

{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

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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

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

The Next Frontier: Emotional Sobriety

by *Bill Wilson*

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(also see: *A Letter From Bill W. on Depression, from the memoirs of Tom Pike, an early California AA member, which is strikingly similar to this AA Grapevine Article, "The Next Frontier: Emotional Sobriety."*)

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years back - ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer..."It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence - almost absolute dependence - on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent

unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine

"Cling to the thought
that, in God's hands, the dark
past is the greatest possession you have —the key to life and
happiness for others. With it you can avert
death and misery for them.

__Bill W.

Reprinted from *Alcoholics Anonymous*, p. 124, with permission of A.A.W.S., Inc.



GRAPEVINE QUOTE

"Should our present success continue, people will commence to assert that AA is a brand new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live ...

"Fortunately most of us are convinced that these are perilous speculations, alluring ingredients of that new heady wine we are now being offered, each bottle marked 'Success'!

"Of this subtle vintage may we never drink too deeply."

"Someone's opinion of you does not have to become your reality."



MANY THANKS TO JEFF T.

At our monthly meeting of May 25 the Intergroup regrettably accepted Jeff T.'s resignation as treasurer of the Intergroup. His discipline and integrity in fiscal matters left us in much better financial shape than he found us when he took over. For this, and his many other services, we are truly grateful and we wish him well in all his future endeavors.

Bill B., Chairperson



"No, no, Harry—they have to have a desire!"

Reprinted with Permission, Grapevine, July 1958

GROUP CONTRIBUTIONS

May
Hot Springs AA
Rock House
ARKYPAA

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

MAY BIRTHDAYS'

Deborah D.	2 Years	05/18/2012	Rock House Ladies
Pat N.	4 Years	05/19/2010	Rock House
Bill L.	5 Years	05/23/2009	Rock House
zach z.	6 Years	05/15/2008	Central Big Book
Debbie V	8 Years	05/01/2006	Rock House
Raymond S.	11 Years	05/05/2003	Rock House
Tony S.	18 Years	05/23/1996	Hot Springs AA
Marty W.	22 Years	05/22/1992	Resentment Group
Gerry S.	30 Years	05/12/1984	Central Big Book

12 STEPPERS NEEDED

There is a need to upgrade our 12 step list. The intergroup will be sending out forms to all groups. To volunteer for the list, please attend your group conscience meetings and add you name to the list.

A.A. History in June

- June 1** 1949 - Anne S., Dr. Bob's wife, died.
- June 4** 2002- Caroline K., author of "Drinking: A Love Story" died sober of lung cancer.
- June 5** 1940 - Ebby T. took a job at the NY Worlds Fair.
- June 6** 1940 - The first AA Group in Richmond, VA, was formed.
- 1979 - AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill's wife, in New York.
- June 7** 1939 - Bill and Lois W. had an argument, the first of two times Bill almost slipped.
- 1941 - The first AA Group in St. Paul, Minnesota, was formed.
- June 8** 1941 - Three AA's started a group in Kalamazoo, Michigan.
- June 10** 1935 - The date that is celebrated as Dr. Bob's last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually June 17.
- June 11** 1945 - Twenty-five hundred attend AA's 10th Anniversary in Cleveland, Ohio.
- 1969 - Dr. Bob's granddaughter, Bonna, daughter of Sue S. and Ernie G. (The Seven Month Slip in the First Edition) killed herself after first killing her six-year-old child.
- 1971 - Ernie G. died
- June 13** 1945 - Morgan R. gave a radio appearance for AA with large audience. He was kept under surveillance to make sure he didn't drink.
- June 15** 1940 - First AA Group in Baltimore, MD, was formed.
- June 16** 1938 - Jim B., "The Vicious Cycle" in Big Book, had his last drink.
- June 17** 1942 - New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.

June 18 1940 - One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.

June 19 1942 - Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up. "There are fewer suicides in my files," he commented.

June 21 1944 - The first Issue of the AA Grapevine was published.

June 24 1938 - Two Rockefeller associates told the press about the Big Book "Not to bear any author's name but to be by 'Alcoholics Anonymous.'"

June 25 1939 - The New York Times reviewer wrote that the Big Book is "more soundly based psychologically than any other treatment I have ever come upon."

June 26 1935 - Bill D. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.

June 28 1935 - Dr. Bob and Bill W. visited Bill Dotson at Akron's City Hospital.

June 30 1941 - Ruth Hock showed Bill W. the Serenity Prayer and it was adopted readily by AA.

2000 - More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

Other significant events in June for which we have no specific date:

1948 - A subscription to the AA Grapevine was donated to the Beloit, Wisconsin, Public Library by a local AA member.

1981 - AA in Switzerland held its 25th Anniversary Convention with Lois W. and Nell Wing in attendance.

UPCOMING EVENTS AND DATES TO REMEMBER

June 6th-8th	Founders Day 2014 Akron, Ohio - Website - foundersday@akronaa.org Phone: 330-203-1468 <u>See Flyer sent separately.</u>
June 14th	Bake at the Lake Arley Moore Pavilion Lake De Gray Contact Darren B. 501-276-0963 <u>See Flyer sent separately.</u>
July 12 th – 13 th	Area Assembly Howard Johnson Hotel in Conway 501-329-2961
August 1st - 3rd	Old Grandad Arlington Hotel, Hot Springs 501-776-1697 <u>See Flyer sent separately.</u>
September 7 th	District Meeting 411 Sellers St. in Hot Springs 501-840-1196
September 19-21	Autumn in the Ozarks Mt Home <u>See Flyer sent separately</u>
October 4 th – 5 th	Area Assembly Howard Johnson Hotel in Conway 501-329-2961
October 10th-12th	ARKYPAA Conference -- Petit Jean Mountain {arkypaa.org}
October 10th-12th	S.W.R.A.A.S.A. Corpus Christi, TX. <u>See flyer sent separately.</u>
November 21-23	61st annual Jonesboro Thanksgiving Program <u>See flyer sent separately</u>
December 7 th	District Meeting 411 Sellers St. in Hot Springs 501-329-2961

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GRAPEVINE QUOTE OF THE DAY

June 1

"This issue of the Grapevine marks the anniversary of its founding exactly fifteen [now seventy] years ago.

"The memory of some of those first editorial meetings will linger with me always. Seated around a table in a tiny cheerless room some place downtown, the founders pored over their freshly written copy for the first issues. In those days the enthusiastic founders did everything. Not only did they do the art work, write the bulk of the stories, they kept the books, they paid the printing bill, they typed the address on each copy and finally licked all the stamps. So went the happy monthly paroxysm of creating what was to become the principal monthly journal of our whole society.

"Today 35,000 readers [now over 100,000 across multiple media platforms] see mirrored in each issue of the AA Grapevine a monthly vision of the worldwide thought, feeling and activity of our whole fellowship. It is our great means of inter-communication; a magic carpet on which each of you can ride to the more distant reaches and watch new brothers and sisters emerge from darkness into light.

"On this happy occasion I send my warmest affection to Grapevine readers and staff alike. May God prosper the Grapevine always."