



**MOUNTAIN**

**DOIN'S** SEPTEMBER, 1983

### DISTRICT 7 Meeting in H'ville

The Blue Ridge Group invites all area AA's to their eating meeting on Sunday, September 25. Meet at 1 pm, eat at 1:30 pm, speaker - Bill C from Charlotte at 2:30 pm. The meeting will be at the Parish House at St. John's in the Wilderness Episcopal Church. (about 2 miles south of Hendersonville on US 25). Bring a covered dish, snacks, salad, or dessert.

The McDowell Prison Group meets at 10 am Saturdays and would welcome any help if anyone is interested. Contact Bill J at Rt. 2, Box 827, Nebo 28761 if you are interested.

### NEW GROUPS FORMING

#### SMOKELESS GROUP

A new group will meet on Monday night at 8 pm at St. Joan of Arc Catholic Church on Haywood Road. This will be an AA group - not a quit smoking group. Smokers are welcome if they will refrain during the meeting.

#### ALATEEN at Appalachian Hall

The Appalachian Hall Alanon Group will sponsor an Alateen Group at the Hall on Thursday nights at 8 pm. The starting date is tentatively set for October 6, earlier if possible. Jim R will let us know as soon as it is decided.

#### NEW WOMEN'S MEETING

The Hope Group announces that they will start a new Women's Open meeting on Monday night at the Women's Flynn Home on Montford Avenue at 8 pm.

#### GSR To Meet in Cherokee

On October 9 at 1 pm, there will be an eating meeting at the Qualla Civic Center across from the new high school in Cherokee. Bring a covered dish if you can; otherwise just bring yourself. There will be a speaker after lunch.

### MTN. DOIN'S GETS A FACE-LIFT

We're getting BETTER! New size, with room to expand; new masthead and format; new FEATURES, local GUEST WRITERS, AREA NEWS, CARTOONS,...

But the MTN. DOIN'S staff (an ink-stained party of a few) needs the help of the many in the Fellowship: I.E., your comments, criticisms, suggestions, letters, jokes, articles, ... even some one-liners from the meetings, are WELCOME!

"Based on attraction rather than promotion..." we see NEW LIFE for MTN. DOIN'S, with the help of Friends in AA... So PLEASE: GET ACTIVE!, and address it to:

MOUNTAIN DOIN'S  
% Intergroup  
107 Parkway Office Bldg.  
Asheville, NC 28804

Mountain Doin's is the newsletter for Intergroup of WNC representing AA in Districts 7 & 8. Published monthly, Mountain Doin's is distributed on the tenth day of each month. The closing date for reader contributions is the first of each month.

### About the AA Logo... CIRCLE & TRIANGLE\*



"Above us, at the International Convention at St. Louis in 1955, floated a banner on which was inscribed the then new symbol of AA, a circle enclosing a triangle. The circle stands for the whole world of AA, and the triangle stands for AA's three legacies: Recovery, unity, and service.

It is perhaps no accident that priests and seers of antiquity regard this symbol as a means of warding off spirits of evil."

\*Reprinted from **AS BILL SEES IT**  
**INTERGROUP MEETING**

The monthly Intergroup meeting will be September 18, 1983, at 3 pm at the Allen Center.

## EDITORIAL COMMENT



from the INTERGROUP Treasurer...

This month's EDITORIAL COMMENT initiates a series on AA's three legacies: Recovery, Unity, & Service. The first of the Legacies is RECOVERY, which lies in the practice of the 12 Steps as a program of recovery. Our's is a program of mental, physical and spiritual recovery. Write and tell us how it works for you.

The three legacies of AA were first mentioned at the International Convention at St. Louis in 1955 celebrating 20 years of AA and proclaiming that AA had come of age. Bill W told his story at this meeting just as many of us have.

Bill became associated with the Oxford Group in New York City after a spiritual awakening. Bill was determined to fix all the drunks in the world. The Oxford Groupers had tried, mostly failed, and were fed up.

In May, 1935, Bill made a business trip to Akron, Ohio to look at a machine tool company. The deal didn't work out, and Bill was left alone - needing a drink real bad. Through a strange chain of events, Bill got teamed up with Dr. Bob and the first AA group was formed.

In the latter part of 1937, the Oxford Group and Bill parted company. Talk, according to Bill, had to be mutual. There was another difficulty - The Oxford Group depended on prominent names, while most alcoholics wanted to be anonymous.

No one can put down the influence of the Oxford Group on the spiritual side of the program. After all, what other side is there?

from AA COMES OF AGE, pp 57-77.

I don't know if you realize it or not, but the Mountain Doin's is sent to many places around the country. A few months ago, we received a letter from the GSR of the Iron Bar Group of AA in Nebraska State Penitentiary. He reports that the group is 70 strong, growing in size as well as in principles. Just thought you'd like to know that AA is alive and well everywhere.

The Mountain Doin's staff welcomes your comments, suggestions, and written contributions. Please help us represent you!

Call or write: Intergroup of WNC  
107 Parkway Office  
Building  
Asheville, NC 28801  
704-254-8539

Each month in Mountain Doin's will be a condensed financial report for the previous month. A detailed financial statement goes to each group's secretary to be posted. The financial statement reflects contributions and expenses through the closest Friday to the 25th of each month.

If you would like to know if your home group supports Intergroup either by contributions or an Intergroup representative, ask your group secretary. We need your group to be represented at each monthly meeting.

Our financial situation looks very encouraging. Our group contributions were more this month than any previous month this year. Your continued support both money and moral support are very much appreciated. I welcome any questions concerning the financial report or the treasurer's job. You may contact me through the Intergroup office.

We have 49 groups in the 7th & 8th district, 16 groups contributed for the month of August.

Group Contributions	\$586.09
Individual Contributions	35.00
Literature Sold	94.95
Total Received	716.04
Balance forward 7 - 25	195.44
Total	911.48
Less Expenses	(607.74)
Balance	303.74

Statement covers July 25 - August 26, 1983; next closing date will be September 25, 1983. Any contributions after this date will be on October's statement.

"Out of self-into God-into others"

Sheila W, Treasurer



## from AA Grapevine Inc.

- A new brochure: the GRAPEVINE as a sobriety tool. See your GV rep. for ordering information.
  - PORTABLE AA MEETING. That's the GRAPEVINE, the monthly international magazine of AA, since June, 1944. Order individual or group subscriptions through your GV rep.
  - ON TAPE: for the first time ever, a tape cassette of selected articles from GV classic issues including:
    - Bill W., "What is Acceptance?"
    - "From the Quiet Successes" (anonymity)
    - "Those Stupid Slogans"
    - William D. Silkworth, "Slips & Human Nature"
    - Dr. Bob, "The Fundamentals in Retrospect"
    - "Sponsor Relationships"
    - "Reality Can Be Uncomfortable"
    - "On Getting the Program"
- ANDMORE! See your GV rep. or use the order blank opposite for TAPE #1.

### ORDER FORM GRAPEVINE TAPE # ONE

Please send me \_\_\_\_\_ Tape #1 @ \$5.50 ea.  
Total enclosed \$ \_\_\_\_\_

Make checks or money orders payable to  
The GRAPEVINE

P.O. Box 1980, Grand Central Station  
New York, NY 10163

NAME \_\_\_\_\_

STREET or P.O. BOX \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

THANK YOU!

## HOW IT WORKS

### MTN. DOIN'S Guest Writer: Keep It Simple...

When I started sporting a pink T-shirt with KISS on the front in shining silver letters, my teenagers said, "Wow, you're finally getting cool, Mom." Oh, they were right -- but I wasn't promoting the rock group as they thought. The shirt was a gift from another AA and I knew what it really meant. Keep it simple, Stupid.

Now, I must admit that's my very favorite slogan. From the very beginning I could relate to it, at least to the "stupid" part -- like most of us, I had a lot of trouble getting a handle on "simple". This alcoholic was so used to complicating everything that keeping anything simple seemed impossible.

Yet, somewhere inside I knew if I could ever grasp the application of this slogan it would pay off. I suppose it was because when I was a little girl I had a book about Simple Simon, and on one of the pages in that book there was a pocket on Simon's coat that held a bright, shiny penny. Yes, being simple seemed to pay off in my mind.

Through the years I have found Dr. Bob had the answer to this slogan when he said the program boiled down to "trust God, clean house and help others." Now, that's the way to not only live simply,

but to simply live! Why on earth has it taken me so long to comprehend this? Never mind, I'd probably complicate it by trying to figure it out. K.I.S.S.

Pat O'G  
Hendersonville

"If you're out swimming and you start to go under, AA will come and hold you up. But they won't stroke for you..."  
Don O., Hville

ALCOHOLISM: it is an "ism"; it never goes away, never becomes a "wasm".  
Anonymous

DEAR MOUNTAIN DOIN'S

Just a thank you, but a heartfelt one. I feel I need to say thank you NC AA for the most fantastic summer I have ever had.

Thank you for your sincere love, friendship, understanding, sharing and caring of AA fellowship I have ever known.

I feel I have gained more in the last 3 or 4 months than I've gained in the last 10 years of this program.

Again, thank you, I will forever be grateful to you people in N Carolina.

Gratefully yours,  
Bill T



## BIRTHDAYS & ANNIVERSARIES

### AUGUST

Traditional	
Bill M	10
Joe R	5
Faye G	2
Fletcher	
Dot P	14
Marion	
Pat J	1
Casey J	1
Charles P	1
Gene B	2
Acceptance	
Jan B	2
Roy H	2
Les	1
Madison County	
Jean B	1
Phillip M	1
Cumberland Avenue	
Steve W	1
Betty D	25

### SEPTEMBER

Sylva	
Doyle M	4
Jeane H	5
Jeff M	2
Blue Ridge	
John A	14
Archie D	8
Thomas T	2
Robb T	2
Hendersonville	
Judy B	1
Joan Y	1
West Asheville	
Dot D	4
Tom E	4
Murphy	
June C	3
Acceptance	
Gerd S	4
Mike K	1

## One day at a time...

"Hope is the maintenance and growth of a spiritual experience"

Alcoholics Anonymous, page 66

## Incoming Calls to Intergroup

July 25 - August 26

General Information	8
AA Help	13
Family Help (Al-anon)	12
Meeting Information	15
Medical Help (Detox)	1
Intergroup Business	35
PI Calls	2
Others	3
Calls from Answerphone	17
<b>Total</b>	<b>106</b>

### SPECIAL THANKS!

The Intergroup office would like to say a special thanks to all the groups who sent a little extra money this month. Keep up the good work!

## Intergroup Minutes

The monthly Intergroup meeting was held on August 21 at Hendersonville. Six representatives were present from the 49 groups in our districts. Thanks to those who are willing to participate.

The main topic of discussion was the procedure for admitting people to detox. It seems that a new ruling has come down that you must contact the Blue Ridge Center before transporting a person to detox. They have a day and emergency number.

Also, Joan B has some PI pamphlets for doctors and other professionals.

### HOSPITALIZED

Know of a member of the fellowship who is home-bound or hospitalized? Send information to MTN. DOIN'S, so that friends can spread some cheer!

"...the greatest achievement of the human spirit is to live up to your opportunities and make the most of your resources."

REPRINT FROM THE STORY,  
Vol. 8, No. 24, p. 25-26.

EDITOR'S NOTE: THE STORY is published quarterly by the inmates at the N.C. Dept. of Corrections. It's one of many newsletters etc. with which MTN. DOIN'S corresponds.



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC