

{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 XVII - FEBRUARY -- 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

Above All, an Alcoholic -- AA Grapevine September 1982

SCARED OUT OF my wits, sick, shaking, confused, lonely, I drove past that AA hall again and again, waiting until the last possible moment before I had to open that door. I had been at this point before and always had some "good" reason for backing out. This time, there were no reasons. All that was left at the ripe old age of twenty-five was the ruins of a young family.

But what was going to happen when I walked through that door? What were those people going to ask me? How could I tell them that I might have a drinking problem, that I didn't know what was happening in my life anymore, that I had squandered thousands of dollars, that I hurt people and hated myself, that I was married and had a little girl, and that I was gay? Oh God, they wouldn't understand. They'd look at me with utter disgust, incredulity, and righteous judgment in their eyes.

Pain is a great motivator. I got out of the car, took a few breaths, held my head up, and walked toward that door. "If it's too awful," I said to myself, "I can leave." I had become quite accustomed to rejection. "There are not a whole lot of people who *could* understand," I told myself. "So what's one more time? I don't know where else to go."

I opened the door and walked into the warmth, the laughter, the acceptance, and the love that is AA. No one had asked me who I was or what I wanted; no one asked me how much money I had or what I did for a living; no one asked me where I did my drinking or what my sexual preferences were. The smiling man who greeted me told me that if I thought I had a drinking problem, I was in the right place. "Don't compare your story to the one you'll hear tonight," he suggested. "Try to *relate* to what he says, to what alcohol did to him as a human being."

Well, my Higher Power was apparently working overtime that night, because I did relate to the speaker. When he was finished, I knew I was an alcoholic, not a lunatic, not an evil, immoral wretch, but a sick person suffering from a disease of body, mind, and spirit and if I wanted to get well, AA could help. And it has.

The process of getting and staying sober has been far from easy. Years' worth of guilt, self-hatred, resentment, and fear don't go away overnight. It takes a lot of work, a lot of prayer. Above all, it requires physical sobriety. But believe me, it does get better.

The first year I was sober, nearly all my energy went into AA: meetings, meetings, meetings; getting as active as I could; reading and studying the Big Book and *Twelve Steps and Twelve Traditions*; visiting institutions and rehab centers; talking with new people about the program; going along on Twelfth Step calls and to AA conferences social gatherings; and slowly, ever so slowly opening up to these people, whom I found I could trust.

Time passed quickly, and I discovered one day (with the help of an old-timer) that I, too, had learned how to stay sober. He told me that I looked healthy, had a genuine smile now, and had that "AA look" in my eyes. I was made aware that my ballooned ego was being replaced with self-respect, that resentment and hatred were being replaced with tolerance and understanding, that fear was being replaced with trust, and that loneliness and self-pity were being replaced with gratitude and love--all because I was working the program to the

best of my ability and wasn't drinking.

I kept coming back as I was told, for there was--and still is--much work to do. When the time arrived for me to deal with what I thought was the most hideous aspect of my character, I was able to. With the help of a Higher Power and the people in AA, I made it and am making it, sometimes tearfully but more often joyfully. When I entered AA, two and one-half years ago, there were no gay groups in our area. I didn't know where to turn. Slowly, as I became ready, God put people in my life--some gay, some not, some new people, some old-timers. We have stayed sober grown together. By applying the principles and program of AA, I have gained my freedom--freedom to be myself, to like myself as I am, to become whatever it is that my Higher Power has planned for me, one day at a time--freedom to live the type of life I'm most comfortable with, to love, and to laugh.

If there is one slogan in the program that is more important than another to me, it is "First Things First." Above all else, I must remember that I am an alcoholic that I must remain willing to go to any length to maintain my sobriety, or I will die. Gay or straight, black or white, Jew or Christian, rich or poor, it won't make a bit of difference if I choose to drink. For with me, as with every alcoholic, to drink is to die.

J. B. Toledo, Ohio

UPCOMING EVENTS AND DATES TO REMEMBER

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
June 6th-8th	Founders Day 2014 Akron, Ohio -	Website - foundersday@akronaa.org Phone: 330-203-1468
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

If there are any meeting changes to any meetings in the NO BOOZE NEWS area, please let Bill D. at 501-318-8249 know so he can update the local newspaper. I was just informed that the 11 AM meeting listed in the support section of the paper is no longer active.

Your old Grapevines needed by Public Information

If you have any extra and/or old grapevines Please drop them off at the book store attention "Public Information" or call Bill D. at 501-318-8249 for pickup.

TWELVE STEPS A WAY

My life was in shambles
addiction ran rampant in my mind
fear consumed my every action
and faith was impossible to find.

Hope was nonexistent
- -- despair was my domain -
chaos was my lifestyle
my motivation was pain.

My bottom was high
my pain was extreme
insanity was my captor
and happiness was a distant dream.

Then I stumbled upon life
one that promised peace and serenity
I learned that happiness is obtainable
when I learn honesty and humility.

My soul has a vision
and God has shown me the way.
Today I can find harmony in life
it's only twelve steps away.



"Sorry lady, it doesn't work that way."

JANUARY BIRTHDAYS

Deborah D.	1 Year	01/06/2013	Rock House
Kelly S.	2 Years	01/01/2012	Hot Springs AA
Catherine C.	4 Years	01/04/2010	Central Big Book
Jill R.	4 Years	04/10/2010	Central Big Book
Mike	5 Years		Hot Springs AA
Sue B.	7 Years	01/01/2007	Rock House
Jim	7 Years		Hot Springs AA
Gwen McG.	9 Years	01/24/2005	Rock House Sat Women's
Anthony R.	11 Years		Hot Springs AA
Jeff G.	11 Years	01/14/2003	Hot Springs AA
Cheryl C.	13 Years	01/07/2001	Rock House Sat Women's
John S.	14 Years	01/10 1999	Lake Catherine Group
Doug MacP.	21 Years	01/12/1993	Rock House
Bill H.	23 Years		Hot Springs AA
George V.	25 Years	01/10/1989	201 St. Paul
Robin D.	27 Years	01/02/1987	Rock House
Jim	28 Years		Hot Springs AA
Jean H.	30 Years	01/28/1984	Rock House Sat Women's
Ben W.	32 Years	01/14/1982	Rock House
Ronnie H.	35 Years	01/02/1979	Rock House
Gray M.	37 Years	01/10/1977	Resentment Group Mt. Ida
Ralph H.	39 Years	01/10/1975	Rock House
Frank S.	43 Years	01/21/1971	Resentment Group Mt. Ida
Paul R.	44 Years	01/01/1970	Rock House
Mike D.	45 Years	01/15/1969	Lake Catherine Group
Mary E.	46 Years	01/15/1968	Rock House Sat Women's
Mike	5 Years		Hot Springs AA

GROUP CONTRIBUTIONS

*January
Eastgate
Hot Springs AA
Grant County Group
Resentment Group*

YEAR TO DATE
*Hot Springs AA
Central Big Book
Eastgate
Rock Bottom
New Comers
Grant County Group*

*Evergreen
Welcome
Lake Catherine
Rock House
Open Door Group
Resentment Group*

JANUARY TWELVE STEP CALLS

WE HAD 30 + CALLS IN JANUARY LOOKING FOR MEETINGS OR DIRECTIONS

THANKS STEVE B.

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