal disservice.

—from *The Grapevine*, April 1981.



Treasurer's Report

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

INCOME

Group Contributions

Acceptance Group	\$50.00
Back To Basics Group	\$281.00
Cullowhee Valley Group	\$30.00
Daily Decisions Group	\$228.12
Edneyville Group	\$50.00
Fellowship Group	\$50.00
Grace Group (Asheville)	\$484.00
Grace of God Group	\$10.00
Happy Hour Group	\$50.00
Hendersonville Group	\$44.38
Hendersonville Midday Group	\$25.00
Just For Today Group	\$110.00
Locked In Forward Group	\$10.00
Serenity Group (Brevard)	\$77.40
Serenity Service Group	\$50.80
Six O'Clock Open Group	\$100.00
Sunshine Group	\$25.00
Thursday Afternoon Women's Group	\$100.00
Tryon Group	\$97.14

Total Group Contributions \$1827.84

Financial Position as of 08/01/03 \$3975.74

Cash on Hand	\$27.26
Bank Interest	\$0.82
Sales Income	1812.22
Total	\$5816.04

Expenses

Rent	\$150.00
Salary	\$600.27
Payroll Tax	—
Phone S.Bell	\$60.59
Answering Service	\$247.00
Printing W & W	\$7.70
Printing Mountain Doin's	\$37.44
Editor Expenses	\$150.00
Sales Tax	\$113.16
Books & Chips	\$1708.88
Postage	\$20.46
Postage Mountain Doin's	\$59.84
Bank Service Charge	—
Office Supplies	\$21.90
Copier Maintenance	—
Misc. Expenses	—

To Reserves \$1000.00

Total \$4177.14

Bank Balance as of 08/29/03 \$3466.64

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.

Meeting Closing Rituals

A recent letter from a member of the Fellowship brought up the question of what often follows the closing prayer at some A.A. meetings. The tag "Keep coming back, it works," has been used in some areas for years; but more recently the phrase "if you work it," has been added in many places. And that has progressed to "so, work it, you're worth it." The A.A. member theorizes that the longer version originated outside the Fellowship. He thinks the idea "it works if you work it" places the emphasis on an individual's own power to stay sober.

"Please remember," he writes, "that Doctor Bob said that he never took credit for his sobriety, but gave credit to God. For myself, I believe I do the footwork but God is the one who 'works it' for me."

He also pointed out that in the A.A. Fellowship and in the Twelve Steps, we use "we" rather than "you" and we make suggestions only. The Steps describe what other A.A. members have found effective: they don't prescribe what an A.A. member should do. As the Big Book says, "Here are the Steps

we took.", the A.A. continued, when we say "you" we are preaching. The phrase "So work it" is an injunction to someone else to do something. He further comments, "This encourages a holier-than-thou attitude and is an attempt to moralize to the newcomer.

Some people—especially newcomers—may believe that this longer tag is an A.A. custom. But in some places, old-timers have decided to reverse the trend. At one group on the west side of Manhattan, member Jim W. and others shared spontaneously during the regular Wednesday meeting that they didn't believe the longer tag was in the best interests of A.A. A number of the the group's long-time members stopped saying the longer tag that night. No formal action was taken, but gradually the longer tag is phasing itself out at this group.

Of course, many groups are happy with the longer tag, while others in the same area are not. Ultimately, we should remember that our Fourth Tradition guarantees the autonomy of every A.A. group, and the General Service Office offers no opinions on this matter.

—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.

37th Annual Las Vegas Roundup. November 27—30, 2003. "Sober Fun in the Sun." Riviera Hotel, 2901 Las Vegas Blvd. South, Las Vegas, Nevada 89109. A.A. Marathon Meetings, Dance, Roundup Golf Tournament.

For Hotel Reservation information call Riviera Hotel toll free number: 1-800-634-6753. You must mention that you are registering for the Las Vegas Roundup in order to get special rates.

For further information call Central Office at (702) 598-1888.

Using The Lord's Prayer

This is part of Bill W.'s letter to a friend regarding the use of The Lord's Prayer at A.A. meetings.

Dear Russ,

... Now, about the business of adding The Lord's Prayer to each A.A. meeting. The practice probably came from the Oxford Group who was influential in the early days of A.A. You have probably noted in A.A. Comes of Age what the connection of these people with A.A. really was.

I think the custom of saying The Lord's Prayer was a custom of theirs following the close of each meeting. Of course, there are those who will always be offended by the introduction of any prayer whatever into an ordinary A.A. meeting. It is also complained that The Lord's Prayer is a Christian Document.

Nevertheless this prayer is of such widespread use and recognition that the argument of its Christian origin is a little farfetched. It is also true that some A.A.s believe in some kind of God and communication and strength is obtainable through His Grace.

Since this is a general consensus, it seems right that at least the Serenity Prayer and The Lord's Prayer be used in connection with our meetings. It does not seem necessary to defer to the feelings of the agnostic and the atheist to the extent of hiding our light under a bushel.

However, around here the leader of the meeting usually asks those to join him in the Lord's Prayer for those who care to do so. The worst that can happen is that the objectors have to listen. This is doubtless an exercise in tolerance at this stage of their progress.

So, that's the sum of The Lord's Prayer business as I recall it. . . .

Devotedly yours,
Bill W.

MOUNTAIN BREWIN'S



Alky Nancy called the fire department. "A man is trying to get into my room," said Nancy. "Well, you don't need the fire department. You need the police department."

ment."

Alky Nancy: "I don't need the police. I want the fire department. A man is trying to get into my room, and we're on the second floor. He needs a ladder."

x x x

"Well, if your wife left you, come on down and drown your sorrow in drink."

"I'm afraid I can't do that."

"What's the matter? No liquor?"

"No. No sorrow."

x x x

Harry told Fred that his wife was driving him to drink. Fred thinks Harry is lucky, because his own wife makes him walk.

x x x

Alky Jane: "This match won't light."

Alky Mary: "Huh! It did this morning."

x x x

A local girl was proud to come from her mountain home and enter a beauty contest. But when she returned home she was tired and unsmiling. A friend asked "Was the competition very tight?"

"No," replied the mountain beauty. "But the judges were."

x x x

"My brother works with five thousand men under him."

"Where?"

"Mowing lawns in a cemetery."

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