



# MOUNTAIN

# DOIN'S

November 1985

## NEW MEN'S STUDY GROUP STARTS IN WEST ASHEVILLE

A new men's group devoted solely to the study of the Twelve Steps and the Big Book has been scheduled in West Asheville. The group will meet Sunday nights, 7:30 PM, in the Library of St. Joan of Arc Catholic Church, 919 Haywood Road, West Asheville. Individuals planning to attend are encouraged to bring a copy of the Big Book and a copy of "Twelve Steps and Twelve Traditions."

## TIME TO ELECT INTERGROUP REPRESENTATIVES

Sheila W., Chairman of Intergroup of Western North Carolina, reminds all groups in Districts 7 and 8 that now is the time to elect Intergroup representatives and alternates for 1986. New Intergroup members take office in January 1986.

## STATE AA ASSEMBLY SCHEDULED FOR WINSTON-SALEM

Fred H., Smokeless Group, reminds us that all GSR's and alternates are encouraged to attend the North Carolina AA Assembly, November 22 through November 24, 1985 at the Hyatt House in Winston-Salem.

## UPDATE ON "NO-BOOZE" BEER AND WINE

There's enough alcohol in the popular new "non-alcoholic" beers and wines to kick a recovering alcoholic off the wagon, warns an expert.

"A recovered or recovering alcoholic who drinks any of these products is playing with fire," says Dr. Nicholas Pace.

By law, these drinks can have up to one-half of one percent alcohol, enough to rekindle an alcoholic's thirst for booze, says Pace, the medical director of an outpatient alcoholism center in New York City.

He adds that they also pose a lethal threat to alcoholics taking the drug Antabuse to make alcohol unpalatable.

Reprinted from "Steppingstones" Nederland, Texas

## TWISTED TRUTHS

The Slogans and sayings we hear around AA are catchy reminders of some important truths. But like all true statements, they can be interpreted in ways quite contrary to the original spirit. I have been guilty of a few ministerpretations myself and have heard others. Here are some of the ways we can twist them around.

**FIRST THINGS FIRST:** Don't bug me about getting a job--after all, I've stayed sober for five years, haven't I?

**LIVE AND LET LIVE:** Let me alone--I'll do it my way.

**BUT FOR THE GRACE OF GOD:** Maybe my luck will hold out one more time.

**EASY DOES IT:** The Steps will take care of themselves if I don't bother with them.

**ONE DAY AT A TIME:** Planning for the future is a waste of energy.

**LET GO AND LET GOD:** It's hardly worth making any effort.

**SPIRITUAL PROGRESS RATHER THAN SPIRITUAL PERFECTION:** I'll grow up when I darn well please.

**GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE:** I'll always be a little squirrely, so why worry?

**THIS IS A SELFISH PROGRAM:** Twelfth-stepping is fine for other people, but my sobriety comes first.

**KEEP IT SIMPLE:** I have never read the Big Book--I don't want to get confused.

--Grapevine, June 1981

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...*

"LONG FORM" OF SERENITY PRAYER

Editor's Note: The following is the longer version of our familiar Serenity Prayer. It was submitted by District 8 DCM, Gene V. --Dan G.

GOD GRANT ME THE SERENITY  
TO ACCEPT THE THINGS I CANNOT CHANGE,  
THE COURAGE TO CHANGE THE THINGS I CAN,  
AND THE WIDSOM TO KNOW THE DIFFERENCE.

LIVING ONE DAY AT A TIME:  
ENJOYING ONE MOMENT AT A TIME:

ACCEPTING HARDSHIP AS THE PATHWAY TO PEACE:

TAKING, AS HE DID, THIS SINFUL WORLD AS IT IS,  
NOT AS I WOULD HAVE IT:

TRUSTING THAT HE WILL MAKE ALL THINGS RIGHT  
IF I SURRENDER TO HIS WILL.

THAT I MAY BE REASONABLY HAPPY IN THIS  
LIFE, AND SUPREMELY HAPPY WITH HIM FOREVER  
IN THE NEXT.

--Dr. Reinhold Niebuhr

IN MEMORIUM

Mountain Doin's regrets to announce the death of Edna Johnson on October 22, 1985. A former Coordinator of Intergroup of WNC, Edna was a 14-year member of the Traditional Group. She will be missed by all those who knew and loved her.

INCOMING CALLS

September 2 - October 18, 1985

Answering Service	27
General Information	8
AA Help	21
Family Help (Al-Anon)	15
Meeting Information	35
Intergroup Business	50
PI Calls	4
Medical Help	4
Others	<u>17</u>
Total	81
Visitors	40

FINANCIAL STATEMENT

September 15 - October 14, 1985

Group Contributions

Acceptance	\$ 20.00
Black Mountain	15.00
Bryson City	30.00
Cumberland Ave.	15.00
Fletcher	25.00
Haywood Rd.	41.11
Hendersonville	69.04
Hope	10.00
Murphy	20.00
New Day	5.00
Open Door	20.00
Serenity Service	45.00
Smokey Mountain	20.00
Traditional	35.00
Waynesville Grace	72.00
West Asheville	<u>30.00</u>

\$472.15

Individual Contributions 0

Literature Sold \$ 53.05

Expenses

Mt. Doin's	\$154.10
coorindator Expense	300.00
AA World Services	83.10
Office Supplies	50.17
Petty Cash	20.00
Chair for Office	100.69
Parkway Office Rent	55.00
Answerphone	40.00
Asheville Citizen-Times	<u>111.63</u>

\$914.69

Summary

Balance Brought Forward	\$637.69
Less Error	< .50>
Amended Balance	637.19
Group Contributions	472.15
Literature Sold	53.05
Total Available	1,162.39
Less Expenses	<914.69>
Balance Oct. 14	\$247.70

Balance DCM Fund \$ 90.74



## THE DCM'S CORNER

There was good attendance at the 8th District Meeting Sunday, October 13th in Franklin. The food was good, and Ed W., formerly of Ohio, made an excellent talk that was enjoyed by A.A. and Al-Anon members alike because he also told some of his wife's story.

A very productive GSR meeting followed the speaker's meeting. All eight GSR's in attendance voted for a district General Service Workshop to be held in Sylva Sunday, December 1st at a location to be named later.

The Group Conscience of most of the groups in the 8th District has voted to support the District by having already sent a contribution to the District Treasurer or by making pledges to contribute to that fund right away.

Some groups' trusted servants (GSR, Secretaries, and treasurers) that have served two years will be retiring this fall. Please remember the importance of rotation in these responsibilities. Send the DCM and the state Secretary the names and addresses of all newly-elected trusted servants.

All GSR's and their alternates are urged to complete and mail their applications for reservations at the Regency Hyatt House in Winston-Salem for the State Assembly Meeting, Nov. 22-24. Some DCM's and Alternates will be driving up Saturday morning for the Committee Meeting starting at 9:30 AM. The GSR Assembly Meeting will convene at 1:30 PM, November 23, 1985.

Everyone appreciates Shelia W.'s and Diane M.'s willingness to visit many of the groups in the 8th District explaining Intergroup functions and encouraging each group to elect an active and interested Representative to attend Intergroup meetings.

Waynesville will host the District meeting in January (2nd Sunday) and Sylva will be the host group for the 2nd Sunday in April.

## Intergroup Minutes

The regular monthly meeting of Intergroup of WNC was held Sunday, October 20, 1985 at St. Joan of Arc Catholic Church. The minutes of the September meeting and the Treasurer's Report were read and accepted. Fred H., Chairman of the Public Information Committee, reported that nine groups have donated copies of the Big Book and that distribution to area libraries has begun. Pamphlets have been ordered and preliminary contacts have been made with local radio stations. The committee has also made a contact with the Buncombe County Medical Association.

Following the resignation of Nan J. as Intergroup Coordinator, Charlotte F. volunteered to serve as Coordinator with the assistance of Fred H., Jean W., Diane M., and Jo H.

Sheila W., Chairman, reminded groups that Intergroup representatives and alternates for 1986 should be elected immediately. New members will be seated as of January 1986.

**SPECIAL NOTE: THERE WILL BE NO INTERGROUP MEETING IN DECEMBER 1985.**

Those in attendance were:

Marvin M., Secretary; Fred H., visitor; Michael K., Vice-chairman; Rick F., Hendersonville; Sue F., Round Table; Dave F., visitor; Eileen M., Smokey Mountain; Ed M., visitor; Jo H., Haywood Smokeless; Jim D., Turning Point; Dan G., Acceptance; Dave R., Franklin; Pam P., Black Mountain; Jean W., Trustee; Charlotte F., Coordinator; Lane M., Sylvan Valley; Ted F., Trustee; Sheila W., Chairman.



## REMINDER

3:00 p.m.



## NEXT INTERGROUP MEETING

Sunday, November 17, 1985  
St. Joan of Arc Catholic Church





# BIRTHDAYS & ANNIVERSARIES

## OCTOBER

### Fletcher

Dot G. 12  
Sally F. 8

### New Day

Don B. 3

### Marion

Bill S. 2  
George B. 1  
Ken W. 1

### Blue Ridge

Alden W. 4

### Murphy

B.K. 4

### Acceptance

Augusta M. 11  
Nancy H. 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

## NOVEMBER

### New Day

Virginia S. 24  
Round Table

Tom H. 3  
Hendersonville

John C. 9  
Ed G. 6  
Mary P. 4

Nat A.  
J.B.R.  
Fred E.  
Brenda  
Mike T.  
Martha S.  
Charlie B.  
Martha B.

### Black Mountain

Bill G. 2

### Blue Ridge

Howard P. 37  
Woody O. 21  
Robert B. 14  
Brooks S. 8  
Owen C. 1

### Acceptance

Dave L. 4  
Loraine B. 2

### Traditional

Morris R. 12  
Jean W. 9

### Fletcher

Don O. 23  
Jack W. 3

### Sylva

Alvin 17  
Oliver H. 4

### Waynesville

Wendy B. 11  
L.A.C. 3

### Smoky Mountain

Eileen M. 4

