

{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.

AA HOTLINE PHONE # 501-623-ODAT (6328)

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

A Date With Destiny? *AA Grapevine October 1944*

Somebody once said, "As much as you may grow, as many recoveries as there may be, I think the eventual by-products of A.A. will be greater than A.A. itself."

Everywhere now, we hear such remarks. They come from all kinds of people. Doctors think of applying our methods to other neurotics; clergymen wonder if our humble example may not vitalize their congregations; businessmen find we make good personnel managers--they glimpse a new industrial democracy; educators see power in our non-controversial way of presenting the truth; and our friends wistfully say, "We wish we were alcoholics--we need A.A. too."

Why these stirrings? They must all mean, I am sure, that we have suddenly become much more than recovered alcoholics, A.A. members only. Society has begun to hope that we are going to utilize, in every walk of life, that miraculous experience of our returning, almost overnight, from the fearsome land of Nowhere.

Yes, we are again citizens of the world. It is a distraught world, very tired, very uncertain. It has worshipped its own self-sufficiency--and that has failed. We A.A.s are a people who once did that very thing. That philosophy failed us, too. So perhaps, here and there, our example of recovery can help. As individuals, we have a responsibility, may be a double responsibility. It may be that we have a date with destiny.

An example: Not long ago Dr. E. M. Jellinek, of Yale University, came to us. He said, "Yale, as you know, is sponsoring a program of public education on alcoholism, entirely non-controversial in character. We need the cooperation of many A.A.s. To proceed on any educational project concerning alcoholism without the goodwill, experience and help of A.A. members would be unthinkable."

So, when the National Committee for Education on Alcoholism was formed, an A.A. member was made its executive director: Marty M., one of our oldest and finest. In this issue, she tells *The Grapevine* of her new work. As a member of A.A., she is just as much interested in us as before--A.A. is still her avocation. But as an officer of the Yale-sponsored National Committee, she is also interested in educating the general public on alcoholism. Her A.A. training has wonderfully fitted her for this post in a different field. Public education on alcoholism is to be her vocation.

Could an A.A. do such a job? At first, Marty herself wondered. She asked her A.A. friends, "Will I be regarded as a professional?" Her friends replied, "Had you come to us, Marty, proposing to be a therapist, to sell straight A.A. to alcoholics at so much a customer, we should certainly have branded that as professionalism. So would everybody else."

"But the National Committee for Education on Alcoholism is quite another matter. You will be taking your natural abilities and A.A. experience into a very different field. We

don't see how that can affect your amateur status with us. Suppose you were to become a social worker, a personnel officer, the manager of a state farm for alcoholics, or even a minister of the Gospel? Who could possibly say those activities would make you a professional A.A.? No one, of course."

They went on, "Yet we do hope that A.A. as a whole will never deviate from its sole purpose of helping other alcoholics. As an organization, we should express no opinions save on the recovery of problem drinkers. That very sound national policy has kept us out of much useless trouble already, and will surely forestall untold complications in the future.

"Though A.A. as a whole," they continued, "should never have but one objective, we believe just as strongly that for the individual there should be no limitations whatever, except his own conscience. He should have the complete right to choose his own opinions and outside activities. If these are good, A.A.s everywhere will approve. Just so, Marty, do we think it will be in your case. While Yale is your actual sponsor, we feel sure that you are going to have the warm personal support of thousands of A.A.s wherever you go. We shall all be thinking how much better a break this new generation of potential alcoholic kids will have because of your work, how much it might have meant to us had our own mothers and fathers really understood alcoholism." Personally I feel that Marty's friends have advised her wisely; that they have clearly distinguished between the limited scope of "A.A. as a whole" and the broad horizon of the individual A.A. acting on his own responsibility; that they have probably drawn a correct line between what we would regard as professional and amateur.

Bill W.
AA Co-Founder, October 1944
"A Date With Destiny"
The Language of the Heart

I desperately wanted to live, but if I was to succeed, I had to become active in our God-given program. I joined what became my group, where I opened the hall, made coffee, and cleaned up. I had been sober about three months when an old-timer told me I was doing Twelfth Step work. What a satisfying realization that was! I felt I was really accomplishing something. God had given me a second chance, A.A. had shown me the way, and these gifts were not only free --- they were also priceless! Now the joy of seeing newcomers grow reminds me of where I have come from, where I am now, and the limitless possibilities that lie ahead. I need to attend meetings because they recharge my batteries so that I have light when it's needed. I'm still a beginner in service work, but already I am receiving more than I'm giving. I can't keep it unless I give it away. I am responsible when another reaches out for help. I want to be there --- sober.

From the book Daily Reflections

UPCOMING EVENTS AND DATES TO REMEMBER

Jan 10 & 11	Area Assembly Howard Johnson Hotel in Conway	501-329-2961
	<u>Take Note this is the second weekend in January</u>	
Jan 30 - Feb 1	Winter Holiday { District 9 AA Convention}	<u>See Flyer Sent Separately.</u>
Feb 13 - 15	The Woodstock Fellowship In Memphis	<u>See Flyer Sent Separately.</u>
April 4 & 5	Area Assembly Howard Johnson Hotel in Conway	501-329-2961
July 2-5, 2015	International convention in Atlanta, Ga.	<u>See Flyer Sent Separately.</u>
July 11 & 12	Area Assembly Howard Johnson Hotel in Conway	501-329-2961
	<u>Take Note this is the second weekend in July</u>	
Aug 14 - 16	Summertime in the Ozarks Al-Anon Convention	<u>See Flyer Sent Separately</u>

GROUP CONTRIBUTIONS

December
Grant County Group
Hot Springs AA

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>

December Birthdays'

Greg S.	1 Year	12/14/2013	Hot Springs AA Group
Lorie H.	3 Years	12/11/2011	Rockhouse Group
Linda H.	9 Years	12/02/2005	Rockhouse Group
Terry T.	10 Years	12/19/2004	Rockhouse Group
Jim N.	11 Years	12/17/2003	Central Big Book Study group
Bear	15 Years	12/01/1999	Hot Springs AA Group
Vera F.	16 Years	12/12/1998	Lake Catherine
Julie B.	19 Years	12/26/1995	Rockhouse Group
Cathy K.	27 Years	12/11/1987	Lake Catherine Group
Bob O.	33 Years	12/05/1981	HSV Newcomers Group
De D.	34 Years	12/14/1980	Lake Catherine Group
Don R.	42 Years	12/20/1972	Norman Firehouse Group

Hot Springs AA Group Conscience Date Change
Hot Springs AA Group Conscience in now on the third {3rd} Thursday at 6:30 PM



Your West Central Arkansas Intergroup wishes all a very Happy and most prosperous 2015

12 Rewards of Recovery

This is what I get in return when I live the program :

1. Hope instead of desperation.
2. Faith instead of despair.
3. Courage instead of fear.
4. Peace of mind instead of confusion.
5. Self-respect instead of self-contempt.
6. Self-confidence instead of helplessness.
7. The respect of others instead of their pity and contempt.
8. A clean conscience instead of a sense of guilt.
9. Real friendship instead of loneliness.
10. A clean pattern of life instead of a purposeless existence.
11. The love and understanding of our families instead of their doubts and fears.
12. The freedom of a happy life instead of the bondage of Addiction.

Re-Printed from Daily Ponderables

12 Ways To Accept (thanks Becca K.)

1. ACCEPT, that I am a sick person, and need help and that help can be found by attending meetings, reading literature and by practicing the program at all times.
2. ACCEPT, that I am powerless over anyone, but that I do have the power to change myself.
3. ACCEPT, that I am not responsible for everyone's actions, but I am responsible to myself.
4. ACCEPT, God or a Higher Power back into my life. To LET GO AND LET GOD, and to learn to have patience by not taking things back too quickly and trying to manage or play God myself.
5. ACCEPT, that I am a good person and it is OK to be good to myself. Don't be afraid to be happy and enjoy what is beautiful. Always remember, I'm OK, GOD DOESN'T JUNK.
6. ACCEPT, tolerance with others and especially myself, having faith that I can grow in our program and become a whole person again.
7. ACCEPT, things I do not like, realizing that all things do not have good to be acceptable. By having to let someone we love suffer for their own mistakes, or actions, by detaching with love.
8. ACCEPT, that I do not have to be right all the time and that it is OK to be wrong or make mistake, our mistakes can be a learning experience.
9. ACCEPT, that it is OK to say I'm wrong and ask forgiveness when I hurt or wrong someone.
10. ACCEPT, that I must be open-minded enough to listen thoughtfully to the opinions of others.
11. ACCEPT, that each day is a new beginning and that it is within my power to make that day as good and happy as I want it to be.
12. ACCEPT, that I have no control over the PAST. That TOMORROW is beyond our immediate control for it is yet unborn. This leaves only TODAY. Let us therefore live but ONE DAY AT A TIME!

Re-Printed from Daily Ponderables

*I haven't had a drink today,
I'm at a meeting of AA.
A trail of steps has led me here,
Twelve in number, stated clear.
Sufficient power for my task
Is mine if I will only ask.
In closing, form the circle round
To show our thanks for what's been found.
(thanks Todd)*