



AREA MEETING

The Traditional Group and the West Asheville Group will have an area meeting on November 13 at Trinity Episcopal Church. Meet at 1 pm, eat at 1:30 pm, and there will be a speaker at 2:30 pm. Coffee and soft drinks will be supplied by the groups sponsoring the meeting.

NEW GROUP

Mars Hill has a new group on Thursday at 8 pm at the Methodist Church on Main Street in Mars Hill. It is an open meeting.

NAME CHANGE

The Big Book Study Group wishes to change their name to the Black Mountain Group. They meet on Monday nights at 8 pm for a closed discussion and on Thursday at 8 pm for a closed 12 Step Study meeting. The last Thursday of each month is an Open Speaker's meeting. The Women's Group meets on Wednesday at 12 noon for a closed discussion meeting.

MEMORIALS

The following people made a contribution to Intergroup as a memorial to Jim L - Sheila W, Curry W, Diane M, Charlotte and Ted F.

ATTITUDE OF GRATITUDE

If I learned anything about this program from my first sponsor, it was about gratitude. Her favorite saying (and she said it often) was, "An attitude of gratitude will keep you sober."

I didn't know how to be grateful when I got here. I had never thanked God for anything in my life that I can remember. My prayers were always "gimme" prayers or prayers of command. You know the kind: "Lord, please give me this -- I need it." "Lord, please make this happen this way." "Lord, please make so-and-so do (or not do) such-and-such." Come to think of it,

I suppose I never thanked Him because He usually answered "no" so I didn't feel I had anything to thank Him for.

At any rate, when I arrived at the doors of AA I was up to my neck drowning in a sea of self pity. My favorite reading was the Book of Job with which I totally identified. And my sponsor said I should be grateful! "For what?" I would cry. "Can you see?" she would ask. "Can you walk? Are you sober?" She had the nerve to make me tell her on a daily basis something I was grateful for.

At first I had to search for things, but like everything else, practice makes better -- I know the saying is "practice makes perfect", but we strive for progress, not perfection (thank God). Eventually, I found myself saying a lot of "thank you's" to God throughout the day.

When I finally got around to working the 11th Step, I found that "gimme" and command prayers are not a part of this way of life. I have learned (slowly) to pray as the 11th Step suggests, "for knowledge of His Will for me and the power to carry that out." Today I ask, "Lord, what would you have me do, and please help me to do it. Thank you."

It's November and Thanksgiving is coming up so I'll leave you with another of my sponsor's favorite sayings, "Are we grateful enough?"

"You pray in your distress and in your need; would that you might pray also in the fullness of your joy."

Kahlil Gibran, THE PROPHET

Pat O., Hendersonville

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.



THE THIRD LEGACY - SERVICE

This is the last of a three part series on the three legacies of AA: recovery, unity, and service. The first legacy, recovery, is kind of like the first step - if you ain't got it, you ain't got nothing. Unity is what is going to keep AA alive for all those alcoholics yet to come.

Service deals with today. What can I as an individual do that can be called service ?

There are many offices to be held in AA: General Service Representative, Intergroup Representative, Grapevine Representative, District Committeeman, Delegate, and Group Secretary. But not everyone has an opportunity to do these things. So there are other forms of service: making coffee, emptying ashtrays, taking meetings to hospitals and jails, and taking twelfth step calls.

But not everyone can do these things. So there is one form of service work that almost anyone can do - BE THERE. Attend all the meetings possible and talk to people. Encourage the newcomer and the others who may be discouraged. No one ever said that sobriety was smooth sailing. The fellowship is filled with people with problems and people who need a friend.

You never know, one day someone you have helped can help you.

After all, that's what the fellowship is all about.

BIRTHDAY CLUB

The Fletcher Group sent a contribution of \$10 for Dot G's tenth birthday and \$6 for Sally F's sixth birthday.

Sarge H sent \$19 for his nineteenth birthday.

7th Anniversary Meeting

The Fletcher Group will have a 7th anniversary meeting of December 1. There will be a speaker and coffee and refreshments will be served after the meeting.

Never let yesterday take up too much of today.

September 26 - October 28, 1983

Group Contributions		Individual Contributions - 194.00
Acceptance	20.00	(Gene M, Sheila W,
Bakersville	20.00	Curry W, Diane M,
Black Mtn.	15.00	Charlotte F, Ted F,
Blue Ridge	73.09	Michael K, Fred H,
Fletcher	41.00	& Bill D)
Hendersonville	42.09	
Hope	10.00	Literature sold -
Murphy	20.00	148.51
Serenity Serv.	25.00	
Sylvan Valley	60.00	Cumberland Ave.,
Traditional	20.00	Haw Creek, and W.
Tryon	45.00	Asheville pay for
Unity	50.00	the ad in the paper
Victoria	20.00	which is 48.00/ mo.
W. Asheville	30.00	
Total	491.18	

Total Income	833.69	Balance as of
Bal Brt Fwd	462.91	October 28, 1983
Total Avail.	1,296.60	
Less Expenses	(720.74)	575.86

See your group secretary for a detailed financial statement.

I am responsible,
When anyone, anywhere, reaches out for help, I want the hand of AA to be there. And for that I am responsible.*

* Bill W. Declaration of 30th anniversary International Convention 1965

Through your continued support of Intergroup, the hand of AA is available 24 hours a day.

Sheila W, Treasurer

GROUP ANNOUNCEMENT

The Haywood Road Smokeless Group announces that the fourth Monday night of each month will be an open meeting. The group meets at St. Joan of Arc Catholic Church in the library each Monday at 8 pm. Smokers are invited, but must refrain during the meeting.

ADVICE TO MALE MEMBERS

If you chase slips, you might have one - and it won't be the white lace kind.

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

We have been receiving some calls for meeting information from returning college students in our area. Many of these calls represent newcomers to WNC, so please welcome them in our fellowship.

For those of you who receive calls from the answering service, it would help us a lot if you would take a minute to call during the office hours with a quick memo as to what transpired. We try to make sure the people who need us get us. We don't need details, just a brief followup.

The mountain fall foliage admirers are starting to leave our area now and our Florida visitors will be returning home soon. To all our visitors, we say we wish you a safe journey and a sober and healthy winter. God willing, we will see you next year.

Have a happy, grateful Thanksgiving. It's a beautiful, special day to spend a bit extra time in reflection on the past while being grateful for the now.

Easy Does It,
CWF

HOW IT WORKS

MTN. DOIN'S Guest Writer

MOVING INTO NOW ...

Like many other things said in early AA meetings, I heard -- but didn't listen to -- comments about living in the past and projecting into the future, the backward/forward thinking to which alcoholics seem so prone. I didn't realize that these pitfalls had me trapped in a world of fantasy.

I wouldn't have believed this if told; my idea of fancicizing was the kookaloo who strutted around with his hand in his shirt front, believing himself to be Napoleon. I admitted to some insanity while drinking, but felt I had a solid grip on reality after coming into the AA fellowship. I couldn't see that resentments took me back to the past -- I had carefully sorted through my grudges and kept only those "justified" ones, not realizing that resentments are resentments, and that "justified" ones are as much a threat to serenity and sobriety as the other kind.

And projection; not only the negative kind, experiencing trouble in advance; but unrealistically optimistic scenarios, daydreams in which I was wildly successful -- by my standards, of course -- the ego preening itself in the mirror of fantasy. When real life didn't live up to these rosy projections I had new

resentments at the disappointment I had handed myself by way of make-believe future world.

"No pain, no gain"; I had to become unhappy enough, feel enough threat to sobriety, to see how my backward/forward thinking set me up for discomfort, pain, and fear. One day at a time -- how many times had I heard that? And didn't listen -- let it be a trite phrase going in one ear and echoing emptily like a bowling ball through a culvert. Hurt long enough, and the alcoholic will either get drunk or begin to listen.

I was spared the former alternative, and have begun to listen to the things AA tells me -- begun underlined -- to adapt them to my own life. And, contrary to me pessimistic expectations, life, real life, the kind I can live in twenty-four hour doses, is a more comfortable and substantial place than that of backward looks and future fantasies. I don't have to live in the past or in fear of imagined future troubles, or escape to some euphoric future world. With the AA program and fellowship, now is becoming a pretty good place to be.

Bob L., Hendersonville



BIRTHDAYS & ANNIVERSARIES

SEPTEMBER

12 Step Study
Karen 1

OCTOBER

Traditional
Peggy T 8
Black Mountain
Augusta M 9
Serenity (Bakersville)
Johnny W 4
Marshall
Don McL 12

NOVEMBER

Black Mountain
Barry O 10
Victoria
Pat C 6
Tom H 10
Hendersonville
Brenda 1
Nat A 20
Fred E 5
Ed G 4
John G 9
Charlie B 11
Martha B 11
John C 7
Jay B R 1
Thom H 1
Traditional
Morris R 10
Jean W 7
Don T 1
Fletcher
Don O 21
Jack W 1
Blue Ridge
Howard P 35
Woody O 21
Bob B 12
Brooks S 4
John L 1

Incoming Calls to Intergroup

September 26 - October 28

General Information	7
AA Help	15
Family Help-ALAnon	8
Meeting Information	13
Medical Help	3
Intergroup Business	60
Public Information	6
Others	6
Answering Service	27
Total	<u>145</u>

INTERGROUP MEETING

The regular Intergroup monthly meeting was held on October 9, 1983 at 3 pm at the Allen Center.

The subject of individual mailing of the Mountain Doin's was discussed. Each representative was reminded to tell their group that an individual contribution to Intergroup entitles the person to receive the Mountain Doin's at home for one calendar year.

Anyone wishing to give a contribution as a memorial for Jim L who passed away on October 2 may do so. A card will be sent to Jim's wife listing the names of persons who wished to do this.

The representatives were asked to ask their groups if there was any objection to having Intergroup meetings on the second Sunday of each month rather than the third Sunday. However, the November meeting will be on the third Sunday.

The Mountain Doin's editor asked if anyone had any objection to using quotes from Hazelden literature. There were no objections.

Person's receiving 12th Step calls at night were asked to call the office and let the coordinator know the outcome.

Some representatives felt that the format of the financial statement may create competition among the groups, but overall it was agreed that the present format was being done well.

The next Intergroup meeting will be November 20 at 3 pm at the Allen Center.

One day at a time...



MOUNTAIN DOIN'S % Intergroup

107 Parkway Office Bldg., Asheville, NC