



MOUNTAIN

DOIN'S

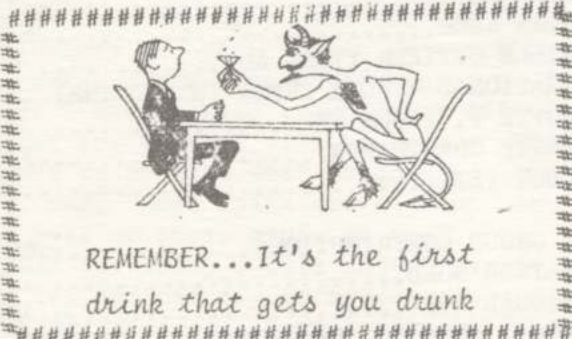
August 1984

CELEBRATE SOBRIETY

The District 7 Annual Picnic will be August 19, 1984 at the Carolina Power Plant Picnic Area on Long Shoals Road. The time is 11:30 am to 5 pm. Bring your lunch - soft drinks will be provided. There will be a GSR meeting after lunch.

STATE CONVENTION

The 37th Annual North Carolina/Bermuda State AA Convention will be August 24 - 26, 1984 . The headquarters will be the Hyatt in Winston Salem and the meetings and dance will be at the MC Benton Convention Center. There will be outstanding speakers, plenty of free coffee, and a Saturday night dance. Registration forms are at the Intergroup Office or write to: Convention Chairman, PO Box 18412, Raleigh, NC 27619



REMEMBER...It's the first drink that gets you drunk

BLACK MOUNTAIN ANNIVERSARY MEETING

The Black Mountain Group will hold its anniversary meeting on August 16, 1984 at 8 pm. Bring a snack or dessert. The speaker will be Jack B from Johnson City, Tennessee.

Columbus took a chance.

NEW MEETING

The Acceptance Group will now have an open discussion meeting at 8 pm on Saturday nights at the Allen Center beginning August 4, 1984.

BEGINNERS GROUP

Don't forget the beginners group at Trinity Episcopal Church at 7 pm on Tuesday night.

EARLY BIRD GROUP

A new group is being started for those who would like to start their week off right. It will meet at 7 am on Mondays at 12½ Wall Street. (Yes, 7 am) The first meeting was on July 30, 1984.

The professor wrote on the blackboard. "Is Life Worth Living?" and then assigned his students to write a paper on the subject. One fellow completed his paper immediately and eventually received an "A" for his efforts. His one-line comment was: "It depends upon the liver."

Tuscaloosa, AL

DON'T FORGET - THE AUGUST INTERGROUP MEETING IS CANCELLED. SEE YOU AT THE PICNIC.

When you find a pile of cow manure, the more you stir it up, the more it stinks.

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 8 - Made a list of all persons we had harmed, and became willing to make amends to them all.

"Remember it was agreed at the beginning we would go to any lengths for victory over alcohol."

Alcoholics Anonymous
page 76

My big rationalization for years of drinking (and I said it often) was: "I'm not hurting anyone but myself. I read somewhere that the average alcoholic deeply affects the lives of at least four people. I thought that didn't apply to me, but after a few 24 hours of sobriety I realized that I did hurt people. I made a list and I made some amends. Some were accepted, some weren't. But I tried. That's all that step says - be willing. Come to think of it, that's the key to the whole program."

The InterGroup Office received a letter from Jane P from Hawaii who visited here recently. She sends her greetings and thanks to us for helping her find some meetings while she was here. I guess AA is about the same everywhere.

DISTRICT 8 NEWS

District 8 held its quarterly meeting at Cullowhee on July 8. The well attended eating-speaker gathering was preceded by our GSR meeting chaired by Syd G of Cherokee. Herb J of Bryson City assisted giving the secretary-treasurer report. A revival of the all night AA meeting was discussed with favorable response from all present. Tentative plans call for the second Saturday night in October, possibly in Sylva, beginning at 8 pm through the night at an outdoor site. Good attendance will be needed from the local districts since guests are expected from surrounding states. When all groups respond, more definite plans will be made. This will be in connection with our regular quarterly meeting.

Marvin M
Waynesville

GROUPS

ACCEPTANCE.....	20.00
BLACK MTN.....	15.00
BLUE RIDGE.....	91.92
BREVARD.....	30.00
CULLOWHEE.....	20.00
CUMBERLAND AVE.....	10.00
FLETCHER.....	25.00
HENDERSONVILLE.....	64.25
HOPE (WOMENS).....	10.00
MARSHALL.....	35.00
OPENDOOR GROUP.....	10.00
MARION.....	40.00
MURPHY.....	20.00
MOUNTAIN VIEW.....	50.00
SERENITY SERVICE.....	50.00
TRYON.....	45.00
TWELVE STEP.....	25.00
THURSDAY AFTERNOON (WOMANS).....	25.00
VICTORIA ROAD.....	20.00
WEST ASHEVILLE.....	30.00
HAYWOOD ROAD.SMOKELESS.....	10.00

EXPENSES:

(17.50 for paper ad)

PARKWAY OFFICE (rent/elc.sur chg.....	55.00
MTN.DOING'S POSTAGE.....	19.01
ANSWERPHONE.....	33.00
SOUTHERN BELL.....	123.34
ASHEVILLE CITIZEN TIMES AD.....	49.27
INTERNATIONAL MINUTE PRESS (MTN DOINS).....	37.62
CHARLOTTE F. (COOR.EXP.....	45.00
ALTERNATE CORDINATOR.....	315.00
HAZELDON (LIT).....	46.27

TOTAL GROUP CONTRIBUTIONS.....	663.04
LITERATURE SOLD.....	76.75
INDIVIDUAL CONT.....	199.00
CURRY W., FRED H., CHARLOTTE W., RICHARD W., DIANEM., ANONYMOUS	
BALANCE BRT FWD.....	551.20
TOTAL AVAILABLE.....	1489.99
LESS EXPENSES.....	723.69

BALANCE AS OF JULY 27, 1984.....766.48

Respectfully Submitted,

Michael K.

HOW IT WORKS

AA BY THE CUPFUL

A heaping cup of happiness
2 of love and caring
1 of understanding
1 of joyful sharing

A level cup of wisdom
1 of artful living
1 of thoughtful insight
1 of selfless giving

Mix ingrediants together
Toss in a little flair
And a bunch of courage
Serve one day at a time
Topped with the Serenity Prayer.

Barbara N
Mars Hill Group

DON'T FORGET - THE REGULAR GSR MEETING
WILL BE AFTER LUNCH AT THE PICNIC.

JUST FOR TODAY

Just for today I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do - just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, not try to improve or regulate anybody but myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Al-Anon Family Group
Headquarters, Inc.
1972



"Do you really think so much research is necessary for your first AA talk?"

...We are going to
know a new freedom



BIRTHDAYS & ANNIVERSARIES

MAY

Franklin Serenity	
Nancy W	13
Freida	10

JUNE

Waynesville Grace	
Kyle B	6
Victoria Road	
Charlotte F	7
Adelaide G	20
Bob V	4
Jackie W	3
Franklin Serenity	
Martha S	1
Myrtle	34
Jim W	8
Dan K	2
Paul D	14
Steve K	1

JULY

Acceptance	
Les J	2
Beth P	3
Waynesville Grace	
Dave S	1
Open Door	
Gladys W	3

AUGUST

Marion	
Nathan G	1
Casey J	2
Gene B	3
Haw Creek	
Roy H	4
Murphy	
RJ C	11
Sam R	5
Blue Ridge	
William S	2
Hendersonville	
Bill B	2
Bob L	4
Ray D	4
Don B	2
Sylva	
Leah H	1
Jim B	33
Mars Hill	
Earl K	18
Bob T	2
Gene B	2

Incoming Calls to Intergroup

General Information	13
AA Help	7
Family Help AlAnon	1
Meeting Information	19
Medical Help	0
Intergroup Business	11
Public Information	0
Others	9
Answerphone	26
Total	<u>86</u>
Visitors	50

Intergroup Minutes

The regular Intergroup meeting was held on Sunday July 15 at 3 pm at the Allen Center. Miriam K, Vicechairman, presided.

The following members were present: Don R, Black Mountain; Marvin M, Waynesville; Ted F, Trustee; Diane M, Cumberland Avenue; Michael K, Treasurer; Judi R, Hendersonville; Jackie W, Victoria Road; and Sheila W, Secretary.

The representatives were reminded to turn in their 12th step lists by July 31.

It was decided to cancel the August meeting due to a conflict with the picnic.

The next Intergroup meeting will be September 16 at 3 pm at the Allen Center.

60 - 30 - 10

It is suggested that after taking care of the basic group expenses, each group divide the remaining funds according to the 60 - 30 - 10 plan. Maybe your group doesn't even have these addresses.

60% - Intergroup of WNC, Inc.
107 Parkway Office Building
Asheville, NC 28801

30% - GSG
Box 459
Grand Central Station
NYC, 10163

10% - NC/Bermuda Service Area
Box 3146
Wilson, NC 27893

