



JUNE
1980

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

REMINDER OF UPCOMING EVENTS AND HAPPENINGS

Don't forget to pack your little (or big) covered dish and hop on down to Tryon for the District Meeting June 15, 1980. We are gonna eat at 1:30 P.M. and Claude C. will tell us about it around 2:30 P.M. We won't be able to remind you again before the meeting so it is suggested that you make a big red note on your calendar.

AA

And too, Fletcher-Haw Creek District Meeting at East Asheville Community Center July 13, 1980 eating at 1:30 P.M. and our Speaker will be David J. from Sunset Beach, North Carolina at about 2:30 P.M. Again bring your covered dish and have a great outing of fellowship and sharing.

AA

Another reminder - Victoria group and Mustard Seed Club will combine for an all day event Sunday, July 27, 1980 at the Allen Center, 331 College Street, Asheville, N.C. There will be speakers, much fellowship and food and you are requested to bring a covered dish.

AA

Black Mountain Big Book group has moved to St. James Episcopal Church located Vance Avenue, Black Mountain, N.C.

AA

12:30 P. M. MEETINGS

Monday and Friday -- Allen Center, 331 College Street

Tuesday, Wednesday, Thursday -- 12½ Wall Street

Wednesday -- The Hope Group (for women only) in the Allen Center, 331 College Street

AA

Not listed on your "Where and When" card is the Beginner's group held Thursdays at 8 P.M. at the Flynn Home for men located at 182 Cumberland Avenue.

The Art of Happiness

You can't pursue happiness and catch it. Happiness comes upon you unawares while you are helping others. The philosophy of happiness is pointedly expressed in the old Hindu proverb, which reads: "Help thy brother's boat across, and lo! thine own has reached the shore." ☆ Happiness does not depend upon a full pocketbook, but upon a mind full of rich thoughts and a heart full of rich emotions. ☆ Happiness does not depend upon what happens outside of you but on what happens inside of you; it is measured by the spirit in which you meet the problems of life. ☆ Happiness is a state of mind. Lincoln once said: "We are as happy as we make up our minds to be." ☆ Happiness does not come from doing easy work but from the after-glow of satisfaction that comes after the achievement of a difficult task that demanded our best. ☆ Happiness grows out of harmonious relationships with others, based on attitudes of good will, tolerance, understanding and love. ☆ Happiness is found in little things: a baby's smile, a letter from a friend, the song of a bird, a light in the window. ☆ The master secret of happiness is to meet the challenge of each new day with the serene faith that: "All things work together for good to them that love God."

Asheville Police Department — Youth Bureau

DOES THIS FIT ME?

1. More efficient perception of reality and more comfortable relations with it. The self-actualized person is capable of tolerating uncertainty and ambiguity.
2. Acceptance of others and self. He accepts himself as he is and is not defensive or apologetic; nor is he intolerant of others because they do not conform to his views.
3. Spontaneity. Self-actualizers are spontaneous in thoughts and behavior.
4. Problem centering. The self-actualized person concerns himself with problems outside of himself.
5. Detachment and a need for privacy. Although he enjoys others, his need for privacy and solitude is important for him.
6. Autonomy, independence of culture and environment. He is relatively uninfluenced by local customs.
7. Continued freshness of appreciation. There is an almost childlike appreciation of life and its daily challenges.
8. Mystic experience. The self-actualizer, more often than others, has experiences in which he feels more powerful and more helpless than ever before. The more he learns, the more he realizes how little he knows.
9. Social interest. He shows an interest in others and can identify with another's problems.
10. Interpersonal relations. The self-actualizer does not bear long-lasting grudges, and his relationships with others are deep and meaningful.
11. Democratic character structure. He respects others regardless of race, creed, or upbringing.
12. Discrimination between means and ends. The self-actualizer enjoys his work. He does not work only for a paycheck.
13. Sense of humor. It is spontaneous and philosophical.
14. Creativeness. He is given to expressiveness and perceptiveness in everyday life.
15. Nonconformity. The self-actualizer does not purposely swim against the tide, but is always open to new experiences. These 15 characteristics were derived from a study of 47 "successful" people of the past by Abraham Maslow.

FINANCIAL NEWS

CONTRIBUTIONS:

Groups - Serenity (Bakersville), Hendersonville, Brevard, Fletcher, Madison County, West Asheville, Traditional, Blue Ridge, Victoria. This is a total eight groups out of a total of 32 groups in Districts 7 and 8.

Individuals - Anne S., Jim D., Ed D., Mary C., Mildred G. and Gene M.

We had a total income of \$360.76 and disbursed \$441.05 Good thing that we had a little left over from April.

AA

While you think over above, here is something to watch for when filling out questionnaires.

A business man pondered over a Federal Government Questionnaire that asked, "How many employees do you have, broken down by sex?"

After thinking for a while, he finally answered, "Not one that I know of. Our main problem here is alcohol."

AA

A town doctor was in bed when his phone rang and an excited voice told him that the baby had swallowed a corkscrew. The doctor was about to leave for the address that was given to him when his phone rang again.

The same voice on the line said: "It's all right now, doctor. We've found another corkscrew."

The Bagpipe

An Army personnel clerk received a document in the ordinary course of business, initialed it, and passed it on to the officer for whom it was intended. It promptly came back with a note reading, "This document did not concern you. Please erase your initials and initial your erasure."

Masonic Mercury



IF IN THE LAST FEW YEARS you haven't discarded a major opinion or acquired a new one, check your pulse. You may be dead.

-Gelett Burgess



HAPPY BIRTHDAY

JUNE	GROUP	YEARS
Joe D.	Hendersonville	5
Dan R.	Brevard	19
Eva S.	Brevard	2
Jim W.	Franklin Serenity	4
Bill P.	Cullowhee	2
Johnny C.	Haw Creek	7
Clyde H.	West Asheville	5
Larry W.	West Asheville	2
Ed R.	Traditional	5
Wilma G.	Traditional	3
Margaret P.	Serenity Service	4
Adelaide G.	Serenity Service	14
Forest M.	Canton	1
Cindy P.	Canton	1
Dorothy L.	Fletcher	20
LeRoy B.	Victoria	5
Jim P.	Victoria	8
Bob V.	Victoria	1
Betty P.	Bakersville (May)	1
Sid K.	?	2



This is as complete a list available at this time and if there should be any errors or omissions, the only way we can correct them is for someone in the group to inform us to this fact.

AA

NOTE:

A female AA member has a double room reserved at the Fairmont Hotel in New Orleans for the International Convention July 3-6, 1980. A lady interested in sharing this room, please call Intergroup office - 254-8539.



Send your favorite stories, quips, and news clips

BRING IDEAS in and entertain them royally, for one of them may be the king.

-Mark Van Doren

And how about these beautiful sentiments:

MORNING PRAYER

Thank you, Lord, for last night's sleep;
Through this day my spirit keep.
Guide my thinking hour by hour,
Always conscious of thy power.
Sanctify me when I pray;
Keep me sober for today.
Thank you, Father, for my life;
Guard me from resentment's strife.
Help me keep in touch with Thee;
From fear and doubting set me free.
Thank you for the urge to pray;
Keep me, Lord, just for today.
Thank you for the love I know
Of all my dear ones, friends, and so.
Keep conscious of my debt to Thee,
And thank you for your love to me.
Help me help others, Lord, I pray;
And strengthen me, just for today.

(Printed in HERE'S HOW from the AA Tendril,
Dersley, South Africa)

THE SECRET

I met God in the morning
When my day was at its best,
And His Presence came like sunrise;
Like a Glory in my breast

All day long the Presence lingered,
All day long He stayed with me,
And we sailed in perfect calmness
O'er a very troubled sea.
So I think I know the secret,
Learned from many a troubled way:
You must seek Him in the morning
If you want Him through the day.



INTERVENTION, ANYONE?

Many people have misgivings about intervention, mainly because they don't understand it. They think it is a new idea, or that there is only one way to do it. In reality, intervention is not a new concept at all, and there are many ways to apply it. For example, one of the earliest practitioners of intervention was Bill W., one of the co-founders of A.A. Early in his efforts to help others to achieve sobriety, he learned, from Dr. Silkworth, that he must first convince the alcoholic of the hopelessness of his disease, then offer a solution. Using his own experience, Bill confronted other alcoholics with the facts of alcoholism. Through the process of identification, their walls of self-delusion began to crumble. This being done, they became motivated to seek help.

This process, used by Bill, is one of the simplest and most effective forms of intervention. Concerning this process, Bill was later to write, "We know that the newcomer has to 'hit bottom'; otherwise, not much can happen. Because we are drunks who understand him, we can use at depth the nutcracker of the obsession-plus-the-allergy as a tool of such power that it can shatter his ego. Only thus can he be convinced that on his own unaided resources he has little or no chance."

Since many of those who have honest doubts about intervention are A.A. members who insist on the necessity of "hitting bottom", they should be less doubtful when they realize that the early members of Alcoholics Anonymous practiced intervention constantly. These early members knew that "hitting bottom" was necessary, but they also understood that "bottom" was a state of being, and that an alcoholic could be helped to reach "bottom" by the presentation of straight facts. So, they sought out alcoholics wherever they could find them, subjected them to the light of truth, and by this process made holes in their defense systems, thus bringing them closer to the "bottom" and motivating them to seek help.

The intervention technique used by Bill and other early Alcoholics Anonymous members is utterly simple, yet it contains the basic elements common to all forms of intervention. These elements are:

1. Making an attempt to breach the walls of self-delusion which surround the alcoholic through the presentation of unembellished facts about his condition and his behavior;
2. Motivating the alcoholic, through the presentation of these facts, to seek help. (Thanks to Charlotte Treatment Center News)

- AA -

"Alcohol comes in bottles; alcoholism comes in people."
(Thanks to The Story)

- AA -

Lest we forget: AAs are not out to dry up the world. As alcoholics we were sick people. Most people can take their whisky or leave it alone. These people don't need AA and never will. Why not confine ourselves to living the 12 Steps each day to the best of our ability, and extending a helping hand to those who find that they, too, are powerless over alcohol and whose lives have become unmanageable. (Thanks to "Here's How", Chicago)

- AA -

The logic of the sequence: The first three steps are aimed at the attainment of intellectual humility; the next six are designed to effect a mental and spiritual housecleaning and a polishing of conscience; the last three are the fundamentals of the way of life that leads to sobriety. (Thanks to "Here's How", Chicago)

