



HIDDEN MEANINGS

There is an old joke about the two psychiatrists who pass each other in the hallway of a hospital.

"Good morning," says the first psychiatrist to the second psychiatrist. "I wonder what he meant by that?" says the second psychiatrist to himself as he walks away.

To most sober, rational people "Good morning" means "Good morning," and that's all. But some people, and some alcoholics are among them, tend to try hard to find hidden meanings in ordinary communications.

And when they don't find the hidden meanings (usually because the hidden meanings don't exist) they tend to become frustrated, angry and resentful.

This is one way the worm of resentment gets a start. And that worm is particularly perilous to us alcoholics. Resentment and frustration too often lead to the bottle and the bottle leads only to the grave.

A good policy for us alcoholics is to try hard to take things at their face value. "Good morning" usually means just that and no more. Let's not pry around for second-level communications. Usually there is nothing there.

How many times have you heard recovering alcoholics complain that they just "can't get step three," or "I don't really understand step eight," or make some other objection about the steps or the program?

As a rule, they are having trouble because they are trying to read into the steps or the program something that isn't there. Sometimes they also are trying to read something that isn't there into the people around them.

continued next column

Alcohol comes in bottles - alcoholism comes in people

The AA program and the 12 steps are framed into simple, understandable words. The words were intended to convey a clear meaning to people in trouble: they had to be simple. There's nothing mystic about them: they mean exactly what they say.

Simplicity, in fact, is one of the keys to success with the program. Remember the injunction to "Keep it simple."

Let "Good morning" mean "Good morning" and let it go at that. Most of us are happy just to have someone else to wish us a good morning. It was not always that way. Remember those mornings when the family dog wouldn't have wished us a good morning?

Let's just accept that blessing and side-step any unnecessary resentments.

And it this little piece seems to equate recovering alcoholics with psychiatrists, that's purely coincidental.

Staff Written

SEVENTH DISTRICT EATING MEETING

Sponsored by: Acceptance, Victoria, and First Step Groups

At: East Asheville Community Center behind the fire station on US 70 East

Sunday March 11 Eat at 1:30 pm
Speaker at 2:30 pm

Bring a covered dish - soft drinks will be furnished

The room will be open at 12:00 pm for coffee and fellowship.

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 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

"The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so called will power becomes practically non-existent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink."

Alcoholics Anonymous
page 24

When I "came" to AA I thought my problems were unique. I was totally convinced that I was a hopeless case and none of you could possibly understand me.

When I "came to" I thought the second step didn't apply to me. I did crazy things when I drank, but I was not insane when I was sober - I thought.

Then I suffered that memory lapse they talk about on page 24 of the Big Book. I had the insane thought that I could drink again.

It took a long time to "come to believe" that a Higher Power could actually give me the foresight to look beyond that drink to the consequences, but up through today I can see beyond that drink because now I know I'm an alcoholic and once I start I can't stop.

That's what I think the second step is all about.

GROUP ANNOUNCEMENTS

There will be a Big Book Group Study/ Open Discussion beginning January 27 at 8 pm at the Methodist Church just north of the bingo on Highway 19 in Cherokee.

The We Care Today Group has disbanded. Please mark this off in your books.

AA is like an adjustable wrench, it will fit any nut that walks in the door

January 1 - 27, 1984

Group Contributions

Acceptance	20.00
Black Mountain	15.00
Blue Ridge	65.34
Cumberland Avenue	10.00
Fletcher	25.00
Franklin	30.00
Haywood Road	10.00
Hendersonville	31.85
Hope	10.00
Murphy	20.00
Mountain View	75.00
Serenity Service	50.00
Traditional	25.00
Tryon	45.00
West Asheville	30.00
Total	462.19

Literature sold 75.20

Individual Contributions - anonymous,
Fred H, Bill D, Curry W, Sheila W,
Ted F, & Charlotte F.
117.00

Expenses

Parkway Office	55.00
Mountain Doin's	59.89
Answerphone	33.00
Southern Bell	58.62
Office Supplies	29.06
Hazelden	147.57
Where & When	100.00
Coordinator	300.00
	783.14

Balance Brought Forward	532.26
Group Contributions	462.19
Literature Sold	75.20
Individual Contributions	117.00
Total Available	1186.65
Less Expenses	783.14
Balance January 27	403.51

Birthday Club: Ted F contributed \$7 to the Birthday Club for 7 years of sobriety.

The road to success is always under construction.

HOW IT WORKS

MTN. DOIN'S Guest Writer

AA AND ME

When I came to AA

It was quite a strange day
The big "I" to give way
To see what you had to say

Didn't hear what you said

But a Light was sure shed
On a big void inside me
I surely thought was long dead

Kept coming to meetings

With your lovely greetings
And they kept me away
From the booze and my beatings

The LOVE that I felt

Hit my heart with a belt
And finally one evening
I preyed as I knelt

You people had something

I so desperately craved
And through your Higher Power
The road was soon paved

At meetings you told me

That soon I would see
If "I" practiced the program
"SOBER" - I'd be

So thanks to God and AA

Today - I see the way
One day at a time
And that's - OK

Denise L
Cherokee

A. A. WON'T

Keep you from going to hell
Nor is it a ticket to heaven

BUT IT WILL

Keep you sober, long enough
For you to make up your mind
Which way you want to go!

FOR WHAT IT'S WORTH DEPARTMENT:

Parkway Office Happenings

We had our "yearly" house cleaning here at 107 several weeks back. Hopefully, now we'll keep with it at least monthly. A trusted servant volunteered his time, talents, and sweeper - we surely do thank him.

The curtains will be washed as soon as some long arms are recruited to get them down.

The Where and When Booklets had some first proofing and are on their way to completion. We have a few of the last printing left, so don't let your group be without a schedule.

January is always a good time for beginnings, and one goal for this year from this office is to help reaffirm the importance of an "informed membership". We have received articles in various newsletters addressing this subject and GSO always reiterates the importance of an informed group.

Your newsletter is one vehicle to help achieve a part of this goal. All Intergroup representatives and group secretaries are reminded to announce the current Mountain Doin's arrival and encourage members to get and read their copies. Keep the deadlines in mind - we want and need your news - to help keep you informed.

Hope the flu bug passes you by.

Easy Does It,
CWF

AL-ANON NOTES

Starting February 1, Al-Anon will have a 24 hour answering service. The new number is 253-2163. All of us in Al-Anon give grateful thanks to Betty H from Fletcher who organized and ran the previous answering service from her home for seven years.

The Al-Anon District Meeting was held on Sunday, January 22. It was cohosted by the Tuesday Trinity and and Friendship Groups.

Call us for information about our future activities. Give potential new members our telephone number too!





BIRTHDAYS & ANNIVERSARIES

DECEMBER

Traditional	
Bill Y	6
Fletcher	
Leo L	9
RJ Q	1

JANUARY

Black Mountain	
Stan N	5
Gleason B	3
Ken H	1
Murphy	
June C	3
Bob G	6
Gary M	3
Fletcher	
Suzanne B	9
Carl K	6

FEBRUARY

Cumberland Ave	
Lewis P	2
Dana A	2
West Asheville	
Ralph M	7
Hendersonville	
Ed D	12
Helen D	12
Ron P	2
Pete S	2
Black Mountain	
Lorraine C	18
Pam P	3
Blue Ridge	
Ike O	15
Maxine Y	7
Karl A	4
AR L	2
Walter W	2
Rick F	1
Charles P	1
Haddy H	1
Sylva	
Paul P	2
Ron H	5
Rufus D	2
Traditional	
Mary C	13
Lou L	12
Diane M	1



Incoming Calls to Intergroup

January 2 to January 27, 1984

General Information	12
AA Help	11
Family Help	12
Meeting Information	13
Medical Help	2
Intergroup Business	32
Public Information	3
Others	3
Answerphone	23
Total	111

Intergroup Minutes

The regular Intergroup meeting was held on January 15 at 3 pm at the Allen Center. A correction was noted on the minutes of the last meeting. The Hendersonville Group wished to be put on the record as objecting to announcements such as the Bridgeway homecoming in the Mountain Doin's.

Charlotte was advised to use her own judgement as to calling substitutes when she has to be out of the office.

The Where and When cards are at the printers. The cost will be about \$320 per 2000. The Hope Group has offered to collate and staple them together. The charge will be 25¢ each for AA groups with a 50¢ handling fee for each 25 mailed. For professionals, the charge is 30¢ each with the 50¢ handling fee for each 25 mailed. There will be no charge for persons coming into the office for help.

Sheila is looking into getting a federal tax identification number for the Intergroup.

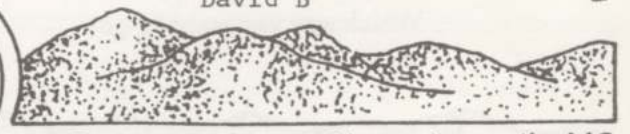
The next Intergroup meeting will be on February 19 at 3 pm at the Allen Center.

One day at a time...

Fletcher	
Karl A	4
Haw Creek	
Lewis L	6
Murphy	
David B	1



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC