

MOUNTAIN DOIN'S

Intergroup Newsletter

February 1992



Published by Intergroup of WNC (Districts 70, 71, & 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

Traditions are Reminders

At the meetings I attend the reading of "How It Works" is always followed by a reading of the traditions. In general, after a few meetings, I started to shut my ears to the reading of the Traditions because I really couldn't see the point of reading them — at least, not at every meeting.

I mentioned this to my sponsor, and was quickly put in my place. "How It Works" she told me, is necessary to remind us at every meeting of the program of individual recovery. But the Traditions are to remind us that we must consider our group and the entire fellowship of AA, not just ourselves.

The Traditions, she pointed out, remind us of our need for unity within the group, our relationship with the world outside, of the need for attraction rather than promotion, the need for being self-supporting and never seek outside contributions nor have any opinions on outside issues — and, especially, that principles were more important than personalities.

In other words, the Traditions remind us of where we fit in the fellowship, just as the Steps guide us in our efforts toward recovery.

— PR

GRRRR! It's Only Natural

I say don't be too disturbed that you get angry. You were born with it. If you have children, remember how they showed their anger whenever they were hungry, or were left alone for a moment? They yelled their little heads off. Yet, nobody taught them it. It just came naturally.

The thing to do is stop and think about what it is that makes you angry. And it is just that that causes the angry reactions. For me, it's usually my reactions to a threat to my expectations, or my ego, or just my wishes. As a matter of fact, anger can be useful to us as alcoholics. What we have to do is to examine why we are suddenly angry. Then

we can do something about it. It's like a period at the end of a sentence. It brings that thought or emotion to a sudden stop, and that allows us to put into practice what AA teaches us.

Anger enables me to put into practice the Serenity Prayer: "God, grant me the serenity to accept the things I cannot change" — LD

Wordy House CLEANING

My thanks to TS on **Keep It Clean**

Many years ago when I came into this Fellowship, it was told to me that I had to do some thorough *housecleaning*, and that included my mouth. I have constantly reminded people that with as many words in our dictionary why resort to such foulness of mouth? It turns me, and others, away in disgust.

After all, we are here to keep our minds clean. We also have nonsmoking; why not "No foul talk"? —MI

AA's Useful Yardstick

Here's one for the books — and the kooks!

I drank for, maybe, twenty years. I never got into trouble with the law; never got a DUI; not even a speeding ticket; never even missed a day's work. In fact, outside the home, nobody ever even gave the impression that they considered me to be an alcoholic. I was a veritable "pillar of the community."

So, why do I go to daily meetings? And, for that matter, am I truly an alcoholic? The answer is "Yes." And the answer is to be found in the AA leaflet "Is AA for me?"

Have I ever tried to stop drinking for a week or so, but could not do it — Yes.

Do I ever need a drink to get going in the morning — Yes.

Does my drinking cause problems at home — Yes.

Do I try to get extra drinks — Yes.

Do I have blackouts — times I don't remember — Yes.

Would my life be better if I quit drinking — Yes.

That's good enough for me. I'm an alcoholic, and that's why I go to meetings — TF

"Live Letters" continued on next page

Live Letters (continued from previous page)

Slaughtering the Slogans

I read this in a newsletter in my hometown, but the letter was unsigned so there's nobody I can give credit to. But I enjoyed it, and I hope others readers will.

The letter pointed out that though the Slogans are catchy reminders of important truths, they can also be misinterpreted. Here's one way of interpreting them:

FIRST THINGS FIRST – Don't bug me about getting a job. After all, I've stayed sober for five years, haven't I."

LIVE AND LET LIVE – Let me alone. I'll do it my way.

BUT FOR THE GRACE OF GOD – Maybe my luck will hold out one more time.

EASY DOES IT – The steps will take care of themselves if I don't bother with them.

KEEP IT SIMPLE – I have never read the Big Book. I don't want to get confused. –JC



Fellowship News

Location Change. The Serenity Service Group has changed its location to 107 Broadway, Asheville.

Meeting Time change. The Serenity Group Friday meeting has changed its time from 7:30 to 8:00 p.m.

Alas, I need AA!



At last, I've found AA!

Intergroup Phone Log



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

Phone Log 12-2-91 – 1-1-92

Answering Service Calls	127
General Information	12
A.A. Help	15
Family Help (Al-Anon)	7
Meeting Information	63
Intergroup Business	58
Medical Help (Hospital, Detox, etc.)	0
Others	21
Visitors	33

Intergroup January Meeting

WNC Intergroup (which includes Districts 70, 71, and 80) met on January 12 at the Jackson County Community Service Building in Sylva, after the February *Mountain Doin's* had gone to press. A full report of the meeting will be included in the March newsletter.

Fetal Alcohol Syndrome

Alcohol affects the developing fetus. Every time the mother drinks, the fetus drinks too – the level of alcohol in the baby's blood is the same as the level in the mother's blood. However, the developing system of the baby is not capable of handling alcohol. The undeveloped liver burns alcohol more slowly, so alcohol stays in the baby's body for twice as long.

Stillbirths and spontaneous abortions occur more often when the mother consumes three or more drinks per day during pregnancy. Studies have shown that women who drink heavily during pregnancy are twice as likely to have a baby born with physical and/or mental handicaps. These birth defects are called Fetal Alcohol Syndrome (FAS). FAS affects two infants per 1,000 births and its symptoms include retardation, facial abnormalities, birthmarks, and defects of the heart, lungs, joints, and sex organs of the baby.



Black Mountain Group

Mark W.	2-1-91	1 year
Steve W.	2-16-90	2 years
Robert B.	2-10-90	2 years
Eric S.	2-10-90	2 years

Cumberland Group

John A.	1-15-91	1 year
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Lake Group

Jerry S.	2-4-90	2 years
Brad M.	2-2-83	9 years

Maggie Valley Group

Marvin M.	1-9-81	11 years
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Midday Group

Ann L.	2-7-89	3 years
Maureen McF	2-14-69	23 years
Tom M.	2-9-82	10 years
Kate A.	2-8-90	2 years

Serenity Service Group

Ed. K.	1-1-88	4 years
Erich F.	1-5-90	2 years
Bruce L.	1-1-88	4 years
Jeannie S.	1-4-88	4 years

MOUNTAIN BREWIN'S



The drunken driver was stopped by a traffic cop. Said the alky: "I wish you guys could make up your minds .

Last week you took away my driver's licence, and now you want to see it!"

x x x

Unshaven and obviously the worse for wear, a regular stopped by his favorite bar for a morning drink and confided to the bartender that his wife had thrown him out of the house.

"She told me to get professional help," said the drunk. "Are you a professional?"

x x x

It was reported that the late comedian W.C. Fields, no stranger to booze, is credited with the observation that "A woman drove me to drink and I never had the decency to thank her."

x x x

It was also Fields who, on his deathbed, was visited by a friend who found Fields browsing through the Bible.

"Bill!" the visitor exclaimed. "You've finally found the faith."

"Nope," said Fields. "Just looking for loopholes."

x x x



The alky sat drinking at the bar, and was chatting with the bartender. "Fred," he said, "I meant to tell you. My wife has just run off with my best friend."

"Oh, that's too bad," said Charley, consolingly. "I guess he was some handsome young man"

"I've no idea," said the alky. "I've never met the fellow."



Calendar of Events

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 and I-85, Charlotte, NC.

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

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



Treasurer's Report

Intergroup of Western North Carolina Income Statement

Year Ended December 31, 1991

Operating Account

Balance, December 31, 1991 \$390.70

Income

Group Contributions 10,814.37
 Individual Member Contributions 781.75
 Sales, Literature and Chips 7,708.54
 Removed from Reserve 200.00

Total Income \$19,504.66
 Subtotal \$19,895.36

Expenses

Rent, Room 107, Park Place Offices 1,137.00
 Meeting Room and Supplies 45.00
 Telephone, Basic Service 1,078.64
 Answering Service 858.80

Postage 687.59
 Printing, Newsletter 1,427.00
 Admin. Reports, Checks,
 Deposit Slips, Meeting flier 69.04
 Stationery and Office Supplies 34.54
 Petty Cash 80.00
 Travel to Workshops 37.00
 Special Workers, Coordinator 4,742.00
 Editor 552.00
 Check Comeback and Fees 71.00
 Bank Service Charges 15.25
 Literature, Directory (Where & When) 203.94
 Publications 6104.69
 Chips 746.99
 Transfer to Reserve 1,854.65

Total Expenses \$19,745.13

Balance

(Net Income) December 31, 1991 \$150.23

Reserve Fund Changes

Balance, January 1, 1991 \$1,386.16
 Transferred to Operating Account (200.00)
 Transferred from Operating Account 1,854.65
 Interest Income 113.82

Balance December 31, 1991 \$3,154.63

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