

OCTOBER
1979

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

REMINDER:

Don't forget the "Open House" meeting of your Intergroup Sunday, October 7, 1979, from 2 to 5 p.m. at the Intergroup office, 107 Parkway Office Bldg., Asheville, N. C. All interested in AA, Al-Anon and Al-Ateen along with their families are invited. You will meet the people who devote their time and service to this phase of your group and they will explain the services rendered. We will be expecting to see you there.

AA

NEW GROUP:

It has been brought to our attention that a new group has been formed called the 11th Step Group. This group meets on Saturday nights at 12½ Wall Street in downtown Asheville. All who can give support because this is the way AA grows.

AA

ANNOUNCEMENTS:

Should another AA group wish to form, the Mustard Seed Club does not use their meeting room on Tuesday, Wednesday, or Thursday nights. Please note that this is not a promotion, but only a helping hand to any new group that does not have or cannot find a meeting place.

AA



Send your favorite stories, quips, and news clips

Announcements cont'd:

The Newland, N. C. Group of Alcoholics Anonymous is sponsoring a fall retreat in the mountains. They have the facilities at Sugar Mountain Ski Resort in Banner Elk, N. C. reserved for the 17th through the 21st of October. For further information write, P. O. Box 93, Newland, N. C., 28657 or phone 704-733-9236.

We are happy to announce that the Cullowhee Valley Group was one year old in August of this year. This group meets every Wednesday night at Canterbury House next to the St. Davids Episcopal Church in Cullowhee, N.C.

AA

Black Mountain Big Book Group will celebrate it's 2nd anniversary October 15th and from all of us to all of you, may there be many more.

AA

Those of you that were unable to attend the District Meeting sponsored by the Blue Ridge Group September 16, missed one of the best meetings of the times. Fellowship (unsurpassed), food (finger-licking good), and one of the most inspiring and touching speakers (Dr. Conway H.) from Atlanta, Ga. Everyone departed, I am sure, with a feeling of more gratitude and dedication to our fellowship.

AA

CONTRIBUTIONS:

Groups - Hendersonville, Brevard, Victoria, West Asheville, Last Resort (Franklin), Fletcher, Traditional, Waynesville, Sylva, Blue Ridge, and 12th. Step Study Group.

Individuals - Ed D., Jim B., Neil D., Cecil D.

A LITTLE WISDOM:

What joy of living becomes ours when we are able to forget the things that are behind us and prepare for the future by living in the present, one day at a time.

AA

The greatest thing about the future is, that it only comes one day at a time. (A. Lincoln)

Positively Negative

WE CAN BE positive that our drinking was negative. We drank for happiness and became unhappy. We drank for joy and became miserable. We drank to be outgoing and became self-centered. We drank for sociability and became argumentative.

We drank for sophistication and became crude and obnoxious. We drank for friendship and made enemies. We drank to soften sorrow and wallowed in self-pity. We drank for sleep and awakened without rest.

We drank for strength and felt weak. We drank for sex drive and lost our potency. We drank "medicinally" and acquired health problems. We drank because the job called for it and lost the job.



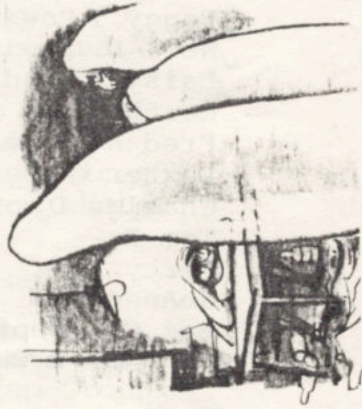
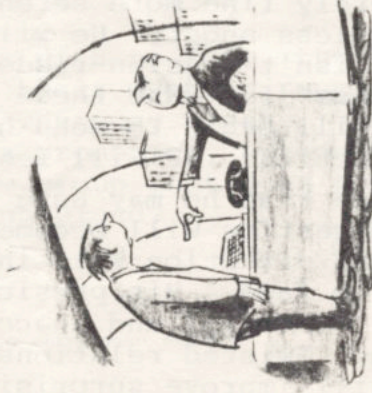
We drank for relaxation and got the shakes. We drank for confidence and became uncertain. We drank for bravery and became afraid. We drank for certainty and became doubtful.

We drank to stimulate thought and blacked out. We drank to make conversation easier and slurred our speech. We drank for warmth and lost our cool. We drank for coolness and lost our warmth.

We drank to feel heavenly and knew hell. We drank to forget and were haunted. We drank for freedom and became slaves. We drank for power and were powerless. We drank to erase problems and saw them multiply. We drank to cope with life and invited death, or worse.

Dick H., Hinsdale, Ill.

GRAPEVINE APR. 1973





HAPPY BIRTHDAY

HAPPY BIRTHDAY GROUP

OCTOBER	GROUP	YEARS
✓ Russ B.	Traditional	8
✓ Peggy T.	Traditional	4 5
✓ Neil D.	Victoria	9
✓ Daisy S.	Victoria	4
Martha G.	Victoria	2
Fred H.	Haw Creek	<u>15</u>
Lester G.	Sylva	2
Charles D.	Sylva	12
Tom B.	Sylva	2
Percy P.	Sylva	13
JoAnne A.	Hendersonville	2
Bud C. (Sept.)	Hendersonville	2

That's what I call 75 years of gracious living.

AA

RESULT OF PRAYER

As a doubter tries the process of prayer, he should begin to add up the results. If he persists, he will almost surely find more serenity, more tolerance, less fear, and less anger. He will acquire quiet courage, the kind that isn't tension-ridden. He can look at "failure" and "success" for what these really are. Problems and calamity will begin to mean his instruction instead of his destruction. He will feel freer and saner.

The idea that he may have been hypnotizing himself by autosuggestion will become laughable. His sense of purpose and direction will increase. His anxieties will commence to fade. His physical health will be likely to improve. Wonderful and unaccountable things will start to happen. Twisted relations in his family and on the outside will improve surprisingly.

Grapevine June, 1958