

NEWS FROM GSO

"Dr. Bob and The Good Oltimers" and "Pass It On" are designed as matching volumes -- as befits our cofounders. At the end of March GSO offered them as a gift set in a handsomely designed library slip case, appropriate for AA anniversaries and other special occasions. Although a special order form is in the April/May issue of "Box 459", orders may be sent in to AA World Services, Inc., 468 Park Avenue South, New York, NY 10016. The cost is \$10 for groups and \$12 for individual orders.

CANTON GROUP

There will be an open speakers meeting every Monday night at 8 pm at St. Andrew's Episcopal Church, 99 Academy Street, Canton, NC. From Waynesville - take 19-23 East to 6th red light, turn right on Academy st, across from First Baptist. From Asheville - take 19 - 23 West to 3rd red light, turn left on Academy St, across from First Baptist.

MARION GROUP

The Marion Group reports that they now have two meetings a week at the Care Center - 11 am on Wednesday and the other on Saturday night. AA and Al-Anon still meet on Wednesday night at the Episcopal Parish house.

GOLDEN ISLES FAMILY WEEKEND

Welcome all AA, Al-Anon, Alateens and friends to Epworth-By-The-Sea at St. Simons, Georgia on June 6 - 9, 1985.

TENNESSEE STATE AA CONVENTION

34th Annual Tennessee Convention will be May 16 - 19, 1985 at the Southern Inns in Chattanooga, Tennessee. More information at Intergroup.

SPECIAL NOTICE: MAY INTERGROUP MEETING

The May Intergroup meeting will be on May 19, 1985 at St. Joan of Arc Library at 3 pm.

ARC is in need of literature for the patients. If your group has some extra money and would like to donate literature to newly recovering alcoholics, this is an excellent opportunity. Do not send money. Intergroup has a good selection of pamphlets and books for sale or they may be ordered from GSO.

Intergroup has order forms for a one ounce silver medallion commemorating AA's 50th Birthday. The cost is \$25 - that includes postage and insurance.

CELEBRATION OF SOBRIETY

The Annual ARC Reunion will be June 2, 1985. Activities begin at 9 am and there will be a speaker at 2 pm.

DON'T FORGET THE AA INTERNATIONAL CONVENTIO

I am responsible.
When anyone, anywhere,
reaches out for help, I want
the hand of AA always to be there.
And for that: I am responsible.

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 alcoholic's logic always amazes me. My drinking friend said that his cardiologist told him to get a pint of whiskey and to take four ounces a day. But he drank it all at once.

And why did he drink the pint all at once -- so he wouldn't have to take any more for three days!

Marriage Counselor: "What seems to be the trouble?"

Drunk's Wife: "My husband is having an affair."

Counselor: "Oh, and this, of course, disturbs you -- and you'd like me to tell you how to break it up?"

Wife: "Gee, I hadn't thought of that. I really came in to see if you could tell me what in the world she sees in him."

Two lady drunks were discussing their weight problem.

One said, "You ought to go on a diet."

And the other replied, "Yeah, but I can't decide whether to go on the Milwaukee diet, or the Italian diet."

The first lady asked, "What kind of a diet is a Milwaukee or an Italian?"

"Well if I go on a Milwaukee diet I just drink beer. But if I go on the Italian diet I'll drink a fine wine and eat a loaf of bread."

To which the friend replied, "Go on the Italian diet and I'll go on it with you and I'll bring the bread."

One day at a time...

GROUP CONTRIBUTIONS

Acceptance	20.00
Black Mountain	15.00
Blue Ridge	71.30
Fletcher	25.00
Haywood Road Smokeless	30.34
Hendersonville	62.08
Marion	50.00
Mountainview	40.00
Murphy	20.00
Open Door	10.00
Traditional	25.00
Waynesville Grace	40.00
West Asheville	30.00
Intergroup Meeting	5.00
Total	443.72

Literature sold 148.51

INDIVIDUAL CONTRIBUTIONS (anonymous) 15.00

EXPENSES

Where and When Brochure	188.50
Answerphone	33.00
Parkway Office Rent	55.00
Southern Bell	61.88
Mountain Doin's	78.60
Hazelton (literature)	50.00
Asheville Citizen Times	53.01
Coordinator Expenses	360.00
Total	879.99

SUMMARY

Group Contributions	443.72
Literature Sold	148.51
Individual Contributions	15.00
Total received	607.23
Balance Brought Forward	770.60
Total Available	1377.83
Less Expenses	879.99
Balance as of 4-26	497.84



HOW IT WORKS

THE TWELVE STEPS DOWN TO DESTRUCTION

1. I stated I could handle my liquor and was Master of my Fate.
2. Came to believe that I was rational and sane in every respect.
3. Made a decision to run my own life and be successful in all my affairs.
4. Made a searching and thorough inventory of my fellowman and found him lacking.
5. Admitted to no one, including God, and myself that there was anything wrong with me.
6. Sought through alcohol to overcome my responsibilities and escape the realities of life.
7. Got drunk to remove these shortcomings.
8. Made a list of all persons who had harmed me, whether real or imaginary, and swore to get even.
9. Got even wherever possible except where to do so would further injure me.
10. Continued to find fault with the world and the people in it and when I was right promptly admitted it.
11. Sought through conniving and by-passing to improve myself materially at the expense of my fellowman as I understood him, asking only for the means to get drunk and escape the realities of life.
12. Having had a complete moral, financial and physical breakdown, I tried to drag those dear to me down to my level and to practice these reasonings in all my affairs.

WAIA 4-85

"LET GO" DOESN'T MEAN STOP CARING

To "let go" does not mean to stop caring, it means I can't do it for someone else.

To "let go" is not to cut myself off, it's the realization that I can't control another.

To "let go" is not to enable, but to allow learning from natural consequences.

"To let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to try to change or blame another, it is to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive. It is not to judge, but to allow another to be a human being.

To "let go" is not to be in the middle arranging all the outcomes, but to allow others to affect their destinies.

To "let go" is not to be protective, it to permit another to face reality.

To "let go" is not to deny, but to accept. It is not to nag, scold or argue with, but instead to search out my own shortcomings and correct them.

To "let go" is not to criticize and regulate anybody, but to try and become what I dream I can be.

To "let go" is not to regret the past but to grow and live for the future.

To "let go" is to fear less and love more.

Unsigned
Fresno, Pipeline





BIRTHDAYS & ANNIVERSARIES

JANUARY

Waynesville-Grace	
Charlene T	4
Marvin M	4
Dot B	1
Kitty P	1
Roger H	1

FEBRUARY

Waynesville-Grace	
Harriet P	1
Tryon	
Janet S	13

MARCH

Waynesville-Grace	
Ed L	2
Tryon	
Don G	4
Jim S	6
Marvin P	1
Shine G	28

APRIL

Haywood Road	
Ann D	14
Tryon	
Barb T	3
Barbara B	10
Cindy P	2
Faye G	2
Lefty H	6
Leslie P	2
Willard J	2

MAY

Hendersonville	
Dick W	38
Harold P	3
Ramonia L	2
Cherokee	
Carl R	3
Bryson City	
Junior W	2
Sylva	
Jim S	7
Nancy W	14
Acceptance	
Phil S	1
Bob V	5
Chuck R	1
John M	2
Mars Hill	
Barbara N	2
Ginnie S	7



Incoming Calls to Intergroup

4-1-85 to 4-25-85

Answering Service	24
General Information	4
Family Help (Al-Anon)	10
Meeting Information	11
Intergroup Business	11
PI Calls	1
Medical Help	2
Others	8
AA Help	15
Total	86

Visitors 32

The regular Intergroup meeting was held on April 21, 1985 at 3 pm at St. Joan of Arc Church on Haywood Road.

A typewriter has been purchased for the Intergroup office.

The Where and When Brochures were distributed to the representatives. It was decided to charge 10 cents a piece to treatment centers and professionals. The brochure is free to groups, but they are asked for contributions to cover printing and postage if the group can afford it.

The issue of ARC's request for free literature was discussed. It will be left up to the groups to donate literature if they want to.

On June 16, the GSR's will have a picnic at the Enka Union Hall on Sardis Road. Intergroup will join them. Eat at 1 pm, the GSR and Intergroup meetings will be at 3 pm.

Dan G of the Acceptance Group has agreed to take over the Mountain Doin's beginning with the July issue.

Present: Sheila W, secretary; Marvin M, Waynesville; Ron F, Victoria; Jim D, Turning Point; Fred H, Haywood Road; Louise F, Hendersonville; Carl C, visitor; Lane M, Sylvan Valley; Frank R, Blue Ridge; Dot D, DCM; Dan G, Acceptance; Michael K, treasurer; Jo H, Haywood Road; Ted F, trustee

Blue Ridge	
Joe B	27
Gen G	20
Frankie S	19
Jane P	10
Ted A	10
Waynesville	
Gene V	12
West Asheville	
Ray L	4
David R	8
Dick P	10



MOUNTAIN DOIN'S % Intergroup

