

# MOUNTAIN DOG'S

APRIL  
1981

NEWSLETTER OF INTERGROUP OF WESTERN NORTH  
CAROLINA, 107 PARKWAY OFFICE BUILDING,  
ASHEVILLE, N.C. 28801\*\*\* PHONE 704-254-8539

## UP-COMING EVENTS

APRIL 12, 1981: A joint meeting with the Clyde, Canton and Waynesville groups will be held at 2:00 P. M. in the Clyde Central Methodist Church. Coffee and cake will be served.

(This is a repeat announcement-see March letter)

APRIL 25, 1981: The Acceptance group will sponsor a dance this saturday beginning at 9:00 P.M. in the Appalachian Hall ballroom. You all come for an excellent time.

APRIL 26, 1981: A meeting for all District 7 G.S.R.'s and P. I.'s will be held in the Allen Center, 331 College St. Asheville, N. C. beginning at 2:00 P. M. We hope that your group will encourage your representatives to attend.

APRIL 26, 1981: District 8 will hold a G.S.R. business meeting this date beginning at 3:00 P. M. in the Indian Action Building, Cherokee, N. C. Neil D. will chair meeting.

MAY 3, 1981: Traditional and West Asheville will co-host District 7 speaker-eating meeting at the Trinity Episcopal Church located on Church Street, Asheville, N. C. We will eat at 1:30 P. M. and listen to Hugh E. of Charlotte, N. C. tell us about it. Please bring a covered dish or your "poke".

MAY 9-10, 1981: G.S.R. State Assembly meeting will be held at the Mission Valley Inn, Raleigh, N. C. We hope that your group will be represented at this meeting. This type of meeting is where information can be obtained for the benefit of all groups operation.

### A Grain of Wisdom

An executive was once asked why he kept an hourglass on his desk.

"I keep it there," he said, "to remind me to do just one thing at a time."

He turned the hourglass over and, as he watched the thousands of tiny grains of sand tumbling down, he added:

"There is a great deal of activity going on there. Every one of these little grains of sand is on the move, but only one grain at a time can get through the small part of the glass.

"I, too, have many things to do, but this gadget helps me to concentrate on one job till it is properly done."

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*One smile, longer life; one  
frown, shorter life. — Korean Maxim*



*The fox that waited for the chickens  
to fall off their perch died of hunger.*

— Greek Proverb

# MEMBERSHIP IN A.A. FOR ALCOHOLICS ONLY

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Many treatment facilities today combine alcohol and other drug addiction under the general heading of substance abuse. Patients (both alcoholic and nonalcoholic) are frequently introduced to the A.A. program and encouraged to attend A.A. on the "outside" when they leave. As stated earlier, *attendance* at most open A.A. meetings is available to anyone. *Membership* in A.A. is available to anyone with a drinking problem. Dually addicted people are also eligible for A.A. membership. However, membership in A.A. is *not* available to the nonalcoholic addict.

Dr. Vincent Dole, a drug addiction expert and formerly a trustee of A.A., made the following statement: "The source of strength in A.A. is its single-mindedness. The mission of A.A. is to help alcoholics. A.A. limits what it is demanding of itself and its associates, and its success lies in its limited target. To believe that the process successful in one line guarantees success for another would be a very serious mistake." However, A.A. welcomes the opportunity to share A.A. experience with those developing self-help programs for nonalcoholic addicts using A.A. methods; but the experience of the drug addict during addiction and recovery should be the basis of any drug program.

## WHAT A.A. DOES NOT DO

A.A. does not:

1. Furnish initial motivation for alcoholics to recover
2. Solicit members
3. Engage in or sponsor research
4. Join "councils" of social agencies
5. Follow up or try to control its members
6. Make medical or psychological diagnoses or prognoses
7. Provide drying-out or nursing services, hospitalization, drugs, or any medical or psychiatric treatment
8. Offer spiritual or religious services
9. Engage in education about alcohol
10. Provide housing, food, clothing, jobs, money, or any other welfare or social services
11. Provide domestic or vocational counseling
12. Accept any money for its services, or any contributions from non-A.A. sources

## CONCLUSION

The primary purpose of A.A. is to carry our message of recovery to the alcoholic seeking help. The primary purpose of any alcoholism treatment modality is to help the alcoholic attain and maintain sobriety. Therefore, regardless of the road we follow, we are all heading for the same destination—the rehabilitation of the alcoholic person. Together, we can do what neither of us could accomplish alone.

RECOMMENDED MATERIAL AVAILABLE FROM A.A. WORLD SERVICES, INC.

Pamphlets: "A Member's-Eye View of Alcoholics Anonymous" "How A.A. Members Cooperate with other Community Efforts to Help Alcoholics"

*Reprinted from a release by the Chicago Area Service Office.*

"How do I love thee? Let me count the ways... I love thee with the breath, Smiles, tears, of all my life! and if God choose, I shall but love thee better after death."

And aside from Elizabeth Barrett Browning's romantic love there must be 57 other varieties. The word "love" is used to apply to so many different human feelings, --and activities. There is love of God, love of life, motherly love and other love within a family, puppy love, making love (or "making-out"), love for a faithful dog, love of nature, and on and on.

The meaning of love among A.A.s, especially those of the same sex, has not been easy for me to grasp. (I did not hear much about this in the Marine Corps.) I still feel a little embarrassed to verbalize it, but here is what love for fellow A.A. members has come to mean to me:

It means being concerned, sympathetic, caring, and understanding, a good listener. It means giving out encouragement, good cheer, recognition of the good things I see in others, or perhaps just a friendly smile. It means being more than just willing to help, having a real desire to help. It means patience, tolerance, and that even if I can't like everybody in A.A., I can still love them in this special way.

Having reached this idealistic understanding of this love I should have for all who turn to A.A., I find that putting it into practice consistently is something else. But I am happily seeking progress rather than perfection.

By "Turkey Lou"

"GUILT" IN TAKING PERSONAL INVENTORY

All of us as human beings deal with guilt in one or more of our character imperfections, in deeds, attitudes, resentments, criticism, and hostilities. I, too, like many others, have had to take that deep look into the "real me" that for so long I chose to cloak with the "all was well with me attitude" only to discover deeply buried was a lot of resentment for past failures to achieve the utmost of opportunities I had when health failed. Then when courage failed, so did my self esteem as well as my faith in myself and faith in others, sink pretty low.

In taking my inventory, I found seemingly a ball of yarn of problems of deep guilt, resentments, fears and doubts - the insecurities going back to my Grandfather's days of booze and abuse. The same for one uncle, my dear son-in-law, a younger brother and a sister. Alcoholism having surfaced in all of these so near and dear to me, prompted me to seek the help I needed to establish myself in a better way of life and attitude through the hope, faith, and support that Al-Anon and AA can give.

Now, after two years, my courage has been restored, faith in myself has been renewed. The God that loved me in my failures and health problems that followed, still loves me. I have since experienced success in many ways for in my mistakes I learned as someone said, "Corrow looks back, Korry looks around, but Faith looks up." I have been blessed by looking up.

I consider my past and all its errors a cancelled check through prayers of forgiveness, the future a necessary note, for fulfillment of promises that are mine for the asking and believing, and my growth and patience in Al-Anon to a better way of life to success in improving my cash on hand - Faith renewed and a helping hand.

For it is in giving that we receive and it is in pardoning that we are pardoned...

Grateful to God, Al-Anon and AA

Lorraine I.

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 Learning is not child's play; we cannot learn without pain.  
 — Aristotle



"We're safe here. My wife wouldn't be seen dead in this dump."

"I'm allergic to mink. I get sick every time I see another woman wearing one."  
 — Phyllis Diller

**SNEAKY POWER-SEEKINGS**  
(Second of a Series)  
By Vic McM., Central Orlando

Power-seeking to me is the same as self-will in action. Pre-AA I always tried to be the director of my piece of the world. Now, it's less often..but still too often. In sneaky ways, like...

**II. Sucking Power from Loyalty**

Many times I've used that good old virtue Loyalty as a tool in seeking power. A tool to get out of my responsibilities, to get what I want, the easy way. The same is true when I am tempted to do something for no reason other than loyalty...the con is on.

A good example from my drinking days is this. After a binge I would be overhung and sick. And my wife would tell me to leave our home...permanently. I'd whine, "Don't you remember all the things I've done for you?... I love you...I promise this is the last time...Besides, what would the neighbors think?" Then for a loyalty right uppercut: "Why can't you accept me like wives are supposed to?" This routine worked for a long time.

It wasn't easy to work the loyalty sucker play in A.A. With members well along in sobriety it was impossible. In a dry period when I was more insane than usual, I regularly drove a car-less alky to meetings. At the same time I took to eating at the meetings, gulping and burping. This long-sober ingrate had the nerve to tell me he didn't like the noises I made while eating. I pulled out all the loyalty stops including the acceptance con, but he was a tough nut. He didn't seem to care that he risked losing his

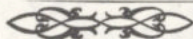
transportation, or losing a friend. What he did care about was giving his full attention to the meeting. And, for some reason I stopped using the meeting rooms as mess halls.

Another time, I was in desperate financial straits and had exhausted the possibilities of help from normal avenues of finance. I approached two A.A.'s because I knew they had enough money and were committed to "I am responsible, when anyone anywhere reaches out for help." But both of them said simply, "NO." At the time I resented that. It didn't occur to me that my financial woes were of my own making.

I thank God for this kind of treatment by A.A.'s. Their love for me is constant. But they don't "owe" me anything. And they feel free to not accept my actions while still accepting me as a person. Even when I've helped them in the past. When I seek power from them by trying to hand over my responsibilities, they give me what I need instead of what I want.



*He who lives only to benefit himself confers on the world a benefit when he dies.*  
— Tertullian



*Laughter is heard  
4. farther than weeping.*

— Jewish Saying



"I thought so! You're not plugged into anything!"



"I see he's had his staggered lunch-hour."

She's out — shall I ask her when she'll be back?"



*It takes only a little laziness to make a temporary setback permanent.*

— Frank Clark

## SELF-SUPPORTING

Our Preamble states, "We are self supporting through our own contributions." The, "We here is Alcoholics Anonymous as a whole. This means that you and I, all of us, are the "We." However, it is apparent from the number of A.A. groups which do not support or contribute to Central Office or General Service that many A.A. members, or individual A.A. Groups, are not aware of this concept. Maybe they think the monies collected at meetings belong to their Group and no one else, when in fact it belongs to the "We," which is the entire fellowship of A.A... The purpose of contributing is to carry the message of sobriety to the suffering alcoholic, through the necessary functions of our Fellowship as a whole, so that it might stay self-supported by its members-All its members-so that each member can truthfully say, "I am a vital part of that "We," which is Alcoholics Anonymous." (A sidelight here is that if all A.A. Groups made a contribution to the General Service Office, it is very probable that A.A. literature could be provided at cost.)

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But there is further complexity: Today is robbing us of our money. Some Groups are experiencing problems paying the rent, buying literature, coffee, cups and refreshments. But very few A.A. members-although they are paying more for cigarettes, candy, coffee, gasoline and everything else on the "civilian front" are willing to contribute more to the support of their A.A. Group. Most of us don't go without cigarettes or gasoline because of a higher price. If we don't pay the price, we don't get the product. It could be the same with sobriety \* if we don't pay the price, we don't get the product.

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Each of the Twelve Traditions is straight to the point, and when the 7th Tradition says, "Every Group ought to be fully self-supporting," that's exactly what it means. Any A.A. Group which is less than fully self-supporting is not paying the price, or getting the product.

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When cigarettes were 15 cents a pack (and coffee 39 cents a pound) A.A. members dooped a quarter or a dollar into the collection basket "to support the group." Now that cigarettes are four and five times that much (coffee \$3.00 plus a pound), do A.A. members who buy these items without a second thought claim they can't afford more for their sobriety? Surely our sobriety is worth more than a dollar at a meeting, or a dollar a week to our Home Group. How about the other fellows sobriety? is it worth an extra dollar? How about a slogan, "A dollar for my sobriety, plus a dollar for the alcoholic who still suffers"? (Admittedly, some of our impoverished fellows can give nothing-we love them, too!). But mounting inflation has eaten into the power of the dollar to preform the valuable services that A.A. can and does furnish for all alcoholics. How can we emphasize to A.A.'s at all levels that a dollar bill does not expand, but actually limits our growth in service to the still suffering alcoholic? We sorely need a new conscience of our monetary responsibility to those who still suffer.

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Remember: "A.A. is a fellowship of men and women... We are a part of something big. We are merely part of some 32,000 Groups around the world, involving more than one million individuals. We are not alone anymore! What is the value of your sobriety in this great Society.

Dean K. Oakland via  
Oregon Newsletter

# A.A. Guidelines

from G. S. O. Box 459 • New York, N.Y. 10017

## Forming Local Committees on Cooperation with the Professional Community

By action of the General Service Board, January 1970, the trustees' Committee on Cooperation with the Professional Community (C.P.C.) — a spin-off from the Public Information Committee — was authorized. A similar Conference committee was formed the following year, and over the last few years, A.A. members in local areas have been responding to local need by establishing C.P.C. committees.

A.A. is considered by professional persons, almost without exception, to be the number one resource for alcoholics who want help. When there is a good working relationship between A.A. members in the community and paid alcoholism workers, the professionals give A.A. credit, A.A. members return the compliment, and the sick alcoholic is the winner — he gets the help he needs from both.

We are not in competition with these non-A.A.'s, and vice versa; we have our separate functions. A.A. is not in the business of education, research, medicine, counseling, treatment, prevention, or funding. We simply have a message to carry about a program of recovery for alcoholics — a program that works for hundreds of thousands who want it.

The professional can help the alcoholic *want* it — by education, counseling, and rehabilitative treatment — and can also be of aid through making the community aware of and care about the millions still suffering from the deadly disease that A.A. has helped us arrest.

With increasing activity in the alcoholism field and with more people becoming involved in it — some of them having little or no understanding of A.A. — open communication in a spirit of friendly cooperation is more important than ever. There *will* be misunderstandings, but they need not divert us from our intention of cooperating with others in the field of alcoholism — being mindful of our tradition of non-affiliation, and also mindful that the *only* inventory we take is our own.

It is our hope that these Guidelines will help to define the scope and function of a C.P.C. committee, and will facilitate its organization. It is suggested that in areas where there are existing public information and institutions committees, members from these committees be included in the organizational meeting of a new C.P.C. committee.

### RELATIONSHIP OF A.A. COMMITTEES: P.I., C.P.C., INSTITUTIONS

The following descriptions of the responsibilities of P.I. and C.P.C. committees are given for purposes of clarification:

**P.I.** — The purpose of P.I. is to carry the A.A. message to the general public through the media (newspapers, magazines, radio, television, etc.); also to the alcoholic through those who are in a position to help him, e.g., wife, husband, doctor, etc.

**C.P.C.** — Members of these committees inform those working in the field of alcoholism about A.A. — where we are, what we are, what we can do, and what we cannot do. An attempt is made to establish better cooperation between A.A.'s and professionals in the field.

In one area where a C.P.C. committee has been formed at the state level, a liaison has been established among three committees — i.e., one member of the institutions committee and one member of the P.I. committee are permanent members of the C.P.C. committee. A P.I.C. member and a C.P.C. committee member serve on the institutions committee, and C.P.C. and institutions committee members serve on the P.I. committee. There are obviously many instances of overlapping responsibilities. It should be clearly established that A.A. committees are not in competition with each other.

In keeping with our Tradition of placing principles before personalities, *who or what committee* carries the A.A. message is not important so long as our message *is* carried to the still-suffering alcoholic.

In public information work, we are primarily concerned with attraction rather than promotion. In cooperating with the professional community, we want to find creative and productive ways of effecting cooperation without affiliation.

### GETTING STARTED — ONE AREA'S PLAN

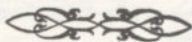
In the area mentioned previously, the C.P.C. committee was organized as follows:

1. State C.P.C. chairperson and co-chairperson were elected by the state committee.

Everyone has the same amount of time.

It's how we use it that counts.

John S. Swift Co., Inc.



One of the oldest human needs is having someone wonder where you are when you don't come home at night.

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— Margaret Mead

2. District C.P.C. chairperson and co-chairperson were selected in each district.
3. The F.I., institutions, and C.P.C. committees each assigned a member to attend meetings of the other two committees, thus maintaining communication and cooperation within A.A.
4. A budget figure from state committee funds to get started was approved.
5. A monthly meeting of C.P.C. was planned, at which the above-mentioned P.I.C. and institutions committee representatives would be among the voting members. Any interested A.A. member would be welcome and invited to attend all meetings.

Envelopes with background material and a history of C.P.C. since its beginning, all pertinent Guidelines and pamphlets, and copies of the most recent issues of the *P.I.-C.P.C. Bulletin* and G.S.O. newsletter *About A.A.* were made available to members of the committee. It was suggested that a basic "text" for C.P.C. committee members should be our pamphlet "How A.A. Members Cooperate With Other Community Efforts to Help Alcoholics." This pamphlet records much A.A. experience on how A.A. members can successfully cooperate with everyone while affiliating with no one.

District chairpersons were requested to report to G.S.R.'s about the formation of the committee and its scope and function, so that information about C.P.C. activity would be made available at the group level.

It was agreed that the C.P.C. committee should grow slowly and steadily. It was proposed that each district do a survey of the kinds and number of local resources offering help, treatment, etc., for the alcoholic — what the present relationship of each with A.A. was — whether it could be improved — and in general, helpful information for individual committee members to follow up.

When this list of professionals, both individuals and organizations, had been compiled, members of the C.P.C. committee should:

1. Make an initial contact (letter, phone, face-to-face).
2. Offer to come and talk about A.A. to the interested professional — sharing what A.A. can and cannot do.
3. Offer to take the professional to an open A.A. meeting in the area.
4. Provide A.A. literature describing the A.A. program of recovery.
5. Stress A.A.'s eagerness to serve as a community resource to help the alcoholic recover from the illness of alcoholism.

## C.P.C. IN ACTION — AREA-WIDE

A delegate from another area described the formation of an area C.P.C. committee in the following manner: "We now have some six or seven local C.P.C. committees. They were either appointed or elected by the district committee or the intergroup, whichever local procedure is used in these matters. In my district, the intergroup chairperson appointed the committee. He selected as his chairperson a local business executive who had been introduced to A.A. through a professional. Consequently, the chairperson realizes how important it is for professionals to understand A.A. and for A.A. to cooperate with them.

"Three months ago, all the local communities got together at our area assembly, and now we have an area Committee on Cooperation with the Professional Community. It meets every month before the regular assembly, just as our Institutions and Public Information Committees do. The minutes of the meetings are included with the secretary's report. Thus G.S.R.'s can keep their groups informed of what is going on in the area. The local chairpersons submit their reports at intergroup or district meetings. And so we are moving, I think, in the right direction.

"Let me illustrate how it is already working. In one town, there is a regional council on alcoholism. One of the women physicians on the council had a reputation for being anti-A.A. However, when she heard of the local Committee on Cooperation with the Professional Community, she invited its members, as private citizens, to participate in some of the council's planning sessions. After learning of *About A.A.*, she asked to be added to the mailing list for our newsletter. It has become apparent that she is really not anti-A.A., but had been discouraged some time ago by an A.A. member speaking only for himself.

"In another district, our chairperson has launched a series of A.A. meetings, in which he has a public agency or professional nonalcoholic speaker and an A.A. speaker who tells his or her story and a little of how A.A. works. This gives the nonalcoholic speaker a chance to observe briefly how our recovery program works, and, too, it gives us the chance to learn how others are trying to cope with this complex disease.

"Our work, we realize, has just begun. In time to come, I am sure that this committee will be another instrument for helping A.A. grow and prosper, along with our Institutions and Public Information Committees.

"Bill, when he talked on the Traditions, used to say, 'These were not laid down to me, but rather picked up by me.' So, too, will be our C.P.C. experience, not laid down, but picked up by our sharing."



HAPPY BIRTHDAY

NAME	GROUP	YEARS
Mildred G.	Blue Ridge	11
Lavada J.	Blue Ridge	4
Jean M.	Cherokee	4
Bob M.	Cherokee	4
Pauline S.	Traditional	4
Robert L.	Sylva	5
Tom R.	Victoria	2
Gerrald W.	Victoria	3
Jim D.	Victoria	4
Bob P.	Franklin	31
Ruth N.	Franklin	11
Andy G.	Haw Creek	3
Bill J.	Marion	2
Helen C.	Marion (March)	9
Bud C.	Marion (March)	9
Herman J.	Marion (March)	1



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A MEETING OF THE "MASTER MINDS"



"Now, to continue our argument of this morning..."

January 20, '81/THE GLOBE



Life's greatest mystery continues to be how anything so scarce can be called common sense.

— Tom Collins

Q: Willie, do we get fur from skunks?

A: Yes, ma'am, just as fur as we can get.

— Bill Spangler, age 12, Columbia, La.