



MOUNTAIN

DOIN'S

May 1984

The Station

by Robert J. Hastings

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are traveling by train. Out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hillsides, of city skylines and village halls.

But uppermost in our minds is the final destination. On a certain day at a certain hour we will pull into the station. Bands will be playing and flags waving. Once we get there so many wonderful dreams will come true and the pieces of our lives will fit together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering - waiting, waiting, waiting for the station.

"When we reach the station, that will be it!" we cry, "When I'm 18," "When I buy a new 450 SL Mercedes Benz!" "When I put the last kid through college." "When I have paid off the mortgage!" "When I get a promotion." "When I reach the age of retirement, I shall live happily ever after!"

Sooner or later we must realize there is no station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

"Relish the moment" is a good motto, especially when coupled with Psalm 118:24: "This is the day which the Lord hath made; we will rejoice and be glad in it." It isn't the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves who rob us of today.

So, stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less. Life must be lived as we go along. The station will come soon enough.

Reprinted courtesy of the Asheville-Citizen Times

AA Is A Simple Program For Complicated People

The alcoholic is probably the most complicated person in the world, today.

He is usually an extremist — hard at work or sound asleep

He is usually a worrier — remorseful about his past and afraid for his future

He is usually an idealist — wanting to do big things and never seeming to accomplish them —

In his cups — He is an Engineer, building a bridge — an Architect, designing a building — an Orator, swaying the people . . .

He can always do the job, better than the boss

He is a dreamer, unwilling to face reality

But alcohol, crafty and cunning — eventually brings him to his knees —

Not knowing where to go — He turns to A.A. for help

And what looks like a horrible defeat — turns into glorious victory

Through A.A. members, He learns how complicated He is

He learns He can live without booze by simplifying his way of living

He learns He can overcome the remorse of the past

He learns He can do nothing about the future, until it arrives

ONE DAY AT A TIME — He can live an organized simplified life — 24 hours — no more — no less

Through a simple program, known as
ALCOHOLICS ANONYMOUS

Reprinted from Pick Me Up

One day at a time...

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 5 - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

"We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking."

Alcoholics Anonymous
page 72

What alcoholic is proud of everything he has done in his life? Yet the Big Book tells me that the fourth and fifth steps are necessary for survival as a sober alcoholic. So I think of the fourth and fifth steps as the "starting over" steps. We clear the wreckage of our past and begin a new life.

Most of us weren't too well in touch with our feelings when we drank. The steps are the beginning of a new awareness of self. An inventory doesn't have to be all bad. We may find some strengths in the fourth step.

This wonderful new beginning can happen anytime in the sober alcoholic's recovery. In my opinion, it should be done as soon as the fog clears and again when needed. Why carry all that around?

Thanks, HP, for giving us the opportunity to start over when ever we want to let go.

AA is the highest priced fraternity in the world. If you have paid your dues, why not enjoy the benefits?

A hangover is something that occupies the head that wasn't used the night before.

The thought precedes the act;
You have to be thinking about drinking, before you actually begin your drinking.

If we have four problems and take a drink, we will have five problems.

The principle ingredient in anonymity is devoting ones efforts for the common good, without personal desires.

Grateful Thoughts
Alliance, Ohio

GROUP CONTRIBUTIONS

Acceptance	20.00	Literature sold:	
Black Mountain	15.00		143.85
Blue Ridge	75.29		
Brevard	20.00	Individual:	117.50
Cumberland Ave.	10.00	(Fred H, Curry W,	
Fletcher	25.00	Lena N, anonymous,	
Hendersonville	60.07	James & Gaynell W,	
Hope	10.00	Sheila W)	
Murphy	20.00		
Serenity Serv.	25.00	Expenses:	
Sylvan Valley	150.00	Parkway Office	55.00
Traditional	25.00	Mt. Doin's	65.29
Unity	25.00	Answerphone	33.00
West Asheville	30.00	Southern Bell	58.13
Waynesville	25.00	AA World Ser.	80.33
Smoky Mt.	20.00	Hazeldon	54.86
Haywood Rd.	33.88	Coordinator	375.00
Tryon	45.00	Total	721.61
Total	634.24		

Special thanks to Haywood Road Smokeless Group for a special contribution of 23.88 for the classified ad.

Group Contributions	634.24
Literature sold	143.85
Individual Contributions	117.50
	895.59
Balance brt. fwd.	448.83
Total available	1344.42
Less expenses	721.61
Balance 4-27-84	622.81

Sheila W
Treasurer

The neighbor's windows are much cleaner if first we clean our own.

The biggest problem in the world could be solved when it was small.

What we are tomorrow, we are becoming today.

When a person tries to control his drinking, he has already lost control.

Grateful Thoughts
Alliance, Ohio

The best way to kill time is to work it to death.

HOW IT WORKS

There are lines about my sobriety:
I left a world of misery behind me.
I'm contented living this way -
living sober day by day.
A new found friend, the Higher Power,
is with me through any trying hour
teaching me simple faith and gratitude
can change my old attitudes,
transforming self-pity and depression
into grateful jubilation.
I'm a new person each new day
with new adventures coming my way.
All I'm willing to work for is mine.
If I choose to stay sober
one day at a time.

Renee B
Acceptance Group

NEW GROUP

The Open Door Group will be meeting at ARC on Sunday nights at 8 pm. Everyone is invited to join them in this meeting.

ALATEEN GROUP

Starting April 9, there will be an Alateen group meeting at Appalachian Hall on Monday nights at 8 pm. Jim R will be helping get this group started.

ALANON GROUP

The Mars Hill Alanon Group now meets on Monday nights at 7 pm in the basement of the infirmary of Mars Hill College.

NEW MEETING

There is a new meeting in Robbinsville. It will be at Mountain Side Lutheran Church in Robbinsville on the Highway 29 bypass on Sundays at 7:30 pm.

ALANON MEETING

There will be a Friday noon meeting of ALANON at Trinity Episcopal Church on Church Street in Asheville.

MEETING CHANGES IN FRANKLIN

The Primary Purpose Women's Closed meeting will be on Wednesday at 1 pm at the Presbyterian Church.

The Serenity Group meets on Tuesday at 8 pm at the Presbyterian Church for a closed discussion.

The New Life Group meets at the Andrews Hospital in Franklin at 8 pm on Wednesday for an open meeting.

The Last Resort Group meets on Friday night at 8 pm at the Presbyterian Church.

UPCOMING EVENTS

The Spring Colorama will be held the weekend of May 25 - 27 at the High Hampton Inn in Cashiers. Call Intergroup for more information.

The 27th International Conference of Young People in AA will be July 5 - 8 in Chicago. The theme is "Working with Others." Call Intergroup for more information.



"No, Joe! It's the message we carry!"

Reprinted from Pick Me Up



BIRTHDAYS & ANNIVERSARIES

JANUARY

Waynesville-Grace	
Marvin M	3
Charlene T	3

MARCH

Waynesville-Grace	
Edward L	1
Open Door	
Midge H	2
Franklin	
Vivian T	5
Maethel S	6

APRIL

Haw Creek	
Tom B	1
Waynesville-Grace	
Joe S	5
Traditional	
Gordie R	9
Franklin	
Bob P	34
Ruth S	14
Jim S	3

MAY

Acceptance	
Renee B	2
Mary N	11
John M	1
David P	1
Hendersonville	
Dick W	37
Pat O	8
Harold P	2
Smokey Mountain	
Gene A	7
Blue Ridge	
Joe B	26
Gen G	19
Frankie S	18
Jane P	9
Ted A	9
Traditional	
Hugh H	6
Miriam K	5

Incoming Calls to Intergroup

March 26 - April 27

General Information	23
AA Help	12
Family Help (alanon)	1
Meeting Information	14
Intergroup Business	27
Others	4
Answerphone	27
Total	108

Intergroup Minutes

The regular Intergroup was held on April 15, 1984 at 3 pm at the Allen Center. A nominating committee of Jean W, Ted F, and Judi R will present a slate of officers at the May meeting to be voted on.

David Bryan of the Blue Ridge Center has contacted Intergroup to ask for people to come to the DWI program to present an overview of the AA program, its intent, the steps, or whatever they see as important. The session would be on Thursday evening at 6:30 to 8:30 pm or Monday from 9:30 to 11:30 am once a month. If you are interested in this PI work or if your group can supply a person, please contact the Intergroup office.

The next Intergroup meeting will be on Sunday, May 20 at 3 pm at the Allen Center.

MAY - continued

Waynesville-Grace	
Lucille A	16
Haw Creek	
Eric J	4
Mars Hill	
Barbara N	1
Black Mountain	
David R	7
Bakersville Serenity	
Betty P	5
Rick R	10



MOUNTAIN DOIN'S % Intergroup



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