



MARCH
1981

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

UP-COMING EVENTS

PLEASE TAKE NOTE AND GOVERN YOURSELF ACCORDINGLY

March 5, 1981: Fletcher A.A. and Al-Anon will hold a joint meeting beginning at 7:00 P. M. in the Fletcher United Methodist Church. We hope to have plenty of food to last until the 8:00 P. M. meeting when we will have a speaker representing Al-Anon and a speaker representing A.A.

March 15, 1981: Intergroup of W.N.C. will meet at 3:00 P.M. at the Allen Center, 331 College Street, Asheville, N. C.

April 12, 1981: Clyde, Canton and Waynesville groups will sponsor a joint meeting at 2:00 P. M. in the Clyde Central Methodist Church. This is an Open meeting and open to the public. There will be an A.A. speaker, an Al-Anon speaker, a minister's view on alcoholism from the pulpit and a doctor's opinion on alcoholism. Cake and coffee will be served. You are urged to attend this meeting.

April 16, 1981: The Big Book Study Group (Thursday step) will meet ARC Activity Building, room #10 this date only.

May 3, 1981: Traditional and West Asheville Groups will co-host the District 7 meeting at the Trinity Episcopal Church on Church Street, Asheville, N. C. Eating at 1:30 P. M. and a speaker about 2:30 P. M. (to be announced) A covered dish is requested please.

May 9-10, 1981: GSR state assembly meeting will be held in Mission Valley Inn, Raleigh, N.C.

June 19, 20, 21, 1981: North Carolina State Convention at The Mission Valley Inn, Raleigh, N. C. If you have not attended a state convention, you should put this one in your plans. You will see A.A. in action.

November 14-15, 1981: The fall GSR meeting will be held in the Mission Valley Inn, Raleigh, N. C. We urge all groups to have their GSR's attend these meetings. This is where information is obtained concerning all groups.

THIS IS OUR OPINION---WHAT IS YOURS?

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We keep hearing some of those attending meets say that all groups are their "Home Group". Well, we feel that when one has become "settled" he or she should assume some responsibility within a group uniting into the primary purpose of carrying the message to the Alcoholic who still suffers. Much is to be done in home group. It seems that the work force is always short when the call comes in for service. So, we urge you to find a home group where you are comfortable and "dig in" and you will find the most enjoyable work ever. Don't you forget that there are great numbers still out there that need our help. And we need their help.

AA

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MEMO TO ALL GROUP SECRETARIES: We at Intergroup would greatly appreciate your letting us know the number of members in your group who would like to receive the Mountain Doin's or if the group is NOT INTERESTED IN RECEIVING the monthly newsletter. We have 38 groups in Districts 7 & 8 and we would like to have all who are interested in the up*coming events be informed of such. We will try to supply enough copies for your group members but we ask that if you are visiting another group when this newsletter arrives, wait until you are back in your home group to pick up your copy. This will assure a better coverage to all and will be of great help in printing and postage.

NOTICE TO ALL GROUPS

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We are in the process of up-dating our "Where and When" cards and we are more or less at your mercy. We need you to give us any changes or new groups in your area or any information that would change our present list. Would you take time NOW and supply this information?

AA

The Burnsville Group is now meeting on Thursday nights at the Sacred Heart Catholic Church, Summit Street, Burnsville, N. C. at 8:00 P. M. They welcome you.

AA

The Acceptance Group meetings are now held in the Allen Center Monday thru Friday at 12:30 P. M. and on Saturday at 11:30 A. M.

I remember attending my first AA meeting. If I hadn't been dropped off, I'm not sure I could have gone in that big club house building alone. I had no idea what to expect, what do they do behind those big walls? Would I be welcome? I had such a low opinion of myself, most of all I wanted to be welcome.

I was so frightened when I came but I was treated with such love and warmth that I can't help but ask myself today, "Do I treat others with that same love and warmth?"

Peter Marshall once wrote, "Treat everyone you meet as though his heart is breaking. It probably is!!" What a statement and how very often true.

We need to take the time and be patient with the newcomer. Someone took time for me and that's why I am still sober today. If we don't have the time, make time. Often times it doesn't take all that much time. Just a kind word or touch is all that might be needed.

I remember those printed words in one of our meeting rooms. "I am responsible ... When anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible."

I have to remember I was a lonely stranger once and AA took me in. I am AA today.

Love you all,

Esther G.

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THANKS ESTHER & SILVER DOLLAR

DON'T RUSH . . .

One of the most important virtues for the alcoholic to learn and practice, is PATIENCE. It seems that there are some new alcoholics in AA who are so desperate in their haste to force this program on everyone they come in contact with, before they learn to use the tools themselves. They usually took their liquor in large doses and gulped it down as fast as they could, so it seems only natural for them to try and take AA with the same gusto.

A moderate amount of enthusiasm is fine for all of us, but there are some who are so eager to gulp it down whole instead of chewing it slowly and digesting it, thus missing the full flavor of AA in all its goodness. They speed into the AA program with such rapidity that they don't have time to take in all the beautiful scenery along the highway, that could normally be better seen at a more conservative pace.

EASY DOES IT was adopted by this fellowship just to slow down the speeders, so that they can get a better view of the AA panorama and carry the picture to other alcoholics.

Anything learned slowly will leave a greater impression than anything viewed with a quick once-over, and we are apt to grasp the program with a clearer understanding and a keener perspective of AA in general. Our advice to anyone who is exceeding the speed limit is to slow down as you may miss a right turn and find yourself right back from where you started.

THANK Ed W., Akron Intergroup News

A mother asked her five-year-old daughter to stop at the butcher on her way home from school to see if he had pigs' feet.

When the girl arrived home, she told her mother: "I couldn't see because he had his shoes on."

— Lottie Dec, Cleveland, Ohio.

**Remember when \$35 a week
used to feed a family of
four instead of a child of four?**

— Tom Collins

The word is REMEMBER
The only way we can relive a pleasant experience is in our memory of that event. We have all had the experience of enjoying something more than once in this way. Martial once said, "He lives twice who is able to find delight in the life that is past." It is important to have a good memory, but only if it is used constructively. So, today remember. Remember all the good things that have made life worthwhile up to this point. Such remembering is an excellent invitation to the kind of experiences that will give you good memories in the years to come.

Mouth Trap

Some girls can hold
A secret to the very end,
Which is often the day
They have luncheon with a
friend.

— Helene Levin

The word is CONSCIENCE

The world would scarcely be livable if no one had a conscience or ever felt guilt. It is when we feel honest-guilt that we resolve to do better. But the key to the formula is the word honest. The conscience can cause us to feel guilt when we are guilty, but left unchecked, it can also cause us to feel guilt about almost everything. It is most constructive to strive to be a conscientious, responsible person, but remember, you cannot be responsible for everything that happens in the world.

Before we can possess that which we have inherited from our fathers, we must first earn it for ourselves.

— Johann Wolfgang von Goethe

God often digs wells of joy with the spade of sorrow.

— Our Daily Bread

It says on the agenda this talk is called "The Letter of the Law," the sort of title only an alcoholic would think up. First, we don't have any "Laws", and even if we did, we'd never be able to enforce them to the letter.

But we do have Traditions. We also have principles and customs. Rotation is both. It is based on an ethical principle, and it is a long-standing AA custom. Sometimes obeying "the letter of the law" isn't enough. Especially in AA, conforming to the spirit of the law is even more important.

So what do we do about the occasional trusted servant who is rotated out of a service job but can't or won't let go? Such reluctant servants are the exception, but we do see them once in a while, at every service level. We had a group in New York, named (let's say) the "700 East 70th St. Group." But nobody called it that. For 20 some years, everyone called it the "Spenser Group", on account of "Bill and Clara Spenser" always ran that group. They rotated out of their group offices, but never stopped running that group.

At the end of the spectrum, I knew a past trustee who retained control over his region. Years after he rotated off the board, candidates for delegate and trustee had to be "cleared" with him in advance. You've seen examples of this "vested interest" in your own areas, I expect. We all have proprietary rights in the fellowship itself. But none of us have such rights in any specific service job. I don't mean this is a common problem, it isn't. Most of our service folk step down gracefully, often very gladly. My talk is concerned only with those few who cannot.

Sometimes, an ex-servant sincerely feels his successor simply isn't doing the job right. Naturally, for the good of the fellowship, of course, he feels it is his duty to straighten the new person out. Sometimes, he realizes he knows more than less experienced members. Is it his fault if he is wiser than they? Why, its practically his duty to run things from behind the scenes. Don't let them do it! It's almost always bad for you, bad for them, and bad for AA. Seek their advice, but don't feel you must act on it. Listen to their opinions, but listen harder when they answer your questions.

When they rotate out of office, they're obeying "the letter of the law", but are they obeying it's spirit if they still try to run the show? Inability to let go can become something close to an illness. Sometimes, these unfortunate folk need help in learning to really step down. We may even have to pry their hands from the helm, figuratively. But whatever needs doing to make them let go - do it! You'll be doing everyone concerned a favor - including the reluctant ex-servant.

One note of caution; let's remember the vast majority of our past service people were tireless workers. They rendered very real services to the fellowship, so let's sever them from their obsession with compassion and gratitude. Let's pry them loose gently if we can; but if we can't pry them loose anyway!

(Reprinted, with permission, from the 1977 Final Report, General Service Conference.)

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An alcoholic is one for whom alcohol has become a disruptive factor in his mental, physical and/or social life.

Dr. Jellinek

*** REMEMBER - IF WHAT YOU'RE DOING ISN'T WORKING, TRY SOMETHING ELSE!

In Las Vegas, a tourist was running up and down the street putting dimes in the parking meters. A curious bystander asked him what he was doing. The tourist replied: "I just love this outdoor gambling."

— Keith Mackert, Baytown, Texas.

"I just hope she doesn't spill anything on her wedding gown — she's only worn it once before."

If there is one thing we have an ample supply of, it is a supply of definitions of alcoholism. Depending on the position of the definers, the definitions range from one extreme to the other. Some are utopian, some oversimplified, and very few, if any, are accepted without reservations. The definition of social drinking is even more ambiguous and covers the ceremonial champagne punch drinker as well as the habitual heavy drinker, which is a frequent rationalization of alcohol abusers.

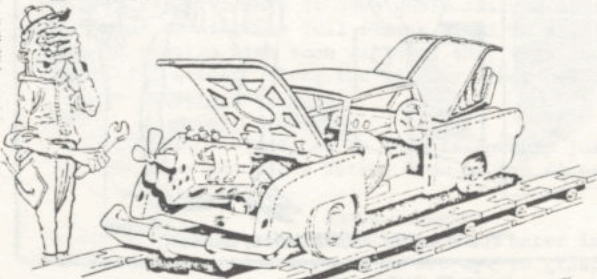
By redefining social drinking to exclude patterns of drinking that result in irresponsible behavior, then getting this definition accepted into the attitudes and values of society, we may at last focus our attention at the point where the most beneficial results will be obtained. In the past, there has been a tendency to mention social drinking and intoxication, then more rapidly to a more comfortable discussion of the problems surrounding the chronic, late-stage alcoholic person.

Historically, illnesses have never been eradicated by treating only the casualties. For too long, professionals in the field of alcohol have used this method and the results are dismally obvious. Irresponsible drinking, including intoxication, does not belong in the definition of social drinking. Intoxication has been ignored by professionals and sniffed at by abstainers - but worse, it has been condoned by society. Behaviour-drinking or otherwise - is changed by a change in values and attitudes. Realistically evaluating intoxication as unacceptable, as a danger not a delight, and as degrading rather than desirable, may well be the keys to changing our drinking patterns.

The outstanding educational campaign of the National Institute on Alcohol Abuse and Alcoholism says, "if you need a drink to be social, that's not social drinking". So long as our definition of social drinking covers both a "sip" and a "shipload" it will adversely influence our drinking behavior. Society must learn that social drinking, by definition and design, means responsible drinking. Neither social drinking nor social thinking should consider intoxication social.

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if you can't get it all
TOGETHER



don't get a job
on the assembly line

I'm not afraid of the
UNKNOWN

it's
what I
know
that
scares me!



*One can pay back the loan of gold, but one dies forever
in debt to those who are kind.*

- Malayan Proverb

Energy Study

These days it's hard to tell whether a person is walking to reduce, or reduced to walking.

- Paris Pups

Can anything be so elegant as to have few wants, and to serve them one's self?



- Ralph Waldo Emerson

A WORD TO BEGINNERS --
By Jane N., Magnolia

Most AA's I've known seem of a mind that our sobriety is a pure gift. And any gift given with love deserves to be appreciated and handled with care; it needs regular, ongoing attention to preserve it and keep it beautiful, or useful, whichever its nature. Sobriety, of course, is a gift both beautiful and useful, and certainly one given with love; we appreciate, use and enjoy it daily, and we should also take care of it in the same way...one day at a time.

In recovering from the ravages of active alcoholism and commencing the new way of life AA offers, any good habit helpful to sobriety that we develop and bring into our living pattern, to replace an old bad habit, obviously is a good idea. We actually can work toward quality sobriety instead of passively waiting for it to find us. To this end, any number of other Good Ideas come to mind are well worth cultivating.

Good Physical Nourishment--"Don't get too hungry; don't get too tired." Food and rest in adequate measure and on a regular basis add up to healthy nerves that won't trip you up, under stress, by screaming for sedation.

Good Attitudes You were willing to come to AA for help; STAY willing, & AA's treasures will unfold. Try the positive approach to everything you encounter in AA. "I'll try" opens doors; "I can't" locks them. Try looking at your present situation this way: actually you've given up nothing, but you are getting rid of something. Perhaps you still feel you have a right to drink like anyone else; I'm not so sure that any such "right" exists for informed alcoholics (of which you are now one), who never really did drink like anyone else. But the right to stay sober, in spite of being an alcoholic--this is a glorious brand new right conferred upon you by AA membership! How about that!

Good Company Stick with the winners; stay with the strong, whose sobriety is the solid kind that gives inspiration and hope to others. Avoid as much as possible, at least in the beginning, old drinking buddies whose drinking, particularly if you watch them do it, can make you very thirsty.

Good Sense Don't force your luck. Meals can be found at lunch counters, telephones on street corners, 'kindred spirits' at AA meetings (after all, they trained in exactly the same ways and places you did to be kindred spirits!) It's even possible in AA to locate an occasional friendly (though sober) bartender to tell your troubles to, just like old times--with this difference: Now he will want to listen, because he cares, but the climate of AA is the healthiest in the world for an alcoholic; the climate of a bar certainly is not.

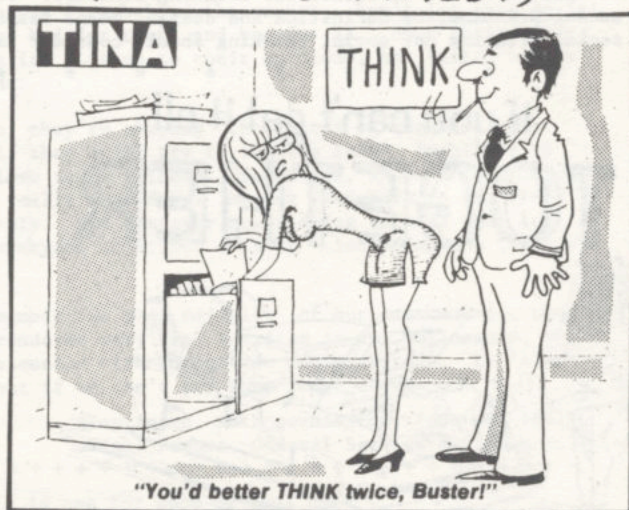
Good Activities Get busy around the group of your choice. If you're wondering how to fill the endless hours you used to spend in bars, there are dozens of meetings to choose among in the Orlando area; a splendid club to join; an intergroup office always in need of volunteers; great literature to read; there are bird songs to listen to and flowers to smell!

THANKS JANE & INTERGRUPEE



Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.
— Lao-tzu

(WE SAY 3 TIMES!)



January 20, '81/THE GLOBE



Nostalgia is the desire to repossess what you never had.
— GRIT



Nurture great thoughts for you will never go higher than you think.
— Benjamin Disraeli

That man who lives for self alone
Lives for the meanest mortal known.

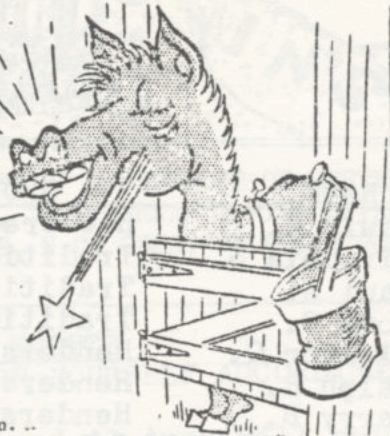
— Joaquin Miller

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STRAIGHT FROM THE HORSE'S MOUTH



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WHY DO WE COMPLAIN?

As I write this, a new president of the United States has recently been sworn in. . . He has many problems ahead. Why don't we get on the band-wagon and help him in any way we can.

Those who went out and voted, no doubt will help, but isn't it a shame that only around 65% of the people voted on election day. The others didn't vote and they are the ones who usually will cry the loudest. They do nothing!

In AA we have the same type of people who will cry long and loud about what is wrong with the meeting or the Club, but they do nothing to help.

If every voter in the United States voted on election day, it wouldn't be long until things would start to improve in this country regardless of party, creed or color. The majority, without fail, will work through to what's right.

When I was teaching, we tried to have parent and teacher's meetings, but the parents and yes, some of the teachers, said the meetings weren't very interesting. But now, the same group that couldn't be bothered, are hollering about what to do with the problems caused by drugs and alcohol.

So it is with AA. The alcoholic doesn't like dead meetings, so he doesn't come and help to make the meeting better. But when a crisis comes in his life, he is ready to pick up the phone and cry for help expecting that help to be there.

It is a shame that by the example of some of these people other people have to suffer. They are the soldiers who run when the crisis comes. If I could, I would cancel the rights to vote, to go to AA and to church for those people who didn't realize these were gifts instead of something that a ten dollar bill bought.

There is a time to fight and a time to pray. Let's swing in there and fight. The Pilgrims did so why can't we. Don't complain, come out fighting.

Leo R.

(+++++
Thanks Leo and Silver Dollar-You have my vote and others also.)

"AA DOESN'T GUARANTEE TO OPEN THE GATES OF HEAVEN TO LET YOU IN,
BUT - IT WILL OPEN THE GATES OF HELL TO LET YOU OUT."

Each person born has been chosen by fate from a trillion possibilities.

How foolish ever to complain of our luck, we who have won the greatest lottery of all.

- Ray Noel

A woman took her first overnight train trip. At midnight, the porter came through the coach with pillows.

"How much are they?" she asked.

"Fifty cents," was the reply.

"I'll take six," said the woman. "I'll never get them this cheap in the department store."

- John Mickel, Ellsworth, Maine.

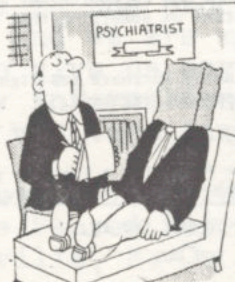


HAPPY BIRTHDAY

NAME	GROUP	YEARS
Lewis G.	Haw Creek	24
Virginia S.	Traditional	15
Paul R.	Traditional	4
Doug O.	Traditional	9
Eleanor C.	Hendersonville	5
Ralph R.	Hendersonville	2
Larry B.	Hendersonville	1
Dillard P.	Sylva	3
Geraldine K.	Sylva	16
Ike H.	Sylva	4
Bill G.	Sylva (Feb.) sorry Bill	1
Betty H.	Victoria	5
Evelyn S.	Victoria	3
Hal E.	Victoria	5
Bob V.	Victoria	2
Lorraine C.	Big Book Study (Feb.)	15
Maethel S.	Franklin	3



"How do you feel about violence?" the interviewer asked Lawrence Welk. "They're nice but I also like the pianos and saxophones."
— Arnie Stevens, Encino, California.



"It's what we in the profession call an inferiority complex."

THE GLOBE/January 20, '81

"I overheard one Arab oilman say to another: 'Let's do it the American way. We won't raise the prices — just make the barrels smaller.'"
— Jackie Gleason

Passing a man's house one day, I noticed his backyard was filled with piles of old tires, so I asked him why he had so many.

"It was just a hobby," he told me. "I enjoyed collecting old tires, but I gave it up when I got to 3,999."

"Why did you stop there," I asked. "Why didn't you make it an even 4,000!"

"Don't be silly," he replied. "What would I do with 4,000 tires?"
— Sabinie Coffman, Petoskey, Michigan.



"Mmmm... not a very good likeness!"

The young lady had just been introduced to her dancing partner. To make conversation as they waltzed around the floor, she asked: "Who's that terribly ugly man sitting over there?"

"Why that's my brother," her partner exclaimed. "Oh, you must excuse me," the lady said. "I really hadn't noticed the resemblance."
— Seta Arsenian, Los Angeles, California