



MOUNTAIN DOIN'S

Intergroup Newsletter

December 1991



Published by Intergroup of WNC (Districts 70, 71, and 80). Address: 107 Park Place Offices, 70 Woodfin Place, Asheville, NC. Phone: Buncombe County: (704)254-8539. Elsewhere in WNC 1-800- 524-0465

Readers' Forum

LIVE LETTERS

Unity Sans Uniformity

A long time ago a friend of mine made mention of a slogan (if you will) that has been a part of my thinking ever since. Namely, "Unity Sans Uniformity." Our "common cause" is sobriety, or absence of alcohol ingestion. It often seems as though many members become self-styled authorities as to what is meant, how it should be read, interpreted, and understood – and practiced. One wonders what became of "Keep It Simple," "Live and Let Live," "Think, Think, Think!" "Remember When," "Listen and Learn." Where went the simplicity of "his story" or "her story" histories of how it was and how it is now?

This month, in my seventy-second year of living, I celebrated my thirty-seventh year of sobriety in the program. I attend some meetings, say some words, share some experience, strength, and hope (our most important product).

Recovery, or getting well or practicing the program, I believe, means "practicing," not expecting perfection. Too often, it seems to me, members mouth practicing while implying perfection.

"Live And Let Live," I think encourages "think and allow others to think, do, and support others doing, practice and encourage others practicing." I guess that may sound like encouraging "tolerance," which may lead to acceptance which might culminate in mutual respect, which might be akin to love – ?

Reading again what I have written tells me I, too, expect perfect thinking and doing and responding in the practice of our program. One of our continuing life problems remains inability, or unwillingness to accept one another as we find them. God (my Higher Power), life, love, kindness, human compassion and human endeavor, have all conspired together to make my life filled with gratitude for the multi-blessings received daily. Unearned, yet freely given! I become increasingly aware of how important what we say and do reflects upon one another.

"Promotion by attraction" is what we do. "Rejecting by

criticizing" is sometimes the message heard. Sharing our respective experience, strength, and hope ought not to imply "do it my way," only that this is what one person has learned in the practice of AA's program.

Infinite, endless varieties of experience, strength, and hope enable an equally endless number of candidates for sobriety, to identify, sometimes emulate, copy, become – more nearly the kinds of persons we were intended to be!

– WH

Meeting the Meeting Challenge

This is in response to a previous letter to the editor.

I have been to many different groups since I have been in AA. Some were terrific, some were unexciting, but good basic meetings, and some were awful and offensive in some way.

What do I do about those awful/offensive meetings? I look at my basic tool, the Serenity Prayer: Accept the things I cannot change; change the things I can.

When I was drinking, I spent most of my time trying to change things other than me. So sober, I try to practice Acceptance first. I was told to think: It's not the meeting, it's ME. I try that for awhile and pray over it. If my attitude doesn't change, then I look at the meeting. What can I do to change it? Volunteer to chair, participate in group activities, and TALK TO MY SPONSOR.

If that doesn't work, I can change where my feet walk, and go to a different meeting. I hate to do that; I like to believe that acceptance will get me through anything. But sometimes the thing I need to change is my location. If my group won't discuss the steps, I can go to step meetings. If my group spends all their time talking about problems rather than solutions, I can go to a different meeting. And if there is too much smoke in the room, I can go to nonsmokers' meetings – OR start one myself.

More than once I have changed meetings because one didn't meet my needs in some way. That is a sad thing to have to do. But it is a possibility. I stayed drunk for many years because the world p – – – d me off. I stay sober by trying to adapt myself to what IS, rather than what I want it to be.

– LJ

"Live Letters" continued on next page

Live Letters (continued from previous page)

Let The "Wet One" Die!

I quite agree with BR's letter, which appeared in the last issue of Mountain Doin's that it was inappropriate to explain in this newsletter the procedure for getting a "wet one" admitted to Neil Dobbins Detox Center since it is not affiliated with AA. When an AA on a 12th Step call meets a person who is ready to get sober, but who needs detoxification, the situation should be handled like it was in the good old days.

Before detox and treatment centers existed, the "wet one" would be brought to the home of an AA member and AAs would sit with him around the clock. From time to time, they would administer a shot of hootch, lengthening the time between doses and the amount of the dose and hopefully keep the subject from going into convulsions or D.T.s. The AAs had no medical training, but did the best they could, based upon their experience.

Not surprisingly, from time to time the patient died. Now that detox centers with proper medical supervision exist, patients no longer die. However, I believe it is preferable to use the method of detoxing used in the good old days. It is much better to lose an occasional patient than to infer that by bringing a "wet one" to a detox center in the appropriate manner, AA is affiliated with or otherwise endorses the detox center. We must keep this fellowship pristine, pure, and unblemished by modern medical techniques at any cost, even the death of a "wet one."

- LD



Calendar of Events

Louisville, KY Big Book Seminar. Friday, Saturday, Sunday, January 17, 18, 19, 1992. Hurstbourne Hotel & Conference Center, 9700 Bluegrass Parkway, Louisville KY 40299.

For reservations phone: (502) 491-4830 or 1-800-289-1009. Special Room Rates: \$46.00 Night - Double Occupancy. For full details of the Seminar phone (502) 499-8928 or (502) 895-5825 or write: Host Committee, P.O.Box 206404, Louisville, KY 40250-6404.

Participants are urged to bring Big Book, highlighter, pens, pencils, and notepads.

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.

Intergroup Phone Log



"I am responsible . . . When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that, I am responsible."

Phone Log 10-7-91 - 11-1-91

Answering Service Calls	125
General Information	19
AA Help	11
Family Help (Al-Anon)	5
Meeting Information	48
Intergroup Business	43
Others	13
Visitors	36

Deadline Date

Just a timely reminder:

We want to hear from you, and so do all of your unseen friends, so send in your comments, suggestions, ideas, experiences, questions, cartoons, fellowship news, letters to the editor, jokes - and anything you'd like to share - at any time. Address all matter to The Editor, Mountain Doin's, Intergroup of WNC, 107 Park Place Offices, 70 Woodfin Place, Asheville NC 28801. Items for publication must be received by the 5th of the month prior to the month of issue.

Every New Year's Eve, 40,000,000 Americans go to New Year's Eve parties. These are staggering figures!

Intergroup Meeting Minutes

The October meeting for Districts 70, 71, and 80, of WNC Intergroup was held on Sunday, October 13, 1991, at the Hendersonville Group Meeting Room. Those in attendance were:

Bill S., Chairman, Conscious Contact Group; Rob B., Trustee, Asheville Acceptance Group; Bob V., Coordinator; Laura F., Secretary, Pathfinders Group; Alan W., *Mountain Doin's* Editor, Midday Group, Hendersonville; Tom M., I.G. Rep., Midday Group, Hendersonville; Laura J., I.G. Rep., Hendersonville Group; Ray D., Chairman, Hendersonville Group; Bob P., I.G. Rep., Tryon/Columbus, and Bill F., I.G. Rep., Pathfinders Group, Black Mountain.

The meeting was opened with a moment of silence, followed by the Serenity Prayer. First order of business was nomination of Ray D., Hendersonville, as Trustee, District 71, followed by election by acclamation. Betty L. gave the Treasurer's report, and recommended that the Prudent Reserve be reviewed at the next Quarterly meeting, when information will be available concerning incorporation expense. Also considered for review at that next meeting will be salary increase, and other variable expenses.

Bob P., from Tryon, explained the "black-out" area for calls coming in on the existing 800 telephone number. He also mentioned that "collect calls" have been denied by the answering service, and he suggested that WATTS service statewide would run in the area of \$31.50 per month, plus installation charge, and a motion to assume this service was made and passed.

On the subject of Incorporation, it was learned that the WNC Intergroup was incorporated in 1974, but necessary procedure was not followed to maintain incorporation status. It has been advised that Incorporation is a necessary step and an attorney has been approached who will handle the process for a filing fee, plus a donation for his services. Monthly reports will be required for tax offices, and an annual renewal fee, but a tax-free, non-profit organization number will then be available, and tax difficulties will be avoided. After a thorough discussion, the New Name was selected, and passed, to be "North Carolina Mountain Central Office" (instead of WNC Intergroup).

At the next steering Committee meeting, action will be taken on a salary increase for the Editor of *Mountain Doin's*.

It was also moved and passed that full names and phone numbers will *not* be published in *Mountain Doin's* to preserve our Tradition of anonymity.

The meeting was adjourned with the reciting of The Lord's Prayer.

Respectfully submitted, Laura F., Secretary

New 800 Number For Intergroup

As will be seen in the WNC Intergroup Meeting Minutes, it was pointed out that our present 800 number does not include some areas within our three Districts.

In consequence, Intergroup has obtained a new WATTS line 800 number so that anyone in Western North Carolina may now contact Intergroup by using the new toll-free number.

With immediate effect, Intergroup's new 800 number is:

1-800-524-0465

All Groups are asked to amend their records accordingly.



Fellowship News

Meeting Canceled. The Asheville Granola Group, which used to meet at 6 pm on Saturdays, has now been canceled.

Sapphire Group, Lake Toxaway. The Group will not meet during the period Nov. 15 – April 15.

Black Mountain Group. The Group will hold its annual Candlelight Meeting on Thursday, December 19, at St. James Episcopal Church, 417 Vance Ave. in Black Mountain. The meeting will be open to all alcoholics and friends. Fellowship begins at 7:00 p.m. and the Meeting at 8:00 p.m. Please bring finger-food or a dessert and a candle with a holder.

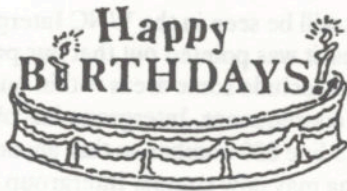
New Group. The Pathfinder Group now meets on Saturdays at 8 p.m. at St. James Episcopal Church, Vance Ave., Asheville. Meetings are nonsmoking, Step Studies.

New Meeting. Members of a new Group, yet to be named, now meet at St. John's Episcopal Church, 290 Old Haw Creek Road, Asheville, on Friday evenings at 7 p.m. The meetings are Open Speaker/Discussion.

Ridgerunners Group. This Group is now a nonsmoking group. Meetings are: Tuesday night, closed Step Study; Friday night, closed discussion – except the last Friday night in the month, when the meeting will be Open Speaker. All meetings are at 8 p.m. at the Ridgecrest Baptist Church.

New location. The Candler KISS Group now meets at Sardis Road Methodist Church, corner of Route 191 and Sardis Road.

Location change. The Haywood Road Nonsmoking Group now meets at Faith Tabernacle, 36 Michigan St., Asheville, NC, on Mondays at 8 p.m. The meetings are Closed, Discussion. Mail: P.O. Box 1856, Asheville NC 28802.



Brevard Group

Gene O'H. 11-6-87 4 years

Black Mountain Group

Edith P. 12-2-54 37 years

Mike McM 12-26-84 7 years

Karen C 12-23-87 4 years

Gretchen S. 12-6-90 1 year

Hendersonville Group

Ted A. 12-7-88 3 years

Ron E. 12-13-88 3 years

Norma H. 12-11-89 2 years

Paul E. 12-5-87 4 years

Teresa G. 12-6-90 1 year

Traditional Group

Jean W. 11-12-75 16 years

Hendersonville Happy Hour Group

Willie McD 11-5-90 1 year

Lake Group

Harry D. 12-14-81 10 years

Middy Group

C.S. 12-10-89 2 years

Rusty H. 12-17-90 1 year

Pathfinders Group

Ray G. 10-3-83 8 years

Edith P. 12-2-54 37 years

Ridgerunners Group

Irene W. 12-18-86 5 years

Karen C. 12-23-87 4 years

New WHERE AND WHEN

A Message To All Groups

HELP US HELP YOUR GROUP

A new WHERE AND WHEN is being prepared. Only you can make sure that the information printed will be correct. Please check the current WHERE AND WHEN. Is the information about your Group correct and up to date? If not, now's your chance to correct it, or make additions. Or, if you are a new Group, not included in the current edition, or know of a Group that has recently been abandoned, now's the time to make sure that the information

will appear in the next edition. If necessary write out details not included in the form below. We appreciate your help in insuring that our new edition will be correct.

Please fill in this form and forward it at once to Intergroup. All forms should be returned by December 15. That's when the new WHERE AND WHEN will be reset for publication in early January.

	City	Day	Time	Location	Other Details (e.g. Open, nonsmoking, etc.)
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Clip out and mail to Intergroup of WNC, 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801

MOUNTAIN BREWIN'S



It was Christmas Eve and the drunk was driving home from a wild office party, barely conscious. As he neared his house, he ran his car across one neighbor's lawn, parked his car, threw-up on another neighbor's doorstep, then treated the whole neighborhood to a screaming session with his wife, as she met him at the door.

She did her best to quieten him down and then asked, as calmly as she could, "Don't you think it's time you joined AA?"

"Who, me?" blurted out the drunken husband. "What on earth would the neighbors think?"

x x x

Alcoholic mistress: "Bessie, when you wait on the guests at our Christmas party this evening, please be careful that you don't spill anything."

Bessie the maid: "Don't worry ma'am. I never gossip to strangers."

x x x

The drunk joined a group singing Christmas Carols. Someone handed him a book, opened at the right page.

"Leon, Leon," he sang.

"Turn your book over, dummy," said the man next to him. "It's 'Noel, Noel'."

x x x

Said the wife to her recovering alcoholic husband, "Hey, Fred, isn't it exciting; we've been invited to a Christmas cocktail party just over the mountain."

"But you know I've been on the wagon now for three months, ever since I joined AA," replied the husband.

"That's probably why we've been invited," said the wife, with a broad smile.



'Tis the Season to be Cautious

Some of those rich holiday foods and desserts may be more than just fattening for an alcoholic. Know what you're eating, especially at this time of the year, when some well-meaning host or hostess may spike your ice cream with a liqueur, or add a shot of brandy to your spiced peaches. Most of us after realizing the error would politely and discreetly push the boozy delight aside. Nevertheless, the feeling can be somewhat discomforting. Who needs it?

As always, the choice is ours. For those of us who are wavering or wondering if this is carrying caution too far, the following news item excerpted from a major health publication may give us pause to reflect on our attitude

Food News to Use . . . Cherries Jubilee may owe its intoxicating flavor to spirits, say nutritionists who've debunked the myth that heat evaporates all the alcohol in

cooking. Experts at the U.S. Department of Agriculture in Hyattsville, Maryland, concocted some standard alcohol-spiked recipes. They found that Cherries Jubilee that flamed for 48 seconds retained 75% of its alcohol. Scallop oysters baked at 375 degrees for 25 minutes preserved 45% of the dry sherry added. And 85% of Grand Marnier remained in a sauce made by adding the liqueur to a thickened mixture of sugar, orange juice and cornstarch. But the alcohol in a single serving of any of these dishes is less than one-third the amount in one serving of an alcoholic drink. (Source: *Here's How*, Chicago Area Service Office.)

Happy Holidays!

On behalf of Intergroup of WNC the Editor wishes all our readers a joyous and sober Holiday Season, and may the New Year usher in a happy year of continuing sobriety for us all.

Treasurer's Report



Contributions, October 1991

Acceptance Group	60.00
Back to Basics Group	50.00
Black Mountain Group	177.50
Brevard Group	25.00
Candler KISS Group	15.00
Conscious Contact Group	100.00
Cumberland Group	40.00
Day By Day Group	80.00
Franklin Group	30.00
Hendersonville Group	113.59
The Lake Group	25.00
Live And Let Live Group	10.00
Middy Group	75.00
Pathfinders Group	5.00
Ridgerunners Group	50.00
Serenity Service Group	40.00
Sylvan Valley Group	30.00
Traditional group	60.00
Individual Contributions	<u>20.00</u>
Total	\$1006.09

Treasurer's Correction A \$6.00 contribution in the month of September from the Turning Point Group was inadvertently recorded as a Literature Sale. Our thanks to the Turning Point Group for their support.

Expenses

Rent - 107 Park Place and Meeting Room 10/13	112.00
Phone - Basic Service	79.74
Answering Service	63.40
Postage	54.23
Printing Newsletter	153.00
Special Workers - Coordinators	420.00
Editor	46.00
Literature	244.53
Chips	<u>93.01</u>
Total	\$1265.91

Summary

Balance 9-30-91 285.80

Income

Group Contributions	986.09
Individual contributions	20.00
Sales - Literature and Chips	<u>523.25</u>
Total	1529.34

Subtotal (Available) Total 1815.14

Expenses

Office	928.37
Literature	244.53
Chips	<u>93.01</u>
Total	\$1265.91

Transfer to Reserve 300.00
Total 1565.91

Balance 10-31-91 249.23

Reserve Balance \$3316.01

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
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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 _____

Clip and mail with check/M.O. to:

Intergroup of WNC
107 Park Place Office
70 Woodfin Place
Asheville, N.C. 28801