



TEN COMMANDMENTS FOR TODAY

1. Today - this morning - is the greatest day of your life. Today is the beginning of the remainder of your life; also it could be the final day of your life on this earth. Yesterday is now history and tomorrow is still a mystery. Use today well and wisely....

2. Whatever you do today, do it with love and affection, care and concern for everyone around you. We are all children of our God and we all drink from the same cup of life. Health and happiness, success and prosperity are our common goals.

3. You can be whatever you want to be. You can accomplish whatever you want with enthusiasm, patience, and persistence. You have a mind, think good thoughts. You have eyes, have noble vision. You have wings, fly as high as you can. The sky is unlimited space. Your potential has never been realized.

4. You are nature's greatest miracle and God's most marvelous creation - the zenith of His works. You - your life, body, heart and soul - are the most convincing proofs of the existence and providence of God. Truly, you and your personality are unique, special and different. In the whole history of mankind, there is only one of you. Enjoy your individuality and develop your ego strengths.

5. Live today as if it were your last day on this beautiful planet. Leave no task undone and no stone unturned. Examine all your goals and plan your daily schedule with purpose and precision. "An unexamined life is not worth living."

6. Control all your emotions and master all your thoughts. Always be positive, optimistic and constructive. As much as possible, avoid all negative and destructive ideas, words, vibrations, deeds, and thoughts. You are what you think and you accomplish what you plan.

7. "This is the day that the Lord hath made; let us rejoice and be glad in it." Today be happy, smile, and share your inner joy and peace with others because

God loves you. Life was not made for tears and sorrows. "When you smile, the whole world smiles with you. When you cry, you cry alone."

8. Count all your blessings and benefits daily. Pray and meditate often and sincerely. Set aside a period of time daily for serious thinking. Never be satisfied with the status quo in your life. Increase your goals. Today work more diligently. With patience, perseverance, and planning all your goals are attainable.

9. "Nothing comes from nothing." If you do not study, you cannot learn. If you do not try, you cannot succeed. Beautiful and great thoughts produce beautiful and great results.

10. Your religion is the true life of your soul. Your heart is the high altar of God. Your home is the throne of the Almighty. Your daily life is the sole proof of your spiritual life... Love your God with all your mind and body, soul and heart. Serve your neighbor with all your time and talents.

Fr. Andrew E. Georganoudakis

Note: The Ten Commandments appeared in the September 8, 1983 issue of The Hellenic Chronicle (Boston) three days after the author passed away.

Contributed by Jim P of the Serenity Group (Bakersville)

NEW MEETINGS

The Alternative Group has a meeting every Monday night at 8 pm at the Cumberland Avenue Baptist Church.

The Acceptance Group now meets on Wednesday night at 8 pm at the Allen Center for an open discussion.

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.



October 27 - November 25, 1983

NEW YEAR'S RESOLUTIONS

Each day resolve to: Wake up instead of coming to. Encourage someone who is down. Go to a meeting and participate in some way. Offer your love and support to another person. Do something good for yourself. Take time for your Higher Power. Stop to smell the flowers.

Practice this each day and 1984 will be a great year.

Merry Christmas and the happiest New Year ever. (Watch out for those amateur drunks on the road this season.)

When you join Alcoholics Anonymous, you can drop your membership in Alcoholics Conspicuous.

SERENITY PRAYER

No one can tell for sure who first wrote the Serenity Prayer. Some say it came from the early Greeks; others think it was from the pen of an anonymous English poet; still others claim it was written by an American naval officer; and Jack Alexander, who once researched the matter, attributes it to the Rev. Reinhold Niebuhr of the Union Theological Seminary. Anyhow, we have the prayer and it is said thousands of times daily. We count its writer among our great benefactors.

AA Comes of Age, page 196

Alcoholism is not a valium deficiency.

WOMEN'S CONFERENCE

The 20th National AA Women's Conference will be held on February 23 - 26 in Atlanta, Georgia. Call Intergroup for more information.

Group Contributions

Acceptance	20.00
Black Mountain	15.00
Blue Ridge	67.51
Clyde	60.00
Fletcher	46.00
Franklin	30.00
Hendersonville	32.53
Hope	10.00
Murphy	20.00
Serenity Service	25.00
Traditional	25.00
Tryon	19.51
Victoria	20.00
West Asheville	30.00
Haywood Road	5.00
Total	425.55

Individual Contributions

Anonymous, Virginia S, Jean W, Mary C, Fred H, Michael K, Ed D, Curry W, Diane M, Charlotte F, Sheila W.	
Total	140.00

Literature Sold - 84.70

Total Income	650.27
Balance Brt. Fwd.	575.86
Total Available	1,226.11
Less Expenses	(722.85)
Bal. as of 11-25-83	503.26

Cumberland Avenue, Haw Creek, & West Asheville pay for the ad in the paper which is \$48.00 per month.

See your group secretary for a detailed financial statement.

Have a happy sober Christmas and New Year.

Sheila W
Treasurer

BIRTHDAY CLUB: The Fletcher Group sent \$20 for Don O and \$1 for Jack W.

Memorials for Jim L were sent by: Jean W, Virginia S, Mary C, Fred H, and the Serenity Service Group (Wall Street)

FROM THE DCM - GIVING IT AWAY TO KEEP IT

All of us in AA have heard in some form or other that we must give away the essential principles of AA in order to keep them and use them for ourselves. Many of us don't know exactly what that command means, but we know it works. If you have been in AA long enough and know enough about the program to know that it works - share it with someone. Service work in AA can be the most rewarding experience in the program. Remember, we have only one thing to do - help others to recover. Help yourself, help another suffering alcoholic, help your group, and help AA as a whole. Be sure you are counted among the tens of thousands who are involved in continuous service to others in AA.

There is no such thing as failure if you find a thousand ways it doesn't work.

THOUGHTS OF FAITH, OF HOPE, OF LOVE
OF LIFE

Life is full of disappointments, failures, doubts and fears; that so often times it seems there is no good to see.

But if I persevere and look for good, and cling to faith, .. and hope, .. and love

I'll find those dreams I held so dear still waiting there for me.

If only I will learn to trust and wait and pray to THEE, I'll find the peace and love I sought were always there for me.

For love's a gift once freely given is never taken back, But waits in hope to be received and then in faith .. to grow.

Don T

Nobody ever stumbled over Pike's Peak.

FOR WHAT IT'S WORTH DEPARTMENT -
Parkway Office Happenings

We are revising our group meeting schedules and plan to have a new booklet out in January. Please! Check your group listings carefully in the current Where and When (green) booklet. If there are any changes, additions, or deletions, call or write the Intergroup office this week. We plan to reprint as soon as possible - deadline for revision is Dec. 23, 1983. Curry W will coordinate the listings and she may also be contacted. The Where and When book is invaluable to the newcomer and in PI work. It also serves as a convenient place to jot down phone numbers and speaking commitments.

Here's some great gift ideas: AA Come of Age, or Dr. Bob and the Good Oldtimers. These two World Services books help us remember where we got it. We invite you to come by and look over our literature.

The Grapevine as a variety of gift ideas from calenders to a new cassette recording - good thought for shut-ins.

We here at Intergroup wish you all the pleasantest of holiday seasons and to borrow from my own Ohio sponsor "an effective New Year."

Easy Does It,
CWF

GROUP ANNOUNCEMENTS

The Black Mountain Group wishes to invite members to attend a special closed candle-light meeting on December 22, 1983, Thursday evening at 8 pm. Please bring your own candle and come join us for a great discussion!
St. James Episcopal Church, 417 Vance Ave.
Black Mountain, NC

NEW AL-ANON GROUP

A new Al-Anon group will be meeting over "Our Place" at the Roman Catholic Center in Mars Hill on Wednesday at 10 am.

When I came into AA, I had two businesses - my own and everyone else's.

BIRTHDAYS & ANNIVERSARIES

OCTOBER

Cumberland Avenue
Bill W 1

NOVEMBER

Serenity (Bakersville)
Virginia S 22
Jim P 10
Jean J 3
West Asheville
Dave T 4
Corky M 9
Dan D 1
Haw Creek
Bill W 5
Acceptance
Dave L 2

DECEMBER

Blue Ridge
Buck A 11
Charlotte H 6
Woody P 2
Haw Creek
Lewis C 2
Cordie C 2
Black Mountain
Edith P 29
West Asheville
Dicky V 15
Roland R 9
Bill M 9
Max A 3
Hendersonville
Leslie J 3
Jerry O'N 1
Marty 2
David W 1
Acceptance
Brenda W 1
Babs A 2
Victoria Road
James B 2
Marshall
MV C 5
Murphy
Al B 12
Claude H 3
Betty B 5

Incoming Calls to Intergroup

October 31 - November 25, 1983

General Information	5
AA Help	9
Family Help	5
Meeting Information	7
Medical Help	3
Intergroup Business	42
Public Information	8
Others	4
Answerphone	<u>23</u>
Total	106

Intergroup Minutes

The regular Intergroup meeting was held on November 20 at 3 pm at the Allen Center. The Intergroup treasurer thanked all the groups for their contributions. It was decided to keep the meetings on the third Sunday of each month.

There was a discussion about naming individual contributors to Intergroup. It was decided that if an individual did not want their name listed, they could remain anonymous.

The Where and When cards are being updated and revised. The groups were asked to send in updated information.

The subject of the Bridgeway Homecoming announcement was discussed. There had been reports that some people felt the announcement was inappropriate and suggested an alliance between Bridgeway and Intergroup. The representatives felt that the announcement should have been printed since Intergroup is not AA and the Mountain Doin's is an informational paper.

The representatives agreed to the purchase of a \$20 file cabinet and other office supplies for the office.

There will not be an Intergroup meeting in December. The next meeting will be January 15 at 3 pm at the Allen Center.

One day at a time...



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC