



## STATE AA CONVENTION

The 39th Annual North Carolina Bermuda State AA Convention will be August 1 - 3, 1986. The headquarters hotel is the Hyatt Winston Salem and the meetings and dance will be at the MC Benton Convention Center. Call Intergroup for more information or write to: Convention Chairman, PO Box 18412, Raleigh, NC 27619.

## DISTRICT 8 AREA MEETING

The District 8 Eating Meeting will be Sunday July 13 at 1:30 pm. The New Hope Group at Franklin will be sponsoring the meeting at the Macon County Community Building on Highway 441 S. The speaker will be Harold B of Dalton Ga. Please bring a covered dish.

## DISTRICT 7 AREA MEETING

The Roundtable Group of Hendersonville and the Black Mountain Group will host the July District 7 Eating Meeting on Sunday July 13 at the East Asheville Community Center on Tunnel Road in Asheville. The speaker will be Harriet R from Miami, Florida. A covered dish dinner will begin at 1:30 pm and Harriet will speak at 2:30 pm. Please bring a covered dish and join us for an afternoon of fellowship and sharing.

## 8th DISTRICT QUARTERLY WORKSHOP


The 8th District Quarterly Workshop was held on Sunday June 8 at Sylva. Gene V reported a good attendance and informative session and time of fellowship.

## NEW GROUP

There is a new group meeting at the Living Waters Reflection Center near Ghost Town in Maggie Valley. Their open meeting is a 8:30 pm on Saturdays.

## MEETING CHANGES FOR FRANKLIN

The Tuesday 8 pm meeting is an open meeting. The Friday 8 pm meeting is open and closed.



## REMINDER



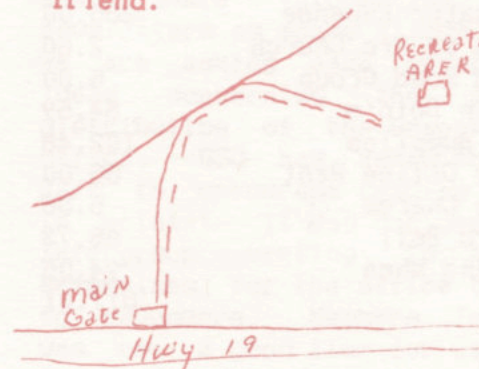

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### NEXT INTERGROUP MEETING

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SUNDAY JULY 20  
2 PM LAKE JUNALUSKA

Take I-40 to highway 19 exit. Enter Lake Junaluska Assembly at Main Gate. Go to Recreation Area. (see map) Homemade ice cream by District 8. District 7 bring a dessert. All Intergroup meetings are open to any interested AA. Please come and bring a friend.



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.



<b>GROUP CONTRIBUTIONS</b>	
Acceptance	20.00
Black Mountain	15.00
Blue Ridge	70.05
Fletcher	50.00
Hendersonville	35.47
Hope	10.00
Men's Sunday	7.24
Murphy	20.00
New Day	7.50
Serenity Service	20.00
Sylvan Valley	60.00
Thursday Ladies	25.00
Traditional	111.95
West Asheville	35.00
Intergroup Meeting	<u>7.60</u>
Total	494.81

<b>INDIVIDUAL CONTRIBUTIONS</b>	119.00
Anon, Fred H, Richard W	
Curry W, Charlotte F	

<b>LITERATURE SOLD</b>	191.30
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<b>EXPENSES</b>	
AA World Services	38.40
Answerphone	40.00
Asheville Citizen Times	55.60
Coordinator Expense	285.00
St Joan of Arc Church	2.60
Haywood Road Group	5.00
Mountain Doin's	64.59
Office Supplies	102.48
Parkway Office Rent	55.00
Service Charge	5.56
Southern Bell	68.73
Where and When	<u>94.05</u>
Total	817.01

<b>SUMMARY</b>	
Balance 5/16	325.40
Groups	494.81
Individuals	119.00
Literature	<u>191.30</u>
Total	1130.51
Less Expenses	<u>(817.01)</u>
Balance 6/13	313.50

IF YOU WERE ARRESTED TODAY FOR BEING A MEMBER OF YOUR GROUP, WOULD THERE BE ENOUGH EVIDENCE TO CONVICT YOU ?

The regular Intergroup meeting was held on Sunday June 15, 1986 at St Joan of Arc Catholic Church in Asheville. Sheila W announced that the July meeting will be on Sunday July 20 at Lake Junaluska (see map for details) Leslie J of Hendersonville gave a report of the nominating committee. Michael K, Chairman; Marvin M, Vicechairman; Pam P, Secretary; Sheila W & Miriam K, Trustees. Treasurer has not been selected yet. Diane M will continue to serve until a decision is made. The preceding names were approved unanimously.

Bob R, alternate DCM from District 8 announced their district meeting. Pam P from Black Mountain announced the meeting for District 7. They are both on the same day, July 13 - see notices. Charlotte F asked for the groups' thinking on 5 Grapevine subscriptions to be purchased by Intergroup for sale at the office. It was decided to take the matter back to groups and also to bring in old Grapevines to office to give to newcomers.

Frank R of Blue Ridge asked for discussion of poor attendance at Area meetings. Members discussed the matter and decided it was up to individual groups to deal with it as to their group conscience.

There was a discussion on the importance of the Traditions and also the importance of regular group inventory.

Jo H asked that we remember the DCM fund and explained the need for money. Sheila expressed her thanks to the group for their support all year. The group responded with a round of applause for her hard work.

Present: Sheila W, Chairman; Ted F, Trustee; Jim R, Tryon Tuesday; Jo H, Haywood Road Smokeless/Alternate; Miriam K, Trustee; Frank R, Blue Ridge; Marie A, Roundtable; Lewis P, Flynn Home; Leslie J, Hendersonville; Pam P, Black Mountain; Jean W, Trustee; Charlotte F, Coordinator; Bob R, Alternate DCM District 8; J S, Franklin/Alternate; Dan G, Acceptance, Marvin M, Secretary.

# HOW IT WORKS

## IF YOU'VE HAD A SLIP

If you've had a slip and you're back, you don't have to be consumed with shame. The important things are: 1) that you are back and 2) that you realize you made some mistakes in the program. If you've had two slips and you're back, the same things apply and you should be aware that you may be establishing a negative pattern. If you keep on having slips and you're back, face up to it; you are doing something wrong and you are headed for disaster. A recovered alcoholic is not supposed to have slips. When you're listening to a speaker talk about slips, listen for the cause: skipping meetings, not joining a group, not speaking, not getting into the steps, or whatever. You can learn from a negative example, but don't learn the wrong thing: slips are not a part of the AA program of recovery anymore than a second heart attack is part of the recovery from the first. Those who've made it back can tell you how it gets worse. And then there are those who don't make it back.

Dry Run - Boston Ma. (The above article taken from the PICK ME UP - Wichita, Kansas.)

Intergroup of Western North Carolina is located at 107 Parkway Office Building in Asheville 28801. Phone number is 704-254-8539. Office hours are 9:30 am to 12:30 pm on Monday through Friday. Please stop by for a cup of coffee and a visit.

HOW TO BECOME AN OLD-TIMER IN A.A.  
DON'T DRINK AND DON'T DIE.

## FOR WHAT IT'S WORTH DEPARTMENT FROM THE PARKWAY OFFICE BUILDING

Visitors are here in our mountains, and more importantly, in our meeting rooms. Are we each doing our part to make them feel welcome? We get 5 - 10 calls a week now in the office and the answering service gets even more from people requesting meeting information. Please make yourself known and let them go home feeling good about AA in our area.

A word about the Mountain Doin's - our newsletter is a function of Intergroup. It is a result of combined effort. Information comes into the office and is given to volunteers who type, compile and make up the paper. More volunteers stuff envelopes and address labels. Anyone who wishes to contribute ideas, articles, or news items - please call, send, or stop by with information. We need your ideas and news from your groups to make our newsletter effective. Complaints should be addressed to the office and compliments are welcome too. The committee welcomes articles/news. We also share information from other newsletters as space allows.

We are asking each group for their ideas concerning the selling and distribution of the Grapevine from the office. GSO has asked that we do our part to encourage reading "the meeting in print." It was decided at the June Intergroup meeting to ask for old Grapevines for the office to be given to newcomers. Members felt that this was not a good time for us to purchase subscriptions for sale. Tell your representative your thoughts on this issue.

Remember to mark your calenders for the Intergroup meeting on July 20 at Lake Junaluska - Time change: Meeting at 2 pm. Ice cream to follow. Please bring a dessert. Car-pool from St Joan of Arc leaving at 1 pm sharp.

Charlotte F  
Intergroup Coordinator





## BIRTHDAYS & ANNIVERSARIES

### MAY

Waynesville Grace	
Nell C	12
Hendersonville	
Harold P	4

### JUNE

Hope	
Charlotte F	9
Murphy	
Mary M	7
Sandi T	6
Howard G	4
Ginny S	8
Franklin	
Jim W	10
Franklin - New Hope	
Steve P	3

### JULY

Acceptance	
Carolyn G	1
Dick P	4
Les J	4
Ella M	3
Sylva Monday	
Dagwood "Ed" T	4
Syd G	4
Marty D	8
Ginny D	8
Blue Ridge	
Bob P	3
Black Mountain	
Joe W	6
Franklin	
Molly P	3
Linda B	7
Martha	1
Traditional	
Ella M	3
Mari Lyn	1
Hendersonville	
John C	5
Dewey F	3

## INCOMING CALLS

May 19 - June 13, 1986

Answering Service	13
General Information	9
AA Help	6
Family Help (AlAnon)	7
Meeting Information	23
Intergroup Business	20
PI Calls	1
Medical Help	2
Others	8
Total	<u>89</u>
Visitors	25

### DON'T TAKE YOURSELF TOO SERIOUSLY

While down the street, a delivery man was lugging in a shiny new bar for another alcoholic husband's den. His wife turned and said, "Joe, your life-support system has arrived."

A fellow with a strong desire for alcoholic refreshment took a prescription from his doctor to his favorite bar. "What made you think I could fill this?" asked the bartender. "Well," was the answer, "I want it in the GINeric form."

A wino took a ride on a cross-town bus. He sat down, lit a cigarette and began reading the advertisements. The bus driver came back and said, "Hey, guy, can't you read? The sign up there says, 'No smoking.'" "Sure I can read," the wino replied, "but the sign next to it says, 'wear panty hose,' and I ain't paying any attention to that either.!"

WAIA Reporter - June 1986

# One day at a time...



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC