



OCTOBER  
1980

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

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UP-COMING EVENTS!

BIG BOOK STUDY GROUP: are celebrating a third anniversary Monday, October 13 at 8:00 P.M. at their regular meeting place at St. James Episcopal Church, 417 Vance Avenue, Black Mountain N.C. Please bring a covered dish.

SYLVA GROUP: will celebrate their 20th anniversary on their regular meeting night on October 20, 1980. Please, everyone who can drive out and help celebrate this occasion.

DISTRICT MEETING: Hendersonville-Brevard will co-host the district meet to be held Sunday, October 26, 1980 in the Brevard Presbyterian Church on East Main Street. This will be a great meeting and you are asked to bring a well filled box, basket, dish or "poke" and join in. The regular schedule of eating at 1:30 P.M. and a really great speaker, Lorraine C., will speak to us at 2:30 P.M.

ALL GROUP MEETING: will be held November 2, 1980 (Sunday) at the Allen Center 331 College Street in Asheville. November is Gratitude Month, and the purpose of this meeting is to get together and talk about our responsibilities to A.A. as a whole. Let's explore for new ideas so that we will remember our primary purpose. Also, remember that "Service is the Key to Recovery." Coffee and cake will be served and good fellowship is assured.

HAW CREEK GROUP: will celebrate the 3rd anniversary Monday, November 24, 1980. Alvin W. From Cullowhee will be the speaker. It is also announced that their meetings for October 6 and 13 will be open meetings and all of you can come.

BURNSVILLE GROUP: we are happy to announce that the Burnsville Group has re-activated and are now meeting at the First Presbyterian Church on Church Street, Burnsville, N.C. The meetings are held each Saturday night at 8:00 P.M.

## HENDERSONVILLE GROUP-AA

(Thought to be oldest continuous group in N.C.)

The Hendersonville Group of Alcoholics Anonymous came into being in August, 1945, with four members, meeting on Wednesday evenings in what is now the North-western Bank Building. The founder belonged to a group in Asheville prior to starting the group in Hendersonville. By December, 1945, the group had 15 members.

Although the Hendersonville Group is the oldest continuous one in North Carolina, the membership has fluctuated greatly during its 35 year existence.

In 1953 women were permitted to join the group and since that time a number of women have enjoyed our fellowship.

Three of the four original members are still alive, and Smiley McC., the fifth member of the original Hendersonville group was most devoted and dedicated to A.A. until his death in 1976. During his 30 years in the group, he was absent only a dozen times from the weekly meeting, and often chaired a meeting with only one or two members present.

The Brevard Group was formed in the early 1950's and several members of our group were instrumental in helping get the Brevard Group started and were supportive of their efforts.

On May 25, 1970, the Blue Ridge Group began meeting at St. John's in the Wilderness Church at Flat Rock. Here, too, the Hendersonville Group assisted Blue Ridge in getting their fellowship started.

Over the years our Group has, from time to time, visited the local prison camp to carry the message, and on several occasions the prison inmates have been in attendance at our meetings. Recently efforts have been revived to continue the programs at the camp.

During the 1960's the Hendersonville Group made arrangements to meet in the Nuckolis Building, the site of our current meetings.

Sometime in the early 1960's the Group inaugurated a second meeting night (Saturdays) which continued for several years. In early 1973 the Saturday night meetings were reinstated and at present the Group meets twice weekly.

The original members were: Bill E., Buster L., Fletcher R., Charlie E., Smiley McC.

### TEENAGE ALKIE IN PROFILE

The teenager, like any other alcoholic, has little control over the consumption of alcohol. The progression of alcoholism begins with symptoms of increasing tolerance, increasing frequency, and preoccupation with alcohol, and ends with decreasing tolerance, hospitalization and possible death.

A teenager with an alcohol problem has feelings and attitudes similar to all other alcoholics. He or she frequently feels isolated, needs a drink to calm the nerves, feels uncomfortable in situations where there is no alcohol, has a continual preoccupation with the opportunity for the next drink, and feels irritated when his/her drinking is being discussed by others. He or she may also have more aggressive attitudes toward family and friends, have grandiose feelings of superiority and omnipotence, lost interest in outside activities and hobbies, stop caring about other people, have feelings of guilt and despair and develop a fear of fear.

His or her grades may fall and handwriting may become shakey. The attention span may become shortened and there could be an increase in absences and tardiness at school. The teenage alcoholic finds it difficult to cope with frustration and has constant changes in friendships. The teenage alcoholic may become irritable with family members and former friends and often becomes suspicious of all people. He or she also may become rebellious, giddy, have a low capacity to persevere, may demonstrate impulsive and/or promiscuous behavior, lie to parents and teachers, and make frequent trips to the doctor or the school nurse.

(Thanks to NIAAA)

### NOTHING NEW UNDER THE SUN

"Our youth now loves luxury. They love bad manners, show contempt for authority, have severe disrespect for elders, love to chatter instead of exercise. Children are now tyrants; they no longer rise when their elders enter a room, they contradict their parents, chatter before company, gobble up their meals and tyrannize their teachers."

(Thanks to Socrates, 400 B.C.)

An attorney who traveled to Wyoming to try an important case promised to wire his partner the moment a decision was announced. At long last the wire came and it read, "Justice has triumphed."

His partner in New York wired back, "Appeal at once."

*Trestle Board*



HAPPY BIRTHDAY

<u>OCTOBER</u>	<u>GROUP</u>	<u>YEARS</u>
Faye G.	Traditional	1
Russ B.	Traditional	9
Peggy T.	Traditional	5
Neil D.	Victoria	10
Daisy S.	Victoria	5
Martha G.	Victoria	3
Fred H.	Haw Creek	16
Pat G.	Haw Creek	1
Lester G.	Sylva	3
Percy P.	Sylva	14
Tom B.	Sylva	3
Jo Anne A.	Hendersonville	3
Lee H.	West Asheville	5
Carl C.	Brevard	2
Bob S.	Canton	2
Don Mc.	Madison County	2
Dot D. (Sept.)	Haw Creek	1



It has become necessary to establish a new policy in listing birthdays in Mountain Doin's. We have been assuming that if a person was listed for a particular month last year he/she would simply be advanced. You know, that's not necessarily so. SOME GET DRUNK. So, only those listed currently by the individual or the group representative will appear in "Mountain Doin's." Thank you to keep us informed.

NOTE: We have been informed that a new group has been established in Oakley. These meetings are held each Tuesday at 8:00 P.M. in the Oakley United Methodist Church located at the corner of Merchant Street and Fairview Road. We feel sure that they would appreciate any help we are able to give.

Waitress: "How would you like your pizza sliced—in six or eight pieces?"

Customer: "Six, please—I couldn't possibly eat eight!"

*Sunshine Magazine*

Small "i," big "YOU;" many friends, from very few.

*Harry C. Mabry*

### SOME NEW WORDS ON AN OLD SUBJECT

Resentment is an attempt to make our failure palatable by explaining it in terms of unfair treatment, injustice, etc. But, as a salve for failure, resentment is a cure that is worse than the disease. It is a deadly poison to the spirit, makes happiness impossible, uses up tremendous energy which could go into accomplishment. A vicious cycle is often set up. Resentment is also a "way" or an attempt to eradicate a real or fancied wrong or injustice which has already happened. The resentful person is trying to prove his case before the court of life, so to speak. If he can feel resentful enough and thereby prove the "injustice," some magic process will reward him by making "no so" the event or circumstance which caused the resentment. In this sense, resentment is a mental resistance to a nonacceptance of something that has already happened. Resentment is an emotional rehashing or refighting of some event of the past. You cannot win because you are attempting to do the impossible -- change the past.

Resentment, even when based on real injustice and wrong, is not a way to win. It soon becomes an emotional habit. Habitually feeling that you are a victim of injustice, you begin to picture yourself in the role of a victimized person. You carry around an inner feeling which is looking for an external peg to hang itself on. It is then easy to see "evidence" of injustice or fancy you have been wronged by the most innocent remark or neutral circumstance. Habitual resentment invariably leads to self-pity, which is the worst possible emotional habit anyone can develop. When these habits have become firmly ensconced, a person does not feel "right" or natural when they are absent. They literally begin to search and look for injustice. Someone has said that such people feel good only when they are miserable.

Remember that your resentment is not caused by other persons, circumstances, or events. It is caused by your own emotional response -- your own reaction. You alone have power over this, and you can control it if you firmly convince yourself that resentment and self-pity are not the ways to happiness and success, but ways to defeat and unhappiness.

(Thanks to the Kansas City Newsletter)

A local minister coming home late from a sick call encountered one of his parishioners staggering out of a bar. Taking him by the arm he guided him safely home and was about to leave when his inebriated friend insisted, "Pleash, Reverend, come inside for jush t a minute. I want my wife to see who I've been out with."

*The Little Gazette*

A PAIR of identical twins, dressed exactly alike, ordered drinks at a bar. A drunk sitting nearby took a long look at them, shuddered and ordered himself another drink. "Take it easy, fellow," said one of the brothers. "You're not seeing things. We happen to be identical twins."

The drunk looked at them again and said, "All *four* of you?"

—Chris Hobson in Fort Worth *Sunday Observer*

## A CHECK LIST OF SYMPTOMS LEADING TO RELAPSE

EXHAUSTION Allowing yourself to become overly tired or in poor health. Some alcoholics -- perhaps in a hurry to make up for lost time -- are also prone to work addictions. Good health and enough rest are important. If you feel well you are more apt to think well. Feel poorly and your thinking is apt to deteriorate. Feel bad enough and you might begin thinking a drink couldn't make it any worse.

DISHONESTY This begins with a pattern of unnecessary little lies and deceits with fellow workers, friends and family. Then come important lies to yourself. This is called rationalizing -- making excuses for not doing what you do not want to do, or for doing what you know you should not do.

IMPATIENCE Things are not happening fast enough. Or, others are not doing what they should or what you want them to.

ARGUMENTATIVENESS Arguing small and ridiculous points of view indicates a need to always be right. "Why don't you be reasonable and agree with me?.." Looking for an excuse to drink?

DEPRESSION Unreasonable and unaccountable despair may occur in cycles and should be dealt with -- talked about.

FRUSTRATION At people and also because things may not be going your way. Remember -- everything is not going to be just the way you want it to be.

SELF-PITY "Why do these things happen to me?" "Why must I be alcoholic?" Nobody appreciates all I am doing - (for them)!!!!

COCKINESS Got it made - no longer fear alcoholism - going into drinking situations to prove to others you have no problem. Do this often enough and it will wear down your defenses.

COMPLACENCY "Drinking was the furthest think from my mind." Not drinking was no longer a conscious thought either. It is dangerous to let up on disciplines because everything is going well. Always to have a little fear is a good thing. More relapses occur when things are going well than otherwise.

EXPECTING TOO MUCH FROM OTHERS "I've changed; why hasn't everyone else?" It's a plus if they do - but it's still your problem if they do not. They may not trust you yet, may still be looking for further proof. You cannot expect others to change their life style because you have.

LETTING UP ON DISCIPLINES Prayer, meditation, daily inventory, A.A. attendance. This can stem from complacency or boredom. You cannot afford to be bored with your program. The cost of relapse is always too great.

USE OF MOOD ALTERING CHEMICALS You may feel the need to ease things with a pill and your doctor may go along with you. You may never have had a problem with chemicals other than alcohol but you can easily lose sobriety starting this way -- about the most subtle way to have a relapse. Remember -- you will be cheating! The reverse of this is true for drug dependent persons who start to drink.

WANTING TOO MUCH Do not set goals you cannot reach with normal effort. Do not expect too much. It's always great when good things you were not expecting happen. You will get what you are entitled to as long as you do your best, but maybe not as soon as you think you should. "Happiness is not having what you want, but wanting what you have."

FORGETTING GRATITUDE You may be looking negatively on your life, concentrating on problems that still are not totally corrected. Nobody wants to be a Pollyanna -- but it is good to remember where you started from -- and how much better life is now.

"IT CAN'T HAPPEN TO ME" This is dangerous thinking. Almost anything can happen to you and is more likely to if you get careless. Remember you have a progressive disease, and you will be in worse shape if you relapse.

OMNIPOTENCE This is a feeling that results from a combination of many of the above. You now have all the answers for yourself and others. No one can tell you anything. You ignore suggestions or advice from others. Relapse is probably imminent unless drastic change takes place.

Ways to avoid relapse; Attend A.A. loyally, participate in meetings, become involved in 12th Step work and other personal involvement. Statistics have proven that relapse occurs most often with individuals who do not attend A.A. on a regular basis.

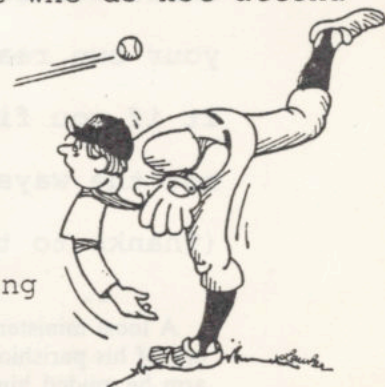
### "THE PLEDGE" - 1886

At a banquet too much food was served and far too many long speeches were made. When the last speaker's turn came, the hour was late and he was weary. "I have been asked," he said, "to give an address and I shall beg the privilege of giving my own. It is 1440 Garden, and with your kind permission, I will go there at once."

*Sunshine Magazine*

A pledge we make no wine to take,  
Nor brandy red that turns the head,  
Nor fiery rum that ruins home,  
Nor whiskey hot that makes the sot,  
Nor Brewer's beer, for that we fear.  
And cider, too, will never do--  
To quench our thirst we'll always bring  
Cold water from the well or spring;  
So here we pledge perpetual hate  
To all that can intoxicate.

(Thanks to Carrie Nation's Restaurant, New Bern, N.C.)



WHEN SOMEONE SINGS HIS OWN PRAISES, HE ALWAYS GETS THE TUNE TOO HIGH.

-Mary H. Waldrip in Dawson County, Ga., *Advertiser and News*