

# MOUNTAIN DOIN'S

## Intergroup Newsletter

### March 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

#### Tokens not Tacky

Someone who was new in the program said she thought the use of tokens, popular in some parts of the country, was childish. "It may be all right for kids, even teenagers, but to give middle-age adults those little plastic discs . . ."

It was pointed out to her that the chips were tokens of where we are in our sobriety. They were goals to work toward, and most people become proud to own them. And she mentioned some of the uses they can be put to when you want a drink.

Just to hold one in your hand is sometimes enough to remind us that the inviting-looking drink on the table isn't worth all the trouble it's going to lead to. "Only drink the booze you can buy with a chip," said another. "Drop the chip in a glass of vodka and only drink it when the chip dissolves. And while you're waiting, call your sponsor."

When you reach the day when the blue chip is due, you can't help feeling a little sense of pride and gratitude for the program. If our newcomer sticks it out, she'll understand. I know she will.

— BM

#### The Best Thing in Life — And It's Free!

When I first heard that alcoholism is a disease I went through a series of emotions. First, I simply didn't believe it. Then, when I learned that even the medical profession had reached this conclusion, I became scared. Especially as there was no cure. Then I read about the research being done today and the suggestion that maybe, one day, a cure would be found.

But by the time I read about that possibility I had be-

come deeply involved in the program and, to my amazement, began to hope earnestly that a cure never would be found.

Sounds whacky, but I *like* my disease. My program has now become a part of my life, and for the first time I'm living, one day at a time, in the happy world of a recovering alcoholic. Today I have dignity, peace, and for the first time I know happiness. Do you think I want to lose all that by swallowing a magic pill? The form of life that comes with following the A.A. program cannot be had by anyone outside it. A.A. represents to me the only program that gives us a way to live that is unsurpassable.

You can't learn it in school, in college, in therapy; you can only learn it through listening and sharing at A.A. meetings and in working the program with integrity. And you can't explain the truths of A.A. to those outside the program. I'm just a lucky, happy, alcoholic.

And I have a lot of friends who are in the program and who are as happy as I.

— K.M.

#### Along the Smoky Trails Again

This is in reply to D.T.'s letter in January *Mountain Doin's* in which he stated, quote, "Incidentally the health risk associated with spending one hour in a smoking meeting is infinitesimal."

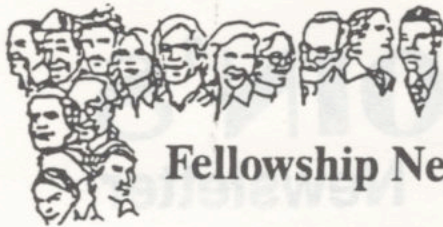
Try multiplying that one hour (usually it's longer than one hour) by six or seven meetings a week where from 40 to 100 people chain smoke and see if you still think that the health risk is "too small to measure." These meetings are saving me from an alcoholic death so why should I have to risk it again to possible lung cancer and heart disease?

I'm so grateful that there are more and more non-smoking meetings becoming available.

It's about time.

P.W.

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## Fellowship News

**New Meeting.** The Black Mountain Group now holds Closed Beginners Meetings on Thursday evenings at 7 p.m., prior to the regular 8 p.m. Step Study meetings. The meetings are all located at St. James Episcopal Church, 417 Vance Ave., Black Mountain. Newcomers and oldtimers are all welcome.

**Discontinued Meeting.** The Haywood Road Group has been discontinued.

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

**Meeting Time Change.** The Serenity Service Group's Friday evening meeting time has been changed from 7:30 p.m. to 8 p.m.

## WNC Intergroup January Meeting Minutes

Intergroup of WNC, serving Districts 70, 71, and 80, met January 12, 1992, at the Jackson County Service Building, Sylva, North Carolina. Preceding the Intergroup Meeting was a sumptuous buffet spread of contributed covered dish items and desserts, for which District 80 is well known. The attendance [at the District 80 Eat-in Meeting] was about 65. Following the speaker, Intergroup held its quarterly meeting, with the following being present:

Bill S., Intergroup Chairman; Conscious Contact Group; Betty L., Intergroup Treasurer, Black Mountain Group; Bob V., Acceptance Group, Intergroup Coordinator; Marvin M., Intergroup Trustee, Maggie Valley Group; Laura F., Intergroup Secretary, Pathfinders Group; Alan W., Editor *Mountain Doin's*, Middy Group, Hendersonville; Owen C., I.G. Rep., Hendersonville Group; Norma H., I.G. Rep. Alt., Hendersonville Group; Ray D., Trustee District 71, Hendersonville; Ted A., Hendersonville Group; Gloria G., I.G. Rep., Acceptance Group; Margie S., I.G. Rep., Black Mountain Group; Bill G., Black Mountain Group; Bob S., Black Mountain Group; Carolyn O., I.G. Rep., Traditional Group; Charles A., GSR, Grace Group, Waynesville; Bill F., I.G. Rep. Pathfinders Group, Black Mountain; and Brian W., I.G. Rep., Serenity Service Group, Asheville.

The Annual Treasurer's Report and proposed Budget for 1992 were read and approved. Because the board is anticipating some legal expense in connection with incorporation of the Intergroup as a not-for-profit corporation, no changes will be made in the reserve fund until legal matters are concluded. Articles in the *Moun-*

*tain Doin's* will be forthcoming concerning money and services, and the membership will be encouraged to express their wishes on how this money is to be used.

Bob V., Coordinator, gave a report on our new 800 telephone number (1-800-524-0465) coverage, which will facilitate call-ins from some areas of our districts which were formerly "blacked out." Marvin M., Trustee, reported an error in telephone listing in Haywood County, and inquiry will be made by Bob V. to correct the error.

A lively "question and answer" session followed on the topic, "What does Intergroup do?" As it is a service entity for groups and the entire area of the three districts, it is not in competition to their groups, inviting questions from group members who are uninformed. Alan W., *Mountain Doin's* Editor, will prepare a comprehensive article for upcoming issues, with short follow-up articles from time to time.

Business being concluded, the meeting was adjourned and closed with the Lord's Prayer.

Respectfully submitted,

Laura F. Secretary.

### Drinkin' Thinkin' 1779 Style

The U.S.S. Constitution — Old Ironsides — as a combat vessel carried 48,600 gallons of fresh water, for a crew of 475 men. This was sufficient to last through six months of sustained operation. On August 23, 1779, the Constitution set sail from Boston.

She carried 475 officers and men — 48,600 gallons of fresh water, 7,400 cannon shots, 121,600 pounds of black powder, and 79,000 gallons of rum. Permission to harass and destroy English shipping was given.

Making Jamaica on October 6, she took on 620 pounds of flour, and 68,300 gallons of rum. Then she headed for the Azores, arriving there on November 12. She was provisioned with 550 pounds of beef and 4,300 gallons of Portuguese wine. On November 18, she set sail for England. In the ensuing days she defeated five British Men-of-War, and captured and scuttled twelve English merchant ships — *salvaging only the rum.*

By January 27, her powder and shot were exhausted. Unarmed, she made a night raid at the Firth of Clyde. The landing party captured a whiskey distillery and transferred 40,000 gallons aboard by dawn. Then she headed for home.

The U.S.S. Constitution arrived in Boston in February 1780, with no cannon shots, no food, no powder, no rum, no whiskey, no wine, and 48,000 gallons of stagnant water.

From Recovery Life



## Calendar of Events

**45th North Carolina State Convention of A.A.** to be held Thursday through Sunday, July 16, 17, 18 & 19, 1992, at 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.

## The Story of Bill W.

William Griffith Wilson, co-founder of A.A., died at 11:30 p.m. on Sunday, January 26, 1971, at the Miami Heart Institute, Miami Beach, Florida. He was seventy-five years old. In accordance with his wishes a private funeral service was held and burial took place in E. Dorset, Vermont, where he was born.

The only son of Emily and Gilman Barrows Wilson, Bill was born on November 26, 1895. He was educated in a two-room schoolhouse at E. Dorset, and later at Rutland, Vermont, Burr and Burton Seminary, and Arlington High School, Arlington, Mass.

In 1914, he began an electrical engineering course at Norwich University, Vermont, which was interrupted when he entered Officers Training School at Plattsburgh, New York. In May, 1917, like thousands of World War I doughboys, Bill had his first drinking experience during military service.

He was commissioned a Second Lieutenant in artillery and served in France with the 66th Coast Artillery Corps.

Bill married Lois Burnham of Brooklyn, New York, on January 24, 1918, in the Church of the New Jerusalem (Swedenborgian), Brooklyn.

In 1921, Bill became a criminal investigator for the U.S. Fidelity and Guaranty Co. in New York, and began his Wall Street career, which flourished until 1931.

Few knew when his drinking was getting out of control, nor did he recognize it himself. These were the Roaring '20s of bathtub gin, home brew, and speakeasies in every block. Bill's drinking, however, became a serious problem. He lost an excellent job, saw the mortgage on his Brooklyn Heights home foreclosed, and became only a hanger-on of the stock brokeridge business. Lois took a job to support them.

On Armistice Day, 1934, he began his last drinking bout, which terminated on December 11, when Bill was admitted to Towns Hospital for the last time.

In late 1934, Bill was visited by an old barroom companion, Ebby T., in the house on Clinton Street in Brooklyn where Bill, unemployable, seemingly a hopeless drunkard, was supported by Lois. Ebby disclosed that he had attained freedom from a drinking compulsion with the help of the Oxford Group, a movement founded in England by the late

Frank N.D. Buchman.

Ebby told Bill he had to admit he was licked, get honest with himself, and to pray to whatever God he thought there was, even as an experiment.

When Bill entered Towns Hospital that last time and cried out, "If there is a God, let Him show Himself! I am ready to do anything!" he had a transforming spiritual experience which relieved him of a desire to stop drinking, and prompted him to try to persuade other drunkards to give up drinking.

His efforts seemed to meet with no success until May, 1935, when he found himself about to take a drink in the Mayflower Hotel, in Akron, Ohio, after a business disappointment. Instead of going into the bar, he began a series of telephone calls to find a fellow alcoholic whom he could try to help. Believing that whether the other listened to him or not, trying to help another person would prevent him from taking that drink. It was now a matter of his own survival.

As a result, in the gatehouse of the Seiberling Estate in Akron, Bill met Dr. Bob. This meeting of the two, who became known as co-founders of A.A. represents, in a way, the first session of the first A.A. "group." And it was the start of Dr. Bob's recovery.

Bill worked tirelessly to make A.A. a spiritual movement which would be above and beyond individual personalities and one which would survive after its founders were gone.

Bill often said, "In A.A. our work is more important that our persons . . . Newcomers to A.A. must be greeted and helped long after we go."

Source: A.A. Archives, and Hello Central

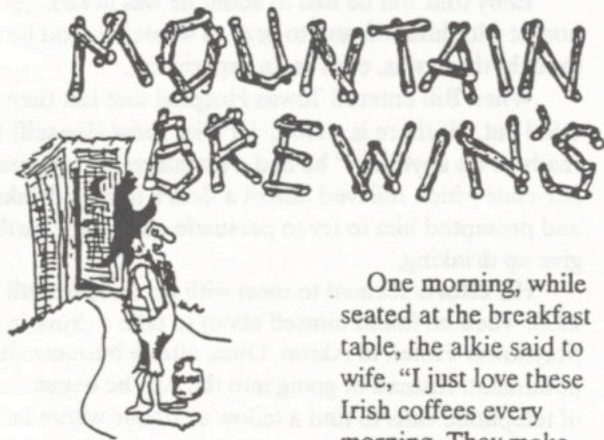
## Intergroup Phone Log



*"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 1-6-92 - 1-31-92

Answering Service Calls	115
General Information	7
A.A. Help	1
Family Help (Al-Anon)	7
Meeting Information	46
Intergroup Business	48
Medical Help (Hospital, Detox, etc.)	0
Others	20
Visitors	48



One morning, while seated at the breakfast table, the alkie said to wife, "I just love these Irish coffees every morning. They make

me feel ten years younger."

"They do?" said the surprised wife. "Then, why don't you try a cup just before you go to bed?"

x x x

The town drunk was arrested for selling liquor without a licence. In court, his lawyer pleaded, "Your honor, ladies and gentlemen of the jury, just look at the defendant. Do you honestly think that if this man had a quart of whiskey he would sell it?"

The verdict at once was "Not guilty."

x x x

Said the barfly to his drinking buddy, "Your wife will probably hit the ceiling when you get home tonight."

"Yeah," replied his buddy. "She probably will — she never could aim straight."

x x x

Definition — cocktail lounge: A half-lit room filled with half-lit people.

x x x

Alcoholic woman, sitting at the bar with the phone in one hand. "Hello, AA? Quick, send me a man — any man!"

x x x



Asked by his teacher to spell the word 'straight,' the student did so without error.

"Now," said the teacher. "What does it mean?"

The lad, whose father was an alcoholic, replied at once, "It means, without water."

## New 1992 *Where and When* Now Available from Intergroup

Copies of the latest issue of *Where and When* (which lists details of all meetings held within the WNC area, covered by Districts 70, 71, and 80) are now available to groups and individuals.

*Where and When* is extremely useful as a handout to newcomers — to the program as well as to the area. Copies are on sale at 10 cents apiece.

Order from: Intergroup of WNC

107 Park Place Offices

70 Woodfin Place

Asheville, NC 18801

## Why the Lord's Prayer?

We frequently receive queries from readers as to the origin of the custom of joining hands and repeating the Lord's Prayer at the closing of each AA meeting, and who started it. The same question was asked of Bill W. in a letter. According to the AA Archives in New York, here are excerpts of Bill's response, in a letter dated April 14, 1959.

. . . Now about the business of adding the Lord's Prayer to each AA meeting. This practice probably came from the Oxford Groups who were influential in the early days of AA. I think saying the Lord's Prayer was a custom of theirs following the close of each meeting. Therefore, it quite easily got shifted into a general custom among us.

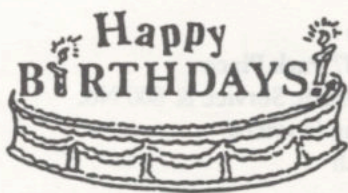
Of course, there are always those who seem to be offended by the introduction of any prayer into an ordinary AA gathering. Also, it is sometimes complained that the Lord's Prayer is a Christian document.

Nevertheless, this Prayer is of such widespread use and recognition that the argument of its Christian origin seemed to be a little farfetched. It is also true that most AAs believe in some kind of God and that communication and strength is obtainable through His grace. Since this is the general consensus, it seems only right that at least the Serenity Prayer and the Lord's Prayer be used in connection with our meetings. It does not seem necessary to defer to the feelings of our agnostic and atheistic newcomers to the extent of completely hiding our light under a bushel.

However, around here, the leader of the meetings usually asks those to join him in the Lord's Prayer who feel that they would care to do so.

The worst that happens to the objectors is that they have to listen to it. This is doubtless a salutary exercise in tolerance at their stage of progress.

So, that's the sum of the Lord's Prayer business as I recall it . . . *Bill Wilson*



**Black Mountain Group**

Dick J. 3-15-81 11 years

**Brevard Group**

Dot P. 1-21-82 10 years  
Dell B 2-25-87 5 years

**Cumberland Group**

Jerry B. 2-28-87 5 years  
Michael P. 2-21-81 11 years  
Lee R. 2-8-84 8 years  
Doug O. 3-2-72 20 years

**Hendersonville Group**

Rick F. 2-13-82 10 years  
Ed D. 2-22-72 20 years  
Helen D. 2-22-72 20 years  
Bill G. 2-12-82 10 years  
Tara C. 2-6-89 3 years

**Lake Group**

Susan A. 3-15-87 4 years  
Pam L. 3-23-91 1 year

**Leicester Group**

Gene M. 2-4-73 19 years

**Marshall Group**

Jim C. 1-19-86 6 years  
John S. 12-?-82 10 years  
M.V.C. 12-31-78 14 years

**Midday Group**

Nancy M. 3-17-91 1 year  
Andy T. 3-4-91 1 year  
Dale McC. 3-27-84 8 years  
Lillian C. 3-15-90 2 years  
Don N. 3-23-71 21 years

**Ridgerunners Group**

Craig R. 1-14-85 7 years  
Penny W. 1-25-86 6 years

**Traditional Group**

Kieth M 3-14-89 3 years  
Bob V. 3-14-79 13 years  
Roger W. 3-16-85 7 years  
Perry F. 3-11-89 3 years  
Julie H. 3-16-89 3 years  
Rosaline 3-5-91 1 year

## District 70 GSR Meeting Scheduled for March 8

GSRs or Alternates from groups in District 70 are asked to note on their calendars that the next District Meeting will be held on Sunday, March 8, at 2 p.m. at The Serenity Service Group, 107 Broadway, Asheville (Serenity Service Group's New Location).

As always, it is important that all groups be represented by a GSR, Alternate or selected group member. Gayle P., DCM, District 70, will be attending the State Committee Meeting on February 21-23 and will return with information to be discussed with District 70 groups prior to the Spring General Assembly which group GSRs will attend on May 15-17. GSRs will be provided all relevant information at the March 8 District Meeting, allowing plenty of time to obtain group conscience votes prior to the General Assembly.

Says Gayle P., "One item that I know will be discussed is contributions to the State and to GSO, which have fallen over the past year. Please review this with your group to determine if contributions are being sent to GSO, the State and the District. At last count, less than 30% of our groups in District 70 were contributing to any of these. This means that over 70% of our groups are not assisting with our tradition of self-support.

"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. If you prefer, call me with the changes and I will carry them to the State Committee meeting."

**Dates to Remember:**

District 70 Meetings for 1992:	March 8
	May 3
	July 12
	September 6
	November 8
State Committee Meeting:	February 21-23
Spring General Assembly:	May 15-17
N.C. State convention:	July 16-19

"If I can assist you in any way, please let me know."  
(Signed, Gayle P., DCM District 70)

### Staggering Figures

Every 90 seconds someone is injured by an impaired driver.

Every 22 minutes someone dies because of an impaired driver.

62 people die each day because of impaired drivers.

2 out of every 5 Americans will be involved in an alcohol-related crash during their lifetime.



## Treasurer's

### Report

#### Contributions, January 1992

Acceptance Group	\$60.00
Back To Basics Group	100.00
Black Mountain Group	35.00
Brevard Group	27.26
Candler KISS Group	45.00
Canton Easy Does It Group	25.00
Cumberland Group	80.00
Day By Day Group	45.00
Fletcher Group	25.00
Franklin Group	30.00
Hendersonville Group	91.87
Hendersonville Happy Hour Group	25.00
Saluda Happy Hour Group	12.00
Marshall Group	20.00
Mars Hill group	25.00
Midday group	100.00
Live and Let Live Group	10.00
Pathfinders Group	5.00
Ridgerunners Group	30.00
Traditional Group	63.04
West Asheville Group	<u>35.00</u>

Total \$889.17

<b>Expenses</b>	
Rent - 107 Park Place	\$97.00
Phone - Basic Service & 800 No.	89.93
Answering Services	61.00
Petty Cash	20.00
Postage	49.80
Printing Newsletter	102.00
Special Workers - Coordinator	550.50
Editor	125.00
Legal Fees (Incorporation)	500.00
Literature	568.09
Chips	<u>76.33</u>
Total	\$2239.55

<b>Summary</b>	
Balance Forward 12-31-91	\$58.76

<b>Income</b>	
Group contributions	889.17
Literature and Chips Sales	639.67
Transfer from Reserve	<u>1000.00</u>
Total	\$2528.84

Subtotal (Available) \$2587.60

<b>Expenses</b>	
Office	1595.13
Literature	568.09
Chips	<u>76.33</u>
Total	\$2239.55

Balance \$348.05

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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.**

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### 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.

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Group Reg. No. \_\_\_\_\_

Street/POB Mo. \_\_\_\_\_

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70 Woodfin Place  
Asheville, N.C. 28801