

MOUNTAIN DOIN'S

October
1982

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

BUSINESS MEETINGS

The regularly scheduled meetings are to be held at the Allen Center on October 17. They are:

GSR, Meeting at 2:00 Pm, in the room of the Mustard Seed Club. THIS IS THE ELECTION OF THE DCM.

PI Committee will meet at the same time, room to be announced at the time. This vital service needs extra support at this time.

INTERGROUP COUNCIL meeting at 3:00 or after the GSR Meeting. Recently tabled ideas still need YOUR voice, if they are to be kept or lost.

AA AA AA AA AA AA AA AA AA AA

FIRST ANNIVERSARY CELEBRATION

The Wednesday 12:00 Women's Group will celebrate their first anniversary with a sandwich lunch. Come early and help us celebrate.

Where: St. James Episcopal Church
417 Vance Ave. Black Mountain.

When: 12:00 Noon Wednesday October 20, 1982

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District VIII meeting at Canton, we're late to get this to you, but announced it last month!!!!

## EDITOR'S CORNER

This month I am going to confine me to noting that the attached is a letter I received from a distant (in miles) friend, and let the chips fall where they may.

Dear Gerry,

I have enjoyed your "Mountain Do'Ins" very much. Be sure to know that! I think you have a great idea and I understand the motivation behind your doing it. I think it is great.

We had a fine time at the school, didn't we? And then, soon after, I saw you in Winston, which was fine, as well. I hope to see you again soon, and if I come across some AA fine stuff, I will send it along for your wonderful magazine.

Best wishes.  
Just,

*Bob Hanlon*  
Fr. Bob Hanlon

## Service

Below is a reprint from "The No Booze News"; Baton Rouge's Central Office Newsletter. It could just as easily be entitled, "HOW TO KILL A GROUP" or "HOW TO KILL ALCOHOLICS ANONYMOUS."

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### HOW TO KILL A CENTRAL OFFICE

1. Don't participate beyond your contributions--let THEM handle things. Then complain that members have no voice in decisions.
2. Decline all offices and committee appointments--you're too busy. Then offer vociferous advice on how they should do things.
3. If appointed to a committee, don't work--it's a courtesy appointment. Then complain because the office has stagnated.
4. If you do attend C.O.R. meetings, don't initiate new ideas. Then you can play devil's advocate to those submitted by others.
5. Don't rush to contribute--they're too high anyway. Then complain about poor financial management.
6. Don't encourage others to become members--that's selling. Then complain that membership is not growing.
7. Don't read the mail from G.S.O.--it's not important. Then complain that you're not kept informed.
8. Don't volunteer your talents--that's ego fulfillment. Then complain that you're never asked, never appreciated.
9. And if the Office grows in spite of your contributions? Grasp every opportunity to tell youngsters how tough it was, how hard you worked in the old days to bring the Office to it's present level of success.

## TURNING IT OVER

(Meg Christian)

Summer is fading  
The wind's a little cold  
I feel the seasons as they're turning  
In my soul  
And I'm feeling kind of lonely  
But I'm mainly ok  
I'm just all I can handle at the moment  
Feeling my changes  
Feeling my pain  
Turning it over  
(Such a relief to let go of the reins)  
I'm turning it over again  
Trying to save you  
Trying to please  
I nearly tore up your house  
Looking for my own keys  
Now I'll clean up all my mess  
And I'll go on my way  
And I'm all I can take at the moment  
Turning the corner  
Turning the key  
Turning it over  
(To the One who can run it without any help from me)  
I'm turning it over again  
And oh these revolutions  
Slowly spin me out  
And draw me in . . .  
Oh one thing's for certain  
One thing's for sure  
I just cannot fight with anybody  
Any more  
All that old righteous anger  
Just ate me to the core  
And all I have left are these moments  
Of turning for comfort  
Turning to friends  
Turning it over  
(Keep taking it back, then I have to do it all again)  
And oh our revolutions  
Slowly spin me out  
And draw me in . . .  
I read the morning paper  
I play my guitar  
I listen for my music  
I wonder how you are  
And I'm afraid of my freedom  
But my running days are done  
So I start to sit still in my moments  
Sitting through changes  
Sitting through pain  
Look in the mirror and  
Finding a friend  
Turning it over  
(Takes so much practice but it's making me sane)  
So I'm turning it over and over and over again and again

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Courtesy

And THANK YOU, HP

Olivia Records Oakland CA.

## Lincoln on Alcoholism

**I**n my judgment such of us who have never fallen victims have been spared more by the absence of appetite than from any mental or moral superiority over those who have. Indeed, I believe if we take habitual drunkards as a class, their heads and their hearts will bear an advantageous comparison with those of any other class.

When one who has long been known as a victim of intemperance bursts the fetters that have bound him, and appears before his neighbors 'clothed and in his right mind,' a redeemed specimen of long-lost humanity, and stands up, with tears of joy trembling in his eyes, to tell of the miseries once endured, now to be endured no more forever: of his once naked and starving children, now clad and fed comfortable; of a wife long weighed down with woe, weeping, and a broken heart, now restored to health, happiness, and a renewed affection; and how easily it is all done, once it is resolved to be done—how simple his language! Human feelings cannot resist.

I have not inquired at what period of time the use of intoxicating liquors commenced; nor is it important to know. It is sufficient that, to all of us who now inhabit the world, the practice of drinking them is just as old as the world itself—that is, we have seen the one just as long as we have seen the other.

Those who have suffered by intemperance personally, and have reformed, are the most powerful and efficient instruments to push the reformation to ultimate success. It does not follow that those who have not suffered have no part left them to perform. Whether or not the world would be vastly benefited by a total and final banishment from it of all intoxicating drinks seems to me not now an open question.

The victims of it (alcoholism) were to be pitied and compassioned, just as are the heirs of consumption and other hereditary diseases. Their failing was treated as a misfortune, and not as a crime, or even as a disgrace.

There seems ever to have been a proneness in the brilliant and warm-blooded to fall into the vice—the demon of intemperance ever seems to have delighted in sucking the blood of genius and of generosity. What one of us but can call to mind some relative, more promising in youth than all his fellows, who has fallen a sacrifice to his rapacity? He seems ever to have gone forth like

the Egyptian angel of death, commissioned to slay, if not the first, the fairest born of every family.

For a man suddenly or in any other way to break off from the use of drams, who has indulged in them for a long course of years and until his appetite for them has grown ten- or a hundred-fold stronger and more craving than any natural appetite can be, requires a most powerful moral effort. In such an undertaking he needs every moral support and influence that can possibly be brought to his aid and thrown around him.

It is an old and a true maxim that 'a drop of honey catches more flies than a gallon of gall.' So with men. If you would win a man to your cause, first convince him that you are his sincere friend.

Is it just to assail, condemn, or despise them? The universal sense of mankind on any subject is an argument, or at least an influence, not easily overcome. The success of the argument in favor of the existence of an overruling Providence mainly depends upon that sense; and men ought not in justice to be denounced for yielding to it in any case, or giving it up slowly, especially when they are backed by interest, fixed habits, or burning appetites.

Another error, as it seems to me, into which the old reformers fell, was the position that all habitual drunkards were utterly incorrigible, and therefore must be turned adrift and damned without remedy in order that the grace of temperance might abound, to the temperate then, and to all mankind some hundreds of years thereafter. There is in this attitude something so repugnant to humanity, so uncharitable, so cold-blooded and feelingless, that it never did nor ever can enlist the enthusiasm of a popular cause.

From Lincoln's address to the Washington  
Temperance Society, Springfield, Ill.,  
February 22, 1842

Cont P 6

# THIS AND THAT

## What is happiness?

*For centuries man has searched for happiness through possessions, position, politics, or personal relationships and discovered—by painful trial and error—that none of these popular routes leads to the elusive goal.*

**Man's distinctness from all other creatures places him in a unique relationship with God and permits communication between God and man.**

**Danger of self-condemnation.** This episode teaches us again the peril of self-blame, how a person who cannot feel good about himself cannot function as a human being. But the most important thing, of course, is that in this episode a man wracked by guilt becomes whole. A simple announcement provides him with the key to a healthy self-acceptance, and he is able, for the first time in a long while, to affirm his own person despite his shortcomings.

This is just what all of us want to be able to do. We fall short of our ideals,

yet we want to keep on affirming the best in ourselves, to keep on achieving as much of our potential as we can. But we can't do this if we are filled with self-contempt. We need self-acceptance, what might even be called the *right* self-love. And the Christian gospel says that, through the experience of forgiveness, we can have it.

I noted before the common sense of being answerable to a power greater than ourselves. This means, of course, that relief from guilt must ultimately derive from a power greater than we are. The gospel announces that just this kind of relief is available. We are answerable to the very Source of life. God judges man, yet this same God also lifts away our guilt.

**“None of us liveth to himself”  
(Romans 14:7).**

**Happiness depends more on inward conditions and attitudes than on outward circumstances.**

**I DON'T WANT TO ACHIEVE immortality through my work. I want to achieve immortality through not dying.**

—Woody Allen, quoted by Eric Lax in *On Being Funny: Woody Allen and Comedy* (McKay)

**READING without reflecting is like eating without digesting.**

—Edmund Burke

**WE GET SO MUCH in the habit of wearing a disguise before others that we eventually appear disguised before ourselves.**

—Lester Keiser, M.D., quoted by Jim Bishop, *King Features*

**ADOLESCENCE is not so much a period as it is an exclamation point.**

—Chicago Tribune



## Let's Make Them Want To 'Keep Coming Back'

What happens during those first timid days in A.A. to keep a new person coming back? Perhaps more important, what *doesn't* happen for more than 50 percent who, according to the 1980 membership survey, *don't* come back, at least not right away.

Those questions were the basis of discussion at a trustees' General Sharing Session on November 1, 1981, when members of the board and its committees, staff, and directors sat down together to consider "How Can We Make Our Groups More Attractive to Newcomers?" What follows is a digest of that discussion.

Some years ago, when A.A. groups were smaller and there were fewer newcomers, a first-timer at a meeting was likely to be enveloped immediately with love and caring. This is still true in many places, but on the whole, groups are now larger and more new people are arriving, and the beginner often goes unnoticed. For one thing, he or she is likely to be fresh out of a treatment facility, sober, and looking pretty good! And some who have been in treatment may have preconceived ideas about what A.A. is and should be.

How can we more effectively carry the message? To begin with, we can't expect every newcomer to be positive and friendly (any more than many of us were at our first meetings), so groups need to find ways to seek out beginners and establish contact.

Large meetings have special problems, but there are ways to find beginners in a crowd. For example:

- Asking those present who have attended less than three meetings (or those in their first week or month of sobriety) to identify themselves — "not to embarrass you, but so that we can get to know you."
- Breaking up into smaller groups, at least for part of a meeting.

# FROM HERE TO YON!

by HUGH C.

- Stationing greeters at the door. One group, noticing that newcomers frequently gravitate toward the literature table, posts one or two members of the steering committee there to welcome them.
- Allowing five minutes at the start of every meeting for a brief description of A.A. and a few practical suggestions for staying away from the first drink.

Beginners meetings are especially important, for they give new people a chance to ask those nonexistent "stupid questions" and talk about their fears and feelings. Effective beginners meetings stick to the basics — what A.A. is, and how to keep away from one drink one day at a time. Some groups provide beginners kits of basic literature, along with a local meeting list. Several participants at the General Sharing Session stressed the danger of letting beginners meetings become therapy sessions or, at the other extreme, platforms for prosy old-timers.

But one participant did look back to the old days to find an approach heavily emphasized in our book "Dr. Bob and the Good Oldtimers." Ironically, it is now used extensively by treatment centers but too often overlooked by A.A. groups. That is the earnest effort to get the new member's family involved in the recovery process right from the outset.

Temporary sponsorship was also suggested as a way of maintaining A.A.'s traditional one-to-one concept, and making sure that the individual newcomer will not get lost in the crowd.

What is your group doing to keep new people coming back? We'd like to know.

BOX 459 FEB-MAR 1982



### Back To The Books

A young man had just returned from agricultural college and was visiting a neighboring farmer to show off.

"Your methods are so old-fashioned," the visitor declared. "Why, I'll bet you don't get 10 pounds of apples from that tree."

"I dare say you're right," said the farmer. "That's a pear tree."

—Quote

INTERGROUP MEETING, SEPT. 19, 1982

The regular monthly meeting of W. N. C. Intergroup opened Sunday, September 19, 1982 at 3:05 p.m. with the Serenity Prayer. Hugh C., Chairman presided.

The minutes of the last meeting were read and approved as read.

Treasurer's Report was given by Ted F. in Roy's absence. We have a balance on hand of \$678.39. The report was approved as presented.

Since there was no response to the proposal for volunteers to man answering service at Intergroup office, a Motion was made to table this idea for now.

A discussion was held concerning a Club in our Area. It was decided that a Club was not a Function of Intergroup.

Buck T. offered to make a list of directions of locations of A.A. Meetings. This list will be given to the Answering Service.

We need a more, definitive 12Step list to give to the Answering Service. Intergroup will send out forms to each group to update this list.

Again it was mentioned the importance of Representatives of each group attending the monthly meetings.

Meeting was adjourned at 4:25 p.m. with the Lord's Prayer. Next meeting will be on Sunday, Oct. 17, 1982.

Respectfully submitted,  
Curry W., Sec.

**Attendance:** Bill J., Black Mtn.; Ted F., vice-chair.; Hugh C., chairman; Fred H., Haw Creek; Judy S., Hope and Serenity Sr.; Sheila W., Acceptance; Rick F., Blue Ridge; Buck T., Acceptance; Charlotte F., co-ordinator, and Curry W., Secretary.

*Lincoln Cont Fr P 3*

Happy day when—all appetites controlled, all passions subdued, all matter subjugated—mind, all-conquering mind, shall live and move, the monarch of the world. Glorious consummation! Hail, fall of fury! Reign of reason, all hail!

And when the victory shall be complete—when there shall be neither slave nor drunkard on the earth—how proud the title of that land which may truly claim to be the birthplace and the cradle of both those resolutions that shall have ended in that victory. How nobly distinguished that people who shall have planted and nurtured to maturity both the political and moral freedom of their species.

*Reprinted from  
The 12 steps for Older  
Members -  
As taken from Grape Vine  
Publication*

NEW MEETING

Ye editor humbly apologises for not having this in last month.

THURSDAY AFTERNOON WOMEN'S MEETING.

The address we have is: 883 Indian Hill Rd.  
Hendersonville,

Any gals interested will be able to get more info. as needed, and requested.

*Convinced.*

IF YOU DON'T THINK YOU ARE AN ALCOHOLIC. TRY THIS-  
FILL 32 ONE OUNCE GLASSES WITH WHISKEY AND  
DRINK ONE EACH DAY FOR THIRTY TWO DAYS.

*If that doesn't*

*Convince you: repeat the experiment until*

AS ANNOUNCED IN A FLIER ACCOMPANYING THIS!!!!!!

EATIN' MEETIN', ANNIVERSARY, AND INTERGROUP  
BENEFIT

WHEN: Monday October 25, 1982

TIMES: Eatin' 7:00; Speaker 8:00

Covered Dish, and there is always plenty.

WHERE: St. James Episcopal Church

417 Vance Ave. Black Mountain

This is to celebrate their fifth year of service, and all are welcome. Please come and help them celebrate!!

*We talk a vast  
of A.A. here . . .  
We are not interested  
in "Half-Vast" A.A.*

*Fliers  
Courtesy of  
Pick Me Up. Kansas Intergroup  
Wichita.*

*'Never pour black coffee into an intoxicated  
person. If you do, you'll wind up with a wide-  
awake drunk on your hands.*



BIRTHDAYS/ ANNIVERSARIES

DELETED FROM AUGUST

Jim B. SYLVA 31  
 Eva M Waynesville Gr. 1

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  
 Doyle M Sylva 3  
 Jerri W Sylva 4  
 Jeff M Sylva 1  
 Jeane H Cullowee 4  
 Gerd S Acceptance 3  
 Dot G Fletcher 9  
 Sally F Fletcher 5  
 Carolyn T Waynesville Gr. 7

OCTOBER

Percy P Sylva 16  
 Tom B Sylva 5  
 Lester G Sylva 6  
 Jim S Sylva 1  
 Neil D Victoria 12  
 Fred H Haw Creek 18  
 Pat G Haw Creek 4  
 Jack M Blue Ridge 11  
 Ruth G Blue Ridge 8  
 Alden W Blue Ridge 1

TOTAL 177 Years

OF HAPPY SOBER LIVING!!MAN, THAT'S LIVING.

HI!

