



## MOUNTAIN DOIN'S

North Carolina Districts 70 & 80  
Alcoholics Anonymous May 1988

Intergroup of WNC - 107 Park Place Offices - 70 Woodfin Place - Asheville, NC 28801 - Phone 704/254-8539

### A.A. CALENDAR

**District 70 Eating Meeting** (Open meeting) Sun. June 12, Eating-4PM, Speaker-5 PM. St. Joan of Arc Church, 919 Haywood Rd., Asheville. Host: Dist. 70 GSRs. Speaker: Joe C. of Charlotte, NC. Although not mandatory, please bring a covered dish. All AA's are invited along with their family and friends.

**District 80 Eating Meeting-** The Not Today Group of Bryson City will host the Eating Meeting on Sunday July 10 at the First Baptist Church, Hospital Hill, Bryson City. (Follow blue hospital signs. Eating at 1:30. Speaker at 2:30. Bring a dish; meat will be furnished.

**District 70 & 80 Intergroup** Sun. June 9 at 3 PM, St. Joan of Arc Church, 919 Haywood Road, Asheville.

**N.C.-Bermuda Spring Assembly** May 7 & 8. Regency Hyatt House, Winston Salem, NC. Hotel Reservations: (Special rate \$46 for two double beds/night.) Toll free phone: 1 800 228 9000 or phone direct: 1 919 725 1234 ext 622 - Reservations.

**Southeastern Convention & North Carolina State Convention** Aug. 17 - 20, Regency Hyatt House, Winston Salem. For Advance Registration and Advance Hotel application write: Chairman, P.O. Box 18412, Raleigh, NC 27619

### Group and Local News

The **Day by Day Group** has started their second closed - smokeless meeting, their two meetings are at St. Eugene's Catholic Church at 5:30 on Wednesdays and **Fridays**

The **Leicester Group** announces a new open regular 1:30 Sunday Afternoon meeting. Although this will be held on 5 East at St Joseph's Hospital they request it to be referred to as the "Leicester Extension Meeting" since it is not associated with any institutional allied or meeting. A new **Al-Anon** meeting will meet at the same time on the same floor.

In the spirit of cooperation without affiliation we have been requested to announce that **A.R.C at Black Mountain** is having a public invited Client-Staff Reunion Sunday June 5. Speaker: Robert L., of Spruce Pine. Free luncheon, but a \$1 registration fee required. For information contact Wallace Norris 669-3437. Also, A.R.C is requesting A.A. Speakers for certain Tuesday and Thursday nights each month. If interested contact Marie McDonald 704/669-3434.

### General Service News - District 80

There was a wonderful turnout, 70 people, for the quarterly District eating meeting hosted by the New Hope Group of Franklin on Sunday April 10. Good food, good fellowship and a good speaker, Jim R. of the Mountain View Group of Highlands. Jim is the new GSR for his group. We also welcome the new GSR for the Andrews Group, Glenn H. If other groups have new GSR's please send me the name, address, and phone number. Groups from as far west as Andrews, and as far east as Canton and Brevard attended, as well as 11 GSR's of the district. It was great to see so many attend. The Not Today Group (Bryson City) will be the host group for the July meeting. We still need a host group for October.

The District is in need of an alternate DCM. It is important that we have one as soon as possible. It is suggested that the person have some experience in service work, such as GSR. Won't someone volunteer for this trusted servant position? Bob R. DCM District 80

## SUGGESTIONS FOR LEADING BEGINNERS MEETINGS

A.A. World Services has an 8 page service booklet "Suggestions for Leading Beginners Meetings". Written to help the group holding beginners meetings, or the member leading them, any other A.A. will find it worthwhile reading. The following is a condensation of the main points found in the booklet.

**WHAT KIND OF BEGINNERS MEETINGS WORK BEST?** Newcomers' chances of recovery are higher if they can actively take part in A.A. discussions as soon as possible. They also need to know A.A. experience and the essential facts about alcoholism and our program of recovery. Therefore, many beginners meetings include both (1) a brief talk by the leader, for not more than twenty or thirty minutes in an hour meeting, and (2) discussion by all present.

**WHAT IS A GOOD GENERAL OUTLINE FOR THE LEADER?** Experienced leaders of beginners meetings say that their opening remarks generally cover these points:

1. Welcome to newcomers.
2. Assurance that newcomer's anonymity will be respected.
3. Explanation that everything any member says is only the individual's opinion, that no one can speak on behalf of the group or the worldwide Fellowship.
4. Brief statement of the Fellowship's size and scope (and growth).
5. Briefly, the leader's experience, condensed form the usual elements of an A.A. talk: identification as an alcoholic (not necessarily events while drinking, but feelings); how the leader came to A.A.; recovery in the program; knowledge gained from A.A.
6. Comments on any particular topic that newcomers need or want to know about.
7. Information about other local meetings.
8. Recommendations of the A.A. message in print - A.A. books, pamphlets, or the Grapevine.

### SUGGESTED TOPICS FOR BEGINNERS MEETINGS

**#1 - How to Stay Away From One Drink One Day at a Time.** (This topic should always be included in every beginners meeting.) When we first come to A.A., many of us did not realize that the first drink triggered the compulsion to drink more and more; that it deluded us into thinking we could drink another safely, then another and another.

The danger seems obvious now, but many of today's newcomers are just as baffled as we once were. So the leader usually explains the significance of the first drink - and how to avoid just that one, for at least one day or one hour.

Almost every A.A. has a favorite way of doing this, and other members attending a meeting can make suggestions for additions to the following:

1. The twenty-four hour (or one-minute, if necessary) plan.
2. The HALT reminder - never getting to Hungry, Angry, Lonely, or Tired
3. Sticking close to your sponsor - and discussing personal problems with him or her.
4. Postponing the drink.
5. Going to lots of A.A. meetings.
6. Keeping pockets stuffed with A.A. reading matter.
7. Prayer - in whatever form the new member prefers it.
8. Changing routine - especially at drinking hours - to break up the old habit patterns.
9. Spending time with other members individually - either in person or on the telephone (and especially during old drinking hours).
10. Spending time in meeting rooms or central offices where A.A.'s gather outside of regular meeting hours.
11. Starting work on the Twelve Steps, to fight such threats to sobriety as resentments, self-pity, and the tendency to dwell on the past or the future.

**#2 - Alcoholism, the Disease** Alcoholics usually have to face the medical facts of the disease, as well as the present un-manageability of their own lives, before they can accept help. This seems to be true even for newcomers who are forced by pressure from others to come to A.A. for the first time.

Many good descriptions of the disease are used by A.A. members, such as "threefold illness: mental, spiritual, physical," "progressive disease," "compulsion plus obsession," etc. Many newcomers have been helped by discussion of various definitions of alcoholism, of the symptoms of the disease, of the uselessness of misdirected willpower in combating alcoholism, of the futility of insisting on an intellectual understanding of the condition before becoming willing to practice the A.A. program.

Since A.A. does not pretend to be a medical program, scientific information on the illness - for those who want it - must come from other sources.

**#3 - How It Works: The Twelve Steps Suggested as a Program of Recovery** "How It Works" Chapter V in the Big Book is the heart of the A.A. message. Because the newcomer may have been told that "there are no musts in A.A.," it seems wise to explain that these suggested steps are a summary of actual past experience in recovery.

Leaders of beginners meetings generally agree that newcomers are rarely helped by ponderous

sermonizing about the Twelve Steps, or by complicated interpretations. The Steps speak plainly for themselves, and all newcomers are, of course, free to interpret and use them as they individually choose.

It is the leader's job to be sure that their exact wording is made available to the newcomer. While newcomers may not be in the mood for serious reading, the sooner they can read the book "Alcoholics Anonymous" the better.

#4 - The Twelve Traditions: What We Learn from A.A. Mistakes.

#5 - A.A. in Print - Service to Others

#6 - Other factors in A.A. recovery

a) The Original A.A. Experience      b) The desire to be sober for oneself      c) Release from the compulsion and removal of the obsession      d) Who can be an A.A. member      e) Acceptance of facts about ourself - self-honesty as a basis for the A.A. program  
f) The Serenity Prayer  
g) The A.A. Slogans      h) How to get a sponsor; how to change sponsors if necessary      i) The family  
j) The A.A. language or jargon      k) Spiritual Awakening      l) Are sedatives dangerous?

#### SUGGESTIONS ON ARRANGEMENTS FOR BEGINNERS MEETINGS

Like all jobs in A.A. the job of leading the beginners meeting should be rotated on a periodic basis between members who are willing and qualified. This may be for a series of from one to twelve weekly meetings, but six seems to be the preferred number. Regardless, the prospective leaders should be chosen well in advance so they may prepare.

In those areas where A.A.'s are most enthusiastic about the results of beginners meetings, there seems to be general agreement on these ideas: 1) The meeting should be separate and apart from the regular open or closed meeting. In some localities, it is scheduled for one hour preceding a regular meeting. In others, the beginners meeting is held at the regular meeting hour, either in a different room (where space permits) or on a different evening. 2) An intimate, informal atmosphere seems friendliest and encourages participation by the newcomer. With that aim in mind, the favorite arrangement has members seated around a large table. 3) Neither the leader nor any of the "older in sobriety" members present should dominate the meeting. It is up to the leader to see that this does not turn into an ordinary discussion, with the more experienced talkers crowding the newcomer out. 4) The newcomer should feel welcome to participate, but never made to feel "on the spot" or on the defensive by being asked questions. 5) Any A.A. member should feel free to attend the meetings and meet and help newcomers there. 6) Presenting the newcomer with a packet of basic recovery pamphlets and a current meeting list has been found helpful in some areas. (Above reprinted with permission of A.A. World Services, Inc.)

#### THE FOURTH TRADITION

**Each group should be autonomous except in matters affecting other groups or A.A. as a whole.**

Long form: With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

From the pamphlet "The Twelve Traditions Illustrated":

A member who does any amount of traveling finds the AA spirit much the same everywhere. But apart from this inward kinship, there are vast differences among groups. Here, the traveler finds three members discussing the Steps in somebody's living room; there, 300 listening to speakers in a church auditorium. In one part of the U.S., respectful silence greets the speaker who begins, "My name is Ann, and I am an alcoholic." In another, everybody happily shouts, "Hi, Anne!" And in many other places, she may introduce herself with her full name--at a one-hour meeting or a 90-minute. In each neighborhood in every part of the world reached by AA, the local group is free to work out its own customs. As always, freedom brings responsibility. Because each group is autonomous, it's up to each group to avoid any action that might harm AA. And there have been such actions--or this Tradition would be unnecessary. "Implicit throughout A.A.'s Traditions," Bill W. wrote, "is the confession that our Fellowship has it sins.

Continued on back page

**A.A. BIRTHDAYS**

<b>Acceptance Group</b>			
Jenny M.	5/ 3/81	7	
Rod B.	5/ 5/85	3	
Phil S.	5/ 5/84	4	
"V.A." Ted S	5/16/67	21	
Bob V.	5/17/80	8	
Chuck R.	5/20/84	4	
Mary D.	5/30/86	2	
Nancy D.	5/ 2/83	5	
<b>Blue Ridge Group</b>			
Frankie S.	5/ 1/66	22	
Gen G.	5/25/65	23	
Jane P.	5/ 5/75	13	
Joe B.	5/17/58	30	
Ted A.	5/30/75	13	
Pam P.	5/26/83	5	
<b>Brevard Group</b>			
Steve F.	May 83	5	
Rob H.	May 73	15	
<b>Hendersonville Group</b>			
JR H.	4/ 5/87	1	
Russ S.	Apr. 62	26	
Richard C.	4/22/85	3	
Miriam S.	4/17/87	1	
Elizabeth E.	4/ 1/87	1	
Steve H.	4/ 9/85	3	
Jerry P.	4/22/86	2	
Earl G.	5/ 5/86	2	
Harold F.	5/24/82	6	
Pam P.	5/26/84	4	
<b>Marion Group</b>			
Ray R.	Feb. 87	1	
Charles D.	Feb. 80	8	
Bud C.	Feb. 73	15	
Helen C.	Feb. 73	15	
<b>Murphy Group</b>			
Pam M.	May 84	4	
Rick L.	May 83	3	
<b>New Day Group Micaville</b>			
Michael J.	5/ 8/87	1	
Jerry N.	5/15/86	2	
<b>New Hope Group Franklin</b>			
John R.	May 86	2	
<b>Traditional Group</b>			
Miriam K.	5/ 4/79	9	
Frank G.	5/ 8/85	3	
Hugh H.	5/11/78	10	
Helen S.	5/20/84	4	
Anne W.	5/29/86	2	

**INTERGROUP PHONE LOG**

5 weeks 3/28 to 4/29/88	
Answer Service Calls	81
General Info.	9
A.A. Help	15
Family Help (Alanon)	12
Meeting Info.	32
Intergroup Business	18
P.I. Calls	1
Medical Help (Detox)	1
Others	10
Total Phone Calls	179
Office Visitors	29

**FOURTH TRADITION Continued**

We admit that we have character defects as a society and these defects threaten us continually."

Blown up to multiple size, the Big Ego may inspire one group to take over all the public information work for its area, without consulting any of the local groups. Once the group has decided, 'We have all the answers,' the lid's off. The group may then decide that, let's say, the Eleventh Tradition is an outdated technicality: "This is a competitive age! We're going to come right out and give AA some good, vigorous promoting!" To the general public, this one conspicuous group is A.A. Its antics reflect, not only on the ignored neighborhood groups, but on the Fellowship.

In a way, the Fourth Tradition is like the Fourth Step: It suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, "Would this break any Tradition?" Like the individual member who chooses to make the Steps his or her guide toward happy sobriety, the wise group recognizes that the Traditions are not hindering technicalities- they are proved guides toward the chief objective of all AA groups.

**DCM's Corner - The Fourth Tradition**

Many times at different group business meetings I have heard: "We can do anything we want to do--we're autonomous." For a group or member to say this they are only using the first part of this tradition and neglecting the extremely important second part--except in matters affecting other groups or A.A. as a whole.

Decisions made by one group can affect a neighboring group, for example, Group A schedules a special meeting (anniversary, eating) at the same day and time of Group B's meeting without conferring with Group B first. This could seriously affect the attendance at Group B's meeting. The long form of the tradition tells us that the trustees of the General Service Board should be conferred with on any decision that could affect AA as a whole.

In order to preserve our common welfare, Tradition One, it's important that groups when making decisions consider what effect their decisions have on the other groups or AA as a whole, utilizing this Tradition to guide. Bob R. DCM NC District 80

**I-GROUP TREASURERS REPORT**

April 1 - 30, 1988

**Group Contributions:**

Acceptance	30.00
Back to Basics	20.00
Black Mountain	30.00
Blue Ridge	75.68
Brevard	32.00
Camberland Ave.	25.00
Day by Day	20.00
Fletcher	25.00
Franklin	30.00
Hayesville	20.00
Haywood Road	15.00
Hope	10.00
Intergroup Mtg.	8.00
Marion	20.00
Murphy	20.00
Open Door	10.00
Sapphire-	
Lake Toxaway	15.00
Traditional	35.00
Turning Point	10.00
Waynesville Grace	102.00
West Asheville	35.00
Sub Total (Groups)	719.26
Individuals: Anon.	
& John B. Birthday	77.00
Literature Sold	183.80

Total Income 980.06

**Expenses:**

A.A. World Services	
(Literature)	40.34
AT&T	8.75
Answerphone	55.80
A'ville Cit-Times	64.71
Coordinator	378.00
Haywood Rd. MtgCof	5.00
Mountain Doin's	111.47
Park Place Rent	85.00
St. Joan - Room use	3.00
Southern Bell	72.77
Stamps	14.00

Total Expense 838.84

**Summary:**

Bal. 4/1/88	60.20
Groups	719.26
Individuals	77.00
Literature	183.80
Expenses	838.84
To Prud Res.	10.00
Bal. 4/30	191.42
Totals	1040.26 1040.26
Prudent Res. 5/1	=232.97