

MOUNTAIN DOIN'S

Intergroup Newsletter

May 1990



Published by Intergroup of WNC
(N. Carolina Districts 70 & 80)

107 Park Place Offices, 70 Woodfin Place,
Asheville, NC 28801 Phone: (704)254-8539

Readers' Forum

LIVE LETTERS

"New Look" Accolade

I like the new look of "Mountain Doin's" and I hope that others in our Districts will share their thoughts and comments. In my travels I see some other newsletters and I particularly enjoy their readers' letters. There's everything in them from helpful comments to jokes, poems, and arguments.

I would like to see "Mountain Doin's" become more of a reader participation newsletter, and I think you've made a good start by asking for our input. As you pointed out in April's newsletter, there are about 136 weekly meetings in our Intergroup area, and that allows for a lot of sharing.

—M.M.

Trudging the Wide Path

The differences in people's "programs" and perceptions of what recovery is all about are certainly varied, and since they are sober and happy, one must conclude that the path we are trudging is indeed wide—at least, within limits. Some groups read the *Twenty Four Hours a Day* book at their meetings. Other groups are horrified at the thought of anyone sharing even a paragraph at a meeting from a source other than "con-

ference approved" literature. I was once at a meeting where I overheard a young lady say, while pointing to one of the books on the chairperson's desk, "What's this book doing here? That's not conference approved." (She was pointing at the Bible!) Some groups discuss highly spiritual, yet practical subjects, and the word "alcohol" seldom is heard at their meetings. Other groups discuss almost nothing but "drunkalogues." How would recovery ever be possible if we couldn't "Take what we like and leave the rest"?

—B.B.

Talk of Talent

I came across the following gem the other day and pass it on because I think it carries an important message:

"Use what talents you possess. The woods would be very silent if no birds sang except those that sang best."

—R.S.

Giving and Taking

To me, A.A. is probably the only program that is both selfish and unselfish. I was amazed, when I first came into the program, to find so much kindness and unselfishness. Everyone seemed to go out of their way to help me through those first terrible days.

Then, later, when I was making progress enough to be able to help others, I realized how delightfully selfish I was being—for helping others toward recovery was helping me to stay sober!

—B.L.

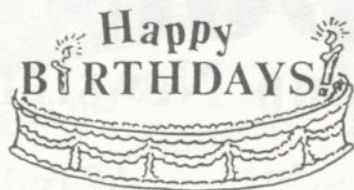
Sharing and Caring

In the hope that we could broaden the interest in *Mountain Doin's* to include a sharing of thoughts, views, problems, suggestions, experiences, humor, problems, and other tidbits of your choice, while still carrying the important Intergroup news, we asked in our April newsletter for reader input.

The response was gratifying. Here is a sampling of letters received, some edited where necessary for style and space limitations.

We hope, with continuing reader input, that this will become a regular and important popular feature in future issues.

Keep those letters coming! Send to: The Editor, *Mountain Doin's*, Intergroup of WNC, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801. Your sharing is welcomed by all of us.



Acceptance Group

Mary D.		4 years
Rod B.		5 years
Phil S.		6 years
Chuck R.		6 years
John M.		7 years
Bob V.		10 years

Black Mountain Group

Hugh H.	5/11/78	12 years
David H.	5/8/74	16 years

Blue Ridge Group (Flat Rock)

Gen. G.	5/25/65	25 years
Jane P.	5/5/75	15 years
Joe B.	5/17/58	32 years

Cumberland Group

James B.	April	4 years
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Marshall Group

Ron S.	February	2 years
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Leicester Group

Dick J.	March	9 years
Ed. M.	"	16 years
Doug J.	April	1 year
Laddie M.	"	2 years

Midday Group

Gail A.	4/24/88	2 years
Miriam S.	4/17/87	3 years
John T.	5/11/89	1 year

Traditional Group

Chuck W.	4/13/87	3 years
Jim D.	4/26/77	13 years
Charles R.	4/6/89	1 year
Carolyn O.	4/27/80	10 years
Dawn B.	4/18/89	1 year
Darryl B.	4/11/89	1 year
Denise L.	4/13/80	10 years
Miriam K.	5/4/79	11 years
Ron J.	5/3/88	2 years
Frank G.	5/8/85	5 years
Bob C.	5/10/80	10 years
Helen K.	5/20/84	6 years

Membership Survey

Almost 7,000 A.A. members from the U.S. and Canada participated in a carefully designed study of the A.A. membership for the purpose of keeping A.A. members informed on current trends in membership characteristics. The results were interesting—and often surprising. They help provide a perspective on our fellowship, its constitution, and its sometimes changed areas of concentration.

Length of sobriety. The study found that 29% of members had been sober over 5 years; 38% sober between 1 to 5 years; 33% sober less than 1 year. Average sobriety overall: 52 months.

Newcomers to A.A. Some of the factors most responsible for members coming to A.A. were: 7% through a doctor; 19% through a family member; 27% self-motivated; 36% through an A.A. member; 36% through rehabs and counseling.

Sex of Members. 34% women; 66% men.

Ages of members. 3% age 20 and younger; 18% ages 21 through 30; 52% ages 31 through 50; 27% age 50 and older.

Other addictions. 38% of members were also addicted to drugs.

Meeting attendance. The average members attend 4 meetings per week.

Counseling. 60% of members have had prior counseling.

Members vocations. Sales and Business: 22% men, 16% women; Homemaker: 2% men, 15% women; Professional: 24% men, 22% women; Labor: 25% men, 12% women; Office and Clerical: 2% men, 10% women; Unemployed: 7% men, 8% women; Retired: 10% men, 5% women; Other (agriculture, military, student, etc.) 10% men, 12% women.

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800 Number Coming!

There's good news on the horizon for all A.A.s and others who wish to call Intergroup for a miscellany of reasons, including information about meetings in areas included in Districts 70 and 80, 12th Step inquiries, chips, publications, phone numbers, etc. Intergroup is making plans to have an 800 number installed. Full details will be included in our June *Mountain Doin's*.



Calendar of Events

The Raleigh Big Book Study

May 4 - 6, 1990, in Raleigh. Registration forms are available at the Intergroup office, or contact: Raleigh Big Book Study, 11312 Saddleview Ct., Raleigh, NC 27613. Phone: 919-846-9990.

A.A.L.A. 1990 Roundup

June 8 - 10, 1990, at the Sheraton Universal Hotel, Universal City, California. Registration forms are available at the Intergroup Office or contact: A.A.L.A. Roundup, 14755 Ventura Blvd., Suite 1-756, Sherman Oaks, CA 91403.

Fourth Annual "Sailing Sober Salts" Cruise

June 28 - July 5, 1990, leaving from Vancouver, B.C., and returning there one week later. The return coincides with the start of the International Conference in Seattle. For information call toll-free 1-800-247-1899.

1990 International Conference of Alcoholics Anonymous

July 5 - 8, 1990, in Seattle, Washington. A travel agent here in North Carolina has arranged for some special air fares to Seattle. For conference registration and information on the travel packages, contact the Intergroup office.

Fifth International Serenity Run

August 2 - 5, 1990, in Cedaredge, Colorado. Contact: I.S.R., P.O.Box 1143, Colorado Springs, CO 80901.

New Publications

The General Service Office announces the availability of three news publications.

Alcoholics Anonymous is now available in a large-print edition. The 7" X 10 1/4" soft-cover book is printed in 18-pt. type, the size suggested for the visually handicapped. Price: \$12.

Twelve Steps and Twelve Traditions in Russian. Price: \$2.75

Alcohólicos Anónimos, the Spanish translation of the Big Book, in a new edition containing personal stories. Price: \$3.50

Mountain Doin's is your personal contact with other members in our area and with Intergroup of Western North Carolina. We encourage personal subscriptions as well

as group subscriptions to the newsletter. All you have to do is fill in the form below and mail it in with your check or money order to the address shown below.

MOUNTAIN DOIN'S NEWSLETTER SUBSCRIPTION ORDER FORM

Name: _____ (If group, name of contact) _____
(individual or group)

Mailing address: _____

City: _____ State: _____ Zip: _____

	MONTHLY RATE		ANNUAL RATE	
	1st class	3rd class	1st class	3rd class
One copy (1 oz)				
One copy (1 oz)	.25¢	.25¢	\$3.00	n/a
Five copies (3 oz)	.65¢	.65¢	\$7.80	n/a
Ten copies (6 oz)	\$1.25	\$1.00	\$15.00	\$12.00
Fifteen (8 oz)	\$1.65	\$1.10	\$19.80	\$13.20

Enclosed is \$ _____ for _____ copies to be sent by _____ class mail.

Please make check or money order payable to:

Intergroup of WNC, 107 Park Place Offices, 70 Woofdin Place, Asheville, NC 28801

Treasurer's Report



CONTRIBUTIONS

Acceptance	\$10.00
Back To Basics	50.11
Black Mountain	30.00
Brevard	28.75
Day By Day	30.00
Fletcher	25.00
Hendersonville	76.86
Mars Hill	20.00
Mid-Day	125.00
Mountain View	62.50
Serenity Service	40.00
Sylvan Valley	30.00
Turning Point	10.00
Unity	10.00
Waynesville Grace(1st Qtr)	40.00
West Asheville	35.00
	<u>\$623.22</u>
Individual Members	\$105.00

EXPENSES

Rent, 107 Park Place	92.00
Phone - Basic Service	84.45
Answer Service	56.00
Classified Ad	69.48

EXPENSES (continued)

Newsletter	\$79.00
Postage	62.13
Editorial expenses	46.00
Special Worker - Coordinator	396.00
Literature - AAWS	48.35
Chips	59.18
Bank Services	.25
	<u>\$992.84</u>

SUMMARY

Balance 02-28-90	74.69
<u>Income</u>	
Group Contributions	623.22
Indiv. Contrib.	105.00
Sales - Lit&Chips	214.80
Total Income	<u>\$943.02</u>
Sub-Total (Avail)	\$1017.71
<u>Expenses</u>	
Office	885.06
Literature	48.35
Chips	59.18
Bank Service	.25
Total Expense	<u>\$992.84</u>
Balance 03-30-90	\$24.87
REMOVED FROM RESERVE	\$200.00
(Bal 03-29-90: 372.51)	
Balance Adjusted	\$224.87

SPECIAL NOTE to INTERGROUP REPRESENTATIVES

As you know from the Treasurer's Reports, Group Contributions during the first quarter of 1990 are 75% of the amount contributed during the first quarter of 1989. This represents a 22% shortfall in meeting our average projected budget for the current year. Since the April, 1989, contributions were the lowest experienced for that year, please help avoid a repetition of that experience by informing your Groups of Intergroup's needs and appeal to them for their financial support.

The reserve, already inadequate, is near total depletion. A new edition of our meeting directory (*Where and When*) requires an investment before mid-month, and without favorable response some services are in peril of interruption. It is suggested that it may be helpful to remind our fellowship of Intergroup's purposes, as outlined in Article III of our Articles of Association.

Editor's Note. Paragraphs A, B, and C, of Article III of Intergroup's Articles of Association, as amended in January, 1990, are printed below.

ARTICLE III, PURPOSES

A. Establish a centralized office in association and partnership among groups in their common and primary purpose of carrying the A.A. message to the alcoholic who still suffers.

B. Inform groups and members of activities in their mutual and general interest.

C. Provide a communications and referral service for prospective members, A.A. members, sponsors, Twelfth Step volunteers, speakers, the general public and media, and assist where possible in cooperating, but not affiliating, with institutions whose interests include recovery from alcoholism.



Fellowship News

New Meetings

Asheville. The Grace Group meets at 5:30 p.m. on Sundays at Orange Street Recovery Center, 25 Orange Street (open, nonsmoking); Tuesdays and Thursdays at Grace Covenant Presbyterian Church (behind McDonald's Restaurant), corner of Merrimon and Gracelyn Aves. (closed, nonsmoking).

Asheville. Tuesday, 7:30 a.m. Early Bird Meeting, at the Spiritual Growth Foundation, 891, Haywood Rd. (Open, nonsmoking)

Hendersonville. In addition to its regular Monday—Friday noon meetings, the Midday Group now meets at noon on Saturdays. (Open, nonsmoking.)

Discontinued Meetings

Brevard. The 5:30 p.m. Discovery Women's Group meeting on Mondays, and the 6:00 p.m. Discovery Group meeting on Thursdays have been discontinued.

Meeting Changes

Candler. The Candler KISS Group has moved to the building across from BASF, next to Enka P.O. The group meets on Mondays at 8:00 p.m. The meetings are closed and all visiting A.A.s are welcomed. For further information call Gary or Sue V. (665-1526)

Hendersonville. The Thursday afternoon Ladies Group, which meets in the First Presbyterian Church, has changed its time from 2:00 p.m. to 1:30 p.m.

Hendersonville. The Midday Group is now holding open, non-smoking meetings at noon on Saturdays, at the group's regular location at First Presbyterian Church, 7th Avenue E. Everyone welcome.

Etowah. Meetings are now being held in Etowah at the United Methodist Church. on Thursdays, 7:30 - 8:30 p.m.

These are closed, step meetings.

"Oldtimers" Input Welcomed

Hendersonville Third Tradition Group needs your input. "Oldtimers" are par-

ticularly welcomed to come along and share their experiences at beginners discussion meetings, held each Thursday evening, 7:30 - 8:30 p.m., at the Trend Mental Health Building on Fleming Street (opposite Pardee Hospital). Entrance and parking are at the rear. Meetings are open, non-smoking.

Marion. The Marion Group now meets on the following days and times:

MONDAY, 8 p.m. 505 Virginia Ave. (McDowell Care Center) Open.

Wednesday, 11 a.m. 505 Virginia Ave. (McDowell Care Center) Open.

Wednesday, 8 p.m. St. John's Parish House, S. Main Street. Closed.

Friday, 8:00 p.m. St. John's Parish House, S. Main Street. Open.

Saturday, 8:00 p.m. St. John's Parish House, S. Main Street. Open.

Special Meetings

District 70 Institutions Committee (Prisons, Treatment Facilities, and other Institutions) will meet on Sunday, May 6, at 3:30 p.m. at Serenity Service Group location: 835 Merrimon Avenue, Asheville. All interested A.A. members are invited.

District 70 Grapevine Representatives will meet on Sunday, May 27, at 3 p.m. at Serenity Service Group location: 835 Merrimon Avenue, Asheville. All groups are urged to elect and send their GVRs to this meeting.

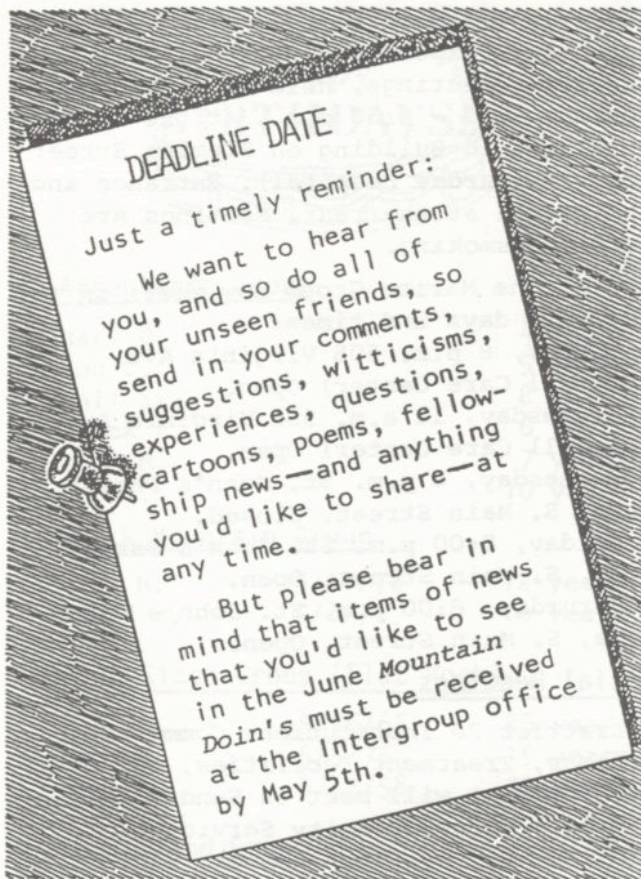
(Note: 835 Merrimon Avenue, Asheville, is identified as upstairs Mitchell's Restaurant; enter at the rear.)

Al-Anon and Al-Ateen New Meetings

Black Mountain. Al-Anon now meets on Fridays at 7:00 p.m. at Ridgecrest Baptist Church, Black Mountain. Al-Ateen meets at the same location at 8:00 p.m. on Fridays.

GROUP REPRESENTATIVES

Intergroup asks that ALL groups send the names of their Intergroup Representatives or Contact Persons to the Intergroup Office, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC. 28801. Phone: (704)254-8539



WNC Intergroup March Board Meeting

INTERGROUP OF WNC
BOARD OF DIRECTORS MEETING
17 March 1990

Attending: Rod B., Bob V., Ken F.,
Leslie H., Tad C., Alan W.

Moved: Bob is to be hired as Office Coordinator for Intergroup, subject to the approval of full Intergroup meeting to be held in April.

Moved: Alan W. is to serve as Editor of *Mountain Doin's* subject to the approval of full Intergroup meeting.

The publication *Where and When* is to be reprinted after the April Intergroup meeting.

Leslie H. is to contact Al-Anon to explain A.A. guidelines, which recommend that each fellowship (A.A. and Alanon)

have separate publications, to explain that Intergroup is considering the elimination of Al-Anon listings from *Where and When*, if Al-Anon can assume the printing of their own listing, and to inquire if and when that will occur.

Mountain Doin's related matter:

The Editor was authorized to revise the subscription rates appropriately to reflect costs.

The Editor was authorized to solicit letters for publication.

The Blue Ridge Groups will be identified either as Flat Rock or Prison, according to which group is referred to.

The Editor and/or Treasurer are to investigate the cost of computer service to maintain *Mountain Doin's* mailing list and to print labels.

The Treasurer needs a list of the number of *Mountain Doin's* subscriptions for cost-accounting purposes.

Nominating Committee consisting of Rod B., Ken F., and Marian M., was appointed by Rod B. to generate a plate of officers for voting at the July Intergroup Meeting.

New representatives are to receive a copy of Articles of Association at the first meeting they attend.

Respectfully submitted,
Leslie H. Secretary.



Intergroup Phone Log

3/5/90—4/6/90

Answering Service Calls	178
General Information	4
A.A.Help	8
Family Help (Al-Anon)	8
Meeting Information	39
Intergroup Business	35
Others	22
Total	294
Visitors to Office	36