



# MOUNTAIN

# DOIN'S

November 1986

## GROUP NEWS

The Fall North Carolina-Bermuda General Service Assembly will be at the Hyatt-Winston, Winston-Salem, NC on November 22 - 23. The intergroup office has some hotel reservation cards.

The intergroup office has been advised that a portable, soft cover edition of Alcoholics Anonymous is now available for ordering on a pre-publication basis. We need to put in our order if you wish to have them for the holidays. Please let the office know if you or your group would like copies. The price will be \$4.80.

The Cumberland Avenue Group now has three closed meetings a week - Sunday, Tuesday, and Friday at 8 pm at 119 Cumberland Avenue, Asheville, NC.

## District 8 News

The October 12 District Eating Meeting was held in Murphy and was attended by over 60 people who enjoyed good food, fellowship, and heard Lou M of Tennessee share 47 years of sobriety. All groups are encouraged to return the questionnaire sent to the GSR's to Gene VH if they have not already done so. The state chairman, Jack B, urges all GSR's and alternates to attend the fall assembly in Winston Salem on November 22 - 23. The theme is "Back to Basics" with workshops on unity, recovery, and service. The area delegate for the next two years will be elected. GSR's eligible to vote must be registered with the DCM and area secretary, Everett B, prior to the assembly.

When you think you are having hard times in sobriety, remember, Babe Ruth struck out 1330 times.

The holidays are approaching. Some people just breeze through them, but for others, they can be a time of stress and depression. If you are one of the latter, here are some suggestions:

1. Double up on meetings.
2. Call at least one person every day.
3. Don't go to a party where alcohol is the main course unless you are feeling spiritually fit. Take your own car and leave if you need to. There is a door in and you can leave by that same door.
4. Get active in AA activities.
5. Remember HALT.
6. Don't spend more than you can afford. Using credit cards doesn't mean you are getting it free.
7. Be a friend to a newcomer.

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.

"No temptation in the world could cause you to drink if you honestly didn't want to drink. The temptation is only the excuse - not the reason. Forget that alibi of outer temptation ... The desire was already alive in your mind and heart just waiting for the temptation to come along." The God Angle, May 14

from the INTERGROUP Treasurer...



### Group Contributions

Acceptance	20.00
Black Mountain	15.00
Blue Ridge	66.85
Brevard	20.00
Fletcher	25.00
Franklin	30.00
Haywood Road Smokeless	20.00
Ad for paper	19.71
Hendersonville	52.82
Hope	10.00
Murphy	20.00
Serenity Service	30.00
Sylvan Valley	60.00
Unity	100.00
West Asheville	<u>35.00</u>
Total	536.38

Individual Contributions                    25.00  
(Fred H, anonymous)

Literature Sold                                86.65

### Expenses

Answerphone	40.00
Asheville Citizen Times	58.21
A T & T	7.29
Coordinator	300.00
St. Joan of Arc Church	7.00
Haywood Road Group	5.00
Hazelden	48.15
Mt. Doin's	63.26
Parkway Office Rent	55.00
S. Bell	<u>73.34</u>
Total	657.25

### Summary

Balance 9/19	264.44
Groups	536.38
Individuals	25.00
Literature	<u>86.65</u>
Total Available	912.47
Less Expenses	<u>&lt;657.25&gt;</u>
Balance 10/17	255.22

### DCM Fund - District 7

8/23 Balance	57.58
Acceptance Group	<u>50.00</u>
Balance	107.58
Check to DCM for expenses	<u>-100.00</u>
Balance	7.58
Traditional Group	<u>25.00</u>
Balance	32.58

### INTERGROUP MINUTES - OCT 19

The answering service has been contacted regarding problems of our phone not being answered. The problem will be addressed.

The announcement was made that there will be an area meeting on the 30th of November sponsored by the West Asheville Group and the Haywood Road Smokeless Group. The place will be announced at a later date.

The idea of having an Intergroup eating meeting in November was shelved until a later date.

The new Where and When brochure will be published in January. A letter will go out with the December issue of Mountain Doin's for updates.

The paper back edition of the Big Book is coming out.

There is also a 4th edition of the Big Book and a new conference approved meditation book coming out.

Present: Pam P, Secretary; Marvin M, Waynesville; Jo H, Haywood Smokeless; Denise L, Acceptance; Lane M, Sylvan Valley; Kathy O'G, Sylvan Valley; Joe W, Acceptance; Marl B, New Hope (Franklin); Leslie J, Hendersonville; Susan J, Hendersonville; Michael K, Chairman.

The next Intergroup meeting will be November 16, 1986 at St Joan of Arc Church on Haywood Road at 3 pm.

Easy Does It, but do it

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

# HOW IT WORKS

## BIG BOOK INDEX

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## Holiday Dessert Recipe

Mix a heaping cup of acceptance, a generous measure of courage, and equal parts of love, peace, and wisdom. Place ingredients into an AA meeting. Combine with serenity and laughter, garnish each portion with lots of gratitude, and serve one day at a time with a smile.

Barbara N  
Mars Hill Group

## For What It's Worth Department From the Parkway Office

Calls are on the increase this month - perhaps the cooler weather does make a difference. At any rate, we've had a busy month - an even more important reason for getting your group's 12th step list in. We need you so we can do our job. So far the lists are few - so please send them in!

Our literature supply has been replenished - conference approved books and pamphlets are in good order.

We also have two new non AA meditation books in the office. The first is written especially for men called "Touchstones" and the second is a nighttime meditation book called "Night Light". If you like them, let us know and we will have them here as regulars. The books we offer for sale in this office are those which have been requested for years. From time to time we hear of something new which seems to fill a need. We order a few for you to look at and think about. Don't forget - Christmas is coming up.

Each of us has his/her own needs. This office has no opinion on outside readings - we try to order what our groups want.

The Big Book tells us, "If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also." Alcoholics Anonymous, page 87.

We have had some complaints regarding the answering service not picking up calls on weekends. We have talked with the service about this matter and hope it will be resolved.

Come by and see us.

Charlotte F  
Coordinator





# BIRTHDAYS & ANNIVERSARIES

August		
Roundtable		
Bob S		11
September		
Waynesville Grace		
Lonnie K		1
Taft L		1
October		
Waynesville Grace		
Wendy B		12
Kay S		10
LA C		4
Marshall		
Don M		8
Travis S		1
Haywood Road Smokeless		
Fred H		22
Liz H		3
Jim O		16
Traditional		
Bob S		2
Pat J		1
Russ B		15
Pete T		4
November		
New Day		
Virginia S		25
Acceptance		
Cynthia C		1
John P		1
Lorraine B		3
Dave L		5
Marge M		2
Bill W		6
Hazel F		1
Traditional		
Morris R		13
Jean W		10
Ron P		1
Fletcher		
Don O		24
Walter B		24
Murphy		
Harold C		1
Blue Ridge		
Howard P		38
Woody O		22
Brooks S		9
Bob B		15
Jim D		9

November Continued		
Sylvan Valley		
Gary O		4
Roundtable		
Tom H		4
Black Mountain		
Bill G		3
Hendersonville		
Ed G		7
Martha S		3
John C		10

## INCOMING CALLS

September 19 - October 17

Answering Service	23
General Information	9
AA Help	9
Family Help (AlAnon)	8
Meeting Information	17
Intergroup Business	15
PI Calls	1
Medical Help	6
Others	10
Total	98

Visitors 41

## Don't Take Yourself Too Seriously

A man was walking along a pier counting, "One, two, three..." A bystander asked what he was doing. "I'm counting the slits between the boards," he replied. The second man joined him until - splash, they fell into the water at the end of the wharf. The moral of the story? When you're out of slits, you're out of pier. - Silver Dollar 7/85

## The Third Tradition

*The only requirement for  
A.A. membership is a desire  
to stop drinking.*



MOUNTAIN DOIN'S % Intergroup



107 Parkway Office Bldg., Asheville, NC