

# MOUNTAIN DOIN'S

## Intergroup Newsletter

October 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

#### People Pleasing in Perspective

They criticized me for being a people pleaser. I thought about it. Maybe I was; maybe I wasn't. And, come to think of it, what's wrong with being a people pleaser? Shouldn't we all try to please others?

So I asked about it, and they said there was nothing wrong with pleasing others, but the correct motive for it was what it was all about. If I examined the real motives behind my people-pleasing nature, then I might find that I was in fact being phony and self-serving. Here's how they broke it down for me:

Maybe I was a people pleaser because,

1. I needed the approval of others.
2. I wanted attention brought to myself.
3. I simply wanted to be noticed — even applauded —

for my acts.

4. By people pleasing I could gain sympathy for hidden guilt feelings, which I vaunted with mock pride.

5. I wanted to be pampered or admired. —

6. I simply wanted to impress others with my importance.

The thing to do, I learned, was to start thinking of others and how to be of help — not for self aggrandizement but because I truly wanted to be of service. And, above all, to help *anonymously* if I could. The service should come from the heart, not from the ego. Or, as someone put it,

"Try and find a middle ground. Don't be too good or too bad. Be there for someone who needs you, but don't force yourself upon them."

O.K. I got the picture. Now I'm learning to swallow humble pie!  
— AJ

#### The Ninety in Ninety Payoff

As soon as they told me I had to attend ninety meetings in ninety days I rebelled. I simply couldn't spare that

much time. And their only response was, "Get yourself a sponsor."

I did, and one of the first things she told me to do was to think back and tell her how many hours a day I had spent drinking. I thought about it for awhile and decided that it was probably between six and seven hours daily. I told her, and she then asked if one hour a day with AA was really that much, if it would get rid of the former six to seven hours I had spent drinking. *Touche!*

And now, two years later, staying sober all that time, I can't thank her and AA enough. All my afternoons and evenings are now free for me and my family.

Thank God for AA and the people in it! — DS

#### Mistakes Do Happen . . .

Someone said it again at a meeting the other night. And if you've been around AA awhile you'll recognize it immediately. It's a quote from the Big Book, page 449. It goes, "Nothing, absolutely nothing happens in God's world by mistake."

O.K. Doctor, Alcoholic, Addict, you can believe that if you want to. But I don't have to.

I can never believe that everything that happens in life is God's will. What about the drunk who drove straight into the back of my car and damaged not only the car but did damage also to my neck? Do you mean God wanted me to suffer?

I believe that our wills are free to do what we want, good or bad. I also believe that hurricanes and tornadoes are not sent by God to destroy our land or its people. They happen, that's all. They are not God's will or design. This world is not perfect. But it's the only one we have.

Accidents happen; evil human acts happen. And I believe that God's will is for us to try to be loving and caring in this imperfect world, and that when tragedy strikes, we respond in a loving manner as He would have us. And I believe that God is there to support us and carry us through our grief, so that we can recover from that, just as He helps us to recover from alcoholism. — NP

## October Intergroup Meeting

The October meeting of WNC Intergroup, which includes Districts 70, 71, and 80, will be held in Hendersonville at the Hendersonville Group Meeting Room. The address is listed as 123 Main Street (at the rear). Those not familiar with the meeting room should proceed south along Hendersonville's Main Street to Allen Street. Turn right on Allen and immediately right again into the parking lot on the alley. The meeting room is in the alley, a few doors down, on the righthand side.

The date for the meeting has been set for Sunday, October 13. The time: 2 p.m.

All Groups within Districts 70, 71, and 80 are urged to send their Representatives or Alternates to this important meeting. Their input is vital if WNC Intergroup is to serve to the fullest all the groups within the three Districts.

### 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 responsible."*

Phone Log 8-5-91 - 8-30-91

Answering Service Calls	174
General Information	8
AA Help	11
Family Help (Al-Anon)	4
Meeting Information	48
Intergroup Business	35
Medical Help (Hospital, Detox, etc.)	0
Others	25
Visitors	36

## Sharing Helps Us All

We want to hear from you. Your letters help bring your views to a wide audience. Your own experiences and thoughts could help many, and if you have questions, there's someone who might have the answers. Sharing and caring — that's what *Mountain Doin's* is all about.

Send your letters to: The Editor, *Mountain Doin's*, Intergroup of WNC, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801.



#### Acceptance Group

Dick P.	July	9 years
Gloria G.	August	7 years
Debbie P.		5 years
Dale N.		5 years
Dan P.		2 years
Chuck T.		10 years

#### Brevard Group

Margaret H.	9-?-86	5 years
SRd A.	9-28-88	3 years
Debbie A.	9-29-88	3 years

(Ed.note: If SRd A. is incorrect, we apologize, but that's how it was presented to us.)

#### Candler KISS Group

Kit	8-13-85	6 years
Willis	9-23-90	1 year

#### Conscious Contact Group

Bill S.	9-2-82	9 years
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#### Cumberland Hillside Group

Evelyn S.	10-20-85	6 years
Jim O.	10-31-70	21 years
Chuck R.	10-18-90	1 year

#### Hendersonville Group

Harold S.	10-31-89	2 years
Owen C.	10-30-84	7 years
Stan S.	10-20-86	5 years
Jo P.	10-16-84	7 years
Mike H.	10-6-83	8 years
Maurice M.	10-26-79	12 years

#### Lake Group

Wayne B.	10-2-90	1 year
Anne B.	10-23-90	1 year
Jane T.	10-29-90	1 year
Kathi B.	10-7-84	7 years

#### Leicester Group

Georgia L.	8-24-90	1 year
Dave H.	9-9-85	6 years
Grady O.	9-1-86	5 years
Carv V.	8-18-87	4 years

#### Maggie Group

Cindy D.	August	2 years
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#### Midday Group

Alex P.	10-20-90	1 year
Robert B.	10-1-83	8 years
Don C.	10-7-80	11 years

#### Serenity Service Group

Grady O.	9-1-96	5 years
Ted K.	9-12-88	8 years
Milsay W.	9-11-89	2 years
Jan Knox S.	9-11-89	2 years

# MOUNTAIN BREWIN'S



"My wife came home from the doctor this afternoon and he told her she had a drinking problem."

"Better get rid of it," I told her. "So, this even-

ing, she threw me out!"

The drunk, sitting at the bar next to a man and his wife, unexpectedly came out with a resounding burp. "How dare you belch before my wife!" thundered the irate husband.

The drunk got unsteadily off the barstool and made a sweeping bow. "I'm really sorry, sir," he said. "I didn't know it was her turn."

Wino Fred was driving the wrong way down a one-way street. He was stopped by an officer and asked just where he thought he was going.

"I dunno," replied Fred. "But wherever it is I must be late, 'cos everyone's comin' back already!"

Little Harry rushed into his mother's bedroom at two in the morning.

"Ma," he complained, "I just can't sleep. Can you tell me a bedtime story?"

"Just wait a little while, honey," his mother said, consolingly. "Your father will be home soon, and he'll tell us both one."

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Editor's note" We hope to make Mountain Brewin's a regular feature in the newsletter, and we'd like to hear readers' reactions.

After all, it was Bill W. who quoted the case of the super promoter who incurred Bill's displeasure by pushing some of his own ideas in the Middleton Group meetings. As Bill told it in "Alcoholics Anonymous Comes of Age" After many a rumbling . . . the thump of colliding egos could be heard and felt for miles."

When the super promoter heard about Bill's displeasure he sent a card to Bill and many other Groups. On the front of the card were the words: Middleton Group No. 1 Rule No. 62 With some trepidation, Bill opened the card and a single sentence leaped to his eye. "Don't take yourself too damned seriously." it read. So, Bill reported, "AA picked itself up with a laugh."

Let's pick ourselves up with a few laughs in Mountain Doin's.

Send us your jokes, cartoons, and witticisms - we'll publish as many many as we have room for.

## Neil Dobbins Detox Center

### Important Admittance Information

To be admitted to Neil Dobbins Detox Center in Asheville, Henderson County residents must first be seen by Trend Mental Health Center, 800 Fleming Street (opposite Pardee Hospital).

Call Trend first. If after normal working hours, call Trend's emergency number. If you take a "wet one" directly to Dobbins Detox Center, the Center *will not permit admittance but will send him or her back to Trend in Hendersonville.* Trend will require the patient to be seen at Pardee Hospital Emergency Room before sending the patient to Neil Dobbins.



## Fellowship News

**New Group.** The Patherfinder Group now meets on Saturdays at 8 p.m. at St. James Episcopal Church, Vance Ave., Asheville. Meetings are nonsmoking, Step Studies.



## Calendar of Events

**9th Annual St. Cloud Roundup.** October 18-20, 1991. At Holiday Inn Conference Rooms, St. Cloud, Minnesota. For information re. Registration and Accommodations phone (612)251-1112 or (612)259-6770. Or write to St. Cloud Roundup, P.O. Box 125, St. Cloud MN 56302.

**3rd Annual Hiawathaland Get-Together.** "Holding Fast to our Primary Purpose." October 18-20, 1991. At the Kahler Hotel, Rochester, Minnesota. For further information write Hiawathaland Get-Together, MN 55903. For toll-free reservations phone 1-800-533-1655.

**7th Annual Cruise Without Booze.** January 26 - February 2, 1992. 7 days - 7 nights. This exciting "Gems of the Caribbean" cruise sails from San Juan, Puerto Rico, and visits the spectacular "nature island" of Dominica, followed by the lovely ports of St. Lucia, Martinique, and St. Kitts. A final port call in St. Thomas allows for last-minute sunning and shopping before returning to San Juan. Air/Sea information may be obtained from Cruise Chairpersons Phyllis McC (918)446-9707 or Bob C. (918)747-0165.

The cruise includes Singles Meeting, Big Book Study, Closed Meetings.

# Treasurer's Report



## Contributions, August 1991

Acceptance Group	60.00
Back to Basics Group	25.00
Black Mountain Group	135.00
Blue Ridge group	25.00
Brevard Group	26.73
Columbus group	25.00
Cumberland group	50.00
Day By Day Group	40.00
Hendersonville Group	127.66
Lake group	15.00
Leicester Group	25.00
Live and Let Live Group	10.00
Midday Group	100.00
Mountainview group	125.00
Ridge Runners Group	50.00
Serenity Service Group	40.00
Waynesville Group	80.00
West Asheville group	<u>70.00</u>

Total \$1029.39

## Expenses

Rent, 107 Park Place	94.00
Phone, Basic Service	79.84
Answering Service	91.80

Postage	67.13
Printing Newsletter	102.00
Office supplies	6.91
Special Workers	
Coordinator	396.00
Editor	46.00
Literature	327.77
Chips	<u>90.16</u>

Total \$1301.61

## Summary

Balance 8-1-91 \$472.03

## Income

Group contributions	\$1029.39
Individual contributions	103.00
Sales - Literature and Chips	<u>566.74</u>

Subtotal (available) \$2171.16

## Expenses

Office	883.68
Literature	327.77
Chips	<u>90.16</u>

Total 1301.61

Balance 869.55  
Transfer to Reserve 500.00

Balance 9-1-91 369.55

**Reserve Fund** \$2585.14

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group subscriptions to the newsletter. All you have to do is fill in the form below and mail it 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 year
10 Additional copies	15.00 per year
15 Additional copies	19.80 per year

#### Individual Members

Single copy 10.00 per year

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

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