



MOUNTAIN

DOIN'S

January 1985

AREA MEETING

The Brevard Group and the Sylvan Valley Group will host the District Meeting on January 27, 1985 at the Episcopal Church in Brevard. Bring a covered dish - the groups will supply everything else. Eat at 1:30 pm - speaker at 2:30 pm.

NEW MEETING FOR WOMEN

There is a new meeting starting for women at St. Luke's Church in Chunn's Cove on Monday nights at 8 pm.

A REMINDER

The Open Door Group meets every Sunday night at 8 pm at ARC in Black Mountain in Room 10. Everybody welcome.

PRERELEASE AND AFTERCARE

Ed W needs people to help on Friday afternoons at the prerelease and after-care center on Leicester highway. You can reach him at 258-6150 if you can help.

ARC SPEAKERS

Call Marguerite D at ARC - 669-3417 if you would be willing to speak at an AA meeting at ARC.

Betty P of the Bakersville Serenity Group died November 15, 1984 of complications arising from cancer chemotherapy at the Johnson City Medical Center Hospital. She was the wife of Jim P, also of the Bakersville Serenity Group. We ask your prayers for this beloved and truly grateful member of AA - an organization she loved very, very much.

NOTICE FROM GSO

'Pass It On'-- The Biography of Bill Wilson is now available from GSO. If you are ordering for your group include your group number and the price is \$5.50. Individuals ordering must pay \$6.50. Write to Alcoholics Anonymous World Services Inc. 468 Park Avenue South, New York, NY 10016 or see the holiday issue of Box 459 for a special order form.

The Grapevine paid the price to produce high quality tapes using AA copyrighted material. These tapes are not to be reproduced.

HOW A.A. GROWS ACROSS THE SEAS

The fellowship of A.A., mushrooming out from the United States, now criss-crosses the world. To date, the entire A.A. membership has doubled every seven years, not through any organized promotional effort, but spontaneously, through one alcoholic's sharing with another. The problems of alcoholism know no boundaries, and the principles of recovery found in the A.A. program seem to work equally well in all cultures, all tongues, all nations. There are now more than 58,500 A.A. groups; of these, approximately 22,000 are overseas. There is A.A. activity in 114 countries (including the U.S. and Canada)....

"We are seeing beyond doubt that countries can sponsor countries into service and that the World Service Meetings and interim zonal meetings are extremely effective in contributing to the growth of A.A. worldwide--where there is a service structure, there is growth."

--Box 459, Aug-Sept 1984

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.



The chief on an Indian reservation was having trouble with his alcoholic son. The son wouldn't work and was always drunk and in trouble. Finally, the chief expelled him from the reservation.

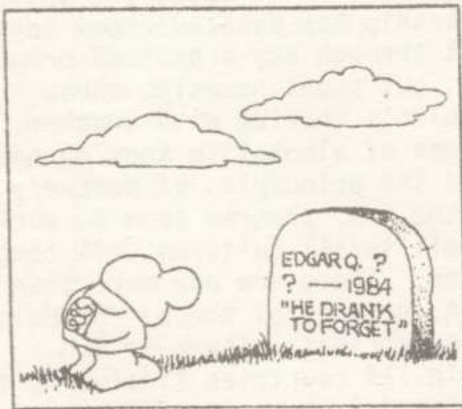
Several years later the tribe had a reunion. The son wasn't invited (they didn't know or care where he was).

At the reunion, as hundreds of Indians socialized, a long gleaming Rolls-Royce pulled up. The chauffeur opened the door and out stepped the son - tall and handsome, wearing a \$500 suit and with a lovely woman on each arm.

The Indians were spell-bound, but the old chief kept his cool. Casually, he raised his hand and said "How!"

The son replied, "Don't take a drink and go to meetings."

WAIA REPORTER
December 1984



WAIA 9-84

One night a man took a short cut through a cemetery. He fell into an open grave and couldn't get himself out. A few hours later a drunk walked by and heard his calls for help. "Get me out of here; I'm freezing." The drunk looked down and said, "No wonder you're freezing, you've kicked all your dirt off."

Silver Dollar

FINANCIAL STATEMENT 12-28-84

Group Contributions	
Black Mountain	15.00
Blue Ridge	81.30
Cashiers	50.00
Cumberland Avenue	10.00
Fletcher	25.00
Haywood Road Smokeless	10.00
Haywood Road - Ad for paper	14.77
Hendersonville	82.49
Mountainview	100.00
Murphy	20.00
Serenity Service	75.00
Thursday Afternoon Women's	25.00
Traditional	25.00
Unity	130.00
Waynesville Grace	25.00
West Asheville	30.00
Total	<u>718.26</u>

Literature sold 18.50

Individual Contributions 95.00
(3 anonymous, Fred H, Sheila W, Midge H)

Expenses	
Parkway rent	55.00
Southern Bell	66.02
Answerphone	33.00
Asheville Citizen Times	50.27
Mountain Doin's	63.40
Coordinator	360.00
Refund District Comm. Fund	20.00
Total	<u>647.69</u>

Summary	
Group Contributions	718.26
Literature Sold	18.50
Individual Contributions	95.00
Total Received	<u>831.76</u>
Balance Brought Forward	909.00
Total Available	<u>1740.76</u>
Less Expenses	<u>647.69</u>
Balance 12-28-84	1093.07



HOW IT WORKS

A LOT OF REASONS WHY I DON'T DRINK

"How come you don't drink anymore?" a renewed acquaintance from long ago asked me the other day.

"Any more than who?"

"I mean any longer. How come you don't drink anything these days?"

"Drink? I drink coffee, milk, tea, soda pop, water, fruit juices, ice cream frappes."

"I mean drink," he said, "you know - booze."

"Oh, booze. No I don't drink booze any more, you're right. I couldn't trust it anymore. It turned on me. Once my friend, it became my enemy."

"Maybe you got a bad batch," he said.

"No, the sauce is the same. I changed. Because I have the illness of alcoholism. My tolerance weakened. Alcoholism doesn't come in bottles. It comes in people."

"Sounds pretty confusing," the fellow said.

"You think you're confused," I said, "You should have seen me."

"I drank for happiness and became unhappy. I drank for joy and became miserable. I drank to be outgoing and became self centered. I drank for sociability and became argumentative and lonely."

"I drank for sophistication and became crude and obnoxious. I drank for friendship and made enemies. I drank to soften sorrow and wallowed in self pity. I drank for sleep and awakened without rest."

"I drank for strength and felt weak. I drank to prove my masculinity and it sapped my potency. I drank medicinally and got sick. I drank because I thought my job called for it and I lost my job."

"I drank for relaxation and got the shakes. I drank for confidence and became uncertain. I drank for courage and became afraid. I drank for assurance and became doubtful."

"I drank to stimulate thought and blacked out. I drank to make conversation and it tied my tongue. I drank for warmth and lost my cool. I drank for coolness and lost my warmth."

"I drank to feel heavenly and came to know hell. I drank to forget and became haunted. I drank for freedom and became a slave. I drank for power and became powerless. I drank to erase problems and saw them multiply. I drank to cope with life and invited death - or worse."

"I drank because I had the right and everything turned out wrong."

"Gosh," my friend exclaimed, "that must have taken a bunch of booze to get you in that shape."

"Just one," I told him. "The first one. For me one's too many and a thousand not enough."

"So that's why you don't drink anymore"

"Yep, I made it a rule. I don't drink while I'm sober."

Dick P
Fort Lauderdale
Sun Sentinel
August 28, 1974

One day at a time...

THE TWENTY-FOUR HOUR PROGRAM

Look to this day!

For it is life, the very life of life.

In its brief course lie all the verities
and realities of one's existence:

The bliss of growth,

The glory of action,

The splendor of beauty.

For yesterday is but a dream

and tomorrow only a vision.

But today, well lived, makes

Every yesterday a dream of happiness,

And every tomorrow a vision of hope.

Look well, therefore, to this day.

Such is the salutation of the dawn.

--From the Sanskrit





BIRTHDAYS & ANNIVERSARIES

NOVEMBER

Serenity (Bakersville)	
Jim P	11
Jean D	4

DECEMBER

Traditional	
Michael K	3
Victoria Road	
Ruby G	1
Murphy	
Al B	13
Claude H	4
Betty B	6

JANUARY

Traditional	
Mike B	1
Margie C	9
Hendersonville	
Ed G	8
Marie G	8
Seldon S	2
David F	1
Black Mountain	
Stan N	6
Martha S	5
Murphy	
Gary M	4
Bob G	7
June C	4
Acceptance	
John C	2
Sheila W	3
Boyce R	3
Lester R	2
Milton B	4
Victoria Road	
Carrie A	3
Ted F	8
Norman C	5
Jerry J	2
Suzanne B	10
Blue Ridge	
Frank R	10
Dot P	3
David F	1
Bryson City	
Michael H	1
Carroll D	2
Jack L	2



Incoming Calls to Intergroup

October 29 - November 30, 1984

General Information	7
AA Help	2
Family Help	2
Meeting Information	14
Medical Help	1
Intergroup Business	21
Others	6
Answering Service	25
Total	78

Visitors 28

December 3 - 28, 1984

General Information	6
AA Help	20
Family Help	11
Meeting Information	16
Intergroup Business	26
Public Information	2
Others	12
Answering Service	25
Total	118

Visitors 22

Yearly Totals

General Information	171
AA Help	110
Family Help	67
Meeting Information	189
Medical Help	15
Intergroup Business	275
Public Information	18
Other	97
Answerphone	321
Total	1263

SPECIAL NOTICE

The next Intergroup meeting will be January 20, 1985 at 3 pm at the Allen Center.



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC