

MOUNTAIN DOIN'S

December
1981

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

UP-COMING EVENTS +++++

As announced by the accompanying "flyer" there is much to do over the holidays. The Traditional Christmas party has been one of the finest of it's kind in years past, and promises as well for this year. While the Alkathons are rather new, those who were there last year came away pleased. The Serenity Service Group would appreciate anyone who can coming over to sign up for "duty hours" to be in two hour increments. As we have all heard before, "IT'S YOUR MEETING, "

AA AA AA AA AA AA AA AA



"SOME PEOPLE CAN DO IT WITH MODEL SHIPS"

Thank Tri County (Fla) NL

EDITORS CORNER

The privilege of serving you the members of the fellowship in this capacity has only recently fallen on me. I choose first to consider it as stated above, and secondly to believe that such service implies by it's very nature a commensurate responsibility to not abuse any supposed "privilege", nor take such service lightly. Let me therefore, appeal to you the members of the fellowship for help in making the job just a bit lighter. All that I need for this is for YOU to be on the look-out for anything that interests you, and share it through this office, so that we all may share the "goodies". This is the purpose of putting a "closing date" in a prominent place in this publication.

ED

(that stands for editor, Bill--GED.)

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The Andrews Group:

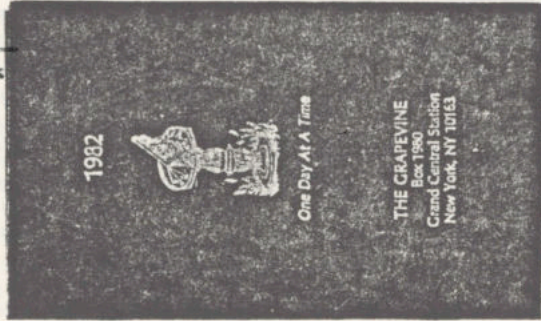
We regret to announce the death of Belmer P. on November 9.

Belmer had over twenty years of continuous sobriety, a day at a time. He will be greatly missed by everyone who knew him.

THE VIZARD OF ID PARKER & HART



For 1982 . . . the Grapevine as a companion to our



Attractive new item...

The Grapevine Pocket Planner Calendar, a companion piece to our wall calendar.

We're pleased to make this pocket calendar available as requested by the Fellowship. Every AA wants to note special meetings, conventions, personal speaking dates, so that the information is readily available. This calendar accommodates that need while reminding us on the cover itself that ours is a one-day-at-a-time program.

Each year, more and more AAs are finding the Grapevine Wall Calendar an attractive decoration for home, clubroom, or office. So wise AAs get their orders in early.

For each month of 1981, there is a different black and white photo of enduring scenic appeal. And there are twelve inspiring, thoughtful quotations in harmony with our AA way of life.

Please send me pocket planner(s) at \$2.00 each. Total enclosed

Orders of 25 or more \$1.75 each
U.S. funds or equivalent

Make checks or money orders payable to THE GRAPEVINE, INC.

Mail to: PO Box 1980 • GRAND CENTRAL STATION • NEW YORK, NY 10163

Mail to _____

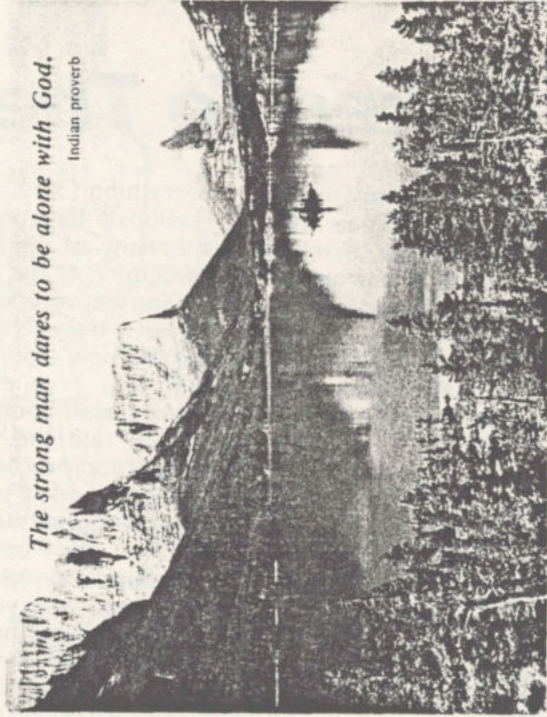
Street or PO Box _____

City _____ State/Province _____ Zip/P Code _____

P

Please allow 6-8 weeks for delivery

again offers a Pocket Planner regular Wall Calendar.



The strong man dares to be alone with God.
Indian proverb

Please send me calendar(s) at \$2.50 each. Total enclosed

Orders of 25 or more \$2.00 each • U.S. funds or equivalent
Make checks or money orders payable to THE GRAPEVINE, INC.

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W

Please allow 6-8 weeks for delivery

AA Takes To The Air

On October 20 AA history was made. Central Office records indicate that never before has a Tampa member been invited to speak to a group of physicians. The breakthrough came when Jack B., chairman of the speakers bureau, participated in a medical staff seminar at the USAF Regional Hospital, MacDill Air Force Base.

Dr. Rafeal J. Barreda, Chief of Mental Health Clinic, chaired the assembly. Also participating was Major John Cobean, Chief of MacDill's Social Actions Services. Dr. Barreda told the group of some 30 doctors that, "If you think you can treat an alcoholic on a one-to-one basis you're sadly deluding yourselves." He strongly endorsed the need for effective follow-up therapy after the "drying out" process.

He was supportive of the group concept as playing a vital role. Clearly indicating approval of AA's ongoing recovery program, Dr. Barreda said that observation of its track record over a period in excess of 20 years had demonstrated AA validity. He took particular note of AA's recognition that alcoholism is a disease that is threefold in nature.

Major Cobean described the services provided by the Social Actions Services which is now in use by all branches of the armed forces in an effort to bring addictive persons back to a productive work status. He stressed that it is not a disciplinary tool. The program is open to active duty and retired military personnel and their dependents. More information may be obtained by calling 830-3333.

Jack's presentation was brief. He later said, "I knew I hadn't much time so I had to get in there and pitch with

everything I had." He gave the professionals background on the utter simplicity of the program and told something of his own story of continuing recovery. Employing the "How it used to be, what happened and what it is like now" approach, his brief talk met with excellent response from MacDill staff doctors.

Jack told the group he neither sought approval or praise saying, "I'm totally turned off by phrases like 'You must have great strength of character' or 'You must possess tremendous willpower'" explaining that he did not nurture a death wish. He had simply come to realize that, if he were ever to attain a degree of normalcy, AA represented his court of last resort.

Jack explained that AA people were not bent on reactivating the Prohibition party nor did they arm themselves with axes with which to chop down saloon doors. He tried to give an image of AA members not as being bad persons trying to get good but, rather, as individuals who shared a common disease and are working together to get well.

The base hospital will later be sponsoring a seminar for staff nurses and Jack has been invited to address this group also.

Editor's note: NEWSLETTER, detecting an overly modest tone in the account of this historic breakthrough, decided to dig further. An unimpeachable source at MacDill revealed that the doctors present at this session gave a rating to each presentation on the occasion. Ratings were based on knowledge of subject, preparation and whether or not matter was presented in a convincing manner. Jack B. took all honors hands down!! Congratulations from all of us, Jack!

Tri-County Newsletter
Tampa FL

Send your favorite stories, quips, and news clips

Closing Date

Dec. 28 for January



Next Intergroup Meeting Jan 17, 1982

By BILL D. Tanglewood Co.
 "The Intergrouper"
 Cent. Fla.



"Mommy, when is Daddy gonna get drunk again... so we can go stay at a MOTEL?"

CHOSEN: WHO BY WHOM?

By Vic McM., Central Orlando Group

It's funny about the God of my understanding. As I change, my perception of Him changes.

Once, I thought God was punishing me. Then early in AA, as I gained a bit of willingness, "coincidences" started happening...good things which seemed like minor miracles created especially for me. I knew I had been chosen--singled out from the multitude of drunks to receive the gift of AA, and a good life.

Now, this has changed. I believe God as I understand Him is impartial. I believe that He stands ready, willing and able to perform the same miracles for any active alcoholic as He has for me.

Looking back, I had felt so unworthy that I figured if I chose God I wouldn't be heard. So I had to believe God chose me. But the way it seems now, God did choose me--and everybody else (regardless of how unworthy)--from the beginning of my life, and that is constant. Looking back, it was that touch of willingness on my part that started the good happenings in my life.

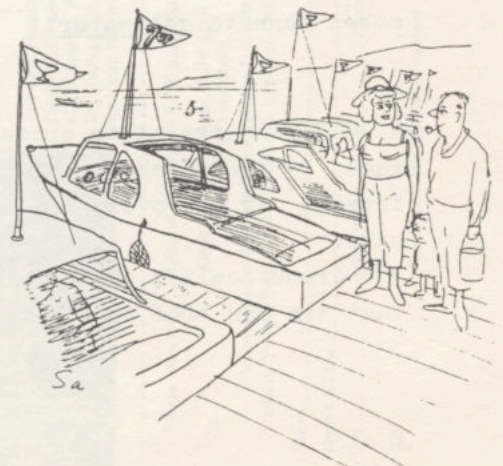
So I believe my gift of sobriety is not a special gift at all. Precious, but not because I was specially chosen. Instead, because I made a special choice.

SOMETHING TO BE THANKFUL FOR

Do you ever wake up in the morning and find it hard to think of something to be thankful for?

- Speaker: Even though I clutch my blanket and growl when the alarm rings each morning.....
- Group: Thank you, God, that I can hear. There are those who are deaf....
- S: Even though I keep my eyes tightly closed against the morning light as long as possible.....
- G: Thank you, God, that I can see. There are those who are blind.
- S: Even though I huddle in my bed and put off the physical effort of rising....
- G: Thank you, God, that I have the strength to rise. There are many who are bed-fast.....
- S: Even though the first hour of my day is hectic, when socks are lost, toast is burned and tempers short.....
- G: Thank you, God, for my family. There are many who are lonely.
- S: Even though our breakfast table never looks like the pictures in the ladies magazines and the menu is at times un-balanced.....
- G: Thank you, God, for the food we have. There are many who are hungry.
- S: Even though the routine of my job is often monotonous.....
- G: Thank you, God, for the opportunity to work. There are many who have no work.
- S: Even though I grumble and bemoan my fate from day to day and wish my modest circumstances were not quite so modest.
- G: Thank you, God, for the gift of life.

From the August 1960 Grapevine



"Well, here we are."

This Space Normally for Minutes of Inter group Meeting

ALCOHOLICS ANONYMOUS is a fellowship designed and administered by a bunch of ex-drunks whose only qualifications for membership is that they can't hold their liquor and don't want to learn how. It has no rules, dues or fees, or anything else that any sensible organisation seems to require. At meetings, the speaker starts on one subject and winds up talking about something entirely different, and concludes by saying he doesn't know anything about the program except that it works.

The groups are always loosing members but seem to grow. They claim AA is a selfish program but always seem to be doing something for others...Every group passes laws, rules, edicts and pronouncements which everyone blithely ignores. Members who disagree with anything are priveleged to walk out in a huff, quitting forever, only to return as though nothing had happened, and be greeted accordingly.

Nothing is ever planned twenty-four hours ahead, yet great projects are born and survive magnificently. Nothing in AA is according to Hoyle. How can it survive? Perhaps it's because we have learned to live and laugh at ourselves. God made man, He made laughter too. Perhaps He is pleased with our disorganised efforts and makes things right no matter who pushes the wrong button. Maybe He is pleased, not with our perfection, but with our sincerity. Maybe He is pleased with our trying to be nobody but ourselves.

We don't know how it works, but it does and members keep receiving their benefit checks from their AA investment year in and year out. It is smart to be sober, and it is much easier, my friend, to stay sober than to get sober.

Author Anonymous

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A DRUNK was trying to cross the street when a huge St. Bernard dog raced by and knocked him down. As he was trying to get up a small foreign car ran over him. A passerby rushed up and asked if he were hurt.

The drunk replied, "D didn't mind when that dog knocked me over, but that tin can tied to his tail nearly killed me."

Thank "Pick Me Up" Wichita Ks.

GROUPS: NEWS AND NOTES !!!!!

MOVING BACK: The meeting at the Women's Flynn home has moved back to Saturday Night at the one "best" time, that which is published in the Where and When card. 7:30 PM each Saturday night.

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We regret to report (late, too) that the Eleventh Step Meeting held on Saturday Nights at St. Mary's Parish House has ceased to meet as of late October.

AA AA AA AA AA AA AA

CORRECTIONS, NEW TIMES AND MEETINGS, AL-ANON & ALA
TEEN:

THIS SPACE

RESERVED


FOR YOU

WE NEED YOUR NEWS!!!!

by PETE G.

You have to read this one out-loud:

Have you heard that some folks are now calling alcoholism "the Egyptian Disease" because it's the disease of denial.



Some wives have a terrible memory. They never forget anything!!

BIRTHDAYS/ ANIVERSARIES

BELETED FOR OCTOBER

Maurice H. Serenity Service 3

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
"Corky" M	Haw Creek	7
Jean J	Spruce Pine	1
Jim P	Spruce Pine	8
Bill N	Spruce Pine	1
Dallas (?)	Brevard	1
Tom H	Victoria	9

DECEMBER

Roland R	W. Asheville	7
Dickie V	W. Asheville	13
Bill M	W. Asheville	7
Leslie J	Hendersonville	1
J.R. H	Hendersonville	1
Mary B	Victoria	9
Jo H	Traditional	8
Nora P	Traditional	1
Bill Y	Traditional	3
Owen W	Traditional	2
Edith P	Black Mtn. BBG	27



THIS TOTAL YOU WON'T BELIEVE

&&&& 165 yrs of
sober happy living

MAN THAT'S LIVING

OUR OFFICE CO-ORDINATOR ASKS ALL GROU PS WHO HAVE NOT
SENT IN THEIR GROUP-INFORMATION SHEETS TO DO SO ASAP.