

MOUNTAIN DOIN'S

December
1982

BUSINESS MEETINGS

GSR: At the Allen Center December 19, 1982 @ 2:00PM

All outgoing and incoming GSR'S and their Alternates are encouraged to attend this meeting. There is important business to discuss.

PI, while not formally announced, this is the regularly scheduled time and place, in conjunction with the GSR Meeting.

INTERGROUP: will meet as usual following the GSR Meeting, tentatively planned for 3:00 PM.

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OUR APOLOGIES ARE DUE the Serenity Service Gr. the notice of their upcoming ALKATHON over Christmas got missed in the mail bag last month, but we understand there are still some choice spots available for some of us to be there to help carry the message over the holidays. Times are Dec. 24 from Noon (Friday) through Dec. 25, probably ending with the ten-o'clock meeting.

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NEW MEETING: Held at the Murphy Med. Center  
Murphy, NC Friday nights starting at 8:00PM  
(closed)

## EDITOR'S CORNER

It is our understanding that the Women's Flynn Home is going to try having a speaker's meeting for their meetings on Saturday nights at 7:30. This again brings to my attention that there is no really good way for someone not widely acquainted around the fellowship to get in touch with a continuing source of speakers for such a meeting. One remedy has been in our hands for a couple of months, and as will be noted, the response to our request for names of people willing to speak at such meetings has been very limited. C'mon GANG!! Surely there are more than 18 people in Asheville who would be willing to speak at such a meeting. And don't tell me your name is already on the list, cause it IT AIN'T!!! NOW what can you do 'bout that? It's simple, get in touch with your group secretary, and find out where that pesky list is, so you can get your magic name on it!!! If the list has already been sent back to the Intergroup Office, we here at the office will be galantly to the rescue, and send or give you a new list to fill out. Not to belabour the point, but if you don't regularly affiliate with any one group, and would still like to be on the speaker's list, that too can be handled right here through the office.

The other alternative is to set up a speaker's bureau type of plan for Asheville, and what would <sup>Happen to</sup> any such attempt can only be guessed at. If someone is "waiting to be asked to sign up"; I'm now asking you to sign up!!!, so you can't even use that excuse, and not any other that I know of. The ball is definitely in your court.



# Some Stories You Just Won't Believe

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:



- The indirect cause of this accident was a little guy in a small car with a big mouth.
- The telephone pole was approaching and I was attempting to swerve out of its way, when it struck my front end.
- I saw the slow-moving, sad-faced old gentleman as he bounced off the hood of my car.



"Just one more—then I've got to dash."



# THIS AND THAT

Depression

## If You Feel Good,

**T**O MY SURPRISE, I have discovered that writing about depression can be quite depressing. But does it need to be? If I give it the light touch and dwell on self-help, rather than on dismal personal experiences, it may not be so depressing.

First, I want to make it clear that I am not an authority on the subject. After extra research, I'm not surprised to learn that some depressions are almost all physical, while many are caused by a combination of factors. Perhaps, like alcoholism, they can be mental, physical, and spiritual. For people suffering some kinds of depression, professional help is absolutely required. For others, I would like to share some of the antidepressants that work for me.

I now realize that my fall from the acute pink-cloud stage after a few months in AA was perfectly natural. Reality is not up in the air some place. But later I found it hard to understand why the AA program, which had rescued me from the dread and incurable disease of alcoholism, did not relieve my depressions, blues, or blahs. I tried more inventory, attempted more meditation, revisited Step Three, all to no avail. I attended more meetings and found that they helped if they were jolly and full of laughter. Twelfth Step calls helped me to get out of myself only temporarily; sometimes, I couldn't seem to reach people.

## You're Not Normal

The negative feelings were still restless, especially at night. I could not find any reason, except perhaps that my old negative ways of *thinking* had come home to roost. Or was it too many great expectations, or a sense that time had run out and I was not a success yet? Or was it anger turned in on myself and guilt for all these reasons? I asked for help from my Higher Power, but there seemed to be a block.

One day, I picked up the daily paper and found an article entitled "If You're Feeling Good Today You're Not a Normal Person." The article said, "Feel pretty good today? . . . If this is true, the Office of Health Economics wants you to know your condition is 'highly abnormal.'" Enjoying "complete physical, mental, and social well-being" was said to be definitely abnormal.

In my own words: If you think you are 100% well, boy, are you sick! Suddenly, I found myself laughing helplessly. To think that all the times I felt blue and depressed, I was merely being normal! I began to wonder whether it had been a mistake to take Step Two. I might be restored to sanity and become *normal* — and miserable.

Another title caught my eye: "Bruxism." That means grinding your teeth in your sleep, and the results are a painful mouth and puffy

# AA

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# FROM HERE TO YON!

by HUGH C.  
VICTOR E.

eyes. (If you are married, I suppose the teeth-gnashing also makes you very unpopular with your mate.) The causes are depression, strain, and repressed and controlled anger; overcoming these brings relief. I suffered them all, but I called it alcoholism, not bruxism. However, I did engage in a lot of figurative teeth-gnashing at the world in general and people in particular.

Until that time, I had not realized that my sense of humor was at a low ebb. I was taking myself too seriously. I'd also left a lot of gaps in my inventory. My vices and virtues were all mixed up. I now realize that I may never know all the reasons for my depressions. But I can turn them over, whatever they are. Before I go to sleep, I can ask my Higher Power to help me awake free of them. At first, it seemed a little strange not to feel depressed or to be thinking negatively. I was depressed over *that* for a time.

Gloom, depression, and negativism are terribly contagious. In their grip, I hurt others as well as myself. I made dumb decisions and refused to act when I should, just as I did when drinking. But laughter is also contagious, and so is good humor. They are part of being restored to sanity. I can see myself as I really am and become willing to help myself and to accept help from others. The ability to laugh at myself restores my capacity to be honest.

Even Thomas Edison had his low moments. It is written that he had a card on his desk reading: "When you are down in the mouth, remember Jonah; he came out all right."

Once more, I have come to believe that the AA program and especially the Twelve Steps can work for my depression as well as my alcoholism. I marvel that, for me, alcoholism and depression have much the same symptoms.

It is no wonder that the laughter in AA attracted me from the very beginning. The restorative power of laughter should never be underrated. I learned to laugh again in AA, and when I'm laughing, the whole world seems to smile at me. I have come to believe that I am being restored to sanity when my sense of humor is restored and I cease to take myself too seriously. I have only to turn my life and my will over to God — and my depression, too. AA is the most effective antidepressant I've found.

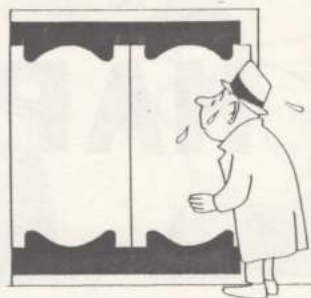
Of course, if that article I quoted from is correct, I'm not normal, because I am so happy in AA. Most of my AA friends won't know the difference. Anyway, I've been warned that if I ever do get well, I'll probably lose all my friends.

M. U., Brighton, Colo.

REPRINT FROM  
APRIL 1976 GRAPEVINE



"Aren't you going to ask what kind of day I had?"



THINGS ain't what they used to be and probably never was. —Will Rogers

# MERRY XMAS & HAPPY NEW YEAR

FROM ALL OF US AT "MOUNTAIN DOIN'S"  
AND INTERGROUP

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## LAUGHTER, BEST MEDICINE

WHEN DRIVING THROUGH the desert, a motorist sees a man by the side of the road carrying a jug of orange juice, a loaf of bread and a car door. The driver stops and asks, "What are you doing out here?"

"I like to hike."

"Then why are you carrying all that stuff?"

"I take a drink of orange juice if I get thirsty," explains the hiker, "and I eat some bread when I'm hungry."

"But why are you carrying a car door?"

"Well," answers the hiker, "when I feel hot I just roll down the window."

—Dick Rothwell in *St. Petersburg Times*



NATIONAL ENQUIRER



Intergroup Meeting, November 21, 1982

The regular monthly meeting of WNC Intergroup opened Sunday, November 21, 1982 at 3:05 p.m. with the Serenity Prayer. Hugh S., Chairman, presided.

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

The Treasurer's Report was given by Roy H., showing a balance of \$598.78 as of October 25, 1982. A suggestion was held that some groups might consider holding a Big Book raffle for the benefit of Intergroup. The report was approved as presented.

The Coordinator's report shows that 17 groups have responded to our list questionnaire requesting information regarding 12th Step, GSR's, Sec's and Speakers for listing.

Groups responding indicates that 28 people locally signed for 12th Step and 18 for speaking.

Out of Town: Hendersonville, Murphy, Marshall, Franklin, Tryon and Brevard list 61 12th Step Call listings and 9 Speaker listings.

Some groups indicated that have people willing to speak, but preferred not to be on a list. It was suggested that the coordinator might write to the groups not responding.

A suggestion was made that Groups attend District Meetings, and other meetings to secure people to speak.

It was noted that lack of interest in attending Intergroup meetings is indicated by the list of those at this meeting. It was noted that the absence of some individuals was excused.

The Meeting was closed at 4 p.m. with the Lord's Prayer. Next meeting to be held at 3 p.m. in the Mustard Seed Club Room, December 19 (Sunday).

DO YOU HAVE AN INTEREST IN BEING THERE?

Attendance: Bill J., Black Mt. Big Book; Sheila W., Acceptance; Roy H., Treas.; Ted F., ~~Chairman~~ Vice-chairman; Jack M., Acceptance; Jim L., Co-ordinator and Hugh C., Chairman.

Respectfully submitted

Hugh C. for Curry W., Sec.

GROUP NEWS AND NOTES:

ANNUAL CHRISTMAS PARTY: Traditional Group Dec 21,

Bring your goodies, "party" at 7:00 Open meeting 8:00

Candle Light Meeting: Black Mtn EBG invites all to attend on Thursday Dec. 23, and bring a candle.

BIRTHDAYS/ANNIVERSARIES

NOVEMBER

|                 |                |     |
|-----------------|----------------|-----|
| Dallas N        | Traditional    | 6   |
| Morris R        | Traditional    | 9   |
| Barry O (BMBBG) | Traditional    | 9   |
| Jean W          | Traditional    | 6   |
| Nat A           | Hendersonville | 18  |
| Fred E          | Hendersonville | 5   |
| Ed G            | Hendersonville | 3   |
| John G          | Hendersonville | 8   |
| John C          | Hendersonville | 6   |
| Charlie B       | Hendersonville | 10  |
| Martha B        | Hendersonville | 10  |
| Dave L          | Acceptance     | 1   |
| Pat C           | Victoria       | 5   |
| Tom H           | Victoria       | 10  |
| Howard P        | Blue Ridge     | 34  |
| Don O           | Blue Ridge     | 20* |
| Woody O         | Blue Ridge     | 18  |
| Robert B        | Blue Ridge     | 11  |
| Brooks S        | Blue Ridge     | 5   |
| Don Mc          | Marshall       | 4   |

DECEMBER

|          |                |          |
|----------|----------------|----------|
| Jo H     | Traditional    | 9        |
| Bill Y   | Traditional    | 4        |
| Bill M   | W Asheville    | 8        |
| Dicky V  | W Asheville    | 14       |
| Roland R | W Asheville    | 8        |
| Max A    | W Asheville    | 2        |
| Babs A   | Acceptance     | 1        |
| Buck A   | Blue Ridge     | 10       |
| John R   | Blue Ridge     | 3        |
| Ed H     | Blue Ridge     | 1        |
| Edith P  | Black Mtn BBG  | 28       |
| Leslie J | Hendersonville | 2        |
| Woody P  | Hendersonville | 1        |
| Davi& W  | Hendersonville | <u>1</u> |

TOTAL 290 YEARS

OH SOBER HAPPY LIVING, MAN, THAT'S LIVING!!!!



\* The Fletcher Group has done it again, and so we add to our BIRTHDAY CLUB roster the names of Don O, Dot G, and Sally F.