

MOUNTAIN DOIN'S

Intergroup Newsletter

May 1991



Published by Intergroup of WNC (Districts 70, 71, and 80). Address: 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801. Phone: (704)254-8539 or 1-800-287-5534

Readers' Forum

LIVE LETTERS

A Slip is a Slow Slide

I heard someone say recently that a slip (which some of us call a relapse) is not so much an event as it is a process. It's a process that begins in the mind, not in the bottle.

True. A slip doesn't have to begin with taking a drink, although it might end up that way. A slip begins when we begin to turn away from our program for any of a number of reasons. Complacency is probably the number one cause.

The process begins in the mind; perhaps because we think we've got the problem licked, or the feeling that maybe we're not really an alcoholic after all, or merely that we've become bored with the whole thing.

And that, really, is where the slip begins. Picking up the bottle comes later. That's when the AA program is needed the most.

One way I've found helps bring me back to fundamentals is to take a break from our regular home group meetings and try a few others. There you meet folks with different backgrounds, different stories, different comments, different attitudes. It's refreshing, rejuvenating, and reawakens a whole new interest in our program of recovery.

Then, before long, it's good to get back to the home group and discover that they all truly were your best

friends all along. I tried it, and it worked. —PC

The Program—Another View

Some time ago you published a few letters about "the Program." I read a couple of helpful responses. Here's another:

Everybody emphasizes the twelve steps. Well, that's taken for granted. But here are a few additional "steps" that might help.

Reading: *Living Sober, Came to Believe, As Bill Sees It, Alcoholics Comes of Age, Dr. Bob and the Good Oldtimers, Daily Reflections, The Language of the Heart*, and, dare I mention them, some of the other publications such as, *Each Day a New Beginning, Twenty-Four Hours a Day, The Little Red Book, A Day at a Time, Stools and Bottles*. Oh yes, plus of course *The Grapevine*.

Don't forget that just because some of the above are not "Conference approved" doesn't mean that they are Conference condemned.

In addition to reading, your program should include service items such as: become active in your Group; offer to accept an office, help with the chores, try some 12th Step work. Do anything that will help you maintain your sobriety. —TD

Intergroup Meeting

Intergroup of WNC representatives from Districts 70, 71, and 80 met on April 14 at Bryson City. Minutes of that meeting will be published in the June issue of *Mountain Doin's*.

Happy BIRTHDAYS!

Acceptance Group, Asheville

Peggy W.	4/4/59	2 years
Merritt R.	4/5/89	2 years
Lidia	4/21/83	8 years
Rod B.	5/5/85	6 years
Lynn W.	5/6/90	1 year
Bob V.	5/17/80	11 years
Chuck R.	5/20/84	7 years
Mary D.	5/30/86	5 years
John M.	5/31/83	8 years
Steve H.	6/28/90	1 year

Blue Ridge Group

Gen G.	5/25/65	26 years
Jane P.	5/5/75	16 years
Joe B.	5/17/58	33 years

Haysville Group

John B.	4/15/61	30 years
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Marion Group

Jean F.	3/20/90	1 year
Glenda B.	4/17/82	9 years
Bill J.	4/4/79	12 years
Francene D.	4/15/87	4 years
Anita D.	5/15/89	2 years

Midday Group, Hendersonville

John T.	5/11/89	2 years
Bill D.	5/?/89	2 years
Bonnie P.	5/14/90	1 year
Pam P.	5/26/84	7 years
John P.	5/15/85	6 years
Jim B.	5/24/88	3 years
Dana P.	5/18/78/	13 years

Traditional Group

Chuck W.	No dates given	4 years
Dawn B.	" " "	2 years
Carolyn O.	" " "	11 years
Denise L.	" " "	11 years
Danny S.	" " "	2 years
Jim D.	" " "	14 years
Skut T.	" " "	2 years
Ron J.	" " "	3 years
Miriam K.	" " "	12 years
Charlie E.	" " "	1 year
Helen K.	" " "	7 years

Ed. note: Handwriting was hard to read. We did our best to decipher and apologize for any errors. Printing the names is recommended.



Fellowship News

New Meeting Granola Group, 25, Orange Street, Asheville. Closed step (non-smoking) meetings on Saturdays at 6 p.m.

New Meeting Positively Sober Group, Orange Street Recovery Center. Closed AA meeting for HIV positive Individuals held on Wednesdays at 7 p.m.

Meeting Changes. Hendersonville Happy Hour Group meets now on Tuesdays and Thursdays at 5:30 p.m. at the Trend Building on Fleming Street (exactly opposite Pardee Hospital). The meetings are open discussion, nonsmoking. Entrance and parking at rear of building.

New Group. A newly formed group named the Primary Purpose Group has begun meetings at the Parish House, Calvary Presbyterian Church, 44 Circle Street, Asheville. The meetings are held on Mondays and Thursdays at 8:00 p.m.

Meeting Change. Members of the Just for Today Group and others interested should note that the Neil Dobbins Detox Center, 283 Biltmore Avenue, Asheville, is now a Smoke Free building.



Calendar of Events

South Eastern Regional Conference of Young People in Alcoholics Anonymous. To be held July 4-7, at Memphis Airport Hilton, Memphis, Tennessee. Entertainment includes: Thursday, Big Book Charades; Friday, Lip Sync, Talent Show, Battle of Bands; Saturday, Banquet and Dance.

Mention SERCYPAA and receive room rates of \$55 until June 20 at Memphis Airport Hilton, 1-800-445-8667.

Intergroup Phone Log



*"I am responsible . . .
When anyone, anywhere,
reaches out for help, I
want the hand of AA al-
ways to be there. And
for that, I am respon-
sible."*

Phone Log 3-4-91—3-29-91

Answering Service Calls	101
General Information	6
AA Help	21
Family Help (Al-Anon)	5
Meeting Information	43
Intergroup Business	54
Others	22
Visitors	26

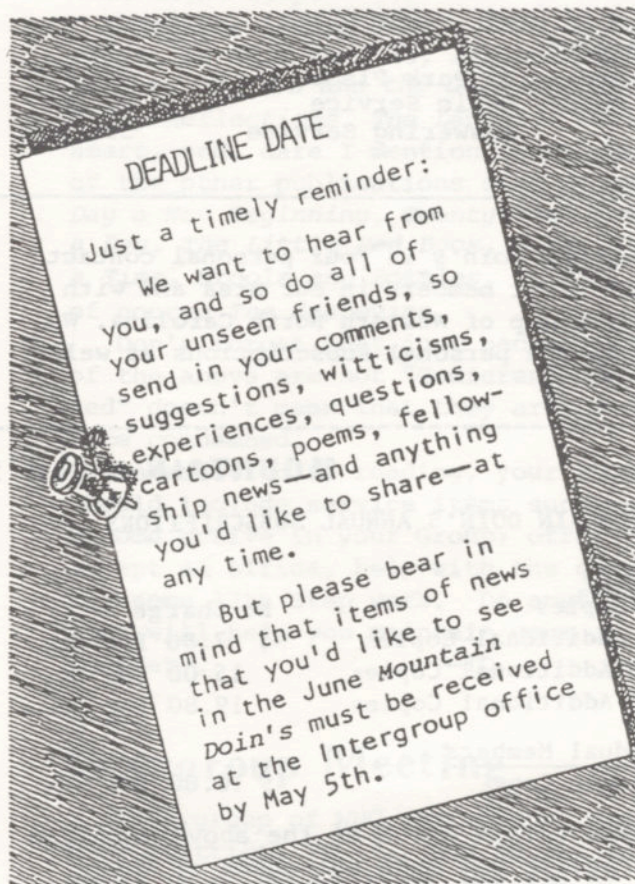
Alcohol—America's No. 1 Drug Problem

*Some facts and figures to remind us
to "keep coming back" to meetings!*

- There are over 10 million, chronic acknowledged abusers of alcohol in the U.S.A.
- Less than 5% of all alcoholics ever get to skid row.
- Alcohol is more physically damaging than heroin or cocaine.
- Every time you take a drink you permanently destroy brain cells.
- Alcohol is responsible for:
 - 40% of all rapes
 - 45% of all mental illness
 - 80% of all deaths
 - 39% of all welfare cases
 - 71% of all accidental poisonings
 - 50% of all suicides
 - 65% of all highway deaths
 - 85% of all domestic disputes
- One ounce of alcohol has over 200 calories and no food value.
- The recovery rate for cancer is greater than for alcoholism.
- Alcohol can cause impotency in males

and damage to the fetus of pregnant abusing females.

- Most alcoholics' life span is 15-20 years shorter than non-drinkers.
- 50% of all violent crimes are alcohol related:
 - 68% of all murders
 - 75% of all stabbings
 - 70% of all beatings
 - 65% of all shootings
 - 69% of all sexual attacks against children
 - 45% of all sexual assaults against women
 - 58% of all wife beatings
 - 59% of all home accidents
- Over \$35 billion is lost due to alcohol abuse each year.
- Alcohol has a higher addiction rate than any other drug except "crack".
- When you need a drink to become social you're no longer a social drinker.
- If you ever had problems when drinking—then you have a drinking problem.



Treasurer's Report



Contributions, March 1991

Acceptance	\$ 60.00
Black Mountain Group	35.00
Blue Ridge Group	25.00
Clyde Group	25.00
Cumberland Group	47.00
Day By Day Group	40.00
Fletcher Group	25.00
Hendersonville Group	89.64
Marshall Group	40.00
Midday Group	100.00
Monday Nite Arden Step Group	50.00
Mountain View Group	125.00
Serenity Group (Bakersville)	25.00
Serenity Service Group	40.00
Turning Point Group	23.25
Waynesville Group	25.00
Total	774.89

Expenses

Rent: 107 Park Place	94.00
Phone: Basic Service	72.94
Answering Service	59.00

Expenses (continued)

Postage	50.12
Printing - Newsletter	98.00
Petty Cash	5.00
Special Workers - Coordinator	384.00
Editor	46.00
Literature	516.82
Chips	2.22
Total	1328.10

Summary

Balance 2-28-91 332.17

Income

Group Contributions	774.89
Individual Contributions	2.00
Sales - Literature & Chips	620.70
Total	1397.59

Subtotal (available) 1729.76

Expenses

Office	809.06
Literature	516.82
Chips	2.22
Total	1328.10

Balance 3-31-91 401.66

Reserve Balance 1815.81

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 ORDER FORM

MOUNTAIN DOIN'S ANNUAL SUBSCRIPTIONS

AA Groups

3 Copies	No Charge
5 Additional Copies	\$ 7.80 Per Yr.
10 Additional Copies	15.00 Per Yr.
15 Additional Copies	19.80 Per Yr.

Individual Members

Single Copy \$ 10.00 Per Yr.

Please circle which of the above you wish to receive and make out check or Money Order accordingly.

Subscription rates are subject to change dependent upon USPS rates.

Name _____

Group Reg No. _____

Street/POB No. _____

Town and ZIP _____

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