

{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 XVI – JANUARY -- 2014

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. 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.](http://intergroupwcark.org) I am sure you will very much like what you find



Four Men

(The following is reprinted from the well known Southern newspaper column, Everyday Counselor, with the permission of the author, The Rev. Herbert Spaugh, D.D.)

A thumb-nail sketch of the program of the Alcoholics Anonymous is given for the benefit of many readers who have inquired about it. The picture presented is general, and will be seen to be a fine program for the church or any organization designed to help others.

In the first place, the patient must be willing to be helped, must admit his need of help. He is then urged to make the acquaintance and face squarely four men.

THE FIRST MAN. This man is yourself. Stand in front of a mirror and honestly look at yourself alone. This is difficult, as it is the last thing which many want to do, but it is the necessary first thing. Look beyond your face and down into your heart. You may fool the world, your family, your friends, but you can never fool yourself. A guilty conscience is poor company. It is responsible for more sickness, misery and suffering than anything else in the world. You may try to run away from it in work, in play; but it is always within you; you can't escape it.

THE SECOND MAN. This man is your God. To the Christian, He is The Man, Christ Jesus. He, who rules all creation, guides the heavenly bodies in their courses, plans and directs the workings of nature, is ready to help you, if you will let Him. He stands ready to help you with every problem. You will never know how to live happily, successfully, victoriously with yourself until you learn to live with your God. Only in Him can you find a clean and pure conscience.

THE THIRD MAN, for the one who would take the program of the Alcoholics Anonymous, is your fellow-member of the local A.A. club. These clubs meet every week; report on themselves and on each other. If a member has been unfortunate enough to have slipped and fallen, the other members go after him and bring him back.

THE FOURTH MAN WITHOUT WHOM YOUR LIFE WILL NOT BE COMPLETE is the man with whom you must share your new experience. One requirement in an A.A. club is that each member must share his new strength with other alcoholics; this is their strongest aid to sobriety.

Four is the world-number of completion. To live successfully in this world you must meet and know these four men.

Grapevine Quote's

"Some of us take a long time to 'come to' before we can 'come to believe' that there is any hope for us."

"Coincidences are merely a manner in which God protects his anonymity."

AA Traditions - 1 - Long Form

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

UPCOMING EVENTS AND DATES TO REMEMBER

| | | | |
|---|---|---|--------------|
| Jan 4 & 5 | Area Assembly | Howard Johnson Hotel in Conway | 501-329-296 |
| Jan 19th | District 8 | 411 Sellers -- Eat at noon, Committees at 1 | |
| Jan 24 -- 27 | Sober Sisters Weekend | cruise {Information at www.sobercelebrations.com } | |
| Feb 6-9, 2014 | 50th Intl Women's Conference, | Honolulu www.internationalwomensconference.org | |
| Feb 28th | 3rd Annual 12 Steps to Freedom | Akron, OH. stepstofreedom@live.com or call | |
| | Jason S. {479} 461-1604 or Danielle B. {479} 461-1700 | | |
| March 2 nd | District Meeting | 411 Sellers St. in Hot Springs | 501-840-1196 |
| April 5 th – 6 th | Area Assembly | Howard Johnson Hotel in Conway | 501-329-2961 |
| May 7-20 | Sober Adventure to China -- | Snow@sobercelebrations.com | 561-702-2312 |
| June 1 st | District Meeting | 411 Sellers St. in Hot Springs | 501-329-2961 |
| July 12 th – 13 th | Area Assembly | Howard Johnson Hotel in Conway | 501-329-2961 |
| September 7 th | District Meeting | 411 Sellers St. in Hot Springs | 501-840-1196 |
| October 4 th – 5 th | Area Assembly | Howard Johnson Hotel in Conway | 501-329-2961 |
| December 7 th | District Meeting | 411 Sellers St. in Hot Springs | 501-329-2961 |

SPONSORSHIP

A man in a hot air balloon realized that he was lost. He reduced altitude and spotted another man below. He descended a bit more and shouted, "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The man below replied, "You're in a hot air ball hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude."

"You must be a sponsor," said the balloonist. "I am," replied the man, "how did you know?" "Well," answered the balloonist, "everything you told me is, technically correct, but I've no idea what to make of your information, and the fact is I'm still lost. Frankly, you've not been much help at all. If anything, you've delayed my trip."

The man below responded, "You must be a sponsee"

"I am,; replied the balloonist, "but how did you know?"

"Well," said the man, "you don't know where you are or where you're going. You have risen to where you are due to a large quantity of hot air. You mad a promise, which you've no idea how to keep, and you expect other people to solve your problems. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's my fault."

Re-Printed from Daily Ponderables 01/27/13

"Experience is what you get when you don't get what you want."

GROUP CONTRIBUTIONS

*November
Central Big Book
Evergreen
Open Door Group*

YEAR TO DATE

*Hot Springs AA
Central Big Book
Eastgate
Rock Bottom
New Comers*

*Evergreen
Welcome
Lake Catherine
Rock House
Open Door Group*

DECEMBER TWELVE STEP CALLS

*WE HAD OVER 50 CALLS IN DECEMBER FOR HELP AND DIRECTIONS.
THANK YOU STEVE B. FOR YOUR SERVICE TO ALL*

DECEMBER BIRTHDAYS

| | | | |
|-------------|----------|------------|----------------------|
| Alicia B. | 1 Year | 12/04/2012 | Hot Springs AA |
| Victoria P. | 1 Year | 12/31/2012 | Central Big Book |
| Lori H. | 2 Years | 12/12/2011 | Rock House |
| Claire G. | 6 Years | 12/16/2007 | Central Big Book |
| Linda H. | 8 Years | 12/02/2005 | Rock House |
| Terry T. | 9 Years | 12/19/2004 | Rock House |
| Jim N. | 10 Years | 12/17/2003 | Hot Springs AA |
| Julie B. | 18 Years | 12/22/1995 | Rock House |
| Vera F. | 15 Years | 12/12/1998 | Lake Catherine Group |
| Cathy K. | 26 Years | 12/11/1987 | Lake Catherine Group |
| Castro B. | 31 Years | 12/28/1982 | Hot Springs AA |
| Bob O. | 32 Years | 12/05/1981 | Rock House |
| De D. | 33 Years | 12/13/1980 | Lake Catherine Group |
| Don R. | 41 Years | 12/20/1972 | Mt. Ida |

Copied from "Dear Abby" to as written by her Mother from the original credo of Al-Anon

JUST FOR TODAY: I will live through this day only. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

JUST FOR TODAY: I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.

JUST FOR TODAY: I will accept what is. I will face reality. I will correct those things that I can correct and accept those I cannot.

JUST FOR TODAY: I will improve my mine. I will read something that requires effort, thought and concentration. I will not be a mental loafer.

JUST FOR TODAY: I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly, and not interrupt when someone else is talking.

JUST FOR TODAY: I will refrain from improving anybody but myself.

JUST FOR TODAY: I will do something positive to improve my health. If I'm a smoker, I'll quit. If I am overweight, I will eat healthfully --- if only for today. And not only that I will get off the couch and take a brisk walk, even if it's only around the block.

JUST FOR TODAY: I will gather the courage to do what is right and take responsibility for my own actions.

