



IMPORTANT NOTICE

All groups are being asked to help the Intergroup office update the Where & When booklets. Please check the current light green booklet and send us your updated information by February 20, 1985.

We hope to publish new booklets in March or April. We need accurate information to keep our booklets current so that people who need us can find us.

THINGS TO BELIEVE

- Believe in yourself; you are God's creation.
- Believe in your job; honest work is a form of worship.
- Believe in this day; every minute contains an opportunity to serve God.
- Believe in your family; create harmony and togetherness by working together.
- Believe in your neighbor; friends are an important ingredient of a happy life.
- Believe in the present; yesterday is gone and tomorrow may never come.
- Believe in God's promise; He means it when He says, "I am with you always."
- Believe in God's mercy; since God forgives you, you can forgive yourself and try again tomorrow.

sent in by Sheila W

REMINDER

The Mars Hill Group meets on Thursday nights at 8 pm in the Methodist Church. All meetings are open - visitors welcome.

IF IT WORKS DON'T FIX IT

HANGOVER: Something to occupy the head that wasn't used the night before.

ALCOHOL GAVE ME WINGS TO FLY THEN IT TOOK AWAY THE SKY.

THE NEIGHBOR'S CHICKENS

The story is told of a man who raised chickens and among them was a rooster who crowed occasionally and greatly annoyed the next door neighbor. So early one morning, he called the owner of the flock to make this complaint, "That miserable bird of yours keeps me awake all night."

"I don't understand," answered the owner. "He hardly ever crows, but if he does, it's never more than two or three times a day."

The man quickly replied, "That isn't my problem. It's not how often he does it that irritates me! It's knowing when he might that keeps me awake!"

Many of us are like that man. We worry about the difficulties and distressing circumstances that could arise tomorrow. Rather than living a day at a time and rejoicing in the Lord's sufficiency for the present, we become anxious by borrowing trouble and constantly fretting about things we fear might happen.

Someone has said, "Ninety percent of all things we worry about never happen and the Lord knows all about the other ten percent."

Barbara N Mars Hill Group

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.



It seems that some AA members were driving to a conference in a distant city. About half way there, they stopped for a coffee break. The restaurant was near a botanical garden and they decided to walk around and stretch their legs before going on. As they admired the beautiful flowers, a sweet little old woman approached them and asked, "Are you members of the Wild Life Society?"

"No, ma'am," answered one. "We used to be, but then we joined AA."

Pick Me Up
January 1984

"I demand to know why I have been arrested," protested the drunk as the officer dragged him into the police station.

"You've been brought here for drinking," replied the policeman.

"Oh, great," said the drunk with enthusiasm. "Let's get started."

A speeding motorist was stopped by a police officer.

"I'm a good friend of the mayor," pleaded the speeder.

"That's great," said the officer as he wrote the ticket. "Now he'll know I'm on the job."

Silver Dollar
February 1983



Pick Me Up 12-84

GROUP CONTRIBUTIONS

Black Mountain	15.00
Blue Ridge	76.91
Brevard	25.00
Clyde Sunday Night	40.00
Fletcher	25.00
Hendersonville	52.78
Haywood Road Smokeless	10.00
Haywood Road (Ad for paper)	22.87
Mars Hill	10.00
Murphy	20.00
Open Door	20.00
Serenity Service	60.00
Traditional *	65.00
Tryon	45.00
West Asheville	30.00
Total	517.56

*Traditional contribution includes regular contribution + memoriums for Neil D & James H.

Literature Sold 33.40

Individual Contributions 140.00
(Fred H, ER L, Barbara B, anonymous)

Expenses

Parkway Office Rent	55.00
Answerphone	33.00
Southern Bell	61.23
Asheville Citizen Times	53.01
Mountain Doin's	76.80
Coordinator	255.00
Total	534.04

Correction to December Statement

Sylvan Valley	60.00
Cumberland Avenue	10.00
Individual	5.00
Total	75.00

Group Contributions	517.56
Literature Sold	33.40
Individual Contributions	140.00
Total	690.96
Balance Brought Forward	1168.07
Total Available	1859.03
Less Expenses	534.04
D/M Returned Check	50.00
Balance as of 1-25-85	1274.99

HOW IT WORKS

WHAT IS AA ?

From "High & Dri", Seattle Washington

Alcoholics Anonymous is a fellowship designed and administered by a bunch of ex-drunks whose only qualification for membership is that they can't hold their liquor and don't want to learn how. It has no rules, dues or fees - nothing that any sensible organization seems to require.

At meetings, the speakers start on one subject and end up talking about something entirely different, concluding by saying, "I don't know anything about the program except that it works."

The groups are always broke, but always have money; they are always losing members but always growing. They claim that AA is a selfish program, but they are always doing things for others. Every group passes laws, rules, edicts, and pronouncements which everybody blithely ignores. Members who disagree with anything are privileged to walk out in a huff - quitting forever - only to return as though nothing happened and be greeted accordingly.

Nothing is ever planned for more than 24 hours ahead, yet great projects are born and survive magnificently. Nothing in AA is according to Hoyle - how can it survive? Perhaps it is because we have learned to laugh at ourselves: God made man - He made laughter too! Perhaps He

is pleased with our poor effort and makes everything run right no matter who pushes the wrong buttons.

Maybe He is pleased, not with our perfect-ions, but with our sincerity; maybe He is pleased because we are trying to be nobody but ourselves.

We don't know how, but it works, and members keep receiving their dividends from their AA investment.

One day at a time...

SOBRIETY is the most important thing in your life without exception. You may believe that your job, or your home life, or any one of many things comes first. But consider, if you do not get sober and stay sober, chances are you won't have a job, a family, sanity, or even life. If you are convinced that everything in life depends on your sobriety, you have so much more chance of getting sober and staying sober. If you put other things first, you are only hurting your chances.

from Chit Chat Farms

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DO NOT DETACH

NAME: _____

STREET: _____

CITY: _____

STATE/ZIP: _____

This gift for _____
(Name only)

ZIP (only) _____

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CITY _____ STATE _____ ZIP _____



BIRTHDAYS & ANNIVERSARIES

DECEMBER

Waynesville
Loni K 1

JANUARY

Serenity (Bakersville)
Richard F 1
Marshall
MV C 7
Dan M 6

FEBRUARY

Acceptance
Dana A 3
Sam S 4
Edith S 1
Murphy
David B 2
Serenity (Bakersville)
JC B 4
Black Mountain
Pam P 4
Lorraine C 19
Traditional
Mary C 14
Lou L 13
Diane M 2
Marshall
Gene M 11
Norm C 9
Blue Ridge
Maxine Y 8
Ike O 16
Karl A 5
Rick F 2
Haddy H 2

The Next GSR meeting will be February 17 at 2 pm at the Allen Center. All GSR's need to attend this meeting because the workshops for studying the Service Manual and Guidelines will be set up. Also, we hope to have all the information about the GSR Assembly March 2 & 3 in Winston Salem.



Incoming Calls to Intergroup

December 31 - January 25, 1985

General Information	8
AA Help	13
Family Help (Al-Anon)	5
Meeting Information	16
Medical Help	0
Intergroup Business	13
Others	8
Answerphone	20
Total	<u>83</u>

Visitors 21

Intergroup Minutes

The January Intergroup meeting was cancelled due to bad weather. However, the major item of business - the hiring of Intergroup Coordinator - was discussed by telephone among the officers and the committee members.

Nan J was employed as our Intergroup Coordinator pending vote of the Intergroup representatives.

Nan comes to us highly recommended from the Intergroup office in Annapolis, Md. where she served as a volunteer.

All of us welcome her to this new position. She has been working hard to organize the literature for alcoholics and for professionals who call for information.

She invites all AA members and friends to stop by the office and see our Intergroup in action.

THE NEXT INTERGROUP MEETING WILL BE FEBRUARY 17 at 3 PM AT THE ALLEN CENTER.



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC