



DISTRICT 7 AREA MEETING

On March 9, 1986, there will be an Eating Meeting at St. James Episcopal Church on N. Main Street in Hendersonville. Eat at 1:30 pm (bring a covered dish) and at 2:30 pm Joe E from Charlotte will speak. The meeting is cohosted by the Hendersonville Group and the Thursday Afternoon Ladies Group.

DISTRICT 8 NEWS

Seven of the 17 groups in the 8th district have new GSR's for the 86-87 term. They are: Stephen B, Canton; Mike C, Cashiers; Harry C, Cherokee; Don B, Cherokee (Saturday); Rick L, Murphy; Lewie T, Waynesville; & Linda W, Andrews.

The 8th district quarterly General Service Workshop will be held on Sunday March 9 at 3 pm at St John's Episcopal Church in Sylva. All GSR's, alternates, and interested persons are invited.

The new Ala-Teen group of Clyde wishes to express their appreciation to Al-Anon and AA in Waynesville, Canton and Clyde for their support. Several teenagers are already attending regularly and welcome all teens of alcoholic parents to join them. They meet at 8 pm on Sunday nights at the Central United Methodist Church, Clyde.

GSR's from Clyde, Waynesville, Sylva, Cherokee, & Bryson City represented their groups at the last district meeting in Waynesville on January 12.

All group secretaries are reminded to update their group members AA birthdays with the Intergroup office in Asheville for Mountain Doin's.

GSR's of the 8th district will be mailed copies of the minutes of the state committee meeting in Winston Salem March 1-2 as soon as they are available.

The district 8 Treasurer (PO Box 1023, Bryson City) reports that 3 groups have contributed to the DCM fund this year: Canton - \$26, Franklin - \$45, Waynesville - \$30.

MOUNTAIN DOIN'S

For the past several months Mountain Doin's has been discussed in our Intergroup meetings and no solution has been found. Some questions are:

1. Is the cost too much ? (approximately \$115 for 450 copies or 25¢ each)
2. Is the present format satisfactory ? (newspaper style with logo)
3. Is the size all right ? (11 x 17")
4. Is the newsletter too long ? (4 pg)
5. Do we keep printing articles from our local districts, reprints from GSO, Grapevine, etc ? What do we discontinue if we condense ?

Some suggestions that are being considered are:

1. 8½ x 14", front and back, no newspaper format
2. Mailing 2 copies only to each group
3. Continuing as we are now and sending each group the number they request
4. Individual subscriptions (\$5/year)

We need your input. I hope each group will discuss this at a group conscience meeting and encourage your rep or alternate to attend the next meeting to vote your group conscience.

We understand because of the great distances some people have to travel, it is not always possible to get to the Intergroup meeting. If your rep cannot attend, we would welcome your written opinion at the office. These opinions can be expressed at the meeting but your rep must be present to vote.

Maybe your group would like to make a special contribution for Mountain Doin's or increase your regular contribution as many groups have. We have 50 groups in districts 7 & 8 serving alcoholics in Western North Carolina. Over 75% of these groups have made contributions to Intergroup in the past year. We are so grateful for your support and want to have the most effective Intergroup office to serve you.



January 14 - February 17 (5 weeks)

GROUP CONTRIBUTIONS

Acceptance	20.00
Black Mountain	15.00
Blue Ridge	65.80
Fletcher	25.00
Franklin	70.00
Hendersonville	76.69
Hope	10.00
Men's Sunday Night	18.29
Murphy	20.00
Roundtable	27.64
Traditional	48.45
Tryon	60.00
Waynesville Grace	80.00
Intergroup Meeting	17.60
Total	554.67

INDIVIDUAL CONTRIBUTIONS 48.30
(Jim D, Jim O, Gene M, Fred H, Elaine F, anonymous)

LITERATURE SOLD 148.75

DISBURSEMENTS

AA World Services	43.71
Answerphone	40.00
Asheville Citizen Times	55.60
Coordinator Expense	375.00
St Joan of Arc Church	12.60
Haywood Road Group	5.00
Mountain Doin's	113.71
Parkway Office Rent	60.00
Southern Bell	61.38
Total	767.00

SUMMARY

Balance January 14	307.60
Groups	554.67
Individuals	48.30
Literature	148.75
Total Available	1059.32
Less Expenses	767.00
Balance February 17	292.32

DCM FUND

157.56

PI REPORT

The Public Information Committee met on February 16. In attendance were: Fred H, Marvin M, Gene V, Marie A, Kathie B, Richard, and Diane M.

Eleven radio tapes are ready for distribution. The TV tape has been moved from WLOS to WHNS.

In March, a speaker will be sent to Warren Wilson College.

The possibility of a Seminar on Alcoholism was discussed. If you have any thoughts on this, please contact one of the committee members.

INTERGROUP MINUTES

The regular meeting of Intergroup was on February 16 at St. Joan of Arc Church. A committee of Charlotte F, Pam P, and Dan G was formed to do a cost study of the Mountain Doin's. See related article.

The Where and When's will be ready by March 1.

Present: Diane M, Treasurer; Sheila W, Chairman; Michael K, Vicechairman; Charlotte F, Coordinator; Dan G, Acceptance; Kathie B, Smokeless; Helen S, Traditional; Beth H, Smokeless; Miriam K, Trustee; Pam P, Black Mountain, Ted F, Trustee; Marie A, Roundtable; Leslie J, Hendersonville; Marvin M, Secretary; & several others.

A DECLARATION OF UNITY**

This we owe to A.A.'s future:

To place our common welfare first;
To keep our Fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come.

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REMINDER

NEXT INTERGROUP MEETING

SUNDAY MARCH 16 - 3 pm
St Joan of Arc Church
Asheville, NC

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.

HOW IT WORKS

AN AL-ANON STORY

First let me thank the editor for the invitation to Al-Anon to contribute something to the newsletter. When I joined Al-Anon in Hendersonville I found that I was, in a manner of speaking, odd man out, in that I didn't fit into the model of the typical Al-Anon member here. I didn't have an active or recovering alcoholic in my home. In fact, my two family members were thousands of miles away. I am in Al-Anon because they are in AA, and well do I remember that day when I reached bottom, because of a crisis (that I couldn't directly connect to alcohol), when my 24 year old son, who had just been in sobriety 3 months said, "Mom, maybe you should join Al-Anon."

I was lucky that day in that he took me and showed me the Al-Anon room and left to go to his AA meeting. If ever there was a lost soul that day, it was me. I well remember how hard I had tried to understand what AA was about. I had read some of the Big Book, and had tried to understand how he was fitting it into his life - and I couldn't. I couldn't understand for a long time why he said that first night after we got home, "It's probably going to take me a year to really work the first step."

Before I left to come back home, I promised him that I would go to Al-Anon when I got to Hendersonville. Slowly as I began to absorb what the 12 steps meant, how I could really use them in my life, I began to understand a little of what I remembered of the Big Book and what he meant about the first step.

I appreciate the open AA meetings that I can attend because it brings home to me my part in the whole scenario that engulfed my two, who are in sobriety now. As we continue to grow, them working their program and me working mine, I've found that there is a special closeness in this. Not that we talk about our progress or lack of it, it's just that we know each of us is working at changing some ways we've reacted toward each other and we're, each of us, enjoying each other in a new rather unique way.

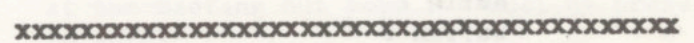
I've learned to love so many people in a very special kind of way. I'm learning to handle problems with a growing confidence that shows me I am becoming the person I have always wanted to be. Many things that seemed terribly important a year ago no longer dominate my thinking. I'm learning to look at each day differently now, knowing there will be some unexpected, unsought for gift somewhere if I but look for it and take a moment to thank my Higher Power for giving me the opportunity to enjoy it. Sometimes at a meeting my mind turns on me and I find myself thinking, "What in the world are you doing here? You don't belong here, you ought to be ---!" If I'm on the ball I stop the thought there and remind myself that this IS the most important place for me at this particular moment. It usually works, now always, but each time it does I seem to get a little stronger, a little more confident. The neatest part of the whole deal is that I really like the person I am becoming.

Dorothy P

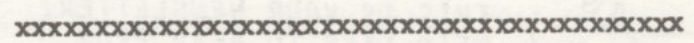
UPCOMING AL-ANON EVENTS

- March 7 - 9 Al-Anon State Convention
Mullis Convention Center
Hickory, NC
- April 27 Al-Anon District 1 Meeting
Marion, NC
- May 24 Al-Anon Area Spring Assembly
Kinston, NC

For more information about Al-Anon, please call 687-0374.



THINGS THAT CAUGHT MY EYE.....
LOVE LOOKS FORWARD, HATE LOOKS BACK,
ANXIETY HAS EYES ALL OVER IT'S HEAD!



SELF-DISCIPLINE IS WHEN YOUR CONSCIENCE
TELLS YOU TO DO SOMETHING AND YOU DON'T
TALK BACK!



BIRTHDAYS & ANNIVERSARIES

DECEMBER

Waynesville Grace
Bill M 1

JANUARY

Waynesville Grace
Zane G 1
Roger H 2
Scott M 2
Kitty P 2
Dot B 5
Marvin M 5
Charlene T 5

FEBRUARY

Traditional
Lewis P 4

MARCH

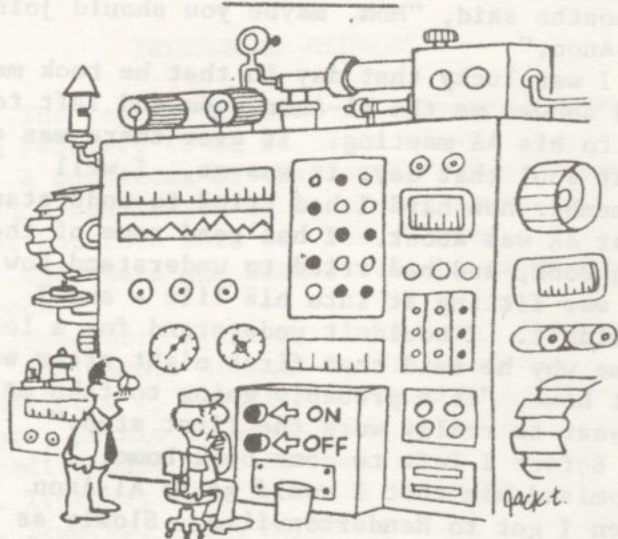
Murphy
Bob W 7
Acceptance
Jack G 2
Beth H 2
Steven M 3
Blue Ridge
Charlie P 3
Irma D 1
Judy M 10
West Asheville
Ed R 14
Clayton W 6
Open Door
Midge H 4
Hendersonville
Carmelita T 3
Mike S 9
Maude G 3
Judie R 4
Eleanor C 10
Karin P
Warren P
Velma
Patrick A



THIS IS YOUR NEWSLETTER.
WE'D LIKE TO HEAR FROM
EVERYONE OF YOU! YOU
HAVE TO GIVE IT AWAY IN
ORDER TO KEEP IT.....

Incoming Calls to Intergroup

Answering Service	19
General Information	18
AA Help	4
Family Help - Al-Anon	7
Meeting Information	15
Intergroup Business	35
Public Information	1
Medical Help	2
Others	13
TOTAL	114
Visitors	39



"Remember... Keep It Simple!"

THE GRAPEVINE

The Second Tradition

For our group purpose there is but one ultimate authority . . .
a loving God as He may express Himself in our group conscience.
Our leaders are but trusted servants . . . they do not govern.

XX

IF YOU WANT TO TEST YOUR MEMORY - TRY TO
REMEMBER THE THINGS THAT WORRIED YOU YES-
TERDAY!

