

{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 XXIII – AUGUST -- 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. I am sure you will very much like what you find

10 Principles for Peace of Mind

1. Do Not Interfere In Others' Business Unless Asked:

Most of us create our own problems by interfering too often in others' affairs. We do so because somehow we have convinced ourselves that our way is the best way, our logic is the perfect logic and those who do not conform to our thinking must be criticized and steered to the right direction, our direction. This thinking denies the existence of individuality and consequently the existence of God. God has created each one of us in a unique way. No two human beings can think or act in exactly the same way. All men or women act the way they do because God within them prompts them that way. Mind your own business and you will keep your peace.

2. Forgive And Forget:

This is the most powerful aid to peace of mind. We often develop ill feelings inside our heart for the person who insults us or harms us. We nurture grievances. This in turn results in loss of sleep, development of stomach ulcers, and high blood pressure. This insult or injury was done once, but nourishing of grievance goes on forever by constantly remembering it. Get over this bad habit. Life is too short to waste in such trifles. Forgive & Forget, and march on. Love flourishes in giving and forgiving.

3. Do Not Crave For Recognition:

This world is full of selfish people. They seldom praise anybody without selfish motives. They may praise you today because you are in power, but no sooner than you are powerless; they will forget your achievement and will start finding faults in you. Why do you wish to kill yourself in striving for their recognition? Their recognition is not worth the aggravation. Do your duties ethically and sincerely.

4. Do Not Be Jealous:

We all have experienced how jealousy can disturb our peace of mind. You know that you work harder than your colleagues in the office, but sometimes they get promotions; you do not. You started a business several years ago, but you are not as successful as your neighbor whose business is only one year old. There are several examples like these in everyday life. Should you be jealous? No.

5. Change Yourself According To The Environment:

If you try to change the environment single-handedly, the chances are you will fail. Instead, change yourself to suit your environment. As you do this, even the environment, which has been unfriendly to you, will mysteriously change and seem congenial and harmonious.

6. Endure What Cannot Be Cured:

This is the best way to turn a disadvantage into an advantage. Every day we face numerous inconveniences, ailments, irritations, and accidents that are beyond our control. If we cannot control them or change them, we must learn to put up with these things. We must learn to endure them cheerfully. Believe in yourself and you will gain in terms of patience, inner strength and will power.

7. Do Not Bite Off More Than You Can Chew:

This maxim needs to be remembered constantly. We often tend to take more responsibilities than we are capable of carrying out. Know your limitations. . Why take on additional loads that may create more worries? You cannot gain peace of mind by expanding your external activities. Reduce your material engagements and spend time in prayer, introspection and meditation. This will reduce those thoughts in your mind that make you restless. Uncluttered mind will produce greater peace of mind.

8. Meditate Regularly:

Meditation calms the mind and gets rid of disturbing thoughts. This is the highest state of peace of mind. Try and experience it yourself. If you meditate earnestly for half an hour every day, your mind will tend to become peaceful during the remaining twenty-three and half-hours. Your mind will not be easily disturbed as it was before. You would benefit by gradually increasing the period of daily meditation. You may think that this will interfere with your daily work. On the contrary, this will increase your efficiency and you will be able to produce better results in less time.

9. Never Leave The Mind Vacant:

An empty mind is the devil's workshop. All evil actions start in the vacant mind. Keep your mind occupied in something positive, something worthwhile. Actively follow a hobby. Do something that holds your interest. You must decide what you value more: money or peace of mind. Your hobby, like social work or religious work, may not always earn you more money, but you will have a sense of fulfillment and achievement. Even when you are resting physically, occupy yourself in healthy reading or mental chanting of God's name.

10. Do Not Procrastinate And Never Regret:

Do not waste time in protracted wondering " Should I or shouldn't I?" Days, weeks, months, and years may be wasted in that futile mental debating. You can never plan enough because you can never anticipate all future happenings. Value your time and do the things that need to be done. It does not matter if you fail the first time. You can learn from your mistakes and succeed the next time. Sitting back and worrying will lead to nothing. Learn from your mistakes, but do not brood over the past.

The Ten Practical Points Of Recovery found in Alcoholics Anonymous, 3rd. Edition, Pages 58-60 (thanks to Cheryl T)

- 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



"Don't blame yourself honey, I'm sure there were other reasons than you getting sober. "

AA Hot line calls in July

About 50 calls in July, 95% for directions and times 5% needed help.

Thanks Steve B. for your service

GROUP CONTRIBUTIONS

JUNE
Hot Springs AA
Group 66576
Welcome Group

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

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

THANK YOU FOR YOUR SUPPORT

JULY BIRTHDAYS'

| | | | |
|-------------|----------|------------|------------------------|
| Allen H. | 1 Year | 07/07/2013 | Hot Springs AA |
| John M. | 2 Years | 07/24/2012 | Hot Springs AA |
| Dee | 3 Years | 07/07/2011 | Hot Springs AA |
| Donny | 3 Years | 07/05/2011 | Hot Springs AA |
| David P. | 4 Years | 07/24/2010 | Hot Springs AA |
| Rick C. | 5 Years | 07/23/2009 | Central Big Book study |
| Denise B. | 5 Years | 07/08/2009 | Hot Springs AA |
| Don W. | 5 Years | 07/04/2009 | Central Big Book Study |
| Leonard P. | 8 Years | 07/31/2006 | Lake Catherine Group |
| Lisa Ann F. | 22 Years | 07/05/1992 | Hot Springs AA |
| Beth M. | 22 Years | 07/12/1992 | Rock House Ladies |
| Bob H. | 24 Years | 07/05/1990 | Eastgate Group |
| Jon M. | 26 Years | 1988 | Hot Springs AA |
| David D. | 29 Years | 07/08/1985 | Rock House Group |
| David C. | 31 Years | 07/14/1983 | At Large |
| Larry R | 31 Years | 07/08/1983 | Hot Springs AA |
| Bill D. | 33 Years | 07/16/1981 | Central Big Book Study |
| Fred F. | 52 Years | 1962 | Hot Springs AA |



Anger is a condition in which the tongue works faster than the mind.

You can't change the past but you can ruin the present by worrying over the future.



God always gives His best to those who leave the choice with Him.

A hug is a great gift ... one size fits all. It can be given for any occasion and it's easy to exchange.

Two things can spoil group unity -- gossip and criticism. To avoid these divisive things, we must realize that we're all in the same boat. We're like a group of people in a lifeboat after the steamer has sunk. If we're going to be saved, we've got to pull together. It's a matter of life or death for us. Gossip and criticism are sure ways of disrupting any A.A. group. We're all in A.A. to keep sober ourselves and to help each other to keep sober. And neither gossip nor criticism helps anyone to stay sober.

Re-printed from Daily Ponderables

If you didn't hear it with your own ears or see it with your own eyes, don't invent it with your small mind and share it with your big mouth.

Thanks Jan D.

REMOVING "THE GROUND GLASS"

The moral inventory is a cool examination of the damages that occurred to us during life and a sincere effort to look at them in a true perspective. This has the effect of taking the ground glass out of us, the emotional substance that still cuts and inhibits.

[AS BILL SEES IT](#), p. 140

My Eight Step list used to drag me into a whirlpool of resentment. After years of sobriety, I was blocked by denial connected with an ongoing abusive relationship. The argument between fear and pride eased as the words of the Step moved from my head to my heart. For the first time in years I opened my box of paints and poured out an honest rage, and explosion of reds and blacks and yellows. As I looked at the drawing, tears of joy and relief flowed down my cheeks. In my disease, I had given up my art, a self-inflicted punishment far greater than any imposed from outside. In my recovery, I learned that the pain of my defects is the very substance God uses to cleanse my character and to set me free.

From the book *Daily Reflections*

**CAR IN DITCH
DRIVER IN TREE
THE MOON WAS FULL
AND SO WAS HE.**

Burma Shave

{7}

