

# {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 XX - MAY -- 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](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

## 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

## **VOLUNTEERS NEEDED**

- The Intergroup website needs a webmaster. Contact Bill B at 915-9267 or Jeff T at 617-3900 if you want more information or are interested.
- The Fellowship needs more volunteers to cover the answering service. Must have at least 1 year sobriety and a sponsor. Contact Jeff T. at 617-3900 if you need more information or are interested in volunteering.
- The bookstore needs volunteers. Need to have at least 6 months sobriety, have a sponsor and attend an Intergroup Meeting to be approved. Contact John K. at 282-9838 if you want more information or are interested in volunteering.

### **Five Truths**

Everything changes and ends  
Things don't always go as planned  
Life is not always fair  
Pain is a part of Life  
People are not always loving or loyal

*(thanks to Monte K*

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# **MEETING INFORMATION**

**LAKE CATHERINE GROUP HAS BIRTHDAY NIGHT THE LAST THURSDAY OF EACH MONTH AND IT IS AN OPEN MEETING THAT NIGHT. CONTACT JOHN S. AT 622-7340 FOR MORE INFORMATION OR DIRECTIONS TO MEETING PLACE.**

**THE ROCK HOUSE WEDNESDAY & SATURDAY OPEN DISCUSSION MEETINGS AT 7PM NEED SUPPORT AND AA PARTICIPATION. OTHERWISE WE MAY HAVE TO CLOSE THEM.**

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

May 7-20	Sober Adventure to China -- Snow@sobercelebrations.com	561-702-2312
May 22-25	28th Annual Gathering of the Eagles -- www.dallasgatheringofeagles.org	
June 1 <sup>st</sup>	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	<a href="#"><u>See Flyer sent separately.</u></a>
June 14th	Bake at the Lake Arley Moore Pavilion Lake De Gray Contact Darren B. 501-276-0963	<a href="#"><u>See Flyer sent separately.</u></a>
July 12 <sup>th</sup> – 13 <sup>th</sup>	Area Assembly Howard Johnson Hotel in Conway	501-329-2961
August 1st - 3rd	Old Grandad Arlington Hotel, Hot Springs	501-776-1697 <a href="#"><u>See Flyer sent separately.</u></a>
September 7 <sup>th</sup>	District Meeting 411 Sellers St. in Hot Springs	501-840-1196
October 4 <sup>th</sup> – 5 <sup>th</sup>	Area Assembly Howard Johnson Hotel in Conway	501-329-2961
October 10th-12th	S.W.R.A.A.S.A. Corpus Christi, TX.	<a href="#"><u>See flyer sent separately.</u></a>
December 7 <sup>th</sup>	District Meeting 411 Sellers St. in Hot Springs	501-329-2961

## **FILLING THE VOID**

**We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.**

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## *On the Lighter Side*

### *Who are they*

*A man died and went to heaven. St. Peter asked, "What denomination are you?" and the man said "I don't belong here, I don't go to church." St. Peter said, "Well, we don't make mistakes, you belong here, let's just walk around and you can see where you'd like to stay."*

*So they walked down the hall, and St. Peter opened a door and there were these pews with people kneeling and praying and crossing themselves. "Who are they?" asked the man. "Those are the Catholics," answered St. Peter. "Well, I don't want to stay there," said the man and they walked on down the hall.*

*St. Peter opened the next door, and there were all these pews with people sitting in them staring straight ahead. "Who are they?" asked the man. "Those are the Protestants," answered St. Peter. "Well I don't want to stay here," said the man, and they walked on down the hall.*

*The next room they went into, the man smelled coffee as soon as the door opened. The man looked inside and there were all these people laughing and hugging each other. He watched them stand in a circle and say the Serenity Prayer, The man said, "I like these people, who are they?"*

*St. Peter shrugged his shoulders and said, "I don't know, they won't tell us"*

**A great obstacle to happiness is to expect too much happiness.  
--- Fontenelle**

## **MARCH BIRTHDAYS'**

Kristy H.	1 Year	04/17/2013	Rock House Group
Greg B.	1 Year	01/01/2013	Central Big Book Group
Jason U.	2 Years	04/15/2012	Rock House Group
Linda G.R.	5 Years	04/17/2009	Rock House Ladies Group
Scott G.	13 Years	04/10/2001	Grant County Group
Grier C.	15 Years	04/01/1999	Central Big Book Group
Mary Anne L.	34 Years	04/15/1980	Central Big Book Group



## **GROUP CONTRIBUTIONS**

### **APRIL**

***Welcome Group  
Hot Springs AA  
Arkadelphia Group 1  
Central Big Book  
Eastgate***

### **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***

Public Information Committee

District 8

Chairperson – MaryAnne L.

It is important that our District knows about the work that is being done. The focus of our Public Information Committee (P.I.) this year is getting Big Books into our school libraries and 18 schools in our District have allowed us to place.

I want to Thank Bill D. for contacting the schools and the entire AA volunteer community for participating by bringing the books to the schools in their towns (Clark County, Robert; Garland County, Bill D.; Hot Spring County, Terry and Ray; Grant County, Dave; Montgomery County, Hal; Saline County, Lexi and Paul.

The second item on our agenda was to place 10 copies of our monthly AA magazine, The Grapevine, in local Laundromats and this has been done. At this time in Hot Springs we are looking for volunteers to adopt and check once a month to see if the Grapevines need to be replenished. There are four Laundromat's in Hot Springs Bill D. has adopted one so we need three more volunteers. If you are available for this easy service commitment please contact Bill D. at the newsletter.

We had so many people do service at the Assembly; we put labels on the books and Grapevines and meeting lists in the books. Many hands and good fellowship made the chore a pleasure.

I want to thank everyone for their service and enthusiasm. We carry the message in so many ways.

I invite anyone interested in getting involved in Public Information service to come to the next District 8 meeting on June 1, 2014, 1:00pm at 411 Sellers St..

In Love and Service

MaryAnne L.

Public Information Chairperson, District 8

