

MOUNTAIN DOIN'S

Intergroup Newsletter

January 1992



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

Attraction v. Promotion Reflections

AA's stated philosophy is that it is a program of attraction rather than promotion. That's why there are no TV commercials about AA; no newspaper advertisements. And the idea is that when a person is ready and seeks us out, we will be waiting for him or her. Yet, I've often heard it said that so many more might come into the program if they only were able to hear or read about it and how it puts us on the road to recovery.

True. But in the overall picture we have to come down on the side of total public anonymity. As the *Twelve Steps and Twelve Traditions* puts it: "Anonymity is the greatest protection our Society can ever have."

Probably, from our Fellowship's viewpoint, the worst situation is when a member openly identifies himself or herself with AA (especially if he or she is a celebrity) and then goes out drinking again. That hurts us all and does a lot of harm to the public image of AA.

Again, it is very important that newcomers can feel confident that their anonymity is assured. After all, there still is a stigma toward alcoholics and only those in the program know it isn't warranted. But the newcomers have to be assured that it will be safe for them to come back.

Overall, I have to conclude that anonymity is our best protection. —JB

A Pattern of Surprises

There may be as many surprises for us who enter AA as there are members, because we are each affected differently in some way by the program. We run the gamut of reactions from a nauseating first look at a meeting to a sudden feeling of relief and happiness.

So much happens to us individually during early sobriety, as we begin to tread the same road to recovery. To some, the promise of happiness comes quickly; to others, happiness is a wavering thing that comes and goes. And so,

in those early days, does the craving for a drink. For some the desire vanishes quickly, for others it lingers on, coming and going like the tide on the shore.

I've experienced it all, and what I haven't experienced personally I've learned about from others.

But it does seem that by regularly going to meetings, working the program and, most important of all, consciously trying to live it in all our affairs, things do get better. And that elusive pair called happiness and sobriety will be there for us when we are ready. —EH

Keep it Clean!

I'm getting more and more annoyed at hearing those four-letter words and "double entendres" that are creeping ever more frequently into our meetings. I'm no prude, but I do have feelings for others—especially nervous newcomers who could well be shocked at hearing those expletives to the point of not coming back.

"Profanity," I once read, "is for conversational cripples." and I usually find that those who indulge in continuous use of gutter language have very limited vocabulary. But though most of us have used expletives at times of emotional stress or anger, I suggest that we limit their use in AA meetings so that we offend nobody. —TS

Smoking—Another Perspective

If an AA Group decides to permit smoking at its meetings it has every right to do so. (See Tradition 4.) If an AA member wishes not to attend that group's meetings that's Okay, also. The individual groups should have the choice as long as the laws of North Carolina permit smoking at such meetings.

Although I no longer smoke, I found some comfort in being able to have coffee and cigarettes, particularly during my first years in the program. Also, there are many non-smoking meetings in the Asheville area. Let's not make it more difficult than it already is to not drink one day at a time.

Incidentally, the health risk associated with spending an hour in a smoking meeting is infinitesimal. —DT

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 11-4-91 – 11-29-91

Answering Service Calls	85
General Information	4
AA Help	8
Family Help (Al-Anon)	4
Meeting Information	56
Intergroup Business	44
Others	13
Visitors	23



Calendar of Events

Louisville, KY Big book Seminar. Friday, Saturday, Sunday, January 17, 18, 19, 1992. Hurstbourne Hotel & Conference Center, 9700 Bluegrass Parkway, KY40299. For reservations, phone : (502)491-4830, or 1-800-289-1009 or write: Host Committee, P.O. Boox 206404, Louisville, MY 40250-6404.

Special Room Rate: \$40.00 night – Double Occupancy. For further information call Host Committee: (502)499-8928 or (502)895-5825, or to address given above.

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

25th Tar Heel Mid-Winter Conference. For full details of the Conference see notice in first column.

11th Annual Service Conference. January 3,4,5, 1992, at Holiday Inn, 1701, 4th Street Northwest, Austin, MN 55912. I-90, Exit 178a. The theme "The A.A. Message In a Changing World."

For full information write to Southern Minnesota Area Assembly, P.O. Box 68, Austin, MN 55912.

For Registration details phone: Alice G. (507)437-2309.

For Holiday Inn or Days Inn registrations phone (507)433-1000.

Special Room rates: Single, Double, Triple or Quad. Holiday Inn \$52.00 Days Inn \$34.00.

Specify Southern Minnesota Service conference.

7th Annual Cruise Without Booze. January 26 – February 2, 1992. Seven days – seven nights. This exciting "Gems of the Caribbean" cruise sails from San Juan, Peurto Rico, and visits the spectacular "nature island" of Dominica, followed by the lovely ports of St. Lucia, Martinique, and St. Kitts. A final port of 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 Suingles Meeting, Big Book Study, and Closed Meetings.

45th North Carolina State Convention of A.A. to be held Thursday through Sunday, July 16, 17, 18, & 19, 1992, at the Sheraton Airport Plaza at Billy Graham & I-85, Charlotte, NC.

Theme of the Convention: Happy, Joyous, and Free. Hotel rates are: Room \$45 per day up to four persons.

For full information write to N.C. Convention Committee, P.O. Box 19528, Charlotte, NC 28319-9528



Twenty-Fifth TAR HEEL MID-WINTER CONFERENCE

January 23, 24, 25, 26, 1992

North Raleigh Hilton & Convention Center
Raleigh, North Carolina

Tentative Program

January 23 — 8:00 p.m.
LINDA B.
Waldorf, MD

January 24 — 3:00 p.m.
OLDTIMERS SPEAK
Speakers from Audience

January 24 — 8:00 p.m.
LARRY G.
Memphis, TN

January 25 — 10:00 a.m.
SUE D.
Yorba Linda, CA

January 25 — 2:00 p.m.
MARTHA W.
Houston, TX

January 25, 8:00 p.m.
KEITH D.
Yorba Linda, CA

January 26 — 10:00 p.m.
RAY B.
Waldorf, MD

Register Now!

Important Notice:
One nights room deposit required for all room reservations.

Mail hotel reservations and deposits to The North Raleigh Hilton.

Pre-Registration
\$32.00

Register at Conference
\$12.00

MID-WINTER CONFERENCE
MAILING ADDRESS:

Conference Chairman
P.O. Box 18412
Raleigh, N.C. 27619

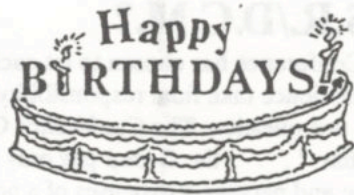
Early Bird Meeting Thursday
January 23 at 8:00 p.m.



■ Plenty of Free Coffee

■ Outstanding Speakers

■ Saturday Night Dance



Black Mountain Group

Margie S.	No dates given	16 years
Jerry D.	" " "	5 years
Stuart C.	" " "	4 yearsrs
Scott L.	" " "	2 years
Beth D.		2 years

Brevard Group

Crawford P.	12-10-79	12 years
Woody P.	12-126-81	10 years

Candler KISS Group

Jim H.	12-7-82	9 years
Carl M.	12-28-90	1 years
Sue H.	12-25-85	6 years
Sarg H.	12 -?-?	No details given
Gary V.	1-22-89	3 years
Sue V.	1-22-89	3 years
Ralph	1-17-90	2 years

Grace Group (Waynesville)

Reid B.	11-10-80	11 years
Linda W.	11-15-89	2 years
Jeff M.	12-10-90	1 year
Bill B.	12-15-88	3 years

Curley S.	12-31-87	4 years
Tom H.	1-8-89	3 years
Joan H.	1-13-89	3 years
Steve C.	1-16-83	9 years
Jane H.	1-17-85	7 years
Annette O.	1-18-88	4 years
Rick C.	1-29-87	5 years

Hendersonville Group

Randy M.	1-5-85	7 years
Monica M.	1-6-91	1 year
Laura M.	1-6-91	1 year
George P.	1-14-91	1 year
Debbie K.	1-25-91	1 year
Alex P.	1-31-90	2 years

Leicester group

Darold A.	12-6-85	6 years
-----------	---------	---------

Marshall Group

Don Mc.	10-31-78	13 years
Anita P.	12--29-84	7 years
M.V.C	1-1-80	12 years

Midday Group

Juday C.	1-22-82	10 years
Bert B.	1-25-87	5 years
Cindy G.	1-31-90	2 years

Pathfinders Group

Anne S.	1-13-74	18 years
Martha S.	1-26-81	11 years
Lisa P.	12-1-78	13 years

District 70 GSR January Meeting Scheduled

Groups within District 70 are asked to note on their calendars that the next District 70 meeting of GSRs and Alternates will be held on Sunday, January 5, 1992, at 2p.m. at the Serenity Service group, 853 Merrimon Avenue, in Asheville (behind Mitchell's Restaurant, upstairs).

As always, it is important that all groups be represented by a GSR, Alternate, or selected group member. This will be our first meeting of 1992 and we need to plan District activities for the year. Eating meetings, workshops, and other items of interest to your groups will be discussed. The business conducted at these District Meetings affects your group and is also our link to the District, the Area and GSO. Your support and attendance is needed and appreciated.

If any of your groups have any information changes; i.e., new GSR or Alternate, group meeting place, etc., please bring this information with you so that District,

State and GSO records can be corrected. Also, bring your group conscience responses to the Eating Meeting/Workshop Questionnaires distributed at the last meeting.

Minutes of the Area Assembly held in Charlotte in November are now available. As decided at a prior District Meeting, these are available to all groups for the cost of copying and mailing. If GSRs will call me prior to the January 5, 1992, District Meeting, I will bring their copy, thus saving the cost of postage. The minutes consist of 34 pages. We had a reasonably good turnout of GSRs and Alternates at the Assembly. I commend the groups for increased interest and attendance.

For information purposes, I was asked to serve on the State Site Selection Committee at the last assembly, and agreed to do so. We toured a site in Winston-Salem this past weekend for possible use in 1995-1996. (Sites for Committee Meetings, Area Assemblies, and State Convention have been selected through 1994. If you have any input on site preferences, please let me know.

If I can assist you in any way, please let me know.

Gayle P., DCM, District 70

MOUNTAIN BREWING'S



Take two glasses
Fill one with water.
Fill the other with
moonshine.
Drop a worm in the
water — he lives!

Drop a worm in the moonshine — he dies!
Moral — If you drink moonshine, you'll never
have worms.

x x x

Joe staggered from the train and almost fell
into his wife's arms. "Have you been drinking
again?" she asked.

"No," he replied, "but it always affects me
after I've been riding backwards for a long time."

"Why didn't you ask the person sitting op-
posite you to change seats?"

"I couldn't do that," replied Joe, "there wasn't
anybody sitting there."

x x x

"Hey, Doc," pleaded the alky, "I need your
help. I just seem to get stiff in a different joint
every day."

"That's easy," replied the doctor. "You've ob-
viously got arthritis."

x x x

Said the patient wife to her alcoholic husband,
"Michael, our son's teacher says he ought to have
an encyclopedia."

"Encyclopedia? Baloney!" her husband said.
"Let him walk to school like I did."

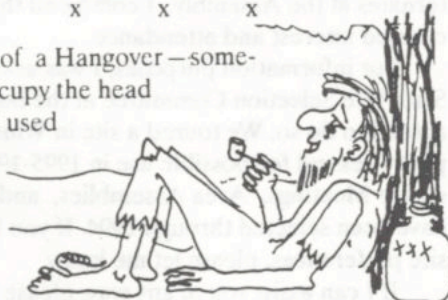
x x x

Two drunks met on the street. One was leading
a bulldog on a leash. "Look what I got for my girl
friend," he said excitedly.

"Wow!" said his friend. "How did you ever
make a trade like that?"

x x x

Definition of a Hangover — some-
thing to occupy the head
that wasn't used
the night
before.



Who Pays the Expenses of the G.S.R./D.C.M.?

The Conference has chosen to let each individual
Group conscience take final responsibility for its own
answer to this question. The Conference Committee recom-
mended that ". . . the Group pay only for those
reasonable and necessary expenses of a non-personal na-
ture, such as transportation." Food and lodging were con-
sidered personal expenses. However, the Conference
voted not to make it a Conference recommendation.

Here are a few pro comments from some local active
G.S.R.'s:

— "My Group chose to be self-supporting of its G.S.R.
An older member reminded us that no hardship, financial
or otherwise, should be expected from or imposed on any
member carrying out a Group service responsibility. This
allowed any qualified Group member to accept the job,
who might not otherwise be available."

— "My acceptance of travel expenses no longer gave
me the "personal" choice to attend or not attend and par-
ticipate in the Area Assembly. My Group wanted me to be
there and was willing to pay my way."

— "My Group believed it was part of their traditional
self-support responsibility to support both the G.S.R. and
the District Committee."

— "My accepting reimbursement made Group service
a practical responsibility for me and the Group respon-
sibility a traditionally spiritual one."

— "My attendance was no longer a personal choice
paid for by me, but a responsibility to bring my 'Group
conscience' to the Assembly and not my personal opinion.
My Group wanted me to participate in meetings and speak
on behalf of my Group, and encouraged my responsibility
to submit and keep a written report of my G.S.R. activities
and Group G.S.R. handbook, to pass on to the next G.S.R.
at rotation time. My service sponsor explained that the ser-
vice literature I received as G.S.R. belonged to the job and
was not the personal property of the G.S.R."

Sources: Tradition Four, Five and Seven; past Conference Reports.

Sharing Helps us All

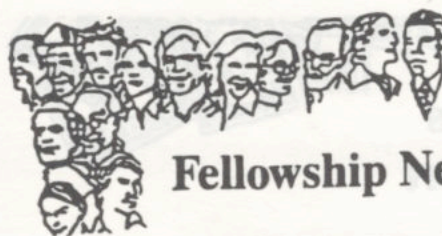
We want to hear from you. Letters for publica-
tion in *Mountain Doin's* help to bring your views
to a wide audience. If you have questions, there's
someone who might have the answers. Your own
experiences and thoughts could help many.
Sharing and Caring — that's what *Mountain Doin's*
is all about.

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

Easy Does It, In Action

1. I don't need to prove myself in this situation, I can stay calm.
2. As long as I keep my cool, I'm in control of myself.
3. No need to doubt myself, what other people say doesn't matter. I'm the only person who can make me mad or keep me calm.
4. Time to relax and slow things down. Take a time-out if you get uptight.
5. My anger is a signal. Time to talk to myself and to relax.
6. I don't need to feel threatened here. I can relax and stay calm.
7. Nothing says I have to be competent and strong all the time. It's O.K. to feel unsure or confused.
8. It's impossible to control other people and situations. The only thing I can control is myself and how I express my feelings.
9. It's O.K. to be uncertain and insecure sometimes. I don't need to be in control of everything and everybody.
10. If people criticize me, I can survive that. Nothing says I have to be perfect.
11. If people want to go off the wall; that's their thing. I don't need to respond to their anger or feel threatened.
12. When I get into an argument, I can stay on my plan and know what to do. I can take a time-out.
13. Most things we argue about are stupid and insignificant. I can recognize that my anger is just my having old primary feelings being restimulated. It's O.K. to walk away from this fight.
14. It's nice to have other people's love and approval, but even without it, I can still accept and like myself.
15. People put erasers on the ends of pencils for a reason. It's O.K. to make mistakes.
16. People are going to act the way they want to, not the way I want.

You cannot pray the Lord's Prayer and even once say "I."
You cannot pray the Lord's Prayer and even once say "My."
Nor can you pray the Lord's Prayer and not pray for one another;
And when you ask for daily bread,
you must include your brother.
For others are included -- in each and every plea,
From the beginning to the end of it,
It does not once say "Me."



Fellowship News

Acceptance Group Anniversary Party. The Acceptance Group will celebrate its 10th Anniversary on Thursday, January 9, 1992, at St. Luke's Episcopal Church Fellowship House, at 219 Chunn's Cove Road, Asheville. The celebration will be a covered dish supper with the Group furnishing meat and beverages. All A.A.s, families and friends are invited. Come at 6:00 p.m. with a covered dish and plan to stay for the 8:00 p.m. OPEN meeting.

New Meeting. The Brown Bag Group now holds closed Big book Study meetings on Fridays, 12 noon, at St. Phillip's Episcopal Church, Main Street, Brevard.

Candler KISS Group, meets in front of Biltmore Square Mall, at Sardi's Methodist Church. The meetings are on Mondays at 8 p.m. (closed) and Fridays at 8 p.m. (closed).

Mountain View Group, at Highlands, has discontinued its Tuesday meeting.

Correction. Due to incorrect information the Pathfinders Group was listed in the December *Mountain Doin's* as meeting in Asheville. The correct copy should have read: The Pathfinders Group now meets on Saturdays at 8 p.m. at St. James Episcopal Church, Vance Ave., Black Mountain. Meetings are nonsmoking, Step Studies.

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.

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.

Intergroup Meeting Scheduled for January

The January Intergroup of WNC meeting is tentatively scheduled for January 12, 1992, in Jackson County, Western North Carolina. The time will be approximately 3:30 p.m.

Full details are yet to be finalized and as soon as the exact location is known, the information will be forwarded by mail to each Group in Districts 70, 71, and 80.

All Groups in these Districts are urged to send their Intergroup Representatives or Alternates to this important meeting. Their input is vital if WNC Intergroup is to serve to the fullest all the groups in the three Districts.

Treasurer's Report



Contributions, November 1991

Acceptance Group	60.00
Black Mountain group	35.00
Brevard Group	40.00
Candler KISS Group	15.00
Cumberland Group	40.00
Hendersonville Group	174.14
Live and Let Live Group	20.00
Mars Hill Group	25.00
Murphy Group	25.00
Pathfinders Group	5.00
Ridgerunners Group	35.00
Sapphire Lake Toxaway Group	50.00
Serenity Service Group	40.00
Waynesville Grace Group	80.00
West Asheville Group	35.00
Individual Contributions	<u>100.00</u>
Total	\$799.14

Expenses

Rent 107 Park Place	97.00
Phone - Basic Service	102.93
Answering Service	68.80

Postage	65.58
Office supplies	9.44
Printing Newsletter	153.00
Special Workers - Coordinator	415.00
Editor	46.00
Literature	845.69
Chips	<u>74.71</u>

Total \$1878.15

Summary

Balance, October 31, 1991 249.23

Income

Group contributions	699.14
Individual contributions	100.00
Sales - Literature and chips	<u>871.34</u>
Subtotal (available)	\$1919.71

Expenses

Office	957.75
Literature	845.69
Chips	<u>74.71</u>
Total	\$1878.15

Balance, 11-30-91 41.56

Reserve Balance \$3316.01

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 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.

Subscription rates are subject to change dependent upon USPS rates.

Name _____

Group Reg. No. _____

Street/POB Mo. _____

Town and Zip _____

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

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