

# MOUNTAIN DOIN'S

Central Office Newsletter

# OCTOBER 2007



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

The next Central Office Representatives meeting will be held on **November 11, 2007**, at 2:00 PM at Serenity Service, 697-G Haywood Rd., next to Ingles.

### Wednesday, OCTOBER 3, 2007

#### **District 70 Treatment Committee**

Trinity Episcopal Church, Tuton Hall  
Church St., Asheville  
(use back entrance)

*1st Wednesday of every month*

*6:00 PM*

*Contact Eleanor D. (828) 403-2887*

### Saturday, OCTOBER 13, 2007

#### **District 71 Business Meeting &**

#### **\*\*Elections\*\***

Temple Baptist Church, Brevard  
US 64W, left at 276S, left at Ecusta  
Rd. (Lowe's), right on Morris Rd., church  
on left 2:00 pm

### Saturday, OCTOBER 13, 2007

#### **District 71 Unity Day**

Temple Baptist Church, Brevard  
*1:00 pm Fellowship & games*  
*3:30 pm Unity Presentation*  
*4:00 pm Traditions Play*  
*5:00 pm Speaker, Wendy C.-Raleigh*  
*6:00 pm Pot Luck*

### Sunday, OCTOBER 14, 2007

#### **District 70 Business Meeting**

St. Luke's Church  
219 Chunns Cove Rd., Asheville  
*All District 70 GSRs*  
*Please plan to attend 2:30 pm*

### Calendar



### Sunday, OCTOBER 21, 2007

#### **District 80 Business Meeting**

Cherokee Methodist Church  
Soco Road, Highway 19  
Cherokee, NC 1:30 pm

### NOVEMBER 8, 9, 10 & 11, 2007

#### **14th Annual NC Native American AA Convention**

Great Smokey Mt. Convention Center  
Aquoni Rd., Cherokee, NC

### NOVEMBER 16-18, 2007

#### **Area 51 Fall Assembly**

Hilton North Raleigh  
3415 Wake Forest Rd.  
Raleigh

### Wednesday, NOVEMBER 28, 2007

#### **Asheville Big Book Step Study 8th Anniversary**

Emma United Methodist Church  
59 Adam's Hill Rd, corner of N.  
Louisiana & Adam's Hill Rd.  
6:30 to 9 pm 2 Guest Speakers  
Bring a side dish, salad or dessert.

## Excerpts from A.A. Guidelines – Central or Intergroup Offices

### Central Office: Big Changes, Big Needs

Since Herb's retirement last month (and thanks for your fine service, Herb!) the Central Office Representatives at their September 15<sup>th</sup> meeting elected the following folks to the NCMCO Board to serve with continuing Chairman Linda K and Vice Chair Carl I:

Trustee: Tim P Day by Day Group, Asheville (position previously vacant)

Secretary: Beth G, Acceptance Group, Asheville (replacing the retiring Debbie D)

Treasurer: Dick J, Grace Group, Asheville (replacing the retiring Bill C)

Interim Office Manager: Bob K, AWOL Group, Otto (Bob has been an NCMCO board member for many years).

In its turn the Board met on September 18th to consider changes/improvements in the office's operations. One idea advanced was to explore having the office staffed with non-paid volunteers, rather than with a paid office manager as has been the case for many years. The obvious advantages of this approach would be to involve the member groups - that's you - more completely in the activities of the office, as well as to save money. The difficulty with this approach would be primarily that of finding (and keeping) qualified and reliable volunteers to staff the office at least three hours a day, Monday through Saturday.

The Central Office is here to serve the AA groups of western North Carolina – Districts 70, 71 and 80. Under its ByLaws it receives its direction from the Central Office Representatives Committee, composed of one COR (or alternate) from each group that chooses to participate in the process. One COR, one vote – and of course it is irrelevant whether that COR's group contributes to the central office. Meetings are currently quarterly, in the Asheville area, but it might be sensible to rotate the venue around the three districts. Questions such as these should be decided by the COR committee, which for many years now has not fully represented the AA community. A vigorous Central Office, to be responsive to the needs and wishes of its member groups, needs a broadly based, enthusiastic and informed group of CORs.

Next month's *Mountain Doin's* will be devoted to the general subject of central offices and to this office in particular. We will be outlining the questions to be decided at the very important November COR Committee meeting. In order that that meeting may come to successful conclusions we need to emphasize two points;

- 1. If your group does not have a COR, please elect one so that they may attend the November 11th meeting and vote the wishes of your group.**
- 2. If you think you might volunteer at the office one or more days per month, please call Bob K during the week at (828) 254-0454.**

### What Is a Central Office?

A central office is an A.A. service office that involves partnership among groups...established to carry out certain functions common to all the groups...It exists to aid the groups in their common purpose of carrying the A.A. message.

### Functions of a Central Office

1. A.A. Inquiries – provide listings for Alcoholics Anonymous in local telephone directories... refer callers to local A.A. groups... or have a twelfth stepper contact them...
2. Office Facilities – maintain a conveniently located office in which paid workers and/or volunteers are available to carry the message of A.A. to the alcoholic.
3. Meeting Lists – and other information about A.A. services.
4. Information Exchange – function as a clearinghouse ... among all the A.A. groups.
5. Local Committees on P.I. and C.P.C in cooperation with district and area P.I. and C.P.C. committees – the central office is an ideal contact with those in the community seeking information about A.A... A.A.'s relations with the public and professionals...are often handled through the cooperation of the area committee and central office...
6. A.A. in Correctional and Treatment Facilities - maintain contact with local groups in (such) facilities, offering literature and prerelease A.A.contacts.. assist (area or district) correctional or treatment facility committees through close cooperation with local hospitals and prisons.
7. Local A.A. Events
8. A.A. Bulletin or Newsletter
9. Special Needs Services

### Group Representation at a Central Office

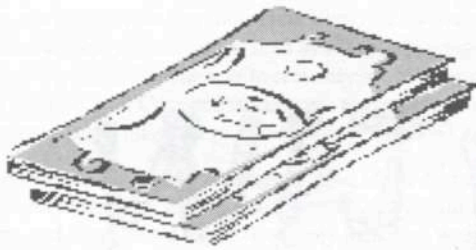
Service Centers usually have no authority on their own account; they derive it from the participating groups. Local group representatives reflect the groups' conscience...a steering committee is set up to handle the administrative activities of the office... it is extremely important to keep a two-way flow of information going between the central office and the groups.

### Staffing the Intergroup

Most A.A. central offices now employ at least one paid fulltime secretary or manager, as well as A.A. volunteers...(subject to) Tradition Eight., functions as a paid employee – not as an A.A. member... (should be) accorded a voice as well as a vote on the Steering Committee.

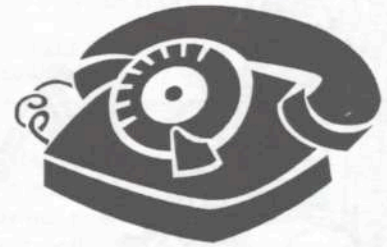
### Suggested Methods of Financing a Central Office

1. Group collections
2. Special Contributions
3. Sale of Literature: ...meeting lists can be sold at a slight profit... it is also possible to buy books from G.S.O. for resale at the retail price...to support the office
4. Special Events



*GROUP CONTRIBUTIONS*  
8/16/07 through 9/15/07

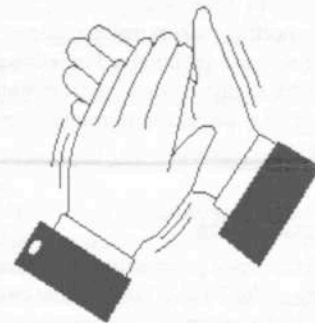
Asheville Big Book Step Study	\$58.52
AWOL	\$43.00
Candler KISS Group	\$250.00
Columbus Group	\$30.00
Day By Day Group	\$135.00
Hayesville Lunch Bunch	\$25.00
Hendersonville Group	\$20.00
Kanuga Group	\$22.50
Men's Attitude Adjustment	\$25.00
Midday Group	\$40.00
Mountain View Group	\$35.00
Serenity Group-Waynesville	\$75.00
Sunshine AA Group	\$30.00
Traditional Group	\$50.00
Upward Group	\$30.00
AA Birthday Club	\$6.00



**Phone Log 8/17 to 9/16/2007**  
**Teleservice**

*Answering Service Calls*

A.A. Crisis.....	27
General Information.....	31
Family Help.....	11
Meeting Information.....	325
Central Office Business.....	50
Medical Help/Detox, Hosp, etc.....	12



Central Office would like to throw out a big **THANK YOU** to Asheville Big Book Step Study for your volunteer work as a group taking the literature inventory.

**NEW MEETINGS and CHANGES**

The **Murphy No Name Group** has moved from Murphy Presbyterian church to the Episcopal Church on Peachtree St., across from the courthouse.

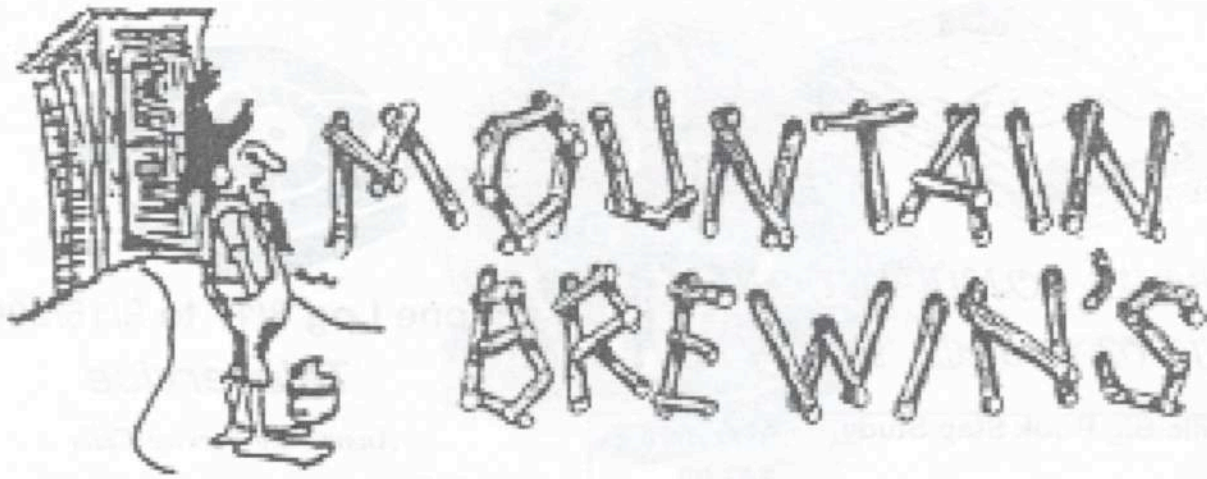
**Plan "B" Meeting** in Hendersonville meets at 5:30 pm on Friday and Saturday at The Cox House on North Grove St., Hendersonville.

A brand new group has formed called the **Front Porch Recovery Group**. Welcome! They will meet on Wednesdays at 8:00 pm at the Next Step Halfway House, 149 Courtland Ave., Asheville. The format is Open Step Speaker.

The **KISS Meeting** in Murphy on Sundays, has closed for now.

An offshoot group of Lambada, **Lambada South**, is now meeting at New Creation ICCG, 33 Grace Way, Fletcher (1 block from the intersection of US 25 & Butler Bridge Rd.). Open discussion on Thursday at 7 pm.

Starting October, 2007, there will be a new Thursday night open discussion group. The **Total Surrender Group** will meet at New Hope Presbyterian Church, 3070 Sweeten Creek Road, across from the Givens Estate, at 7 pm.



## *Fellowship of the Spirit*

*This is a continuation of an article that began in last months (September) issue of the Mountain Doins. Contact the central office for copies of that issue.*

### **Currently, recovery from alcoholism or addiction breaks into three distinct camps:**

1. Conversion Experience i.e. a spiritual awakening that separates you from the obsession to drink or use.
2. Re-socialization i.e. meeting makers make it, 90 meetings in 90 days, join a home group, and get involved in fellowship - here you are never cured but always recovering from addiction.
3. Psychological Therapy i.e. discussions groups where sharing your feelings and issues helps to alleviate the pain thus facilitating recovery.

### **Conversion vs. Re-socialization**

From the Conversion Experience perspective, Re-socializationists are diluting the meaning of the Twelve Steps by not emphasizing a spiritual interpretation of the program. Conversionists point to the fact that many people in recovery could benefit from a Conversion Experience, but are unwilling to make the effort as long as they can 'get by' on meeting attendance. The fact that Re-socialization allows people to 'get by' and suffer from the mental obsession is seen as a crime by Conversionists; it keeps suffering people from getting real help, and it turns the program into a place where people get by without getting better.

From the Re-socialization perspective, Conversionists are seen as narrow-minded and possibly dangerous. Re-socializationists point to the fact that plenty of people are staying sober in the program without having to get religion or work the Steps. The fact that Conversionists are pushing their nearly religious View of recovery means that some people, who might otherwise stay in meetings, get turned off and don't come back. Some of these people probably go back to using and may even die as a result. For the Re-socializationists, anything that keeps alcoholics/addicts out of meetings is a bad influence on the program.

### **Re-socialization vs. Psychological**

The Re-socializationists see the Psychological View of recovery as having a basic misunderstanding of the disease of addiction. Alcoholics drink because they are alcoholics, and drug addicts use drugs because they are drug addicts, not because they are trying to cope with pain. Addicts may be in pain, but this is probably the result of their disease, not the cause of it. Psychologists are also seen as having the wrong approach to dealing with addictions. While therapy might be helpful for many, real recovery depends on



*Clarence H. Snyder, Founder, Cleveland Group 1939*

one addict helping another. This is because only someone with first-hand knowledge of the disease of addiction can really understand the condition of another addict.

People who hold the Psychological View of recovery see the practices of Re-socialization as insufficient to help people recover. Meetings are good for what they are, but meeting attendance alone is often not enough to help addicts deal with the underlying psychological causes of their using. People who have a dual diagnosis, who suffer from PTSD, who are severely depressed, or who have deep personal issues to work through will need more than meetings to successfully stay in recovery.

### **Psychological vs. Conversion**

The Psychological View of recovery reacts strongly against the Conversionist idea that selfishness is the root of the addicts problems. The emphasis on selfishness is seen as bordering on abusive. According to the Psychological View, recovering people need to be affirmed and nurtured, not scolded or told that they are bad. In this View, addicts already have negative self-images, and focusing on selfishness can only serve to increase that negative self-

image. For some in the Psychological View, the Conversion Experience View of recovery is seen as taking advantage of vulnerable people. People new to recovery are in an impressionable frame of mind, and Conversionists seem to be attempting to force newcomers into a religious point of view.

Conversionists see the Psychological View of recovery as causing more harm than good. In the Conversionist View, telling addicts to care for and think about themselves only increases their already high level of self-concern and selfishness. Furthermore, the Psychological emphasis on “feeling feelings” and “expressing pain” leads to a recovery environment dominated by narcissism and diseased thinking. In this View, an addict can never express his/herself enough to rid their psyches of the mental obsession to use. The Psychological View of tortures recovering people by forcing them to obsess over their symptoms without offering a real solution to the basic problem of addiction.

#### More About the Conversion Experience View

The Conversion Experience View of recovery believes that this kind of radical change in the personality is necessary for true recovery to take place. The Twelve Steps are seen as a vehicle or tool for creating Conversion Experiences without the intrusion of organized religion. In the Steps, an addict can have a powerful experience, and interpret it however he or she pleases. The Conversion Experience is often referred to as a Spiritual Experience, and the program is called “spiritual not religious.”

Working the Twelve Steps in a Conversion Experience style, the addict will surrender both their will and their life to a Power greater than themselves that enables the addict to overcome their spiritual malady thus straightening out mentally and physically. A moral inventory is taken to root out and expose the addict’s primary trouble—selfishness. Amends and Twelfth Step work are designed to relieve the addict of self-concern and encourage a compassion for others. In this compassion, the Conversionists find themselves guided by a real and living Spiritual Power.

Meetings, in the Conversion Experience View, are a chance for recovered addicts to give testimony to the Power of the Steps and invite newcomers to work the Steps with a sponsor. Meetings are not a time to “share” or “check-in.” Instead, they are a time for those who have had a Spiritual Awakening to offer their services to those who have not.

Outcomes anticipated for people in recovery are very high in the Conversion Experience View. People who work the Steps successfully, are expected to find emotional well-being, freedom from mental obsession, and a deep sense of peace that comes from having a spiritual purpose in life. As long as the recovered person continues to help others, his or her sense of well-being is expected to increase. The times of real pain and anguish that are to be expected in life (when a loved one dies for example) are expected to bring the recovered person deeper into dependence upon their Spiritual Source, and so, while painful, will improve the addict’s spiritual life.

The Conversion Experience View exists in many of the Twelve Step fellowships, but is most commonly seen as the View of Alcoholics Anonymous members who strongly advocate the AA Big Book. Sometimes called “Book Thumpers” or “Program or Step Nazis,” “Bookers or Muckers”, these AA members have a reputation for being conservative and intolerant in the way they express their View. From their own point of view however, the Big Book advocates are trying to save fellow addicts from the pain of self-centeredness. In this way, they believe that they are expressing the spiritual truth of the Steps.

When Conversionists tell their stories, they are most likely to speak of the mental aspects of their addictions and place a strong

emphasis on the personality change that they have experienced due to their experience of surrender to God.

#### What others have to say about Big Book Sponsorship

As they entered Step Twelve, many sponsors reported an initial burst of enthusiasm for working with others that received a negative response in mainstream AA. Due to the differences between the Big Book approach to the Twelve Steps and the way the Steps are treated in mainstream AA, aggressive Big Book evangelism is rarely well received. Sponsors reported that, following a period of conflict and controversy, they found a less aggressive way of approaching Twelfth Step work.

Several sponsors also mentioned the importance to them of the realization that they were not able to control the outcome of any other person’s experience of the Twelve Steps. As many newcomers do not successfully complete the Twelve Step program, sponsors found that they learned to trust God with each prospect’s care. Sponsors stated that sponsoring others was not about “fixing” people, but about letting God do what needs to be done in the context of two addicts working together.

#### A Vision For You

*Still you may say: “But I will not have the benefit of contact with you who wrote this book.” We cannot be sure. God will determine that, so you must remember that your real reliance is always upon Him. He will show you how to create the fellowship you crave. Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven’t got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.*

*Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.*

*May God bless you and keep you — until then. - pg. 164 A.A. 4th edition.*

#### Sources:

Alcoholics Anonymous, 4th Edition

StepStudy.org

How It Worked: The Story Of Clarence H. Snyder and The Early Days Of Alcoholics Anonymous In Cleveland, Ohio - By Mitchell K. ISBN 0-9663282-0-5 © 1991, 1997 Mitchell K.





## October Birthdays

### ASHEVILLE BIG BOOK STEP STUDY

Linda K. 10/08/88 19 years

### ASHEVILLE GRACE GROUP

Jen L. 10/05/06 1 year  
 AIM. 10/09/99 8 years  
 Esaias J. 10/09/92 15 years  
 Susan M. 10/10/01 6 years  
 Tammy M. 10/12/06 1 year  
 Ed S. 10/15/05 2 years  
 Charles B. 10/18/02 5 years  
 Michael F. 10/21/04 3 years  
 Erin K. 10/22/06 1 year  
 Larry Z. 10/26/89 18 years  
 Katy D. 10/31/82 25 years

### BACK TO BASICS

Richard T. 4 years

### BLACK MOUNTAIN

Carole W. 10/14/06 1 year  
 Landin G. 10/22/89 18 years  
 Wayne P. 10/31/84 23 years

### CONSCIOUS CONTACT

Roy W. 10/01/90 17 years  
 Rick M. 10/03/00 7 years  
 Mike H. 10/05/83 24 years  
 Steve M. 10/08/04 3 years  
 Marti W. 10/19/79 28 years  
 Janey W-K. 10/24/90 17 years  
 Susan H.. 10/24/94 13 years  
 Eileen S. 10/31/99 8 years

### HAPPY HOUR, HENDERSONVILLE

Wanda K. 10/03/03 4 years  
 Thresa H. 10/06/04 3 years  
 John S. 10/07/01 6 years

Nancy C. 10/08/88 19 years  
 Jeff W. 10/11/76 31 years  
 Rob L. 10/22/05 2 years  
 Kim B. 10/24/86 21 years

### JOY OF LIVING GROUP

Don H. 10/25/68 39 years

### MID-DAY GROUP, HENDERSONVILLE

Russ E. 10/11/92 15 years  
 George K. 10/15/88 19 years  
 Debbie K. 10/22/05 2 years  
 Rob L. 10/22/05 2 years  
 Joanie B. 10/22/94 13 years  
 Kim B. 10/24/86 21 years

### ROUNDTABLE GROUP

Debbie M. 10/10/03 4 years

### SERENITY SERVICE

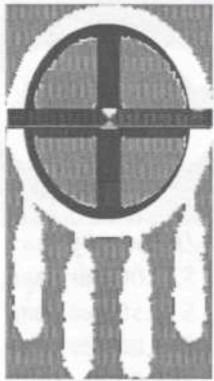
Michelle H. 10/13/05 2 years  
 Amy L. 10/13/06 1 year  
 Tricia O. 10/16/05 2 years  
 Ed K. 10/20/02 5 years

### SPRUCE PINE GROUP

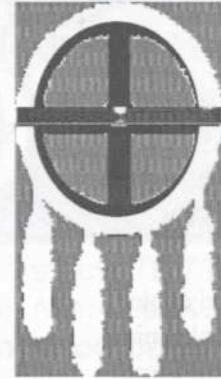
Dore D. 10/15/76 31 years

### TRADITIONAL GROUP

Roy L. 10/01/04 3 years  
 Chad F. 10/03/02 5 years  
 Frank L.. 10/06/03 4 years  
 Larry S. 10/06/04 3 years  
 Charles C. 10/11/04 3 years  
 Fervis P. 10/16/05 2 years  
 Maurice H. 10/20/77 30 years



# Fourteenth Annual NORTH CAROLINA NATIVE AMERICAN AA CONVENTION



**NOVEMBER 8th, 9th, 10th & 11th**

**2007**

**Returns to the original Location**

**Great Smokey Mountain  
Convention Center**

**Aquoni Rd Cherokee NC**

Everyone  
welcome  
You don't  
have to be  
Native  
American  
to attend.

Meals (Fri &  
Sat) &  
Hospitality  
provided.  
Volunteers  
will be needed  
and  
appreciated

Best Western (828) 497-2020

Baymont Inn (828) 497-2102

Holiday Inn (828) 497-9181

Cherokee Plaza (800) 535-4798

Full list of area accommodations:

[http://www.cherokee-nc.com/lodging\\_hotels.html](http://www.cherokee-nc.com/lodging_hotels.html)

Registration begins  
12 pm Thursday

TALKING CIRCLES  
SPEAKER MEETINGS  
AL-ANON MEETINGS  
T-SHIRTS, RAFFLES  
MARATHON MEETINGS

SOBRIETY DANCE-Friday night  
SOBRIETY POW-WOW-Saturday  
SOBRIETY COUNTDOWN-Sunday

Registration: \$35.00 per person in advance  
\$40 at the door... Includes Friday & Saturday  
meals Children under 10 Free  
M.O. or cashiers check (no personal checks) made  
out to: NAAAC

Mail to: Sharon Sequoyah, NAAAC  
43 Wilber Sequoyah Rd.  
Cherokee NC 28719

Questions contact:  
Sharon S. 828-497-2174 cell: 828-736-8882  
DEB C.: [sobergirl93@hotmail.com](mailto:sobergirl93@hotmail.com)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

# IN PARTY: \_\_\_\_\_ AMT Enclosed:\$ \_\_\_\_\_

Name(s) on name tag: \_\_\_\_\_

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10 additional copies	\$20.00 per year	\$37.50 per year
15 additional copies	\$25.00 per year	\$48.00 per year
20 additional copies	\$30.00 per year	\$65.00 per year

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Group or Individual Name \_\_\_\_\_

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70 Woodfin Place  
Asheville, NC 28801

Place  
Postage  
Stamp  
Here

Address correction requested  
Town and Zip Code