



AREA MEETING

The District 7 Area Meeting will be September 30, 1984 sponsored by the Blue Ridge Group. The meeting will be at St. John's in the Wilderness Episcopal Church 2 miles south of Hendersonville on US 25. Meet at 1 pm, eat at 1:30 pm, (bring a covered dish) speaker at 2:30 pm.

"A SLIP IN THE MIND OCCURS LONG BEFORE A DRINK"

Below are some things that may be easier to accept about ourselves rather than sacrifice the price of a drunk ...

- Exhaustion, violating HALT.
- Dishonesty, however 'minimal'.
- Impatience, people places and things.
- Argumentativeness, anger, excuses.
- Depression, real or imagined.
- Frustration, not getting my way.
- Self Pity, no gratitude, "Why me?"
- Cockiness, got it all together ?
- Complacency, don't have a drinking problem any more ?
- Expecting too much of others.
- Disciplines slip, like prayer and meetings.
- Use of mood changing chemicals.
- Wanting too much, dissatisfaction.
- Forgetting gratitude, negativity.
- "This can't happen to me", similar feelings of denial of reality or humanness.
- Omnipotence, in any form or the combination of the above listed characters.
- Dry drunks are most insidious because a person on one is usually the last one to know.

Reprinted from the Reporter
Washington Area Intergroup

"Maturity is the capacity to withstand ego-destroying experiences, and not lose one's perspective in the ego building experiences." Robert K. Greenleaf
One Day at a Time in Al-Anon page 198

Before AA I was likened to a blind man; I heard, half-way, the sounds around me; but I was looking for that booze battle with a few swigs of "life" left within. I never saw the lovely flowers, heard the beautiful song birds or smelled the aroma of the roses. I only tossed my empty cans in the nearest bush I saw. Later, I would hunt for those cans so I could sell the tin ones in order to buy another bottle or six-pack. I never walked straight, didn't know the truth about anything, I could never look anyone face to face. All I knew was where I could get a free drink or where they would let me work out a few beers or a pint. I didn't want to hurt anyone, just be left alone to drink my way through life as a nobody. "Just leave me alone - let me wreck me life. You don't care about me - just shut up and leave me be" were all the words I knew how to say.

One day I mowed a lawn for my neighbor for a few bucks. He was an alcoholic. He gave me a few drinks throughout the day and talked to me about going to AA with him. I finally agreed. He said he'd keep my pay until after the first AA meeting. I sure am very grateful today that I bargained with him that way. Since then I've never had another drink, he is my sponsor in AA and we attend several meetings a week. Thanks to my Higher Power I now can see, hear and all the other wonderful things that God enables me to enjoy.

Thank you, God. Thank you for AA.

Barbara N
Mars Hill Group

"You pray in your distress and in your need; would that you might pray also in the fullness of your joy."

Kahlil Gibran: The Prophet

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 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.

"We have made a list of all persons we have harmed and to whom we are willing to make amends. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self will and run the show ourselves."

Alcoholics Anonymous
page 76

I used to belong to a church that believed in "restitution where possible". Most of us convinced ourselves it just wasn't possible. In AA, it is different. Working the steps is a life or death matter to me. Many times I have asked myself the question: How can I go back and undo what I did ten years ago? I can't undo it - I can make amends. Even if I never see some of those people, I can do something to help someone else.

I can make amends to those people in AA I let down by "trying it again" by showing up at meetings and getting involved.

I can make amends to my family, friends, and employer by staying sober one day at a time and working the program.

I can make amends to myself by taking care of myself and keeping spiritually fit.

The ironic part of all this is that these things don't hurt me or anyone else. Today, I'm in the business of getting well, not destroying myself or others.

It is always with sorrow that we report the death of one of our number. Mildred M passed away on August 31 after a short illness. Mildred had been a member of our fellowship for several months and a resident at the McLeod House. Millie had no living relatives, so some of her friends would like to see her put to rest in a more dignified way than is the usual process for this situation.

If you would be willing to help in the expense of this matter, please contact me at a meeting or call me at home.

Diane M 684-6124

| | |
|------------------------|--------------|
| GROUP CONTRIBUTIONS | |
| Acceptance | 20.00 |
| Black Mountain | 15.00 |
| Blue Ridge | 93.77 |
| Clyde Sunday Night | 30.00 |
| Cumberland Avenue | 10.00 |
| Fletcher - regular | 25.00 |
| Birthday Club | 34.00 |
| Hendersonville | 52.90 |
| Hope | 10.00 |
| Haywood Road Smokeless | |
| regular | 10.00 |
| Ad for paper | 27.92 |
| Murphy | 40.00 |
| Open Door | 10.00 |
| Traditional | 25.00 |
| Waynesville | 25.00 |
| West Asheville | 60.00 |
| (30.00 Ad for paper) | |
| Serenity | <u>30.00</u> |
| Total | 518.59 |

LITERATURE SOLD 82.05

INDIVIDUAL CONTRIBUTIONS 105.00
(Bill D, Sheila W, Fred H, Barbara B, Virginia S, anonymous)

| | |
|--------------------------|--------------|
| EXPENSES | |
| Parkway Office Buildings | 55.00 |
| Mountain Doin's | 63.22 |
| Answerphone | 33.00 |
| Southern Bell | 26.19 |
| Coordinator Expense | 270.00 |
| Hazelden | 50.20 |
| AA World Services | 46.38 |
| CompCare | 41.80 |
| Asheville Citizen Times | <u>51.95</u> |
| Total | 637.74 |

| | |
|--------------------------|---------------|
| SUMMARY | |
| Group Contributions | 518.59 |
| Literature sold | 82.05 |
| Individual Contributions | <u>105.00</u> |
| Total | 705.64 |
| Balance Brought Forward | <u>766.48</u> |
| Total Available | 1472.12 |
| Less Expenses | <u>637.74</u> |
| Total Balance 8/31/84 | 834.38 |

The Fletcher group donated \$19.00 for Pierce A and \$15.00 for Dot P for the birthday club.

HOW IT WORKS

GOD'S WILL

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.'"

Alcoholics Anonymous
page 87 - 88

I struggled with not understanding the will of God for a few 24 hours. One day I asked my sponsor, "How do I know what God's will is for me?" My sponsor replied, "We don't really know what God's will is for us, but we know what His will isn't." This simple statement gave me a better understanding of God's will for me and helps me to keep myself out of the way.

Although I don't know what God's will is for me, I do know that God doesn't want me to drink alcohol and destroy myself. My God doesn't wish for me to hold resentments against other human beings - resentments have their roots in my own self centeredness. God's will is not for me to control other people places and things, as I once tried and still do at times. The will of God is not for me to be cruel, jealous, vengeful, dishonest, impatient, judgemental, martyr-like, or lustful.

As long as I keep my will out of my life, listen, and mind my own business I have faith that my character defects will lessen and that I will be able to live happy joyous and free without alcohol. Oh, one last comment - God's will is not for me to be a perfect human being. What a relief !

Denise K.



KEEP COMING BACK

TEN QUESTIONS

Most of us have hopelessly failed the "20 Questions" test for alcoholism, so here is a test with a little different twist.

1. Do you get a craving for a cup of coffee at 8 pm each evening ?
2. Do you find yourself saying the Serenity Prayer in grocery lines ?
3. Are you afraid of saying, "My name is _____, and I'm an alcoholic" when you introduce yourself ?
4. When people tell you their problems, do you offer advice like "One day at a time" and "Easy does it" ?
5. Do you have difficulty breathing when you're not in smoke filled church basements ?
6. Has your car quit automatically turning into liquor stores ?
7. Do you call at least three friends in the fellowship every day just to say "Hi" ?
8. Have you forgotten what is on TV every night at 8 pm ?
9. Do you carry AA chips in your pocket instead of beer money ?
10. If you miss too many meetings, do you become a grouch and a bore ?

If you answered yes to at least two of the above questions, you might as well face the fact that you are addicted to AA and enjoy the rest of your life - one day at a time.

Diane M

One day at a time...



BIRTHDAYS & ANNIVERSARIES

JULY

Bakersville Serenity
Ann L 8

AUGUST

Acceptance
Jan B 3
Joe R 6
Traditional
Joe S 1
Bill M 11
Cumberland Avenue
Betty D 26
Mars Hill
Earl K 18
Bob T 2
Gene B 2

SEPTEMBER

Acceptance
Michael I 1
Gerd S 5
Mike K 2
Sylva
Doyle M 5
Jerry W 6
Jeff M 3
Jeannie H 6
Blue Ridge
John A 15
Archie D 9
Tom T 3
Bakersville Serenity
Carol R 8
Thursday Afternoon Women's Group
Louise F 2
Judy B 2
Joan Y 2
Murphy
June C 4

Incoming Calls to Intergroup

July 30 - August 31, 1984

| | |
|-----------------------|-----------|
| General Information | 30 |
| AA Help | 13 |
| Family Help (Al-Anon) | 4 |
| Meeting Information | 20 |
| Medical Help | 3 |
| Intergroup Business | 19 |
| PI Calls | 0 |
| Others | 9 |
| Answering Service | <u>45</u> |
| Total | 143 |
| Visitors | 38 |

JUST ONE DAY AT A TIME

Thanks to you for giving, until I could receive.

Thanks for tenderness and love until I could believe.

For sharing hours of smiles and tears,
You cared enough to calm my fears,
Just one day at a time.

Thanks to you for loving, where there was nothing to love.

Thanks again for asking help, and blessings from above.

You said, Don't dwell on troubled times,
Use our Twelve Steps as guiding lines,
Just one day at a time.

Anonymous

PRAYER FOR TODAY

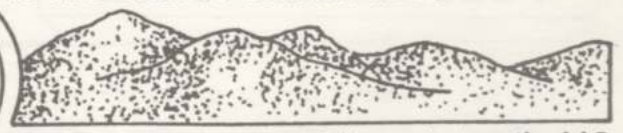
Lord, make me an instrument of Thy peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.


**CELEBRATE
SOBRIETY**



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC