

# {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 XXV – OCTOBER -- 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

## 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.

DO NOT REGRET.  
Why cry over spilt milk?.



## UPCOMING EVENTS AND DATES TO REMEMBER

- Oct 4 – 5 Area Assembly Howard Johnson Hotel in Conway 501-329-2961
- Oct 10-12 S.W.R.A.A.S.A. Corpus Christi, TX. [See flyer sent separately.](#)
- Oct 10-12 ARKYPAA XXXII Mt. Camp Mitchell Campgrounds [See flyer sent separately.](#)
- October 31 HSAA Halloween Party 5-10 PM at the Legends [See flyer sent separately.](#)
- December 7 District Meeting 411 Sellers St. in Hot Springs 501-329-2961
- December 18-21 WACYPAA XVIII Big Island Hawaii [See Flyer sent separately.](#)
- July 2-5, 2015 International convention in Atlanta, Ga. [See flyer sent separately.](#)

## **GROUP CONTRIBUTIONS**

**SEPTEMBER**  
***No Contributions***  
***in September***

**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***

***AA Hot line calls in July***  
***50 calls..No 12 step call required***

THANKS FOR YOUR SERVICE STEVE B.

### **September Birthdays'**

Tony M.	1 Year	09/24/2013	Rockhouse Group
Josh B.	1 Year	09/03/2013	Hot Sp[rings AA Group
Jane B.	2 Years	09/02/2012	Rockhouse Group
Mandy V.	3 Years	09/14/2011	Hot Springs AA Group
Glenn G.	4 Years	09/01/2010	Hot Springs AA Group
Paul B.	5 Years	09/02/2009	Rockhouse Group
Michelle H.{belated}	7 Years	07/17/2007	Hot Springs AA Group
Marylin H.	9 Years	09/01/2005	Central Big Book Group
Ernie H.{belated}	15 Years	08/24/1999	Last House on The Block Group
Mark M.	19 Years	09/18/1995	Hot Springs AA Group
Vicky M.	22 Years	09/17/1992	Rockhouse Group
Gene M.	23 Years	09/22/1991	Hot Springs AA Group
Steve B.	31 Years	09/18/1983	Lake Catherine Group
Mike P.	33 Years	09/06/1981	Central Big Book Group
Pete A.	34 Years	09/08/1980	Rockhouse Group
Elsie M.	52 Years	09/02/1962	Rockhouse Ladies Group

### **Note from the Book store**

**When purchasing materials from the store, please do not bring bills larger than 20 dollar bills.  
We have limited change available. Your help in this will be greatly appreciated.**



*"I really tied one on last night,  
Thank God it's Sunday so I can sleep in"*

## Easy does it

## Avoiding tension

**As people of excess, alcoholics tend to swing between periods of great activity and times of complete lassitude. There is a tendency to waste time at one point, and then overcompensate for it by working feverishly and frantically to catch up. Both ways are out of balance.**

We need to approach life in a relaxed manner, letting the natural rhythm of events take over and do some of the work for us. Too much effort defeats itself. The overanxious person strives too hard and makes things worse, like the salesman who talks too long and kills the sale.

In the AA way of life, we expect and accept responsibilities. But we are not slavishly committed to success at any price. We make a full commitment to any project we undertake, and we do our best at all times. Then we let things unfold rather than trying to force them.

It is also common to hear people say, "EASY DOES IT, BUT DO IT!" This is a reminder that the slogan is not a prescription for laziness and indifference. It is also a reminder to avoid high-pressure tactics and excessive pushing.

I'll let things work out today. I'll do whatever has to be done.

Re-printed from Daily Ponderables 01/28/13

## RECONSTRUCTION

*Yes, there is a long period of reconstruction ahead. . . .*

[ALCOHOLICS ANONYMOUS](#), p. 83

The reconstruction of my life is the prime goal in my recovery as I avoid taking that first drink, one day at a time. The task is most successfully accomplished by working the Steps of our Fellowship. The spiritual life is not a theory; it works, but I have to live it. Step Two started me on my journey to develop a spiritual life; Step Nine allows me to move into the final phase of the initial Steps which taught me how to live a spiritual life. Without the guidance and strength of a Higher Power, it would be impossible to proceed through the various stages of reconstruction. I realize that God works for me and through me. Proof comes to me when I realize that God did for me what I could not do for myself, by removing that gnawing compulsion to drink. I must continue daily to seek God's guidance. He grants me a daily reprieve and will provide the power I need for reconstruction.

**From the book *Daily Reflections***

"As never before the struggle for power, importance, and wealth is tearing civilization apart. Man against man, family against family, group against group, nation against nation.

"Nearly all those engaged in this fierce competition declare that their aim is peace and justice for themselves, their neighbors, and their nations: Give us power and we shall have justice; give us fame and we shall set a great example; give us money and we shall be comfortable and happy. People throughout the world deeply believe that, and act accordingly. On this appalling dry bender, society seems to be staggering down a dead-end road. The stop sign is clearly marked. It says 'Disaster.'

"What has this got to do with anonymity and Alcoholics Anonymous?"

"We of AA ought to know. Nearly every one of us has traversed this identical dead-end path ... Then came AA. We faced about and found ourselves on a new high road where the direction signs said never a word about power, fame, or wealth."

## HONESTY By Rick R. of Poway

Reprinted from the San Diego Coordinator

Life wasn't going well for me when I showed upon the scene  
but I was ready for the change, whatever that would mean.

The life I'd lead was scandalous, I think you get the gist,  
and to get rigorously honest, was the first thing on my list.

When practicing this principle, I was brutal from the start,  
but that sometimes caused reactions, and it wasn't very smart.

My wife asked me a question, while trying on some jeans  
Did they make her look extended?

Well, you know what I mean.  
That put me in a quandary and, I knew I had to lie,

If I have to be that rigorous, well, I guess I'm gonna die.  
I told a friend about it and he said "you got it right".

Kindness trumps the rigorous clause, and you gotta keep it light.  
He gave a definition and for our purpose,

I believe Kind honesty is Devoid of all motives to deceive.

It gives a little wiggle room and, I think God wouldn't mind  
if self-righteousness takes a little hit, if only to be kind.

I've learned there are few absolutes, and my conscience is my guide  
and I must put self-honesty first, when, these things I must decide.