



MOUNTAIN DOIN'S

SEPTEMBER  
1982

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

DISTRICT VIII NEWS

While it is sketchy as yet, here is the plan for  
District VIII's DISTRICT MEETING:

Where: At Canton

When: Sunday October 3, Times TBA

There will be the district meeting, and the Quarterly  
GSR Meeting. Y'all have the chance to make your  
plans early for this event, so expect this to be the  
BEST EVER!!!!!!

AA AA AA AA AA AA AA AA AA

INTERGROUP MEETING

Where: Allen Center

When: Sunday September 19

Time: 3:00 PM

As will be noted by the minutes (later in this news-  
letter), there is much that needs to be worked on in  
this meeting, so all plan to attend, and bring a friend,  
we will need the help of all of us to arrive at the  
best solution, and stem the tide of diminishing returns.

Attention: There is a letter from ARC which needs your  
ATTENTION!!!!!!

## EDITOR'S CORNER

There are many thoughts for this month's "editorial" as the result of much activity in the meetings held by GSR'S PI'S Intergroup Reps, and not all of the thoughts are happy ones. This fellowship of ours seems to go through periods when we collectively sense discontent, and want to DO something about it. The trouble is, we don't actually know what to do, and then the time comes upon us for the throes of "even greater efforts," and "what we really need is ...". It is not my purpose to knock these times, they are totally necessary if we will ever be jolted from a complascent and self-serving ease. But, and again BUT in the midst of our turmoil, would we not be well advised to take the whole thing and place it in the hands of Him who has our best care ever there? My personal experience has shown me that there are always two ways to get something done, on the one hand, I can try everything I can figure out to try, and then in the end turnitover. On the other hand, I can get out of the washing-machine, and then i will TURN IT OVER. Let us share our experience, strength, and hope with each other; let us seek to help the suffering alcoholic, every time we meet him; let us do all that we are able to carry the message to others, by every<sup>^</sup> means we come upon; but for God's sake, let us keep our sense of humor, and not think WE are so all fired important that He just can't get the job done without any of us individually. Personally, i feel better, just having said it.

## PUBLIC INFORMATION SESSION: NOTES

The members of the PUBLIC INFORMATION COMMITTEE who were present met at their scheduled time and place this past month. From informal reports we determined that it is possible that there is only one copy of the book ALCOHOLICS ANONYMOUS in the public library system of Buncombe County; there was no matching information from Henderson County, but one of the members volunteered to get that information, and bring it to us. Polk County, again off the cuff, appeared to report that the situation there was adequate, and would be handled by the local group. In substance then the committee persons decided that an appeal would be made to the groups for contribution of BOOKS to the P.I.COMMITTEE, to be handled by the Intergroup office. These books of course, will then be distributed to the various libraries as donations from the P.I.COMM. Any groups or individuals who would wish further "recognition" could do something additional such as placing a book plate in the front of the book noting by whom donated. The books we would like to supply first to these libraries are as follows: ALCOHOLICS ANONYMOUS: THE TWELVE STEPS AND TWELVE TRADITIONS: and DR. BOB AND THE GOOD OLD TIMERS. All donations will be most gratefully accepted. The members of the committee decided against any appeals for money until a system could be started to adequately care for such funds.

In further action, the committee members decided to spend the money available for pamphlets requested by one of our absent members. The consent was unanimous.

There is currently available through the Intergroup Office certain "freeby" literature courtesy of the P.I. COMMITTEE, which is available for any valid public information purpose, hopefully with the consent of the committee or its chairman.

The members of the committee have pledged to keep everyone informed as soon as decisions have been reached and the system has actually been started to adequately handle funds donated for further vital public information needs.

# THIS AND THAT

GRAPHELINE July 1944

## CHARMING IS THE WORD FOR ALCOHOLICS

by Fulton Oursler

Down at the very bottom of the social scale of AA society are the pariahs, the untouchables and the outcasts, all under-privileged and all known by one excoriating epithet—relatives.

I am a relative. I know my place. I am not complaining. But I hope no one will mind if I venture the plaintive confession that there are, times, oh, many times when I wish I had been an alcoholic. By that I mean that I wish I were an AA. The reason is that I consider the AA people the most charming in the world.

Such is my considered opinion. As a journalist it has been my fortune to meet many of the people who are considered charming. I number among my friends stars and lesser lights of stage and cinema; writers are my daily diet; I know the ladies and gentlemen of both political parties; I have been entertained in the White House; I have broken bread with Kings and ministers and ambassadors; and I say, after that catalog, which could be extended, that I would prefer an evening with my AA friends to any person or group of persons I have indicated.

I asked myself why I consider so charming these alcoholic caterpillars who have found their butterfly wings in Alcoholics Anonymous. There are more reasons than one, but I can name a few.

The AA people are what they are, and they were what they were, because they are sensitive, imaginative, possessed of a sense of humor and an awareness of universal truth.

They are sensitive, which means that they are hurt easily, and that helped them become alcoholics. But when they have found their restoration, they are still as sensitive as ever; responsive to beauty and to truth and eager about the intangible glories of this life. That makes them charming companions.

They are imaginative, and that helped to make them alcoholics. Some of them drank to flog their imagination on to greater efforts. Others guzzled only to black out unendurable visions that rose in their imagination. But when they have found their restoration, their imagination is responsive to new incantations, and their talk abounds with color and light and that makes them charming companions, too.

They are possessed of a sense of humor. Even in their cups they have been known to say damnably funny things. Often it was being forced to take seriously the little and mean things of life that made them seek escape in a bottle. But when they have found their restoration, their sense of humor finds a blessed freedom and they are able to reach a

god-like state where they can laugh at themselves, the very height of self conquest. Go to the meetings and listen to the laughter. At what are they laughing? At ghoulish memories over which weaker souls would cringe in useless remorse. And that makes them wonderful people to be with by candlelight.

And they are possessed of a sense of universal truth. That is often a new thing in their hearts. The fact that this at-one-ment with God's universe had never been awakened in them is sometimes the reason why they drank. The fact that it was at last awakened is almost always the reason why they were restored to the good and simple ways of life. Stand with them when the meeting is over, and listen as they say the "Our Father"!

They have found a Power greater than themselves which they diligently serve. And that gives a charm that never was elsewhere on land and sea; it makes you know that God Himself is really charming, because the AA people reflect His mercy and His forgiveness.

### Vice Squad Vet?

The sheriff of a small Ozark town was also veterinarian. Late one night the phone rang. An excited voice asked: "Lem there?"

"Yes," his wife replied. "Do you want him in his capacity as vet or sheriff?"

"Both," came the answer. "We can't get our new bulldog to open his mouth, and there's a burglar in it."

# FROM HERE TO YON!

by HUGH C.

## 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:



- A truck backed through my windshield into my wife's face.
- A pedestrian hit me and went under my car.
- 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.

thought; it is not an exercise in isolation or self-absorption. It is self-mastery by detachment and freedom from reaction.

4. Daily practice should be continued at home. From libraries, churches, and many other sources, the student can find suitable methods and levels of practice. Meditation is a vast subject; it requires study.

### Clearly Indiscernible

A housewife went into a drugstore and told the clerk, "Give me two packs of invisible hairpins."

As the fellow began wrapping them the woman said, "Are you sure they're invisible?" He said, "Are you kidding? I sold \$10' worth this morning and we've been out of them for two weeks."

—Mickey Marvin, *Parade*, Quote

The second period may be used for concentration on imagery, a prayer, or a Step. The third period is one of nonjudgmental, choiceless awareness, the mind still and receptive.

When these introductory stages no longer seem necessary, the group may proceed to one of two widely used standard meditations: (a) following a word or sound into silence or (b) counting of breaths. There is no fighting against thought. Without reaction, the attention is simply returned from its wandering to (a) the word silently spoken or (b) non-controlled, spontaneous breathing, counting the out breaths up to ten and then repeating the count.

Do not try to stop the thoughts. Learn to let them go by, "like drinks on a tray" — "not for me." Meditation is not thinking about anything; it is not controlling or suppressing

1. Read *Alcoholics Anonymous*, pages 85-88, *Twelve Steps and Twelve Traditions*, pages 98-108, and two Grapevine articles on meditation, in the April 1969 and June 1972 issues.

2. Begin as you would, any A.A. meeting. The leader may share experience, strength, and hope and then go on to readings and explanations. Fifteen to thirty minutes is adequate for each sitting in the beginning; questions may be answered during short rest periods, but there should be no protracted discussion.

3. The posture is upright and motionless. The eyes are kept open, gazing at the floor three or four feet ahead. (Eyes may be closed after more experience.)

It is helpful to begin with a period of awareness of sensory input, body sensations, feelings, and thoughts.

INTERGROUP MEETING AUG.15, 1982

The regular monthly meeting of the WNC Intergroup opened Sunday, August 15, 1982 at 3:14 p.m. with the Serenity Prayer-- Hugh C., Chairman, presiding.

The minutes of the last meeting were read, and approved as amended to read, "the Acceptance group has ordered these(cards) and will distribute them for sharing in the cost."

Roy H., treasurer presented the Financial report showing a Balance on hand of \$538.29 July 31, 1982. He again pointed out that expenses outweigh income. The report was approved as presented.

Hugh C. read the flyer, "What Is Intergroup" to the members present, and referred them to page 83 of the Service Manual for an open discussion of Intergroup matters and functions. It was pointed out that this particular flyer has been just recently revised and sent out to each group to be read and posted.

The discussion included suggestions that the Intergroup Office be open for additional hours and/or manned by volunteers. It was suggested that the Answering Service should be instructed as to who and who not is receiving phone calls.

The final suggestion following lengthy discussion was that each person present would take back to the Groups the idea of a volunteer phone answering service, to be co-ordinated by the Intergroup, with names and times of each person willing to serve. This would mean the availability of 12 Step Call lists to each volunteer. These lists are to be compiled at the Group level and brought or mailed to the Parkway Office within a time span of 10 days. Each Group's conscience will decide this issue.

Meeting was adjourned at 4:40 p.m. with the Lord's Prayer. Next meeting to be held at 3 p.m. at the Allen Center on September 19, 1982.

Attendance: Sheila W., Acceptance; Maurice H., Acceptance; Charlotte F., Co-ord.; Ted F., Vice Chairman Cleta T., BEG; Gerry D.; Carey A., Victoria; Roy H., treas.; Miriam K.; Fred H., Haw Creek; Judy S., Hope, Serenity Service; Dallas N, Cumberland; Hugh C., chairman. Joe R., and JeAnn A..

Respectfully submitted,  
Charlotte F. for Curry W., sec.

Washington  
Thank Area Intergroup Assn



ERNIE TAKES LIFE  
ONE DAY  
AT A TIME..  
RIGHT NOW, HE'S  
SIX WEEKS BEHIND.

"New" Reporter

## GROUP/MEETING NEWS

THE BEGINNERS MEETING: Sponsored by the Flat Rock Group. Meets Mondays before the "regular" meeting.

Time: 7:15 PM Come and help carry the message.

The Flynn Christian Home for Women:

There is again a meeting being held here on SATURDAYS

Time: 7:30 PM Open Discussion; come one & all.

At the G.S.R. meeting on Sunday, August 15--held at the Allen Center, Sid Kronus made a request on behalf of ARC Black Mountain, for AA groups in the area to bring a meeting to the patients on Tuesdays and Thursday nights for the month of September. The response was beautiful.

The schedule for September came out as follows:

Th. 2--Traditional	Tu. 21--West Asheville
Tu. 7--Black Mt. BEG	Th. 23--Hendersonville
Th. 9--Haw Creek	Tu. 28--Wall St.
Tu. 14--Acceptance	Th. 30--Victoria
Th. 16--Cumberland	

An ARC Staff member will set up the room and make the coffee. The group is responsible for the Program and the Meeting.

On behalf of the Staff and patients at ARC, I thank you for your wonderful support.

Within a few days, I will send a letter to all G.S.R.'s in District 7, asking for AA group participation at ARC on a regular basis. If most of the groups will take one meeting on a Tuesday or Thursday night, each group would send a meeting out to ARC every other month, or six times a year.

Please Help Us if you can.

Gratefully,

Sid Kronus  
Program director, ARC

## BIRTHDAYS/ANNIVERSARIES



G.V.

### BELATED FOR JULY

Mike O	Hendersonville	4
John C	Hendersonville	1

### AUGUST

Richard S	Marion	3
Paul P	Marion	3
Gene B	Marion	1
Jan B	Acceptance	1
Dot P *	Blue Ridge	13
Bob L	Blue Ridge	2
Ray D	Hendersonville	2
Bob L	Hendersonville	2
Sam R	Murphy	3
Myrtle M.	Murphy	11
Al A	Murphy	8
R.J.C	Murphy	9
Bennett J	Brevard	29
Bill B	Brevard	2
John T	Mars Hill	8
Garland P	Andrews	11

### SEPTEMBER

John A	Blue Ridge	13
Archie D	Blue Ridge	7
Larry S	Blue Ridge	5
Thomas T	Blue Ridge	1
Robb T	Blue Ridge	1

\*One of the groups reporting Dot P's Birthday sent along a donation of a dollar a year in lieu of buying her a cake, at her request. This could be the means of making Dot the founder of a birthday club, if others would like to carry on the idea!!!!



### SYMPATHY

Our sincerest sympathy to the family of Z.B.R. at their sudden loss, he will be missed by his friends in the fellowship.