

# MOUNTAIN DOIN'S

FEBRUARY  
1982

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

ANNOUNCING\*\*\*\*ATTENTION\*\*\*\*IT'S HAPPENING

FEBRUARY 6, at 10:00 AM

There will be a clean-up fix-up paint-up bang-up time had by all. Volunteers and interested parties (no sidewalk-supervisors, unless you stay on the sidewalk), this is the time to show how much we appreciate the gals in the office, for that is the place all this is happening. We have all the goodies to fix us up and make us shine, but we need the folks to help us do this, please come.

IT'S ON A SATURDAY: NO PRET THERE; 10:00 AM

AA AA AA AA AA AA AA AA AA

GSR'S AND PI'S next meeting

FEBRUARY 21, Sunday, at the Allen Center; 2:00 PM  
Intergroup meeting to follow. Y'all come, and bring  
A FRIEND

DISTRICT SEVEN EATIN' MEETIN'

WHERE: Tryon Presbyterian Church, Tryon NC

WHEN: EATIN' 1:30 Pm Sunday March 21,

MEETIN' TO FOLLOW at 2:30 PM

THEY SAY WE WILL HAVE TO WAIT TO FIND OUT WHO THE  
SPEAKER IS!!!!!!!

## EDITOR'S CORNER

In spite of my stupidity, the news for the Mountain Doin's still got in in time for us to rush this to the printer, and hope to get it out to you in the mail before the clean-up day for the Intergroup Office. The stupidity I am talking about is that I "forgot" to put in a prominent place last month the "closing date" for this edition. That won't happen this time, for I mention now that the closing date ~~for~~ February will be the 22<sup>nd</sup>. I usually try to get the closing date on a Monday because that gives me some time to "work up" before I have to get this to the printer's which is only the first stage of getting the "finished product" out in the main-stream on the tables of the groups. I sincerely appreciate those secretaries who have been so good about getting us the birthdays and other group news for this paper, without you, this would be just so many blank pages and "fillers" from other news-letters, and the Grapevine. (I try to give credit lines when I use from another, tho' I am a bit shy of perfection in this department.)

ED

W/AIA

### NEW MEETING

Saturday Night

9:30 PM

Allen Center



## ANNOUNCEMENTS

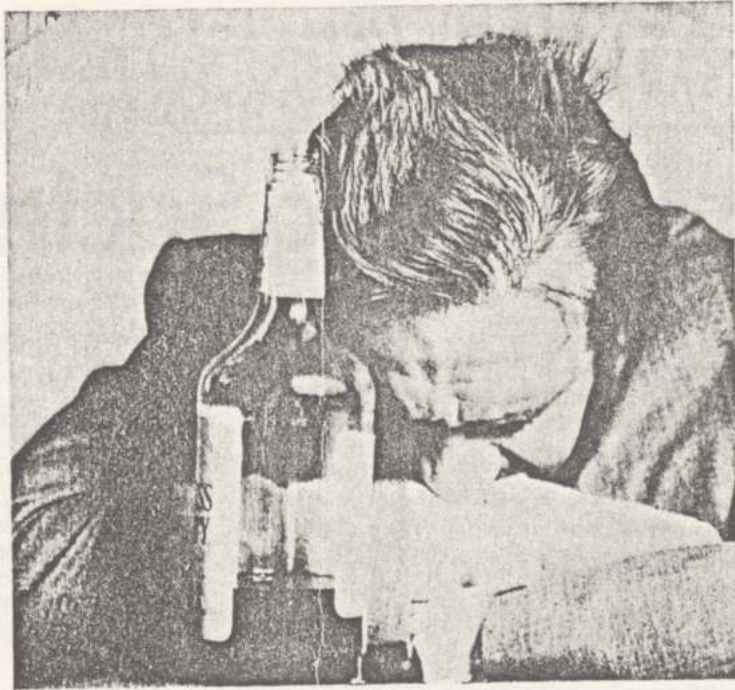
We would like to announce the new man in the office!! Hired recently as our Office Manager is Pete Gilpin, who comes to us with a variety of experiences to serve in Central Office Management. We welcome him aboard and offer our encouragement always!! Anyone needing to contact Pete on business and/or administrative matters can reach him at 966-9783.

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New Reporter



## The Drunk



Hell itself doesn't frighten an alcoholic. He can withstand treatment that would demoralize and defeat the greatest army. He continually invites abuse and indignation. Upon entering some jail or prison, or mental institution, he is reduced to a pitiful state and is subjected to indignities by the very people who like him populate these institutions. After the initial blow of being in a jail cell wears off, his physical condition starts to improve due to a regular diet, and hours. Now, he must worry about maintaining his social status in the prison population because he is an accomplished liar. He has practiced this art on family, friends and anyone who would listen. He has now had an enforced period of sobriety and hears of A.A.. If he still continues having personal pride, he may look for help in A.A. *Cowards do not come to A.A.!* Only those with lots of guts, grit and gumption enter and remain. It takes courage to be a sober person. Any man or woman who will enter A.A. receives a warm helping hand from friends all over the world, whatever trouble may be.

# THIS AND THAT

Monday, Jan. 19, 1976 Asheville Times

Alcohol: The New Teen-Age Turn-On

## Our Drinking Society

By ALTON BLAKESLEE  
and BRIAN SULLIVAN  
Associated Press Writer  
FIRST IN A SERIES

The father comes home from work, says, "Boy, do I need a drink!" and has three martinis before dinner.

You ask for a Coke in a noisy bar, and the bartender assumes you mean rum and Coke.

At a party for adults in a private home, the host fills the glasses with more and more alcohol per drink as the evening rolls on, without telling the guests, who have to drive home.

And in the world of their children...

The school bus going to the high school has a long way to go. In the morning, on the way, some of the young people are drinking beer.

At the town park, two girls — one perhaps 15, the other perhaps 17 — are playing with a Frisbee. Each has a bottle of beer in her hand during the game... their friends at the picnic are drinking beer... nothing untoward happens and they move on to quietly listen to a jazz concert at the bandstand.

This is a drinking society. And the teen-age drinker is part of it.

About one-third of high school students in this country get drunk at least once a month.

About 1.3 million boys and girls between the ages of 12 and 17 have serious drinking problems...

Sixty per cent of those killed in drunken-driving accidents are teen-agers...

The number of teen-agers arrested for drunken driving has tripled since 1960...

These estimates all come from the National Institute on Alcohol Abuse and Alcoholism, or the NIAAA. The National Highway Traffic Safety Administration adds this: One-quarter of high school students who drink say they have been drunk three or more times when they were driving cars.

By the time they enter the 12th grade, as seniors in high school, most American youngsters have been using alcohol to some degree, says Dr. Morris E. Chafetz, who recently stepped down as director of the NIAAA.

Many, if not most, are using it only to a limited degree, of course, but Dr. Chafetz says he is bothered by such findings as these:

— Five per cent of all teenagers get drunk at least once a week, every week.

— Among high school senior boys, it is 14 per cent becoming drunk once a week, every week.

— By the time they are in the 10th grade, half of our

youngsters are drinking in cars at night.

The beverage is generally beer, but beer contains alcohol. And beer is generally the starting beverage among those who go on to heavy drinking, even to clear alcoholism. But it is also the starting beverage of those who will use alcohol more sparingly and prudently.

Next: See New Teen Trend to Alcohol

### A Code To Live By

- I Will Not Complain  
For my troubles are my own
- I Will Show Appreciation  
For less is a poor thank you
- I Will Do My Best  
For no one can do more
- I Will Be A Good Listener  
For untold knowledge could be lost
- I Will Control My Tongue  
For it can be as deadly as a snake
- I Will Help Others  
For I may need help myself
- I Will Think  
For my brain needs use to survive
- I Will Trust In God  
For HE is with me always

A. K. Tebow

Anger is only a letter short of danger.

FREE WILL is God's gift of a do-it-yourself kit.

—Larry Eisenberg, Bulletin Boarder (C.S.S.)

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Once a lion ate a bull and felt so good he roared and roared. A hunter heard him and killed him with one shot: Moral: When you're full of bull, keep your mouth shut.  
— Steve Kowal, Clawson, Michigan  
No one cares who's pulling the cart till the horse is dead.  
— N. E. Hassall



# FROM HERE TO YON!

by HUGH C.

## Christmas Cards Tell of Recovery

Los Angeles Times

By DR. JOSEPH A. PURSCH

Christmas cards come in various forms. There are meaningful messages from loved ones; there are mimeographed sheets that chronicle Daddy's promotion to vice president and brag about Jennie's progress in ballet; and then there are some very expensive-looking cards that say something like "Season's Greetings From Smith's Lumber Yard," designed to thank, please and not offend believers and unbelievers alike, regardless of sect, creed, faith—or lack of same.

Varied though these cards may be, in my opinion they all fall short of the mark. If the real spirit of Christmas is to reminisce, to share, to enjoy, to love and to give thanks, then the Christmas cards that come from recovering alcoholics win the contest—hands down. They tell of life's tragedy, beauty and joy, and thereby convey the spiritual value of loving one's fellow man. They come close to making us feel the things that innocent children would tell—were they but articulate

### Life Warts and All

My cards from recovering alcoholic former patients are that special kind of thing. Instead of bearing just a signature or a gold embossed business logo, those cards are covered with handwritten meaningful news. The writing is steady, clear, bold—a marked contrast to the palsied hand that signed them in for treatment months or years ago. They tell of life—warts and all. Some have snapshots enclosed. The photos radiate improved physical health, a newfound togetherness of family, and that almost palpable serenity which shines in their eyes—eyes that can finally see, because the person has become weller than well.

Most of all, these people give thanks because they can finally allow themselves to have feelings; they are in touch with their fellows and their Creator. Many give thanks for a Christmas present as opposed to decades of Christmases past, those nightmare seasons of civil sedation or riotous drunkenness that were eventually relieved by blessed blackouts.

Here are some excerpts from some of their cards.

"We are celebrating our second sober Christmas, marvelously human and spiritual," wrote the head of a formerly chaotic family.

"I am now in touch with the human condition of joy, pain, loneliness and the love of people." That was written by a previously efficient, but very rigid bookkeeper who drank to keep his feelings drowned.

"Thank you for caring. do, too, now!"

### Over the Long Haul

Many tell what happened to their families. One lady who obviously went to Alanon wrote "As I change, so does he. It's all so gradual, but I can see it over the long haul

Similarly, a man wrote, "While I was in treatment, I had many bad things to say about Alanon. It was in keeping with the way I handled my affairs; I was all mouth, and little knowledge. Let me take it all back. Through Alanon, my wife has become a wonderful, self-sufficient and satisfying woman; an individual I find much pleasure in. I didn't think she had it in her. But she did, and she's now a changed person. I was of the mind that the alcoholic alone was the one who showed all the change when sobering up. Not so." /

Others describe improved quality of work. "It's hard to believe that my work has changed so much," wrote one who was depressed, dejected and obsessed with the mundane meaninglessness of his job. "Actually, it's not the work that has changed—it's my attitude."

An executive whose life was full of competitiveness, corporate infighting, procrastination and booze, wrote, "I've had to make a number of major decisions this past

year, and I made them well because of what I learned about myself in treatment. Now I know that my problem was not alcohol—my problem was anger, hostility and indecision." A recovering alcoholic physician wrote, "I'm still a compulsive physician, but now I'm also an empathetic family doctor."

Usually, they write about helping others. For example, one was addressed "To the patients" who are now in treatment at the hospital where he began his recovery: "Hang in there," he wrote, "the program worked wonders for us over 16 months." Another said, "With two years of sobriety, I may finally be of use to someone, somewhere."

With joy and sharing and laughter, they also tell of the setbacks. One lady whose alcoholic husband slid back wrote, "I'm afraid that Rob has to hurt for awhile longer. He is a sad, bitter man who hasn't yet come to grips with his problem. I haven't heard from him in four days, and I don't expect to for awhile yet. I know God is protecting us both, and I'm doing OK. I pray every day for strength to wait. Please keep us in your thoughts and your prayers. Peace, joy and laughter, Rob, Jeannie, Luke and Rob Jr."



# Anger

**A**NGER FLARES often in the lives of many people. It is the ever-present demon who packs a knockout punch and is always ready to hang one on the alcoholic's chin. It is possibly the most dangerous of the seven deadly character defects, because it snakes onto the scene so readily: The coffee's cold at breakfast, toast is burned, that so-and-so cut me off driving to work, mail is late, work has doubled, lunch was awful, boss sneered at me, traffic is a nightmare on the way home, everyone's late for supper, turn off the blink-blank rock music.

Normal living is far from smooth. The wheels of progress often seem lubricated by bits of rusty metal, and this can get worse as a bad day stutters along. The experience is universal, and not only alcoholics get burned up — it's everybody, and it's constant. But whatever use anger may be to nonalcoholic John or Jane Doe (and its benefit to anyone is doubtful), it is deadly to the alcoholic, who at best gains serenity and stays on an even keel only by hard effort.

Often, a person marches through a real crisis with head high and is then flattened by some seemingly trivial goat-getter. Anger has tip-

toed in by the back door for the knockout, after failing in a frontal attack.

The plain fact is that in our sleazy modern culture there are myriad things to anger one under the best conditions, and more for special tantrums. The cleared-up alcoholic should know enough to make anger a number one enemy, and meditate in advance on ways to combat it (not to be saintly, just to stay sober). It's dangerous to wait for problems to arise — there may be no time to compensate when a storm strikes and a drink is only an arm's-reach away.

So once more we can turn to the Tenth Step and let daily inventory come in to help. I call the Tenth my Police Step — "Keep your eyes on that traffic light, or you'll get a ticket." The Tenth, backing up and also helped especially by the Third, Seventh, Ninth, and Twelfth, can be pure gold in building stability and emotional balance.

Anyone willing to make the effort can stay in daily training to battle anger, the sneak-punch KO foe, one of the trickiest and nastiest of the seven deadly character defects that stalk the alcoholic.

Bill C., Hull, Mass.

*There is one in the world who feels for him who is sad a keener pang than he feels for himself; there is one to whom reflected joy is better than that which comes direct; there is one who rejoices in another's honor more than in any which is one's own; there is one who hides another's infirmities more faithfully than one's own; there is one who loses all sense of self in the sentiment of kindness, tenderness and devotion to another; that one is woman.*

— Washington Irving

GRAPE VINE JULY 1976



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

The greatest prayer is patience.

— The Buddha

A woman was trying to parallel park and her husband was giving her directions from the curb. Finally, she rolled down the window and said: "Put another dime in the meter. I think I can make it this time."

— Dorothy Hofbauer, Ravenna, Nebraska

The sermon was a lengthy one and there seemed no end in sight. An old gentleman at the back kept fidgeting and was getting more and more restless. Suddenly, the preacher thundered in an emotional voice: "Is there a place for Obediah?"

"Yes," said the gentleman. "He can have my place. I'm leaving."

— Alabama

INTERGROUP MEETING

The regular monthly meeting of the W.N.C. Intergroup was called to order Sunday Jan. 24th at 3:10 PM, Jean W. chairing. The serenity prayer was used to open the meeting.

Lord's Prayer.

Respectfully Submitted  
Charlotte F Secretary

Charlotte F, secretary, read the minutes of the November meeting, noting the skip of December in the monthly schedule. Approved as read. ↓

Ted F, treasurer, read the report of finances, showing a balance for December 30, 1981 of \$611.53. Following discussion, the report was accepted as read. The discussion again centered around how best to inform the groups about the functions, financing, and services performed by the Intergroup Office. Suggestions referred to new business.

OLD BUSINESS

There was no old business before the council.

New BUSINESS

Hugh C recommended that a flyer be prepared for mailing in a Mountain Doin's mailing which will give information about the functions, organization, financing of the Intergroup Office, and present some statistics about Traffic flow, Phone Calls, by whom and for what purpose (care for anonymity to be used) and any other pertinent information. The flyer is to be marked "To be Read and Posted." Motion.

Ted F seconded the motion, and with discussion it was so passed. Hugh C will gather first information and submit it at the next council meeting.

Jean W announced from the chair that the time for the clean-up would be a Saturday. February 6 was picked at 10:00 for the time and agreed to. All assistance will be most welcome.

Gerry D moved, and moved to table discussion on a new issue of the Where and When Cards, for the Intergroup Area. Short discussion and the business was tabled for next meeting. Hugh C recommended a new or change of process in

NOTE: Meeting for March will need a different date d conflict with District Meeting.

Motion to close, passed; the meeting closed with the



"AA IS NOT ALLIED WITH ANY S E C T . . ."





BIRTHDAYS/ANNIVERSARIES

JANUARY

Margie C	Black Mtn BBG	6 Yrs
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
Mike M	Victoria	8
Norm C	Victoria	2
Ted F	Victoria	5
Sue T	Franklyn Seren.	1
Lois L	Franklyn Seren.	16
Bill B	Franklyn Seren.	18



FEBRUARY

Lorraine C	Black Mtn BBG	16
Dabney M	Franklin Seren	7
H.C. (Buck) B	West Asheville	17
Ed D	Hendersonville	10
Helen D	Hendersonville	10
David C	12 Step Study	11

TOTAL

MAN! THAT'S LIVING!!!

166 Years

177

SOME ONE HAD PRAYED

The day was long,  
the burden I had borne  
Seemed heavier than  
I could longer bear  
And then it lifted . . .  
but I did not know  
Some one had knelt in prayer.  
Had taken me to God  
That very hour  
And asked the easing  
of the load, and He,  
In infinite compassion,  
had stooped down  
And taken it from me.  
We can not tell how  
often as we pray  
For some bewildered one,  
hurt and distressed  
The answer comes . . . but  
many times those hearts  
Find sudden peace and rest.  
Some one had prayed, and  
Faith, a reaching hand,  
Took hold of God, and  
brought Him down that day!  
So many, many hearts  
have need of prayer . . .  
Oh! let us pray.

— Author Unknown  
Immaculate Conception Church  
Hendersonville, N.C.