



MOUNTAIN

DOIN'S

March 1984

THE UNIQUE INDIVIDUAL OR HOW TO MAKE SURE AA WON'T WORK

So. In a weak moment, sired by excessive drinking and given birth by extenuating circumstances, you admitted you were powerless over alcohol; perhaps, that your life had become unmanageable. You even felt that AA probably had the answer.

Now you're not so sure. The quick and dirty way is simply to resign from AA. But well meaning friends, meddlesome family members, perhaps an employer who is skeptical of your newfound way of living make this abrupt method potentially troublesome. And perhaps there's a small voice inside saying that AA is exactly what you need.

The Unique Individual, that person who has admittedly had problems with booze but who doesn't need AA on an ongoing basis, goes about convincing himself of this in clever and subtle ways. Following are some suggestions for becoming a Unique Individual. Most well-established UI's have their own methods; these are offered for the prospective UI.

First, there's attendance at AA meetings. Try to find a group that meets only once a week. One missed meeting will give you two weeks of non-attendance. Beware, however, of the one-meeting-a-week group whose members regularly attend other groups' meetings. They are as apt to be fanatical about sobriety as the members of groups which meet more than once a week.

If circumstances force you to a group which meets several times a week, quickly develop resentments; preferably against the group itself, but at least against one or more members. This makes skipping meetings more easily justified.

Notice smoky meeting rooms. Say things about the smoking of others being bad for one's health as well as vexatious, even if you yourself smoke. AA smoke is after all much more offensive than that found in lounges, bars, and at parties where alcoholic beverages are consumed.

Decor of meeting rooms is especially significant. AA meetings tend to have full lighting, and lack of money spent on carpet, furniture, and the like is more obvious than in a nice dimly lit saloon, where beer stains and cigarette burns don't show anyway.

Conduct of meetings themselves; notice chairpersons who call meetings to order two minutes late and then, even worse, let them run over! Observe that chairpersons often get procedures mixed up and out of order. Ignore the fact that they're sober, recovering alcoholics; you made the effort to be there, even put a dollar in the basket when it went around! Nervousness and a lack of expertise are no excuse for a bumbling chairperson.

Use speaker meetings to hone your skills as a critic. Notice how the speaker mispronounces and even misuses certain words. Observe his or her nervousness, especially as the story unfolds and the clock turns toward the end of the hour. Again, an irritating lack of professionalism. Don't allow your objectivity to be affected by the content of the speaker's story. If you were elsewhere, you could as least be entertained. Is that too much to ask?

And speaking of content for a moment; what about this female speaker, who only drank wine at home until she was blitzed? You could top that one. If you're female, watch that rough-looking man at the podium with his mountain accent and obvious lack of formal education. Never mind the fact he's seven years sober and supports a family; good God, how can they expect you to identify with a person who drank that awful rotgut moonshine and spent time in jail?

Please join us next month as Bob L of the Hendersonville group continues to tell us how not to do it.

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 3 - Made a decision to turn our will and our lives over to the care of God as we understood Him.

"Once more: The alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power.

Alcoholics Anonymous
page 43

The Big Book makes clear at least two points about step 3. First, step 3 can be a major stumbling block to a great number of people. Most of us had that "good Christian home" upbringing that somewhat clouds our concept of God by fear and guilt. "God as we understood Him" is a new way of looking at a very old concept.

Second, some sort of a spiritual program is necessary for sobriety. I have never met anyone who is too dumb to get the program, but I have met a few who were too smart. Sometimes people who feel they have it all together don't need God. Others feel that they can't find God. That was my problem. And then when I least expected it, He found me. Now, I'm convinced that God can turn my greatest weakness into my greatest strength.

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 1:00 pm
Speaker at 2:00 pm

Bring a covered dish - soft drinks will be furnished

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

The 28th Annual Florida State Convention will be held in Boca Raton, Florida on July 18 - 22, 1984. Call Intergroup for more information.

GROUP CONTRIBUTIONS

Acceptance	20.00
Alternative	10.00
Black Mountain	15.00
Blue Ridge	84.39
Brevard	20.00
Cashiers Valley	25.00
Cumberland Avenue	10.00
Fletcher	31.00
Hendersonville	29.44
Hope	10.00
Marshall	25.00
Murphy	20.00
West Asheville	30.00
No Nonsense	50.00
Haywood Road Smokeless	5.00
Tryon	10.75
Total Group	395.58

Literature Sold 159.25

Individual Contributions 71.00
(anonymous, Babs A, Beth P, Sheila W, Ted & Charlotte F)

Group Contributions	395.58
Literature Sold	159.25
Individual Contributions	71.00
Total Contributions	625.03
Balance Brought Forward	403.51
Total Available	1029.34
Less Expenses	789.12
Balance as of 2/24/84	240.22

Fletcher special Carl K birthday 6.00

Tryon special 10.75

Blue Ridge 25.00 special; 34.39 supplemental

Expenses

Parkway Office	55.00	Office Supplies	15.00
Mt. Doin's	65.32	AA World Ser.	33.09
Answerphone	33.00	Where and When	228.80
Southern Bell	58.83	Coordinator	300.00

Would you like to make a special contribution to Intergroup as an individual AA member? Mail to Intergroup.

Sheila W
Treasurer

The next Intergroup meeting will be March 18, 1984 at 3 pm at the Allen Center.

HOW IT WORKS

GSR MEETING 2-19-84

Announcements:

The District Meeting will be March 11.
The State GSR Meeting will be May 19 & 20 in Winston Salem. Be sure that your group is represented.

This is a new year - remind your group secretaries to give to Intergroup, State, and GSO.

The Annual Picnic will be in August - details to follow.

The GSR's will draw for District meeting dates in October rather than December this year.

Discussion:

Jim T mentioned the need for a deaf group. Ed G will take this to the State Committee for ideas and help.

Problems other than alcohol were discussed - It is up to the chairperson to bring the meeting back to alcohol related problems or make it clear at the start that this is our one and only problem.

This is election year - be thinking of a good servant for your group and also a good District Committeeman & Alternate.

One day at a time...

You should tell the truth at least part of the time so that when you lie, people will believe you.

NEW MEETINGS

The Fletcher Group will have a closed meeting at 8 pm on Tuesday evenings at the United Methodist Church in Fletcher.

There will be a closed discussion meeting on Thursdays at 8 pm at the Episcopal Church in Tryon.

Correction in the Where and When Book:
The Tryon Al-Anon meeting time is 8 pm.

FOR WHAT IT'S WORTH DEPARTMENT: Parkway Office Happenings

Our new Where and When booklets are printed and in the final stages of collating and stapling. Several members of the Women's Hope Group along with some good friends from other groups have met on two different Saturdays to work. We aren't finished, folks. I have begun to realize now why the price from the printer would be so high if they folded, collated, and stapled.

We have over 1000 ready for distribution - the first books went out at our Intergroup meeting. To all those who have helped those many hours - a huge "thank you" from here. What a great way to get the feet wet in service work - and that's just what it is - helping to fulfill our "primary purpose".

How often I have heard a newcomer say, "I can't do anything yet - I'm not ready." I daresay even shaky hands could fold. And we shared as we worked - that's what it's all about.

Our classified ad which has run for many years in the paper stopped for a few weeks. Two of the groups which have helped with the billing were unable to continue financial support. Intergroup decided at the February meeting to restart the ad and ask for group and individual support. We have received word from the West Asheville Group of support as before and last week the Marshall and Mars Hill Groups made a contribution toward this effort.

Talk to your group at your next business meeting. See if you have a few dollars to support this effort. A lot of people, helping a little, will insure this long time custom continuing.

Winter's here for sure - bundle up and take care on the roads.

Easy Does It,

CWF

Cure for depression - an attitude of gratitude.



BIRTHDAYS & ANNIVERSARIES

JANUARY

Tryon	
John H	2
Polly R	3
Allan E	11

FEBRUARY

Acceptance	
Sam S	3
Warren S	8
Hendersonville	
Bill G	2
West Asheville	
Ralph M	7
Carl M	5
Kit L	3
Pauline M	10
Marion	
Charles D	4
Marshall	
Gene M	11
Tryon	
Janet S	12

MARCH

Sylva	
Mary K	1
Geraldine K	19
Dillard P	6
Blue Ridge	
Millie H	13
Hendersonville	
Eleanor C	
Mike S	
Carmelita T	1
Judie R	2
West Asheville	
Ed R	12
Reeves D	9
Benny D	4
Clayton W	4
Charles M	3
Murphy	
Bob W	5
Acceptance	
Susie K	2
Steven M	1
Tryon	
Don G	3
Howard R	3
Jim S	5
Shine G	27

Incoming Calls to Intergroup

January 30 - February 24, 1984

General Information	5
AA Help	6
Family Help	6
Meeting Information	12
Medical Help	1
Intergroup Business	37
Public Information	3
Others	28
Answerphone	29*
Total	127

*The calls from Answerphone reflect the total number that required a response of some sort. They also handle meeting information requests as they are able.

Intergroup Minutes

The regular Intergroup meeting was held on February 19, 1984. There were 17 people in attendance.

The Intergroup now has an ID number to prevent the 20% withholding tax.

The Where and When cards are available.

There was a lengthy discussion as to the statement in the December Mountain Doin's that Intergroup was not AA. A Correction is here noted. Intergroup is a service center, not an AA group. It is a very vital part of AA. However, announcements about treatment centers that neither endorse nor oppose are permissible because the Mountain Doin's is an informational paper.

Page 83 of the AA Service Manual says:

"Central offices provide local services; general service committees maintain the link between the AA groups and the AA General Service Board..... So these two separate but vital service structures coexist in many areas in mutual cooperation and harmony, to the benefit of the entire fellowship."

A Highland Hospital physician called Intergroup to ask for volunteers to work with chemically dependent people. If you are interested and want further information call Intergroup.



MOUNTAIN DOIN'S % Intergroup



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