



AREA MEETINGS

District 80 Eating Meeting will be held Sunday January 10 at the Grace Episcopal Church, Haywood St, Waynesville at 1:30 pm. Grace Group will supply meat and beverage, please bring a covered dish.

District 70 Eating Meeting will be Sunday January 10 at St Joan of Arc Church on Haywood Rd in Asheville. Eat at 4 pm; speaker - Dick W from Charlotte at 5 pm. Please bring a covered dish or meat.

INTERGROUP NEWS

The Intergroup fiscal year runs from Jan 1 to Dec 31. Please see the year end report on finances and phone calls. In order to avoid confusion in 1988, fiscal months will run from the first to the end of the month. The closing date for reader contributions to Mountain Doins will be the 25 of the month and the newsletter will be sent out by the third of the month.

The new Where and When brochures should be available around January 1.

The next Intergroup meeting will be January 17 at 3 pm at St Joan of Arc Church in Asheville.

INCOMING CALLS

November 16 to December 28

Answering Service	161
General Information	10
AA Help	12
Family Help (AlAnon)	13
Meeting Information	37
Intergroup Business	17
PI Calls	4
Medical Help	0
Others	<u>33</u>
Total	287

Visitors 36

SUGGESTED SIMPLE SOBRIETY

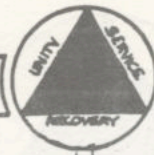
"Sobriety" (from a dictionary of words about alcohol) - "the quality or condition of being temperate or abstinent in the use of alcoholic beverages, state of not being drunk, or, abstinent with the sense of being accommodated to the AA program."

- S Simplicity - sincerity - serenity, sponsor - sponsorship - spontaneity.
- O Openmindedness - obedience - obligations, ordinary and usual to extraordinary/unusual
- B A being, becoming - better behaved, behavior modified = a better being.
- R Responsible - reliable - relaxed, released - renewed - recovered.
- I Integrity - integration - intelligence = improved interpersonal relations.
- E Emotion - enlightenment - easement, education - elevation - evolution.
- T Think truth - try trust - have tolerance, twelve steps - transcendence.
- Y Your self - your health - your life, your future = Assured!

Bill H

Mountain Doin's the newsletter for Intergroup of WNC representing AA in District 70 & 80. Published monthly, Mountain Doin's is distributed by the third day of each month. The closing date for reader contributions is the 25th of each month. Opinions expressed herein are not necessarily those of Intergroup or AA as a whole. Intergroup of WNC, Inc. is located at 107 Park Place Offices, 70 Woodfin Place in Asheville, 28801. Phone number is 254-8539. Visitors are encouraged to come by during office hours - 9:30 to 12:30, Monday through Friday.

from the INTERGROUP Treasurer...



November 16 - December 31
(7 Weeks)

Group Contributions	
Acceptance	30.00
Back to Basics	10.00
Biltmore Hope	40.00
Black Mountain	30.00
Blue Ridge	92.07
Brevard	37.61
Bryson City	20.00
Canton	20.00
Clyde	20.00
Cumberland Avenue	25.00
Fletcher	25.00
Haywood Road	15.00
Hendersonville	77.56
Hope	30.00
Intergroup Meeting	14.00
Leicester	15.00
Midday	90.00
Mountainview	180.00
Murphy	20.00
New Morning	25.00
Open Door	10.00
Ridgerunners	10.00
Riverside	14.75
Serenity Service	10.00
Thursday Ladies	75.00
Traditional	35.00
West Asheville	<u>35.00</u>
Total	1005.99
Individual Contributions	162.00
(Babs A - Birthday, John A, Barbara B, anonymous)	-
Literature Sold	142.78
Expenses	
AA World Services (literature)	11.70
Answerphone	48.00
Asheville Citizen Times	62.62
Chips	18.00
Coordinator Expense	576.00
Haywood Road Group	5.00
Hazelden	56.27
Mountain Doin's	102.08
Office Supplies	50.00
Park Place Rent	85.00
St Joan of Arc	9.00
Service Charge	3.00
Southern Bell	75.96
Where and When	<u>245.92</u>
Total	1348.55

Summary	
Balance	120.36
Groups	1005.99
Individuals	162.00
Literature Sold	<u>142.78</u>
Total	1431.13
Expenses	<1348.55>
To Prudent Reserve	<u><10.00></u>
Balance	72.58

YEAR END REPORT

Intergroup received \$7448.21 from 46 groups, \$914.25 from 23 individuals, sold \$2445.83 in literature and had expenses of \$11332.39. The office received over 1800 calls and had 428 visitors.

Yes, I'm willing to be on the 12th Step list to be called when an alcoholic reaches out for help.

Name _____

Phone number _____

Time Available _____

This information is confidential and will not be given out to anyone for any reason.

Want to get the Mountain Doin's at home ?

One year subscription for \$5.00

Name _____

Address _____

Send to: Intergroup of WNC
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

HOW IT WORKS

GENERAL SERVICE NEWS - DISTRICT 80

Twenty one AA's attended the District GSR's Workshop/Business Meeting in Sylva on Dec 6. This large turnout was a welcome sight. GSRs from the following groups attended: Franklin, Canton Easy Does It, Waynesville Grace, New Hope (Franklin), Murphy, Sylva, Bryson City, Cherokee Saturday Night, Not Today (Bryson City), New Hope (Cherokee), Cullowhee Valley, Sylva Serenity. Also Alternates from Franklin, Canton, New Hope (Franklin), Murphy and visitors from Waynesville Grace and New Hope (Franklin). Twelve of the twenty groups were represented. It is not perfection, but certainly is progress over past meetings.

A financial report by treasurer Gene V showed a current balance of \$153.83. All groups are encouraged to contribute to the district treasury.

A report on the Area GSR Assembly on November was given by Waynesville Grace GSR, Scott M.

A discussion was held on the 6 points to be an AA Group (AA Group, page 32). What a home group is - how it lives with the traditions and our primary purpose. Also discussed was the service statements read with the approval of group conscience.

These statements make clear our primary purpose, they are not meant to exclude anyone who suffers from the disease of alcoholism.

Groups sending contributions to General Service Office are asked to have on check - group name, service number, Area 51, District 80. On contributions to NC/Bermuda - group name, service number, and District 80. In this district, it was suggested that after a prudent reserve, groups contribute 40% to Intergroup of WNC, 30% to GSO, 15% to NC/Bermuda or \$20 for small groups \$35 for large groups and 15% to District 80. It is also suggested that after contribution to NC/Bermuda (\$20 or \$35) that formula of 40% Intergroup, 30% GSO, 30% District 80 be used.

Election of the DCM and Alternate for 1988 - 90 was held by the GSR's. Using the third legacy procedure, all immediate past and new GSR's were eligible, also the

current DCM as he is considered to be serving our the last DCM's term. The GSR's were polled and none expressed a desire to serve as DCM. Bob R was elected DCM. Bob H, past GSR of New Hope (Franklin) was only one to stand for Alternate and was elected.

Next GSR's workshop/business meeting is March 13, Jackson County Public Library, Sylva, 3 pm.

District Eating Meeting is January 10, hosted by Waynesville Grace Group, Grace Episcopal Church, Haywood St, Waynesville at 1:30 pm.

A Happy and Sober New Year to all.

Bob R, DCM

DISTRICT 70 NEWS

The regular GSR meeting was held on December 13 at St Joan of Arc Church on Haywood Road.

Present: Kathy O, GSR - Sylvan Valley; Ray D, DCM - Hendersonville; Barbara S, GSR - Blue Ridge; Fred "Sarge" H, GSR - Turning Point; Jenny J, GSR - Women's Hope; Jo H, GSR - Haywood Road; Bill G, Alt GSR - Black Mountain; Cindy P, GSR - Black Mountain; Jim R, GSR - Tryon Tuesday; Mike O, visitor - Sylvan Valley; Marshall D, GSR - Mid Day; Joe V, GSR - West Asheville; Rose B, GSR - Back to Basics; Ron H, GSR - Sapphire/Toxaway; Carl C, Alt GSR - Sylvan Valley; Mike S, GSR - Hendersonville; Craig R, GSR - Open Door; Rob H, GSR - Brevard; Richard T, GSR - Traditional.

The plans for our district eating meeting were set as the following:

When: January 10

Eat at 4 pm

Speaker at 5 pm

Where: St Joan of Arc Church
Haywood Road

Speaker: Dick W, Charlotte, NC

A flyer will be sent to each group with specific directions on how to get to the church.

Please bring a covered dish or meat.

The next GSR meeting will be at St Joan of Arc Church on February 21 at 1:30 pm.





BIRTHDAYS & ANNIVERSARIES

NOVEMBER

Marshall

Travis S

2

JANUARY

Acceptance

Richard G

Jan 1

3

John C

Jan 2

5

Robin H

Jan 7

2

Boyce R

Jan 7

6

John M

Jan 18

4

Suzanne B

Jan 24

13

Martha S

Jan 26

7

Pam K

Jan 29

3

Marshall

Tracy T

Jan 11

3

Black Mountain

Stan N

Jan 3

9

Open Door

Craig R

Jan 14

3

Murphy

Gary M

7

Bob G

10

June C

7

Fletcher

Carl K

10

New Hope

Sandy B

Jan 2

10

Alan B

Jan 3

10

Bob H

Jan 9

3

Blue Ridge

Frank R

Jan 22

13

Dot P

Jan 21

6

A WRENCH TO FIT EVERY NUT

How many times at meetings have I heard about the tools offered by the program of Alcoholics Anonymous to insure our sobriety? How many times have I heard someone say they remembered a certain thing said by a certain member at a certain meeting that prevented them from picking up the first drink?

I started thinking about all the tools offered me since I started attending meetings and about how many of these I have picked up and actually used to prevent that slip into dishonest thinking,

resentment, or self-pity that could lead to that slip into drinking. I'm able to identify a whole lot of tools, and a whole lot of times these have come in handy to keep me serene, sane, and sober.

In my tool box, I have, above all, the 12 steps of Alcoholics Anonymous. My sponsor has often told me that the answers to any of my problems can be found in one or more of the 12 steps. Speaking of sponsors, there indeed is an indispensable tool. A variety of people with a variety of knowledge at a variety of meetings are also available to me.

The many slogans in AA, "Keep it Simple", "Let Go and Let God", "One Day at a Time", "Easy Does It", to name a few, help me keep, or get, my thinking straight.

The telephone is a tangible tool helpful when I find myself talking to myself and not coming up with any sensible answers.

The principles of AA, primarily the HOW - honesty, openmindedness, and willingness, come to mind when I find myself thinking of excuses, being judgemental, or perverse.

One of the simplest and most often used tools is that of gratitude. It's tough for me to be mired in self-pity, resentment, or most anything after I've learned to count my blessings.

Another invaluable tool is "HALT" - learning not to get too hungry, angry, lonely, or tired.

The most valuable tool given to me has been my dependence on, and guidance by, my Higher Power as I have been able to re-establish our relationship through this program.

These are just some of the tools in my tool box. I have accumulated these at the very low cost of regular attendance at meetings and sharing in the AA fellowship, and communication with my Higher Power. May they never get rusty!

Carol K
Here's How
Chicago AA Newsletter

