



# MOUNTAIN

# DOIN'S

October, 1985

## DISTRICT EATING MEETING SCHEDULED BY ACCEPTANCE GROUP

The East Asheville Community Center will be the site of a District 7 Eating Meeting scheduled for 1:30 P.M. Sunday, November 3, 1985. Sponsored by the Acceptance Group, the meeting will begin with a covered dish lunch at 1:30 P.M., followed by a speaker at 2:30 P.M. The East Asheville Community Center is located adjacent to the branch library off U.S. 70 (Tunnel Road) in East Asheville.

## 8TH DISTRICT SETS QUARTERLY EATING MEETING --GSR TO FOLLOW

Sunday, October 13, 1985 is the date set for the Quarterly District Meeting in District 8. According to Gene V., the meeting will be held at the Macon County Community Building on Highway 441 in Franklin, NC. A covered dish lunch will begin at 1:00 P.M. A speaker meeting will follow at 2:30 P.M. and a GSR meeting is set for 2:30 P.M.

## NEW STEP MEETING SET FOR SYLVA

Leah H. reports that a new step meeting has been established by the Sylva group. The new meeting will be held at 8:00 P.M. on Thursdays at St. John's Episcopal Church on Church Street in Sylva.

## INTERGROUP SPECIAL ANNOUNCEMENT

Nan J. has resigned as coordinator of the Intergroup office effective Thursday, September 26, 1985. We would like to express our appreciation for all the time and energy she has devoted to this position. Temporary arrangements have been made with Charlotte F. to keep the office operating until the next Intergroup meeting, Sunday, October 20, 1985. Please encourage your Intergroup representative to attend this meeting.

--Sheila W., Chairman  
WNC Intergroup

## ARE YOU A 12TH STEPPER?

In the September Mountain Doin's, an update to our current 12th Step list was sent to each group. These lists are to be returned to the Intergroup office by October 15, 1985.

We need recovering alcoholics who will accept the responsibility of returning a 12th Step call. Discuss doing 12th Step work with your sponsor or suggest to your home group to have a closed discussion on the 12th Step.

The TWELVE STEPS AND TWELVE TRADITIONS, page 110, says it so well: "Practically every A.A. member declares that no satisfaction has been deeper and no joy greater than a Twelfth Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awaken to the presence of a loving God in their lives--these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic."

## 1 2 T H S T E P L I S T

## A N D S P E A K E R S L I S T

## D U E T U E S D A Y ,

O C T O B E R 1 5 , 1 9 8 5

Mountain Doin's is the newsletter for Intergroup of WNC representing AA in Districts 7 and 8. Published monthly, Mountain Doin's is distributed on the first day of each month. The closing date for reader contributions is the 20th of each month.

## EDITORIAL COMMENT



from the INTERGROUP Treasurer...

FINANCIAL REPORT--8/27 to 9/16/85

### ANTABUSE SIDE EFFECTS LISTED

(Editor's Note: The following article appeared in "Good Health," a syndicated column written by Dr. Paul G. Donohue. It is reprinted here for the information of Mountain Doin's readers.--Dan. G.)

Dear Dr. Donohue: Are there side effects to Antabuse other than those that occur when you drink alcohol? If you have a mild Antabuse reaction are there any long-term effects? And finally, exactly how long does it take for Antabuse to leave the system?--D.P.S.

For readers unfamiliar with the drug, it blocks complete breakdown of alcohol in the body. It's this partially-metabolized alcohol that causes the unpleasant reactions--headache, flushing, nausea and vomiting. They may linger for a half hour to several hours. It's used, therefore, to help an alcoholic overcome his addiction; the fear of the reaction is the stimulus to abstention.

Now to your questions:

Nerve inflammation, drowsiness and rashes are among some of the other reported side effects. There is almost never any long-term effect from a mild Antabuse reaction. It takes quite long for the drug to leave the system completely. No one taking it should drink any alcohol for at least a week, and perhaps, to be safe, for two weeks after taking the last tablet. Of course, it's hoped that the alcoholic using this method will never take another drink as long as he lives.

An additional word: Antabuse is a powerful drug and should never be used frivolously. Alcohol is found in unsuspected sources, like cough medicines. Even that can lead to a reaction. A severe Antabuse reaction can be life-threatening--for example, the kind that can occur if a person is foolish enough to consume a large quantity of alcohol while using it.

### Group contributions:

Acceptance	\$ 20.00
Black Mountain	60.00
Blue Ridge	79.75
Fletcher	25.00
Haywood Road	33.59
Hendersonville	73.58
Hope	10.00
Murphy	20.00
New Day	5.00
Serenity (Franklin)	30.00
Sylva	20.00
Traditional	25.00
W. Asheville	30.00
Intergroup Meeting	11.65

\$443.57

Literature Sold: 38.60

Individual Contributions: 15.00  
(Fred H.)

### Expenses:

Where & When Pamphlets	\$74.93
Parkway Office Rent	55.00
Mt. Doin's	119.76
Southern Bell	66.48
Coordinator	195.00
Haywood Road Group	5.00
(use of coffee 9-15)	
St. Joan of Arc Church	6.65
(use of Library 9-15)	
	\$522.82

### Summary:

Balance Brought Forward	\$663.34
Group Contributions	443.57
Literature Sold	38.60
Individual Contributions	15.00
Total Available	\$1,160.51
Less Expenses	<\$ 522.82>
Balance 9-17-85	\$ 637.69

## THE DCM'S CORNER

"I would like to try to explain or clarify the DCM Fund.

This fund was started years ago as a means of affording any A.A. member in District 7 the opportunity to serve as DCM.

A number of years went by when the DCM's chose not to use this fund, which in turn caused the A.A. member to assume he had to be 'fat on the nip' to be a DCM.

This was discussed at a District GSR meeting in 1982 and the DCM at that time and all succeeding DCM's were advised they could use the fund if funds were available.

The expense covered would be for five trips to State Meetings. This would be for travel and lodging, when needed.

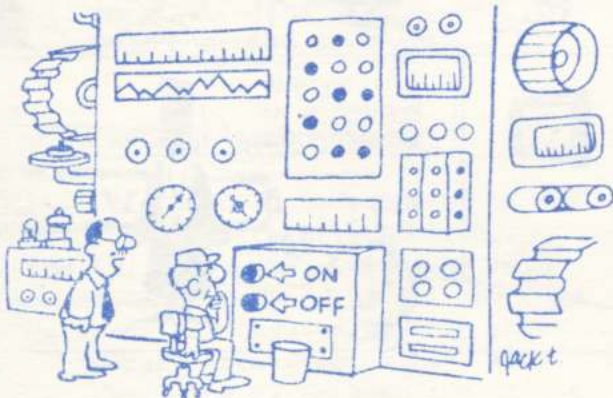
This fund is to be used but not abused.

This will be reviewed at our next District GSR meeting on October 20, 1985.

I would like to encourage all groups in District 7 to see that your GSR and your alternate attend this meeting.

We will be electing an alternate DCM and deciding what groups will be hosting the District Eating Meetings for 1986."

--Ray D.



"Remember... Keep It Simple!"

THE GRAPEVINE

## Intergroup Minutes

The regular monthly meeting of Intergroup of WNC was held at 3:00 P.M. Sunday, September 15, 1985 at St. Joan of Arc Catholic Church, Asheville. The minutes of the August meeting and the Treasurer's Report were read and accepted. Fred H., Smokeless Group, reported on progress made by the Public Information Committee. As a first project, the PI Committee will donate Big Books to libraries and hospitals in District 7. Tabletop displays for health fairs and schools have been ordered and the committee has been registered with GSO in New York. Fred H. will serve as chairman and Gary O. will serve as secretary of the new committee. Beginning October 20, 1985, the Public Information Committee will meet concurrently with the regular monthly Intergroup meeting.

It was decided to repeat an article on chip ordering information and publish a follow-up article on updating 12th Step lists in the October edition of Mountain Doin's.

Denise L. was introduced as the new alternate Intergroup representative from the Acceptance Group.

Those in attendance were: Miriam K., Trustee; Marvin M., Secretary; Eileen M., Smoky Mountain-Hot Springs; Dan G., Acceptance; Denise L., Acceptance; Diane M., Treasurer; Sheila W., Chairman; Marie A., Roundtable--Hendersonville; Lane M., Sylvan Valley--Brevard; Ted F., Trustee; Charlotte F., guest--Victoria Road; Michael K., Vice-Chairman; Ed M., Marshall.



# REMINDER

3:00 p.m.



## NEXT INTERGROUP MEETING

Sunday, October 20, 1985

St. Joan of Arc Catholic Church



# BIRTHDAYS & ANNIVERSARIES

## SEPTEMBER

Acceptance	
Gerd S.	6
Alanson B.	2
Mike I.	2
Tryon	
Claude C.	14
Wally S.	11
Blue Ridge	
John A.	16
Archie D.	10
Thomas T.	4
Harold W.	1
Just for Today	
Charlie S.	1
Murphy	
June C.	5
Waynesville Grace	
Eva M.	4
Martha S.	2
Eddie H.	1
Hendersonville	
Louise F.	3
Judy B.	3
David M.	1
Jimmy D.	1
Jim O.	1
Ron W.	1
Barry M.	8
West Asheville	
Dot D.	6
Tom E.	6
Marion	
Bill S.	2
Black Mountain	
Janet F.	1
Cumberland Avenue	
Bob R.	2
Sylva	
Jerry W.	7
Jeannie H.	7
Doyle M.	6

## OCTOBER

Blue Ridge	
Alden W.	4
Murphy	
B. K.	4
Acceptance	
Augusta M.	11
Pete T.	3
Dan G.	2
Lee T.	1
West Asheville	
Fred H.	21
Lee H.	10
Jim T.	7
Maurice H.	7
Black Mountain	
Joy G.	2
Bob S.	1
Hendersonville	
J. R. H.	3
Jo	1
Owen G.	1
Sylva	
Lester G.	8
Tom B.	8
Hope R.	5
Herman M.	4
Martha S.	3
Sandy H.	2

### INFO AVAILABLE ON ORDERING CHIPS

Is your Group having trouble getting chips? Contact the Intergroup office for ordering information. 254-8539



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC