

MOUNTAIN DOIN'S

Central Office Newsletter

October 2006



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

PLEASE NOTE: Due to many returns of the Mountain Doin's due to wrong names or addresses. We must update our mailing list. Please call or e-mail the correct name of your group / individual and your correct mailing address. Please announce this to your meetings!.....Thanks



CALENDAR

OCTOBER 1

West Asheville Picnic

West Asheville Park

Noon to 4 pm

*Main course and beverages provided;
please bring a side dish to share*

OCTOBER 1

District II Sponsorship Workshop

Harris Pavilion, Rotary Park, 1001 North

Broadway Street, Johnson City, TN

Speaker panel and questions, 1:30 to 3 pm;

food and fellowship, 3 to 5 pm; please bring
potluck dessert. Archives display

*Contact: Rick A., 123 Purple Martin Rd.,
Gray, TN 37615*

OCTOBER 8

Eatin' Meetin'

219 Chunn's Cove Road

Eating at 4 pm; speaker at 5 pm

*Co-sponsored by Asheville BBSS and
Marion Group*

OCTOBER 15

District 80 Eating/Business Meeting

Canterbury House of St. David's

Episcopal Church, Cullowhee

2 pm eat; 3 pm speaker; 4 pm business
meeting (all District 80 GSRs please attend)

Information: Carl I., (828) 293-0605 or

jobst_ce@hotmail.com. Directions: Go to

the WCU campus behind the Ramsey

Center on Forest Hills Drive off Highway 107

OCTOBER 21

District 71 Unity Day

Dana Community Park, Hendersonville

1 to 6:30 pm (potluck at 4 pm, speaker at

5:30)

Softball, games, playground for kids. Info:

John S., (828) 698-6913. Directions: At

corner of Dana Road and Upward Road, 1/8

mile from Dana Post Office and Fire Dept

FEBRUARY 15-18, 2007

43rd International Women's

Conference for Women in AA

Detroit Marriott, Detroit, MI

For information: Josephine M., (248) 722-

9114, 1jam@sbcglobal.net; or Debra W.,

(248) 426-0605, 2deb@sbcglobal.net

Central Office is open Monday-Friday,
10 am to 1 pm; Saturday, 9 am to noon.



ANNOUNCEMENTS

Roundtable Group of Hendersonville will hold an Old Timer's Panel on October 29. At least three panelists with more than 25 years of sobriety will participate.

District 70 has an acute shortage of AA volunteers. AAs are needed to attend meetings at Buncombe County Jail, Craggy Prison, Buncombe Correctional Center, Marion Maximum Security, and Black Mountain Women's Prison (there are various requirements). The local treatment facilities—Neil Dobbin's Detox, the VA Hospital, ADATC, ABCCM, both First Step Farms and Essence Recovery Centers—have the same need, with no requirements. Meeting days and times vary, affording plenty of opportunities. To carry the message to still-suffering alcoholics, call Michael C. at (828) 777-7334.

The new Pardee Hospital's Medical Detoxification Services—an eight-bed unit serving Henderson, Polk and Transylvania counties—seeks volunteers to be part of a team taking institutional meetings into the facility. Meetings take place daily from 6 to 7 pm, except Mon/Sat from 2 to 3 pm. For information, call Norma H., 697-6866.

All corrections to the *Where & When* must be sent in writing to Central Office. Include your name/phone so the Office Manager can contact you if questions arise.

Planning on traveling outside the U.S.? Central Office currently has in stock a pamphlet listing general contact information for groups overseas. It covers the globe—from Argentina to Zimbabwe—and costs nothing.

Mountain Doin's publishes letters, personal stories, jokes, poetry and cartoons from readers. Materials should relate to recovery, avoid profanity, and steer clear of naming individuals or groups. 300 words max; may be edited for length or content. Submit to Central Office via post or email.

What Is Freedom in AA?

The Traditions and customs of Alcoholics Anonymous reveal a charter for individual and group freedom, the like of which history has never before produced. We have no humanly administered government whatever.

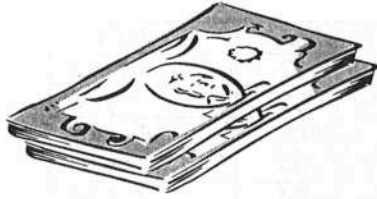
Once upon a time there was an AA member who got the notion that his own group was a little too stuffy, respectable and intolerant. Hence it was, he thought, overfearful of the lapses and deviations of its members. Tongue in cheek, he pondered a remedy. Finally he hung a placard in the clubroom. It read as follows: "Folks, just about anything goes in here. But if you happen to be drunk at this meeting, don't be too noisy about it. And please don't smoke your opium in the club elevators!"

True, our friend had gone overboard to make his case. An AA drunk at a meeting room is seldom seen, and it's probable that nobody has yet smoked opium in a clubhouse. Nevertheless any of us can read between the lines of that placard, and to good effect.

Our prankster was really saying to each of the respectable and the fearful, "But for the grace of God, there go I." To disturbers of the group peace he was saying, "Nobody can compel you to behave, or punish you if you do not. AA has Twelve Steps for recovery and for spiritual growth. It has Twelve Traditions for the unity of every AA group and our whole Fellowship. These Traditions show how we can all stay in one piece, if we will. Now this meeting place costs some money. We hope you will put some cash in the hat but don't want to make you do it. You can attack us, but you'll probably find that most of us won't fight back. You can bust your anonymity in public and misuse the AA name for your own prestige and pocketbook. If you insist on such foolishness, we can't stop you. The same is true if you drag the AA name into public controversy. We hope you won't do any of these things to us, or to yourself. We simply say that you will have to practice AA's principles because you want them for yourself—not because we insist. The choices are yours; this is your charter for freedom in AA."

For any other society such unlimited freedom for the individual would be disastrous. Sheer

continued on page 5



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

GROUP CONTRIBUTIONS

6 O'Clock Group	175.00
Acceptance Group	50.00
Asheville Tues Night Men's Group	210.00
Black Mountain Group	47.00
Day By Day Group	175.00
Grace Group	400.00
Joy of Living Group	50.00
Men's First Step Farm	10.00
Mill Spring Group	25.00
Mountain View (Highlands)	200.00
Pisgah Forest Group	40.00
St. Timothy's Group	100.00



Phone Log 8/1/06-8/31/06

Answering service calls	554
General information	81
AA help	11
Family help (Al-Anon)	6
Meeting information	388
Central Office business	42
P.I. calls	2
Medical help (hospital, detox, etc.)	1
Others	23
Visitors	116

Beginning bank balance (6/31/06)	2909.77
INCOME	
Total group contributions	1234.35
Individual contributions	0
Cash on hand	33.10
Bank interest	3.08
Sales income	1623.84
Return postage	19.21
Other income	0
TOTAL	2913.58
EXPENSES	
Rent	170.00
Payroll	600.00
Payroll tax	0
Telephone: Bell South	386.72
Telephone: MCI/Verizon	251.50
Answering service	0
Printing: <i>Where & When</i>	157.36
Printing: <i>Mountain Doin's</i>	56.00
Editor, <i>Mountain Doin's</i>	150.00
Sales tax	211.61
Literature, chips and medallions	2238.83
Postage	64.83
Postage: <i>Mountain Doin's</i>	70.50
Bank service charge	0
Office supplies	179.95
Maintenance for copier	0
Miscellaneous expenses	0
TOTAL	4472.47
Ending bank balance (7/31/06)	1350.88
Prudent reserve	1053.43

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

ACCEPTANCE GROUP

Jane H.	10/21/89	17 years
John G.	10/1/05	1 year
Wayne P.	10/31/84	22 years

ASHEVILLE BIG BOOK STEP STUDY

Linda K.	10/8/88	18 years
Rosanne G.	10/15/05	1 year

BURNSVILLE NOON 12-STEP STUDY GROUP

Dore D.	10/15/76	30 years
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CONSCIOUS CONTACT

Chuck G.	10/12/91	15 years
Dottie S.-G.	10/12/91	15 years
Eileen S.	10/31/99	7 years
Janey W.-K.	10/24/90	16 years
Marti W.	10/19/79	27 years
Mike H.	10/5/83	23 years
Rick M.	10/3/00	6 years
Roy W.	10/1/90	16 years
Steve M.	10/8/04	2 years
Susan H.	10/24/94	12 years

DAILY DECISIONS

Bette S.	10/19/99	7 years
Dee D.	10/7/68	38 years
Eileen S.	10/?/98	8 years
Stacy K.	10/24/03	3 years
Watson J.	10/17/86	20 years

FELLOWSHIP GROUP OF ARDEN

Gail	10/10/04	2 years
Jack R.	10/20/03	3 years
Joyce B.	10/10/04	2 years
Peggy	10/8/84	22 years

GRACE GROUP

Al M.	10/9/99	7 years
Charles B.	10/18/02	4 years
Ed S.	10/15/05	1 year
Esaias	10/9/92	14 years
Larry Z.	10/26/89	17 years
Michael F.	10/21/04	2 years
Michael T.	10/7/82	24 years
Susan M.	10/10/01	5 years

GOOD LIVERS

Gloria F.	10/10/05	1 year
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HENDERSONVILLE GROUP

Bonnie P.	9/21/87	8 years
Jo P.	10/16/84	22 years
Michael M.	10/18/03	3 years
Stan S.	10/20/86	20 years

JOY OF LIVING, BLACK MOUNTAIN

Don H.	10/25/68	38 years
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MARS HILL GROUP

Don B.	10/17/82	24 years
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MID-DAY GROUP, HENDERSONVILLE

George K.	10/15/88	18 years
Joanie B.	10/30/93	14 years

SERENITY GROUP, WAYNESVILLE

Linda M.	10/27/76	30 years
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TRADITIONAL GROUP

Chad F.	10/3/02	4 years
Chris H.	10/18/04	2 years
Drew F.	10/22/04	2 years
Franklo L.	10/6/05	1 year
John S.	10/29/04	2 years
Larry S.	10/6/04	2 years
Maurice H.	10/27/77	29 years
Roy L.	10/1/04	2 years
Tom B.	10/19/81	25 years

TRYON TUESDAY NITE

Archie S.	10/1/88	18 years
Cynthia T.	10/22/81	25 years
Joyce B.	10/11/78	28 years

WEST ASHEVILLE

Curtis S.	10/20/02	4 years
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PLEASE NOTIFY MOUNTAIN DOIN'S OF NOVEMBER BIRTHDAYS BY OCTOBER 1, IN LEGIBLE WRITING. Make sure your birthday is submitted with your primary home group only. Otherwise, be aware that your birthday may only appear once.

anarchy would take it over in jig-time. How is it, then, that we AAs can stand this amount of liberty, a liberty which sometimes looks like the license to do exactly as we please, individually and collectively? Then, too, is this unheard-of charter of liberty made possible by our virtues? Or is it actually empowered by our necessities?

Well, our necessities are certainly immense and compelling. Each of us must conform reasonably well to AA's Steps and Traditions, or else we shall go mad or die of alcoholism. Therefore the compulsion among most of us to survive and to grow soon becomes far stronger than the temptation to drink or to misbehave. Literally, we must "do or die." So we make the choice to live. This, in turn, means the choice of AA principles, practices and attitudes that can salvage us from total disaster by insuring our sobriety. This is our first great and critical choice. Admittedly this is made under the fearful and immediate lash of John Barleycorn, the killer. Plainly enough, this first choice is far more a necessity than it is an act of virtue.

But once over this hump, we commence to make another kind of choice. We begin to see that AA principles are good ones. Though we are still beset with much rebellion, we increase the practice of these principles out of a sense of responsibility to ourselves, our families and our groups. We begin to obey because we feel we ought to obey. Though painful, we see that this is the right thing to do. As we try for results we see that we are growing. This is an earned satisfaction. Life still isn't easy, but it's a whole lot better. Besides, we have a lot of company. All around us there are plenty of fellow travelers, individuals or groups. We can do together what we can't do in separation.

Finally, we see that there is still another dimension of choice which may now and then be attained. This is the point where we can take an attitude, engage in a practice or obey a sound principle because, without reservation or rebellion, this is what we really want. When our willingness and acceptance become this complete, we find that all rebellion disappears. Now we conform because we fully want to conform, Or to put it another way: We want nothing else but God's will for us, and his grace for our fellows.

Looking back we see that our freedom to choose badly was not, after all, a very real freedom. When we chose because we "must," this was not a free choice either. But it got us started in the right direction. When we chose because we "ought to" we were really doing better. This time we were earning some

freedom, making ourselves ready for more. But when now and then, we could gladly make right choices without rebellion, holdout or conflict, then we had our first view of what perfect freedom under God's will could be like. Few indeed can long remain on that lofty plateau, for most of us its permanent attainment has to be a lifetime, and more probably, an eternal job. But we know that this highest plateau is really there—a goal someday to be reached.

Such are the several freedoms in AA, and this is how they seem to work among us. To gain these insights took a long time. It was not until 1945, ten years after I met Dr. Bob, that we even dared put the Traditions of Alcoholics Anonymous on paper. There had been a period in which we continually feared what erratic members within and the world without might do to us. It was difficult to believe that our group conscience could be a reliable guide. Hence we questioned the wisdom of giving every AA group its local autonomy.

Still more, we questioned whether we couldn't throw out undesirables and even unbelievers. To give every alcoholic in the world an exclusive right to say whether or not he would be an AA member was a breathtaking decision. Such were the fears of those days, and such were the restrictions that we were tempted to place upon each other. After all, these were the restrictions that even the more benign of societies and governments had had to place on their members and citizens. Why should we be the exception?

Happily, however, we adopted no governmental measures. Instead, we cast upon the Twelve Traditions of AA. These were truly the utterance of our entire group conscience. The amazing degree of today's voluntary conformity to them is something for the greatest wonder and thanksgiving. We now know that we shall always practice these principles; first because we must, then because we ought to, and finally because the majority of us will deeply want to do just that. There cannot be the slightest question of this.

We trust that we already know what our several freedoms truly are; that no future generation of AAs will ever feel compelled to limit them. Our AA freedoms create the soil in which genuine love can grow—the love of each for the other, and all for God himself.

—May 1960

Excerpted from *The Language of the Heart: Bill W.'s Grapevine Writings*, pages 300-303

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107 Park Place Offices

70 Woodfin Place

Asheville, NC 28801

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