



# MOUNTAIN DOIN'S

NEWSLETTER OF INTERGROUP OF WESTERN NORTH  
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## FINANCIAL NEWS

Thank you folks for the financial aid. We have been able to buy some of the most called for literature and a variety of books. It is really nice, when someone visits the office, and we are able to furnish their needs for books and literature. Don't forget we make a little profit too. The following individuals and groups have contributed during the month of March.

LeRoy and Mary B., Ed D., Neil D., Anne S., "Sarge" H., Anonymous (Blue Ridge), Memoriams to Nita W. were received from James W., Helen W., and Sue G. for a total of \$260.00

Fletcher, Hendersonville, Brevard, Blue Ridge, Last Resort (Franklin), Traditional, West Asheville, Madison County, and Victoria for a total of \$210.00. About 30% of the groups.

## DISTRICT MEETING NEWS

There has been no confirmation from Serenity Service Group for an April District Meeting. The May District Meeting will be co-hosted by Traditional and West Asheville. The details for this meeting will be given in the May "Mountain Doin's."

The June meeting will be hosted by the Tryon Group on the third Sunday, June 15, 1980. The place will be the Tryon Presbyterian Church. Eating at 1:30 PM and a speaker, to be announced later, at 2:30 PM. Please bring a covered dish. We should be especially interested in attending this meeting because we don't get to see our friends to the east as often as we should. Fellowship is a mighty force.

## CONDOLENCES

Our deepest sympathy to Jim W. of Franklin in the loss of his wife Nita, who died March 3, 1980. Nita was a charter member of the women's group of Franklin, and had many years of sobriety.

## NOT DRINKING IS NOT ENOUGH

For many of us, not drinking is such an accomplishment that we're satisfied, even elated, when we find we can stay away from that first drink. And it certainly is important that we keep first things first. Because if we can't stay away from that drink, we can't stay sober, no matter what else we may do. But the commonly heard line that "I'm not drinking, so I must be doing something right," is a very dangerous half-truth.

Doing something right is not what the Big Book suggests. The Big Book suggests we must THOROUGHLY follow the AA path.

As you've heard many times (if you have been going to meetings and listening,) the disease we suffer from is threefold... beginning with the obsession to drink. If we pick up that drink, the obsession becomes a compulsion to continue drinking, which in time leads to a loss of values. It is true that as long as we are able to resist the obsession to drink, the other two facets cannot follow. But when speakers talk about the disease of alcoholism's being insidious, what they are talking about is the obsession to drink. Neither the compulsion nor the loss of values is in any way insidious - when an alcoholic drinks, they occur.

The obsession to drink, on the other hand, may come in many guises. We may not recognize the annoyance with a spouse as being related to the obsession to drink; but many an "I'll show her (or him)" has really nothing to do with the other person at all. The obsession to drink is nibbling at our heels. Those who slip blame all kinds of things - the beer commercials, meeting an old friend, the air-conditioned bar on a hot day, getting fired (or getting hired, sometimes) - but the good old obsession to drink is what bends the elbow. And those who are doing something right, by not drinking, often find too late that something wasn't enough.

The Twelve Steps (which are the program of Alcoholics Anonymous) have a very specific purpose. The goal is not to make us more humble or more honest (although these things are part of our recovery)... but to expel the obsession to drink. The work is not fight, resist or avoid, but expel.

We are all discovering that the expulsion is a lifetime project. No one of us dares claim the expulsion to be complete, which is why we continue our close association with our group, our AA friends and meetings - and, if we are to continue successful, with the Twelve Steps. We do get rid of the obsession to drink by working on the Twelve Steps, but unless we continue working on the Steps, the old obsession may return. (Which is why so many successful old-timers refuse to say they have worked the Steps.)

Perhaps unfortunately, from our selfish viewpoints, working seriously on the Twelve Steps will make us more humble, more honest, more forgiving and all sorts of other things we have no particular desire to become. But we should keep in mind that even these are better than drinking.

### A few of "Sarge's Pearls"

The 3 "G"s: either the Group, the Gutter or the Grave.

Happiness is not having what you want, but wanting what you have.

It's nice to be important but it's important to be nice.

Anything that causes a problem, is a problem.

I can't wait to hear the things I'm about to say.

God's love does not demand a change, it produces one.

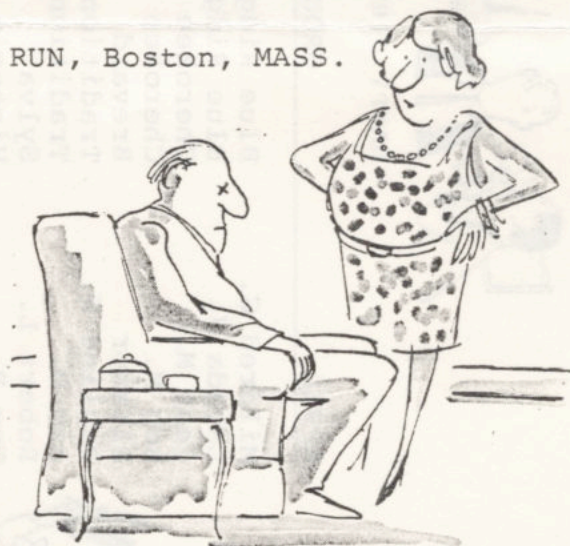


AFTER FOUR FULL DAYS of tending to vacationers flying from New York to Florida, two junior flight attendants were noticeably worn out. One enthusiastic passenger looked at the two young women and said, "Smile!"

Warily but pleasantly, one of them replied, "You smile." The man did, but his expression quickly changed when she added, "Now, hold it for 12 hours."

-Contributed by H. A. Smith

DRY RUN, Boston, MASS.



*H. Martin*

"How can we let bygones be bygones if you say you have no bygones?"



HAPPY BIRTHDAY

APRIL	GROUP	YEARS
Mildred G.	Blue Ridge	10
Lavada J.	Blue Ridge	3
Jean M.	Cherokee	3
Bob M.	Cherokee	3
Ellanor	Brevard	3
Pauline S.	Traditional	3
Jim D.	Traditional	3
Robert L.	Sylva	4
Tom R.	Victoria	1
Gerrald W.	Victoria	2
Jim D.	Victoria	2
Jack S.	Victoria	1
Maethel S. (Mar)	Franklin	2
Dallas C. (Mar)	Victoria	1
Evelyn S. (Mar)	Victoria	2
Hal E. (Mar)	Victoria	4
Bob V. (Mar)	Victoria	1
		48



After the first birthday on this list, we thought maybe the next six were on the same picnic. Anyway it's looking good.

"Count Your Blessings"

If you haven't anything to be grateful for, consider these things. You can be grateful that you're alive and sober. You can be grateful that you have a roof over your head and food on the table. You can thank God that AA exists and that you no longer have to be alone. Be grateful that since being sober you are able to work again and enjoy the little things in life.

It is easier to be grateful when things are going our way. But, how about the rough times? Do we complain when our will is contrary to that of our Higher Power? Be grateful for the strength and courage we receive to go on when things get rough. So, let us count our blessings today and every day.