

August
1981

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

UP*COMING EVENTS

Dist. '8- GSR Business meeting will be September 3,
at 7:00 PM at Bryson City, N.C. before the
regular meeting

Dist '7 GSR Meeting at the Allen Center at the usual
3:00 PM following Intergroup. Aug. 16, '81.

INTERGROUP ****

Regular business meeting will be held Aug.16

Time: 2:00 PM

Place: Allen Center, Mustard Seed club.

AA AA AA AA AA AA

The folks helping to carry the message at the Pre-
Release Center, New Leicester Highway, have asked
that anyone wishing to be of help in their meetings
please feel free to do so. They have a regular meeting
help is deeply appreciated, so come one and all any
Friday you can at 2:00 PM.

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The Hazlewood Prison meeting has moved back to Thurs.
Nites at this hearing, rather than Wed as listed.

We feel that time permits and that this is the place for an expression of thanks to Hugh C. for all he as editor has done for this news letter. His stint was marked by growing excellence in the content and news value of this publication, a tradition we can only hope can be carried on as well in times when he may not be available to continue counseling and advising, which title he will continue to hold with this editor whether he knows it yet or not.

To you our readers I can only promise that this will continue publication and will come out as regularly as humanly possible. The intention is to continue in the tradition of excellence we have inherited, and our hope in this respect is that some of you our readers may feel inclined to share thoughts with us all. We do appeal to you for materiel--not too long in consideration of our format, but for the moment atleast we would request that poetry which is much harder to relate to our common affliction as well as being difficult to check for the sake of avoiding plagarium be held off for the time being.

EDITOR

Send your favorite stories, quips, and news clips

Share what has been safely given



the only fights I ever win
are when I....



**WRESTLE WITH
MY CONSCIENCE**

MOUNTAIN DOIN'S

June, 1977

A Word from Our Own Past

Newsletter of the Intergruop of Western North Carolina,
107 Parkway Office Bldg., Asheville, N.C. 28801.
Phone: (704) 254-8539

WAS SMILEY WRONG?

The late Smiley McC., first chairman of Intergruop, often voiced his feeling about the need for continued support of Intergruop, both financial and service.

It was, he said, AA's link with the still suffering alcoholic and he would smile as he told of the members whose first contact with the Fellowship came as the result of Intergruop efforts.

Since Christmas, Intergruop's support has dwindled although costs and efforts have continued to grow. This past month, the financial report dropped to below \$400 for the first time since 1975.

The situation is serious since Intergruop services depend on the financial support of groups and individuals to maintain the services which include manning the office, maintaining up-to-date 12 Step lists, speaker lists, providing speakers for non-AA groups as requested, keeping a good supply of AA literature instantly available when groups or individual members need it, even publication of Mountain Doin's each month.

Was Smily wrong when he urged the financial support of Intergruop? We don't think so. We don't think you do either. It would be nice also for members to attend the monthly Intergruop meetings, usually held at 3 p.m. the third Sunday of each month at Intergruop headquarters. We need your voices and your service too.

WEARING THE WORLD AS A LOOSE GARMENT

Let me go calmly and quietly amid the noise and haste of this sick world in which I live, for it is a sick world with its false sense of values and its phony yardstick of success, but let me wear it as a loose garment and not as a burden.

Let me take pride in my career however humble it may seem for it is a treasure in the changing values of time. But, let me be cautious in my business affairs for the world is full of trickery and dishonest machinations but let me not be blind to what virtue there is for all around me high principles and high ideals are being practiced and heroism is still greatly in evidence.

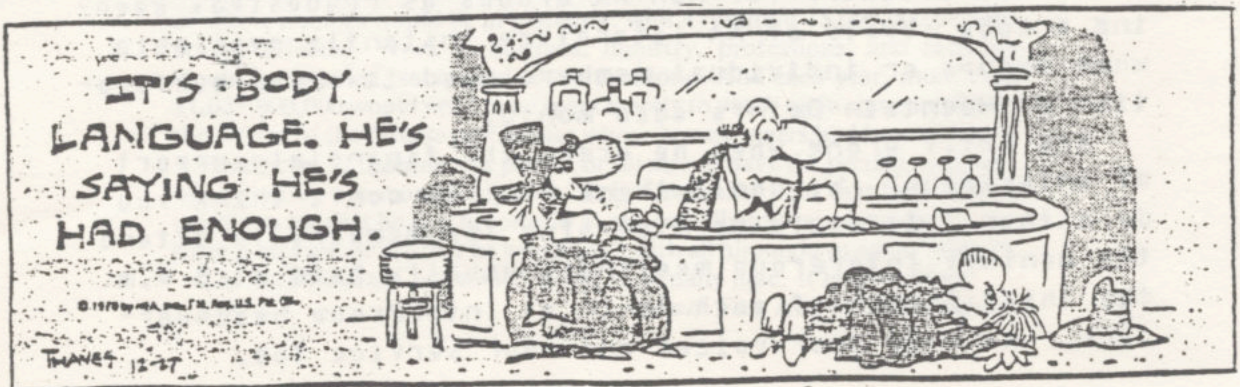
Let me not compare myself with others for there shall always be greater or lesser persons than myself. This is vividly pointed out in the Beattitudes when the Lord said "Blessed are the meek, peacemakers, etc.", I shall have my reward as a result of my own God given personality and talents and I need not copy anyone else.

Let me not pretend affection but neither let me be cynical about love because it is the greatest thing in the world and is as perennial as the grass - it may appear dead but it will always return.

Let me remember that I am a child of the universe and that God is my Father and I have every right to be here as much as the stars and trees and any other living thing. And being a child of God let me search deep into my soul and become acquainted with the holy spirit which lives and dwells there and from this spirit there is all the strength and knowledge that I need to face any situation. All I need to do is draw upon it with faith, but let me not expect the results to be in accordance with my timetable or pattern but with that of God's.

And so, with all of its drudgery, heartaches, and political and religious ideologies, if I wear it as a loose garment, it is still a pretty wonderful world in which to live.

Bill J.





AL-ANON



I couldn't believe it!!

My husband having the disease of Alcoholism! Never! I convinced myself and he tried to convince me that only skid-row bums and successful businessmen were alcoholics. Certainly not my husband.

I thought it was my fault, driving him to drink, but, no, he's been this "way" since I could remember. He always had resentments, the usual one was "if it weren't for you. . . ."

Then one day, I heard a speaker talk about the subject of Alcoholism. My husband fit the description of an alcoholic to a tee! I was shocked, just absolutely shocked!

The only experience I had with alcoholism was my uncle, but he lived so far away. There was never any alcoholic beverages in my home when I was growing up, so I never knew what was happening to my husband, and to our marriage.

It's just his personality, I thought, always excuses for him, when he drank. He was drinking one night as usual and after I heard the speaker, I confronted my husband about this and we had a violent fight, with me as the victim. I knew what I had to do. It was to go to the Al-Anon meeting that the speaker had mentioned would be held later that evening. I watched the minutes tick away until I could get away and go to my first Al-Anon meeting

I explained to my husband where I was going that night and it was the best thing I did for myself. It was the first time in a long time that I felt good about myself and life, when I attended Al-Anon. And I'm still attending, learning and reading my Al-Anon books and pamphlets and the Twelve Steps every day.

I thank the Lord for my being there to hear that speaker and opening my eyes to what was going on. Also, I'm happy because my husband is in treatment now, thanks to a lot of caring people.

It was through intervention and I had a chance to tell my husband how valuable and important he is to me and what he was doing to himself and our relationship.

It's still a long road back now that he is sober, but we are going in the same direction - forward, and living a happier life.

Kathern C.

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

OUT AT THE FARM

The annual eatin meetin at the farm hosted about eighty people this last month, and by all reports everyone had a good time, and closed with a good speaker. Keep up the good work guys!

We regret to report that the meeting at Oakley has decided to close its doors for now.

With sorrow we must report the recent death of Daisy S. She will be sorely missed hereabouts.

From the October 1968 Grapevine

Imagine Such a Disease...

If some new and terrible disease were suddenly to strike us here in America — a disease of unknown cause, possibly due to noxious gas or poison in our soil, air, or water — it would be treated as a national emergency, with our whole citizenry uniting as a man to fight it.

Let us suppose the disease to have so harmful an effect on the nervous system that 5,000,000 people in our country would go insane for periods lasting from a few hours to weeks or months and recurring repetitively over periods of from fifteen to thirty years.

Let us further suppose that during these spells of insanity, acts of so destructive a nature would be committed that the material and spiritual lives of whole families would be in jeopardy, with a resultant 25,000,000 persons cruelly affected. Work in business, industry, professions, and factories would be crippled, sabotaged, or left undone. And each year, more than \$1,025,000,000 would need to be spent merely to patch up in some small way the effects of the disease on families whose breadwinners had been stricken.

Finally, let us imagine this poison or disease to have the peculiar property of so altering a person's judgment, so brainwashing him, that he would be unable to see that he had become ill at all; actually so perverting and so distorting his view of life that he would wish with all his might to go on being ill.

The dread disease envisioned above is actually here. It is alcoholism.

Ruth Fox, MD; The Roundabout

Noted with sorrow for all of us; the loss of Alan Owensby of Spruce Pine. His cheering presence will be sorely missed by all of us as well as his family. Our sincerest sympathy goes out to them, we too miss him. Our prayers are with you.

Where and when cards continue to be available at the office: the charge is \$7.50 for fifty cards which just helps pay for the printing. Another way we can carry the main thought of recovery and the message, let the new person know that there are plenty of meetings at any time he may feel he needs one.

Corrections and Additions

In error the address of the Big Book Group in Black Mountain which meets at St James Episcopal Church, the address is 417 Vance Ave.

The Clyde Sunday night Group now meets at the Central Methodist Church, Clyde.

A meeting not previously listed is being held on Saturday nights: The Eleventh Step Meeting of the Twelve Step Study Group, meets in St Mary's parish hall 339 Charlotte St, Asheville

And the best saved for last; The Flynn Home Gratitude Group has begun meeting again, same time and address.

AA



ON THE SUBJECT of falling down: The town drunk was walking on an icy stretch of sidewalk when he slipped and landed on the back of his lap. Just then, along came a preacher renowned for his intolerance toward all types of sinners. Glaring down at the fallen man, he quoted, " 'The wicked walk in slippery places!' " "You should know, reverend," retorted the drunk. "Darned if I could do it."



HAPPY BIRTHDAY

<u>NAME</u>	<u>GROUP</u>	<u>YEARS</u>
Ray D.	Hendersonville	1
Myrtle Mc.	Murphy	10
Al A.	Murphy	7
Henry B.	Murphy	3
Sam R.	Murphy	2
Jenny M.	Murphy	2
Sandy T.	Murphy	1
Bud P.	Black Mountain	1
Arthur (Bud)	Cashiers Valley	1
Dot P.	Fletcher	12
Ernie G.	Victoria Rd.	5
Bennett J.	Brevard	30
Jim B.	Sylva	31
Ann L.	Bakersville	5
Dean H.	Canton Easy Does It	4
Dick W.	Traditional	4
Edna B.	Traditional	27
Joe R.	Traditional	3
John T.	Madison County	7
Gene A.	Madison County	3
Tracy T.	Madison County	1



Total 160 yrs

WOW -

Thank WAIA-DC

WIZARD OF ID

