



MOUNTAIN DOIN'S

MARCH

1982

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

NEWS TOO LATE FOR LAST MONTH, BUT STILL

N E W S

DISTRICT 8 AREA MEETING

WHERE: Grace Episcopal Church Haywood St  
Waynesville NC

WHEN: SUNDAY April 4, 1982

SPONSOR AND TIMES: Waynesville Grace Group

EATIN' 1:30 PM

MEETIN 2:30--A GOOD ONE THEY WOULDN'T TELL  
WHO 'T WAS.

AA AA AA AA AA AA AA AA AA

DISTRICT 7 AREA MEETING

WHERE: Tryon Presbyterian Church, Tryon NC

WHEN: EATIN' 1:30 PM

MEETIN 2:30, Speaker Anton C.

THE GROUP WISHES TO ANNOUNCE THAT THIS IS A COVERED  
DISH MEETING BRING YOUR GOODIES AND SHARE A  
FINE MEETING AND FELLOWSHIP

EDITORS CORNER

Again this month Hugh C has provided us with an entertaining middle section, and to say it again, I am only able to express my gratitude in words at this point, for this is a great relief on my time in these days of hectic tax preparation. There is more work for your groups Secretary included in this mailing, and it cannot be too strongly stressed that it is essential that the group information cards be sent back before the April 1 Deadline. This will enable our folks to gather the information, and get everything ready so that you will be able to get your new WHERE & WHEN CARDS at the earliest possible moment, we are set for a delivery date of May 1 1982.

REMEMBER, GET THOSE INFORMATION CARDS TO US FOR YOUR  
SAKE.

ED

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A NEW MEETING :

It pleases the BLUE RIDGE GROUP to announce  
A BEGINNERS MEETING

BEGINNING MONDAY MARCH 1 at 7:15 PM The Blue Ridge Group will begin sponsoring a Beginners Meeting to more strongly help in carrying the message to the new person, they will appreciate any support they get.



# Do We Need Each Other?

*The first words this suffering drunk heard in AA  
came back to him in AA's First Tradition*

**I**F THE FIRST WORDS I heard in AA eased me into the First Step, it was the second statement that gave me instant hope, making me feel better right away. Now, thirty-one years later, I believe that second sentence I heard contained the healing idea of our then-unwritten First Tradition.

The first words were: "Are you having trouble with your drinking?"

Totally unprepared for *that* question, before I knew what I was doing I had nodded a truthful "Yes." It was a wobbly lurch toward Step One. (Later, I slipped off, but finally climbed back.)

My new friend smiled and said calmly, "Well, I'm a drunk myself; come on in, and let's talk it over." In effect, she invited me to participate in Tradition One: "Our common welfare should come first; personal recovery depends upon AA unity."

Her description of herself struck me dumb with amazement, even relief. So I mutely followed that wonderful woman into another room, to talk it over. At that moment, I would have followed her to Hades, of course, hooked by her unashamed revelation that she was a . . . well, what she said.—

"Drunk" was a word I resented, as adjective or noun. It had always disgusted me, until she said it about herself as simply as she might have said she was a woman or a citizen or on a diet.

She said, "There are lots of us who have alcoholism, and we're now getting over it."

I was not alone! A sob of relief welled up.

My friend then told me, unemotionally, about her drinking, and carefully asked no questions about me or mine.

In that wonderful book *Thirst for Freedom*, David Stewart points out the tremendous helping power of empathy. I wonder why it is not talked about more, either by professional observers of AA or by us. The empathy of those first AAs I met certainly struck a mighty blow against my drinking and gave me a huge shove toward recovery. It is, I believe, a manifestation of our First Tradition, and it goes considerably deeper than simply identifying. We go on to imitate good examples of sobriety. And in twelfth-stepping, we put ourselves in another person's place in order to help.

The empathy around me seemed to elicit some in me, which was the first genuine concern for someone else's welfare I had ever felt. And it had another benign effect on me. Like some other alcoholics, I had felt the most outcast, lonely person on the earth a long time before I came to AA. In the rosy glow of first drinks, I had felt set apart, above others. Special. Better. Unique. That's an isolated spot, with room for only one. Maudlin hours later, sloppy drunk or trying to sober up, I had felt just as alone. A special bastard, worse than anyone else, uniquely loathsome and not worth caring about. Alone again — ostracized, undesired, and undesirable.

**CONTINUED PAGE 6**

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A man came running out into the hallway yelling: "Help me, help me! My wife is going to jump out the window."

"That's awful," said a passing woman.

"It certainly is," said the man. "I can't get the window open."

— Nancy Malbrus,  
Watsontown, Pennsylvania



"Instead of criticizing my cooking, why don't you buy me a better can opener!"



## Dying to Be Wed

I got a kick out of the spunk of the old gal who was dying in a hospital and being comforted by her pastor.

"Well, pastor, I'm not so bad off. I'm going to heaven to meet my husband."

"But, Ethel," the pastor said, "you have been married three times. Which husband are you going to meet?"

"My fourth!" she said.

— Oscar Jay

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Definition of a mouse: A sneaky snack for a snacking snake.

— W.N. Henry, Addison, Ohio

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# THIS AND THAT

Alcohol: The New Teen-Age Turn On

The Asheville Times, Tuesday, Jan. 20, 1976

## Even Ten-Year-Old Has Alcohol Problems

By ALTON BLAKESLEE and  
BRIAN SULLIVAN  
Associated Press Writers

He is only 10 years old, but already he is diagnosed as a full-fledged alcoholic.

A shocking incident...But it doesn't mean today's teen-agers are running full tilt after alcohol.

Yet, "all of the signs and statistics over the past couple of years have pointed to the fact that the switch is on among young people — from a wide range of other drugs to al-

Second In A Series

cohol," says Dr. Morris Chafetz, a leading authority on alcohol and alcoholism.

"Arrests of young people for public drunkenness are occurring in larger numbers and at earlier ages. Alcoholics groups for teen-agers are springing up around the country, where there were none before 1970. Even among pre-teens — children between 9 and 12 years old — alcoholism is becoming more and more common."

This ominous trend now has been confirmed in stark terms by the Second Special Report on Alcohol and Health. This report

contains some initial results from the largest study ever run on use of alcohol by teen-agers and "they indicate that alcohol use among young people in grades 7 through 12 is more extensive and more frequent than ever before."

Among seventh-graders, 63 per cent of boys and 54 per cent of girls have at least tried alcoholic beverages. By the 12th grade, it is 93 per cent of boys and 87 per cent of girls.

"Alcohol is far and away the drug of choice among youth," Dr. Chafetz says. Marijuana now is second, with only 40 per cent of senior high schools boys and 30 per cent of girls reporting ever having used "pot."

Occasional drinking is by no means an invitation to alcoholism, and a ruined life. Parents and teachers must make this distinction, or may react with panic when they discover a teen-ager has had a drink, or is perhaps a bit tipsy, or even drunk for the first time, perhaps the only time. Some are just experimenting, as is natural among teen-agers.

Measures of the seriousness of teen-age drinking are hard to come by, says Dr. Frank A. Seixas, medical director of the

National Council on Alcoholism in New York City.

There are some shocking word-of-mouth stories, Dr. Seixas says. For example: The teen-ager who goes baby-sitting and drains an inch or so from several bottles of liquor in the family cabinet, to be found drunk when the parents return home...School custodians finding beer cans and liquor bottles in trash cans at schools... Designated lockers at a high school where one youngster has stashed the day's liquor supply for his buddies, the teen-age bar...Reports that a few students go regularly and gladly to school because there they can find their first drink of liquor that day.

With official statistics lacking, "we cannot definitely say there is a huge increase in drinking and alcoholism among teen-agers. But it is my clinical impression that there probably is," the physician adds.

It may be no more than a fad. Even so, it is a serious matter, for addiction can lead to serious consequences.

The sexual pattern for drinking is changing. Women now account for the largest increase in the drinking problem in recent years, and the figures are rising rapidly, says Dr. Chafetz.

*A mother was talking to her friend: "It's my own fault. All my life I've worked and slaved to provide a safe and attractive home for our kids to grow up in, a friendly and hospitable place to bring their friends to, a secure and certain refuge against the storms and furies of the outside world. And now that they've grown up, they won't leave."*

Boys' Life

And a few babies being born drunk addicted to alcohol. Next: Parents Over as Drug

# FROM HERE TO YON!

by HUGH C.

Dear Abby

DEAR ABBY: My father has had a drinking problem for as long as I can remember. My poor mother is about to have a nervous breakdown because she just can't handle it any longer.

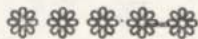
My sister and I are married and living away from home. We've both tried to talk to Dad rationally and calmly about his problem, but he won't even admit he has one.

He refuses to listen to anyone from Alcoholics Anonymous, and he says if we ask the minister to come and talk to him, he will throw him out. Please don't suggest a psychiatrist. My father would never go to one.

Abby, my sister and I are at the end of our rope. How can you help a person who won't help himself? Heaven knows we have done our share of hoping and praying.

### HOPING AND PRAYING

DEAR H AND P: There is no way to help someone who refuses to help himself. One day he might admit that he needs help, and he'll call Alcoholics Anonymous. I hope so because A.A. has brought sobriety to more alcoholics than religion and psychiatry combined have.



*Where the people fear the government you have tyranny; where the government fears the people you have liberty.*

— William Feather



*Forgiveness does not change the past but it does enlarge the future.*

— Southeastern Oil Review

A new Sunday school teacher had to iron out some problems with the Lord's Prayer. One child had to be corrected after repeating, "Howard be thy name." Another youngster prayed, "Lead us not into Penn Station." Still another surprised the teacher with, "Our Father, who art in heaven, how'd you know my name?"

Sunshine Magazine



"Hold on, Doris — I think she's pulling into the driveway now."

NATIONAL ENQUIRER

Hubert H. Humphrey, on the good old days: They were never that good, believe me. The good new days are today, and better days are coming tomorrow. Our greatest songs are still unsung.



"Well, another day without a drink. That makes seventeen years, three months, two weeks, and four days."



## CONT. FROM PAGE 3

Now, surely it takes an acrobatic, if not an alcoholic, egotism to flip-flop continually in order to retain a distinction like that—to be either an unappreciated, Christlike genius or a uniquely horrible specimen. But practice had made me good at it, and I was almost never as conscious of anyone or anything else as I was continuously aware of me and my specialness. Even when I was not conscious of it, it permeated all I did and said.

My first AA greeter's second statement, "I'm a drunk myself," shattered a lot of my claim to being so specially different. It was exactly what my sick ego needed to hear. Then her tale of alcoholism and recovery in the company of other alcoholics quickly demonstrated that I was far less powerful than the AAs staying sober together. Thus, it seems to me that the principle of anonymity is rooted in these words: "Our common welfare should come first; personal recovery depends upon AA unity."

Does this mean I must put the welfare of AA before my own? To answer, I ask myself another question: Would I have any welfare of my own at all if it were not for AA?

Does this Tradition mean we should stifle unpopular or dissenting voices among us? I think it means the opposite. Suppose you and I have opinions poles apart about psychiatry, religion, AA public information activity, or the Steps. Must each of us not respect the other's opinion if we want to stand together in sobriety? I don't mean tolerate; I mean really *respect*. Learning to work together amicably despite differences is a part of becoming mature. I suspect, and something I had no clue to before AA.

The words of our First Tradition had not been written the first day I walked into AA. But when my AA friends assured me we could all stay sober together, although we had not been able to do it alone, I believe they were acting out the Tradition.

The Tradition also seems to me an echo of what Bill W. discovered in 1935 in Akron, Ohio, when he realized he urgently needed to talk to another alcoholic to keep himself sober.

On that long-ago day of my own entry into AA, as soon as I heard the implied invitation to join, I longed to be in that company. I'll always be grateful that I soon was, and I have been so ever since.

Our togetherness, our common welfare, our fellowship mean so much to me that I am puzzled when someone slyly remarks, "The Traditions are for groups, of course, not members. They are there to hold the movement together." Not the members? "The Steps, not the Traditions, are for recovery."

Did any of us recover on our own? Didn't unity with other alcoholics in AA help a bit? Does anyone in AA believe he or she was not helped to recover by the knowledge that we are all afloat on the same life raft? Isn't that the First Tradition?

Ego deflation is important in my recovery, and this Tradition bears on that, too, it seems to me. To the extent that I have experienced anonymity in the spiritual sense, it grows from Tradition One, our unity. It seems to me worth sacrificing some ego satisfactions for, such as those of being recognized as some kind of AA committee member or officer or speaker or Grapevine contributor. The bonds that hold us together seem to me greatly worth cherishing.

B. L., Manhattan, N.Y.

A man applied for a job in a powder plant. "What can you do?" asked the foreman.

"Anything, sir, just anything," replied the hopeful man.

"Well," drawled the foreman, thinking to have some fun with the new-comer, "you seem to be alright. Could you wheel out a barrow of smoke?"

"Shure?" exclaimed the man. "Just fill it up for me!"

*The Baggpipe*

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There was the father who died and left his prize collection of 343 clocks to his son — who spent the rest of his life winding up the estate. — Wilma Dozier, Springfield, Missouri

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Small boy: "What becomes of cars when they get too old to run?"

Mother: "They sell them to your father."

— Edward Rickman, Montreal, Canada

INTER-GROUP MEETING

FEBRUARY 1962

The regular monthly meeting of the Intergroup of W.S.O. was called to order on Sunday, February 21, at 5:15 PM. Chairman, Jean W. opened with the Serenity Prayer.

Minutes of the last meeting were read and approved. The monthly and yearly financial reports were read and approved showing a balance on hand of \$715.37 as of January 31, 1961.

OLD BUSINESS

Discussion was held concerning the flyer to be sent to each group reminding members of the purpose and functions of Intergroup. Hugh C. presented a proposed example of such a flyer. The group approved the idea as presented, and it was decided to include this in the March mailing of the newsletter.

It was announced that there was a need for a new form to be devised to assist in compiling records of traffic flow at the Parkway Office. Hugh C., Jean W., and Nora P. will compile data for this.

The "Where and When" cards are to be revised because of new groups in the area. Information will be sent to each group for accurate listings. Intergroup representatives should also announce this need.

NEW BUSINESS

Jean W. noted a conflict in meeting date for March because of the Tryon District meeting. It was moved, seconded and carried to change the intergroup meeting to Sunday, March 14 at the regular time.

Charlotte P. reported the re-organization of the Public Information committee. Needs and functions were discussed, to be taken back to this committee

The meeting was adjourned at 4:25 PM with the Lords Prayer.

Respectively Submitted,

Charlotte P., Secretary

**G.S.O. Staff Assignments**  
as of December 1981

| FUNCTIONAL ASSIGNMENT                                          | COMMITTEES                                                                                                                                                                                                                         | GROUP CORRESPONDENCE                | OTHER                                                                                                                                                                        |
|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Staff Coordinator<br>Sarah P.                                  | Assistant secretary, General Service Board; secretary, trustees' General Sharing Session; secretary, Committee on Conference Policy/Admissions; co-secretary, trustees' Committee on International Convention/A.A. Regional Forums |                                     | Director, A.A. World Services; member, Office Policy and Procedure Committee; <i>Quarterly Report</i> ; secretary, International Convention                                  |
| Group Services Coordinator,<br>Treatment Facilities<br>Beth K. | Secretary, trustees' and Conference Treatment Facilities Committees                                                                                                                                                                | Eastern Canada                      | Supervision of service materials and Guidelines; member, Office Policy and Procedures Committee; French Box 4-5-9                                                            |
| Literature Coordinator<br>Curtis M.                            | Secretary, trustees' and Conference Literature Committees                                                                                                                                                                          | East Central U.S.<br>Western Canada | Production and distribution of eight G.S.O. bulletins; preparation of filmstrips; updating of old pamphlets; preparation of new pamphlets; film preparation and distribution |
| Conference<br>Betty L.                                         | Secretary, trustees' Committee on the General Service Conference and Conference Agenda Committee                                                                                                                                   |                                     | <i>Final Conference Report</i> ; Conference issue, Box 4-5-9                                                                                                                 |
| Overseas, Spanish Correspondence<br>Phyllis M.                 | Secretary, trustees' International Committee                                                                                                                                                                                       |                                     | Secretary, World Service Meeting; Spanish Box 4-5-9<br><i>World Service Meeting Report</i>                                                                                   |
| Cooperation With the Professional<br>Community<br>Helen T.     | Secretary, trustees' and Conference Committees on Cooperation With the Professional Community                                                                                                                                      |                                     | <i>About A.A.</i> ; <i>P.I.-C.P.C. Bulletin</i>                                                                                                                              |
| Loners<br>Internationalists<br>Lois F.                         | Secretary, trustees' Nominating Committee, Conference Committee on Trustees                                                                                                                                                        | Northeast U.S.                      | <i>Loners-Internationalists Meeting</i>                                                                                                                                      |
| Public Information<br>Vinnie M.                                | Secretary, trustees' and Conference Public Information Committees                                                                                                                                                                  |                                     | <i>P.I.-C.P.C. Bulletin</i> ; assistant secretary, International Convention                                                                                                  |
| Regional Forums<br>Lyla B.                                     | Co-secretary, trustees' Committee on International Convention/A.A. Regional Forums; secretary, Conference Report and Charter Committee                                                                                             | Pacific U.S.                        | Editor, Box 4-5-9                                                                                                                                                            |
| Group Correspondence<br>June R.                                |                                                                                                                                                                                                                                    | Southwest U.S.<br>Southeast U.S.    |                                                                                                                                                                              |
| Correctional Facilities<br>Susan D.                            | Secretary, trustees' and Conference Committees on Correctional Facilities                                                                                                                                                          | West Central U.S.                   | <i>Institutions Bulletin</i>                                                                                                                                                 |

\* Get To Know Your Correspondent



BIRTHDAYS/ ANNIVERSARIES  
 BELATED FOR JANUARY



Bob G                      Murphy Group                      4Yrs

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 |
| Eloise M     | Brevard             | 5  |
| Pam P        | Black Mtn BBG       | 1  |
| David C      | MARCH 12 Step Study | "  |



|             |                 |           |
|-------------|-----------------|-----------|
| Jamie N     | Cashiers Valley | 2         |
| Virginia S  | Traditional     | 16        |
| Paul R      | Traditional     | 5         |
| Geraldine K | Sylva           | 17        |
| Lewis G     | Black Mtn BBG   | 25        |
| Buck T      | Acceptance      | 1         |
| Suzann C    | Victoria        | 1         |
| Bob V       | Victoria        | 3         |
| Betty H     | Victoria        | 6         |
| Hal E       | Victoria        | 6         |
| Evelyn S    | Victoria        | 4         |
| Mike        | Victoria        | 1 168     |
| TOTAL       |                 | 457 YEARS |

OF HAPPY SOBER LIVING, MAN!!!

Editors Note; there are all the birthdays that we  
 have received as of closing, apologies to any we missed.

CLOSING FOR MARCH March 24

HI!



GV

On his desk, Dr. Bob had a plaque defining humility: "Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, and in a deep sea of calmness, when all around and about is seeming trouble.

FROM "DR. BOB AND THE GOOD OLD TIMERS"