



MOUNTAIN

DOIN'S

October, 1983

GROUP ANNOUNCEMENTS

The Madison County Group wishes to change their name to the Marshall Group. They meet on Friday nights at 8 pm at the First Presbyterian Church.

Sorry to report that the Living Now Group which meets at Murphy Medical Center, Peachtree, NC, has disbanded.

Cumberland Avenue will have a closed meeting on Monday night at 8 pm.

GSR MEETING

There will be a GSR meeting on Sunday October 23 at 2 pm at the Allen Center.

INTERGROUP MEETING

The regular monthly Intergroup meeting will be October 9 at 3 pm at the Allen Center. Please note that this is a change from the usual third Sunday meeting. The date was changed so as to not conflict with the homecoming at Bridgeway.

BERMUDA CONVENTION

The Annual Bermuda Regional Convention will be November 23 - 27. Call Intergroup for more information.

BRIDGEWAY HOMECOMING

The second annual Bridgeway Homecoming will be October 15 & 16. Call Bridgeway at 704-884-2100 for more information.

Jim L of the Intergroup Office passed away October 2. All friends extend our sympathy to his wife and family.

**FOR WHAT IT'S WORTH DEPARTMENT -
Parkway Office - Happenings**

The Ohio trip was great for me - good visits with family, friends, and some great fellowship with our closest friend, Marton K.

Ted and I had the pleasure of attending a meeting consisting of a panel discussion from Akron, Ohio members - over 100 years of sobriety on that panel and the subject was, "The Four Absolutes (Honesty, Unselfishness, Purity, & Love). We don't hear much talk of those nowadays so it was good for me to remember how it was.

The literature cupboard here contains a supply of "Each Day a New Beginning" the new meditation book for women which is a Hazelden publication, along with some of the old favorites. And, of course, the World Literature Services literature contains something for everyone.

Easy Does It,
CWF

"Watch you steps - they take you places." from The Eye Opener
Hazelden

"True wisdom starts with a heart full of faith, not a head full of facts." from The Forum
Alanon Family Groups

"God helps those who don't try to take over His work." from One Day At a Time
Alanon Family Groups

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.



UNITY

The second legacy of AA is unity. As early as the 1940's AA groups were springing up all over the world. A Saturday Evening Post article brought in scores of new members. How could such a mixed up group of people achieve unity?

The 12 Traditions were first put on paper in 1946. "The 12 Traditions are to group survival and harmony what AA's 12 Steps are to each member's sobriety and peace of mind. They guarantee equality of members and independence of all groups."

The 12 Traditions are best summarized in the last Tradition. It does not mean that AA is a secret society or that there need be anonymity inside the fellowship. It means that each member must sacrifice personal gain for the good of the group.

Anonymity is humility personified. It means that the fellowship is truly democratic - everyone who comes in leaves their degrees and pedigrees behind.

It also means that when you walk in the door, we already know part of your life story. We want you to stick around so we can get to know the good part.

-from AA Comes of Age, page 96.

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

Group Contributions for September 1983

Acceptance	20.00	Individual Contributions -
Big Book	15.00	182.40
Blue Ridge	81.18	(Don R, Curry W,
Brevard	20.00	Sheila W, Fred H,
Fletcher	25.00	Ted & Charlotte F,
Hendersonville	66.68	Virginia S, Doug R,
Hope (Women)	10.00	Barbara B, Diane M,
Marshall	10.00	Bill T, Anonymous.
Murphy	20.00	
No Name	100.00	Literature Sold -
Serenity Ser.	25.00	89.20
Victoria	20.00	
W. Asheville	30.00	Cumberland, Haw
Waynesville	25.00	Creek, and W. Ashe-
Living Now	45.00	ville pay for the
Total	513.76	ad in the paper.

Total Received	785.36
Balance Brought Forward	303.74
Total Available	1089.10
Less Expenses	(626.19)
Balance 9-23	462.91

See your group secretary or intergroup representative for a detailed financial statement.

"Many people in AA take too literally the statement they hear to the effect, 'We have no initiation fee or dues'. Alcoholics Anonymous is not free - it costs a whale of a lot - your time, your money, your thoughts, your prayers. It will give you a lot every day of your life, but it also requires a lot of your everyday living. If you are stingy with AA, you are cheating yourself. If you want a horse to work for you, you must feed him." From The Eye Opener published by Hazelden, Sept. 17.

Sheila W

Religion teaches you how to die,
AA teaches you how to live.
Religion will save your soul, AA
will save your life.



HOW IT WORKS

MTN. DOIN'S Guest Writers

ALCOHOL AND YOUR HOME

A couple of weeks ago, the Associated Press carried a fairly extensive story about the relationship between alcohol and home accidents.

Some researchers at a Midwestern university had investigated home accidents. They came to the conclusion that alcohol, ingested by the victim, was a factor in approximately 50% of all home accidents.

This news may have startled, even astonished, the academic world but to an alcoholic, it was no news at all.

Hardly an alcoholic alive has not suffered bruises, contusions, abrasions, concussions, and fractures as a result of getting well into the bag and then tripping over the family dog or falling down the cellar stairs. ("I had a bottle hidden down there behind the furnace!") or falling off a ladder. And the amount of damage a drunk trying to repair an electrical short circuit can be frightful to behold.

There is a popular delusion to the effect that drunks just don't get hurt when they fall down stairs or off ladders, or roll out of moving autos. "They're too relaxed," is the theme.

Baloney!

Alcoholics are human beings. Our bones break, too. If you cut us, do we not bleed? If you strangle us, do we not die?

It's too bad that it took a university research team to discover this great truth about alcohol and home safety. The average alcoholic could have saved that team a lot of time and trouble.

The whole thing, however, indicates once again how little the general public knows about the misuse of alcohol. It also supplies another reason to question statistics about alcohol as a cause of death.

Right now alcoholism is ranked as the third most common cause of death, following heart disease and cancer. But the statistics are doubtful.

The death of an alcoholic who falls down a flight of steps will be attributed on the death certificate to an accidental fall. The use of alcohol may or may not be mentioned on the certificate but it won't be classed as the cause of death.

Yet, in most cases of that nature alcohol was, indeed, the killer.

And it's the same with Dear Old Aunt Minnie who for years stayed in the upstairs bedroom drinking sherry. Her death was attributed to heart failure. It reads nicer on the death certificate. But, in fact, alcohol did the old lady in, just as surely as if she had been beaten to death with a sherry bottle.

It's a lethal disease - alcoholism. And it may be the nation's number one killer.

staff written

ALCOHOL AND ANGER

Because alcohol is a chemical and causes chemical reactions within the body specifically the brain, one has to wonder why liquor is referred to as a spirit. The word spirit is usually used to indicate something good, something benign. Alcohol addiction manifests itself in spirits such as anger, causing the sick person to lash out at even those he loves. Anger is not necessarily caused by alcohol, but it is amplified intensely for the alcoholic. In his book, Emotions Can You Trust Them?, Dr. James Dobson distinguishes such intensified anger from that of a normal chemical reaction of the endocrine system of the human body. Yet, the recovering alcoholic sometimes finds himself drunk with anger. It takes time, but with the help of a Higher Power and AA, this detrimental impulse can be controlled, ironically, the same way it came into being - through a very strong spirit.

That is who old-timers insist, "It gets better." Their poisoned life is further back in history than that of the newcomer. One day at a time, they have dealt with both the outward and inward poisons of alcohol and anger and embrace the spirit of AA and the Higher Power.

John E.

BIRTHDAYS & ANNIVERSARIES

JULY

Waynesville - Grace
Judy H 2

AUGUST

Waynesville - Grace
Eva M 2
Mike G 1

SEPTEMBER

Fletcher
Dot G 10
Sally F 6
Hendersonville
Louise F 1
Victoria
George B 1
Pete P 4
Ernie G 8
Craig D 1
Delores C 1
Mike R 1
Traditional
Charles L 7

OCTOBER

West Asheville
Jim T 5
Lee H 8
Maurice H 5
Fred H 19
Haw Creek
Pat G 4
Hendersonville
JR H 1
Pearl J 14
Blue Ridge
Jack M 12
Ruth G 9
Linda N 3
Alden W 2
Victoria
Neil D 13
Don B 1
Traditional
Russ B 12
Murphy
Bob K 2

Incoming Calls to Intergroup

August 29 - September 23

General Information	1
AA Help	6
Family Help (AlAnon)	6
Meeting Information	9
Medical Help (Detox)	6
Intergroup Business	40
PI Calls	1
Others	1
Answering Service	24
Total	94

INTERGROUP MEETING

The regular monthly meeting of Intergroup was held on September 18 at the Allen Center.

The process of admitting a person to detox was discussed again. If you live in Buncombe County, contact Blue Ridge Center. Their day number is 252-8748; at night call, 252-8102. If you live in a county other than Buncombe, contact the Mental Health Center in your county.

The Mountain Doin's new format was approved. The cost for postage and printing is \$65 per month.

The Intergroup representatives voted that an individual contribution to Intergroup should entitle a person to an individual mailing for one calendar year. Also, mailings to other Intergroups will be limited to those groups who send us a copy of their newsletter.

If I had gone down any further, the groundhogs would have been bringing my supper.

Just when I finally figure out where it's at somebody moves it.

In AA, there are no big shots, there are no little shots - it's one shot and we're all shot.

Some people come to AA with a God, some people come to AA without a God; some people come to AA and think they are God.

One day at a time...

