



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. Marge H from Mills River will be the speaker.

CELEBRATE SOBRIETY

The District 7 Annual Picnic will be August 19, 1984 at the Carolina Power Plant Picnic Area on Long Shoals Road. Take the Skyland exit off I-26 and go to the sign that says Carolina Power Generating Plant. Follow the road until you see the picnic area on the right. The time is 11:30 am until 5 pm. Bring a picnic basket with good food. Coffee will be provided. Everyone is welcome to this happy sober picnic and fellowship.

GRATITUDE! LANGUAGE OF THE HEART

The 40th SE Conference and the 31st Georgia Convention will be held on August 8 - 11, 1984 at the Hyatt Regency Hotel in Atlanta, Georgia. Some of the highlights are: Al-anon speakers, old timers' meeting, delegates luncheon, and the SE conference business meeting.

Call Intergroup for registration forms.

VIRGINIA STATE CONVENTION

The 35th Virginia State Convention will be August 17-19, 1984 in Roanoke, Virginia at the Hotel Roanoke. There will be inspiring speakers, a banquet and dance, and Sunday breakfast.

Call Intergroup for registration forms.

It is with deep sorrow that we report the death of Neil D on July 2. Neil was a long time service worker who held several offices on the local and state level. Many lives were touched by this man and those who knew him will miss him.

ALEXANDER COUNTY INTERCITY MEETING

The Alexander County Intercity Meeting will be at the Alexander County Fair Grounds in Taylorsville, SC on highway 16 two miles south of Taylorsville, SC on Saturday July 14, 1984 at 6:30 pm. It will be a covered dish supper. Dupree W from Cross, SC will be the speaker at 8 pm. Soft drinks will be provided.

When you find yourself in a hole, quit digging.

If you have not seen the 12th step or speaker list at your group, here is your chance to sign up. All information is confidential. No one's name or phone number will be given to anyone for any reason.

Yes: I'm willing to give my name and number to the answering service to be called for 12th step work.

name _____ phone # _____

area _____ time available _____

Yes: I'm willing to have my name on the list to be called on to speak.

name _____ phone # _____

area _____ time available _____

Mail to:

Intergroup of WNC
107 Parkway Office Building
Asheville, NC 28801

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 7: Humbly asked Him to remove our shortcomings.

"The basic ingredient of all humility is a desire to seek and do God's will."

12 & 12

The first hurdle in step 7 is to understand the difference between humility and humiliation.

We know what humiliation is. We had enough experience with that in our drinking days. Humility is a new experience for most of us.

In step 6, we got ready - in step 7, we do it. There are great rewards in being ready - even greater rewards in doing it.

It gives us a better understanding of that promise that says, "We will suddenly realize that God is doing for us what we could not do for ourselves."

That gives our faith a real boost.

The first 9 steps are the sprint, the last 3 are the long distance run.

MOUNTAIN DOIN'S NEEDS A NEW EDITOR:

Your editor has served in this office for one year and would like to find a replacement. Help will be provided getting started. All it takes is a little time and effort to help make Intergroup the voice of AA in Western North Carolina. Call the Intergroup office if you are interested.

We are here because we weren't all there.

The other day someone wrote in to a well known columnist in the paper and referred to her husband as a recovered alcoholic. That caught my eye. Do we ever really recover? Is there some point we can stop and say, "I'm recovered?"

On the title page of the Big Book, it says, "The story of how many thousands of men and women have recovered from alcoholism."

I think that would make a good meeting topic: Are we recovered or are we recovering?

Acceptance	20.00	Literature sold:	
Black Mountain	15.00		151.00
Blue Ridge	63.99		
Cumberland Ave	10.00	Individuals:	
Fletcher	25.00		77.70
Hendersonville	53.42	(anonymous, Fred H,	
Hope	10.00	Virginia S, Sheila W)	
Murphy	20.00		
No Name	60.00		
Sylva	10.00		
Traditional	25.00		
Victoria Road	40.00		
West Asheville	55.00		
Waynesville	25.00		
Haywood Road	31.35		
Open Door	10.00		
Total	<u>473.76</u>		

EXPENSES

Rent	55.00
Mountain Doin's	67.37
Answerphone	33.00
Southern Bell	62.99
Office supplies	27.02
Asheville C-T	48.30
Coordinator	285.00
AA World Services	75.98
Total	<u>654.66</u>
D/M ret'd check	12.55

SUMMARY

Group Contributions	473.76
Literature Sold	151.00
Individual Contributions	<u>77.70</u>
Rec'd for month	702.46
redeposit ret'd check	12.55
balance brought forward	503.40
Total available	1218.41
Less expenses	654.66
D/M ret'd check	<u>12.55</u>
balance 6-22-84	551.20

I would like to say a special "thank you" for all the support you have given me and the Intergroup for this past year. It has been a very encouraging year for the Intergroup, we are growing in all areas, and I hope you will continue to support and encourage our new treasurer as you have me. God bless you and thank you again for giving me this opportunity to be of service to the AA fellowship.

Sheila W
Outgoing Treasurer

HOW IT WORKS

WHO'S RESPONSIBLE ?

"Why, at this particular point in history, has God chosen to communicate His healing grace to so many of us ? Every aspect of this global unfolding can be related to a single crucial word. The word is 'communication'. There has been a life-saving communication among ourselves, with the world around us, and with God.

From the beginning, communication in AA has been no ordinary transmission of helpful ideas and attitudes. Because of our kinship in suffering, and because our common means of deliverance are effective for ourselves only when constantly carried to others, our channels of contact have always been charged with the language of the heart."

As Bill Sees It page 195

When the "twelfth step" list is mentioned at your group meeting, it seems logical to remember what Bill said and what works.

Over the last 3 - 4 weeks we've been called by often frantic voice from the answering service (who is doing a magnificent job, just considering how we were when we called), practically pleading for help handling a call.

Now, no one has to plead with us, but those people try to pass the calls around and stay within neighborhoods if possible.

Our lists have shrunk to below bare minimum - some have left for that part of life called death, some have moved, and some are unable and justifiably. But look at our new members collecting blue chips proudly - where are you when the newcomer calls ? "Too busy", "not convenient", "I just got a call" - only a few replies we've had reported.

Some years ago when I called - a pleasant, warm, soon to become wonderful person returned the call and shared her experience, strength, and hope with this suffering alcoholic. Thank God for her, and for all those who continued to share.

No lectures - no recriminations - just a thought or two for reflection. Did someone talk to you when you were hurting and scared ? Were you shown there was a "way out" ? Were you given hope by an anonymous voice ? Did you ever hear your

story at a meeting ?

Those things don't just happen - we are responsible - co share, to tell our stories, to help man the phones, to give our own "vision of hope."

A special word to our young people and women. More and more, you are calling and attending meetings. We need you.

Next time the list is mentioned, sign your name and help yourself by helping someone else. Let's remember Bill W's words and use the "language of the heart."

Name Withheld

*Acceptance, change, and
sustained sobriety can be
ours when we work*

ANNIVERSARY MEETING

The Black Mountain Group will have their anniversary celebration on August 16. Everyone is invited to participate by bringing a dessert or snack food and be ready to hear a good speaker. The group will provide coffee and soft drinks. Meeting will be at 8 pm on Thursday in Black Mountain.

At the GSR meeting on June 17, there was a discussion of the possibility of holding seminars for members. These ideas are to be taken back to the groups for ideas. Ask your GSR about it !

You don't have to drink to feel bad in the morning.

"The A.A. Traditions are neither rules, regulations nor laws. We obey them because we want to. Perhaps the secret of their power lies in the fact that these life-giving communications spring out of living experience & are rooted in LOVE."

(A.A. TODAY, pg. 11)



BIRTHDAYS & ANNIVERSARIES

MAY

Black Mountain Open Door
Eric J 4

JUNE

Acceptance
Ray B 1
Murphy
Sam C 3

JULY

Sylva
Ed T 2
Ginny D 6
Marty D 6
Syd C 2
Acceptance
Mort N 6
Murphy
Mary M 5
Sandi T 3
Howard G 5
Genny S 6
Victoria
Curry W 5
Blue Ridge
Fred R 10
Eva P 6
Gertrude H 5
Virginia R 16
William B 1
Robert P 1
Glenn N 1
Hendersonville
John C 3
Bob P 1
Mike O 6
Black Mountain
Joyce T 1
Cleta H 3
Herb W 7

One day at a time...

The West Asheville Group made a contribution to the Intergroup of \$25 in memory of Pat G's mother who passed away.

Incoming Calls to Intergroup

May 28 - June 29

General Information	20
AA Help	11
Family Help (Al-Anon)	8
Meeting Information	25
Medical Help	1
Intergroup Business	22
Others	6
Answerphone	37
Total	130
Visitors to Intergroup	39

Intergroup Minutes

The regular meeting of Intergroup was held on June 17, 1984 at 3 pm at the Allen Center.

The minutes were amended to include the naming of Jean W and Ted F as trustees to Intergroup.

It was suggested that a list of people who attend meetings for Intergroup be put in this news letter.

The Mountain Doin's editor has asked for a replacement.

The new chairman, Joe R, asked for suggestions for support and expansion of Intergroup services. There was a discussion of ways to use Intergroup to help the suffering alcoholic and provide information.

Attendance: Joe R, chairman; Ted F, trustee; Michael K, Traditional; Charlotte F, coordinator; Diane M, Cumberland Ave; Jackie W, Victoria; Curry W, Hope; Marvin M, Waynesville; Jack M, Acceptance; Fred H, coordinator; Judi R, Hendersonville.

The mortality rate is the same as always - one to a person.

We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

Bill W.



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC