

MOUNTAIN DOIN'S

JANUARY
1982

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

DISTRICT 7 AREA MEETING

Haw Creek Group is sponsoring our District Eatin'
Meetin'

SUNDAY: January 10, 1982

WHERE: East Asheville Community Center (next to
the fire house, Beverly Hills)
900 Tunnel Road

Times: Eatin' 1:30 PM

Meetin' 2:30

Speaker: They told us that would be the surprise.

One note on the out-of-town (page 2), There is a map
for those seeking information and directions at the
Intergroup Office, and that's a good excuse to visit
with the gals that do the work for us.



EDITORS CORNER

Through the germane workings of some power greater than me, this issue includes the debut of help in the preparation of this newsletter. Our "former editor" Hugh C. has offered and as offered been accepted as editor of the "centerfold", a place of occasional difficulty for me. With the advent of tax time, and the loss of time for me, I cannot possibly express what sense of the mysteries of timing this gives me.

Without (I hope) too many protestations of no value, I can only say that I am most grateful for the help this will be in the months to come. There are many ways in this fellowship for us to carry the message of hope, but it is in some of these concrete ways that I most appreciate how little I am in control and yet what great things can come to others through the simple sharing of the strength and hope given us by this fellowship. Thanx again and again Hugh.

ED

AA AA AA AA AA AA AA AA

A NOTE FROM OUT OF TOWN

"ANNUAL" EATIN'-MEETIN'

A good country meal with lots of home make desserts, topped off with an outstanding program.

SATURDAY: January 9, 1982

EAST RUTHERFORD HIGH SCHOOL, Forest City, NC

TIMES: 6:30PM Dinner--8:00 Meeting

SPEAKER: Willie S. Warner Robins, GA.

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

Power seeking to me is the same as self will in action. My favorite way to control my piece of the world has been to follow this principle:

VIII. Knowledge IS Power

Here was a slogan for all seasons...the way to get what I wanted, to make people respect me, to control my drinking. The secret was to have enough knowledge. It didn't work, but I kept trying. Coming to AA I began to learn that knowledge is no good unless I respect it. This has made a big difference. When I do respect knowledge the way AA teaches plenty of power comes. But, as usual with AA, there's a catch: respecting knowledge means I can't use it for my personal power or glory. I encounter many facets of this knowledge/power equation in my daily life. Here are only two:

PART A-Sucking Power by Nursing Knowledge. Albert Einstein said, "Knowledge which is not communicated to others is of no value." AA says the same thing a different way: "We share our experience, strength and hope with each other..."

As a practicing drunk, a triumph to me was, "I know something that you don't." I would nurse knowledge by holding it back for the best timing, until I could use it to put the rosy spotlight on me. A typical situation was when a family member or co-worker would, in ignorance, be going down a path I knew to be ineffective for them. Then, when they got in trouble or in a stew, old smart Vic would finally "share" his knowledge. If anybody questioned why I waited, I would simply say, "I thought you knew that...Everybody does." In the case of the co-worker, I would usually "share" my knowledge with his boss, with something like this for a punch line: "Did you know you had such a mutton-head working for you?" Some of my barroom performances exceeded these, but there my desire to have the "smartest-guy-in-the-place" image was only a one-night stand.

Today, I meet many temptations to suck power by nursing knowledge. At work, the easy way is to communicate knowledge poorly or not at all. Then, I could increase my job security ("indispensable"), and delight in people having to come to me for answers. At AA meetings, I could pass with an excuse to myself that I am on the pity pot and thus (?) no one would want to hear it. Or, I could speak in comfortable generalities, omitting the specifics of my experience, strength, and hope (knowing full well it is the specifics which are powerful).

PART B-Sucking Power by Being Right. Dr. Einstein also said, "The more we know, the more we know how little we know." I believe the AA corollary to this is twofold: (1) Utilize, don't analyze, and (2) Limit yourself to sharing.

In my old life, I had a desperate need to be right. I'd spend a sleepless night digging knowledge out of books or analyzing every angle of something, just to prove I was right. Frequently I was right, but not content to leave it at that. I'd rub it in until my adversary knew just how ignorant he (or she) was. And I would sermonize to wallow in the power. In short, I was a smart-ass. Often I wasn't right, but succeeded in thinking I was in the face of good sense. Example: "I know I'm not an alcoholic." My thrust in using knowledge was always to impress, not to express...only thing of value), I've analyzed

My efforts to impress in AA went over like a Shirley Temple in the men's bar. You let me sound off, but you didn't judge what I said one way or another. Still, my temptations in AA are many. Several times along the way, I've discovered the "secret" of why AA works (each time a different "secret") only to be greeted with something like, "Keep working the program." I've caught myself pontificating my "vast" knowledge in meetings (forgetting that sharing is the

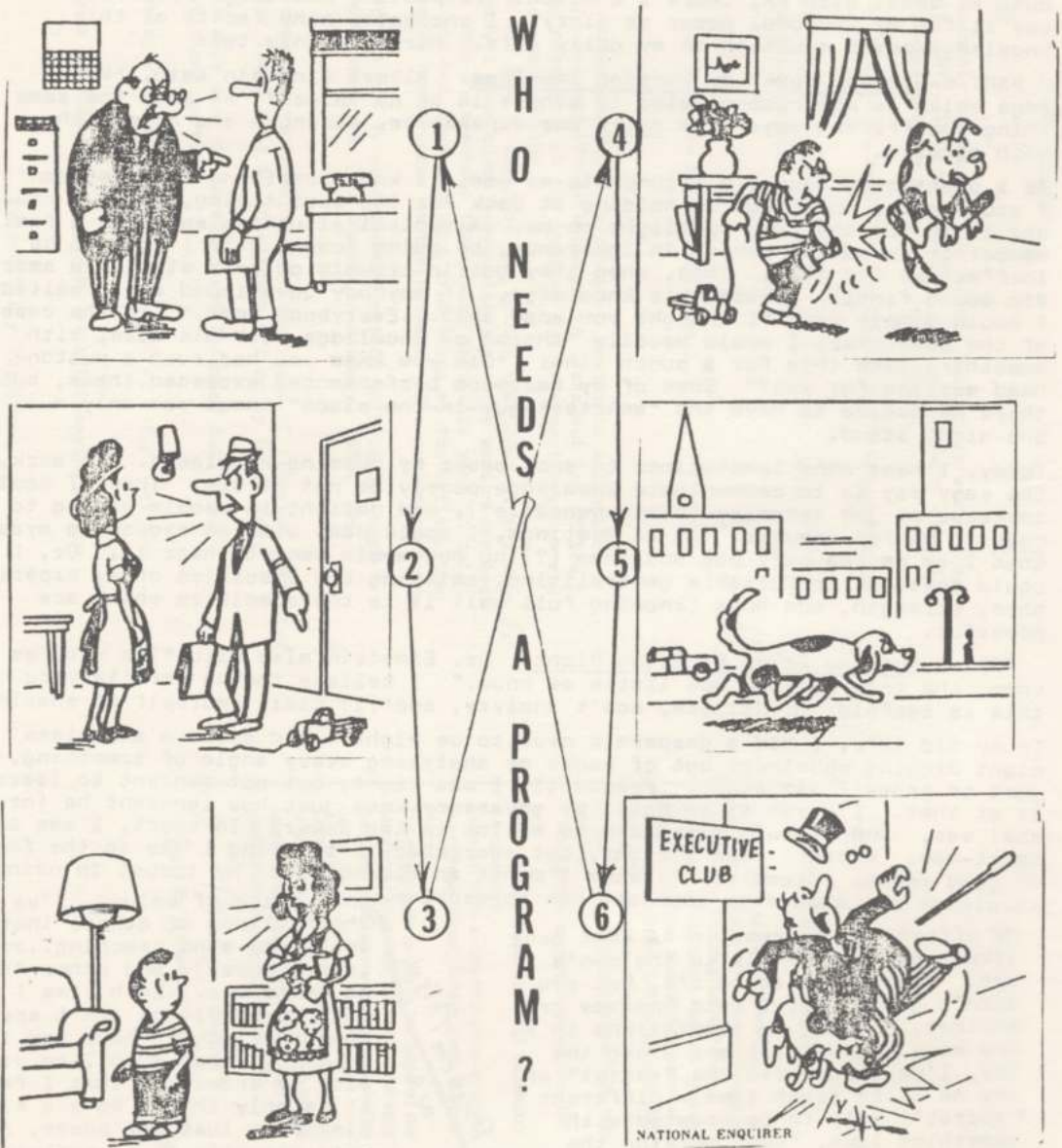
Redem This
away

the feelings of others instead of my own (more mind reaching...see August Intergrouper), and other "Hey, look at me tricks. Each time I find out that my knowledge isn't special... that many others have had the same thoughts..that when I am so impressed with my knowledge that I feel superior it is only that I have a closed mind, closed by lust for power. As Terry L. said recently in a meeting, more and more I'm coming to "know that I don't know." And, surprisingly, feeling good about it.

Fr. Intergrouper" Cent Fla.
Thank.

THIS AND THAT

Chain Re-action



FROM **HERE TO YON!**

by HUGH C.



Alone but Not Lonely

For a few days recently I was snowed in at home — alone. I was alone but not lonely.

Some of my most cherished books were re-read. What faithful companions, what proven friends they were!

The best of music stirred and enriched my soul. How fortunate are we who can hear and appreciate great music.

Treasured paintings that have hung on the walls for years suddenly revealed new facets of beauty and inspiration as I took time to study and see them anew.

Gradually I became grateful for each log which I somewhat reluctantly and almost reverently placed on the hearth. The fireplace became more than the focus of my attention — it had taken on spiritual qualities. It had become an altar.

Gratitude became an unceasing prayer. Stark, barren trees were transformed into majestic, living statues.

What joy, what blessings await us in hours of solitude, where we can be alone but not lonely.

— William Arthur Ward



Surprise!

For at least the last decade, the mountain woman had been coming annually to the city hospital to give birth. She was getting ready to return home after her latest birth when a nurse said, "I guess we'll be seeing you again next year?"

"I don't reckon so," came the mountain woman's surprising reply. "My husband and me jest found out what's been causin' it."

— Parts Pups



Budding Philanthropist

A mother, pointing to a photo in a newspaper, said to her little boy: "These little boys are orphans. They have no mother or father and no Aunt Gertrude. Would you like to give them something?"

"Yes," he replied. "Let's give them Aunt Gertrude."

— Dairyman's Digest

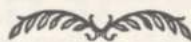
Easy Answer

Little Oscar brought his first report card home, but it wasn't a very good one. He had one "D" and six "Fs."

Dad stared at it disapprovingly and finally said, "Son, how is it possible that you bring us a report card like this?"

"Well," answered Oscar, "I guess it's what happens when you concentrate too hard on just one subject."

— Capper's Weekly



True Faith

To love that which is lovely
Is an easy thing to do,
But Christian faith demands that we
Love the unlovely, too —

The ugly, difficult to love,
The castaway, the scorned,
Society's grim outcasts
With graces unadorned.

To love the lovely merits
No applause for me or you —
To love the difficult to love —
Aye, there's a faith that's true!

— From the book "Quiet Power" by Helen Lowrie Marshall.
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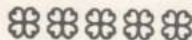
The Alcofluence of Incohol

I've read so much about strong drink
In papers, books and mags,
It's said that booze makes man a bum
Turns women into hags.

No matter where I turn a page
This evil's underscored,
In every paragraph I read
Imbibing is deplored.

I've read so much on alcohol
And where this sin is leading,
That where my drinking is concerned
I think I'll give up reading!

— Gwen C. Meza



Shock

While looking at the letter,
Anxiety I tried to suppress.
The return address on the top
Most clearly stated "IRS."

— Grace Rhinebeck



True Words

It's hard to believe a man's truthful,
As he looks you in the eye,
If you know under similar pressure
You'd be inclined to lie.

— Fred W. Norman

MOST SMILES are started by another smile.

— Good Reading

NOVEMBER 1981

INTERGROUP MEETING

The regular monthly meeting of the W.N.C. Intergroup was called to order on Sunday, Nov., 15th at 3:08 P.M. by the chairman, Jean W., The Serenity Prayer was said as a part of the opening.

Charlotte F., secretary, read the minutes of the October meeting. They were approved as read.

The financial report, showing a balance as of Oct. 30th, 1981 of \$600.40 was read and accepted.

OLD BUSINESS

There was no old business before the group.

NEW BUSINESS

Charlotte F. moved and Bob V. seconded a motion to allow the Co-ordinator at the Parkway Office building to clean out the office, sorting and filing according to the by-laws and government regulations. The motion carried unanimously.

Ted F. moved and Bob V. seconded the motion that Jean W. and Nora P. be named co-ordinators with equal responsibility. The motion carried. Jean W. moved and Nora P. seconded the motion that this year on bad weather days which prevent co-ordinators from being at the office, the calls be forwarded by Answerphone to their homes. The motion carried.

Jean W. moved and Bob V. seconded the motion to hold our next regular Intergroup meeting the 3rd Sunday in January, 1982. The motion carried.

There was a discussion regarding the importance of returned completed 12 Step and Speaker forms back to Intergroup Office by Dec., 1st.

Announcements were made of November and December A.A. group activities and Christmas parties.

The next meeting will be January 17th, 1982 at 3:P.M. at the regular place.

The meeting was adjourned at 3:45 P.M. with the saying of the Lords Prayer.

Respectfully Submitted,

Charlotte F. Secretary.

The Good Guys Garden

We need to plant the following:

6 rows of peas - Presence, Preparation, Purity, Perseverance, Peace;

3 rows of squash - squash gossip, squash cynicism, squash indifference;

4 rows of lettuce - Let us be faithful to duties, let us be unselfish, let us be true to our obligations and let us love one another.

No garden is complete without turnips:

Turn up for important and necessary AA meetings;

Turn up with a determination to make everything count before your Higher Power;

Turn up ready to grasp the hand of the newcomer to let him know he is not only welcome but also wanted and needed by us;

Turn up at the day's end to face the God of your understanding with a thankful and grateful heart for another good and miraculous day of SOBRIETY.

*Thank Today
Intergroup of Palm
Beach FL*

GENERAL SERVICE BOARD OF ALCOHOLICS ANONYMOUS, INC.

468 PARK AVENUE SOUTH, NEW YORK, N. Y. 10016 212-686-1100

(Between 31st and 32nd Streets)



Please direct all communications to:

P.O. BOX 77
GRAND CENTRAL STATION
NEW YORK, N.Y. 10017
CABLES: ALCONYMOU NEW YORK
TELEX: 126822

December 1981

MEMO TO: DIRECTORS, ADMINISTRATORS, AND COUNSELORS
ALCOHOLISM TREATMENT CENTERS, DETOX CENTERS,
REHABILITATION HOUSES AND AGENCIES

FROM: PUBLIC INFORMATION COMMITTEE
ALCOHOLICS ANONYMOUS

SUBJECT: IMPORTANCE OF ANONYMITY

Anonymous: A word so important that it's 50% of our name.

We ask your help in maintaining our tradition of personal anonymity by not identifying recovered alcoholics by name or in full face photos, as "members of Alcoholics Anonymous" at the level of the press, radio, TV, and films.

We have learned from experience that the active alcoholic or potential newcomer to A.A. may avoid any help that might reveal his or her identity.

A.A. welcomes articles about our Fellowship, but not in terms of A.A. personalities. Cooperation by the press, over the years, has been tremendous. The publicity given to the A.A. program in all phases of the media has played a major role in encouraging many thousands of suffering alcoholics to seek help.

Thank you for your continuing understanding and support.

WE WOULD APPRECIATE YOUR SHARING THIS LETTER WITH YOUR ASSOCIATES AND
STAFF

BIRTHDAYS ANNIVERSARIES

RELATED FOR NOV.

| | | |
|--------|-----------|-------|
| Bill W | Haw Creek | 4 Yrs |
| Mary W | Haw Creek | 4 |

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 |
| Betty G | Murphy Group | 3 |
| Scotty C | Sylva | 5 |
| Bill F | Sylva | 3 |
| Shorty R | Brevard | 8 |
| Jack P | Brevard | 5 |

JANUARY

| | | |
|----------|---------------|----|
| Margie C | Black Mtn BBG | 6 |
| Irene G | Black Mtn BBG | 15 |
| Stan N | Black Mtn BBG | 3 |
| Anne S | Black Mtn BBG | 8 |
| Lou L | Traditional | 10 |
| Herb W | Traditional | 2 |
| Gilmer C | Victoria | 12 |
| Nike M | Victoria | 8 |
| Norm C | Victoria | 2 |
| Ted F | Victoria | 5 |

TOTAL 182 Years of

SOBER HAPPY LIVING, AND THAT'S

L I V I N G

