



CHANGE: NECESSITY FOR GROWTH & SOBRIETY

Take a practicing alcoholic, remove the alcohol, and what do you have ? A dry alcoholic. As I've heard many AA members say, there's a big difference between sobriety and "so-driety". The removal of chemicals from the body is a necessity for learning how to stay sober, but it is a beginning, not the desired end result; that being able to cope with life without booze and drugs and to achieve a degree of serenity is the real goal.

To not be under physical influence of alcohol was a big initial change for me. But after the Cloud Nine and a few colored chips I began to be aware that all was not well in my life. At meetings I heard people discuss change and growth. The Twelve Promises seemed at first to offer a lot of hope, but as I reread them it became more and more obvious that they addressed changes in the alcoholic, not necessarily in life around him. The Promises told me that the fear of people and of economic insecurity would leave me; that wasn't quite what I had in mind. I wanted to hear that people would treat me the way I wanted to be treated, that economic insecurity itself would leave, with the advent of a good job or profitable self-employment.

The fact was that I wanted to change, but not in me. I was all right, it was people and circumstances around me that were less than ideal. It was changes in people and things that I wanted.

It is difficult for most adults to accept the idea of true changes in self. Such change is not impossible - else there'd be no sober alcoholics - but change comes perhaps especially hard for those with our illness. " - tried to hold onto our old ideas .. "; the fifth chapter of the Big Book tells us of this tendency. "God, grant me the serenity to accept the things I cannot change .." This part of the Serenity Prayer, for me, refers to other people and most circumstances. "The courage to change the things I can .." and me is probably foremost on this list; my reactions to people and things around me, reactions that cause

resentment, anger and frustration. I may not be able to change the people and circumstances to which I must react, but with help from my Higher Power I can change my reactions, and that means a change in me.

I resisted this idea of change in a unique, familiar, and irreplaceable me. What kind of person might I become if I changed ? Could I develop into one of those insipid, ludicrous Pollyanna (or Pollyandrew?) types, always ready to see good in things that any sane human being would recognize as a load of masculine bovine excrement ? Some Power of Positive Thinking twerp who didn't have enough common sense to see the wrongs and ills of the world ?

It took a self-honesty that didn't come easily to admit that the old, familiar me hadn't done very well in dealing with life. After allowing myself to hurt enough by trying to do things my way I finally took the Third Step. I was struck suddenly by the fact that my old ideas and attitudes had accomplished little more than keeping me drunk. It was a variation on the old "If you're so damned smart, why ain't you rich ?" theme, with "sober" for "rich".

The fear of becoming somebody I didn't know and wouldn't like began to leave me. The fifth chapter of the Big Book goes on to say that "no one among us has been able to maintain anything like perfect adherence to these principles." This along with my demonstrable imperfectability, gives me reassurance that it's highly unlikely I'll ever change to the point of not recognizing myself. But myself, though still familiar, it now a lot easier for me to live with - and like.

Bob L.
Hendersonville Group

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.

EDITORIAL COMMENT



from the INTERGROUP Treasurer...

Step 1 We admitted we were powerless over alcohol - that our lives had become unmanageable.

"The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker."
Alcoholics Anonymous page 30

How many people have you heard name thousands of ways they tried to control their drinking before they were able to take the first step? The first step implies that we come to the realization that we can never again drink successfully and be able to predict the results. What an order! If that thought sends chills down your spine, remember that we only have to do it today. Living one day at a time is a sure cure for the fear of never being able to drink again for the rest of our lives.

Somehow as the days turn into weeks, the obsession lessens and the real miracle happens - we find that staying sober can be fun and life can be exciting and meaningful.

The journey of a thousand miles begins with the first step.

I MUST

- Accept the knowledge that I am an alcoholic.
- Accept the fact that I shall always be allergic to alcohol.
- Accept the fact that I can never again become a social drinker.
- Accept the fact that I must constantly be on guard.
- Accept the fact that it is not of my doing, but a Higher Power that keeps me sober.
- Accept the fact that I must live the program daily.
- Accept the new and wonderful world around me through the fellowship of AA.
- Accept the fact that it has helped me to help myself, to achieve a contented sober life in which alcohol has no place.
- Accepting these truths, I SHALL KEEP MY SOBRIETY.

Reprinted from Grateful Thoughts
 Alliance Ohio

GROUP CONTRIBUTIONS

| | |
|---------------------|---------------|
| Acceptance | 25.00 |
| Black Mountain | 15.00 |
| Blue Ridge | 80.40 |
| Brevard | 20.00 |
| Culowhee | 10.00 |
| Fletcher | 26.00 |
| Hendersonville | 39.17 |
| Hope | 10.00 |
| Marshall | 10.00 |
| Murphy | 20.00 |
| Serenity Service | 25.00 |
| Sylva | 10.00 |
| Sylvan Valley | 20.00 |
| Thursday After-noon | 25.00 |
| Unity | 105.00 |
| Victoria | 20.00 |
| W. Asheville | 30.00 |
| Waynesville | 25.00 |
| Smoky Mountain | 20.00 |
| | <u>535.57</u> |

INDIVIDUAL

| | |
|----------------------------------------------------------------------------------|--------|
| Total - | 112.00 |
| (William L, Fred H, Diane M, Barbara B, Curry W, Sheila W, Ted F, & Charlotte F) | |
| Literature sold- | 96.50 |

| | |
|--------------------------|---------------|
| Group Contributions | 535.57 |
| Individual Contributions | 112.00 |
| Literature Sold | <u>96.50</u> |
| | 744.07 |
| Balance Brought Forward | 503.26 |
| Total Available | 1247.33 |
| Less Expenses | <u>715.07</u> |
| Balance 12-30-83 | 532.26 |

See your group secretary for a detailed financial statement. This has been a tremendous year for the Intergroup. We have had over 90% on the groups in District 7 & 8 supporting the Intergroup financially. With a 532.26 balance at the end of the year, we can pay for our new Where and When books without sending out a plea for special donations. We are very grateful for your support in every way. Have a happy New Year - One Day at a Time.

Sheila W
 Intergroup Treasurer

We are saddened to report the death of Joe M of the West Asheville Group on December 30, 1983.

HOW IT WORKS

AN AA'S DREAM

I dreamed one night I passed away
and left this world behind.
I started down that lonely trail,
some of my friends to find.
I came to a signboard on the trail
the directions it did tell:
KEEP RIGHT to go to Heaven;
TURN LEFT to go to Hell.

I hadn't been too good on earth,
just a hopeless boozing rake,
and knew there at the crossroads,
the path I'd have to take.
So I started on that rocky path
that leads to Satan's place:
And I shook within not knowing
just what I'd have to face.

Old Satan met me at the gate,
"What is your name, my friend?"
I said, "I'm just old Sober Sam
that's come to a sad end."
He glanced through some yellow files,
"You've made a mistake I fear.
You're listed as an alcoholic,
We do not want you here."

No one has ever proved
that there isn't a God.

Incoming Calls to Intergroup

November 28 - December 30

| | |
|---------------------|-----|
| General Information | 12 |
| AA Help | 10 |
| Family Help | 8 |
| Meeting Information | 15 |
| Medical Help | 4 |
| Intergroup Business | 48 |
| Public Information | 3 |
| Other | 7 |
| Answerphone | 35 |
| Total | 142 |

I said, "I'm looking for my friends."
And a smile stole o'er his face.
"If your friends are alcoholics,
they're in the other place."
So, I went back the way I came,
till the crossroads I did see,
Then turned right to heaven
as happy as could be.

St. Peter smiled and said, "Come in,
for you, I have a berth.
You are an alcoholic,
You've been through hell on earth."
I saw o'l Bob and o'l Pat, too.
Bill R and a friend called Bell,
And brother I was tickled,
'cause I thought they'd gone to hell.

So brothers and sisters all take warning,
learn something from my trip.
You've got a place in heaven
If you try hard not to slip.
If someone tempts you with a drink
when you're not feeling well,
Tell him you're going to heaven
and he can go to hell.

Anonymous

sent in by Fred H, Haywood Road Group

FROM THE DCM - Coffee cups and Cigarette Butts

Many in AA are concerned about when a person should make a twelfth step call. My sponsor told me that I would make a 12th step call the first week of the program. Then I was told that throwing out the dirty coffee cups and emptying ashtrays was a form of this work.

I wondered how that constituted a 12th step call until I was told that all we do, however small, helps the suffering alcoholic. And we should never discount our efforts - they are needed. If your group has no one to empty ashtrays and do some basic KP, then volunteer, you will feel good making those 12th step calls.





BIRTHDAYS & ANNIVERSARIES

NOVEMBER

Sylva
 Oliver A 2
 Alvin W 15

DECEMBER

Traditional
 Michael K 2
 Victoria Road
 Mary B 11
 Haywood Road Smokeless
 Jo H 10
 Barry 3
 Sylva
 Garland P 23
 Bill F 5
 Scott C 7
 Gerald P 6

JANUARY

Victoria Road
 Ted F 7
 Norman C 4
 Jerry J 1
 Carey A 2
 Sylva
 Ben J 10
 Blue Ridge
 Frank R 9
 Dorothy P 2
 Hendersonville
 Ed G 7
 Marie G 7
 Seldon S 1
 Hope
 Martha S 3
 Sheila W 2
 West Asheville
 Buck B 19
 Louise M 20
 Joe V 5
 Acceptance
 John C 1
 Boyce R 2
 Lester R 1
 Milton B 3

FOR WHAT IT'S WORTH DEPARTMENT- Parkway Office Happenings

By the time you read this you will have "undecked" the halls, and begun to settle into the January business of getting on with it.

Our holiday season went well - moderately relaxed and pleasant in spite of the icy winds.

One of our most cherished new customs is the sending and receiving notes to and from our AA friends in other states. Even relatives write now - and how well I remember those years they did not.

Our Big Book promises we will not regret the past nor wish to shut the door on it; and this season makes that promise come alive. Another word about Big Books: We finally took the ones that were collected over to the main branch of the Pack Library. We had five Big Books and two Dr. Bob's - some from last year. The head of adult services called and told me that they can't keep them on the shelves they are checked out so fast. He was most appreciative and told us that a few will go to the branches.

The PI committee has become inactive, but if any of you are motivated to action in this area, why not take a Big Book, Twelve and Twelve or any other World Services book to the library as part of carrying the message - just a thought.

We get word that some areas furnish Grapevine subscriptions and pamphlet supplies to their local library systems.

The When and Where booklets are at the printers. We should have the new supply by the end of the month if all goes according to schedule.

A final thought from our friend in Ohio: Drunks are like crickets - put one in the box and another may jump out.

Easy does it,
CWF

A coincidence is just a miracle in which God wishes to remain anonymous.

One day at a time...



MOUNTAIN DOIN'S % Intergroup



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