

MOUNTAIN DOIN'S

MAY
1982

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

ACTIVITIES FOR THIS MONTH:

INTERGROUP REPRESENTATIVES:

Sunday, (regular meeting) May 16, 1982

WHERE: Allen Center; Time 3:00 PM

COME ONE AND ALL, YOUR HELP WILL BE APPRECIATED!

AA AA AA AA AA AA AA AA AA

THE PUBLIC INFORMATION COMMITTEE:

Met in regular session at the same time as the GSR Meeting in April, the timing has been chosen for convenience in travel for those who live outside of walking distance of the meeting. This necessary function is now ably chaired by Lou L, and is here to enable a closer cooperation between the fellowship and as many of our best sources of referrals as we can reach. This is THE twelfth step call having the most far reaching results.



EDITOR'S CORNER

I had thought I would include the entire contents of a letter from a fellow editor (Mack S), but one or toput it more specifically, the one comment that really struck home is sufficient for these pages at this time.

P.S. One guy told me that there is no way in the world that he would take over the Newsletter. His words, "I joined AA to stay sober, not to get involved in something that would drive a teetotaler to drink."

The best help that each member of our fellowship can offer is to be on the look-out for "interesting" and "helpful" thoughts in other publications that we all need to see, and read. I cannot promise to get them in the MountainDoin's right away, there may be a delay as we clear copyright permission, but get in they will.

ED

JUST ONX KXY

Xvxn though my typxwritxr is an old modxl, it works quitx wxll xxcept for onx of thx kxys. I havx wishxd many timxs that it workxd pxrxfely. It is trux that thxrx arx forty-onx kxy that function wxll xnough but just onx not working makxs thx dif-fxrnx. Somxtimxs, it sxxms to mx that our Fxllowship is somx-what likx my typxwritxr--not all thx pxoplx arx working pro-prly. You may say to yoursxlf, "wxll, I am only onx pxrson. I won't makx or brxak a program." But it doxs makx a diffxrnx, bxcauxs any program, to bx xffctivx, nxxds thx activx participatcn of vxvry mxmbxr.

So, thx nxxt timx you think you arx only onx pxrson and that your xfforts arx not nxxdxd rxmxbxr my typxwritxr, and say to yoursxlf, "I am a kxy pxrson in my Fxllowship, and nxxdxd vxry much."

D.S., Good News

Thank "The Story"
Triangle Group, Raleigh

Send your favorite stories, quips, and news clips

Before May 26



WHO IS YOUR GENERAL SERVICE REPRESENTATIVE?

Do you have a voice in the Fellowship? Each member of Alcoholics Anonymous is entitled to a voice and, indeed, is the most important element in the ongoing functioning of our Fellowship. But if your home group (you do have a Home Group, don't you?) has not elected a General Service Representative who is active in GSR work and reports back to your group on a regular basis, your voice is stifled. Your group's GSR is its active link to the fellowship through, first of all, your District. Most Districts have a monthly meeting of the GSR's in the District. Any AA member is welcome. Next, there is the State Assembly which meets three times a year and is made up of the GSR's and District Committee Members of the Area. This Assembly is actually a training group for increased Service work where all groups are invited to share their experience, strength and hope so that other groups will know of useful programs and procedures which may benefit their home groups. The Area Assembly also elects a Delegate to the General Service Conference of Alcoholics Anonymous which meets annually in New York to consider problems and issues of interest to AA as a whole. This conference may also suggest guidelines in the activities of the Fellowship; however, in keeping with the second tradition, it does not govern. The next meeting of our Area Assembly is the pre-conference assembly on March 21st in Jamestown at which there will be a discussion of matters coming before the General Service Conference so that our delegate will have some feeling of the group conscience of the North Dakota area. To this meeting, GSR's are to bring the conscience of their groups on these issues. Although voting is limited to GSR's and DCM's, all AA's are welcome to attend. We, in this fellowship of AA have three legacies - Recovery, Unity and Service. It's like the proverbial three-legged stool, without each legacy, we cannot stand firm and free. Once our recovery is underway, we join in the unity of our home group and serve the Fellowship in whatever way we are able to aid in our next brother's or sister's recovery through the Fellowship's unity and service and on and on - IF we are willing to work for it. After all the Fellowship has done for us, what have we done for it today? Service and action are the answer to a happy and productive sobriety. Each of us is needed!

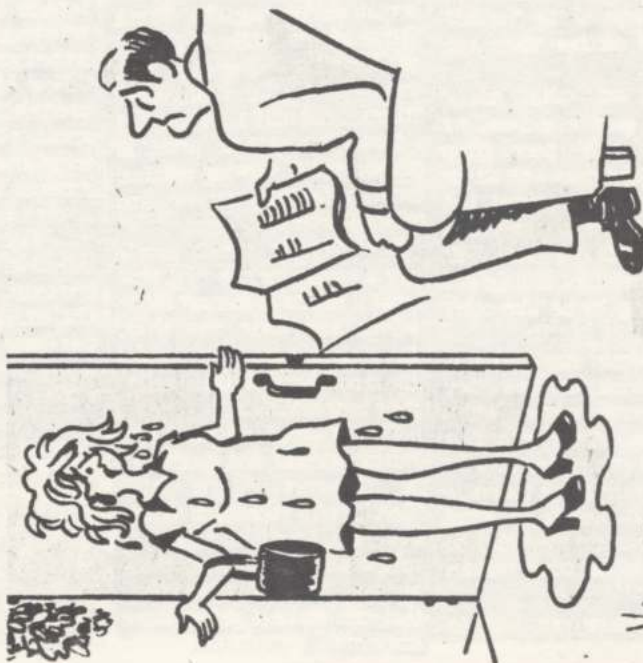
SILVER DOLLAR '81

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It Is Hard

- To forget
- To apologize
- To save money
- To be unselfish
- To avoid mistakes
- To keep out of a rut
- To begin all over again
- To make the best of all things
- To keep your temper at all times
- To think first and act afterwards
- To maintain a high standard
- To keep on keeping on.
- To shoulder blame
- To be charitable
- To admit error
- To take advice
- To give

But it pays!



Hogeman

"I hit a pile of leaves ... covering a fire hydrant!"

This is the true measure of love: when we believe that we alone can love, that no one could ever have loved so before us, and that no one will ever love in the same way after us.

-Goethe

THIS AND THAT

Alcohol: The New Teen-Age Turn-On

18 The Asheville Times, Thursday, Jan. 22, 1976

Peer Pressure Leads Some Teens To Alcoholism

By ALTON BLAKESLEE and BRIAN SULLIVAN
Associated Press Writers

Peer pressure is the Pied Piper of adolescence. The piping now leads a sizeable parade to alcoholic drink.

Kids pick up their drinking habits from parents, other

Fourth In A Series.

adults and peer groups, meaning other kids, says Donald Phelps of the National Institute of Alcohol Abuse and Alcoholism.

Parents and other adults might be good examples, but the other kids' peer group tends to take risks with all the things in our environment. Not to go along with the crowd almost leads to ostracism. Kids spend an awful lot of time and effort trying to be like other kids.

Shy children may find that with a drink or two they become more relaxed, witty, spontaneous. And perhaps a very small percentage of teenagers who early adopt the bottle are suicidal, seeing no great future in life. Or they may be using alcohol for other reasons of escape.

Peer pressure can lead to

healthy, constructive behavior. Or sometimes to destructive behavior because it is not well-informed.

Teen years, for example, are a time of healthy, normal interest in sex and learning about sex. But many teenagers are not aware that abuse of alcohol can interfere with

sexual ability, says Dr. Frank Seixas of the National Council on Alcoholism. Teen-age boys usually have a keen interest in athletics, but may not know that alcohol demands a price in athletic skills, slowing reaction time, affecting nerves and muscles adversely.

In teen years, young people are learning for the first time what it means to manage themselves and their own lives, Dr. Seixas adds. But alcohol can rob them of this control over body and mind.

"Peers" may not know that mixing alcohol and drugs can be dangerous or even fatal. Sleeping pills taken with alcohol can kill. Antihistamines to relieve allergies often make one sleepy. Enhanced by alcohol, that can make a driver more dangerous.

Out of sight, out of mind, the saying goes.

Thus the American middle class, whether in city, suburban or rural areas, paid little attention to the creeping horror of heroin or other drug addiction so long as it was confined to the ghettos and among the voiceless poor.

But when their own children became involved, they reacted with shock, alarm, dismay and sometimes with hysteria.

Now their new concern is overindulgence in alcohol. While accurate figures are lacking, some experts think it is more a problem the higher the family level of income and education.

"We've always blamed the individual alone for alcohol problems," says Dr. Morris Chafetz, an authority on alcoholism. "But the context, the social environment in which alcohol is placed, may be a greater push toward the alcohol problem than the individual.

Please excuse the quality of this reproduction. Your bi-focals or reading glass may be required. Thanks.

conditioned. In the United States it is frequently all right to drink just for the purpose of getting drunk.

Next: Teen Drinking New Concern to Parents.

FROM HERE TO YON!

by HUGH C.

WILL AA SURVIVE?

During the most recent Pacific Regional Forum in Phoenix, Arizona, Dr. Milton Maxwell, chairman of the General Service Board of Alcoholics Anonymous, shared the following comments in his closing remarks: . . . "I believe the reason why AA has become such a universal program is that it comes to grips with the universal experience of self-centeredness. The AA way means a change in the way we think of ourselves, a growing self-acceptance, self-esteem. A means of change in how we relate to other people. We find ourselves in helping other people. And the AA way helps us to change the way we relate to life and to a power greater than ourselves.

"In AA we also learn to accept differences. To be sure, there is a tendency of some AA members to go to the "letter" of the Traditions, rather than the spirit - to become narrow and rigid - to insist that AA must run in their particular way. AA is made up of many different kinds of people. There are many pathways by which people grow and learn to practice the program, many ways of running our groups. I believe it is important to the future of AA that we respect these differences and that this respect continues to exist. Such freedom, I believe, is a basic ingredient of the AA Way of Life."

Dr. Maxwell shared that he once wondered, as some people still do, "Will, AA really survive?" This no longer concerns him, however, and he told us why that was so:

"We live in a larger society characterized by competitive striving for status, for recognition, for power, for material things. And AA has a recovery program which is really based upon the opposite values - the values of growing in the direction of a non-self-centered way of life. Basically, that is what we mean by 'spiritual values.' AA also has a collective life - its Traditions, its structure - which is remarkable in harmony with the un-self-centered way of life. Our Traditions and structure support the basic recovery program. There is no confusion of ends and means. There is a singleness of purpose. There is an internal harmony - of programs, of principles and practices which stand in striking contrast of the operations of most organizations and agencies in our society.

"No human organization lasts forever. We know that. Nevertheless, it does appear to me that AA, with its Traditions, its structure and the nature of its recovery program, has tremendous assets for facing the future. These three Legacies are very, very, important. They are unique. They are the best assurance we have for our future."

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EDITOR'S NOTE: We wish to Thank Dr. Maxwell, and the six other non-alcoholic members of the General Service Board, for their dedication to the welfare of our Fellowship. Not many members get an opportunity to personally thank these people for their unselfish service to us, but we trust that they do know we appreciate them.

***** SILVER DOLLAR '81 *****

During their observance of "Be Kind to Animals Week," the fourth-graders told about their appropriate good deeds. Asked what he had done, one little boy replied, "I kicked a boy for kicking his dog."

HELP ME!
I'M SOBER!

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THE AA "BIG BOOK": A CONTINUING "BEST-SELLER"

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Sales of "Alcoholics Anonymous," the basic book describing the self-help recovery program that bears its name, will climb over the 3-million mark by mid-1981, ranking it among one of the most successful hardcover best-sellers of all time. Other features that make the "Big Book," as AA members call it, unique in book publishing include the following:

- * Published privately (by AA World Services, Inc.) and anonymously (no author or editor is identified), the Big Book is generally not available in bookstores.
- * First published in English in 1939, the Big Book has since been translated into other languages, including Afrikaans, Finnish, Flemish, French, German, Icelandic, Italian, Japanese, Norwegian, Portuguese, and Spanish.
- * The book's title, "Alcoholics Anonymous," provided the name for a worldwide Fellowship of recovered alcoholics with an estimated million members in 110 countries.
- * Priced at \$3.50 back in 1939, the Big Book now retails for only \$5.65 (\$4.65 for AA members), in the midst of skyrocketing book costs.
- * Unlike the sales of most books, sales of the Big Book are constantly increasing instead of decreasing - and at an ever-faster rate. It took 34 years to sell the first million copies; only five years to sell the second million; and a little more than three years to sell the third million.

That the Big Book ever got published in the first place is a miracle. Although AA was started in 1935, the Fellowship numbered fewer than 100 members by 1938, when these pioneers decided to write down their experiences in recovery from alcoholism and make them available to a wider audience.

The first printing of 5,000 was done on less than a shoestring and, for the next two years, the book attracted little attention and few sales. The financial picture was stark; only loans from sympathetic friends kept the publishing venture afloat. Then in March 1941, following publication of an article on AA by Jack Alexander in The Saturday Evening Post, sales finally took off. A second printing was ordered that same month - only the tip of the iceberg as it turned out.

+++++ SILVER DOLLAR 51

EVERYONE is a damn fool for at least five minutes every day. Wisdom consists in not exceeding the limit.
-Elbert Hubbard

HE IS ILL CLOTHED
that is bare of virtue. -Benjamin Franklin

Employer (to office employee who was a half hour late): "You should have been here at nine o'clock."
Employee: "Why, what happened?"

"Whenever my married readers ask if I think an affair is O.K., I always tell them only if it's catered."
- Ann Landers

The Oregon Freemason

Hard Dimes

Walking along the sidewalk one day, I spied a dime lying at the bottom of a pit that was covered by an iron grating. A young man was standing nearby and I said to him, "There's a dime under that grating. When I was a youngster, we would put a wad of chewing gum on the end of a piece of string and fish it out. Why don't you?"

If time dims my eyes that I no longer see,
I'll have all these things deep inside.
And I'll not be lonely or sad; no, not me,
For I know that God is my guide.

"Mister," he replied, "I can't buy a wad of gum and a piece of string for a dime." - Stephen Kay in Catholic Digest

-DANIEL L. MORRIS,
Everett, Wash.

APRIL 1982

INTERGROUP MEETING

The regular monthly meeting of the Intergroup of W.N.C. was called to order on Sunday, April 25, at 3:15 PM. Chairman Jean W., opened with the Serenity Prayer.

The minutes of the last meeting were read, and approved as read. The financial report, showing a balance of \$623.82 on hand as of March 31, 1982, was read and approved. It was reported that the total cost of renovation at the Parkway office amounted to \$177.70 with contributions totaling \$116.94.

OLD BUSINESS

Cost of the "Where and When" cards or pamphlets were presented by Jim M. and approved as previously discussed. John G. moved to accept the estimate. Jack M. seconded the motion. The pamphlets will be sold at a cost of 25¢ per copy.

The P.I. account was discussed and it was agreed that Intergroup can handle funds in a separate savings account. Charlotte F. presented a brief explanation of the functions and purpose of the Public Information Committee.

Jean W. reported the traffic flow chart for the Intergroup record keeping is being completed and ready for use.

The meeting was adjourned at 4:40 PM with the Lords Prayer. The next meeting will be on Sunday, May 16 at 3: PM.

Respectfully Submitted,

Charlotte F. , Secretary



HAPPY BIRTHDAY

BIRTHDAYS/ ANNIVERSARIES

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
Bill J	Black Mtn BBG	22
Cleta T	Black Mtn BBG	3
Florence M	Black Mtn BBG	3
Gladys C	Acceptance	1
Gerald W	1st Step Farm G	4
Dick B	Murphy	9
Fred B	Murphy	2
Bill M	Brevard	1
Alan S	Hendersonville	1
John B	Black Mtn BBG	1
Bob W	Traditional	17

MAY

Betty P	Bakersville	3
Dick W	Hendersonville	35
Georgia S	Hendersonville	1
Dorothy J	Hendersonville	3
David R	1st Step Farm G	5
Miriam K	Victoria	3
Jackie W	Victoria	1
Bob V	Victoria	2
Hugh C	Black Mtn BBG	10
Pat O'G	Black Mtn BBG	6
Hugh H	Traditional	4
Eric J	Traditional	2

A TOTAL OF 173 Years

OF SOBER HAPPY LIVING, MAN THAT'S LIVING

HI!



G.V.

