

MOUNTAIN DOIN'S

Central Office Newsletter

FEBRUARY 2005



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801
Phone: 254-8539 or 1-800-524-0465 Email: ncmco@bellsouth.net

CALENDAR

FEBRUARY 13th 2:30pm

District 71: Eating & GSR Meeting

Grace Lutheran Church, 1245 W 6th Avenue,
Hendersonville. (Corner of 64W and Blythe Street.)

GSR Meeting: 2:30PM

Eating: 4PM

Speaker: 5 PM

Please bring a covered dish to share.

What Is Acceptance?

From the March 1962 Grapevine

ONE WAY to get at the meaning of the principle of acceptance is to meditate upon it in the context of AA's much-used prayer: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Essentially, this is to ask for the resources of grace by which we may make spiritual progress under all conditions. Greatly emphasized in this wonderful prayer is a need for the kind of wisdom that discriminates between the possible and the impossible. We shall also see that life's formidable array of pains and problems will require many different degrees of acceptance as we try to apply this valued principle.

Sometimes, we have to find the right kind of acceptance for each day. Sometimes, we need to develop acceptance for what may come to pass tomorrow, and yet again, we shall have to accept a condition that may never change. Then, too, there frequently has to be a right and realistic acceptance of grievous flaws within ourselves and serious faults within those about us—defects that may not be fully remedied for years, if ever.

All of us will encounter failures, some retrievable and some not. We shall often meet with defeat—sometimes by accident, sometimes self-inflicted, and at still other times dealt to us by the injustice and violence of other people. Most of us will meet up with some degree of worldly success, and here the problem of the right kind of acceptance will be really difficult. Then there will be illness and death. How indeed shall we be able to accept all these?

It is always worthwhile to consider how grossly that good word "acceptance" can be misused. It can be warped to justify nearly every brand of weakness, nonsense, and folly. For instance, we can "accept" failure as a chronic condition, forever without profit or remedy. We can "accept" worldly success proudly, as something wholly of our own making. We can also "accept" illness and death as certain evidence of a hostile and godless universe. With these twistings of *acceptance*, we AAs have had vast experience. Hence, we constantly try to remind ourselves that these perversions of acceptance are just gimmicks for excuse-making: a losing game at which we are, or at least have been, the world's champions.

This is why we treasure our Serenity Prayer so much. It brings a new light to us that can dissipate our old-time and nearly fatal habit of fooling ourselves. In the radiance of this prayer, we see that defeat, rightly accepted, need be no disaster. We now know that we do not have to run away, nor ought we again try to overcome adversity by still another bulldozing power drive that can only push up obstacles before us faster than they can be taken down.

On entering AA, we become the beneficiaries of a very different experience. Our new way of staying sober is literally founded upon the proposition that "Of ourselves, we are nothing, the Father doeth the works."

continued



Online Resources:

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

Meeting Move:

The Conscious Contact group location has moved to the New Vistas building at 257 Biltmore Avenue (in the same location as the recent Alcohons). Please enter at the end of the building near Mostly Toyota.

Sunday 11AM: Closed discussion, non-smoking.
Sunday 5:30 PM: Open Big Book, non-smoking.
Wednesday 8 PM: Open discussion, non-smoking.
Saturday 10 AM: Closed discussion, non-smoking.

Meeting Changes:

The Serenity Sisters group has changed its name to the Serenity Group.

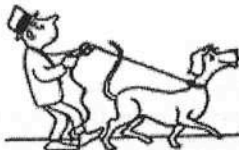
Thursday 6 PM: Closed. Speaker/discussion, women's, non-smoking, 1.5 hrs.
Friday 7 PM: Closed, mixed, discussion, non-smoking.

The above two meetings meet at the First Methodist Church in Waynesville, Parsonage building on Academy Street.

Tuesday 7 PM: Closed, mixed, discussion, non-smoking.
The above meeting gathers at Maggie Valley Methodist Church, Maggie Valley.

Service Opportunites:

CFC is in need of AA's interested in taking AA meetings into WNC correctional facilities. If interested, please call Frank H. (828-250-0990) or Michael C. (828-777-7334).



In Steps One and Two of our recovery program, these ideas are specifically spelled out: "We admitted we were powerless over alcohol—that our lives had become unmanageable" and "Came to believe that a Power greater than ourselves could restore us to sanity." We couldn't lick alcohol with our own remaining resources, and so we accepted the further fact that dependence upon a Higher Power (if only our AA group) could do this hitherto impossible job.

The moment we were able to fully accept these facts, our release from the alcohol compulsion had begun. For most of us, this pair of acceptances had required a lot of exertion to achieve. Our whole treasured philosophy of self-sufficiency had to be cast aside. This had not been done with old-fashioned willpower; it was instead a matter of developing the willingness to *accept* these new facts of living. We neither ran nor fought. But *accept* we did. And then we were free. There had been no irretrievable disaster.

This kind of acceptance and faith is capable of producing 100 percent sobriety. In fact, it usually does; and it must, else we could have no life at all. But the moment we carry these attitudes into our emotional problems, we find that only relative results are possible. Nobody can, for example, become completely free from fear, anger, and pride. Hence, in this life we shall attain nothing like perfect humility and love. So we shall have to settle, respecting most of our problems, for a very gradual progress, punctuated sometimes by heavy setbacks. Our old-time attitudes of "all or nothing" will have to be abandoned.

Therefore, our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This is to adopt a realistic humility without which no genuine advance can even begin. Again and again, we shall need to return to that unflattering point of departure. This is an exercise in acceptance that we can profitably practice every day of our lives. Provided we strenuously avoid turning these realistic surveys of the facts of life into unrealistic alibis for apathy or defeatism, they can be the sure foundation upon which increased emotional health and therefore spiritual progress can be built. At least, this seems to be my own experience.

Another exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine—both temporal and spiritual. Here, I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living.

continued



Back to Basics Group

James P	2-18-88	17 years
John T	2-21-89	16 years
Dick M	2-25-80	25 years
Scott S	2-2-02	3 years
Ralph M	2-3-77	28 years
Jeri S	2-25-03	2 year
Ellen M	2-18-92	13 years

Conscious Contact Group

Kathie K	2-12-94	11 years
Bill M	2-9-02	3 years
Marsha P	2-14-87	18 years
Jay C	2-4-02	3 years
Terry H	2-9-88	17 years

Edneyville Group

Tom K	2-23-87	18 years
-------	---------	----------

Fellowship Group

Randine	2-27-01	4 years
---------	---------	---------

Grace Group

John W	2-28-86	19 years
Seth C	2-26-03	2 years
Megan J	2-26-88	17 years
Michael B	2-6-95	10 years
Payton CB	2-21-03	2 years
Jewell K	2-11-03	2 years
Barbara B	2-8-02	3 years
Chris W	2-20-04	1 year
Marjorie K	2-22-04	1 year
Susan D	2-15-86	19 years
Bill B	2-19-77	28 years
Jack D	2-12-86	19 years

Happy Hour Group

Larry R	2-9-04	1 year
Mareen Mc	2-14-69	36 years

Serenity Group

Elise C	2-2-04	1 year
---------	--------	--------

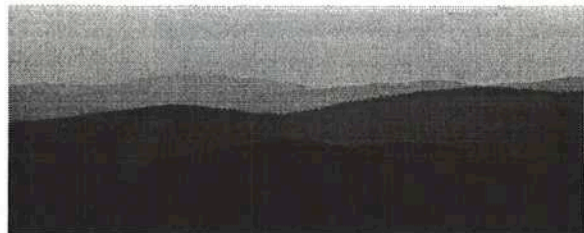
Traditional Group

Hayette	2-11-04	1 year
Jobie M	2-20-01	1 year
Jane S	2-21-99	6 years

Upward Group

Dave N	2-12-01	4 years
Bobbie P	2-3-86	19 years

NOTE: Please make an announcement to your group, asking your members to make sure their birthdays are getting submitted with their primary home group only. Otherwise, simply be aware that birthdays may appear only once.



"I've been sober nine months, but I'm still working on a couple of character defects!"

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

Treasurer's Report



N.C. Mountain Central Office, Inc. Financial Report from the month of December 2004.

Group Contributions

Edneyville	20
Serenity Service	25
AWOL	28
Happy Hour	30
Franklin	31.90
Kanuga	45
Acceptance	50
Fellowship	50
Traditional	62.75
Brevard	72
Hendersonville Middy	75
Cashiers Valley	120
Day By Day	162
Six PM	201



BEGINNING BANK BALANCE (12/1/04).....	2658.08
<u>Income</u>	
Total Group Contributions.....	972.65
Individual Contributions.....	0
Cash on Hand.....	26.27
Bank Interest.....	.03
Sales Income.....	1891.92
Other Income.....	34.05

TOTAL..... 5583.00

Expenses

Rent.....	156.00
Payroll.....	600.27
Payroll Tax.....	0
Telephone: Bell South.....	155.83
Telephone: MCI.....	79.66
Answering Service.....	205.00
Printing: Where and When.....	6.08
Printing: Mountain Doin's.....	14.89
Editor.....	150.00
Sales Tax.....	132.43
Literature, Chips & Medallions.....	1988.91
Postage.....	42.19
Postage: Mountain Doin's.....	43.20
Bank Service Charges.....	0
Office Supplies & Maintenance.....	437.22

TOTAL EXPENSES..... 4011.68

END BANK BALANCE (12/27/04)..... 1545.55

To help Central Office maintain a healthy cash flow we request that groups pay their bills for materials every two weeks. Thanks for your help.

From page 2

I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When we are brimming with gratitude, our heartbeats must surely result in outgoing love, the finest emotion that we can ever know.

In times of very rough going, the grateful acceptance of my blessings, oft repeated, can also bring me some of the serenity of which our AA prayer speaks. Whenever I fall under acute pressures, I lengthen my daily walks and slowly repeat our Serenity Prayer in rhythm to my steps and breathing. If I feel that my pain has in part been occasioned by others, I try to repeat, "God grant me the serenity to love their best, and never fear their worst." This benign healing process of repetition, sometimes necessary to persist with for days, has seldom failed to restore me to at least a workable emotional balance and perspective.

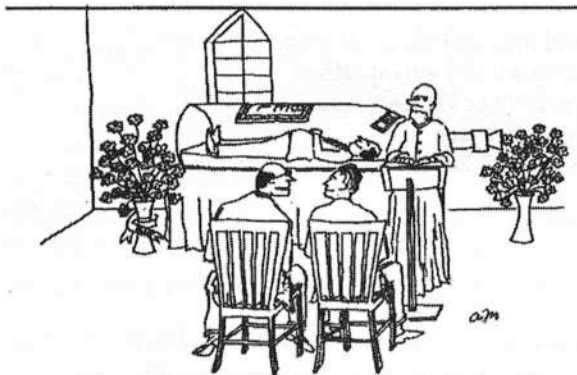
Another helpful step is to steadfastly affirm the understanding that pain can bring. Indeed, pain is one of our greatest teachers. Though I still find it difficult to accept today's pain and anxiety with any great degree of serenity—as those more advanced in the spiritual life seem able to do—I can, if I try hard, give thanks for present pain nevertheless. I find the willingness to do this by contemplating the lessons learned from past suffering—lessons which have led to the blessings I now enjoy. I can remember, if I insist, how the agonies of alcoholism, the pain of rebellion and thwarted pride, have often led me to God's grace, and so to a new freedom. So, as I walk along, I repeat still other phrases such as these: "Pain is the touchstone of progress." . . . "Fear no evil." . . . "This, too, will pass." . . . "This experience can be turned to benefit."

continued

These fragments of prayer bring far more than mere comfort. They keep me on the track of right acceptance; they break up my compulsive themes of guilt, depression, rebellion, and pride; and sometimes, they endow me with the courage to change the things I can, and the wisdom to know the difference.

To those who have never given these potent exercises in acceptance a real workout, I recommend them highly the next time the heat is on. Or, for that matter, at any time!

Bill W.



"I say, Osgood carried his fondness for Scotch a bit far, eh?"

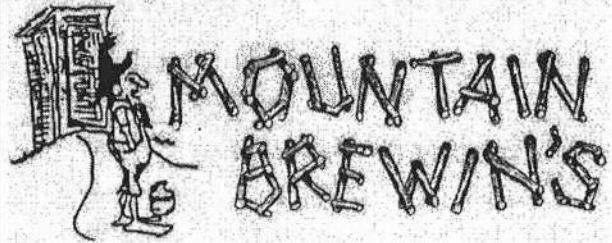
Central Office Phone Log



"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 12/1/04 - 12/30/04

Answering Service Calls.....	174
General Information.....	11
A.A. Help.....	0
Family Help (Al-Anon).....	4
Meeting Information.....	60
Central Office Business.....	22
P.I. Calls.....	0
Medical Help (Hospital, Detox, etc.).....	2
Others.....	25
Visitors.....	70



A horse walks into a bar. The bartender says, "Why the long face?"

XXX

A drunk gets up from the bar and heads for the bathroom. A few minutes later, a loud, blood-curdling scream is heard coming from the bathroom. A few minutes after that, another scream reverberates through the bar.

The bartender goes into the bathroom to investigate why the drunk is screaming. "What's all the screaming about in there?" he yells. "You're scaring my customers!"

"I'm just sitting here on the toilet," slurs the drunk, "and everytime I try to flush, I get this excruciating pain!"

The bartender opens the door, looks in, and says, "You idiot! You're sitting on the mop bucket!"



"Who cares about the future — where the hell was I last night?"

Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below.

Mountain Doin's Order Form

Mountain Doin's Annual Subscriptions:

Groups:

3 copies monthly

No charge

5 additional copies
10 additional copies
15 additional copies
20 additional copies

Pick up from Central Office
\$10.00 per year
\$20.00 per year
\$25.00 per year
\$30.00 per year

Deliver by mail
\$20.00 per year
\$35.00 per year
\$45.00 per year
\$60.00 per year

Individual Members:

Single copy monthly

\$6.00 per year

Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, dependent upon USPS rates.

Clip and mail with check or money order to:
N.C. Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville, NC 28801

Group of Individual Name _____

Street/P.O. Box No. _____

Town and Zip Code _____

North Carolina Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Address correction requested

Place
Postage
Stamp
Here