

OCTOBER 2004

MOUNTAIN DOIN'S

Central Office Newsletter

SEPTEMBER 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

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SUNDAY, SEPTEMBER 19, 2004

District 71 GSR Eating Meeting

Columbus Presbyterian Church
102 Peniel Road, Columbus, NC

GSR Meeting: 2:30 PM

Eating Meeting: 4:00 PM

Speaker: 5:00 PM

Bring a covered dish, a friend, and join us!

SUNDAY, SEPTEMBER 26, 2004

District 70 Workshop:

AA Intergroup Services

Neil Dobbins Detox Center Bldg.
257 Biltmore Ave., Asheville

NOON—2:00 PM

An informal panel presentation by Intergroup staff on how districts and intergroups work together for the good of AA.

Q&A Session to follow.

MORE INFO: district70dcm@charter.net

SUNDAY, OCTOBER 10, 2004

District 70 Eating Meeting

St. Paul's United Methodist Church, 223 Hillside St., Asheville

Eating Meeting: 4:00 PM

Speaker: 5:00 PM

Entrée & Drinks Provided

SPONSORED BY: CUMBERLAND & FELLOWSHIP GROUP

SATURDAY, OCTOBER 16, 2004

4th Annual District 71 Unity Day

Mt. Pisgah Lutheran Church
Hwy 64 E., Hendersonville, NC

Traditions Workshop: 11:00 AM

Tradition 1 Presentation: NOON

Covered Dish Dinner: 1:00 PM

Speaker: 2:00 PM

All are welcome!

SUNDAY, OCTOBER 24, 2004

District 71 Central Office Meeting

Serenity Service Meeting Place
697-G Haywood Rd., W. Asheville

Meeting: 2:00 PM

ALL AA Members Welcome!

HOSTED BY: HENDERSONVILLE & ROUNDTABLE GROUP

SUNDAY, OCTOBER 31, 2004

Old Timers Panel

Pisgah Lutheran Church
Hwy 64 toward Bat Cave, Hendersonville

Meeting: 8:00 PM

ALL AA Members Welcome!

HOSTED BY: ROUNDTABLE GROUP



CALENDAR CONTINUED...

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.

OCTOBER 2004



Fellowship News

Correction:

The Little "Big Book" and Concordance are not AA approved literature (as stated in last months minutes). It will be listed as such in the Central Office.

Online Resources:

- www.aa.org
- www.ashevilleaa.org
- www.aaroundtable.com
- www.aagrapevine.org

NOVEMBER 11-14th, 2004

11th Annual NC Native American AA Convention

Convention Center
Cherokee, NC

Wide variety of meetings & activities

ALL AA Members Welcome!

Registration fee: \$30 in advance by Oct. 20th.

MORE INFO:

Herb W: (828) 497-7103

Deb C: sobergirl93@hotmail.com

AA Conformity and Individualism From the Grapevine, January, 1960.

MEMBERS of Alcoholics Anonymous share a common problem and in many ways are alike. They have the need and, in due time, the urge to conform as part of the therapy.

But it would be difficult to find anywhere a collection of more rugged individualists with a greater tendency toward nonconformity.

The very act of excessive drinking is a reckless and unconventional one. Only a man or woman who has thumbed his or her nose at society could become a first-rate drunk.

Conformity—as an antidote for ego run riot and as an exercise in humility—is the essence of the program of recovery.

This is made more palatable by such statements as "There are no rules in AA"; "Each member is free to develop his or her own individual program"; etc. No formal organization or AA hierarchy of officers exists to cramp the style of anyone in AA.

And yet the area in which conformity is necessary is pretty large. Unless the alky builds his AA program on certain truths, while he may have a fine philosophy or something else that helps him to live, he won't have anything properly describable as an AA program.

AA has taken its philosophy from many sources, and it shares in the basic truths handed down by traditional religion and philosophy. It is the beneficiary of modern medicine, psychology, and psychiatry. But none of this is AA. The unique value of AA has been in its application of those truths and techniques directly to the problem of the alcoholic in a way that makes them acceptable to him.

We say there are no *musts* in AA. Yet what kind of an AA would an alcoholic be who included in his program ideas like these:

"Alcoholism is a self-limiting disease and will cure itself if allowed to run its course."

"I can safely drink weak highballs or a little beer and wine now and then."

CONTINUED...

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 8/2/04 - 8/31/04

Answering Service Calls.....	349
General Information.....	14
A.A. Help.....	4
Family Help (Al-Anon).....	10
Meeting Information.....	127
Central Office Business.....	6
P.I. Calls.....	1
Medical Help (Hospital, Detox, etc.).....	1
Others.....	13
Visitors.....	75



Acceptance Group

Dee D	10-5-68	36 years
Mitch H	10-6-03	1 years
Dan G	1-23-83	21 years
Don H	10-25-68	36 years

Conscious Contact Group

Bruce H	10-15-89	15 years
Larry B	10-13-97	7 years
Chuck	10-12-91	13 years
Marti W	10-19-79	25 years
Dottie S-G	10-12-91	13 years
Susan H	10-24-94	10 years
Janey W-K	10-24-90	14 years
Mike H	10-5-83	21 years
Rick M	10-3-00	4 years
Tim H	10-3-01	3 years
Eileen S	10-31-99	5 years

Cumberland Group

Karl S	10-02-94	10 years
Isara D	10-28-99	5 years

Daily Decisions Group

Eileen S	10-31-98	6 years
Watson	10-17-86	18 years

Fellowship Group

Mike H	10-5-83	21 years
Cliff	10-6-03	1 year
Eric P	10-15-72	32 years
Jack R	10-20-03	1 years
Russ B	10-21-71	33 years

Tryon Tuesday Group

Whitney B	10-3-99	5 years
Archie S	10-1-88	16 years
Joyce B	10-11-78	26 years
Cynthia T	10-22-81	23 years

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

Grace Group

Edward J	10-17-84	20 years
Don B	10-2-90	14 years
Bill E	10-30-94	10 years
Dave M	10-17-96	8 years
Sarah L	10-13-99	5 years
Patty C	10-11-01	3 years
John M	10-18-02	2 years
Denise M	10-23-02	2 years
Jesse C	10-08-03	1 year
Glenn M	10-9-03	1 year

Hendersonville Group

Stan S	10-20-86	18 years
Jo P	10-16-84	20 years
Mike M	10-18-03	1 year
Jerry H	10-20-92	12 years
Owen C	10-30-84	20 years

Hendersonville Happy Hour Group

Wanda K	10-03-03	1 year
John S	10-7-01	3 years
Pat K	10-14-80	24 years

Maple Grove Group

David S	10-1-87	17 years
Clete J	10-23-70	34 years

Marion Group

Cheryl D	10-6-01	3 years
Dave S	10-1-82	22 years
Jeff C	10-12-03	1 year

Midday Group

Joannie B	10-22-94	10 years
George K	10-15-88	16 years
Kathy H	10-7-03	1 year

Roundtable Group

Debbie B	10-10-03	1 year
Tim R	10-?-03	1 year

Traditional Group

Maurice H	10-27-78	26 years
Tom B	10-19-81	23 years
Chad F	10-13-02	2 years

TREASURER'S Report

N.C. Mountain Central Office, Inc. Financial Report for the month of August 2004.

Group Contributions

Marshall Group	225.00
Cahiers Valley Group	185.00
AWOL Group	24.91
Columbus Group	25.00
Thursday Afternoon Women's	100.00
Common Sense	10.50
Hendersonville Midday	50.00
Hendersonville	48.25
Mountain View Group	75.00
Grace Group	600.00
Blue Ridge Group	100.00
Cullowhee Valley Group	28.00
Daily Decisions Group	244.29
Bryson City Group	20.00
Back to Basics Group	150.00
Serenity Service Group	25.00
The Mission Group	25.00
Edneyville Group	10.00
Kanuga Group	55.00



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"I do not recognize any Power greater than myself."

"I don't need to go to meetings but can handle my problem alone."

"I have no defects of character and consequently need not try to improve."

Isn't it true that we all must conform to the extent of accepting with deep conviction the following ideas:

1. I am an alcoholic--no reservations.
2. Alcoholism is a progressive, incurable disease.
3. As an alcoholic I may drink again, but I must admit I can never safely do so. Alcohol in any form is poison to me, and if I persist in drinking, I face the certain prospect of a premature death, commitment to a mental institution, or at best a life of misery.
4. There is a Power greater than myself that can help me.

BEGINNING BANK BALANCE (8/2/04).....	2095.76
<u>Income</u>	
Total Group Contributions.....	2000.95
Individual Contributions.....	3.25
Postage Return.....	86.59
Cash on Hand.....	27.26
Bank Interest.....	0
Sales Income.....	2022.20
TOTAL.....	4140.25
<u>Expenses</u>	
Rent.....	156.00
Payroll.....	600.27
Payroll Tax.....	0
Telephone: Bell South.....	153.60
Telephone: MCI.....	78.77
Answering Service.....	248.50
Printing: Where and When.....	0
Printing: Mountain Doin's.....	18.51
Editor.....	150.00
Sales Tax.....	141.55
Literature, Chips & Medallions.....	1482.31
Postage.....	66.28
Postage: Mountain Doin's.....	85.00
Bank Service Charges.....	19.75
Office Supplies.....	268.29
TOTAL EXPENSES.....	3468.83
END BANK BALANCE (8/30/04).....	2739.90

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.

NOTE: Errors in last issue's financial section have corrections reflected above.

5. There is a connection between any defects of character and my being an alcoholic. In order to arrest my alcoholism I must examine, and try to make changes, in my character.

6. The best way to develop and maintain a successful AA program is to go to meetings and to try to carry the AA message to the other alcoholics who are still suffering.

New prospects are sometimes quick to understand how essential some of these ideas are to AA and even to decide therefore that AA is not for them.

Another old-timer and I once made a Twelfth Step call on a man whose main motivation in calling for help was the fear he might be arrested for drunken driving. We gave him the pitch with much fervor, enthusiasm, and—I thought—skill. Somewhere along the line I mentioned that part of the program was not to touch alcohol in any form at any time, one day at a time.

CONTINUED FROM PAGE 4

When we got ready to leave, the prospect made it clear he didn't want any part of the program. On the way home I said to my companion, "What did we do wrong? Where did we lose him?" My buddy said, "That's easy. It was when you broke the news that he couldn't be an AA and keep on drinking."

Strong as is the case for conforming, though, there is still plenty of room within the AA structure for individuality. In fact, it is the duty of every AA to develop himself as an individual in AA. Each alcoholic brings to the program a background of experience and talent not exactly like anyone else's. Each is in a position to make a unique contribution to his group.

The widest latitude of thought and action is open to any one in AA. He may believe as he chooses as to the nature of the Higher Power. His religion and political preferences are strictly his own business. He may go to seven meetings a week or never show his face outside his closed meeting, as he chooses. He may speak everywhere at open meetings until he practically becomes a professional or he may never speak.

He has the same freedom to develop individual tastes in music, art, or literature as anyone else. He can root for the White Sox or the Cubs or neither as he sees fit. What morning newspaper he reads is up to him. He can collect stamps or take up trout fishing.

Anyone who feels his individuality is cramped in AA because he has to accept certain truths is kidding himself. He can be as individual as he wants to be or can be in most of the things he thinks and does. He just isn't free to think he can safely handle alcohol or run the world as God's substitute. Neither can he safely indulge himself in hatred, violate the moral law, or fail to love and respect his fellow men.

He needs a faith. He needs to moderate his ego. He needs to get out of the driver's seat. But he also needs to go on being the unique individual human being that God created him to be.

H. B. in "Here's How"
Chicago, Illinois



He was on a binge but was trying to taper off. He thought of wine. Ah, that's the stuff! It's not as strong as whiskey. Why, he said profoundly to himself, sherry, for instance, is only 20 percent in alcoholic content. Then he thought a bit more. Only 20 percent? Mmm. . . And so he got two instead of one bottle of sherry!



"Now my brother John. . . He's a guy who really NEEDS A.A."

After long and solemn deliberation Pat and Mike had decided to swear off and were on the way to the priest's to take the pledge. En route they came to a saloon.

Said Mike to Pat: "Let's stop in for our last drink together."

Said Pat to Mike: "No, indeed. The Father might smell it on our breaths. Better wait till we come back."

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107 Park Place Offices
70 Woodfin Place
Asheville, NC 28801

Group of Individual Name _____

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