

MOUNTAIN DOIN'S

Central Office Newsletter

MAY 2006



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

MAY 12, 13 & 14

**11th Annual Oak Island
Lighthouse Retreat 2006**
Fort Caswell, Oak Island, NC
Info: Charlie, (910) 278-1278

MAY 19-21

Area 51 Spring Assembly
Hilton, North Raleigh, NC
Assembly business sessions, workshops,
speakers, ice cream social
Info: Sallie H., (828) 324-7446 or 322-6400

JUNE 2, 3 & 4

**2006 Fellowship of the Spirit Mid-
Atlantic Conference**
Natural Bridge Hotel, Natural Bridge,
VA
Workshops, speakers, games, dance
Info: Jennifer E., (804) 569-0535 or
fotsma@comcast.net. Website:
<http://www.fotsmidatlantic.org>

JUNE 2, 3 & 4

**Freedom from Bondage XVIII
Area 51 AA Corrections
Committee**
Days Inn, 650 US Hwy 1 Service
Road West, Southern Pines, NC
Workshops, panels, speakers, fellowship,
sharing and fun
Info: PO Box 37728, Raleigh, NC 27627

JUNE 16, 17 & 18

**14th Annual Primary Purpose
Conference**
Comfort Inn, 3200 West Broad
Street, Richmond, VA
Workshops, panels, speakers, meetings,
sobriety countdown, raffle
Info: Charles H., (804) 553-0204; James C.,
(804) 222-4008

JULY 20-23

**59th North Carolina State
Convention**
Renaissance Suites, 2800 Coliseum
Centre Drive, Charlotte, NC
Panels, meetings, speakers, fellowship,
dance
Info: Emily D., (919) 383-0808; Vic L., (704)
694-3844; Bill T., (919) 475-7177

FEAR

As the AA book says, "Fear is an evil, corroding thread; the fabric of our lives is shot through with it," Fear is surely a bar to reason, and to love, and of course it invariably powers anger, vainglory, and aggression. It underlies maudlin guilt and paralyzing depression. President Roosevelt once made the significant remark that "We have nothing to fear but fear itself."

The problem of resolving fear has two aspects. We shall have to try for all the freedom from fear that it is possible for us to attain. Then we shall need to find both the courage and the grace to deal constructively with whatever fears remain.

The foundation stone of freedom from fear is faith: faith that, despite all worldly appearances to the contrary, I live in a universe that makes sense.

Fear manifestations and the problems that trail in their wake are so numerous and complex that in this brief article it is not possible to detail even a few of them. We can only review those spiritual resources and principles by which we may be able to face and deal with fear in any of its aspects.

As a child, I had some pretty heavy emotional shocks. There was deep family disturbance; I was physically awkward and the like. Of course other kids have such emotional handicaps and emerge unscathed. But I didn't. Evidently I was over-sensitive, and therefore over-scared. Anyhow, I developed a positive phobia that I wasn't like other youngsters and never could be. At first this threw me into depression and thence into the isolation of retreat.

But these child miseries, generated by fear, became so unbearable that I turned highly aggressive. Thinking I never could belong, and vowing I'd never settle for any second-rate status, I felt I simply had to dominate in everything I chose to do. Very early, I came to value everything in terms of victory or defeat—all or nothing. The only satisfaction I knew was to win.

In my own case, the foundation stone of freedom from fear is that of faith: a faith that, despite all worldly appearances to the contrary, causes me to believe that I live in a universe that makes sense. To me, this means a belief in a Creator who is all power, justice and love; a God who intends for me a purpose, a meaning, and a destiny to grow, however little and halting, toward his own likeness and image. Before the coming of faith I had lived as an alien in a cosmos that too often seemed both hostile and cruel. In it there could be no inner security for me.

Dr. Carl Jung had a profound conviction upon this great dilemma of the world today. In paraphrase, this is what he had to say about it: "Any person who has reached forty years of age, and who still has no means of comprehending who he is, where he is, or where he is next going, cannot avoid becoming a neurotic—to some degree or other." When the benign doctor said

"becoming neurotic," he might just as well have said "becoming fear-ridden."

This is exactly why we of AA place such emphasis on the need for faith in a higher power, define that as we may. We have to find a life in the world of grace and spirit, and this is certainly a new dimension for most of us. Surprisingly, our quest for this realm of being is not too difficult. Our conscious entry into it usually begins as soon as we have deeply confessed our personal powerlessness to go on alone, and have made our appeal to whatever God we think there is—or may be. The gift of faith and the consciousness of a higher power is the outcome. As faith grows, so does inner security. The vast underlying fear of nothingness commences to subside. Therefore we of AA find that our basic antidote for fear is a spiritual awakening.

The practice of AA's Twelve Steps and Twelve Traditions in our personal lives also brought incredible releases from fear of every description, despite the wide prevalence of formidable personal problems. When fear did persist, we knew it for what it was, and under God's grace we became able to handle it. We began to see each adversity as a God-given opportunity to develop the kind of courage which is born of humility, rather than of bravado. Thus we were enabled to accept ourselves, our circumstances, and our fellows. We AAs can say that we do not fear the world outcome, whichever course it may take. This is because we have been enabled to deeply feel and say, "We shall fear no evil—thy will, not ours, be done."

—excerpted from *The Best of Bill*, pp. 11-22

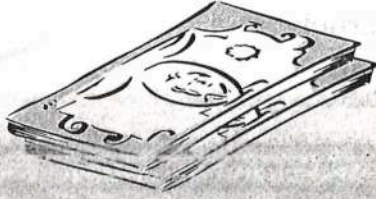


ANNOUNCEMENTS

Due to postal rate increases, the subscription price for *Mountain Doin's* will go up starting June 1, 2006. Order now or renew your subscription to save on the increase.

Central Office is now open on Saturdays. Office hours are Monday through Friday, 10 am to 1 pm, and Saturday, 9 am to noon.

Any and all corrections to the *Where & When* must be in writing and sent to Central Office. Please include your name and phone number so the Office Manager can contact you if anything's unclear.



N.C Mountain Central Office, Inc. Financial Report for the month of March, 2006.

GROUP CONTRIBUTIONS

6 O'Clock	150.00
Acceptance	50.00
Back to Basics	200.00
Black Mountain Group	86.00
Blue Ridge (Flat Rock)	25.00
Conscious Contact	500.00
Daily Decisions	100.00
Day By Day	140.00
Happy Hour (Hendersonville)	80.00
Hayesville Lunch Bunch	25.00
Joy of Living (Black Mountain)	50.00
Maple Grove (Clyde)	250.00
Marion Group	25.00
Midday Group (Hendersonville)	50.00
Saturday Night (Hayesville)	45.00
Serenity Group (Brevard)	45.00



Phone Log 3/1/06-3/31/06

Answering service calls	317
General information	32
AA help	17
Family help (Al-Anon)	3
Meeting information	118
Central Office business	35
P.I. calls	0
Medical help (hospital, detox, etc.)	1
Others	9
Visitors	118

Beginning bank balance (3/1/06)	5719.70
INCOME	
Total group contributions	1866.65
Individual contributions	0
Cash on hand	65.00
Bank interest	2.12
Sales income	1464.91
Return postage	0
Other income (subscriptions)	6.00
TOTAL	9124.38
EXPENSES	
Rent	170.00
Payroll	600.00
Payroll tax	0
Telephone: Bell South & MCI	245.41
Answering service	0
Printing: <i>Where & When</i>	0
Printing: <i>Mountain Doin's</i>	45.00
Editor, <i>Mountain Doin's</i>	150.00
Sales tax	180.71
Literature, chips and medallions	2595.04
Postage	88.66
Postage: <i>Mountain Doin's</i>	63.00
Bank service charge	0
Office supplies	10.03
Maintenance for copier	333.00
Miscellaneous expenses (IRS penalty 9/05)	36.49
TOTAL	5067.34
Ending bank balance (3/31/06)	4060.04

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.



Birthdays

CUMBERLAND

Lee R.	5/8/92	14 years
Marrianne R.	5/3/86	20 years
Rusty M.	5/10/83	23 years

FELLOWSHIP GROUP, ARDEN

Buzz H.	5/22/98	8 years
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FLETCHER

Ron H.	5/31/95	11 years
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GOOD LIVERS

Christine G.	5/7/00	6 years
Teri T.	5/26/03	3 years

GRACE

Albert W.	5/20/04	2 years
Carole P.	5/13/99	7 years
Dewey F.	5/23/03	3 years
Donna G.	5/9/03	3 years
Ed H.	5/20/05	1 year
Mark M.	5/14/86	10 years
Michael R.	5/2/87	19 years
Russell S.	5/3/05	1 year
Steve M.	5/25/04	2 years
Steven H.	5/1/99	7 years
Wilson B.	5/13/03	3 years

MARS HILL

BJ T.	5/11/90	16 years
Chuck R.	5/20/84	22 years

MID DAY, HENDERSONVILLE

Karen T.	5/1/85	21 years
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SERENITY, WAYNESVILLE

Cathy S.	5/6/96	10 years
Jan C.	5/25/98	8 years
Ron B.	5/21/91	15 years

THURSDAY AFTERNOON WOMEN'S GROUP, HENDERSONVILLE

Barb K.	5/14/05	1 year
Lorry F.	5/28/74	32 years

TRADITIONAL

Anthony T.	5/15/98	8 years
Bob K.	5/29/93	13 years
Cyndy T.	5/28/94	12 years
D. W.	5/25/03	3 years
David C.	5/9/01	5 years
David D.	5/18/05	1 year
Eugene P.	5/11/91	15 years
Floyd M.	5/9/95	11 years
Greg M.	5/24/02	4 years
Hubert H.	5/3/85	21 years
James M.	5/10/04	2 years
John M.	5/29/01	5 years
Kathy H.	5/17/92	14 years
Kenneth W.	5/8/05	1 year
Stan O.	5/8/97	9 years
Steve S.	5/5/02	4 year
Tamara G.	5/24/02	4 years

UPWARD ROAD GROUP

Vee S.	5/20/79	27 years
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PLEASE NOTIFY MOUNTAIN DOIN'S OF BIRTHDAYS BY THE FIRST OF THE PREVIOUS MONTH. Example: turn in May birthdays by April 1.

Give us a first name and last initial. Also, make sure a birthday is submitted with the primary home group only. Otherwise, be aware that a birthday may only appear once.

To involve members and add liveliness to this newsletter, *Mountain Doin's* will print materials in good taste sent in by readers. Guidelines for acceptance include:

- Letters to the editor, personal stories, poetry, jokes and cartoons all accepted
- Must relate to AA recovery
- You must provide a first name and last initial to print with the submission
- Limited to 300 words or less
- No explicit or implicit naming of groups or members
- No profanity or vulgarity

A three-person committee consisting of the editor, Office Manager and one board member will make decisions. We reserve the right to edit for length or content without prior approval. Send materials to NCMCO via post or email. We hope to hear from you!

Where does a drunk go on vacation?

To a different bar.

Beauty is in the eye of the beer holder...

What do you call a drunk who works in an upholstery shop?
A recovering alcoholic.

A man came home from a night of drinking. As he fell through the doorway, his wife snapped at him, "What's the big idea coming home half drunk?"

The man replied, "I'm sorry, dear. I ran out of money."

An AA member, deep in the middle of Step 4, became frustrated and wrote this poem.

By Barb K.

I wail, scream in tongues and pull at my hair like weeds in an unkempt garden
A spiritual cleansing, the Fourth Step beckons me to come forth
To release my burdens of uncomfortable misdeeds and perceived unpardonable sin
And embrace the God within and reclaim my sense of self worth

Yet dark, clammy fear still grips my mind with talons sharp as broken glass
A familiar compulsion sits baiting me to drown myself in amber elusive courage
So I can destroy what's left of me and tell God, life, and AA to "kiss my ---"
Instead, I sink slowly to my knees and pray that I don't fall off that familiar edge

A disease is what it is, not a weak moral character with nothing left to lose
Then why is this "searching moral inventory" so difficult to start?
After years of self-induced, putrid vomit, hating living-in-your-head blues
So "let go" already, learn to trust, and super-glue that shattered heart

A pen in hand; because my sponsor says you have to hand-write the beginning
Follow the Big Book format; be honest, lest it take its toll
Tell your tale, look at your shortcomings, reveal all hushed and secret sinning
Then bring it with a humble heart to share with another soul

Countless others in recovery claim it will free that sodden burden of pain
That bores into you like a termite attacking untreated hardwood
Revealing your inner core like a sparkling rainbow after a soaking rain
And you begin to love yourself like you never though you could

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	
	<i>Pick up from Central Office</i>	<i>Deliver by mail</i>
5 additional copies	\$10.00 per year	\$20.00 per year
10 additional copies	\$20.00 per year	\$35.00 per year
15 additional copies	\$25.00 per year	\$45.00 per year
20 additional copies	\$30.00 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

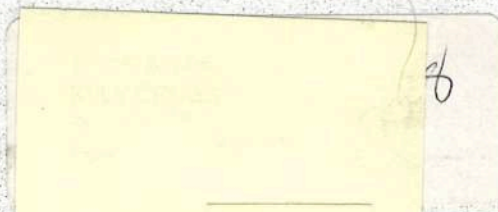
Group of Individual Name _____

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



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