



# MOUNTAIN

# DOIN'S

November 1984

## MEETING INFORMATION

There is a Women's Group in Hendersonville on Thursday nights at 8 pm at the Hendersonville meeting place.

There is a Women's Group at Black Mountain at 12 pm on Wednesdays.

There is an open speakers meeting at the McLeod House on Thursday nights at 8 pm.

The Beginner's Group will be meeting at Trinity Episcopal Church at 7 pm on Tuesdays.

The Black Mountain Group will be celebrating their birthday with a guest speaker on Thursday November 15 instead of the last Thursday of the month.

The Monday night meeting of the Haw Creek Group will be cancelled as of November 5, 1984. There will be a closed meeting on Wednesday nights for men only at 8 pm.

There is a new group in Murphy on Friday nights at 8 pm at the Murphy Medical Center. It is a closed meeting.

Adult Children of Alcoholics and Al-Anon meeting will be at Appalachian Hall on Wednesday nights at 8 pm.

If you have not turned in a group information card to the District Committee, please call Dot D at 684-5731

## 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.

## 21st ANNUAL NATIONAL WOMEN'S CONFERENCE

On February 15 - 17, 1985, the 21st Annual National Women's Conference will be held in Denver, Colorado. Call the Intergroup Office for more information.

## SOUTH CAROLINA CONVENTION

The 38th South Carolina Convention will be February 28 - March 3, 1985 in Charleston, SC. Call Intergroup for more information.

## AL-ANON CONVENTION

The 10th South Carolina Al-Anon Convention will be in Myrtle Beach on Feb. 7 - 10, 1985. Call Intergroup for more information.

## THANKSGIVING RECIPE

- T is for the Twelve Traditions
- H is for How it Works
- A is for AA
- N is for needing others
- K is for keep coming back - it works
- S is for the Serenity Prayer
- G is for gratitude
- I is for it works insurance
- V is for vetoing self pity
- I is for I need a meeting
- N is for not taking the first drink
- G is for God as we understand Him

Add all together to spell "Thanksgiving"  
Blend well for 24 hours.  
Serve "One Day at a Time."

Barbara N  
Mars Hill

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 11 - Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

"What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."

Alcoholics Anonymous  
page 85

The first time I heard "prayer and mediation" and "the will of God" mentioned in a meeting, I thought I had just walked into an advanced Greek class. My contact with a Higher Power ended years ago when I quit going to church. The only prayer I ever prayed when I was drinking was, "God, if you will get me out of this mess, I'll get out of the rest myself."

The eleventh step says, "We sought to improve." Any contact at all was an improvement for me. Many years ago, in Vacation Bible School we made a plaque that said, "More things are wrought by prayer than this world has any idea." I have come to believe that today. People prayed for me and I'm sober today. It does work. That's the good news. The bad news is that we aren't promised that we will get everything we want - only what we need.

I can only pray for the knowledge of God's will and the power to carry that out. Sometimes my inner knower tells me that I'm doing God's will. Other times I have to rely on faith and hope I'll come to believe.

That's the spiritual side of the program - there isn't any other side.

AIN'T IT THE TRUTH?

Changing from "booze" to "pot" makes about as much sense as changing seats on the TITANIC.

GROUP CONTRIBUTIONS

Acceptance	20.00
Black Mountain	15.00
Blue Ridge	76.64
Brevard	35.00
Cullowhee Valley	20.00
Cumberland Avenue	10.00
Fletcher	25.00
Birthday (Fletcher)	18.00
Haywood Road Smokeless	10.00
Paper (Haywood Road)	15.52
Hendersonville	97.74
Hope	10.00
Murphy	20.00
Traditional	25.00
Tryon	45.00
Victoria	20.00
Waynesville Grace	25.00
West Asheville	30.00
Groups Total	517.90

Literature Sold 56.15

Individual Contributions 209.00  
(Carmelita T, Curry W, Barbara B, Jim D, Virginia S, Michael K, Fred H, anonymous)

EXPENSES

Parkway Office Rent	55.00
Answerphone	33.00
Southern Bell	66.89
Mountain Doin's	29.60
Asheville Citizen Times	50.27
AA World Services	34.50
Coordinator	270.00
Office Supplies	10.00
Total Expenses	549.26

SUMMARY

Group Contributions	517.90
Literature Sold	56.15
Individual Contributions	209.00
Total	783.05
Balance Brought Fwd.	710.00
Total Available	1493.05
Less Expenses	549.26
Balance 10-26	943.79

# HOW IT WORKS

## THE IMPORTANCE OF MEETINGS

For most of us, the fellowship of Alcoholics Anonymous is the only hope we have ever had of staying alcohol free and becoming sober individuals. And for a significant number of us this is the hardest part of the program to accept. When I first encountered AA, I was a student at a local college and like most college students, I had a full load of classes and many responsibilities that went with being in college. Consequently, AA took a back seat and I stayed drunk. For those of you who feel that being on the fringes of AA will keep you sober - GOOD LUCK, because that's all you've got to hold on to.

When I could have made meetings in my early college years, I made excuses instead. Soon, as my course load increased, and the end of my college education grew closer my time became legitimately decreased. I found myself wanting to go to meetings because I knew I was sick and because I wanted to get sober, but being unable to attend. I had to reverse my excuses to get me out of school commitments and into meetings. This proved to be the greatest proof of all that there really is a Higher Power; this period also proved to create my greatest struggle in sobriety yet.

For the last semester I was in school, I attended, maybe, two meetings. During this time I remained alcohol and drug free, but gained very little sobriety. What I gained instead was a wealth of false pride that kept me on an eighteen month dry-drunk. Recently I have found myself with a strong desire to experiment with alcohol and drugs, to verify my alcoholism. The insanity of this disease is astounding. Fearing that I would lose myself in the bottle once again, I ran to AA, only to find out that I hadn't ever surrendered anything to a Higher Power. I had taken full credit for my dry-time. For me, the struggle to surrender my claim of power for not drinking is the toughest yet.

I have found it much more difficult to admit that I am powerless over anything since I have acquired my insane false pride. Today, I am grateful to AA for still being available to me when I realized that I could not survive without it. For those of you who are just beginning in this program of recovery I suggest, out of my own experience, that you get as involved as you possibly can.

The beautiful aspect of my experience is that I have a chance for even deeper growth because of the love and acceptance that is offered to me through the program of Alcoholics Anonymous. Thanks --- I'm gonna keep coming back.

Susan E

## BIRTHDAYS

### AUGUST

Waynesville	
Eva M	3
Martha S	1

### SEPTEMBER

West Asheville	
Dot D	5

### OCTOBER

Traditional	
Russ B	13
Acceptance	
Augusta M	10
Nancy H	2
Maurice H	6
Dan G	1
Haywood Road Smokeless	
Liz M	1
Jim O'H	14
Fred H	20

### Murphy

Bob K	3
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### West Asheville

Lee H	9
Jim T	6
Maurice H	6
Ruth	1
Pat G	5

### Victoria

Don B	2
Delores C	2

### Waynesville

L A C	2
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# BIRTHDAYS & ANNIVERSARIES

## NOVEMBER

Acceptance	
Lorine B	1
Sylva	
Bill M	1
Oliver A	3
Alvin W	16
Blue Ridge	
Howard P	36
Woody O	20
Bob B	13
Brooks S	7
Hendersonville	
Ed G	5
Nat A	21
John G	10
Bob S	3
Tom H	2
John C	8
Charlie B	11
Martha B	11
Brenda B	2
J B R	2
Fred E	7
Mike T	
Traditional	
Jean W	8
Morris R	11
Fletcher	
Don O	22
Jack W	2
West Asheville	
Corky M	10
David T	5
Bill K	15
Victoria	
Pat C	7
Tom H	12
Black Mountain	
Barry O	11
Bill G	1
Eileen M	3

One day at a time...

# Incoming Calls to Intergroup

General Information	13
AA Help	7
Family Help Al-Anon	10
Meeting Information	11
Intergroup Business	19
PI Calls	1
Others	8
Calls from Answering Service	17
<b>Total</b>	<b>86</b>

Visitors 21

The regular meeting of Intergroup was held on October 21 at 3 pm at the Allen Center.

The first item of business was the appointment of a new chair person. The by-laws state that if the office of chairperson becomes vacant, the vice chair person shall assume the office of chairman and the office of vice chairperson shall remain vacant until the next election. Miriam K was therefore named chairperson.

The possibility of tour buses for the AA Golden Anniversary was discussed.

The State Assembly will be December 1 & 2.

Traditional Group will host the Area Meeting on November 11 at Trinity Episcopal Church at 1:30 pm.

If any groups need more Mountain Doin's, they should contact Intergroup.

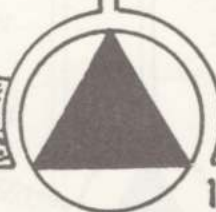
The problem of belonging to one group and holding office in another was discussed. It was suggested a member should only be counted in one group for GSO.

The next Intergroup meeting will be November 18 at 3 pm at the Allen Center.

Present: Diane M, Cumberland Avenue; Marvin M, Waynesville; Miriam K, Vice-chairperson; Jackie W, Victoria; Pam P, Black Mountain; Fred H, Smokeless, Judie R & Louise F, Hendersonville; Virgie R, Thursday Afternoon, Bob V, Wall Street; Lorain B, Acceptance; Becky H, Visitor; Sheila W, Secretary; Jack M, Visitor; Charlotte F, Coordinator; Michael K, Treasurer; Ted F, Trustee.



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC