



SEPTEMBER
1980

NEWSLETTER OF INTERGROUP OF WESTERN NORTH
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UP-COMING EVENTS

BLUE RIDGE GROUP District meeting Sunday, September 21, 1980 at St. John's Episcopal Church in Flat Rock, N.C. Eating at 1:30 PM and at or about 2:30 PM. We will have Minnie O'D of Spartanburg, S.C. speaking to us. You are asked to bring a covered dish or you can bring a dish uncovered if you will protect it from harm. Please mark this date on your calendar and plan to enjoy all the good fellowship that goes with a meeting like this.

AA

FELLOWSHIP BY THE SEA October 9,10,11,12, 1980 at Myrtle Beach, S.C. This is always a great meeting and you are invited to come and enjoy the fellowship along with a few days at the beach.

AA

SYLVA GROUP October 19th will be the 20th Anniversary of this group and they are going to celebrate this occasion at their regular meeting October 20, 1980. Just remember 20th on the 19th.

AA

HENDERSONVILLE-BREVARD Will co-host the October 25, 1980 District Meeting which will be held in the Brevard Presbyterian Church on East Main Street. This will be an eating meeting and you are asked to bring a covered dish as usual. Eating is at the usual hour of 1:30 PM and speaking at 2:30 PM. (Speaker to be announced later.) Please make a note of these happenings and be there.

AA

THE PROBLEM DRINKER in this tale also got involved in the matter of time. He was sneaking up the stairs after a night on the town when suddenly the grandfather clock blew its stack and struck sixteen times.

Stumbling into the bedroom, the fellow shook his wife's shoulder urgently. "Wake up!" he cried. "Something's wrong! It's later right now than it's ever been before!"



Founder of National Council on Alcoholism Dies at 75

Marty Mann Was the First to Open Ranks of AA to Other Women

Marty Mann remembered hearing King Edward VIII's abdication speech in 1936 when she was aboard the Queen Mary en route from Southampton to New York.

She remembered it well, she told an interviewer in 1973, because it was ALL she was able to recall of the four-day trip.

When she arrived in New York she had to be carried ashore. She was drunk.

The woman who opened the ranks of Alcoholics Anonymous to other women and founded the National Council on Alcoholism died July 22 of a massive cerebral hemorrhage in Bridgeport, Conn.

41 Years Without Drink

She was 75 and had taken her last drink 41 years ago, three years after her transatlantic blackout.

An eloquent speaker, Mrs. Mann traveled throughout the world to promote a public understanding of alcoholism. Until her health began to fail in recent years she had averaged 200 lectures annually in such far-off places as New Zealand and South Africa.

Her last public appearance was July 5 at the 45th-anniversary convention of Alcoholics Anonymous in New Orleans.

A writer for fashion houses and a radio script writer in the 1930s, by 1936 she had become research director for the American Society of Composers, Authors and Publishers (ASCAP).

Four-Year Gap in Career

But shortly after, she recalled in a speech on alcoholism before the South Carolina House of Representatives in 1946, she had a four-year hiatus in her career.



Marty Mann testifying before Senate subcommittee in 1969.

AP photo

From 1936 to 1939 she was out of work because she "couldn't control" her drinking. It was during that period that she met William G. (Bill) Wilson, co-founder of Alcoholics Anonymous.

AA then was an all-male organization of recovering alcoholics who, through each other's help, carved out a program that is today considered the most successful avenue toward sobriety.

She is believed to have been the first woman in recent times to publicly proclaim her alcoholism ("I made a speech to the Maine PTA

and the gasps shook the walls".)

That was shortly after she founded the National Council on Alcoholism in 1944, an organization that came out of meetings with Dr. Elvin Jellinek of the Yale School of Alcohol studies.

Jellinek offered to sponsor the group, which adopted three tenets.

1—Alcoholism is a disease and the alcoholic a sick person;

2—The alcoholic can be helped and is worth helping;

3—Alcoholism is a public health problem and therefore a public responsibility.

Twelve committees were set up in 1945 in various parts of the United States. Today 20 such national committees and 220 affiliated groups serve as information centers on research developments and provide referrals into treatment programs.

Mrs. Mann, who died July 22, still considered AA the best long-term way to recovery.

Author of two books, "New Primer on Alcoholism" (which has been translated into Spanish, Japanese, Finnish and Afrikaans) and "Marty Mann Answers Your Questions About Drinking and Alcoholism," she said throughout her life that her own recovery was "proof positive" that the battle against alcohol could be won.

"But it is never easy."

OUR FAULTS irritate us most

when we see them in others.

—Pennsylvania Dutch proverb

WE OFTEN PARDON those who bore us,

but we cannot pardon those whom we bore.

—La Rochefoucauld

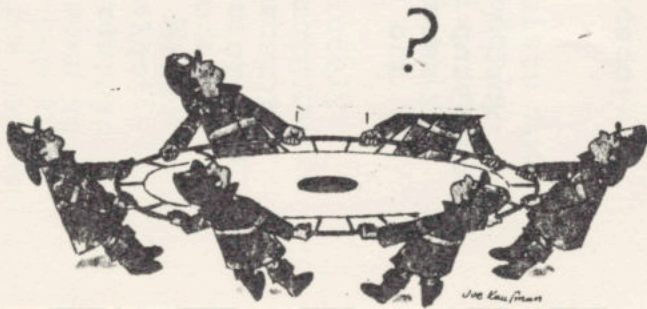
HERE IS SO much good in the worst of us and so much bad in the best of us, it's rather hard to tell which of us ought to reform the rest of us.

—Springdale, Conn., Today, quoted in Personnel Journal

A LITTLE KINDNESS from person to person is better than a vast love for all humankind.

—Richard Dehmel, quoted in Die Weltwoche, Switzerland

I Know That
You Believe You
Understand What
You Think I Said,
But
I Am Not Sure
You Realize That
What You Heard
Is Not
What I Meant!



The small railroad was famous for its inability to keep to the published schedule. One morning when the 6 o'clock train pulled into the station at exactly 6 o'clock, a frequent passenger approached the engineer. "Have a cigar!" he shouted. "I've been riding this train for 20 years and this is the first time I've seen one of the trains arrive on time!"

"Sorry, friend," said the engineer sadly, as he handed back the cigar, "but this is yesterday's train."

Sunshine Magazine



PAYING

A.A. Gaining Wider Recognition

Everyone who applies for a treatment grant through the National Institute on Alcohol Abuse and Alcoholism must now tell how they plan to work with Alcoholics Anonymous. With this new requirement, NIAAA Director John R. DeLuca says, "We are really asking our grantees to reach out to A.A." Applicants are now asked to "express their knowledge of A.A.," because "We want to make sure they are conversant with A.A. and have a working relationship."

DeLuca described A.A. as "probably the most unique aspect of the alcoholism field." It is also "very goal oriented and very specific in its total commitment to the individual and the individual's recovery." "Thanks to Sonia Boin in U.S. Journal, Feb. 1980)

Atheism "Built on Faith"

Or so says Billy Graham: "There are people who are atheists and do not believe there is a God." However, I have found many people who call themselves atheists are actually agnostics -- that is, they do not know whether God exists or not, but do not say dogmatically that they know He does not exist.

"The problem with a true atheist -- someone who is absolutely convinced God does not exist -- is that his position is actually built on faith. He cannot prove God does not exist; all he can really say is, 'I do not know if God exists, but I have found no evidence so far for Him.' An atheist has taken a step of faith and says, 'Because I have found no evidence so far to prove God exists, I believe He must not exist.' His belief in atheism is actually just that -- a belief. He cannot prove that God does not exist.

"Atheists find it more convenient to live without God; they know that if God really does exist, then they should turn to Him and follow Him."

Those "Dog Days" of August

When we were young down in Indiana, August used to be known as "dog days." The Hoosiers didn't have anything particularly against dogs, for as we recall there were enough of them. Why dog days were dog days we don't know. They were just hot, lazy days, with flies buzzing in the warm sun. A general lassitude seemed to descend on all of us, adults and children alike. We children of AA seem to run into these dog days even now. Possibly the vacation season takes our interest from normal group activities. Possibly, we all are prone to let down a little occasionally.

But for us afflicted with alcoholism, we can't let down our guards too far. We must be ever alert against the insidiousness of that first drink. For us, there can't be dog days of any duration. There is no pausing on our upward climb. To pause is to fall back.

(Thanks to Here's How, Chicago)

Saturday August 23, 1980, the Hendersonville group of Alcoholics Anonymous had a great meeting commemorating the oldest continuous group in North Carolina. It was good hearing some of the original group members telling of the very first meetings.

Complete data of the first meetings and happenings were not available at press time for this month release but will be included in detail in the October issue of "Mountain Doin's".

Look to this day,
For it is life,
The very life of life.
In its brief course lies all
The realities and verities of existence,
The bliss of growth,
The splendor of action,
The glory of power —

For yesterday is but a dream
And tomorrow is only a vision.
But today, well lived,
Makes every yesterday a dream
of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day.

Sanskrit Proverb

PRESCRIPTION FOR A "HAPPY DAY"

JUST FOR TODAY I will try to live through this day only --and not tackle my whole life's problems at once, I can do some things for twelve hours that would appall me if I had to keep them up for a lifetime.

JUST FOR TODAY I will adjust myself to what is and not try to adjust everything to my own desires. I will take my family, my business and my luck as they come and fit myself to them.

JUST FOR TODAY I will take care of my body, I will exercise it, care for it and nourish it and not abuse it, nor neglect it, so that it will be a perfect machine for my will.

JUST FOR TODAY I will try to strengthen my mind. I will study, I will learn something useful, I will not be a mental loafer all day. I will read something that requires effort, thought and concentration.

JUST FOR TODAY I will exercise my soul in three ways to wit:

A. I will do somebody a good turn and not get found out. If anybody knows of it, it will not count.

B. I will do at least two things I don't want to do just for exercise of will power.

C. I will not show any one that my feelings are hurt. They may be hurt, but today I will not show it.

JUST FOR TODAY I will be agreeable. I will look as well as I can, dress as becomingly as possible, talk low, act courteously, be liberal with praise, and criticize not one bit, nor find fault with anything, and not try to regulate nor improve any one.

JUST FOR TODAY I will have a program. I will write down just what I expect to do every hour. I may not follow it exactly, but I'll have it as a pattern to follow. It will save me from two pests -- hurry and indecision.

JUST FOR TODAY I will have a quiet half hour all my myself, and relax. In this half - hour some time I will think of God so as I get a little more perspective to my life.

JUST FOR TODAY I will be unafraid. Expecially I will not be afraid to be happy, to enjoy what is beautiful, to love and to believe that those I love, love me.

Author Unknown

There are only three reasons why an alcoholic drinks: when things are going good, when things are going bad, and when nothing is happening.



Send your favorite stories, quips, and news clips

CHARMING IS THE WORD FOR ALCOHOLICS

by Fulton Oursler

Down at the very bottom of the social scale of AA society are the pariahs, the untouchables and the outcasts, all under-privileged and all known by one excoriating epithet—relatives.

I am a relative. I know my place. I am not complaining. But I hope no one will mind if I venture the plaintive confession that there are times, oh, many times when I wish I had been an alcoholic. By that I mean that I wish I were an AA. The reason is that I consider the AA people the most charming in the world.

Such is my considered opinion. As a journalist it has been my fortune to meet many of the people who are considered charming. I number among my friends stars and lesser lights of stage and cinema; writers are my daily diet; I know the ladies and gentlemen of both political parties; I have been entertained in the White House; I have broken bread with Kings and ministers and ambassadors; and I say, after that catalog, which could be extended, that I would prefer an evening with my AA friends to any person or group of persons I have indicated.

I asked myself why I consider so charming these alcoholic caterpillars who have found their butterfly wings in Alcoholics Anonymous. There are more reasons than one, but I can name a few.

The AA people are what they are, and they were what they were, because they are sensitive, imaginative, possessed of a sense of humor and an awareness of universal truth.

They are sensitive, which means that they are hurt easily, and that helped them become alcoholics. But when they have found their restoration, they are still as sensitive as ever; responsive to beauty and to truth and eager about the intangible glories of this life. That makes them charming companions.

They are imaginative, and that helped to make them alcoholics. Some of them drank to flog their imagination on to greater efforts. Others guzzled only to black out unendurable visions that rose in their imagination. But when they have found their restoration, their imagination is responsive to new incantations, and their talk abounds with color and light and that makes them charming companions, too.

They are possessed of a sense of humor. Even in their cups they have been known to say damnably funny things. Often it was being forced to take seriously the little and mean things of life that made them seek escape in a bottle. But when they have found their restoration, their sense of humor finds a blessed freedom and they are able to reach a god-like state where they can laugh at themselves, the very height of self conquest. Go to the meetings and listen to the laughter. At what are they laughing? At ghoulish memories over which weaker souls would cringe in useless remorse. And that makes them wonderful people to be with by candlelight.

And they are possessed of a sense of universal truth. That is often a new thing in their hearts. The fact that this at-onement with God's universe had never been awakened in them is sometimes the reason why they drank. The fact that it was at last awakened is almost always the reason why they were restored to the good and simple ways of life. Stand with them when the meeting is over, and listen as they say the "Our Father"!

They have found a Power greater than themselves which they diligently serve. And that gives a charm that never was elsewhere on land and sea; it makes you know that God Himself is really charming, because the AA people reflect His mercy and His forgiveness.

LAUGHTER, BEST MEDICINE

WHEN DRIVING THROUGH the desert, a motorist sees a man by the side of the road carrying a jug of orange juice, a loaf of bread and a car door. The driver stops and asks, "What are you doing out here?"

"I like to hike."

"Then why are you carrying all that stuff?"

"I take a drink of orange juice if I get thirsty," explains the hiker, "and I eat some bread when I'm hungry."

"But why are you carrying a car door?"

"Well," answers the hiker, "when I feel hot I just roll down the window."

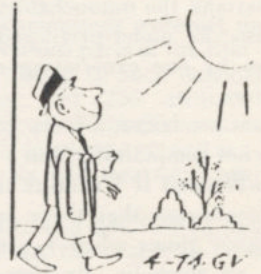
—Dick Bothwell in *St. Petersburg Times*

THINGS ain't what they used to be and probably never was. —Will Rogers



HAPPY BIRTHDAY

SEPT.	GROUP	YEARS
John A.	Blue Pidge	11
Archie D.	Blue Ridge	5
Paul T.	Bakersville	3
Claude C.	Tryon	9
Jack F.	Tryon	6
Dorothy G.	Fletcher	7
Sally F.	Fletcher	3
Don G.	Victoria	4
Jeanna	Culowhee	2
Bud C.	Hendersonville	3
David S.	Brevard	2
Mal J.	Brevard	2
Doyle M.	Sylva	1
Fred K.	Traditional	10
Richard S.	Marion	1
Paul P.	Marion (August)	1



Keep them coming folks, we like to count and add!

Note: There will not be an Intergroup meeting for the month of September 1980 but there will be a meeting Sunday, October 19, 1980 in the Parkway Office Bldg., Room 107, Asheville, N.C. The time is 3:00 PM.

CONTRIBUTIONS:

Groups--Fletcher, Brevard, Canton Easy Does It, Hendersonville, Big Book, Traditional, Victoria, Bakersville Serenity, West Asheville, Blue Ridge, Serenity Service for a total of \$442.44.

Individuals--Anonymous, Jim D., Ed D., Doug R., Fred E. and Gen G. for a total of \$165.00.

Thank all of you for your support and you can rest assured that all is well at INTERGROUP.

The word is RESTORE

Often our whole viewpoint on life can be lifted up and improved simply by restoring some of the attitudes we once may have had but let slip away. Perhaps we have forgotten how it feels to love and to be loved, to see the positive aspects of our life situation, to know the wonder and curiosity of the searching mind, or to believe that the very best of things can happen to us. To restore a sense of adventure in life is to make sure that we don't view a beautiful sunrise with our eyes closed!