

{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://intergroupwcar.org> and check it out. I am sure you will very much like what you find

A Fragment of History

Part I

By Bill W.

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AA's are always asking: "Where did the Twelve Steps come from?" In the last analysis, perhaps nobody knows. Yet some of the events which led to their formulation are as clear to me as though they took place yesterday.

So far as people were concerned, the main channels of inspiration for our Steps were three in number -- the Oxford Groups, Dr. William D. Silkworth of Townes Hospital and the famed psychologist, William James, called by some the father of modern psychology. The story of how these streams of influence were brought together and how they led to the writing of our Twelve Steps is exciting and in spots downright incredible.

Many of us will remember the Oxford Groups as a modern evangelical movement which flourished in the 1920's and early 30's, led by a one-time Lutheran minister, Dr. Frank Buchman. The Oxford Groups of that day threw heavy emphasis on personal work, one member with another. AA's Twelfth Step had its origin in that vital practice. The moral backbone of the "O.G." was absolute honesty, absolute purity, absolute unselfishness and absolute love. They also practiced a type of confession, which they called "sharing"; the making of amends for harms done they called "restitution." They believed deeply in their "quiet time," a meditation practiced by groups and individuals alike, in which the guidance of God was sought for every detail of living, great or small.

These basic ideas were not new; they could have been found elsewhere. But the saving thing for us first alcoholics who contacted the Oxford Groupers was that they laid great stress on these particular principles. And fortunate for us was the fact that the Groupers took special pains not to interfere with one's

personal religious views. Their society, like ours later on, saw the need to be strictly non-denominational.

In the late summer of 1934, my well-loved alcoholic friend and schoolmate "Ebby" had fallen in with these good folks and had promptly sobered up. Being an alcoholic, and rather on the obstinate side, he hadn't been able to "buy" all the Oxford Group ideas and attitudes. Nevertheless, he was moved by their deep sincerity and felt mighty grateful for the fact that their ministrations had, for the time being, lifted his obsession to drink.

When he arrived in New York in the late fall of 1934, Ebby thought at once of me. On a bleak November day he rang up. Soon he was looking at me across our kitchen table at 182 Clinton Street, Brooklyn, New York. As I remember that conversation, he constantly used phrases like these: "I found I couldn't run my own life;" "I had to get honest with myself and somebody else;" "I had to make restitution for the damage I had done;" "I had to pray to God for guidance and strength, even though I wasn't sure there was any God;" "And after I'd tried hard to do these things I found that my craving for alcohol left." Then over and over Ebby would say something like this: "Bill, it isn't a bit like being on the water wagon. You don't fight the desire to drink - you get released from it. I never had such a feeling before."

Such was the sum of what Ebby had extracted from his Oxford Group friends and had transmitted to me that day. While these simple ideas were not new, they certainly hit me like tons of brick. Today we understand just why that was...one alcoholic was talking to another as no one else can.

Two or three weeks later, December 11th to be exact, I staggered into the Charles B. Townes Hospital, that famous drying-out emporium on Central Park West, New York City. I'd been there before, so I knew and already loved the doctor in charge -- Dr. Silkworth. It was he who was soon to contribute a very great idea without which AA could never have succeeded.

For years he had been proclaiming alcoholism an illness, an obsession of the mind coupled with an allergy of the body. By now I knew this meant me. I also understood what a fatal combination these twin ogres could be. Of course, I'd once hoped to be among the small percentage of victims who now and then escape their vengeance. But this outside hope was now gone. I was about to hit bottom. That verdict of science -- the obsession that condemned me to drink and the allergy that condemned me to die -- was about to do the trick. That's where the medical science, personified by this benign little doctor, began to fit it in. Held in the hands of one alcoholic talking to the next, this double-edged truth was a sledgehammer which could shatter the tough alcoholic's ego at depth and lay him wide open to the grace of God.

In my case it was of course Dr. Silkworth who swung the sledge while my friend Ebby carried to me the spiritual principles and the grace which brought on my sudden spiritual awakening at the hospital three days later. I immediately knew that I was a free man. And with this astonishing experience came a feeling of wonderful certainty that great numbers of alcoholics might one day enjoy the priceless gift which had been bestowed upon me.

Third Influence

At this point a third stream of influence entered my life through the pages of William James' book, "Varieties of Religious Experience." Somebody had brought it to my hospital room. Following my sudden experience, Dr. Silkworth had taken great pains to convince me that I was not hallucinated. But William James did even more. Not only, he said, could spiritual experiences make people saner, they could transform men and women so that they could do, feel and believe what had hitherto been impossible to them. It mattered little whether these awakenings were sudden or gradual, their variety could be almost infinite. But the biggest payoff of that noted book was this: in most of the cases described, those who had been transformed were hopeless people. In some controlling area of their lives they

had met absolute defeat. Well, that was me all right. In complete defeat, with no hope or faith whatever, I had made an appeal to a higher Power. I had taken Step One of today's AA program -- "admitted we were powerless over alcohol, that our lives had become unmanageable." I'd also take Step Three - "made a decision to turn our will and our lives over to God as we understood him." Thus was I set free. It was just as simple, yet just as mysterious, as that.

These realizations were so exciting that I instantly joined up with the Oxford Groups. But to their consternation I insisted on devoting myself exclusively to drunks. This was disturbing to the O.G.'s on two counts. Firstly, they wanted to help save the whole world. Secondly, their luck with drunks had been poor. Just as I joined they had been working over a batch of alcoholics who had proved disappointing indeed. One of them, it was rumored,

had flippantly cast his shoe through a valuable stained glass window of an Episcopal church across the alley from O.G. headquarters. Neither did they take kindly to my repeated declaration that it shouldn't take long to sober up all the drunks in the world. They rightly declared that my conceit was still immense.

Tune in next month for part II



*The intergroup wishes all a very **Merry**
Christmas and **Wonderful Holiday** season.*

The Secret

Written by Ralph S. Cushman

I met God in the morning
When my day was at its best,
And his presence came like sunrise
Like a glory in my breast.

All day long the Presence lingered,
All day long he stayed with me,
And we sailed in perfect calmness
O'er a very troubled sea.

Other ships were blown and battered,
Other ships were sore distressed,
But the winds that seemed to drive them
Brought to us a peace and rest.

Then I thought of other mornings,
With a keen remorse of mind,
When I too had loosed the moorings,
With the Presence left behind.

So I think I know the secret,
Learned from many a troubled way:
You must seek him in the morning
If you want him through the day!

"More than a million of us who suffer from the disease of alcoholism have found not just the ability to live with or survive this insidious disease, but a joyful way of life as new as this morning and as old as mankind. We can gain sobriety, aspire to serenity, at no greater price than caring for our fellow sufferers and sharing with them what has been freely given to us. We can experience the true joy of love that we once tried to destroy by not giving it away, and we can learn the truth that the more we give away, the more we will have."

Brick Town, N.J., January 1977
"Because One Man Was Lonely,"
AA Grapevine

GROUP CONTRIBUTIONS

NOVEMBER

YEAR TO DATE

<i>Hot Springs AA</i>	<i>Evergreen</i>
<i>Central Big Book</i>	<i>Welcome</i>
<i>Eastgate</i>	<i>Lake Catherine</i>
<i>Rock Bottom</i>	<i>Rock House</i>
<i>New Comers</i>	<i>Open Door Group</i>
<i>Grant County Group</i>	<i>Resentment Group</i>
<i>ARKYPAA</i>	<i>Private</i>

November Birthdays'

Steve B.	2 Years	11/20/2012	Hot Springs AA Group
Jett J.	2 Years	11/20/2012	Hot Springs AA Group
Kristi W.	3 Years	11/20/2012	Grant County Group
Terry P.	5 Years	11/26/2009	Hot Springs AA Group
Dewayne W.	5 Years	11/08/2009	Grant County Group
Nancy N.	20 Years	11/12/1994	Rockhouse Ladies Group
Roy J.	23 Years	11/02/1991	Hot Springs AA Group
Kenny H.	28 Years	11/01/1986	Hot Springs AA Group
Joann	46 Years	11/22/1968	Hot Springs AA Group

UPCOMING EVENTS AND DATES TO REMEMBER

December 4-7	Woodstock of the South Buford, GA		
December 7	District Meeting	411 Sellers St. in Hot Springs	501-329-2961
December 13	HSAA Christmas Party Westminster Church		
December 18-21	WACYPAA XVIII Big Island Hawaii		
December 20	Rockhouse Holiday party bring covered dish		
Jan 3&4	Area Assembly	Howard Johnson Hotel in Conway	501-329-2961
July 2-5, 2015	International convention in Atlanta, Ga.		

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

A N G E R = A Negative Grudge Endangers Recovery.