

{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 XXXII - MAY - 2015

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

Gratitude

AA Grapevine September 1979

How do you manage to feel grateful when you're feeling terrible?
THE OTHER NIGHT at our AA meeting, Frank asked a question, and a dozen hands went up. He said, "How do you manage to feel grateful when you're feeling terrible? I can't do it."

George, who has had a stroke, said, "I'm paralyzed in one arm. Soon after I came into AA, I broke the other arm. All I could move was my pinkie. I was grateful that I was sober and that I would recover the use of my broken arm. I'm more grateful for this program every day, for the love and friendship I find here, for my spiritual progress, such as it is--just for being alive!"

Tom said, "I use what I call gratitude-generators. Right at the moment, I have no job, and my wife is divorcing me. But I can generate gratitude by counting my blessings. I'm sober. I'm not crazy anymore. I have a place to live. I'm job-hunting, and I'm praying for the right job. I was sick and crazy and unemployable. I had a mountain of debts. Every morning, I thank God for my good and ask Him to let me live this day according to His plan."

I raised my hand and said that I was like Frank. When I have felt depressed, I haven't been able to list my blessings and raise my spirits. "This bit about 'I cried because I had no shoes till I saw a man with no feet' has never worked for me. It's taken time, psychiatry, and a low-blood-sugar diet to get me over my bad depressions."

Then somebody said, "Don't wait till you're depressed to practice gratitude. And that's just it. Gratitude has to be practiced."

I was surprised that I had not thought of this before. I had assumed that some people just found it easy to be grateful. Where had I been all this time? Of course, I had thanked people in and out of AA who helped me over the years. I had been vaguely thankful that I was sober, alive, happy, and free. But now, I realized that I had not been appreciative enough.

The next day, I embarked on my own gratitude-generator. I wrote out a list of all the people in my entire life who've taught me something valuable or helped me in some way. I wrote a short description of my relationship with each of them and a brief character sketch. At the time of this writing, I have ninety handwritten pages, and I'm not through yet. Despite years of timidity and confusion, followed by ten years of horrible drinking and antisocial behavior, I have been blessed by so many friends that I can hardly believe it.

There was that time when I was seven years old and a cousin of my grandmother's took me for a walk in the woods. She made me stand still and observe what was going on: insects dancing in a shaft of sunlight, crawling, birds singing, leaves moving in the breeze. She gave me the gift of special awareness. I wonder whether I thanked her in any way.

Then there was the very rich and famous lady who was at a dinner party on

Long Island one night when I got too drunk to drive my car. She took me home with her. The next morning, I woke up in an enormous room overlooking Long Island Sound. Breakfast was brought to me on a tray. Later, I was driven home, having written my hostess a hasty, shaky note. I wish I'd gone to see her years later after I joined AA and while she was still alive. I wish I'd told her what her kindness meant to me, especially since she never said a word about it to anyone. As I go on writing this list, I remember more and more people to whom I am indebted. And I realize I'll never remember them all. During thirty-four years of sobriety, I've heard a thousand wonderful things that have helped me to stay sober. I wish I could thank everybody--the people who've made great talks, the people who've said something meaningful in closed meetings. Of those I do remember, many are no longer on earth.

My two sponsors, Marty and Chase, are still here, thank God. They are both good friends of mine, and I see a lot of them. I am so lucky to have such sponsors, both gifted with inexhaustible patience and wisdom. Marty nursed me through the worst hangover I ever had, coming off my last drunk. It was in the early days, when medical help for hangovers was not so well developed. Marty said later, "I never saw anybody so sick." She left her office to come to my aid. She sat by my bedside, holding a glass of milk and making me lick the spoon, a process that took about an hour and finally made the turmoil in my stomach subside. Over the years, she has given me well-seasoned advice from time to time, but never unless I asked for it.

Chase has held my chin above the flood countless times when I've been badly depressed. He's said to me, "You have your feet in the clouds and your head in the dismal swamp. Get up and do something. Don't think about it--just do it." It's easier to express my gratitude to these two, since I'm associating with them. I try to do things for them from time to time. Chase has an eighty-second birthday coming up. I'm going to think up something that will please him.

Writing out this list is a revelatory experience in more ways than one. Sometimes, I've lacked the discernment to be grateful, and I see this now. It's like the story about the man who is floating on the ocean on a life raft. He's praying and praying to God, "Save me! Save me!"

Suddenly, he says, "Never mind, God. Here comes the Coast Guard."

Often in the past, my prayers for help have been answered in ways that I have not recognized as answers. Indeed, I have cursed my fate instead of thanking God. I have prayed and prayed, sometimes in desperation, but I haven't thanked Him as much as I've implored Him.

So now I have a separate list headed "What You Can Do Now." And this one is very rewarding. I have put down the names of those whom I can show my thanks to, and have written suggestions on what to do. For instance, there's a wonderful friend in Washington, D.C., who was one of my mainstays when I was living there in an impossible marriage. I was wriggling on the end of a pin, so to speak, and she got me off the pin. I had not heard from her in years. The other night, I called

her up, and we had a wonderful talk.

There are friends who are no longer here. But in some cases, I can write or phone their children or widows. There's an AA friend's granddaughter, who lives out in Iowa. I have never seen her, but we correspond. In my next letter, I will describe what her grandmother meant to me.

Speaking of that relationship: I am a great-grandmother. I have already spent half a lifetime in AA. You might say to me, "Do you think you have time to get in touch with all your benefactors?" Perhaps not. But I will enjoy doing it a day at a time. And in the meantime, I seem to have generated a lot of gratitude.

GROUP CONTRIBUTIONS

April
Hot Springs AA
Central Big Book Group
Eastgate
Serenity in the Pines

YEAR TO DATE
Hot Springs AA
Grant County Group
Eastgate
Malvern Open Door Group
Newcomers
Central Big Book
Serenity in the Pines

UPCOMING EVENTS AND DATES TO REMEMBER

May 2 nd	Fun day in May Heber Springs	<u><i>See Flyer sent Separately.</i></u>
May 2 nd	Hot Springs AA celebrates 45 Years	<u><i>See Flyer sent Separately.</i></u>
May 9 th	Soberfest 2015 in Sherwood	<u><i>See Flyer sent Separately.</i></u>
May 16 th	53 rd annual Arkadelphia AA Banquet	<u><i>See Flyer sent Separately.</i></u>
June 7 th	District 8 quarterly meeting 411 Sellers 1:00 PM	
June 20 th	District 8 Annual Bake at the Lake	<u><i>See Flyer sent Separately.</i></u>
July 2-5,	International convention in Atlanta, Ga.	<u><i>See Flyer sent Separately.</i></u>
July 11 & 12	Area Assembly Howard Johnson Hotel in Conway 501-329-2961 <u><i>Take Note this is the second weekend in July</i></u>	
July 31-Aug 2	Old Grandad 75 years...Oldest Convention west of the Mississippi. Arlington Hotel, Hot Springs, AR	<u><i>See Flyer sent Separately.</i></u>
Aug 14 - 16	Summertime in the Ozarks Al-Anon Convention	<u><i>See Flyer sent Separately.</i></u>
Sept 6 th	District 8 quarterly meeting 411 Sellers 1:00PM	
Oct 3 & 4	Area Assembly Howard Johnson Hotel in Conway 501-329-2961	
Oct 9 & 10	Southwest Regional Forum in St. Louis	<u><i>See Flyer sent Separately.</i></u>
Dec 6 th	District 8 quarterly meeting 411 Sellers 1:00 PM	

April Birthdays'

Alan K.	17 Years	{Belated} 03/01/1998	Malvern Open Door Group
Kristy H.	2 Years	04/17/2013	Rockhouse Group
Greg B.	2 Years	04/01/2013	Central Big Book Study Group
Jason U.	3 Years	04/15/2012	Rockhouse Group
Linda G.R.	6 Years	04/17/2009	Rockhouse Ladies Group
Donald I.	6 Years	04/02/2009	Central Big Book Study Group
Scott G.	14 Years	04/10/2001	Grant County Group
Grier C.	16 Years	04/01/1999	Central Big Book Study Group
John K.	28 Years	04/27/1987	Hot Springs AA Group
Mary Anne L.	35 Years	04/15/1980	Central Big Book Study Group

I go to the A.A. meetings because it helps me in my business of keeping sober. And I try to help other alcoholics when I can, because that's part of my business of keeping sober. I also have a partner in this business and that's God. I pray to Him every day to help me to keep sober. As long as I keep in mind that liquor can never be my friend again, but is now my deadly enemy, and as long as I remember that my main business is keeping sober and that it's the most important thing in my life. I believe, I'll be prepared for that crucial moment when the idea of having a drink pops into my mind. When that idea comes, will I be able to resist it and not take that drink?

I will be more afraid of spirit-unrest, of soul-disturbance, of any ruffling of the mind, than of earthquake or fire. When I feel the calm of my spirit has been broken by emotional upset, then I must steal away alone with God, until my heart sings and all is strong and calm again. Uncalm times are the only times when evil can find an entrance. I will beware of unguarded spots of unrest. I will try to keep calm, no matter what turmoil surrounds me.

When I first came to A.A., I decided that "they" were very nice people -- perhaps a little naive, a little too friendly, but basically decent, earnest people (with whom I had nothing in common). I saw "them" at meetings--after all, that was where "they" existed. I shook hands with "them" and, when I went out the door, I forgot about "them."

Then one day my Higher Power, whom I did not then believe in, arranged to create a community project outside of A.A., but one which happened to involve many AA members. We worked together, I got to know "them" as people. I came to admire "them," even to like "them" and, in spite of myself, to enjoy "them" "Their" practice of the program in their daily lives--not just in talk at meetings--attracted me and I wanted what they had. Suddenly the "they" became "we." I have not had a drink since.

Re-printed from Daily Ponderables

Editorial: On the 5th Step AA Grapevine - March 1945 Bert T.

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. This is a tough step and takes courage to do. It is, however, a step that can be done if you make sufficient effort.

It is not new. The Catholic Church uses it in their confessional and the Psychiatrist uses it. Drinking is caused by inner conflicts and the only way to get rid of these conflicts is to bring them out in the open and destroy them. Wrongs cause conflicts, hence the necessity of this step.

Take the first phrase, "Admitted to God." How do you do this? First learn humility so that you can ask help in a humble manner. If you have difficulty in admitting the actuality of a supreme power, work on the premise that there might be one. Once you get your mind in tune with the infinite it is not difficult to realize that you have no secrets from God.

"Admitted to ourselves:" This can only be done when we are honest with ourselves. In this program it is folly to try to kid yourself. Be ruthless in your soul searching and come clean.

Great care should be taken in choosing "another human being." It must be someone you can trust. Your lawyer, your doctor, your priest or minister, another A.A., or a friend; someone who will act as a sounding board and keep your confidence.

Once you take this step you will be astounded at the relief you feel. The burden of despair will be lifted from your back and you will be free.

It is essential for every A.A. to realize the importance of taking this 5th step. By so doing, all enmities, resentments and wrong thinking may be cast out and we can continue to the next step with a clear conscience.

It is advisable to repeat this step from time to time because it is human to err and even A.A.s are human.



YOUR INTERGROUP WISHES YOU ALL A MEMORABLE MEMORIAL DAY



GRATITUDE

**I know that God knows what's best for me
Because I am living a life I never wanted any part of,
I'm a person I never wanted to know,
And I'm happier than I've ever been**