

MOUNTAIN DOG DIN'S

JULY
1981

NEWSLETTER OF INTERGROUP OF WESTERN NORTH
CAROLINA, 107 PARKWAY OFFICE BUILDING,
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UP-COMING EVENTS

July 12, 1981: District 8 meeting will be hosted by the Sylva Group at the St. Johns Episcopal Church in Sylva, N. C.

Eating at 1:30 P. M. and a speaker (not yet announced) at 2:30 P. M. You are requested to bring a covered dish. Was also informed that the dish did not have to be covered just so that what ever the container be well filled with goodies.

FINANCIAL NEWS

We gained a few dollars from our May balance to the end of June and we want to thank the groups and individuals listed below for their effort in making this possible. Although our finances are still below par we are grateful that we can still send this newsletter to you. We hope that you will find something in it that will help you through service.

CONTRIBUTING GROUPS: Brevard, Hendersonville, Murphy, Traditional, Fletcher, Tryon, West Asheville, Big Book, Victoria, Blue Ridge.
INDIVIDUALS: Deloris C., Neil D., Dick W., Patricia C., Maxine Y., Curry W., Ed D., and Anonymous. If you will note we had eleven groups contributing out of 38 groups listed.

**Service is the rent we pay for
the space we occupy (Author
Unknown).**

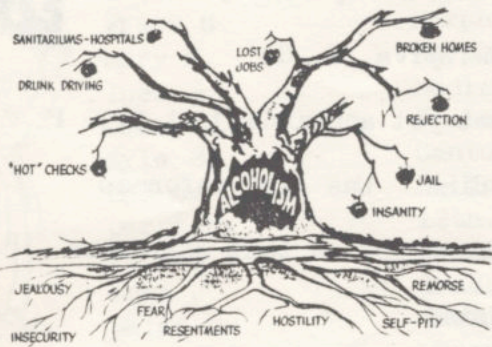


HAVE YOU BEEN

GRATE FULL

From the November 1963 Grapevine

TODAY ?

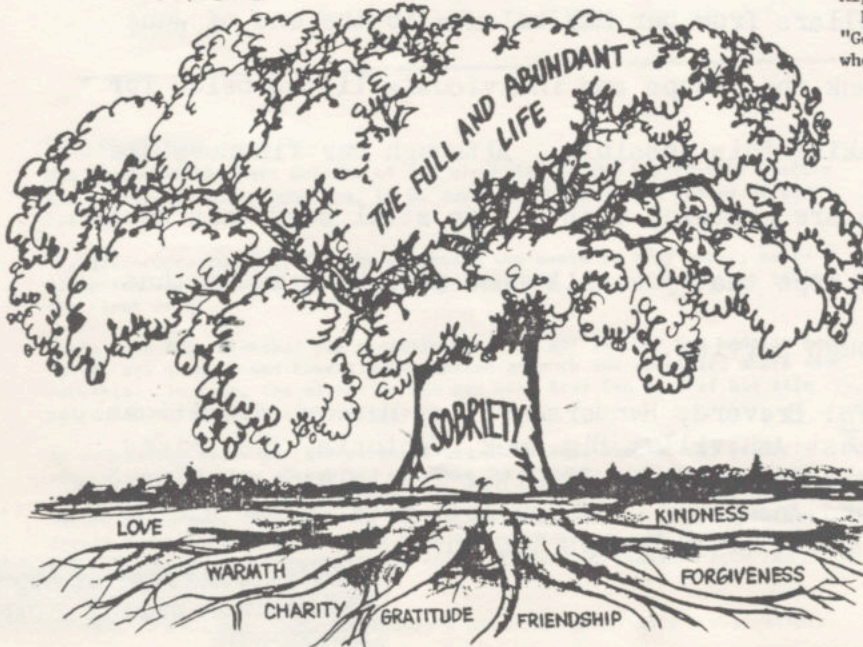


A woman went to buy a drinking bowl for her dog. The clerk asked her if she would like one with an inscription "For The Dog"?

"It really doesn't matter," she replied. My husband never drinks water and the dog can't read."

Small boy: "Dad, where are the Swiss Alps?"

Dad: Absorbed in the evening paper. "Go ask your mother. She's the one who puts everything away around here."



WE ARE RATIONALIZERS

Alcoholics are as erratic as the English language. The trouble with alcoholics is that they are not rational. Now rational means to be sensible and reasonable. It denotes the ability to think and reason clearly. That's why the book says we must straighten out our thinking. Irrational thinking is the basis of our trouble. But here is where the quirk comes in - both in the alcoholic and the language. Too often alcoholics begin to rationalize. While this word comes from the word rational, it has been twisted by usage to mean the making of excuses, and the formulation of alibis and downright lying. It is awfully easy for the alcoholic to go beyond being rational, and start to rationalize. All of us have encountered some outstanding examples.

There are the persons who use Alcoholics Anonymous as a sobering up station. They have sunk pretty far down the slide. They are in trouble at home and at work, possibly even with the law. They cry out for help and get it. What happens in such cases? They come out of the fog and they want to take charge of the world again. The tears and hand wringing of five or six days before are forgotten. The "Thank the Almighty for such friends as you" go by the boards. The promise to abide by the rules, and take it gradually is not recalled. They even get angry if you remind them of it. They're feeling swell again. Why should they put themselves under any obligation - especially the insulting one of taking an inventory and trying to remedy any defects of character. Me? Defects of character? Are you nuts? This is what is known as stinking thinking. This is rationalization of the first water.

There's the person, too, who takes a superficial attitude toward AA. He attends because his family, or his employer more or less compels him to. He flits around the perimeter of the group. Pleasant enough as an individual, he never does a lick of work in any form. And as far as putting himself out, taking time and energy to help sober up another alcoholic - never. In fact, he can't. He hasn't got the program himself to begin with. He is in the same class as the rationalizer who is always making excuses, either volubly for everyone to hear, or mentally through his own limited cranial processes.

These examples, which are almost standard, and others which any of us could cite, should underscore a basic truth. Alcoholics Anonymous is not a way station for troubled drunks. It is a program for a new way of life that can function only in the individual, by the individual and for the individual. There are plenty of cures and rest homes and agencies that can handle the persons who want to call an intermission in their drinking, but Alcoholics Anonymous is not one of them.

Alcoholics Anonymous was devised for men and women who, through bitter experience, have determined to change their lives, alter their characters and give of themselves to help others. This society came into being to help those of us who sincerely wish to become rational, to do something on our own initiative and with the help of a Higher Power and our fellow sufferers, to make our lives orderly and decent.

It is not a haven for the alibi artist, the excuse expert, or the irrational rationalizer. The AA program is designed for sobriety, which in turn leads to happiness and peace of mind. But it won't work unless you are willing to do something about your own problem. Let's quit worrying about the other guy or gal. Action is the magic word. And that means action for you, not your neighbor. Why don't you give AA a chance, it works.

(Chit-Chat)

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AA WON'T OPEN THE GATES OF HEAVEN TO LET YOU IN - BUT
IT WILL OPEN THE GATES OF HELL TO LET YOU OUT!

NEAR THE TOWN of Comfort, Texas, which is between the towns of Alice and Louise, a motel had this sign: "Sleep in Comfort between Alice and Louise."
-Contributed by Mrs. O. Hendrick

POTPOURRI

DOES YOUR GROUP HAVE CLIQUES?

Recently, I received work that our group was being run by a clique. I was concerned with this dangerous situation and decided to investigate. After considerable discussion with our loyal members and a complete look into the situation, this is what we found.

First of all, this report is true! Furthermore we found that the clique is composed of faithful and loyal members who are only interested in the group and AA as a whole. They are present at every meeting and accept responsibilities cheerfully. They contribute generously of their time, effort and materially to carry the message to other alcoholics. They are grateful to AA for their sobriety and they show their gratitude with action rather than lip service. Thus, we can honestly report that there is no question that the group and AA is run by a clique of enthusiastic and responsible men and women.

To correct the situation, we recommend that more members join the clique. You do not have to have any signatures of recommendation or show any credentials. The only requirement for membership in the clique is that you attend every meeting that you can, help to make your group one of the best groups in your area, and you will find yourself in the clique. Before you realize it, others will be talking about you belonging to a clique, but you will be glad you are in it.

Central Bulletin, Cleveland

THERE IS A VACANCY IN THE CLIQUE

AA was saddened to learn this week of the death of one of its members, SOMEONE ELSE. SOMEONE'S passing creates a vacancy that will be difficult to fill. ELSE has been with us for many years. SOMEONE did far more than any normal person's share of the work. Whenever there was a job to do, some activity to volunteer for, a committee meeting to attend, one name was on everyone's list. "Let SOMEONE ELSE do it."

It was common knowledge that SOMEONE ELSE was among the largest contributors to AA. Whenever there was a financial need, everyone just assumed SOMEONE ELSE would make up the difference. SOMEONE ELSE was a wonderful person, sometimes appearing superhuman but a person can only do so much. Were the truth known, everybody expected too much from SOMEONE ELSE.

Now SOMEONE ELSE is gone! We wonder what we are going to do. SOMEONE ELSE left a wonderful example to follow, but who is going to follow it? Who is going to do the things SOMEONE ELSE did? When you are asked to help, please remember, we can't depend on SOMEONE ELSE anymore.

(From the Winner's Circle)



Send your favorite stories, quips, and news clips

*WE ARE HONEST
ABOUT THIS REQUEST*

ON A SECRETARY'S DESK: "A Word to the Efficient Is Sufficient."

-Herm Albright in Buck Grove, Ind., *Perry Township Weekly*

A fault confessed is a new virtue added to a man (James S. Knowles).

THE SPIRIT OF SELF-SACRIFICE

What a wonderful change takes place in the alcoholic who comes into A.A. with a desire to stop drinking and makes an honest effort to improve on his character defects. While he was drinking he did everything to destroy himself and everyone that got in the way. He lost his sense of right and wrong and lived in a world of confusion. Now he is sober and making an honest effort to maintain his sobriety by practicing the A.A. principles in all his affairs. Before A.A. he was doing his utmost to use his family and friends as objects to be exploited so that he could attain his own goals. Now he will get out of a warm bed on a cold morning to help another sick alcoholic who he has never met before. He will go into an alcoholic's home that is on the verge of falling apart to bring help, guidance and hope to the suffering family.

It is men and women like this that makes A.A. outstanding in this world where men are using others as pawns on the chessboard of their passions and ambitions, instead of regarding them as human beings. If we could only see the brutality and poverty caused by the drunken father or mother, we might well despair, for the picture would be dark indeed.

Thank God that there is a fellowship like A.A. ready to train and educate the alcoholic in the light of widening horizons of sympathy and understanding. A.A. brings out the spirit of self-sacrifice which leads them to forego their own comfort to help another sick man or woman. It brings out the spirit of loyalty and a pledge to revive the spirit of brotherhood. It brings out the spirit of generosity and the willingness to go out and bring the blessed ministry of sobriety to the sick alcoholic and happiness to his family and little children. Amid all the grasping greed and brutalizing self-indulgence, these men and women of A.A. shine as lights in this dark world.

We are living in an age of moral and spiritual poverty, a time where some men think that ethical judgments and moral standards are purely relative and that they can be excused for almost every action as a degree of heredity or environment. They use this as a comforting exit from personal and moral responsibility. But the real truth is that no man can have peace or happiness without allegiance to basic moral standards.

If the purpose of A.A. was only to sober up a person and send him back into the world with all his character defects intact, then the fellowship of Alcoholics Anonymous would be a failure. If there is nothing beyond sobriety, we might ask ourselves, "Why stay sober and go to meetings?" On the other hand if A.A. meetings help us build stronger characters then the A.A. fellowship is wisely planned.

This is a fellowship of sharing the strength of one with the weakness of another, and it is strange and wonderful how this philosophy works out. In the measure in which we help another our load becomes lighter; in giving sympathy to one who lost a loved one, our grief is assuaged; in helping others to solve their drinking problems our sobriety becomes more valuable to us. The founders of A.A. knew this, and we should do well to learn from them.

THANK AKRON NEWS

"SARGE'S" PEARLS

You get what you need when you need it,
but you don't get what you want when you
want it.

This program works on the bad days as well
as the good days.

One drink is too many and 1,000 aren't enough.

Yard by yard life is hard, inch by inch its a cinch.

Today is the first day of the rest of your life.

Yesterday is a cancelled check, tomorrow is a
promissory note, today is cash on the line.

TERM: "Cash Register" honesty as opposed to
honesty that comes from within.

TERM: "Selfishness" meaning self-preservation
as opposed to greed.

THEY ARE VIEWING ONLY HALF OF THE REAL PICTURE!

As I sat and viewed my favorite T.V. program the other night, a thought came to me as I watched the beer and wine commercials that are continually thrust on us.

When the program ended, I shut off the set and jotted down a few notes that had come to mind. Commercials are here to stay, they are a must, the bread and butter of networks and stations. At this time, I am concerned only with those that pertain to alcoholic beverages.

It would be an impossibility and stupid for me to suggest eliminating them as that would in no way solve the world-wide problem of alcoholism today. Though we may have to tolerate these commercials, we dare not permit ourselves to be influenced by them and there is a way that we can even use them to our advantage if we but apply ourselves.

As I watched these short skits, I marveled at the enticing technique employed by those that produce them for the sponsors. People of all ages and from all walks of life are portrayed and they certainly play favorite to the younger set in an attempt to induce them to drink their products.

Those soft and romantic candle light scenes, the carefree, frolicking life on the sunny beaches, and that satisfying relaxer after a hard day's work, all with can, bottle or glass in hand, can easily turn on the vulnerable and the gullible. Implication seems to be, follow the smart and hep sets, live it up today, who cares about tomorrow! We all know about tomorrow, don't we? so let us take heed today.

I am wondering how many of the viewers, those still unknowing and unaware, will be taken in by all this and become that, ONE out of THIRTEEN, in the statistics that we are so familiar with and possibly become addicted to alcohol. That gay and gleeful laughter, those hilarious carefree times, that temporary freedom of careless and unconcerned drinking flashed on the screen, could in time turn into that fear, that sadness and sickness that once was ours. We know what can happen, we have been all through that.

We should be grateful for the comfort we now know and feel and for the security and strength that is now yours and mine. Knowing that we need never again have to go through that which, ONE of every THIRTEEN will, if we don't take a drink today and work our program one day at a time. It is a pity that many will be taken in by these enticing screen productions which can lead them far and beyond what these pictures reveal, possibly into a life of alcoholic addiction.

Sit back in your easy chair and enjoy your favorite program and say a little prayer for those, ONE out of THIRTEEN, and perhaps someday this ratio may be bettered. We now know the difference and should not so easily be taken in for we have the freedom of choice. Don't forget to say a little prayer for yourself, and also one for your A.A. sponsor, who gave you all the true facts, not only half of the real picture.

Frank J.D.

AKRON NEWS

TWO MEN walked into a bar and ordered beers. One of the men threw down two bottle caps for payment. "What's this?" the bartender asked.

The second man motioned the bartender to step out of earshot of the first. "That is my uncle," he said, "and he's a little confused. Go ahead and humor him. I'll settle up with you later. Okay?" The bartender agreed.

After the two men had been drinking for about an hour, the bartender said to the second man, "It's closing time. How about settling up?"

"All right," said the man. "How many bottle caps do you have?"

"Twenty-six," the bartender replied.

"Fair enough," the man said. "Now, do you have change for a manhole cover?"

-Winston K. Pendleton, 2121 Funny Stories and How to Tell Them (Bethany)

AA

..it works if you work it.

PEOPLE LEARN something every day, and a lot of times it's that what they learned the day before was wrong.

-Bill Vaughan, NANA

AN OUNCE OF ENTERPRISE is worth a pound of government aid. -Anonymous

NOTHING LAYS ITSELF OPEN to the charge of exaggeration more than the language of naked truth. -Joseph Conrad

ARE WE MEETING THE CHALLENGE?

AA today is reaping the rewards - but also the problems - of success. At one time, we were begging people to send us drunks. Now that this is happening, we cry havoc. And it frequently is havoc, but what an opportunity to roll with the punches. We have the tools, but have we the willingness and understanding.

AA first began to grow when co-founders, Bill W. and Dr. Bob, realized that in order to stay sober, they had to work with other drunks, the question was: Where to find them? Our founders went out and looked for them, usually going to doctors, members of the clergy, or others who worked with alcoholics. These professionals made it possible for alcoholics to find us, or for AA to find them.

Today the picture has changed radically. Far from our having to go out and find drunks, they are coming to us in droves. Some members are worried about the influx of new people entering AA under "pressure" from outside agencies and programs. Some groups are overwhelmed when large numbers arrive, perhaps reluctantly, from a treatment facility or a court program. Others have trouble handling newcomers' hostility or lack of interest.

Do we really care where people come from? The vast majority of AA's answer "no". We are grateful newcomers are here, and we are looking for ways to meet them where they are. This means welcoming "too many" newcomers to meetings, and being glad to see the reluctant referrals from court programs. Many of us, now sober, remember how we glowered and grumbled through our first few meetings, but sat it out because of an angry spouse or boss or family doctor had told us to go to AA or else!

In 1950, the phrase "honest desire" in the Preamble was changed. Today, that that best-known description of AA reflects the wording of Tradition Three: "The only requirement for AA membership is a desire to stop drinking". Many AA's have come to realize in a new way that our "desire to stop drinking" can in reality be the merest germ of an idea. If it is there at all, whether it began with a person's contact with a professional or with just plain old hitting bottom, we can be here to help it grow.

(Excerpts from Box 4-5-9)



"Tell me, Mr. Smith," said the marriage counselor after several sessions with his client, "did you wake up grouchy this morning?"

"No, sir, I decided to let her sleep."

Cowpoke at dude ranch: "What kind of saddle do you want - one with a horn or one without?"

Dude: "Without, I guess. There doesn't seem to be much traffic around here."

A man walked into a bar with a talking bird on his shoulder. "I'll have a martini," he said. "And my bird will have a scotch on the rocks."

"I'm sorry," replied the bartender, "but we don't serve mynahs in here."

— B. Bader, Scarsdale, New York.

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HAPPY BIRTHDAY

NAME	GROUP	YEARS
Art M.	Blue Ridge	1
Charlie P.	Blue Ridge	2
Gertrude H.	Blue Ridge	2
Eva P.	Blue Ridge	3
Fred B.	Murphy	1
Frank C.	Murphy	1
Mary M.	Murphy	2
Inez W.	Madison Co.	1
Curry W.	Victoria	2
Kyle B.	Canton	3
Bud M.	Cullowhee	2
Gerry D.	12th. Study	7
Pete G.	Traditional	10
Edna J.	Traditional	10
Wilma G.	Traditional	4
Andrew G.	Serenity Service	11
Ed W.	Sylva	11
Fred R.	Blue Ridge	7
Anne S.	Victoria	26

HI!



AA

SELF-DECEPTION!

One of the stubbornest defects of the alcoholic is the tendency to justify his mistakes. Non-alcoholics, to be sure, are by no means spared of this failing.

The difference is that, for the alcoholic who wants to stay sober, self-deception of this sort is a luxury only slightly less perilous than taking the first drink.

Let's fact it. Mistakes don't really matter. Not if they are made in good faith, are quickly and honestly recognized as such and rectified where ever possible. In fact, the alcoholic who can make Step Ten part of his life gains far more than self-knowledge.

By continuing daily to take personal inventory and, when wrong, promptly admitting it, he can absorb his mistakes into the personal storehouse of experience that adds up to wisdom. In a world where "passing the buck" has become the answer to almost any legitimate complaint, to admit a mistake freely and honestly brings about some strange results. At least, it will astonish anyone who's geared up to combat excuses or evasions from the alcoholic.

At best it can, and often does, turn a potential enemy into a well-wisher.

From: The Reviver, Sydney, Australia



"I used to be a don't-know.
Now I'm what you might call a
don't-want-to-know."