

Mountain Doin's

NOVEMBER
1978

NEWSLETTER OF INTERGROUP OF WESTERN NORTH CAROLINA
107 PARKWAY OFFICE BUILDING
ASHEVILLE, N.C. 28801 --- PHONE 704-254-8539

office copy
11/3/78
gym

DISTRICT 7 EATIN-MEETIN IN HENDERSONVILLE NOV.5

Members of District 7 will hold an eatin-meetin on Sunday November 5th at St. James Episcopal Church in Hendersonville. The buffet line will form 1:30 and a guest speaker is scheduled to take the rostrum at 2:30 p.m. All AA members are invited to attend. Please bring a covered dish.

COFFEE AND CAKE MEETING SLATED FOR WAYNESVILLE

A coffee and cake meeting will be sponsored by the Waynesville Group at St. John's Episcopal Church in the Mountains on Sunday November 12 at 3 p.m. Members promise a program of good fellowship and a fine speaker. All AA's and Alanons welcome.

GRATITUDE MEETING SCHEDULED BY CHARLOTTE AA GROUP NOV.12

The Metrolina A.A. Group of Charlotte, N.C., will hold a "Gratitude Meeting" November 12 at 3 p.m. at the Dilworth Methodist Church, 605 East Boulevard, Charlotte, N.C.

Russ S. of Danville, Va., will be the speaker. The group will provide "all the coffee and tea you can drink and all the good fellowship you want."

Buffet food will be provided by member groups of the Metrolina Intergroup Association.

INTERGROUP CORNER

NEW OFFICERS; JIM D., SEC'T-TREAS. 12½ WALL STREET;
LANNIE O., SEC'T., WEST ASHEVILLE; RALPH M., TREAS. W. ASHE-
VILLE; MARIE G., SEC'T., HENDERSONVILLE.

GENE V.H. was elected PI for the Intergroup Committee at a meeting held in the Parkway Office Bldg. on Oct. 15. ED R. Editor of Mountain Doins was elected alternate.

Intergroup Committee members gave a polite thank you to DIANE M. of TRADITIONAL GROUP who has volunteered to organize and prepare AA Where & When cards for the printer.

Twelve members, representing seven groups, attended the Sept. 17 meeting of Intergroup. Seven members from six groups attended the August 20 meeting.

The Intergroup office handled 60 calls and had 27 visitors during the month of August. Seventy-four persons called the office and 47 visitors were reported in Sept.

GET WELL WISHES TO: THELMA H. is expected to be at St. Joe's for about a month. She's in Rm. 1014. FRANK M., G.S.R. of Brevard is in the local hospital for surgery.

RESENTMENTS

The dictionary gives us about 20 meanings for the word "resentful", even going back to the old Latins who called resentment a "cause of war."

Resentments may be quietly destroying your personal life or your social outlook this very day. The chances are that a lot of us are going through life just loaded down with these inner fermentations and even rankling desires for revenge.

We can be pretty sure of dragging them right into the grave with us unless we begin to drag them out into the sunlight today.

(con't)

RESENTMENTS (con't)

Few problems in our lives demand a more complete mental catharsis than does this thing of resentment.

In a lifetime that is all too burdened with sorrow and suffering, we simply cannot allow ourselves the luxury of intolerance or criticism or however you want to spell out the way resentment attacks your own personal happiness and growth.



ON RECOVERY

Do your best and God or your Higher
Power will do the rest.

*** THAT'S A LOTTA BULL ***

" I don't accept alcoholism as a disease.
I think everyone should have enough discipline
to put the bottle down....." U.S. Airline Exec.



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And then there was the guy commenting on sponsors during a recent meeting at WALL STREET:

" I've had two sponsors and they both got drunk. One told me that if he could get me sober he deserved a good drunk...."

That's all for this month, folks.
Mountain Doins needs your help. Pls
send news notes to Parkway Office Bldg.



HAPPY BIRTHDAY

LATE ANNOUNCEMENTS FOR OCTOBER

CARL Mc E	-- 20th	West Asheville	3 YEARS
LEE H.	-- 13th	TRADITIONAL	3 YEARS
FRANK K.	-- 15th	12½ WALL STREET	15 YEARS

NOVEMBER BIRTHDAYS

DALLAS	4th	SERENITY SERVICE	2 YEARS
HOWARD P.		BLUE RIDGE	30 YEARS
DAN O.		" "	16 YEARS
WOODY O.		" "	14 YEARS
BROOKS S.		" "	1 YEAR
JEAN W.	-- 12th	TRADITIONAL	2 YEARS
MORRIS R.	-- 6th	"	5 YEARS
BARRY O.	-- 17th	"	5 YEARS
BUD T.	-- 4th	W. ASHEVILLE	11 YEARS
NAT A.	-- 8th	HENDERSONVILLE	17 YEARS
FRED E.	-- 30th	"	1 YEAR
PAT H.	-- 12th	VICTORIA RD.	1 YEAR
TOM H.	--	" "	6 YEARS

DECEMBER BIRTHDAYS

STARLING R.	-- 1st	VICTORIA RD.	1 YEAR
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ROAMIN' the MOUNTAINS

KYLE B. has been elected Canton G.S.R. He is also acting chairman of Waynesville.... BILL M. a visitor from Seattle told TRADITIONAL GROUP members of one way to stay sober: " Go to AA every night and don't drink between meetings!"

CAPACITY CROWDS... It was inevitable. It just had to happen. A few Friday nights ago it was standing room only at the TRADITIONAL GROUP. The unofficial count was 67, a new attendance record. DIANE M., TRADITIONAL SEC'T

gave one of the finest talks of the year at the same meeting. MUSTARD SEED also set a new attendance record on Oct. 27th to help NEIL D. celebrate his 8th birthday....

