

MOUNTAIN DOIN'S

Central Office Newsletter
FEBRUARY 2004



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

The Next
District 70 Eatin' Meetin'

Will be held on

February 8th at the
First Christian Church
20 Oak Street
Asheville.

Co-hosted by
Asheville Big Book Step Study Group
and Daily Decisions Group.

**GSR Meeting at 2:30, Eating
at 4:00, Speaker at 5:00.**



To get there: I-240 through Asheville from either direction. Take Charlotte Street exit. Eastbound turn right to first light, Westbound turn left to second light. Right on College Street to first light. Right on Oak Street. 1st Christian Church is on left with red door. Meeting entrance around back. Please park at First Baptist Church lot, or at Health Department.

NEW 12 STEP LIST SIGNUP INSIDE...

The Central Office is in need of an updated 12 step list.

Getting on this list will allow you to be of service to alcoholics calling in for help! Please bring the signup sheet inside this issue to your group to be filled out and return it to the Central Office as soon as possible.



The Central Office has become computerized!

Please email all information for the Mt. Doins (including birthdays and jokes), Where and When updates, etc. to the new office email address at:

NCMCO@bellsouth.net

(NCMCO - North Carolina Mt. Central Office)



Fellowship News

Meeting cancellation: The 8 PM **We Don't Wine Group (W)** at Grace Lutheran Church in Hendersonville will no longer be meeting.

Meeting cancellation: The 6 PM **Sunday Bone Dry Group** in Mars Hill will no longer be meeting.



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 12/1/03 - 12/31/03

Answering Service Calls.....	225
General Information.....	11
A.A. Help.....	4
Family Help (Al-Anon).....	8
Meeting Information.....	84
Central Office Business.....	11
P.I. Calls.....	1
Medical Help (Hospital, Detox, etc.).....	0
Others.....	4
Visitors.....	81

A Prudent Reserve



Tradition Seven: "Every A.A. group ought to be fully self-supporting, declining outside contributions."

Implementing the Seventh Tradition probably raises more questions than any other issue in A.A. Obviously, no Fellowship with more than two million members can exist without some kind of financial underpinning. But how much money is enough? How much is too much? How do we know the difference? And (some would ask) why, in a spiritual Fellowship, do we need to worry about money at all?

The concept of a "prudent reserve" is the key to answering all these questions. At every level—from the group to the General Service Board—the group conscience of Alcoholics Anonymous has made the decision to have enough money on hand to enable us to effectively carry the message to the suffering alcoholic and to provide for emergencies. Beyond that amount, which differs from entity to entity, we have decided to avoid the accumulation of so much money that it could get us in trouble with ourselves or with the general public.

At the group level, the issues are usually quite straight-forward. "The A.A. Group" pamphlet puts it briefly and simply. After listing basic expenses common to all groups—rent, A.A. literature, meeting lists, coffee and refreshments, and support of all A.A. service entities—it goes on to say: "A.A. experience clearly shows that it is not a good idea for a group to accumulate large funds in excess of what is needed, plus a prudent reserve, an amount to be determined by the group conscience."

Most groups find that a reserve equal to one or two months' expenses is all they need. For a group in a large city, with high rent and other costs, the actual dollar amount may be considerably greater than the reserve needed by a group in a small town or a rural community. The kinds of expenses, as listed in the pamphlet, are not much different from place to place, though some groups do need to provide for special circumstances.

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Acceptance Group

Keith B 2-15-91 13 years
 Steve M 2-22-03 1 year

Asheville Big Book Step Study Group

Bill D 2-25-99 5 years

Columbus Group

Gaden C 2-3-03 1 year
 Homer H 2-12-02 2 years

Cumberland Group

Kristin W 2-20-92 12 years
 Doug O 3-9-72 32 year
 Thurman 3-11-85 9 years

Daily Decisions Group

Ed F 2-3-02 2 years
 Carolyn W 2-11-03 1 year
 Robin H 2-15-03 1 year
 LaShawn L 2-19-02 2 years
 Ed H 2-28-03 1 year



Note: Your group can now email A.A. birthdays to NCMCO@bellsouth.net by the 1st of the previous month.
 (Please submit names, dates, and years in above format.)

Edneyville Group

Tom K 2-23-87 17 years

Grace Group

Bill B 2-19-77 27 years
 Jack D 2-12-86 18 years
 Susan D 2-15-86 18 years
 John W 2-28-86 18 years
 Michael B 2-6-95 9 years
 Barbara B 2-8-02 2 years
 Elaine G 2-8-03 1 year
 Jewell K 2-11-03 1 year
 Patton C 2-21-03 1 year
 Angela A 2-25-03 1 year
 Betty K 2-25-03 1 year
 Jeri S 2-25-03 1 year
 Seth C 2-26-03 1 year

Happy Hour Group

Bill W 2-18-97 7 years
 Maureen McF 2-14-69 35 years
 Michele E 2-1-95 9 years

Maggie Group

Marvin M 2- -81 23 years

Maple Grove Group

Dick B 2-7-71 32 years
 Tom M 2-10-82 22 years
 Kathryn M 2-14-98 5 years

Robinsville Mountain Side Group

Howard G 2-10-96 7 years
 Dennis W 2-2-99 3 years

Upward Group

Bobbie P 2-3-86 18 years
 Dave N 2-12-01 3 years

One Day at a Time



treasurer's Report

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

Group Contributions

Acceptance Group.....	50.00
AWOL.....	36.00
Brevard Group.....	50.00
Bryson City Group.....	10.00
Columbus Group.....	25.00
Cumberland Group.....	180.00
Hendersonville Group.....	45.00
H'ville Happy Hour Group.....	50.00
New Hope Group.....	200.00
Midday Group.....	25.00
Sunshine Group.....	25.00
Waynesville Grace Group.....	398.40
Young People Group.....	128.50
Happy Hour Group.....	30.00
Total Group Contributions.....	1252.90
Bank balance.....	2757.63

Due to holidays and illness a full December statement will be presented for the March Mt. Doins.

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.

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The following reprinted with permission from Box 459

The Serenity Prayer: 'So Much A.A. in So Few Words'

For A.A.s everywhere, the beloved Serenity Prayer is a mantra for every conceivable occasion—a cooling breeze on a face flushed with anger, a small song of gratitude for good news, a comforting guide for the bad—and reassurance that the world is unfolding as it is meant to.

Says David R. of Oakland, California: "When Route 101 is choked with trailers under a burning sun and a fenderbender has stalled traffic for miles ahead, I start mouthing the Serenity Prayer to ward off road rage, and

it works." Karen M. of Richmond, Virginia, notes that "when I have something nerve-racking to do, like asking my boss for a raise or apologizing for having messed up on an assignment, I repeat the Serenity Prayer several times and it calms me down like magic." Chicago's John D. affirms that the prayer "helps me in the up times as well as the down. It comes naturally to my lips when all hell is breaking loose, for sure. But I try to remember to say it as a thank you to God when the good times roll—like my A.A. anniversary or a rare weekend away with my wife."

A.A. co-founder Bill W. said of the Serenity Prayer, "Never had we seen so much A.A. in so few words." In *Alcoholics Anonymous Comes of Age* (p. 196), Bill relates that early in 1942 A.A.'s first national secretary, nonalcoholic Ruth Hock, showed him and others in their crowded little New York office a routine New York *Herald Tribune* obituary that ended with these words:

**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.**

Someone suggested printing the quatrain on wallet-size cards for inclusion in office mailing, and thus the Serenity Prayer was on its way to becoming integral to A.A. life. It has since been translated into the many languages spoken by members around the world, aloud at their meetings and soundlessly in their hearts. For more than half a century now, the prayer has become so closely woven into the very fabric of A.A. philosophy that members have difficulty remembering it did not originate within the A.A. experience itself.

What seems undisputed is the claim of authorship [of the prayer] by theologian Dr. Reinhold Niebuhr. "Of course, it may have been spooking around for years, even centuries, but...I honestly do believe that I wrote it myself." The doctor stated.

Delhi A.A.s Carry the Message with Help from Our Friends in the Media

On September 13, a newspaper in Delhi, India, ran an article about Alcoholics Anonymous in Hindi that contained the A.A. help-line number. Within the next day or so, reports Satya B., manager of the Delhi Intergroup, "approximately 100 calls came in [to intergroup] from Alcoholics and their families; another 100 were received on the A.A. help-line, and at least six new members showed up at meetings as a direct result of the article, with more to come. That's a big number, as in total we have approximately 300 recovering members in Delhi."

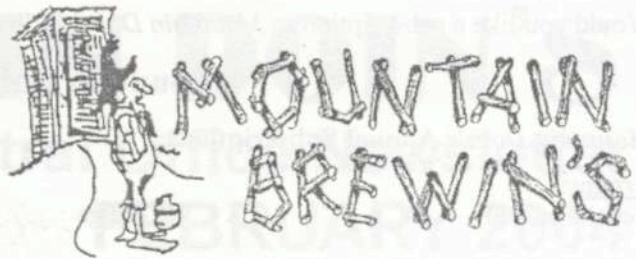
"More good news," Satya adds, "is that Todd, an A.A. who sobered up in California about 14 years ago, is starting a group in Dharamshala, a small hill town about a 10-hour drive from Delhi. Language seems to be a barrier, so several of us went armed with Big Books and other A.A. literature in Hindi. A week earlier, when I shared at a meeting that I would be going to Dharamshala, I received 12 Big Books as contributions to be given freely to members of the new group."

Glimmerings of A.A. in India go back to the 1950s. A.A. co-founder Bill W. once spoke of a letter sent circa 1956 to the General Service Office by a Jesuit priest: "It told the story of a Hindu schoolteacher who owned a cow and a tiny plot of ground. His wife was stone-deaf and he had a sister who, like himself, drank like a fish. His salary as a teacher was about fifty cents a day. The Jesuit translated A.A.'s Twelve Steps for him. And, in spite of his poverty, in spite of his wife's deafness, in spite of his domineering and drunken sister, he was staying sober." (*Alcoholics Anonymous Comes of Age*, p. 80). By 1988 there were about 150 groups in India.

A.A. is constantly transcending the barriers of race, language, religion and even wars to carry the message of sobriety everywhere in the world. The Big Book has been translated into 49 languages, with four more in the works.



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A man driving home is pulled over by a patrolman for a broken blinker. The cop looks into the guy's car and sees a collection of knives in the back seat.

"Sir," the cop says. "Why do you have all those knives?"

"They're for my juggling act," the man says.

"I don't believe you," says the cop. "Prove it." So the man gets out of his car and begins juggling the knives. At the same time, a car with two guys in it drives by.

"Man," says the first guy. "I'm glad I quit drinking. These new sobriety tests are hard."



The *exercise* we used to get!...

- Bending the rules
- Stretching the truth
- Jogging ones memory
- Running into trouble
- Jumping to conclusions
- Stepping on toes
- Climbing the walls
- Pushing ones luck
- Throwing fits
- Dodging responsibility

Please email your drunk jokes (appropriate for publication in the Mt. Doin's) to NCMCO@bellsouth.net.

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107 Park Place Offices
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Asheville, NC 28801

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