

# {NO BOOZE NEWS}



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

PUBLISHED MONTHLY BY THE AA INTERGROUP COUNCIL OF WEST CENTRAL ARKANSAS

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## INTERGROUP BULLETIN

VOLUME XI – AUGUST -- 2013

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, we are always in need of guest writers, 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](mailto:bjd62070@cablelynx.com). Please put "NO BOOZE NEWS" in the subject line. 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.

Our website is up and running....Go to <http://intergroupwcark.org> and check it out. I am sure you will very much like what you find

# ***Book Store Price Increase***

***You will now see a new price increase on all items in the book store. This is necessary due to the fact that we now have to pay sales tax on all sales.***

## **Chuck C.'s Testimony Before a U.S. Senate Subcommittee**

### **Part IV**

But it is my opinion that the individual alcoholic cannot be dealt with seriously. Let me give you an example. I was sitting in Edmonton, Canada, at a banquet and I had six judges around me, and they were saying to me, "We only have so many dollars and so many days and that's the only thing we can put out. We know that isn't the answer, but how can we help you; what can we do to help you?" And I said, "Well, don't sell yourselves short with so many dollars and so many days, because you and the highway patrolmen probably are responsible for my life, because you've taken me off the street at times when I was a great danger to anybody who was there, including myself. So don't sell yourselves short with so many dollars and so many days.

But perhaps the one thing that you could cut out could be the lecture that you give. When you sentence us, don't give us that lecture, because we can't take it. We've given the same lecture to ourselves many many times, so instead of giving us a lecture, as we go by you poke us in the ribs with your elbow and say, "Look, dad, when you are sick enough of being sick, and tired enough of being tired, I know a place you can go for an answer." And laugh right in our teeth; because we can understand that, but we can't take the preachment or the lectures.

So, indeed, in A.A. we have a lot of fun. I find it the most fascinating thing that has ever crossed my path. I love it. I happen to have hated alcoholics worse than anybody in the world. As a matter of fact, when I ran out of time I didn't care for the human race. I thought it was a cosmic mistake. I didn't even like the good people and the drunks I hated. Because I was a drunk and hated myself. I hated all drunks. In the last 24 years, however, I've come to the place where I think I love all of God's children, and of all of them I love the drunks the most. So my dedication, my love, and my life, are in the program of Alcoholics Anonymous, working with drunks.

And, again, we are most happy that you, all of you, are headed in the direction in which you're headed. And we want to help as much as it is humanly possible for us to help, both in seeing to it that you get an appropriation - maybe by doing a little work on the rest of the Senate by letters, and so forth - and also by being on tap when you need to call on us later on. And that would be all I have to say.

**"We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened."**

Reprinted with permission from A.A.W.S. Big Book, page 64-65

## **UPCOMING EVENTS AND DATES TO REMEMBER**

August 10 <sup>th</sup>	L.H.O.B. 9 <sup>th</sup> Annual Picnic 10 AM - 2 PM Family Park Bring side dish & Drink. Call Darren {501-276-0963}
September 8 <sup>th</sup>	District 8 506 Lillian St. Benton 501-840-1196
Sept. 20, 21, 23	Autumn in the Ozarks Ramada Inn 1127 N.E. Hwy 62 B Mt. Home, Rm. Rate \$69/Night, 2 per room includes Breakfast Buffet. 800-272-6232 Call Cheryl S. 870-405-2556 or Janet O. 870-321-3411
Oct 26-Nov2	Gratitude Cruise {Information at <a href="http://www.sobercelebrations.com">www.sobercelebrations.com</a> }
October 5 <sup>th</sup> & 6 <sup>th</sup>	Area Assembly Howard Johnson Hotel in Conway 501-329-2961
November 16, 17, 18	AA 61st Thanksgiving Program Holiday Inn, Jonesboro, AR 20\$ at Door
December 1 <sup>st</sup>	District 8 Location not confirmed at this time
December 12, 13, 14	Stateline Retreat – Las Vegas <a href="http://www.statelineretreat.org">www.statelineretreat.org</a> .
Jan 24 – Jan 27	Sober Sisters Weekend Cruise {Information at <a href="http://www.sobercelebrations.com">www.sobercelebrations.com</a> }

## **JULY BIRTHDAYS**

<i>Donnie H.</i>	<i>2 Years</i>	<i>07/05/2011</i>	<i>HSAA</i>
<i>Tom G.</i>	<i>2 Years</i>	<i>07/05/2011</i>	<i>HSAA</i>
<i>David P</i>	<i>3 Years</i>	<i>07/24/2010</i>	<i>HSAA</i>
<i>Bobbie P.</i>	<i>3 Years</i>	<i>07/14/2010</i>	
<i>Denise B.</i>	<i>4 Years</i>	<i>07/28/2009</i>	<i>HSAA</i>
<i>Rick C.</i>	<i>4 Years</i>	<i>07/23/2009</i>	
<i>Jenny E.</i>	<i>4 Years</i>	<i>07/08/2009</i>	<i>HSAA</i>
<i>Joe L.</i>	<i>19 Years</i>	<i>07/25/1994</i>	<i>Rockhouse</i>
<i>Lisa F.</i>	<i>21 Years</i>	<i>07/05/1992</i>	<i>HSAA</i>
<i>Bob H.</i>	<i>23 Years</i>	<i>07/05/1990</i>	<i>Rockhouse</i>
<i>David C</i>	<i>30 Years</i>	<i>07/14/1983</i>	<i>Rockhouse</i>
<i>Bill D.</i>	<i>32 Years</i>	<i>07/16/1981</i>	<i>Central Big Book</i>
<i>Jan D.</i>	<i>32 Years</i>	<i>07/05/1981</i>	<i>Central Big Book</i>

## **GROUP CONTRIBUTIONS**

**JUNE**  
**Evergreen**  
**Central Big Book**  
**Eastgate**  
**Hot Springs AA**

**YEAR TO DATE**  
**Hot Springs AA**  
**Central Big Book**  
**Eastgate**  
**Rockbottom**

**Evergreen**  
**Welcome**  
**Lake Catherine**  
**Rock House**

## ***NEW MEETINGS***

***SUNDAY***                      ***8 PM***    ***12 & 12 STUDY***    ***411 SELLERS***    ***DOWNSTAIRS***  
***SUNDAY***                      ***12:30 PM***    ***OPEN DISCUSSION***    ***315 W. GRAND***    ***LAST HOUSE ON THE BLOCK***  
***MON. THRU SAT.***            ***11 AM***        ***OPEN DISCUSSION***    ***315 W. GRAND***    ***LAST HOUSE ON THE BLOCK***

**"The absence of profanity offends no one."**

### **Twelve step and meeting location calls**

Some may not be aware that the Intergroup also fields all twelve step and meeting location calls. When a call comes in and someone needs help, an alcoholic in recovery is sent out to talk to the person who is still suffering. The phone number for this service is (501) 623-6328, and is answered by Ernie H., and in July he had 54 calls. Some needed a ride. If anyone is willing to give someone a ride to a meeting please send your address and the part of town you live in to Ernie at [ehover@lakevalleychurch.com](mailto:ehover@lakevalleychurch.com). Thanks Ernie

### **Gravy (thanks to Andy B.)**

No other word will do. For that's what it was. Gravy. Gravy, these past ten years. Alive, sober, working, loving, and being loved by a good woman. Eleven years ago he was told he had six months to live at the rate he was going. And he was going nowhere but down. So he changed his ways somehow. He quit drinking! And the rest? After that it was *all* gravy, every minute of it, up to and including when he was told about, well, some things that were breaking down and building up inside his head. "Don't weep for me," he said to his friends. "I'm a lucky man. I've had ten years longer than I or anyone expected. Pure Gravy. And don't forget it."

RAYMOND CARVER

### **LONG TERM HOPE**

Since most of us are born with an abundance of natural desires, it isn't strange that we often let these far exceed their intended purpose. When they drive us blindly, or we willfully demand that they supply us with more satisfactions or pleasures than are possible or due us, that is the point at which we depart from the degree of perfection that God wishes for us here on earth. That is the measure of our character defects, or if you wish, of our sins.

Twelve Steps and Twelve Traditions, p. 65

## The Ten Practical Points Of Recovery found in Alcoholics Anonymous, 3rd. Edition, Pages 58-60

- 1)"...thoroughly followed our path." p.58 line 2
- 2)"...completely give themselves..." p.58 line 3
- 3)"...developing...rigorous honesty." p.58 line 9
- 4)"...willing to go to any length..." p.58 line 18
- 5)"...fearless and thorough..." p.58 line 23
- 6)"...let go absolutely." p.58 line 25
- 7)"...asked His protection and care with complete abandon." p.59 line 5
- 8)"...the steps we took..." p.59 line 7
- 9)"...Do not be discouraged." p.60 line 7
- 10)"...willing to grow along spiritual lines." p.60 line 10

You should constantly ask yourself these questions: Who am I around?  
What are they doing to/for me? What have they got me reading?  
What have they got me saying? And most important:  
What do they have me becoming?  
Then ask yourself the big Question: Is that okay?

### Patience

I was never known for my patience.  
How many times have I asked,  
"Why should I wait, when I can have it all right now?"  
Indeed, when I was first presented the Twelve Steps,  
I was like the proverbial "kid in a candy store."  
I couldn't wait to get to Step Twelve;  
it was just a few months' work, or so I thought!  
I realize now that living the Twelve Steps of AA  
is a lifelong undertaking.

**Thought to Ponder . . .**

**Patience is passion tamed.**

Re-Printed from Daily Ponderables

# ***I Am Not Alone***

## **An AA gets "plugged in" through AA telephone meetings**

Newly out of treatment, I nervously walked into the AA meeting room, desperately hoping to avoid eye contact, wishing I could just disappear into the paneling on the walls. I had been introduced to AA before, and had attended a number of meetings. I even had a couple of friends in the program. But this was different. I had finally received the gift of desperation. The friend I thought I had in the bottle was now killing me, and I couldn't seem to escape it's grasp no matter how hard I tried. Alcohol, alcoholism, and my own self-will had me beat. Feeling hopeless and helpless, I was convinced my life was surely over. I needed help, and I could not. With the room nearly full, I slunk into a seat on the front row. So much for hiding. Chin to chest, I hoped no one would call on me. Maybe I'd get lucky, and I wouldn't be noticed. Then I heard, "the woman on the front row in the gray sweatshirt." I winced, hoping they were talking about someone else. I looked up. "Yes, you."

The words tumbled out of my mouth: "I'm Ellen, and I'm an alcoholic." Agh! Now the truth was out. I WAS powerless over alcohol and my life had become unmanageable. I felt scared and alone. I didn't have all the answers, and I couldn't fix myself. Relief started to wash over me. I realized I was not alone, and for the first time in my life, I was actually willing to listen, truly listen.

AA members encouraged me to get a sponsor, work the steps, do service work, reach out, take sobriety one day at a time or one minute at a time if I needed to, and keep coming back. They said the program would work if I worked it, and they were right.

Slowly, I discovered getting sober was only the beginning. AA offered me a new way of life, and it gave me practical tools that enabled me to deal with my emotions, relationships, and life - sober. The twelve steps, service work, the fellowship, and regular meeting attendance became integral parts of living sober.

Then, life happened, and I became extremely ill. Unable to regularly attend meetings, I felt isolated and alone. Feelings of self-pity and loneliness began to consume me. I prayed, wrote, talked to my sponsor, and called friends in the fellowship, yet it wasn't enough. I needed to get "plugged in" again, ASAP, before "poor me" turned into "pour me another drink". *But how?*

Then I remembered a suggestion I had given to a sponsee nearly a year earlier, and realized it was time to follow my own advice. Through research, I rediscovered the Sober Voices Group, an AA telephone group, registered with our world service office and offering telephone meetings 2-3 times per day, seven days a week. I had no excuses. I began regularly attending these telephone meetings, and before long, I was doing service work too. My feelings of self-pity and loneliness began to evaporate. Once again, I felt like I belonged and had something to give back.

Life has not been easy, but it is good because today I am sober. I have found a power greater than myself and am growing in my relationship with the God of my understanding. I have a new way of living that works in both good times and bad, and I have a fellowship in AA that I feel a part of and actively serve. *I am not alone.*

***...I needed to get plugged in again ASAP, before  
'poor me' became 'pour me another drink',***

Ellen A., Houston, TX