



MAY
1980

NEWSLETTER OF INTERGROUP OF WESTERN NORTH
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EVENTS, EVENTS, EVENTS!

1st. A great big district meeting to be held jointly by Traditional and West Asheville groups. The place is Trinity Episcopal Church on Church Street, Asheville, N.C. The time and date - Sunday May 4, 1980 beginning at 1:30 PM (eating) and 2:30 PM (Speaking). You are requested to bring a covered dish and join in the very best of fellowship.

AA

2nd. GSR Assembly to be held in Winston-Salem, N.C., May 17 and 18, 1980. All GSR'S and Alternates are urged to attend this meeting. This is a service that all groups are entitled to and makes for a broader understanding of the obligations, we as a group, should assume. Arrange your schedule so as to attend. You will enjoy it.

AA

3rd. We have mentioned before concerning the district meeting that will be held in Tryon. To repeat - this meeting will be held in the Tryon Presbyterian Church Sunday, June 15, 1980. Eating will begin at 1:30 PM and a speaker at 2:30 PM. We urge everyone to make a special effort to attend this meeting. Please bring a covered dish and join in the fellowship with our friends to the east.

AA

4th. Victoria group and the Mustard Seed Club will celebrate their 10th anniversary Sunday, July 27, 1980. This is to be an all day event with one or more speakers. The assembly will be held in the dining room now being used by the Stone Soup Restaurant in the Allen Center, 331 College Street, Asheville, N.C. This will be a great opportunity to see old friends that have become associated with other groups and services. Please bring a covered dish and enjoy the fellowship that only an occasion like this can generate.

THE SPRING REUNION

Will be held at the Black Mountain Alcoholic Rehabilitation Center on May 18, 1980, beginning at 10:00 AM. All former patients, their families and AA friends are invited to attend. It is requested that individual groups send reservations for the number planning to eat lunch from their group. Please send your request to Mrs. Opal Grove, Aftercare Coordinator. ARC., P.O. Box 1441, Black Mountain, N.C. 28711. Hope you will be there.

AA

G.S.R. MEETING will be held Sunday April 27, 1980, 2:00 PM at Trinity Episcopal Church, Church Street, Asheville, N.C. Please, all G.S.R.'s plan to attend. Also all alternates are expected to attend.

AA

COLOR ME ALKY!

Alcoholics' perceptions of things are not the same as other peoples' so they don't understand you. Things look different. The things that affect me in my life were measured by colors of situations. The color of "What are they doing to me?" The color of "What did he mean by that?" The color of "She's using me." The color of "They're against me." The color of "Why are they rejecting me?" The color of "I'll show them!" The color of "How did I get into this stinking lousy situation with these stinking lousy people, while everybody else has got something going for them?"

These are not misconceptions caused by drinking; they are misconceptions cured by drinking. That's what alcoholism is. It isn't what alcoholism does to you that makes you an alcoholic. It's something much more subliminal. You measure an alcoholic by what alcohol does for you. It does something special for people like you and me that it doesn't do for something like 93% of the population.

And what's the point of A.A.? To get you sober? Getting sober is but the doorway to A.A. The purpose of Alcoholics Anonymous and its Steps and its sponsors and its subordination of your will and its giving up of your judgements in moments of crisis -- these things are designed for one purpose: gradually to alter your perceptions of the color of reality, to change the world without anything changing -- something alcohol can do in five minutes. (Thanks to Clancy I., Venice, Calif., 13th Tar Heel Mid-Winter Conference, Winston-Salem, N.C. Jan. 11-12-13, 1980)

AA

Please note: Pass this around in your group so that all can share in these activities!!

Einstein was a subject of this story that illustrates his thinking. When he was 70 and living in Princeton, an ordained Rabbi had written explaining that he had sought in vain to comfort his 19-year-old daughter over the death of her sister, "a sinless, beautiful, 16-year-old child." The surviving daughter found no comfort "based on traditional religious grounds," the Rabbi said, but had told her mother that perhaps a scientist could help.

Einstein wrote in reply:

"A human being is a part of the whole, called by us 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness.

"This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty.

"Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security."

Lord help me to remember that nothing is going to happen to me today that You and I together can't handle.

John S. Swift Co., Inc.

DRINK AT YOUR OWN RISK

From the Manchester Union Leader

How do they handle the problem of the drinking driver in other countries? Read on.

AUSTRALIA - The names of drivers are sent to the local newspapers and are printed under the heading, HE'S DRUNK AND IN JAIL.

TURKEY - Drunk drivers are taken 20 miles from town by police and forced to walk back . . . under escort.

MALAYA - The driver is jailed, if he's married, his wife goes to jail too.
FINLAND, ENGLAND AND SWEDEN - Drunk drivers receive an automatic jail term of approximately one year.
SOUTH AFRICA - The drunk driver is given a ten-year sentence, a fine of \$10,000 or both.
SAN SALVADOR - Drunk drivers are executed by firing squads.
BULGARIA - A second operating-under-the-influence conviction is your last, because the sentence for a second offense is execution.

THE DARKEST HOUR has only 60 minutes.
—Morris Mandel in Jewish Press

Boss: "Do you know what the motto of our firm is?"
New employee: "Sure, it's 'Push'."
Boss: "What gave you that idea?"
New employee: "I saw it on the door when I came in."

Man: "I'm in a hurry. Will the pancakes be long?"
Waiter: "No, sir. They'll be round."
Sunshine Magazine

The Price of Friends

How are you fixed for friends? Wise old Samuel Johnson said that "If a man does not make new friends as he advances through life he will soon find himself alone." And, he warned, "A man should keep his friendships in constant repair."
All too many of us fall down on this "repair" business. We rely on a Christmas card once a year to take the place of the letters we planned to write. And all too often the letters we receive from our friends wind up in a "to-answer" folder, while the weeks slip by into months. The trouble is we think we will wait until we have time to write somebody a "real" letter. Short notes accompanying clippings of mutual interest, amusing cartoons, shared funny stories, and snapshots often can do more to keep friendships in repair than those "real" letters we plan to write. People don't forget friends they hear from frequently.

Michael R. Poll
Faith is a science that can be proven only in the heart.

The Little Gazette



HAPPY BIRTHDAY

MAY	GROUP	YEARS
Howard McC.	Brevard	3
Bob H.	Brevard	7
Pauline H.	W. Asheville	3
Margaret B.	W. Asheville	5
Hugh H.	Traditional	2
Ginnie S.	Traditional	2
Dick W.	Hendersonville	33
Gen G.	Blue Ridge	15
Frankie S.	Blue Ridge	14
Jane P.	Blue Ridge	5
Judie V.	Blue Ridge	3
Jim L.	Victoria	4
Mariam K.	Victoria	1
David. R.	First Step	3
Newman J.	Cherokee	3
Fred M.	Bakersville	2
Johnny L.	Bakersville	2
Gene VanH.	Canton	7
Hugh C.	Fletcher	9
Nancy W.	Sylva	9



This is an average of 6.6 yrs. per person. We know that this has been some good living.



YOU DONE IT AGAIN!

One night a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes of his life. For each scene he noticed two sets of footprints in the sand. One belonging to him and the other to the Lord.

When the last scene had flashed before him, he looked back at the footprints and noticed that many times along the way there was only one set of footprints in the sand. He also noticed that this happened during the lowest and saddest times in his life. This really bother'd him and he questioned the Lord. "Lord, You said, That once I decided to follow You, You would walk all the way with me, but I noticed that during the most troublesome times of my life, there was only one set of footprints, I don't understand why, when I needed You most, You deserted me."

The Lord replied, "My precious child, I love you and I would never leave you. During your times of trial and suffering when you see only one set of footprints, it was then that I carried you."