



JANUARY
1981

NEWSLETTER OF INTERGROUP OF WESTERN NORTH
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UP-COMING EVENTS

FEBRUARY 1, 1981 The Hendersonville Group will host the District Meeting on this date at the St. James Episcopal Church on North Main Street in Hendersonville, N. C. Please bring along a covered dish and we will eat at 1:30 P. M. and at about 2:30 P. M. we will hear Byrd S. from Charlotte, N. C. tell us about it. Please make a note of this meeting on your calendar.

DISTRICT MEETING SCHEDULE

The following schedule of meetings as set up by the G.S.R meeting held December 21, 1980 is as follows:(details will appear in Mountain Doin's currently as to time and place)

MARCH 1981----- Brevard

MAY 1981----- Traditional and West Asheville

JULY 1981----- Fletcher and Haw Creek

AUGUST 1981----- All Group picnic

SEPTEMBER 1981-- Blue Ridge

NOVEMBER 1981--- Victoria and First Step Farm

NOTE:

A G.S.R and PI meeting Sunday, Feb. 15 at 2 P.M. at the Allen Center, 331 College Street. If your group does not have a PI, elect one to attend this meeting. Intergroup Meeting immediately following this meeting or about 3:00 P.M.

AA doesn't work on our own terms! Our guarantee of sustained sobriety can be achieved only if we study and apply the Twelve Steps thoroughly, and without questioning their validity and practicing the principles advocated in all our affairs!

Alcoholism is a lifetime disease. It is also a progressive disease. In the 45 years of AA existence, men and women in our fellowship of every degree of intelligence, education and social status, highly educated and hailing from well-respected circles, as well as those with little education have provided absolute proof that AA never fails - IF the candidate completely surrenders and follows the advice and examples of his successful advisors.

Sobriety is the beginning, not the end. The candidate must begin practicing a life of integrity in all his affairs. He must develop a faith in a Power Greater than himself, from faith in his successful sponsors to an ultimate faith in God. He must learn to trust Him completely, even when his pleas for material blessings are slow in coming.

AA doesn't work on our terms, but on the will of that Power greater than ourselves. Membership in AA doesn't guarantee great material wealth or success, but does guarantee continued sobriety if a candidate disciplines himself or herself to listen to his successful predecessors, has sustained faith, discards all of his bad habits, learns to obey the laws of the land (without cheating just a little), willingly accompanies his sponsor on visits to another applicant and listening and watching his technique, learning in the meantime the method of carrying the message of others.

In our humble opinion, success can be accelerated by constantly reading the "Big Book," Alcoholics Anonymous - reading it, absorbing it, following its philosophy daily in all our affairs. When you've read it through once, read it again and again. On the second and third reading you will be amazed to discover answers to questions and doubts which infiltrated your mind on the first reading.

We would also recommend reading and studying much of the literature in pamphlet form which most groups have available at their meetings. They elaborate and explain many of the principles which have possibly been enigmas to you. Couched in simple language, they cannot but help you to fortify yourself against Temptation, particularly when your faith has begun to waver.

We would also insist that you go to as many meetings as you can and finally select a group which lays particular emphasis on the program and less emphasis on social activity. Fun is fun, and the alcoholic always is ready for it. All too many groups tend to emphasize fun and often make it their goal rather than that which should be - carrying the message! Your sobriety depends upon the sincerity of your desire.

(Central Bulletin, Cleveland, Ohio)

VANITY AND PRIDE

Pride is handsome, economical; pride eradicates many vices, letting none subsist but itself, that it seems as if it were a great gain to exchange vanity for pride. Pride can go without domestics, without fine clothes, can live in a house with two rooms, can eat potato, purslain, beans, lyed corn, can work on the soil, can talk with poor men, or sit silent well contented in fine salons. But vanity costs money, labor, horses, men, women, health and peace, and is still nothing at last, a long way heading nowhere. Only one drawback: proud people are intolerably selfish, and the vain are gentle and giving.

Ralph Waldo Emerson

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Wife to husband: "Well, if Sadat could visit Begin, you could visit my mother!"

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Woman to friend: "We dined royally. First he took me to the Burger King, then to the Dairy Queen."

The word is PEOPLE

How often have you heard someone exclaim, "People make me sick"? This statement really implies a feeling of inadequacy in handling human relations. If you sometimes feel this way, practice being natural and relaxed in the presence of others. See each person as another chapter in your book of life, revealing what can be a real adventure. Shyness is based on fear. When you cease to fear others, you will begin to enjoy them. The happiest people are those who are learning new skills in relating to others.

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The Texas oil millionaire went to his dentist one day and learned that his teeth were in perfect shape. "You don't need a thing done to them," the dentist said. "I feel lucky today," countered the millionaire, "Drill anyway!"



HAPPY BIRTHDAY

NAME	GROUP	YEARS
Lou L.	Traditional	9
Jack	Traditional	1
Margie	Haw Creek	5
Sally J.	Blue Ridge	4
Don K.	Hendersonville	4
Al E.	Tryon	8
Ben J.	Cherokee	9
Gilmer C.	Victoria	11
Mike M.	Victoria	7
Norman C.	Victoria	1
Ted F.	Victoria	4
John "Frosty" M.	Victoria	6
M. V. C.	Madison County	3
Louise McC.	Madison County	17



THE FEAR OF TRUTH

Man defends himself as much as he can against truth, as a child does against medicine, as a man of the Platonic cave does against the light. He does not willingly follow his path, he has to be dragged along backwards. The natural liking for the false has several causes: the inheritance of prejudices, which produces an unconscious habit, a slavery; the predominance of the imagination over the reason, which affects the understanding; the predominance of the passions over the conscience, which depraves the heart; the predominance of the will over the intelligence, which vitiates the character. A lively disinterested, persistent liking for truth is extraordinarily rare. Action and faith enslave thought, both of them in order not to be troubled or inconvenienced by reflection, criticism and doubt.

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Henri Frederic Amiel

TODAY NOT TOMORROW

Wisdom will never let us stand with any man or men on an unfriendly footing. We refuse sympathy and intimacy with people, as if we waited for some better sympathy or intimacy to come. But whence and when? Tomorrow will be like today. Life wastes itself while we are preparing to live.

Ralph Waldo Emerson

*SORRY THIS IS LATE AND ALSO BRIEF
REASONS - MANY!
HCC*