



MOUNTAIN DOGS

JULY
1980

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

REMINDER OF UPCOMING EVENTS!

July 12, 1980 - Intercity meeting at Alexander County Fairgrounds 2½ miles south of Taylorsville, N.C. - Hwy 16---Eating at 6:30 P.M. Meeting at 8:00 P.M. (Dave C. of Raleigh-speaker.) If you are in that area be sure and drop in, but take a well filled picnic basket.

July 13, 1980 - This is it! Haw Creek and Fletcher will combine their efforts to host the District 7 eating meeting at the East Asheville Community Center located on Highway 70 east of Highway Patrol Station. We will eat at 1:30 P.M. and Dave J. will speak at about 2:30 P.M. Please bring a covered dish and join in the fun and fellowship. We're sure that you will feel better for having been there. Make your plans now!

July 18,19,20, 1980 - 33rd Annual North Carolina State Convention Headquarters Hotel - Winston-Salem Hyatt House, Winston-Salem, N.C. There will be 5 speakers, free coffee, dancing and more. If you have never attended a state convention, you have missed seeing AA in action.

July 27, 1980 - Victoria-Mustard Seed Club all day 10-year anniversary celebration. Bring your covered dish and enjoy the speakers, fellowship and a general good time. (Mark your calendar.) The place is the Allen Center located at 331 College Street, Asheville, N.C. Attend the AA meeting at 11 A.M. also.

NOTE: Those of you who missed the meeting last month in Tryon also missed a great chance of wonderful fellowship, good food and all the other good things that go with a District Meeting. Thanks to all the people of the Tryon group who made our visit a pleasant and memorable event.

NOW, if you should have some time other than the above, try visiting another group somewhere. You'll like it!

T O D A Y

Our Father, which art in Heaven, I thank you for this day. I am powerless over alcohol, and through A.A. I do believe you can restore me to sanity.

I would like to turn over to you my drinking problem, as well as my will and my life, as I am unable to handle them.

My character has many defects. Among the most serious: envy, pride, greed, lust, gluttony, anger, laziness. I wish to be rid of them, but I am not able to do so by myself and ask that you help me.

Many I have hurt through my drinking, and I am mindful of these people today and stand ready to make amends this day if it should be Your will for me.

If through my fault I should offend anyone today, I shall make amends promptly.

I need no longer walk alone, for A.A. and you, my God, are every moment mine, and my need is but one: to have knowledge of Your will for me and the power with which to carry it out.

If You should choose to help another alcoholic through me, I will be grateful, as I wish to share my sobriety, which is a gift this day, and I hope to love my fellowman unselfishly, for love is delight in another's well-being.

Fear and remorse need not be my companions, but faith and hope shall take their place this day.

(Thanks to "HERE'S HOW" -- Chicago)

AA

H O W T O B E U N H A P P Y

1. Forget the many good things in life that you have and over-emphasize the few things you lack.
2. Believe that money is more important than it actually is.
3. Convince yourself you're indispensable.
4. Think you have too much to do.
5. Believe you are exceptional or entitled to special privilege.
6. Forget that a sense of responsibility is essential to a democratic society.
7. Believe you can control your automatic nervous system by reason or will.
8. Forget others.
9. Cultivate a pessimistic outlook.
10. Feel sorry for yourself.

(Thanks to "Texaco Topics")

AA

SOME THOUGHTS LEFT US BY THE LATE ARCHBISHOP FULTON J. SHEEN

"It is not enough merely to have an intellectual understanding of another man's difficulty; we need to go a little farther to feel it as our own burden."

"Courtesy has its roots in saintliness; that is why sometimes one will find it in the most unlettered and uneducated."

"There are no plains in the spiritual life; we are either going uphill or coming down."

"If you want to know about God, there is only one way to do it: get down on your knees."

TRUE FRIENDSHIP is a plant of slow growth.

A psychiatrist advised his timid little patient to assert himself. "Don't let your wife bully you. Go home and show her who's boss."

The patient went home, slammed the door loudly and roughly seized his wife. "From now on," he snarled in his best Little Caesar manner, "You're taking orders from Me, See? You're gonna make my supper this minute and when it's on the table you're going up to lay out my clothes, see? Tonight I'm going out in town alone—and do you know who's goin' to dress me in my tuxedo and black tie?"

"You bet I do," was her answer, "THE UNDERTAKER."

The Kleinknecht Encyclopedia

—George Washington





HAPPY BIRTHDAY

JULY	GROUP	YEARS
Anne S.	Victoria	24
Curry W.	Victoria	1
Sandy K.	Victoria	6
Fred R.	Blue Ridge	6
Charlie P.	Blue Ridge	1
Gertrude H.	Blue Ridge	1
Pete G.	Traditional	9
Edna J.	Traditional	9
Kyle B.	Canton	2
Ed W.	Sylva	10
Bud M.	Cullowhee	1
Andrew G.	Wall Street	10
Jerry D. (June)	Big Brook	6



Note: About the only time we really hear from out your way is when we leave someone out or make the mistake of putting someone in when it's wrong. Well, we just "take it easy" and hope that someday all the correct news will get to us in time to be included in the next newsletter.

AA

Note: A new group has been started in Cashiers, N.C. This group meets above the library in the Community Center on Friday night at 8 P.M. and is a closed meeting. This group will be active until October. If you have a chance to be in Cashiers on a Friday night, drop in and I'm sure you will receive a cordial welcome.

AA

"Sarge" H. has been in and out of the hospital and is, at present writing, in St. Joseph. He greatly appreciates telephone calls from his many AA friends. Take time out and give him a call or go by and see him.

AA

NEXT INTERGROUP MEETING SUNDAY, JULY 20th at 3:00 P.M.
 PARKWAY OFFICE BUILDING, ASHEVILLE, N.C.

To succeed—do the best you can, where you are, with what you have.

Harry C. Mabry



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