

{NO BOOZE NEWS}

THE MORE DEPENDENT WE BECOME ON A HIGHER POWER, THE MORE INDEPENDENT WE BECOME

PUBLISHED BY THE AA INTERGROUP COUNCIL OF WEST CENTRAL ARKANSAS

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INTERGROUP BULLETIN

VOLUME I -- APRIL - MAY - 2012

The Intergroup meets 2PM, the last Sunday of each month at 411 Sellers Street. We urge all groups to have an intergroup rep present so you will be up to date on what is going on with your intergroup, and also to provide us with any input from your group.

We need your input for this Bulletin on items of interest, i.e. birthday lists, upcoming events, personal stories and anything else that you would like to see in your bulletin. You can mail your information to: Intergroup Bulletin, P.O. Box 6401, Hot Springs, AR. 71902. You can also E-mail your information to Bill D. at bjd62070@cablelynx.com. Bulletins will be snail mailed to group representatives for reproduction and distribution. You can also receive the Bulletin in your E-mail by providing your E-mail address to Bill D., or you can pick up a copy from the book store at 411 Sellers.

A History of Alcoholism

Every culture with sugar seems to have developed some kind of alcoholic drink

such as honey mead or fermented grapes. Once developed laws had to be created to control it.

Alcohol use in the United States began as early as the **Mayflower** voyage in 1621, as beer was the liquid of choice, not water. At that time beer was considered a safer beverage to drink than water which became contaminated in the wooden barrels on the voyage from England to the United States. As a result of running short of spirits on the first voyage, the **Arbella**, the second voyage in 1630, carried three times as much beer as water as well as 10,000 gallons of wine. Rum, the beverage for the sailors and not the passengers, was also carried in abundance. As early as 1746 Maine

seeing the need for reform became the first state to ban the sale of alcohol. The problems had already begun!

Benjamin Rush (1746-1813), a signer of the Declaration of Independence and respected physician, recognized that drunkenness was not being sinful and a matter of choice which was the opinion of society. Rush believed the alcoholic loses control over himself because of the properties of alcohol, the first step toward recognizing the disease concept. He proposed alcoholics should be weaned from their addiction via less potent substances and further recommended cold baths and abstinence from any further alcohol use. He sent 1000 copies of his findings *Inquiry* to the first temperance reform gathering in 1811. Rush knew any cause preached from the pulpit would be a cause to be reckoned with.

Lyman Becher (1775-1863) who became part of history with his 6 Sermons on intemperance in 1825 which basically said that intemperance was not only drunkenness but the daily use of ardent spirits. With Justin Edwards it led to the formation of the American Society for the Promotion of Temperance in 1826. Within three years there were 1000 societies with 100,000 members and by 1834 there were 5000 societies with 500,000 members. The society was for total abstinence from all that can intoxicate including wine and beer which initially had been excluded. Dr. Rush and his *Inquiry* article were ignored. The prevailing opinion was alcohol was the cause of alcoholism and nothing can be done for him. "Keep temperate people temperate, the drunkards will soon die, and the land will be free.

Reprinted from the San Diego AA Coordinator

Signs of a Spiritual Awakening

An increased tendency to let things happen rather than make them happen.

Feelings of being connected with others and nature.

Frequent attacks of smiling.

A tendency to think and act spontaneously rather than on fears based on past experience.

An unmistakable ability to enjoy each moment.

A loss of ability to worry.

A loss of interest in conflict.

A loss of interest in interpreting the actions of others.

A loss of interest in judging others.

A loss of interest in judging self.

Gaining the ability to love without expecting anything in return.

---Anonymous---

Sleep problems persist for recovering alcoholics. Printed from January 2010 Grapevine.

A study published in the October 2009 edition of the journal Sleep found that trouble with sleep can occur for recovering alcoholics even two years into sobriety. Not sleeping can lead to other problems. "Sleep problems are ubiquitous when drinking is a problem," said Ian Colrain, director of the SRI International Human Sleep Research Program in Menlo Park, Calif. "Trouble sleeping is a common reason people relapse."

The study showed that recovering alcoholics have less deep sleep and therefore poorer sleep quality than non-alcoholics, even two years after their last drink.

The study also found that an increase of REM sleep, the stage of sleep characterized by rapid eye movement and dreaming, continued beyond the first stages of recovery.

The solutions such as drinking warm milk and avoiding coffee, smoking and napping can help, said Steven Hart, director of a nationally operated rehabilitation center. "Eventually you will get back to normal sleep."

DOES YOUR HOME GROUP HAVE A VOICE??

Become a member of the West Central Arkansas Intergroup

What is it?

The intergroup is your local support group for Alcoholics Anonymous.

Why should I become an Intergroup Representative

Each individual AA group is entitled to representation in the Intergroup yet only 2-5 of the 28 listed groups have representation at the Intergroup meetings.

What are my responsibilities as an Intergroup Representative

1. **Attend Monthly Intergroup Meetings!!** – Last Sunday each month at 2:00 P.M. 411 Sellers ST.
2. **Keep Your Group Informed!!** - Report actions and plans of the Intergroup back to your group.
3. **Have A Voice!!** - Bring any issues to the Intergroup that may affect AA as a whole – Are there specific issues that your group's conscience feels need attention.

4. **Have A Vote!!** - Vote on behalf of your group's conscience on issues set before the Intergroup
5. **Get Involved!!** - Vote in the election of the officers and members of the standing Intergroup committees.

AA SPONSORSHIP IT'S OPPORTUNITIES AND ITS RESPONSIBILITIES

Highlights from the first A.A. Sponsorship Pamphlet Written in 1944
by Clarence S. from Cleveland Ohio

PREFACE: Happiness, Health, Security, Sanity, and Life of human beings are the things we hold in balance when we sponsor an alcoholic. Listed below are the suggested steps for presenting the A.A. plan to a prospect.

- 1... **QUALIFY AS AN ALCOHOLIC:** Tell him your only reason for believing yourself able to help him is because you yourself are an alcoholic and have had experiences and problems that might be similar to his.
- 2... **TELL YOUR STORY:** Telling your personal drinking story is a means of gaining the confidence and co-operation of the prospect.
- 3... **INSPIRE CONFIDENCE IN A.A.:** Point out your series of unsuccessful efforts to control drinking... their absolute fruitless results and yet that you were able to stop drinking through the application of A.A. principles.
- 4... **TALK ABOUT "PLUS" VALUES:** Tell him of the happiness, peace of mind, health, and in many cases, material benefits which are possible through understanding and application of the A.A. way of life.
- 5... **SHOW IMPORTANCE OF READING BOOK:** This is a good time to emphasize the importance of the twelve steps and the four absolutes.
- 6... **QUALITIES REQUIRED FOR SUCCESS IN A.A.:** Convey to the prospect that the objectives of A.A. are to provide the ways and means for an alcoholic to regain his normal place in life.
- 7... **INTRODUCE FAITH:** Frequently this can be done by the sponsor relating his own difficulty in grasping a spiritual understanding and the methods he used to overcome his difficulties.
- 8... **LISTEN TO HIS STORY:** While talking to the newcomer, take time to listen and study his reactions in order that you can present your information in a more effective manner. Let him talk too.
- 9... **TAKE TO SEVERAL MEETING:** Attending several meetings gives a new man a chance to select a group in which he will be most happy and comfortable.
- 10... **EXPLAIN A.A. TO PROSPECT'S FAMILY:** The sponsor sees that these people are invited to meetings, and keeps them in touch with the current situation regarding the prospect at all times.
- 11... **HELP PROSPECT ANTICIPATE HOSPITAL EXPERIENCE:** A prospect will gain more benefit from a hospitalization period if the sponsor describes the experience and helps him anticipate it, paving the way for those members who will call on him.

Book Store

For those of you who are not aware, our bookstore is operated 100% by volunteers, (of which we can always use more). If you are interested in volunteering please contact our Bookstore Manager, John K. at 501-282-9838. We are currently supplying

meeting schedules and other pamphlets to the Garland County Courthouse, and would be happy to supply them to other counties if someone would like to pick them up and deliver them. **Thank you to all who support the Book Store.**

<u>Intergroup contributions</u>	<u>Sobriety Birthdays</u>		
Thank You For Your Support	Jim B.	1 Year	03/12/11
Before and After Group	Anna B.	1 Year	03/03/11
District 8	Rochelle C.	2 Years	03/24/10
Evergreen Group	Timothy T.	3 Years	03/26/09
Grant County Group	Grier C.	13 Years	04/01/98
Hot Springs AA Group	Allison G.	14 Years	03/14/97
Newcomers Group HSV	Dayna C.	18 Years	03/26/94
Norman Firehouse Group	David H.	19 Years	03/01/93
Central Big Book	Bill B.	21 Years	03/14/91
	Rich F.	26 Years	03/18/86
	David H.	26 Years	03/16/86
	Sammy B.	29 Years	03/09/83
	Wade S.	31 Years	02/26/81

Up coming events

May 5 {Sat}	Rock House group inventory 1 PM.
May 12 {Sat}	50 years of AA in Arkadelphia Banquet & Speaker 6 PM. Methodist Church Fellowship Hall 9 th St @ Pine
May 19 {Sat}	Rock House Group Annual Picnic, Iron Springs Picnic Grounds (5 miles north of Jessieville on RT 7) 10:30 AM - 3 PM
June 3 {Sun}	District 8 Business Meeting 1PM 411 Sellers St. Hot Springs.
June 9 {Sat}	Bake-At-The-Lake {District 8 Picnic} 10:30 Speaker Arlie Moore Pavilion, Lake De Gray.
June 7-8	Area Assembly (Howard Johnson Hotel, Conway)
June 8-10	77 th Founders Day Akron, OH. For reservations go to www.akronaa.org or call Akron central office at 303-254-8181
July 27-29	Old Grandad Convention (Arlington Hotel, Hot Springs)
September 16 {Sun}	Old Timers Potluck 12:30 PM 411 Sellers.
October 12-14	ARKYPAA Petty Jean Mountain