

# Mountain Doin's

OFFICE  
COPY

NEWSLETTER OF INTERGROUP OF WESTERN NORTH CAROLINA APRIL 1979  
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LIFE IS FRAGILE-----HANDLE WITH PRAYER

By Ed R.

A subject frequently discussed at A.A. closed meetings is depression. What makes one person cheerful and happy, and another person moody, full of anxiety, tension and despair?

The matter depends to some extent on natural temperament, and on experiences of life. These alone, however, do not provide the complete answer. It is possible with earnest effort, to overcome a moody temperament. It is possible also to meet and face up to the trials and tribulations of everyday life.

It can be done by beginning with a simple recipe: Start with a little Faith, add a dash of Hope, and mix well with Charity.

If the problem seems insurmountable, turn it over to your Higher Power, a supreme Being, many prefer to call God. Simply say; "God, (Higher Power), I can't handle it, I know in your goodness and understanding you can."---This is Faith in it's simplest form.

A second virtue is Hope. Hope it has been said, springs eternal, in the human breast. Hope enables us to face the inevitable sorrow of life, with courage and patience.

A third virtue is Charity, perhaps the greatest of all, because it requires us to love our neighbors, regardless of color or creed. In A.A. we should perhaps call it Fraternal Charity, because our lives are so closely intermingled, with those who share the same basic problems of life.

To all the above don't overlook the value of a sense of humor. A sense of Humor is the ability to see contrasts and inconsistencies in life and to be amused by them. A sense of Humor keeps us from taking this passing world too seriously.

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N.B. THIS IS ED R'S LAST ISSUE AS EDITOR OF MOUNTAIN DOIN'S, SINCE HE IS NOW BACK AT BUSINESS AND HIS HOURS WILL NOT LEAVE HIM MUCH FREE TIME. HE PROMISES, HOWEVER, TO HELP IF CALLED UPON, AND WILL CONTINUE TO BE A CONTRIBUTING EDITOR. WE ALL OWE A DEBT OF THANKS TO ED, WHO TOOK OVER IN OUR TIME OF NEED, AND PRODUCED A PAPER THAT WAS ALWAYS INTERESTING, HUMOROUS, AND INFORMATIVE. THANK YOU ED, FROM ALL OF US.

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J.G.H.



DISTRICT 8 MEETING....

On Sunday April 22nd, Cullowhee Valley Group will hold it's First "CAKE AND COFFEE" District 8 Meeting, at the Canturbury House, next to St. David's Episcopal Church, Speedwell Ave, Cullowhee. (Across from Stadium) Time---3 p.m.

Special note-----Oliver A. District 8 Committeeman, has asked that all District 8 G.S.R.s attend this meeting for a very important talk.

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DISTRICT 7 MEETING....

Traditional Group of Asheville, will have another great "EATING MEETING", at Trinity Episcopal Church, Church St. Asheville, on Sunday, May 6th, at 1.30 p.m. The Host Group will provide Meat and Beverages and those attending should bring a covered dish. As usual a good Speaker will give a talk, after the meal. For Good Fellowship and Good A.A. do come.

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SPRING FESTIVAL IN THE MOUNTAINS....

Opening with registration, from 4 p.m. till 7.45 p.m., the Boone A.A. Group, on Friday May 11th, will begin its First Annual Three Day Festival in the Mountains, in cooperation with Area A.A. and Alanon groups, at the Holiday Inn Convention Center. Late registrants, may sign up on Saturday, May 12th, from 9 a.m. to 9.45 a.m. Registration Forms can be obtained from your Group Secretary

The first meeting will be held at 8 p.m. on Friday, May 11th, and the Festival will close, with a 10 a.m. meeting on Sunday, May 13th.

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SOUTH CAROLINA STATE CONVENTION....

The 32nd Annual So. Carolina State Convention will be held at the Carolina Inn, Columbia, S.C. from May 31st to June 3rd, 1979. The Theme of the Convention is Faith and Fellowship, and many good speakers are scheduled to speak there. Check with your Group Secretary for further information.

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THANK YOU.....

Perhaps many of us have been unaware, that ever since we have had Where & When cards, they have been donated free of charge by one of our members, Dot G. of Fletcher, through her company, "Gilbert Printing". There have been some business changes made and Dot is no longer able to donate the Cards. Therefore from now on we will have to pay for them. Intergroup and all of us owe Dot a hearty Thank You, and wish her Many Happy 24 Hours.

N.B. Permission to use her name has been granted.

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GET WELL WISHES TO....

Daisy S. of Victoria Group, Louise Mc. of Madison County Group, Andrew G. of Serenity Service, Asheville, Oliver A. Waynesville. and all of our members who have been recently or are now on the Sick List. We wish all of you a Speedy Recovery.

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Change of Address....

Bakersville Serenity Group have moved to another meeting place. Their new address is:-The Old Ledger Elementary School, now serving as Headquarters for the Mitchell Co. Brd. of Education. It is located right behind the Mitchell Co Ambulance Service, which is on State Hwy.226 They will still meet on Mondays at 8 p.m., and Alanon will be there also.

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A MESSAGE FOR ALL

Don O. of Fletcher found the following in the Magazine, "Naval Affairs". Having read the message in it he decided to share it with us.....

"The Member Who Never Came Back"

It amuses me now to think that your organization spends so much time looking for new members---when I was there all the time. Do you remember me?-----I'm the fellow who came to every meeting, but nobody paid any attention to me.

I tried several times to be friendly, but everyone seemed to have his or her own friends, to talk with and sit with. I sat down among some unfamiliar faces several times, but they didn't pay any attention to me.

I hoped somebody would ask me to join one of the committees or to somehow participate and contribute,---But nobody did.

Finally because of illness, I missed a meeting. No one asked me at the next meeting, 'where I had been'. I guess it didn't matter very much whether I was there or not. On the next meeting night I decided to stay home and watch a good television program. When I attended the next meeting, no one asked me where I had been the month before.

You might say that I'm a good guy, a good family man, that I hold a responsible job, and love my community.

You know who else I am?---I'm the member who never came back.

John S. Swift Company Inc.

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ALWAYS REMEMBER TO FORGET  
THE TROUBLES THAT PASS AWAY  
BUT NEVER FORGET TO REMEMBER  
THE BLESSINGS THAT COME EACH DAY

J.G.H.







HAPPY BIRTHDAY \*

MAY 1979

DICK W.	HENDERSONVILLE	32 YEARS
GENE G.	BLUE RIDGE	14 "
FRANKIE S.	" "	13 "
BILL M.	WAYNESVILLE	9 "
2nd HUGH C.	FLETCHER	7 "
JANE P.	BLUE RIDGE	4 "
JIM L.	VICTORIA	3 "
HOWARD M.	EREVARD	2 *
NEWMAN J.	CHEROKEE	2 "
DAVID R.	FIRST STEP	2 "
19th FRED M.	BAKERSVILLE	1 "
" Johnny L.	"	1 "

\* As reported to Intergroup Office at Press Time.  
Congratulations and Best Wishes to all.

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INTERGROUP CORNER

An excellent job was done by , and a lot of hard work and research went into the composing of the new By-Laws Revisions.

The Task Force who undertook this project had no easy job and it deserves the attention and recognition of every group in Districts 7 & 8.

Sally F. of Fletcher, and her able Committee should be given a vote of thanks for their work on our behalf.

Voting on these revisions will take place at the Intergroup Representatives Meeting to be held on April 22nd, Sunday, at 3 p.m.

Make sure your Representative votes as you wish, by studying and discussing the copy your secretary has received in the mail. It is the responsibility of every secretary to read the mail to their group, and to let each person read it, who wishes to do so. This does affect A.A. as a whole, according to our Traditions.

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N.B. DUE TO LACK OF SPACE MARCH INTERGROUP PROGRESS REPORT WILL BE HELD OVER TILL NEXT MONTH.

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