



# MOUNTAIN

# DOIN'S

October 1984

## AREA MEETING

The next area meeting will be hosted by the Traditional Group. It will be on November 11, 1984 at Trinity Episcopal Church in Asheville. Eating will be at 1:30 pm (bring a covered dish) and there will be a speaker at 2:30 pm.

## REUNION

The Annual Alumni Reunion for the Alcohol Dependence Treatment Program of the VA Medical Center, Salisbury, NC will be Saturday October 27, 1984 at 1 pm in Building # 6 at the Medical Center.

## MARS HILL GROUP ANNIVERSARY

The first anniversary of the Mars Hill Group will be celebrated on October 20, 1984. There will be a dinner at 6 pm (bring a covered dish) and a speaker at 7 pm.

## BLACK MOUNTAIN STEP MEETING

The Black Mountain Group will be starting a new cycle of step meetings. They will begin with the first step on the first Thursday in October.

## KNOXVILLE INTERGROUP DINNER

There will be a Gratitude dinner on November 9 in Knoxville. Call Intergroup for more information.

## CELEBRATE AA'S GOLDEN ANNIVERSARY

Be saving your coins - the 50th Anniversary International AA Convention will be in Montreal, Quebec, Canada, on July 4 - 7 1985.

## REGIONAL FORUM

All AA's interested or serving in service work are invited to attend the Fifth Southeast Regional Forum to be held in Charleston, SC, the weekend of Dec 7-9, 1984. Call Intergroup for more information.

Each today is  
 your own personal  
 new year,  
 your private mark  
 in time  
 between the past  
 and future,  
 your own farewell  
 to yesterday,  
 your welcome  
 to tomorrow.

JOHN CARL SCOTT

reprinted from

Pick Me Up  
 Alcoholics Anonymous Central Services  
 Wichita, Kansas

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 10 - Continued to take personal inventory and when we were wrong promptly admitted it.

"And we have ceased fighting anything or anyone - even alcohol."

Alcoholics Anonymous  
page 84

It was a real revelation to me to find out that being wrong did not mean I was a bad person. I always pictured myself as a bad person trying to get good; in AA I found out I was a sick person trying to get well. I also found out that I was a good person who made mistakes - and that the people in AA would still love me.

Knowing that I have a fellowship to turn to almost makes living with all those earth people bearable.

I have to admit that when we decided to take it upon ourselves to raise the money to bury Millie, I would have been happy if we would have raised half the money.

Now I have to say that I have been overwhelmed by the generosity of the members of the fellowship. We received enough money to completely pay for the funeral and put up a marker.

I just want to say "thanks".

**AA Service  
Means  
Working  
Together**



If you read the papers, you have heard that Mary B. was murdered this past month. Our sympathies go out to her family for this unthinkable crime.

If you are angry about what the paper printed, don't just be angry and harbor a resentment - write to them.

GROUP CONTRIBUTIONS

Acceptance	20.00
Black Mountain	15.00
Blue Ridge	82.67
Cumberland Avenue	10.00
Fletcher	40.00
(Birthday for John A 15.00)	
Haywood Road Smokeless (Ad for paper)	16.46
Hendersonville	62.38
Hope	10.00
No Name	60.00
Open Door	10.00
Serenity Service	50.00
Traditional	25.00
Victoria Road	20.00
West Asheville	30.00
Total Groups	451.51

Literature sold 32.20

Individual Contributions 90.00  
(Sheila W, Fred H, Ed D, anonymous,  
Gerd S - 5th anniversary contribution,  
Charlotte & Ted F - in memory of Mildred

Expenses	
Asheville Citizen Times	51.95
Coordinator	390.00
Mountain Doins	73.16
Answerphone	33.00
Parkway Office Rent	55.00
Southern Bell	72.05
Office Supplies	22.93
Total Expense	698.09

Summary	
Total Group Contributions	451.51
Literature sold	32.20
Individual Contributions	90.00
Total Received	573.71
Balance brought forward	834.38
Total Available	1408.09
Less expenses	698.09
Balance 9 - 28	710.00

As active alcoholics we were always looking for a handout - in one way or another...



Part of our personal recovery came in making ourselves in responsible human beings



# HOW IT WORKS

## WHAT IS AN AA?

An AA is the fellowship of hot coffee around a table ... laughter ... a handshake that says more than a thousand words.

An AA is striving toward humility ... and a daily effort to know who and what we really are, and what we can become.

An AA is getting up at midnight when the telephone rings ... a hurried trip to the side of one in need ... a silent prayer for the help of the Higher Power in this mission that may mean life itself.

An AA is a businessman ... a professor ... a man whose name is known to millions ... and a farm hand who never left Posey County, Indiana.

An AA is a robed figure on the bench in a Skid Row Court ... a fresh frock making beds at 11 o'clock in the morning ... a shirtsleeves reading the paper and understanding what he reads.

An AA is the memory of a man named Bill ... a doctor named Bob ... and a fierce admitted pride in being a part of what was given to them and through them the world.

An AA is a mate smiling ... children looking with happy, loving eyes ... a tail wagging puppy on the floor ... intimate soft spoken words ... a key turned to lock out the night ... and a bed time prayer.

An AA is a group around a fireside on a Thursday night ... thoughtful discussion of a common problem ... an open expression of thankfulness to a Higher Power at the evening's end.

An AA is a universal welcome into a strange city ... an introduction to friendship wherever the two magic letters are found ... an invisible paid up membership badge.

An AA is a willingness to pray ... an open mind ... an eagerness to share a Godly gift with one who seeks it.

An AA is happiness in modest circumstances ... confidence in the presence of enemies ... tolerance in the face of bigotry.

An AA is the dry dime tucked away in a special pocket ... a little card of serenity folded into a wallet ... a memorized verse ... a pause for giving thanks.

An AA is a hospital ward ... a prison gate ... a jail cell ... to enter as strength and hope and peace ... and to leave these inside, yet come out with more than was taken in.

An AA is selfishness turned inside out ... willfulness surrendered, to return as the Will of God ... hopelessness hammered back into the shape of hope.

Yes ... an AA is living life - each rich, full minute of it - as it happens ... one sober breath at a time.

Brice H  
Richmond, Ind.

OUR very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This is to adopt a realistic humility without which no genuine advance can even begin. Again and again, we shall need to return to that unflattering point of departure. This is an exercise in acceptance that we can profitably practice every day of our lives.

*As Bill Sees It, Page 44*



"We've come to see Antonius on a XII-Step call."

"The Elevator to Sobriety is broken -  
You have to take the "Steps".





## BIRTHDAYS & ANNIVERSARIES

### AUGUST

Haywood Road Smokeless  
Tommy M 17

### SEPTEMBER

Hendersonville  
Joan Y 2  
Louise F 2  
Judy B 2  
Fletcher  
John A 15  
Mars Hill  
Eddie A 1

### OCTOBER

Black Mountain  
Joy G 1  
Hendersonville  
Pearl J 15  
JR H 2  
Black Mountain Women's Group  
Mary G 1  
Fletcher  
Dot G 11  
Sally F 7  
Blue Ridge  
Ruth G 10  
Alden W 3  
Sylva  
Martha S 2  
Tom B 7  
Herman M 3  
Sandy W 1  
Acceptance  
Augusta M 10  
Joy G 1  
Dan G 1

## One day at a time...

You know you've had too much to drink when you get so carried away at a party that you get carried away at a party.

Miami Herald, FL



MOUNTAIN DOIN'S % Intergroup

## Incoming Calls to Intergroup

General Information	6
AA Help	4
Family Help (Al-Anon)	6
Meeting Information	15
Medical Help	1
Intergroup Business	23
PI Calls	0
Others	8
Calls from Answering	25
Total Calls	88

Visitors to Intergroup 22

## Intergroup Minutes

The regular meeting of Intergroup of WNC was held Sunday, September 16, 1984 at 3 pm at the Allen Center.

Miriam K, vice chairman opened with the Serenity Prayer in the absence of Joe R, chairman.

1. Minutes from the last meeting were read and approved.

2. Treasurer's report was read and approved.

3. Charlotte F, coordinator, reported that the new 12th step list has been typed and ready for answering service. The old 12th step list is to be destroyed. Also, the speaker list is very small and was suggested that if you can speak and your name is not on the list, please call Intergroup.

The meeting was adjourned at 3:25 with the Lord's Prayer. The next meeting will be Sunday October 21, 1984 at 3pm at the Allen Center.

Present: Sheila W, secretary; Charlotte F, coordinator; Judie R, Hendersonville; Ted F, trustee; Michael K, treasurer; Don R, Black Mountain; Miriam K, vice-chairman.

Respectfully submitted,  
Sheila W  
Secretary



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