



MOUNTAIN DOIN'S

APRIL
1982

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

DISTRICT 7 EATIN' MEETIN

THIS next one is too early to get into next month's
news letter, so please mark your calendars.

District 7 Eatin' Meetin', Host Hendersonville Group.

WHERE: St James Episcopal Church

North Main Street, Hendersonville

WHEN: SUNDAY May 2, 1982

TIMES: Eatin; 1:30 PM

Meetin; 2:30, Speaker Dr. Charles M,
Raleigh

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A special note on a special group

SECOND ANNIVERSARY CELEBRATION

THE HOPE GROUP: FOR WOMEN will celebrate this month
their second anniversary with a covered dish lunch.

WHERE: (regular) Allen Center, Asheville.

WHEN: Wednesday April 14, 1982, Time NOON

COME AND BRING A COVERED LUNCH DISH ALL LADIES, HELP
US TO CELEBRATE.

Editor's Corner

With spring and the advent of all that house-cleaning ye editor has done just a little toward that end and gotten a thing together in printable form that was given to me personally with no thought of publication. On the other hand I consider it a statement so true as to be of value to the entire fellowship, and so I take it upon me to present it to you all, and reserve and actually withhold any further comment.

This news-letter was founded and is designed to serve you the fellowship of Alcoholics Anonymous of Western North Carolina, and it is the intention of this editor to so serve you. In this line of service there is a bit of reading that needs to be done, and no matter how hard I try there is just no way I can read everything that might come out that would speak to you spiritually. So again let me encourage anyone who "finds" something they would like others to have a share in, to please send it in to this office, so that all may share in what has touched you. One caution, In the realm of the spiritual there is much good poetry, but the chances of copyright infringement are so great as to make that sort of publication almost impossible at the level of this paper.

ED.

INTERGROUP REPS, GSR'S, PI'S PLEASE NOTE:

OUR RESPECTIVE MEETINGS ARE TO BE AT THEIR USUAL TIMES AND PLACE, BUT THE DATE WILL BE***APRIL 25.

THIS IS THE FOURTH SUNDAY IN APRIL.

MEMBERSHIP IN A.A. FOR ALCOHOLICS ONLY

AA

Many treatment facilities today combine alcohol and other drug addiction under the general heading of substance abuse. Patients (both alcoholic and nonalcoholic) are frequently introduced to the A.A. program and encouraged to attend A.A. on the "outside" when they leave. As stated earlier, *attendance* at most open A.A. meetings is available to anyone. *Membership* in A.A. is available to anyone with a drinking problem. Dually addicted people are also eligible for A.A. membership. However, membership in A.A. is *not* available to the nonalcoholic addict.

Dr. Vincent Dole, a drug addiction expert and formerly a trustee of A.A., made the following statement: "The source of strength in A.A. is its single-mindedness. The mission of A.A. is to help alcoholics. A.A. limits what it is demanding of itself and its associates, and its success lies in its limited target. To believe that the process successful in one line guarantees success for another would be a very serious mistake." However, A.A. welcomes the opportunity to share A.A. experience with those developing self-help programs for nonalcoholic addicts using A.A. methods; but the experience of the drug addict during addiction and recovery should be the basis of any drug program.

WHAT A.A. DOES NOT DO

A.A. does not:

1. Furnish initial motivation for alcoholics to recover
2. Solicit members
3. Engage in or sponsor research
4. Join "councils" of social agencies
5. Follow up or try to control its members
6. Make medical or psychological diagnoses or prognoses
7. Provide drying-out or nursing services, hospitalization, drugs, or any medical or psychiatric treatment
8. Offer spiritual or religious services
9. Engage in education about alcohol
10. Provide housing, food, clothing, jobs, money, or any other welfare or social services
11. Provide domestic or vocational counseling
12. Accept any money for its services, or any contributions from non-A.A. sources

CONCLUSION

The primary purpose of A.A. is to carry our message of recovery to the alcoholic seeking help. The primary purpose of any alcoholism treatment modality is to help the alcoholic attain and maintain sobriety. Therefore, regardless of the road we follow, we are all heading for the same destination—the rehabilitation of the alcoholic person. Together, we can do what neither of us could accomplish alone.

RECOMMENDED MATERIAL AVAILABLE FROM A.A. WORLD SERVICES, INC.

Pamphlets: "A Member's-Eye View of Alcoholics Anonymous" "How A.A. Members Cooperate with other Community Efforts to Help Alcoholics"

Reprinted from a release by the Chicago Area Service Office.

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The nicest thing about an egotist is that he never goes around talking about other people.

The race is won at the finish post, not the starting gate.

The Oklahoma Mason

Harry C. Mabry 3

4/82

THIS AND THAT

Alcohol: The New Teen-Age Turn-On

The Asheville Times, Wednesday, Jan. 21, 1976

Parents Overlook Fact That Alcohol Is Drug

By ALTON BLAKESLEE and BRIAN SULLIVAN
Associated Press Writers

Late one night, the town's friendly policemen brought the boy, 17, home in their patrol car. He had been wobbling his dangerous way across street intersections while walking home.

He was drunk.

"Well! At least he's not on drugs!" his father told the officers by way of apology and gratitude for their solicitude.

There are such instances of parents actually expressing a sense of relief that it was only alcohol affecting a teen-age son or

opinion of some observers, felt parents and authorities were lying when they warned against the dangers of heroin. Refusing to accept the cautions against this "hard" drug, many became addicted, and some died.

But soon teen-agers did see what heroin and other potent drugs were doing to their peers, and many decided not to go along. Stringent laws calling for jail terms for possession of heroin were a deterrent, too.

Alcohol can produce a "high," if of a somewhat different sort than marijuana or LSD. Teenagers witnessed their parents and other adults getting high on alcohol.

Third In A Series.

daughter, says Dr. Frank Seixas of the National Council on Alcoholism.

They overlook the fact that alcohol is a drug, one of the oldest in human history, a sometimes relaxing boon that can become as destructive, or more destructive, a poison than other addictive drugs.

Only a few years ago, many parents were badly frightened over the popularity and abuse of mind-affecting or psychotropic drugs, ranging from marijuana to LSD and HEROIN and COCAINE.

Much of their alarm over marijuana was misplaced, in the judgment of some observers, because back in the 1930s, marijuana had been misrepresented as being an instigation to robbery, rape and immorality.

In the 1960s, young people began experimenting with or using marijuana on a fairly regular basis, and most found it to be a mild stimulant with largely pleasant reactions, when used in moderation.

But parents, teachers and some public officials shrilled prophecies of doom from "pot" — which didn't jibe with the users' actual experiences. Parents, not well-informed, became suspect as a source of knowledge. Young people, in the

Further, in America and other societies, drinking is associated with attaining adulthood, says Dr. Seixas. Many young people now are becoming "adults" earlier. Voting age has been lowered to 18. Sexual activity is more open, if not beginning earlier. Youngsters in their teens enter military service. Girls experience an earlier menarche.

And drinking has become more socially acceptable. Some 95 million Americans use alcohol, by some estimates, with 9 million to 10 million becoming alcoholics. Liquor is well advertised, and so is beer.

Drugs such as heroin are not only dangerous, but can be very expensive, giving another reason for teen-agers' with limited funds to choose alcohol as their outlet or crutch.

Nowadays, "there is just less hassle around the use of alcoholic beverages" compared with other drugs, says Donald Phelps, director of the division of prevention, Youth Education Branch, of the National Institute of Alcohol Abuse and Alcoholism.

Further, he says, people knew there is quality control in the production of beer, wine and whiskies — except perhaps for moon-shine — whereas drugs bought on the street could be dangerously adulterated. "You know you can get high from the alcoholic drink, but with some other drugs, you don't know. Parents don't tend to get as uptight about it."

Next: Peer Pressure Encourages Drinking.

FROM HERE TO YON!

Validity of Alcoholism Ads

Paul Jacobs' article (Dec. 14), "Validity of Alcoholism Treatment Ads Doubted," brings out some facts about alcoholism that have needed saying for an awfully long time. The insistence upon an invariable prolonged (three to six weeks) incarceration for the treatment of chronic alcoholism is totally inappropriate. There is no medical illness for which a preordained period of hospitalization is uniformly prescribed. Yet this is what heavily financed advertisers espouse.

Nowhere in the medical literature is there any evidence to prove that such prolonged in-patient care is any more effective than less costly, out-patient techniques. In assessing the effectiveness of a treatment modality for a chronic problem like alcoholism, one must look at results two to five years after initial intervention. Anything less may be misleading.

The Kaiser-Permanente alcoholism programs in Southern California have established that out-patient treatment remains the keystone of effective care. This includes counseling (individual, group, family, marital, occupational), medical help for associated (and unrelated) health problems, and involvement with Alcoholics Anonymous.

There are some patients who require short-term confinement in an appropriate setting for acute withdrawal—in a hospital, or in a residential treatment center. But these do not represent the majority of cases, and we are talking here of two to five days, in the absence of medical complications.

In these days of high health-care costs, the espousal of an expensive form of treatment that has never been proved to be cost-effective, must be regarded as irresponsible.

SIDNEY REIFF MD
Los Angeles

Been There Too!

As a recovering alcoholic, I am appalled by the alcoholism treatment ads on television. The advertisers simplify one of modern society's most complex problems in much the same manner as electronic ministers proffer a spiritual lollypop as an answer to the complex questions of religious philosophy.

Alcohol controlled my life for 38 years. It helped destroy three marriages, estranged me from my children and rendered me unemployable in an industry that I helped build.

Finally, 45 months ago, I decided that I would no longer relinquish my life to a chemical. I used many of the important things I had learned in one-on-one psychiatry, group therapy, drug and alcoholism rehabilitation centers and Alcoholics Anonymous.

The most important of these was that I could accomplish nothing until I firmly made up my mind that I wanted to be sober. My exercise of will to eliminate alcohol from my life was more important than all of the drugs, aversion therapy or hospital environments in the world.

I have worked as a volunteer in the alcoholic ward of one of the Southland's major hospitals. I was appalled by the treatment process—or the lack of it. It became apparent that hospital treatment of alcoholics is **BIG BUSINESS!** Insurance companies are being ripped off by alcoholic hospital-treatment programs all over the nation. Many of them depend upon the Alcoholics Anonymous program, which is available to any alcoholic without cost.

An alcoholic can find AA meetings at any time of the day and a struggling drunk can find a sympathetic recovering alcoholic any time of the day or night.

I am confident that the current hospital treatment is effective for some alcoholics, but it means nothing if the patient is seeking a panacea for alcoholism. There is none. The complexities of the problem en-

by HUGH C.

compass the physical, psychological, emotional and environmental elements of the alcoholic's life.

No 21-day treatment can adequately attack all of the problem elements. Thus, the essential in the road to recovery for an alcoholic is the will to be sober and the exercise thereof.

Responsible advertising dictates that alcoholic hospitals include in their commercials, if you have the will to be sober—we can help you. Otherwise, they are offering a panacea for a problem for which there is no cure. Only recovery.

HUGH CHERRY
Seal Beach

As a recovering alcoholic who has been sober now for 12 years, I want to thank The Times for Jacobs' article.

The mutual self-help program, the desire to recover, and the reaching out by recovering alcoholics remain the key to success.

One can only hope that those who have read the story and suffer from a drinking problem—the allergy of the body coupled with the obsession of the mind—will be encouraged to take the first step and **CALL FOR HELP!**

The local National Council on Alcoholism or Alcoholics Anonymous office are ready to respond.

ETHEL LINN HAVES
Pacific Palisades

Mark Twain in *Following the Equator*:

One should be careful to get out of an experience only the wisdom that is in it, and stop there, lest we be like the cat that sits down on the hot stove lid. She will never sit down on a hot stove lid again, and that's well; but also she will never sit down on a cold one anymore.

—Harper & Row

"The closest I've come to suicide is marriage."

— Phyllis Diller

Just for You

Einstein was a subject of this story that illustrates his thinking. When he was 70 and living in Princeton, an ordained Rabbi had written explaining that he had sought in vain to comfort his 19-year-old daughter over the death of her sister, "a sinless, beautiful, 16-year-old child." The surviving daughter found no comfort "based on traditional religious grounds," the Rabbi said, but had told her mother that perhaps a scientist could help.

Einstein wrote in reply:

"A human being is a part of the whole, called by us 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness.

"This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty.

"Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security."

I HAVE ALWAYS BEEN delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning.

—J. R. Priestley

On his first visit to Australia, a Texas man was being shown around a vast ranch. "Why, this would be just a teensy little corner of my spread back home," he said.

When he arrived at where a huge herd of cattle was grazing, he commented, "Purty, but they'd get lost among my herd."

A kangaroo suddenly came up behind him and leaped by. The startled Texan exclaimed, "What in tarnation was that?"

The Australian host calmly answered, "You mean you don't have grasshoppers in Texas?"

The Oregon Freemason

Henry Ward Beecher, famous New England clergyman, was opening his mail one morning. Drawing a single sheet of paper from an envelope, he found written on it one word: Fool.

The next Sunday, in the course of his sermon, he referred to it in these words: "I have known many an instance of a man writing letters and forgetting to sign his name. But this is the only instance I've ever known of a man signing his name and forgetting to write his letter."

The Bagpipe

LOVE

Love is like a masterpiece
Framed with gilded edge.
Unmatched for worth or beauty
Like a pure, unbroken pledge.

Love entwines and folds us
In everlasting arms,
Embraces all our sorrows
Releases our alarms.

Love does not come and go
In whimsical affair,
It hovers constant over us
In kind, endearing care.

Love binds and holds together
Not a rift can tear apart,
In solemn, awesome pleasure
It lives within the heart.

—L. MILTON HANKINS,
St. Louis, Mo.

SHIP OF FATE

Though many people chart my
course

And try to set my sail;
Though they'd like to steer my
ship
It's all to no avail.

They'd like to live my life for me
And guide me from afar,
But I must chart my course
alone
And steer by my own star.

—TILITHA WAICEKAUSKAS,
Raymondville, Mo.

"Imagine how much grief we'd all
be spared if only we could get our second
thoughts to come in first."

— Alan Alda

"The trouble with a minister who
preaches too much on the milk of hu-
man kindness is that everybody pres-
ent will soon wish it was condensed."

— Rev. Billy Graham

AA

DON'T DRINK
GO TO MEETINGS!

To Craggy Prison ATA Buddy R
Thanks on how To stay Sober and
happy, I think you have to progress
"Spiritually, otherwise you will drink again."
How on earth is a guy like me ever going
to progress spiritually, I like to know?
Well By meeting you "people" every week
helps stay Sober and others as well
By admitting to myself that I was powerless
-for a change, AS I Live my Life From
day to day as best I can, past Charater
defects -rise to the Surface, and I am
now able to understand and cope with them
And I Find myself gradually joining up
with society - something to which I never
belonged in my past Life. People Never
even suggest that I have a drink like I
Emagined, oh well. well any way my
Friend I have time now to appreciate
Some wonderful things I never
thought about Before, I have Learned
that it is good for me to be Crit.ized.
others have their right to their
opinions on this matter which
helps me.

I Feel that this may help you
as well Its seems the only way
any of us can progress. Oh well
any^{thing} to help you Brothers I say
my Past. is not one of Regret, For
I can Look Back and say with
a chuckle at many things I
wouldn't have done if I hadnt
Been a drunk. These memories
can and do come in handy for
progress as well as Its Been
said time will make Monks of us
all ... Buddy R

Lacking Permission of The family we can only Note
With Regret

The Passing of David G. of Canton
He will be missed by many

BIRTHDAYS/ ANNIVERSARIES

RELATED FOR FEBRUARY

Rufus D	Sylva	1 Yr(s)
Gary M	Murphy	1

MARCH

Jamie N	Cashiers Val	2
Virginia S	Traditional	16
Paul R	Traditional	5
Geraldine K	Sylva	17
Lewis G	Black Mtn BEG	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
Ike H	Sylva	5
Dillard	Sylva	4
Robert W	Murphy	3
Ray C	Murphy	1
Millie H	Blue Ridge	11
Robyn B	Blue Ridge	1
Evelyn J	Traditional	1

Total 181 years

APRIL

Pauline S	Traditional	5
Bob S	Canton	3
Mildred G	Blue Ridge	12
Judi V	Blue Ridge	5
Judy M	Blue Ridge	5
Judy R	Blue Ridge	1
Pat R	Acceptance	1
Joyce R	Acceptance	1
Dill J	Black Mtn BEG	22
Cleta T	Black Mtn BEG	3
Florence R	Black Mtn BEG	3
Gladys C	Acceptance	1
Gerald W	1st Step Farm G	4

