

MOUNTAIN DOIN'S

November  
1981

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

UPCOMING EVENTS \*\*\*\*

DISTRICT MEETING: Sponsored by Victor Group & First  
Step Farm Group;

WHERE: East Asheville Community Center

WHEN: November 22, 1981

TIME: 1:30 Eating

2:30 Meeting; speaker TOM M. Charlotte

Y'AA COME AND SUPPORT OUR GSR'S They help us to be  
able to carry the message.

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INTERGROUP MEETING: november 15 at 3:00 PM at the

Allen Center, Intergroup Reps are reminded that  
it is their responsibility to see that their group  
is represented,

NO REP + MEETING = NO VOICE IN DECISION.

EDITORS CORNER

Your Editor undoubtedly owes amends to many in the fellowship where his humanity has misled him into errors, however good the intentions. The extremely personal foe of Egoism is subtle, and like the disease of paranoia has a basis in reason and logic. Where error has crept in, where I have used others and the program to feed error, where egoism has been in the form of "now do it my way;" there is the place for a more personal apology, and as such becomes evident, I pledge to do so. In the meanwhile I shall continue to serve as I find that I am welcome. This provides perhaps the best medium for the real amends of action and not words. ED

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SYMPATHY

With regret we note the passing of Jim Danks of Black Mountain. A happy note is the blessing of strength found by his wife, for which we are grateful.

Our sincerest sympathy to Doug O. on the passing of his father.

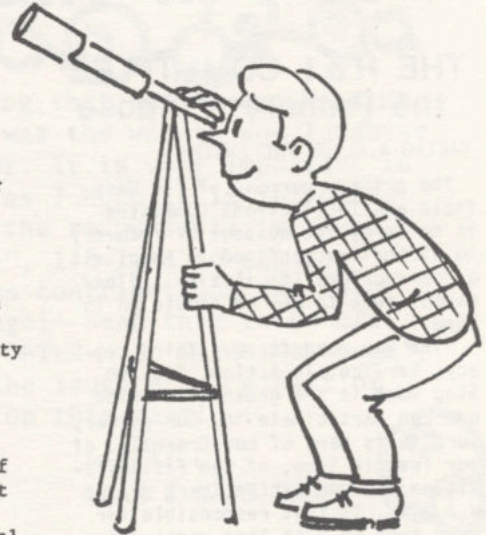
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A new Definition: Alcoholic Beverage Control:

HOW ABOUT After Booze, Catastrophy---

Thanz Central Fla. INTERGROUPEE

# AS I SEE IT!



## SELF PITY

In daily living, even after years of being on the program, we so easily can fall victim to the devastating character defect of self-pity. How quickly this defect can get us back into justifying any negative action we may take.

Have you listened to anyone who has been sober a few years and then "fallen off?" You will get quite a run down on self-pity and all the reasons for it.

In working with others, it is one of the first defects one can spot when a person is getting off the beam. The sad part of this problem is that it is most difficult to recognize in one's own sober living, therefore it makes it so difficult to deal with.

I can recall, in my own case, how filled with self-pity I became, and how the little spiritual progress I had attained, disappeared. It was not until I came back to AA and started to work the program that I was able to recognize and deal with this defect.

What still bothers me to this day is that if I don't continue to work the program, I can quickly lapse into a fit of self-pity. It should prove to me that I need to get back to basics.

The Twelve Steps avoid all mention of self-pity, which goes hand in hand with blaming others. The Steps tell us how to recover, "Make a searching and fearless inventory or ourselves," then, "being willing to have God remove all these defects of character." The steps outline a course of action that is time-proven, and if we follow that course, it will not fail. We have proof positive!

It seems really hard for me, at times, to turn this self-pity around to gratitude. When I was drinking, I was filled with self-pity as an everyday occurrence. I just didn't know how to cope with it soberly, so I drank. Drinking became my only solution. But now, even though I have the program for recovery, just for the asking, I still have some difficulty at times using these simple tools. I must realize that our program isn't there "just for the asking", but rather, "just for the using."

Ken G.

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"Properly conceived, tolerance is the positive and cordial effort to understand another's beliefs, practices and habits, without necessarily sharing or adopting them."

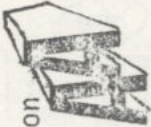
(Dr. Bob, AA Co-founder)

Send your favorite stories, quips, and news clips

Closing Date  
Nov 23 for Dec.



A sponsor is a person who can always see the brighter side of another person's problem



# BUT FOR THE GRACE OF GOD...

## THE H & I COMMITTEE the Primary Purpose

### TAKING A.A. ON THE INSIDE

The primary purpose of the Hospitals and Institutions Committee is to carry the message of recovery to alcoholics confined in hospitals or correctional facilities. "They cannot come to us— we should go to them."

The key word for our Third Legacy, Service, is Action. Twelfth Step work is the greatest service one can participate in. Our primary purpose is part of our Preamble, of our Twelfth Step, of the Fifth Tradition; our committee, part of the W.A.I.A., is that responsible for this type of 12th Step work: going to those confined.

Early A.A. history tells of one of the first hospital groups, the New York Mental Institution meeting in 1939. Later, in 1942, the San Quentin Prison permitted the first A.A. Group in a prison. For these and the many groups that have fol-

lowed, help was needed from A.A. members outside these facilities. Because of this need, Institutions Committees were organized throughout the A.A. world to reach confined alcoholics. They requested the hand of A.A. and needed help with outside experience to get started.

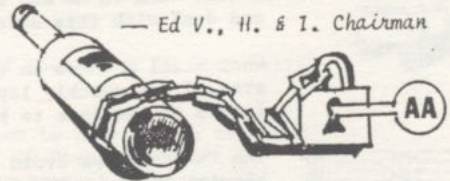
Our H. & I. Committee is presently responsible for 245 meetings per month, a large number even compared to the national A.A. scale. The Chairman finds it not only a responsibility, but helpful to share with other area H. & I. Committees, and to keep updated on activities being shared by other states. This is done by letter, telephone and traveling. I've just returned from Albany, New York where I attended the Hudson, Mohawk, Berkshire Service Conference. Five states participated in workshops of the H. & I., C.P.C. and P. I. Committees in which much valuable information was shared by all who attended.

Additional responsibility handled by the Chairman covers the making and mailing of the monthly schedule, assigning willing sponsors to take meetings, or channeling our World Service Literature to H. & I. Representatives for distribution. Also handled are the arrangements with facilities for first-time requests of A.A. or to re-organize service to a place, as this sometimes becomes necessary as changes in the particular needs develop.

Having served on the H. & I. Committee for the past 3½ years, and chairing it for the last year, I can honestly say that this has been the most rewarding experience I've had in my life.

We would especially like to thank the area groups who have participated faithfully to make this happen. The Intergroup Office and committees all work together to help carry the message to that suffering alcoholic, and reaching those that cannot come to us is very worthwhile in maintaining our own sobriety, indeed.

— Ed V., H. & I. Chairman



Thank W A I A

"New" Reporter.  
Both of These  
Articles Appeared  
There



# PAIN HAS NO MEMORY

A FEELING that stays with me in most any institution or hospital meeting is definitely, "But for the Grace of God..." A wave of gratitude comes from remembering the times I narrowly escaped 'lock-up' by pitiful pleading, or had been too drunk to act out the scheme I had in mind to get back at someone, which would have surely landed me behind bars. But then, there were the times I DID PAY—that high price of disaster and shame, not to mention the high cost of a drunk with consequences and results!

I DON'T RECALL these things on a sunny afternoon socializing with my new-found friends, but I can remember that pain in an institu-

tion meeting. The good part is that I get to leave when the meeting is over now— BUT FOR THE GRACE OF GOD... Today, I don't wear draw-string pants, or request people to bring me cigarettes, or have those cigarettes lit for me. I have an option to take a walk alone or eat when I please... haven't had to wait in line for a shower lately, which I can take unsupervised! Like everything else I have today, A.A. has relieved that compulsion to run away from the world and hide out, or to act in such a way— usually threatening— that I would be put somewhere away from it all.

THE FURTHER in my memory that pain is stored, the more necessary it is for me to be involved with A.A. in Institutions and Hospitals. Having had it "my way", I really couldn't tell you where I would be now, besides in the land of the lost. But one thing's for sure, that today I believe: "But for the Grace of God, there go I", because I've checked my track record. Alcoholics Anonymous has given me this, with no strings attached. And the least I can do for another suffering alcoholic, but the most I can do for my own program, is to carry that message inside to those that want it, but can't come to us.

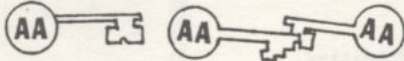


ne thing that has always kept me coming back was the warmth and laughter of A.A. humor. It is very important in my program, as I hope it is in yours. Upon taking the responsibility on as "Joke Editor", I'd like to ask for your humorous contributions and help with this page! Send them to us c/o W.A.I.A. REPORTER- 'It Makes Me Laugh', and spread the laughter... a part of our message on this page!...

— PETE G.  
YEAS & NAYS GROUP



"We've come to see Antonius on a XII Step call."



INTERGROUP MEETING

OCTOBER 1981

The regular monthly meeting of the W. N. C. Intergroup, was called to order on Sunday, Oct., 18 at 3:30 PM by the chairman, Jean W. with the Serenity Prayer.

OLD BUSINESS

A discussion was held concerning the idea of having individual subscriptions available for the Mountain Doin's. It was decided that since it had been voted on some time ago to send individual, personal copies to anyone making a personal contribution to Intergroup, this practice would be continued.

Miriam K. moved and Gerry D. seconded the motion to have an annual review policy of contributors for sending copies, and also to continue the "Swap" policy with other groups. The motion was passed.

NEW BUSINESS

Coordinator Pat C. submitted a request to have Nora fill-in at the Parkway Office three days a week.

A discussion was held regarding qualifications and responsibilities of Intergroup Coordinator, and any person in the office under her direction. We were reminded that the coordinator, in fact, has many responsibilities not defined by any job description, and that we should all be aware that individuals in our Fellowship need be mindful of his or her own responsibility when called upon.

It was then approved by vote that Nora be in the Parkway Office for three days each week.

A discussion was held concerning availability of people for 12 Step calls and speaking at meetings.

Charlotte F. moved and Bob V. seconded the motion to provide two separate forms to each A.A. Group (one for speakers, one for 12 Step availability), and to make Intergroup representatives responsible to present, explain and complete these forms. The name of each Intergroup representative will be included on each form. The motion was carried.

Neil D. presented some positive thoughts about the work of our Intergroup, ie: (1) We have new members now in our groups who have found us because of our Intergroup being here.  
(2) Our financial structure is improving, showing better group and individual support.  
(3) Our Intergroup has a function, and it's performing it.

It was moved and seconded the meeting be closed. It was then adjourned at 4:20 PM, with the saying of the Lords Prayer.

The next meeting will be held on Sunday afternoon, November 15th at 3:PM, at the Mustard Seed Club room, Allen Center.

Respectfully Submitted,  
Charlotte F., Secretary

GROUPS: NEWS AND NOTES \*\*\*

New Meeting: The Haw Creek Group announces;  
THEY ARE NOW MEETING ON WEDNESDAYS AS WELL,  
Time: 8:00 PM Place St John's Church Haw  
Creek

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Serenity Service is sponsoring a new meeting  
The Young Peoples Meeting SATURDAY NIGHTS  
Time: 10:00 PM Place 12½ Wall St.

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CORRECTION: for the Where and When cards (still avail-  
able at the Intergroup Office)

Cashier's Valley Group Open Meeting is held on Friday  
nights; not Saturday as was printed.

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NEW TIME AND DAY: The meeting at the Women's Flynn  
Home has moved from Saturday Night at 7:30 to  
8:00 Pm on Thursdays.

AL-ANON & ALATEEN

ALATEEN Black Mountain Group -- St. James Church  
Monday Nites- has asked if there is a volunteer  
for male sponsor--they have a female &  
need a male sponsor to help.

AA



BUT A SECOND DIAGNOSIS doesn't always help, as J. R. of Arizona proves in the case of a lush who went to a psychiatrist for examination. After the testing was over, the doctor stated, "Actually, you're a bit crazy."

"I demand a second opinion!" replied the angry patient.

"Okay," said the psychiatrist. "You're ugly, too."

# Happy Birthday



## BIRTHDAYS \* ANNIVERSARIES OCTOBER

|                 |             |    |
|-----------------|-------------|----|
| Jim T           | W.Asheville | 3  |
| Lee H           | W.Asheville | 6  |
| Don G           | Victoria    | 4  |
| Martha G        | Victoria    | 4  |
| Fred H (Sarge)  | Haw Creek   | 17 |
| Joe R (belated) | Traditional | 3  |
| Jo Ann          | Traditional | 4  |
| Russ B          | Traditional | 10 |
| Peggy T         | Traditional | 6  |
| Howard B        | Sylva       | 3  |
| Alvin W         | Sylva       | 13 |

## NOVEMBER

|                       |               |                |
|-----------------------|---------------|----------------|
| Pat C                 | Victoria      | 4              |
| Barry O'B             | Black Mtn BBG | 8              |
| Dallas N              | Traditional   | 5              |
| Morris R              | Traditional   | 8              |
| Jean W                | Traditional   | 5              |
| Don O                 | Fletcher      | 19             |
| Bob M                 | Fletcher      | 3              |
| Starling R            | Victoria      | 4              |
| MANY AMENITIES TO ALL | TOTAL         | !"% 129 yrs of |

sober happy living

MAN THAT'S LIVING!!!!

ONE REALLY HAPPY NOTE!!!!

The Intergroup Gratitude Night at Black Mountain Big Book Group Netted \$75.00 for Intergroup

A nice attendance with good food and fellowship.

The Anniversary celebration at Black Mountain was well attended

Hi!

