



# MOUNTAIN

# DOIN'S

September 1986

## GROUP NEWS

The Blue Ridge and Fletcher Groups will sponsor the District 7 Eating Meeting on Sunday, September 28, 1986 at the Parrish House of St. John in the Wilderness Episcopal Church. (2 miles south of Hendersonville on US 25) Meet at 1 pm - eat at 1:30 pm (Please bring a covered dish, the groups will supply the meat) Speaker at 2:30 pm. Please come and share a few hours of fellowship with us.

The 8th District Quarterly General Service Workshop will be Sunday September 14 at 3 pm at the Presbyterian Church on Church Street in Franklin. All GSR's and alternates are urged to attend and any interested AA members are welcome.

Beginning September 1, there will be a closed discussion meeting at the Acceptance Group at the Allen Center on Mondays at 8 pm.

The Hendersonville Group has changed its meeting format to the following: Tuesday, 8 pm closed men's meeting; Friday, 8:30 pm closed discussion meeting; Saturday, 8 pm closed discussion meeting; Sunday, 11 am closed Big Book study meeting.

There will be a meeting of the Public Information Committee on Sunday September 21 at 2 pm at St. Joan of Arc Catholic Church on Haywood Road in Asheville.

The Robbinsville Group meets at the Methodist Church on Mondays for an open discussion. They also have an AlAnon meeting at the same time and place.

The CHAPS-Bridgeway Alumni Association Homecoming will be September 26-28. On Friday night, there will be a speaker meeting of former patients. On Saturday morning at 10 am, there will be an AlAnon speaker. On Saturday night at 8 pm, there will be an AA speaker, and on Sunday morning at 10 am, there will be AA-AlAnon family speakers. Saturday at 5 pm, there will be a Bar-B-Que supper for \$5 per person. Everyone is invited.

The Quarterly District Meeting for AlAnon will be October 26 at Brevard. The NC Fall Assembly in Sanford, NC will be November 1. AlAnon phone numbers are: Asheville/Hendersonville - 687-0374, Brevard - 884-7380, Canton/Waynesville - 452-1291.

## 12th STEP LIST UPDATE

Our annual 12th step list update time is here. The following guidelines were established at the August Intergroup meeting.

- 1) Each group should handle the list at their own discretion being careful to protect the anonymity of the members.
- 2) Members are asked to give their full names if they are willing. However, only first name and last initial will be given to the answering service.
- 3) In lieu of a speakers list, each group is asked to supply the name of a contact person(s) (preferably Intergroup representative) who would be willing to ask group members when a speaker is needed.

We at Intergroup emphasize that no names or numbers are ever given to anyone for any reason. If your name is already on the list, please put it down again because the old list will be destroyed.

# ONE DAY AT A TIME...



from the INTERGROUP Treasurer...



July 14 - August 15, 1986

Group Contributions

Acceptance	20.00
Black Mountain	15.00
Blue Ridge	68.15
Fletcher	25.00
Haywood Road	20.00
Haywood Road - Ad for paper	12.03
Hendersonville	57.00
Hope	10.00
Murphy	20.00
New Day	5.00
Open Door	20.00
Serenity Service	10.00
Traditional	92.24
Tryon Tuesday	60.00
Tryon Thursday	60.00
West Asheville	<u>35.00</u>
Total	529.42

Individual Contributions 30.00  
(anon, Curry W)

Literature Sold 98.74

Expenses

Answerphone	40.00
Asheville Citizen Times	60.15
Coordinator Expense	375.00
Hazelden	15.60
Mountain Doin's	102.43
Office Supplies	6.25
Parkway Office Rent	65.00
Service Charge	1.00
Southern Bell	<u>73.59</u>
Total	739.02

Summary

Balance July 14	410.19
Group Contributions	529.42
Individual Contributions	30.00
Literature sold	<u>98.74</u>
Total available	1068.35
Less expenses	<u>&lt;739.02&gt;</u>
Balance August 15	329.33

DETACHMENT

- D Differentiate between the problem and the person
- E Encourage, don't direct
- T Take care of yourself
- A Admit that some things are beyond your control
- C Change the things you can
- H Have hope
- M Model consistency and self respect
- E Enjoy one day at a time
- N Notice the positives
- T Trust - love and faith work

sent in by Marge H

For yesterday is but a dream  
And tomorrow is only a vision.  
But today, well lived,  
Makes every yesterday a dream  
of happiness  
And every tomorrow a vision of hope.

Look well, therefore, to this day

Sanskrit Proverb

Mountain Doin's the newsletter for InterGroup of WNC representing AA in District 7 & 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. Opinions expressed herein are not necessarily those of InterGroup or AA as a whole. InterGroup of WNC is located at 107 Parkway Office Building in Asheville. Phone number is 254-8539. Visitors are encouraged to come by during office hours - 9:30 to 12:30, Monday through Friday.



# HOW IT WORKS

## BEWARE OF MIDDLE-AGED SPREAD

Did you know there's a "middle-aged spread" for the average AA member? It is that time when you're not new any more and you don't have the wisdom of the old timer yet. Some of us find ourselves in the midst of activity, being spread pretty thin. Others complacently sit back and do nothing, except critique the efforts of the former.

If you're one of the former, you may be doing far more than you think you should ... but you're not sure. You're sponsoring several new people, speaking at or leading a couple of meetings a week, and the phone is ringing itself off the wall. Ah, this is the life! Or is it? Is this really what the Program suggests? What has happened to moderation - "Easy Does It?"

Stop a moment, stand back, and look at this person - and you see one busy AA member, spread too thin. Why? There's a sneaking suspicion that people pleasing and a need for acceptance are at the bottom of this problem - plus a pinch of restlessness.

The ailment can be arrested, much like the physical middle-aged spread, by going on a diet, using some God-power and, yes, willpower. Ask Him for the willingness to accept the truth, to recognize it when it comes. Use the self-discipline to say yes or no when you should. Try to abstain from the needless running around.

It's not easy to stop this type of middle-aged spread. The problem is so subtle, and some of us lack self-discipline. But to admit a need for help and to have a willingness to try is half the battle.

On the other hand, complacency is the opposite half of this dilemma. We often take the position that "we have paid our dues" and now it's time for the new member to be responsible. That may be a good idea, but only if we are willing to help, rather than just smugly sitting back and finding fault with the newcomer's inexperience.

Also, complacency is a condition which settles in when indifference to growth has entered one's life. It is equally disruptive and destructive to ourselves. There is a feeling of no need to move at all, a false feeling that all is well. Often we compare ourselves to others, proud of what we think we have accomplished, yet forgetting that without the help of God and the members of AA, we would still have been the wrecks we were.

It's sad to see some mid-timers gradually disappear from AA activity. This is AA's loss and theirs. Experience has shown how we can gradually become restless and irritable through failure to stay close and active in AA. Being there to extend the "hand of AA" may not be a duty, but it definitely is a way of life.

So, what we need to strive for is the "middle of the road" approach to living. Too much and we spread ourselves too thinly - thereby, doing a lot but accomplishing little and wearing ourselves out in the process. Too little denies us the reward of our own inner growth, for we are not living just to be sober; we are living to learn, to serve, and to love.

Dorothy B, Editor, Washington Area Intergroup Association, News Reporter (some material was borrowed from the Grapevine, October, 1975 and As Bill Sees It)







# BIRTHDAYS & ANNIVERSARIES

## JULY

Waynesville  
Dave S 3

## AUGUST

Marshall  
Linda K 1  
Malcolm O 1

## SEPTEMBER

Blue Ridge  
John A 17  
Archie D 11  
Thomas T 5  
Beth A 1  
Acceptance  
David H 1  
Gloria G 2  
Mike I 3  
Helene V 6  
Gerd S 7  
Murphy  
June C 6  
Franklin  
Bob R 17  
Fletcher  
Dot G 13  
Traditional  
Bob R 3

## INCOMING CALLS

July 14 - August 15

Answering Service 17  
General Information 2  
AA Help 9  
Family Help (AlAnon) 16  
Meeting Information 21  
Intergroup Business 20  
Medical Help 2  
Others 13  
Total 100

Visitors 43

## INTERGROUP MINUTES

The regular Intergroup meeting as held on Sunday, August 17 at St. Joan of Arc Catholic Church. Charlotte reported that Ed D of Hendersonville has some information on the beginnings of our Intergroup to send to GSO.

Michael K, Chairman, expressed some of his ideas to fulfil his duties this year by getting to out of town meetings and visiting the office.

There was a discussion about how to encourage groups to give money to Intergroup and GSO and not build up too large a checking account.

The 12th Step list will be sent out with this issue of Mountain Doin's. (See related article on page 1)

Some problems with the Brevard AA number were reported. The reps felt the calls were not coming from Answerphone, but through directory assistance. Any problems with Answerphone need to be reported to Intergroup so action can be taken.

The subject of Bridgeway homecoming and Al Anon announcements in Mountain Doin's was discussed. The representatives felt that both were acceptable alcoholism information, but suggested using a "disclaimer" statement.

The next Intergroup meeting will be September 21, at 3 pm at St Joan of Arc Church on Haywood Road.

Present: Pam P, Black Mountain; Diane M, Visitor; Jim R, Tryon Tuesday; Charlotte F, Coordinator; Frank R, Blue Ridge; Rick F, Visitor; Marie A, Roundtable; Carl C, Visitor; Lane M, Sylvan Valley; Tom B, Visitor; Dan G, Acceptance; Michael K, Chairman.

