



MOUNTAIN

DOIN'S

June 1984

AREA MEETING

The Hendersonville Group and the Women's Thursday Afternoon Group will cohost the District 7 Area Meeting on July 22, 1984. It will be at St. James Episcopal Church 776 N. Main Street in Hendersonville. Eating will be at 1:30 pm (bring a covered dish) and the speaker will be at 2:30 pm. The speaker will be Marge H from Mills River.

If you have 4 problems and you get drunk you will have 5.

NEW MEETING

The Blue Ridge Group at Flat Rock is starting a new meeting. It will be on Fridays at 8 pm and will be an open speakers meeting.

An alcoholic is a person who can't drink, but gives it one hell of a try.

BEGINNERS GROUP

There will be a beginners' group meeting at Trinity Episcopal Church on Tuesday nights at 7 pm just prior to the regular meeting of the Traditional Group. A beginner is defined as a person with less than a year of sobriety, however, everyone who is interested is welcome to attend. They also need volunteers to lead the group.

I am responsible...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

TWELVE STEP STUDY GROUP

The closed discussion and study meeting will begin another cycle on June 7, Thursday night at the Black Mountain Group located at St. James Episcopal Church, 417 Vance Avenue in Black Mountain. Anyone interested, please join them in studying the twelve steps.

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

NEW GROUP AT VA HOSPITAL

There is a new group forming at the VA hospital in Oteen. They meet at 1 pm on Wednesday and Friday in the Psychology Conference Room. Fred H said that the best way to find it is to go to the front desk and ask directions. He will be at the desk for a few weeks to help folks find it. This is an autonomous group not connected with the hospital in any way. Everyone is welcome to attend.

When your head begins to swell, your mind stops growing.

FELLOWSHIP OF THE SPIRIT

The 1984 Florida State Convention will be July 18 - 22 at the Boca Raton Hotel and Club in Boca Raton, Florida. Call the Intergroup office for more information.

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 6 - Were entirely ready to have God remove all these defects of character.

"If we still cling to something we will not let go, we ask God to help us to be willing."

Alcoholics Anonymous
page 76

In How It Works it says, "We are not saints. The point is that we are willing to grow along spiritual lines." That was one of the first things I heard when the fog cleared up enough that I was able to realize that How It Works had something to do with my recovery.

I thought that when you took step 5 and spilled your guts out that was it. I forgot step 6.

What a relief to realize that there is growing after step 5. It isn't the end. It's the beginning. More incredible, there are 6 more steps to go. I guess the old-timers knew what they were talking about when they said this was a lifetime program.

Do not pray for an easy life
Pray for strength
Do not pray for tasks equal to your power
Pray for power equal to your task.

From the April 1964 Grapevine



"Charlie's been in AA about three weeks."

It's surprising to find out what you can learn after you know it all.

Acceptance	20.00	Literature sold -	
Black Mountain	15.00		49.45
Blue Ridge	75.26		
Cumberland Ave.	10.00	Individuals -	
Franklin	30.00		75.00
Hendersonville	55.03	(Fred H, Sheila W	
Hope	10.00	Barbara B,	
Murphy	20.00	anonymous)	
Serenity Serv.	50.00		
Sylvan Valley	50.00		
Victoria	20.00		
West Asheville	75.00		
Haywood Road	30.14		
Open Door	10.00		
Total	<u>470.43</u>		

Total Contributions	594.88
Balance brought fwd	622.81
Total available	<u>1217.69</u>
less expenses	522.40
D/M returned check	19.00
Balance as of 5-25	<u>503.40</u>

<u>Expenses</u>	
Parkway office	55.00
Mt. Doin's	70.69
Answerphone	33.00
Southern Bell	56.66
Hazeldon	70.86
Coordinator	300.00
Asheville Citizen Times	<u>109.08</u>
	695.29

Thanks to West Asheville for a special contribution of 45.00 and Haywood Road Smokeless Group 20.14 for the classified ad in the paper.

Is your group supporting your District Committeeman Fund ?

Sheila W
Treasurer



God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.



HOW IT WORKS

LONELINESS

Amelia Earhart, the woman pilot who vanished mysteriously on a trans-Pacific flight, also was a fine writer. She once wrote a poem entitled, "Courage". In it she used the phrase, "the loneliness of fear." She was writing, of course, about aviation. But the phrase she used is painfully, graphically descriptive of one of the symptoms of alcoholism.

No one is more alone and more lonely than the alcoholic.

Wracked by nameless, formless fears, tortured by a deep sense of personal failure, tormented by guilt, the alcoholic lives a life of infinite loneliness.

There is, it seems, no one to whom the alcoholic can turn for understanding. There is no one to whom the alcoholic can turn for sympathy. And in the end, there is no one to whom the alcoholic can turn for love.

In the end, the alcoholic is truly alone, a man or a woman marooned on an icy peak of fear, of self-loathing, of despair.

The alcoholic, in the end, is a non-person, a nothing, a zero in the totals of life. He or she is without respect, without influence, without the trust of other people. The alcoholic is a social blank; the alcoholic's life a prison without bars.

But most of all, the alcoholic is lonely.

No one who has not been there can fully imagine the sense of isolation, of futility, and of hopelessness that is part of that loneliness.

But the recovering alcoholic can: the recovering alcoholic can remember vividly that freezing loneliness. The alcoholic should remember. The AA program helps us all to remember.

Probably one reason for the success of the AA program is that to the recovering alcoholic it offers an instant end to the loneliness of alcoholism.

It offers an unquestioning, undemanding kind of fellowship, a kinship with other people that forgets the past, deals with the present in realistic terms and holds out hope for the future.

At the start of the recovery process, loved ones, relatives, family members, and friends of the recovering alcoholic tend to be wary.

They have good reason to be that way. They remember, too. They remember the broken promises, bitter disappointments, violated vows.

So they are slow to admit the recovering alcoholic to the fellowship of man. Other recovering alcoholics, on the other hand, have no reason not to accept the newcomer on his or her own terms. Through the program they offer the newcomer ready access to the new fellowship, to new friends, to a new way of life.

And through that new way of life they offer the newcomer to the program a realistic way back to the company of man.

We can sympathize with the loneliness of the distance runner; that is a self-inflicted emotion. We recovering alcoholics can remember self-inflicted loneliness, too. We remember the loneliness of fear.

If we ever forget it, we could be in trouble again.

Staff Written

"No one ever asks me to speak or go on twelfth step calls." How often have you heard this complaint? Now is your chance to get your name on the list! A letter will be enclosed with this issue to give us a new list of people who are willing to help in this very vital service. The Intergroup constantly gets calls for people to speak or go help the still suffering alcoholic (and sometimes the sober alcoholic). Contact your Intergroup representative or your group secretary to get on the list. If you don't know who your Intergroup Representative is, shame on you. Find out.



BIRTHDAYS & ANNIVERSARIES

MAY

Traditional	
Rusty M	1
Black Mountain	
David R	7
Sylva	
Jani S	6

JUNE

Hendersonville	
Joe D	9
Dorothy J	5
Marshall D	2
Bob H	1
Jane R	2
Black Mountain	
Cindy P	5
Forrest M	5
Don R	23
Blue Ridge	
Jim M	9
Joan B	6
Kay G	2
Barbara S	1
David F	1
John F	1
Acceptance	
Jack M	3
Jess M	3
Hazel F	1
Traditional	
Kathie B	2
Ed R	9
Sylva	
Eugene C	4
Haw Creek	
Sid K	6

One day at a time...

*To place our common welfare first;
To keep our Fellowship united.
For on A.A. Unity depend our lives,
And the lives of those to come.*

Incoming Calls to Intergroup

April 30 - May 21

General Information	20
AA Help	7
Family Help (Al-Anon)	2
Meeting Information	15
Medical Help	4
Intergroup Business	11
PI Calls	3
Others	3
Answerphone	19
Total	84

Intergroup Minutes

The regular Intergroup meeting was held on Sunday May 20 at 3 pm at the Allen Center.

The first item of business was the request from the Blue Ridge Center to talk to the members of the DWI school. It was decided that individuals should contact David Bryan of the Center if they are interested, but this would not be an Intergroup project at this time.

Charlotte F, coordinator, asked for a leave of absence until her health improves. This was granted and Fred H will continue to fill in until she gets back.

A letter for people to sign up for the 12th step and speaker list will be enclosed with this issue of the Mountain Doin's. This is a new list. If you have signed up before, please sign up again. The Intergroup representatives are urged to return this list to the office by July 31.

The new officers for the coming year were elected: Joe R, Chairman; Miriam K, Vicechairman; Sheila W, Secretary; and Michael K, Treasurer.

The next Intergroup meeting will be on June 17 at 3 pm at the Allen Center.

In AA, the door swings three ways: in, out, and back.



MOUNTAIN DOIN'S % Intergroup



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