



MOUNTAIN

DOIN'S

August 1986

GROUP NEWS

The New Day Group announces its first anniversary covered dish meeting to be held August 30 at South Toe River Campground on Blue Rock Road off 80 S at Micaville at 6 pm. Everyone is welcome. There will be an open speakers meeting at 8 pm. The New Day Group is furnishing the meat.

There is a new group called the Biltmore Hope Group meeting at All Souls Episcopal Church in Biltmore at 8 pm on Wednesdays. It is a closed discussion meeting.

The Tryon Group has moved its meeting place until September due to remodeling. They are now meeting at Holy Cross Episcopal Church in the Common Room at 316 Melrose Avenue in Tryon.

The last Monday of each month in Sylva is a speakers meeting at St. John's Episcopal Church in Sylva.

The Mars Hill Group will have a speakers meeting on August 28 at 8 pm.

The Sixth-ever Florida State Convention for Young People in AA will be August 28 - 31. Call Intergroup for more information.


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.

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.

DISTRICT 8 NEWS

Forty-nine people attended the 8th District Eating Meeting in Franklin on Sunday July 13. The newly formed New Hope Group was the host and everyone enjoyed the speaker, Harold B from Dalton, Ga. Herb J, treasurer, reported that only five of the eighteen groups are contributing to the District 8 Fund. Each GSR is encouraged to get their group's conscience on support for the District. Don't send your group's contribution to the DCM. It should go to the district treasurer at Box 1023, Bryson City, NC 28713.



REMINDER

3:00 p.m.

NEXT INTERGROUP MEETING

Sunday, August 17, 1986
St Joan of Arc Catholic Church

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.

DCM Fund - District 7

Balance 6/2	57.56
Men's Sunday Night	5.02
West Asheville	30.00
Traditional	<u>25.00</u>
Balance 7/10	117.58

from the INTERGROUP Treasurer...



June 16 - July 11, 1986

GROUP CONTRIBUTIONS

Acceptance	20.00
Black Mountain	15.00
Blue Ridge	87.75
Brevard	20.00
Cashier's Valley	60.00
Fletcher	25.00
Franklin	30.00
Haywood Road	40.00
Ad for Paper	53.77
Hendersonville	74.08
Hope	10.00
Marshall	25.00
Men's Sunday	15.06
Mountainview	30.00
Murphy	20.00
New Day	5.00
Open Door	10.00
Traditional	92.32
Unity	75.00
West Asheville	35.00
Intergroup Meeting	<u>14.32</u>
Total	757.30

INDIVIDUAL CONTRIBUTIONS 81.00
(Mike B, Curry W, Anonymous)

LITERATURE SOLD 61.95

EXPENSES

AA World Services	103.00
Answerphone	40.00
Asheville Citizen Times	58.21
A T & T	7.25
Coordinator Expense	285.00
St. Joan of Arc Church	9.32
Haywood Road Group	5.00
Hazelden	61.50
Mountain Doin's	101.93
Parkway Office Rent	55.00
Southern Bell	77.15
Service Charge	<u>.20</u>
Total	803.56

Balance 6/13	313.50
Groups	737.50
Individuals	81.00
Literature	<u>61.95</u>
Total	1213.75
Less Expenses	<u><803.56></u>
Balance 7/11	410.19

LIVE TODAY

I have shut the door on yesterday
It's sorrows and mistakes
I have looked within its gloomy walls
Past failures and mistakes.

And now I throw the key away
And see another room
I'll furnish it with hopes and smiles
And every springtime bloom.

No thoughts shall enter this abode
That has a taint of pain
And envy, malice and distrust
Shall never entrance gain.

I have shut the door on yesterday
And thrown the key away
Tomorrow holds no fear for me
Since I have found today.

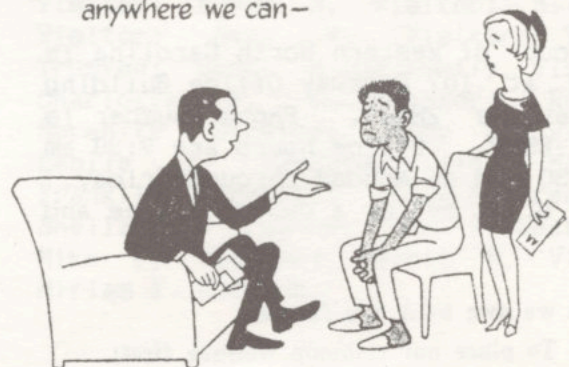
Author Unknown

Reprinted from Pick Me Up
February 1985

The Eleventh Tradition

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Ours is not a secret society...
we carry the message
anywhere we can—



HOW IT WORKS

FOR WHAT IT'S WORTH DEPARTMENT: From the Parkway Office

A big thank you to those members of District 8, and most especially Marvin M, for planning, hosting and providing for a most successful Intergroup picnic on July 20. We had four kinds of home-made ice cream, lots of cake and gallons of ice tea and good fellowship on Lake Junaluska.

A few of us had trouble finding the pavilion, but in spite of the heat, we had about 30 members and guests.

Thanks a lot to all who helped make this Sunday effective. Maybe we can try it again next year.

The heat has affected more than Intergroup meeting attendance. Our calls have been down at the office too. Reports have it that the meeting rooms are not as full as usual.

Our medical friends tell us this heat influences our mood (not just us alcoholics) and depression runs high during this kind of weather. A word of advice - step up your meeting attendance - I haven't heard any stories from any of us who drank only when the weather was right.

Our literature supple is refurbished here - Big Books and 12 & 12's are in for those that need them. We, of course, also have some non AA meditation books for those who like them. Let us know ahead of time what your needs are and we will do our best to help you.

The actual Intergroup hours this summer have become a bit more flexible - some days we open and close a bit earlier. If you're coming from a distance, always good to call first, so you won't be disappointed. We try to keep 9:30 - 12:30 hours - but some days, it's impossible.

Charlotte F
Intergroup Coordinator

ACCEPTING THE THINGS I CANNOT CHANGE

When I drank, I suffered. Like most good alcoholics (and bad ones too), I hugged the commode a lot. I went to work hung over. I alienated all my friends. I had financial problems. People used me. I had the emotional maturity of a 15 year old.

Now I have a few 24 hours of sobriety. I no longer find it necessary to throw up. But the hardest thing I have to accept has been that when I crawled in the doors of AA, I brought me. Taking away the alcohol did not automatically make me a candidate for sainthood. While I have made a lot of progress in many areas of my life, my emotional age is still way behind my physical age.

One consolation that I have is that I am not alone. I have seen sober alcoholics face physical pain. I have seen a few die. I have seen their families fall apart and their loved ones die. I found out that sober alcoholics are not immune from cancer, heart disease, or the common cold. Drunkenness is not the only cause of marital discord, automobile accidents, or anger.

The other realization that I have had is that all these things happened to me when I drank. I couldn't accept them, so I blotted them out. At least now, I'm facing reality - maybe I do a bad job of it most of the time, but at least I'm doing it.

I guess the founders of this program knew what they were doing when they wrote those steps. As corny as it sounds, by not drinking, going to meetings, and working the steps, I have managed to develop some kind of inner strength to face life's disappointments and go on.

You didn't tell me it was easy - just simple.

Diane M
Traditional Group



BIRTHDAYS & ANNIVERSARIES

JULY

Hope	
Curry W	7
Blue Ridge	
Bob P	3
Eva P	8
Gertrude H	7
Virgie R	18
Waynesville Grace	
Lewie T	4
Millie R	2
Traditional	
Marilyn B	1

AUGUST

Unity	
Betty H	2
Blue Ridge	
Bill S	4
Ginnie C	2
Acceptance	
Gloria G	2
Allanson B	3
Murphy	
Sam R	7
RJ C	13
Hendersonville	
Don B	4
Ray D	6
Bob L	6
Hugh A	1
Traditional	
Richard T	2
Rud L	2
Joel A	1
Bill M	13
Jane H	1
Mars Hill	
Earl K	20
Gene B	4
Bob T	4
Franklin	
Terry W	4
Tommy R	3
Marl B	1
Sylva Monday Night	
Jim B	35
Lenn H	3
Fletcher	
Dorothy P	17

INCOMING CALLS

June 16 - July 11, 1986

Answering Service Calls	16
General Information	7
AA Help	9
Family Help (AlAnon)	7
Meeting Information	12
Intergroup Business	18
Others	15
Total	84

Visitors 33

INTERGROUP MEETING

The regular Intergroup meeting was held on Sunday, July 20, 1986 at Lake Junaluska. Gerry D has agreed to serve as treasurer. His appointment was accepted by the members present. Charlotte F reported that Grapevines were coming into the office to be given to newcomers.

GSO is interested in writing a book from AA Comes of Age to the present. They need histories of Intergroups. Anyone interested in helping, call Intergroup.

Sheila gave a brief description of what our Intergroup does and how it works.

A time of refreshments and fellowship followed the meeting. Special thanks to Marvin M and District 8 for their work to make our meeting a success.

Present: Dan G, Acceptance; Bill G, Visitor; Ernie M, Visitor; Millie R, Visitor; Gene V, Visitor; Ted F, Trustee; Scott M and family, Visitors; Charlotte F, Coordinator; Roy H, Serenity Service; Ruby G, Visitor; Leslie J, Hendersonville; Mark B, Franklin Serenity; Diane M, Treasurer; Sheila W, Trustee; Pam P, Secretary; Mike P, Visitor; Kathie B, Visitor; Miriam K, Visitor.

