



# MOUNTAIN

# DOIN'S

April 1984

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

Last month Bob L wrote about how to skip meetings and criticize speakers. The following article is a continuation of how to become a Unique Individual....

How can AA's expect you to identify with a speaker who drank that awful rotgut moonshine and spent time in jail ?

You, who made a very civilized martini and simply drank a few too many. There were times you came into the living room in your underwear - or so some people at the party said - but it seems that the speaker meeting chairperson could get more articulate speakers - doesn't AA itself say that alcoholics aren't necessarily roughneck, lowlife types ?

At discussion meetings, be sure you know what you're going to say if they call on you. Don't be distracted by others' comments. Self-confidence can allow one to bring great insights and, yes, humor, to otherwise hackneyed and overworked subjects like "one day at a time", "easy does it", and "being powerless over alcohol." Such exercise of one's intellect and wit helps one realize how more really - fortunate- one is than other participants.

For the more introspective skeptic there is the alternative tactic of silence at discussion meetings and in general. After all, you can't expect the others to know how you feel; you, who are after all Unique. Such enigmatic aloofness enables one to consider the ways in which others have been proven thoughtless, untrustworthy, and malacious.

For more specific, individualistic resentments - notice how D--- always has trouble remembering your name. Observe P---'s tacky clothes, and surely she could do something better with her hair. And M---; you've got nothing against Yankees, personally, but he talks so damn loud ! And T-- didn't speak to you at all last week. At lot of them didn't. You arrived ten minutes early and stood right there at the back of the room and hardly

anybody came up and said hello; you've been doing the same thing for several weeks and it's almost always the same. Some of those older members put on a show of humility but they let slip the number of years of sobriety they've had. Some of them have the nerve to look at you like a damn amateur !

Speaking of length of sobriety; always be ready to let those with fewer weeks of sobriety than yourself have the benefit of your knowledge and experience. Beware of the oldtimers; they get set in their ways, become obsessed with the Steps and slogans and the God business. Those people with your own amount of sobriety are, like you, the new blood. They too can often see the shortcomings around you.

Outside interests can help in freeing oneself from AA dependence. Being a volunteer fireman, a volunteer hospital worker, a volunteer anything is after all community service, as are activities with little theater groups and the like if looked at the right way. There old friends with whom to become reacquainted. There are chores around the house. Ignore the fact that you haven't done anything but drink for the last year; you now have priorities.

Bringing outside interests to the AA meeting itself can be a way of relieving the dreadful solemnity of talk about not drinking and living sober. And face it, you won't feel too shabby in letting the others know how well your golf game is going, or that you've taken first place in an art competition, or that you won a race at your sailing club in your specially rigged new Phantom. Ignore remarks about ego and its perils; they're just jealous.

Continued on page 3

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.



Step 4 - Made a searching and fearless moral inventory of ourselves.

"Resentment is the 'number one' offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically."

Alcoholics Anonymous  
page 64

DISTRICT 8 AREA MEETING

On April 15, there will be a District 8 Area Meeting at the Community Center at Franklin. Eat at 1 pm. There will be two speakers at 2 pm.

EATING MEETING

The District 7 May covered dish eating meeting will be held on May 6 at the Presbyterian Church on East Main Street in Brevard. Brevard Group, No Name Group, & Sylvan Valley Group will cohost. Eat at 1:30 pm; speaker at 2:30 pm. Bryant D from Dobson will be the guest speaker.

ANNOUNCEMENTS

On April 8, there will be an open Public Information meeting at the Methodist Church in Clyde at 1 pm.

The Coffee Cup Campers will have their first campout at Apple Valley Campground in Hendersonville on April 20, 21, & 22. Those in the Fellowship who would like to camp, come join us for a wonderful weekend of AA fellowship. The Campground is off I-26. Take Hendersonville-Bat Cave exit (US 64) toward Bat Cave and follow the signs to Apple Valley Campground.

The Snowshoe Spring Roundup will be May 25 - 28 at Snowshoe, West Virginia. Call InterGroup for more information.

February 25 - March 23, 1984

Group Contributions

Acceptance	20.00	Literature sold -	
Black Mountain	15.00		185.45
Blue Ridge	70.68		
Cumberland Ave.	10.00	Individual Contri-	
Fletcher	29.00	butions -	105.00
Hendersonville	68.18	(Curry W, Fred H,	
Hope	10.00	Barbara B, Virginia S,	
Marshall	17.50	Sheila W, anonymous)	
Murphy	20.00		
Serenity Serv.	25.00	Expenses	
Unity	50.00	Parkway Office	55.00
West Asheville	75.00	Answerphone	33.00
Victoria	60.00	Coodinator	300.00
Haywood Road	15.06	Southern Bell	60.49
Total Groups	485.42	AA World Serv.	48.08
		Mountain Doin's	70.69
		Total Expense	567.26

Group Contributions	485.42
Literature Sold	185.45
Individual Contrib.	105.00
Balance Brought Fwd.	240.22
Total Available	1016.09
Less Expenses	(567.26)
Balance as of 3-23	448.83

Specials for classified ad - Marshall 17.50, West Asheville (3 months) 45.00, Haywood Road Smokeless 15.06;(Thanks Groups!) Fletcher 4.00 Karl A Birthday Contribution

Would your group like to make a special donation for the classified ad? The ad runs in every paper the Asheville Citizen-Times prints which is 12 issues a week. The cost for this ad is 48.00 per month. This is another way we can continue to carry the message to the suffering alcoholic. (Look in the classified section of your paper under "personals")

Sheila W  
Treasurer

The McLeod Home (formerly Flynn Home for Women) is almost always in need of rides to the noon and evening meetings. If you can help in this vital part of twelfth step work, please call them at 253-2542.

# HOW IT WORKS

EASTER 1984

Everyone knows there's only one T in Easter. To this AA member, T stands for the following things:

- A. The Twelve Steps (62 T's)
- B. The Twelve Traditions
- C. The Serenity Prayer (11 T's)
- D. Tee-totaling for twenty four hours
- E. Trust in a Higher Power as I understand Him
- F. To thine own self be true
- G. Trials            H. Tests    I. Troubles
- J. Temptations
- K. Taking time to attend meetings
- L. Trade stories with treasured, true friends
- M. 19 letters in Alcoholics Anonymous
- N. Meditation with much Thanksgiving
- O. Training ourself to stop - look - and listen.
- P. Thinking of where we came from and being grateful for each step forward
- Q. Traveling together to meetings where we talk to others and try to be helpful
- R. Our traits and habits change
- S. Getting rid of self pity
- T. Admitting powerlessness
- U. The Big Book
- V. Visiting AA friends
- W. Thoughtfulness
- X. Telephoning before not after the first drink
- Y. HALT
- Z. And last but not least, the Lord's Prayer

Making a total of over 168 T's in Easter for me.

Barbara N  
Mars Hill Group

## GROUP ANNOUNCEMENTS

The Women's Group of Black Mountain has reopened its meeting every Wednesday at 12 noon to 1 pm. Bring your lunch and please come join us.

The Twelve & Twelve Women's Group meets on Tuesday at 8 pm at Moores Grove United Methodist Church, Route 64 at Howard Gap Road in Hendersonville for a closed women's discussion meeting. Bring your Twelve & Twelve.

The Unique Individual - continued  
from page 1

Try to avoid sponsors like the plague. They get entirely too personal if you make an unwise choice. If for some reason it becomes the course of least resistance to get one, try to find somebody who isn't too set in AA ways. A person with a background and personality like yours is more likely to understand your Uniqueness. Lack of fanatical devotion to meeting attendance is very desirable. Such an individual is not likely to be narrow-minded about your own attendance.

If still employed, throw yourself feverishly into your work. Show them, by God, you're as good as ever, even better. If unemployed, begin a frantic job search. Never mind the fact that you haven't worked for the last fifteen months; go to work as soon as possible. You have a lot of time to make up. The same goes for personal relationships. If married, spend every free minute with your spouse; ignore the fact that he or she has been living a de facto widowed life for the past two years anyway. If unmarried, seek a significant other immediately, never mind what the AA's say. Have a whirlwind romance. Get married. If not, at least have a serious affair.

Following these suggestions and augmenting them with your own will enable you, too to become a Unique Individual. If you implement them well enough, you can quickly go from the UI status to DUI - Drunken Unique Individual. Then if you are fortunate enough to make it back, you can return to AA, to those imperfect, single minded - and sober - people. Good luck on your UI program. If you don't end up in the joint, on a locked ward, or dead, maybe I'll see you at an AA meeting.

Bob L  
Hendersonville Group





# BIRTHDAYS & ANNIVERSARIES

## FEBRUARY

Mars Hill	
Roy H	1
Bakersville Serenity	
JE B	3

## MARCH

Traditional	
Virginia S	18
Edna J	1
Evelyn J	3
Doug O	12
Cumberland Avenue	
Bill D	12
Hendersonville	
Maude G	1
Haw Creek	
Burnitt B	1
Lewis G	27
Acceptance	
Lewis R	1
Nannie W	1

## APRIL

Murphy	
Boyce S	2
Minnie M	5
Fred B	4
Marion	
Bill J	5
Helen C	12
Bud C	12
Hendersonville	
Judi M	7
Blue Ridge	
Mildred G	14
Judi V	7
William L	2
Acceptance	
Daphne H	2

# One day at a time...

Learn from the mistakes of others,  
you won't live long enough to make  
them all yourself.



MOUNTAIN DOIN'S % Intergroup



# Incoming Calls to Intergroup

February 27 - March 23, 1984

General Information	16
AA Help	10
Family Help (Al-Anon)	4
Meeting Information	15
Medical Help	2
Intergroup Business	27
PI Calls	2
Others	5
Answerphone	23
Total	104

## Intergroup Minutes

The regular Intergroup meeting was held on March 18, 1984 at the Allen Center.

The representatives gave a vote of thanks to all those who assembled the Where and When books.

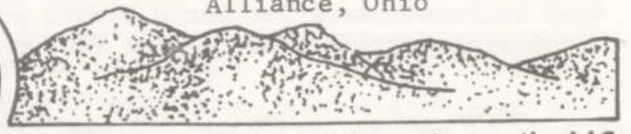
Anyone getting a twelfth step call is asked to inform Intergroup of the outcome as soon as possible.

Jo H received a letter from GSO regarding the continuing controversy over the relationship between AA and Intergroup. The letter read in part, "The best definition of what a Central or Intergroup Office is, is described in the opening paragraph of the AA Guidelines. 'A Central Office is an AA service office that involves partnership among groups in a community - just as AA groups themselves are a partnership of individuals.'"

The next Intergroup meeting will be April 15 at 3 pm at the Allen Center.

Sobriety is a precious gem  
Let us cut it to its finest perfection  
Polish it to the highest gloss  
Wrap it in love  
Seal it in honesty and sincerity  
Share it with our loved ones.  
It can be done and with great success.  
Being sober alone does not constitute  
SOBRIETY. It is what we do with the  
great gift.

Grateful Thoughts  
Alliance, Ohio



107 Parkway Office Bldg., Asheville, NC