

MOUNTAIN DOIN'S

JUNE
1982

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

NOTICE FOR ALL GSR'S

SCHEDULE OF GSR ASSEMBLIES: REVISED (WITH CONVENTION)

ASSEMBLY (SPRING) June 26-27: Hyatt House
CONVENTION Aug. 20-22: Winston-Salem
ASSEMBLY (FALL) Nov. 20-21: North Carolina

7/15/82 7/15/82 7/15/82/82 7/15/82 7/15/82 7/15/82

DISTRICT EATIN' MEETIN'

SPONSORED BY Victoria Group & First Step Farm Group

WHERE: East Asheville Community Center (Tunnel Rd)

WHEN: JULY 11, 1982 (next to E. Ash'v'l Fire Dep.)

TIMES: Eatin' 1:30PM

Meetin' 2:30PM Speaker TBA

The Groups would have it noted that this is a "real"
covered dish affair, meats and all will be just
what y'all bring, so come on with your FAVORITE.

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NEW MEETING TIMES: On Wednesdays at the Allen Center

HOPE GROUP: Meeting; 11:30A-12:30PM

ACCEPTANCE GROUP: 1:00P-2:00PM (Wed. ONLY)

Public Information Committee News.....

A.A. public information has one ultimate goal, and it is the same as that of every A.A. group and every type of service work: to carry the message to the alcoholic who still suffers. But public information tries to reach the alcoholic indirectly, as well as directly, in three ways:

- 1) By informing the general public about the A.A. program.
- 2) By informing "the third person" whose work is or may be involved with the active alcoholic.
- 3) By keeping the Fellowship well-informed, so that members and groups may carry the message more effectively.

...A.A. Guidelines, Public Information

Here in District 7 a new P.I. group has begun to actively collect ideas and accept input from our area A.A. groups.

We hope to act as a clearing-house thru which we can help coordinate and bind together all of our efforts toward an effective P.I. program. Hopefully, we avoid possible duplication of services, thus saving time and money--while still continuously reaching out and being available wherever there is a need.

The Committee is mindful of A.A.'s movement-wide Public Information Policy, which states:

"In all public relationships, A.A.'s sole objective is to help the still-suffering alcoholic. Always mindful of the importance of personal anonymity, we believe this can be done by making known to him, and to those who may be interested in his problem, our own experience as individuals and as a fellowship in learning to live without alcohol. We believe that our experience should be made available freely to all who express sincere interest. We believe further that all efforts in this field should always reflect our gratitude for the gift of sobriety and our awareness that many outside A.A. are equally concerned with the serious problem of alcoholism." A.A. Guidelines

Please help us carry out our purpose by insuring group involvement. We need careful, responsible representation at the area P.I. meeting.

BE SURE YOUR GROUP IS PRESENT!

NEXT MEETING JUNE 20th 2:00 PM

Closing for July Mountain Doin's June 25th

This Day Is Mine

Please, may I use it well

THIS IS the day that belongs to me, for it was given to me early in the morning, freely and without obligation. The moment that I accepted the gift, I accepted the responsibility for its growth. I received it in good condition, fresh and young and clean, and now that it is mine, I can choose what kind of day it will become. I can make it ugly by deciding to be miserable, or I can make it beautiful by deciding to be glad.

This is the day to be happy. I know I can be just as contented as I wish to be. Above all, I can find contentment now, instead of thinking it necessary to wait for some uncertain, future pleasure.

This is the day to be free, to cut the bonds of all those tomorrows and all those yesterdays. I would be unwise to waste any part of today in useless guilt or distress about a yesterday, or in pointless worry or panic about a tomorrow. This is the day to treat

Thanks Grapevine Sept. 1978

life as a great adventure and each moment of it as a satisfying, rewarding experience. Since I have but one chance at today, I want to live it fully, and I want to live it well. I hope that I will handle myself in such a manner that when today becomes yesterday, my memories will be pleasant, and when tomorrow becomes today, my regrets will be few. On this day, I do not want to indulge in crippling, selfish emotions such as anger, hatred, and fear; I want instead to seek their opposites.

This is the day to be thankful, for some pains removed and some blessings received; to translate my gratitude from mere words into cheerful, wholehearted achievement.

This is the day to promise myself that I am going to build my world with gladness and with love—right now—because this is the only day that belongs to me.

H. W., Toronto, Ont.

HELP WANTED

LIVE-IN Mature Unencumbered Stable Recovering Alcoholic with Managerial ability with personal car to manage home for recovering alcoholic Women. Room, board, salary, insurance and car allowance provided. Submit Resume to:

If you are this person or know of this person please, please call or write Flynn Home for Men, 182 Cumberland Avenue, Asheville, N. C. 28801
Phone 252-3779
Or 298-1681

AA

Here is a story, that never gets old, of the little boy who was trying to amuse himself, one rainy day. Well, his father kept giving him little chores to perform, but the boy did them so quickly that he was hard put to it, to think of something new. Finally, his father came across a picture of the world, in a magazine he was reading. Thinking to keep his son busy for the rest of the afternoon, he tore out the picture, and cut it up into little pieces. "Here," he said—handing the pieces to his son—"Here's a jigsaw puzzle for you to work out."

Then he settled back in his easy chair, thinking he had at last found a way to keep his son busy.

But in less than three minutes, the little boy was back. The puzzle was completed.

His father was amazed. "How on earth did you do it so quickly?" he asked.

"It was easy," replied the boy. "You see, there was a picture of a man, on the other side—so I just put the *man* together, and that's how I was able to put the *world* together."

God grant me the
Serenity
to accept the things I
cannot change...
Courage to
change the things I can
and Wisdom to
know the difference...

Level Of Income Linked To Drinking

By ALTON BLAKESLEE
and Brian Sullivan
Associated Press Writers
page 24 3-48 level
Fifth in a Series

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

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

Now their concern is over-indulgence in the drug alcohol. While accurate figures are lacking, some experts think that the higher the level of income and education, the greater the problem. Intoxication is not only the domain of the poor — it's an abuse among the upper and middle classes, and this includes their teen-age children.

Drinking is as American as apple pie. Heavy drinking of hard liquor was not uncommon along the American frontier, with high per capita con-

sumption. At the same time, there were teetotalers, then as now. Today there are concentrations of heavy drinking, one being Washington, D.C., where per capita consumption of alcohol is the highest in the nation.

There's no real breakdown on the geographic pattern of teenage drinking. Some authorities think the current wave of greater indulgence likely began on the East and West Coasts, as do many fads and fashions.

Why do teen-agers drink? There's no strong evidence of the actual influence of the many suggested social reasons. One suggestion is a sense of political disillusionment, and cynicism. Do youths feel a sense of loss of the future? Did Watergate and Vietnam have an influence?

"We've always blamed the individual alone for alcohol problems," says Dr. Morris E. Chafetz, recently director of the National Institute on Alcohol Abuse and Alcoholism. "But the context, the social environment in which alcohol is placed, may

be a greater push toward the alcohol problem than the individual."

Look at the context of drinking, Dr. Chafetz says, for society may be a greater cause than individuals:

"We know, for example, that among cultures which use alcoholic beverages, but little troubled by alcohol problems, the general tendency is for alcohol to be sipped slowly, consumed with food, and partaken of in the company of others in relaxed, comfortable surroundings. Drinking is taken for granted, and given no special significance, and no positive value is imputed to progress in amounts consumed. Moreover, intoxication is abhorred.

"Many Americans, however, drink liquor as they live life — rapidly and under tense circumstances. At those two indigenous American institutions — the cocktail party and the commuter bar — drinking is usually done standing, the alcoholic beverage is gulped rapidly with the barest

minimum of food, and the general aim is to reach the desired end point of 'being high.' Even more significant is the fact that this pattern is condoned; in the United States, it is frequently all right to drink just for the purpose of getting drunk."

The introduction to alcohol varies with social and religious customs, some of them under tight control, such as drinking wine only upon certain religious occasions.

"Under ideal circumstances," Dr. Chafetz says, "children should learn healthy attitudes about drink in the familiar surroundings of their home."

As always, the young adopt many guiding habits from their parents as well as their peers.

Next: Parents Search for Alcoholic Signs.

Illness Tolls

Washington - On an average winter day it is estimated that six million men, women and children are incapacitated by illness or injury.

FROM **HERE TO YON!**

by HUGH C.

A.A. Groups' Dilemma: Those Other Addictions

The influx of nonalcoholic drug addicts into A.A. meeting halls is a matter of growing concern to A.A. groups in the U.S. and Canada. Groups are also concerned over the effect that alcoholics with dual or multiple addictions may exert on the substance of A.A. meetings.

Emma G., of Springfield, Mo., wrote of "the infiltration of narcotic addicts, who have the dual problem of narcotics and alcohol but lean more to the narcotic addiction. In meetings, they identify themselves as 'chemical dependents' and 'drug addicts.' We see the original alcoholic, whose total problem was alcohol, becoming less and less [visible]."

"The original alcoholic"? Yes, there does seem to be a widespread impression among the membership that the problem of dual addiction is new in A.A. But on p. 32 of "Dr. Bob and the Good Oldtimers," we may read the following: "Instead of taking the morning drink, . . . Dr. Bob turned to what he described as 'large doses of sedatives' to quiet the jitters . . ."

Nor was alcohol the total problem of co-founder Bill W. In the article "Those 'Goof Balls'" in the November 1945 issue of the A.A. Grapevine, he had this to say: "Morphine, codeine, chloral hydrate, Luminal, Seconal, Nembutal, Amytal, these and kindred drugs have killed many alcoholics. And I once nearly killed myself with chloral hydrate. Nor is my own observation and experience unique, for many an old-time A.A. can speak with force and fervor on the subject of 'goof balls.'"

Apparently, changes taking place *outside* our Fellowship make the problem seem more urgent today. Referring to a local treatment center, an A.A. newcomer, Katherine L., of California, wrote G.S.O., "The physicians and counselors stressed the fact that all addicts, whether addicted to alcohol or to another chemical, were similar in personality and situation. We are all addicts; it is our drug of choice that varies." She went on to state her belief that the reason alcohol was emphasized early in the history of our Society was that it was the most commonly used drug at the time—other drugs were not so readily available.

In recent years, countless letters have arrived at G.S.O. about treatment centers where staffs view both the dually addicted alcoholic and the nonalcoholic drug addict as "chemically dependent." The centers may advise both to attend A.A. meetings.

Some groups, through their institutions representatives, have attempted to explain to such centers that it is not the intent of A.A., as a fellowship, to be exclusive; rather, in order to be effective with alcoholics who seek help, A.A. must avoid multipurpose activity. They make it clear that dually addicted alcoholics are eligible for A.A. membership and may receive help with the *alcoholic* problem at A.A. meetings. They also point out that other fellowships exist to help with the drug problem — for example, Narcotics Anonymous and Pills Anonymous.

An often-heard cry from A.A. groups is that dually addicted alcoholics tend to dominate A.A. meetings, laying the emphasis on their drug problem. Some A.A. members who are not dually addicted become resentful, because they cannot identify; also, they feel that the meetings are being disrupted and divided. A.A. members are turned off, as well, by nonalcoholic drug addicts, who also tend to dominate meetings. Both concerns are reflected by the following excerpts from mail received at G.S.O.:

From Minneapolis, Minn., G. J. L. refers to "infiltration" by nonalcoholic drug addicts: "Many of our good members are leaving in disgust, because it is getting more difficult by the day to find a good A.A. group where the philosophy is not diluted to the point where our 'common problem' has become a phrase of the past. We are desperate!"

Brian S., of Sydney, Australia: "Can people who are addicted to drugs other than alcohol speak at an open A.A. meeting?"

From Lindsay, Ont., Ted H.: "Can persons who let it be known that they are using drugs other than alcohol carry the message to the still-suffering alcoholic?"

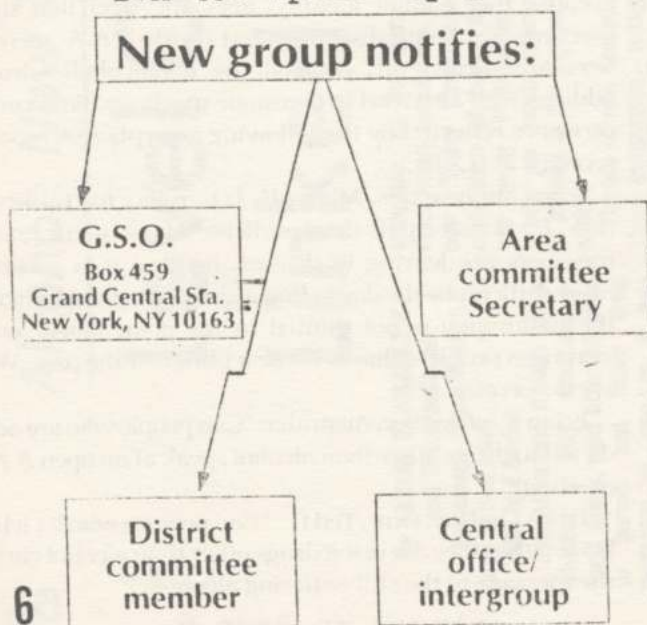
Continued on Page 6

Letters pour in requesting G.S.O. to make rulings on such questions, as on many other problems. The office has received at least one letter addressed to the "Governing Body"! Of course, Tradition Two applies just as surely to the "trusted servants" at your G.S.O. as it does to those in your home group. Staff members asked for "rulings" often just point out where helpful guidance can be found in our Conference-approved A.A. literature, which is based on long and wide-ranging Fellowship experience.

The book "Twelve Steps and Twelve Traditions" is frequently cited, and the pamphlet "A.A. Tradition—How It Developed" provides an insightful introduction. "The A.A. Group" is another valuable source. For instance, it makes a distinction between a "meeting" and a "group" (p. 33) and even notes that special "meetings" can fill the extra needs of dually addicted members.

In the pamphlet "Problems Other Than Alcohol," Bill W. expresses his conviction that a drug addict with "a genuine alcoholic history" is eligible for A.A. membership, but also concludes that "there is no possible way to make nonalcoholics into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone."

BOX 459—April—May 1982



Some Stories

If you've ever had an insurance claim, you've probably had to summarize on a short form exactly what happened. Every once in a while, a real jewel of an explanation comes across an adjuster's desk. The following are actual claims that were reported to insurance companies. These were first reported in the *Toronto News* on July 15, 1977:



- I was sure the old fellow would never make it to the other side of the road when I struck him.
- The pedestrian had no idea in which direction to run, so I ran over him.
- The guy was all over the road; I had to swerve a number of times before I hit him.
- I pulled away from the side of the road, glanced at my mother-in-law, and headed over the embankment.

I Give Up!



INTERGROUP MEETING APRIL 1982

The regular monthly meeting of the W.N.C. Intergroup opened at 3:05 PM, Sunday April 16, with the vice-chairman, Hugh C. presiding. The Serenity Prayer was said.

The minutes of the last meeting were read and approved. The financial report, showing the corrected balance of \$699.38 was read and also approved.

After a brief discussion of procedural structure, Gerry D. and Roy H. were elected to the positions of Intergroup secretary and treasurer, respectively.

The group had a discussion regarding distribution of the "Mountain Doins", specifically to make sure each group member would be able to get one at his or her home group.

Hugh C. announced that Jean W. must resign her position at Intergroup office and that Jim L. and Charlotte F. would share jointly in the responsibilities there. The summer hours will be 10: AM to 1:PM or 11:AM to 2:PM, with times posted outside the office door.

The group made a motion to accept this executive board decision, and it carried unanimously.

The group also wished to commend Jean W. and Nora P. for their work at the Intergroup office.

A decision was made to incorporate the list of members and visitors attending Intergroup meetings into the monthly minutes.

The meeting closed at 3:55 PM with the Lords Prayer. The next meeting will be held June 20th at 3:PM at the Mustard Seed club room.

Those in attendance included: Hugh C. vice chairman; Roy H. Woodhill; Ted F., Treasurer; Jack M., Acceptance; Carey A., Victoria, and Charlotte F., Secretary.

Respectfully submitted,

Charlotte F., Secretary

BIRTHDAYS/ANNIVERSARIES

MAY

Betty P	Bakersville	3
Dick W	Hendersonville	35
Georgia S	Hendersonville	1
Dorothy J	Hendersonville	3
David R	First 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
Ed P	Black Mtn BBG	6
Howard M	Brevard	5
Rob H	Brevard	9
Frankie S	Blue Ridge	16
Gen G	Blue Ridge	17
Jane P	Blue Ridge	7
Jura H	Blue Ridge	8
Joe B	Blue Ridge	24
Ted A	Blue Ridge	7
George B	1st Step Farm G	1

JUNE

Leroy B	Victoria	7
Charlotte F	Victoria	5
Jack M	1st Step Farm G	1
Roy C	1st Step Farm G	1
Jack M	Acceptance	1
Maryann G	Acceptance	1
Gerry D	12 Step Study	8
Cindy P	Black Mtn BBG	3
Forrest M	Black Mtn BBG	3
Joe D	Hendersonville	7
Paul C	Blue Ridge	4
Joan B	Blue Ridge	4
Jim M	Blue Ridge	7

TOTAL 245
239 Years

(under who say for (Hendersonville) 9
 Jim W Asheville 7
 Jim W Asheville 7

FROM THE INTERGROUP OFFICE

Hours at the Parkway Office building this summer will be on a flexible rotating basis. They will be from 10:AM to 1:PM or 11:AM to 2: PM, different days of the week. Each week they will be posted on the door. But if you are making a special trip, please call the answerphone service for times. Thanks for your understanding as we work out a suitable schedule.

C.W.F. and J.H.L.