

MOUNTAIN DOIN'S

Central Office Newsletter

APRIL 2005



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80)
107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801
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CALENDAR

March 27th 2 PM

Phone Service Volunteer Meeting

YANA Club, 191 Lyman Street.

Meeting: 2PM

Topics: Filling phone schedule & Process.

For more information contact:

District 70:

Harry S. (828) 252-7500 harrys8684@charter.net.

District 71:

Darnell A. (828) 859-9417 dtakpa@alltel.net

District 80:

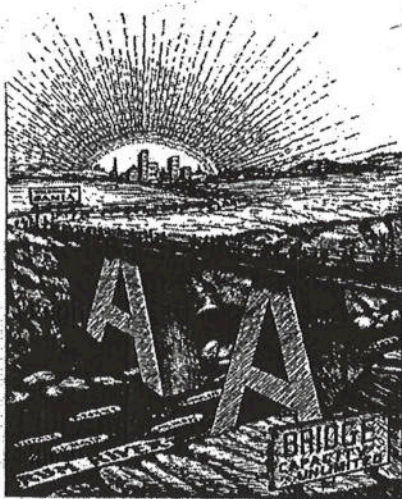
Bob K. (828) 524-4759 aa349help@juno.com

April 29—May 1st

Area 51 Correctional Facilities Conference

Holiday Inn Conference Center, U.S. 1 N., Southern Pines, NC.

For more info contact Michael C. at (828) 777-7334



MAY 13-15

Spring Assembly

Hilton North Raleigh, 3415 Wake Forest Rd. Raleigh.

JUNE 30-JULY 3rd

International Convention

Toronto, Canada.

JULY 28-31st

58th NC State Convention

Hilton North Raleigh, 3415 Wake Forest Rd. Raleigh.

AUGUST 27-28th

Fall Committee Meeting

Hilton North Raleigh, 3415 Wake Forest Rd. Raleigh.

NOVEMBER 18-20th

Fall Assembly

Hilton North Raleigh, 3415 Wake Forest Rd. Raleigh.

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.



Meeting Change:

The Fellowship Group of Arden is changing the location of it's meetings. Effective April 1 the group will move to the Calvary Episcopal Church, 2840 Hendersonville Rd. in Fletcher. Across the street from Ingles, go to the back of the church—meeting times will remain the same.

Meeting Change:

Beginning March 1st, the Maple Grove group of Waynesville will be changing it's meeting to start at 7PM (instead of it's old meeting time of 8PM).

Service Opportunities:

Volunteer Phone Service is looking for AA members willing to cover shifts for the AA phone line. All training information will be provided.

If interested, please contact:

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District 71:

Darnell A.. (828) 859-9417, dtakpa@alltel.net

District 80:

Bob K. (828) 524-4759, aa349help@juno.com

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

District 70 is in need of an archivist, to help preserve the District's AA history. Outgoing archivist will train. Please call Becky H. for more information at 628-1381.

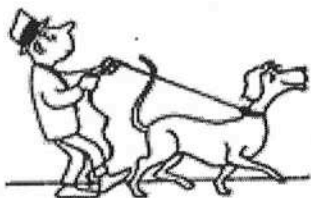
Online Resources:

www.aa.org

www.ashevilleaa.org

www.aaroundtable.com

www.aagrapevine.org



No Human Power

THE BIG BOOK says that our stories tell "what we used to be like, what happened, and what we are like now." What happened to me? My recovery was not of the "instant success" variety that we occasionally hear about in AA. I was in and out of AA for fifteen years before my compulsion was taken away. You might say I was one of those persons written about in Chapter 5: "There are such unfortunates."

During that period, it was the Third Step that gave me the most trouble. I could never formulate an acceptable concept of God. And without a concept of God, I did not think it was possible to take the Third Step. This is the surrender Step. Without surrender, a person is still fighting booze alone. And for me that was an impossible fight. Booze always won. The compulsion always overwhelmed me.

What happened eventually was that I quit placing my hope in treatment centers, medical sources, inspirational books, or psychologists. I did, however, turn again to Alcoholics Anonymous. When I did, I also turned again to the Twelve Steps. I did Steps One and Two, and then I jumped directly to Step Eleven. I understood that what I needed was a concept of God. I am thankful that I was able to discipline myself to seek God through prayer and meditation, to achieve a conscious contact with God, and thus achieve an understanding of God.

I practiced a Step Eleven spiritual discipline for nearly two months, consistently, persistently, on a regular basis. At some point during that period, my compulsion for alcohol disappeared. I was unaware when it left me. One day, it just occurred to me that I no longer had a compulsion. I was free.

On page 60 of the Big Book we read that "probably no human power could have relieved our alcoholism." I firmly believe that statement. Probably no human power could have relieved my alcoholism. I was insane because of an insidious disease. Now, I am free of the major symptom of alcoholism: the diabolic compulsion. That is not to say that I am free of the disease; but alcoholism, for me, has been arrested. I did not free myself. In fact, no human power did it.

Step Eleven of Alcoholics Anonymous turned out to be the key to Step Three for me. Through prayer and meditation, I came to an understanding of God. At that point, I was able to turn my will and my life over to His care. In the beginning, my chances were less than average, but Step Eleven made me a winner.

From Grapevine, April 1979



Acceptance Group

Tom B	4-4-83	22 years
Nancy E-R	4-6-04	1 year
Ocean T	4-9-71	34 years
Terry W	4-26-04	1 year
Karen L	4-27-04	1 year
Pricilla	4-30-89	16 years

Andrews

Mark P	4-8-88	17 years
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Asheville Big Book Step Study

Anna C	4-27-03	2 years
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Back to Basics

Perry B	4-15-86	19 years
Kelsey S	4-12-83	22 years
Margaret N	4-29-86	19 years

Conscious Contact

Karen A	4-14-04	1 year
Rick D	4-21-93	12 years
Dan J	4-5-01	4 years
Stephanie W	4-16-86	19 years

Cumberland

Elena L	4-20-00	5 years
Catherine P	4-20-03	2 years

Daily Decisions

Rick P	4-19-98	7 years
John Cl	4-30-01	4 years
Pamela S	4-25-01	4 years

Fellowship Group

Steve A	4-1-87	18 years
Beverly R	4-10-03	2 years
Carole S	4-10-88	17 years
Lucy H	4-5-88	17 years

Grace

Brian M	4-22-78	27 years
Zoe H	4-18-87	18 years
Margaret G	4-19-90	15 years
Beth T	4-30-93	12 years
Ron C	4-15-96	9 years
Sally K	4-11-97	8 years
Rodger P	4-21-00	5 years
Camil S	4-18-02	3 years
Rufus L	4-18-04	1 year
Carl S	4-18-04	1 year

Hendersonville

Paul B	4-19-88	17 years
Stuart R	4-16-97	8 years

Hendersonville Middy

Dorothy J	4-28-92	13 years
Dave S	4-16-82	23 years
Larry K	4-1-03	2 years
Micheline H	4-16-80	25 years

Hendersonville Thursday Afternoon Women's

Merrit R	4-5-89	16 years
Miriam S	4-17-87	18 years

Tryon Group

Harry G	4-22-91	14 years
Louise D	4-25-95	10 years

Waynesville Serenity

Kelly R	4-8-84	23 years
Carl N	4-1-02	3 years
Amber G	4-3-86	19 years
Rachel C	4-14-82	23 years
Bob P	4-22-81	24 years
Mindy L	4-27-88	17 years

NOTE: Please make sure your birthday is getting submitted with your primary home group only. Otherwise, simply be aware that your birthday may appear only once.

Email A.A. birthdays to NCMCO@bellsouth.net **before** the 1st of the previous month.
 Ex: April birthdays before March 1st. (Please submit names, dates, and years in above format.)

Treasurer's Report



N.C. Mountain Central Office, Inc. Financial Report from the month of February 2005.

Group Contributions

Etowah	9
Madison County	20
Fellowship	25
Marion	25
Hendersonville	27.85
Bryson City	30
Kanuga	45
Acceptance	50
No Nonsense	60
Mountain View	80
Black Mountain	84
Back to Basics	100
Thursday Afternoon Womens	100
Women's 1st Step Farm	129
Good Livers	135
6PM	200
Grace	450
Conscious Contact	516



12 STEPS IN 30 MINUTES—by Bill W. 1953

At length I began to write on a cheap yellow tablet. I split the word-of-mouth program up into smaller pieces, meanwhile enlarging its scope considerably. Uninspired as I felt, I was surprised that in a short time, perhaps half an hour, I had set down certain principles which, on being counted, turned out to be twelve in number. And for some unaccountable reason, I had moved the idea of God into the Second Step, right up front. Besides, I had named God very liberally throughout the other Steps. In one of the Steps I had even suggested that the newcomer get down on his knees.

When this document was shown to our New York meeting, the protests were many and loud. Our agnostic friends didn't go at all for the idea of kneeling. Others said we were talking altogether too much about God. And anyhow, why should there be twelve steps when we had done fine on six? Let's keep it simple, they said.

BEGINNING BANK BALANCE (1/27/05)..... 253.60

Income

Total Group Contributions.....	2185.85
Individual Contributions.....	0
Cash on Hand.....	26.27
Bank Interest.....	.10
Sales Income.....	1790.31
Return Postage.....	37.10
Other Income.....	0

TOTAL..... 4039.63

Expenses

Rent.....	162.00
Payroll.....	600.27
Payroll Tax.....	382.40
Telephone: Bell South.....	201.09
Telephone: MCI.....	49.34
Answering Service.....	194.00
Printing: Where and When.....	21.74
Printing: Mountain Doin's.....	15.00
Editor.....	150.00
Sales Tax.....	125.32
Literature, Chips & Medallions.....	670.54
Postage.....	47.52
Postage: Mountain Doin's.....	68.00
Bank Service Charges.....	2.10
Office Supplies.....	30.37
Copier Maintenance.....	0
Misc. Expenses.....	0

TOTAL EXPENSES..... 2719.69

END BANK BALANCE (2/25/05)..... 1547.27

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.

This sort of heated discussion went on for days and nights. But out of it all there came a ten-strike for Alcoholics Anonymous. Our agnostic contingent, speared by Hank P. and Jim B., finally convinced us that we must make it easier for people like themselves by using such terms as "a Higher Power" or "God as we understand Him!" Those expressions, as we so well know today, have proved lifesavers for many an alcoholic. They have enabled thousands of us to make a beginning where none could have been made had we left the Steps just as I originally wrote them. Happily for us there were no other changes in the original draft and the number of steps still stood at twelve. Little did we then guess that our Twelve Steps would soon be widely approved by clergymen of all denominations and even by our latter-day friends, the psychiatrists.

This little fragment of history ought to convince the most skeptical that nobody invented AA. It just grew.

THE LUCK OF THE DRAW

About a year ago, I was able to begin some Twelfth-Step work in a local jail. I think my underlying motive was survivor's guilt; I just hadn't got caught. As I began the work, I realized I had a prejudice that the ladies there had a different, more severe type of alcoholism than I suffered from. There was also a tendency on my part to include the spicier parts of my story.

Boy, was I wrong! It truly is the case that these women are "serving my sentence." The folks in these facilities have the same type of alcoholism that I have. I have noticed that other women who have come in to tell their stories have had similar responses. And on the way out, they realize that it was the luck of the draw, not superior intelligence, that separates the alcoholic inside the walls from those outside.

This service has helped me stay sober more than I thought it would, as well as offering the joy of giving it away. It has certainly altered the inside job my Higher Power has done for me. It also brings home that when we take the first drink, the world can do to us as it sees fit. Our freedom to choose is gone.

From Grapevine, July 2002

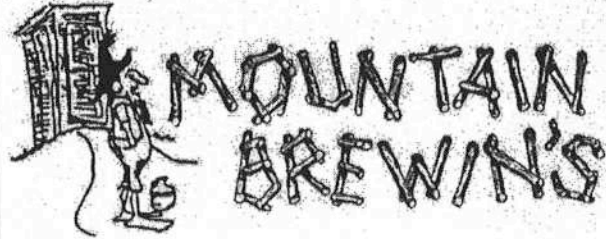
Central Office Phone Log



*"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 2/1/05 - 2/28/05

Answering Service Calls.....	182
General Information.....	19
A.A. Help.....	7
Family Help (Al-Anon).....	2
Meeting Information.....	78
Central Office Business.....	27
P.I. Calls.....	2
Medical Help (Hospital, Detox, etc.).....	0
Others.....	23
Visitors.....	70



BRENDA O'MALLEY WAS HOME making dinner when Tim Flynn arrived at her door. "Brenda, may I come in?" he asked. "I have something to tell you."

"Of course, you can come in," she said. "You're always welcome, Tim. But where's my husband?"

"That's what I'm here to tell you, Brenda. There's been an accident down at the brewery."

"Oh, no!" cried Brenda. "Please don't tell me--"

"I must, Brenda. Your husband, Jim, is dead and gone. I'm sorry."

Finally Brenda looked up. "How did it happen, Tim?"

"It was terrible, Brenda. He fell into a vat of stout and drowned."

"Oh, dear, no! But you must tell me, Tim: Did he at least go quickly?"

"Well, no, Brenda, no. The fact is, he got out three times to pee."

XXX

Hoping to commune with nature, two boozers went on a camping trip. But by nightfall, the mosquitoes were so bad, they retreated into the tent and started drinking. Finally, one poked his head out to see how things were going and saw a swarm of brilliant fireflies.

"We're done for now," he cried to his buddy. "They're coming after us with flashlights!"

XXX

POLITICALLY CORRECT GUIDE TO RECOVERY:

Instead of "alcoholic," say "chemically challenged."

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N.C. Mountain Central Office

107 Park Place Offices

70 Woodfin Place

Asheville, NC 28801

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107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

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**NORTH CAROLINA MOUNTAIN
CENTRAL OFFICE MEETING**

APRIL 10th 2PM

Serenity Service Meeting Place

697-G Haywood Road

(NEXT TO INGLES)

West Asheville,NC

All Members Welcome

**Topics: New Telephone Answering Service Project
Where and When ..revised**

3/7/05