

28 August, 1975
Published monthly
by Intergroup of W.N.C.
107 Parkway Office Bldg.
Asheville, N.C. (704) 254-8539

'Mountain
Doin's'

"SYLVA"

Sylva will not host their annual "ALL NIGHT MEETING" this year, however we can join them for the next District 8, "EATIN MEETIN", Sunday, Sept. 14: As Dupree W. says, "Lets all get into the Wheelbarrow" and join Sylva in some good fellowship.

AAAAAA

"DISTRICT 7"

The Blue Ridge Group will be the Host of the next District 7 "EATIN MEETIN", Sunday, Sept. 7, "EATIN" at 1:30, (covered dish) "MEETIN" at 3:00. The speaker Jean H., of Elgin, S.C. The Meeting will be held at St. Johns Episcopal Church, two miles south of Hendersonville, on U.S. 25, Flat Rock, N.C.

AAAAAA

"SUCCESSFUL EVENTS"

West Asheville Group's "PICNIC" at Bee Tree Rec. Park, cook out Labor Day at Victoria Road.

AAAAAA

"INTERGROUP"

Intergroup, will hold it's next meeting in Waynesville, the third Sunday in Sept. Hope to see you. Regular time 3:00 p.m.

AAAAAA

"INTERGROUP IS GROWING"

Smiley Mc., the first and immediate past Chairman, was named FIRST INTERGORUP TRUSTEE.

We of Intergroup believe that we have strenghtened our service structure for continuing growth.

Smiley, will be available to consult with the current Intergroup Committee.

AAAAAA

"CONVENTION TIME"

Neil D., District 7 Committee-man reports: State Convention Plans complete. Greensboro, Royal Villa, a real Convention Center.

Have you made your reservations yet? Convention dates, September 12-14.

See you in Greensboro.

AAAAAA

"VACATION OR PLAIN TRAVEL"

Remember while on the road we need AA too. Peggy, at the Intergroup Office can and will assist with Info of meetings anywhere in the U.S... Just give her a call and she'll help insure your (daily serenity.) Another Intergroup Service - Use it.

AAAAAA

"BIRTHDAYS"

JIM B.
 RED B.
 JAY B.
 BETTY D.
 BENNET J.

Achieved - A day at-a-time.

AAAAAA

"MOUNTAIN DOIN'S"

We need NEWS HAVING a special Speaker, Birthday's, or has Joe got a story to tell? Let us know about it, MOUNTAIN DOIN'S, is your News Letter.

AAAAAA

"AL WHO"

Often I am unrecognized, particularly by the young. I make everyone addicted to me, suffer pain and loss even to the point that they cut themselves off from family and friends. Then they know heart-ache and loneliness.

I rob many homes of much love and good, I undermine their confidence and ability to think and act, I am equally hard on the rich and poor alike, black, white, young or old makes no difference to me.

I cause trouble on the job and at home, and yet many of those who know me do nothing to stop me. Why? Because, no one wants to admit that I exist.

Who am I? I AM ALCOHOLISM.
 E.F.L.

AAAAAA

"THE DAY"

It was one of those days, it started badly., and went downhill from there.

They had to arise earlier than usual., this man and his wife, so that he could drive her to a medical appointment in Asheville from the small town in which they lived.

In spite of their early rising however they got away later than he had planned and with no breakfast.

The traffic was heavier and slower than he had anticipated and by the time they reached the doctor's office she was late and he was hungry and disgusted.

While she was at the doctor, he ran an errand in Asheville. Then, expecting her to show within the hour he drove to the place on Victoria Road and waited.

Time passed, he got hungrier. But he couldn't leave because he expected her to show any minute.

Finally more than two hours later she did show up.

By this time that crunching noise was his teeth grinding. He was badly annoyed and still hungry.

But they were still late and had to head home right away without getting to eat.

On the way back to their home his wife remarked that she had promised, while in Asheville to get a carton of cigarets for their son. They had to be cigarets

AAAAAA

"THE DAY", CON'T

of a certain brand and only in box packages, no soft packs allowed.

Why, he muttered under his breath didn't she mention this earlier? I could have gotten them while I was waiting for her.

His wife, however, insisted that they try to get them at a store along the way.

So, late, hungry and infuriated, he pulled off the road, and went into a store and asked...

No, the manager never had in fact heard of the brand. He climbed back into the car snarling the news to his wife and continued.

Then she insisted they try another store on the outskirts of the town in which they lived.

Now livid, he pulled off the road and went into the second store.

The clerk smiled, and said that the store stocked that brand of cigarets but only in soft packs; no boxes.

The man now lost it completely HE ROARED at the clerk, letting her know in definite terms what he thought of her, the store, the cigarets, his wife and the world in general.

The next day he went back, shamed faced and apologized to the clerk who had been amazed by the entire performance.

In plain terms our Hero had exceeded his limitations.

All of us can absorb a certain amount of irritation. Beyond

AAAAAA

"THE DAY" CON'T

that point we may react violently. He chose to blow up at a sales clerk. Others might have gotten drunk.

The point is to recognize that we all have limitations and to recognize when we personally are approaching them.

Then we must do something to break the chain, to take off the pressure.

In the case of our hero he might have blown the whistle when his wife showed up at Victoria Road, canceled out whatever it was that called them home and cooled off over a leisurely lunch.

That sort of thing. Anything to ease the mounting feeling of frustration.

It may sound self-indulgent. It may sound selfish. But it may also be the way to temporary salvation.

Think about it.

AAAAAA

"LAUGHTER"

Laughter a doctor will tell you, is the contraction of 15 facial muscles. Laughter a psychologist will tell you, is an expression of relief from tension. Both of these explanations are accurate but not quite enough just as it is accurate but not quite enough to say that AA is a way to stay sober. We need to do more than just don't drink, agreed?

AAAAAA

"You keep getting more beautiful every minute."



"I'm afraid you're making, a mistake, officer. He assured me just last night that he wasn't an alcoholic."

