

# {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  
P.O. BOX 6401 - HOT SPRINGS, AR. 71902 - {501} 623-6328  
PUBLISHER/EDITOR: BILL D. -- COMMITTEE, BILL B. & JOHN S.

## INTERGROUP BULLETIN

VOLUME XXXIII - JUNE - 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](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. **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**

## Mr. Hyde Doesn't Die

Grapevine April 1968

**The boozier in us is still there, but put to sleep by AA. This member woke up his Mr. Hyde with a single beer.**

WE ALCOHOLICS are, I think, double-personality people--one person sober and an entirely different one loaded. This thought is very much on my mind because I resurrected this second personality in myself when I recently strayed off the AA reservation.

This time, for perhaps the first time, I could separate the two personalities. In pre-AA days the two were so frequently blended and intermingled that I accepted both as making up the person, the whole me. As a consequence I despised myself, though I did realize vaguely that the things I hated most came out only while I was drinking. Now I know better.

The alcoholic personality, this Mr. Hyde to my Dr. Jekyll, is not me at all. It is a diseased product of a temporarily deranged ego and embodies all the unattractive thoughts, ideas, and character defects I have at the bottom of my mind. It is a ludicrous animal that crawls up out of the slime and, at least for a time, becomes AL W. We are all mixtures of good and evil, but this second personality of mine is more evil than good when in full alcoholic bloom. From the thoughts that went through my head recently (that I can remember) and from the actions which other people kindly filled in for me later, I realize that this "thing" was actually capable of almost anything.

The contention that one doesn't do anything while intoxicated or hypnotized that is against one's sober or conscious moral standards was proved wrong in my case--it was blown out of the water. I proved that I did do things I would never do sober. I never drive by a prison or a jail without experiencing a wave of gratitude that I'm not incarcerated in it. For among the criminals in any prison are a number of alcoholics (like you and me) whose Mr. Hyde personality trapped them. Mr. Hyde always leaves the tab for the real me to pick up, and the size of the bill progresses with the progression of this disease.

In my early days of overindulgence, alcohol merely changed some aspects of the sober me, aspects I wanted changed. But at one point, and I remember it well, I went completely over the line into acute alcoholism. And this second self, my Mr. Hyde, became an entity unto itself, with practically no resemblance whatever to the real person. It was dependent on me in only one area, in that I had to drink to bring it to life and into expression. No problem. I was addicted to alcohol. I lived for it. For the whole first part of my life I honestly felt that I couldn't live without it. So my Mr. Hyde had a very active life of his own, and with every breath he took, my self-respect as Dr. Jekyll went down another notch. The insane part of it was that I knew what was happening all the time. The more I hated Mr. Hyde for what he represented and what he did to me, the more often I brought him to life. I'm no scientist and I'm not trying to be scientific about all this. It's just that, with a little insight dropped in my lap the hard way, I can (at least to my satisfaction) piece together the repeated falls and final resurrection of an Alcoholic Named AL.

In the first three months of my exposure to this program, I buried this entirely phony second self. It sickened from malnutrition and died--I thought. A long time later, I found Mark Twain was right: The report of its death was greatly exaggerated. With one drink of beer, I literally reached down into the bottom of my mind, where all the garbage is, and stirred to life this decaying

corpse. This is one of the reasons why there is no cure for this disease we share: The "drinker" never dies until we do. I guarantee, however, that AA will put it to sleep, and that is all we should ask. It's all I wanted to know once, and I believe--more than ever now--it's all I need to know from here on out.

My recent relapse, I understand now, was a direct result of questioning and wishfully disagreeing with part of a program my better self knew was created by alcoholics with divine guidance. They devised AA and offered help to fellow alcoholics who were sick of the complete dependence that is addiction--sick of unbelievable physical and mental pain, sick of causing pain to others, sick of being so much less than they really are. The real difference between a drunk and an alcoholic is not, as the comedians like to quip, that the latter has to go to all those damn meetings. It is hope and the inward knowing that our Mr. Hydes are not the people we were meant to be.

If there is any one motive common to all humanity, it is the search for happiness. It is this state of being that we all hoped to find at the bottom of the glass. Not finding it (except occasionally when the disease was young), we keep going from glass to glass until we are finally two people.

I was permitted a second look at my alcoholic personality. I saw it reflected in bar mirrors and it looked fine--old Al, swinging again at last! It was only the next day that I saw it in perspective, at least up to the point where memory blessedly stopped.

I was given a second look at what the disease had wrought. That look destroyed for all time the reservation I guess I had retained all along: that sometime, under controlled conditions, alcohol plus me could equal fun once more. The realization that rocks me even now is the literally God-forsaken chance I took on dying before my time, for that second look!

There was only one place I wanted to go as I waited in a jail cell for the court to convene. I wanted to go where the real action was--action on a very different plane, action not only seen but experienced, the human being in gentle and positive communion with the absolute Power. I wanted to go where I had first found God and at the same time found myself. Like a small child who has stumbled over his own stupidity and hurt himself very badly, I wanted to go to the only place I knew where even this lapse would be understood. Not excused, but understood.

I wanted to go back to AA. And I did!



Your intergroup wishes you all a wonderful summer and a happy Father's day to all you Dads

## A LIFETIME PROCESS

We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people.

*ALCOHOLICS ANONYMOUS, p. 52*

These words remind me that I have more problems than alcohol, that alcohol is only a symptom of a more pervasive disease. When I stopped drinking I began a lifetime process of recovery from unruly emotions, painful relationships, and unmanageable situations. This process is too much for most of us without help from a Higher Power and our friends in the Fellowship. When I began working the Steps of the A.A. program, many of these tangled threads unraveled but, little by little, the most broken places of my life straightened out. One day at a time, almost imperceptibly, I healed. Like a thermostat being turned down, my fears diminished. I began to experience moments of contentment. My emotions became less volatile. I am now once again a part of the human family.

*From the book Daily Reflections*

### **God Bless The Alcoholic** *by Angela M.*

God loves the alcoholic  
For who knows mercy like he  
A sensitive in this cold, hard world  
He drinks spirits to be free

God bless the alcoholic  
Shunned by friends and foe  
Who can know what drives him  
When he himself can't know

God help the alcoholic  
His plague is his disease  
Destroying everything he once held dear  
Can there be a life for these?

God carry the alcoholic  
It's a sliding and slippery slope  
Protect and guide his steps until  
He finds the rooms of hope.

## **GROUP CONTRIBUTIONS**

**MAY**  
**Welcome Group**

**YEAR TO DATE**  
**Hot Springs AA**  
**Grant County Group**  
**Eastgate Group HSV**  
**Malvern Open Door Group**  
**Newcomers Group HSV**  
**Central Big Book Group**  
**Welcome Group**

### **May Birthdays**

Deborah D.	3 Years	05/18/2012	Rockhouse ladies group
Pat N.	5 Years	05/19/2010	Rockhouse Group
Bill L.	6 Years	05/23/2009	Rockhouse Group
Stanley Z.	7 Years	05/14/2008	Central Big Book Study Group
Debbie V.	9 Years	05/01/2006	Rockhouse Group
Raymond S.	12 Years	05/05/2003	Rockhouse Group
Marty W.	23 Years	05/22 1992	Mt. Ida Resentment Group
Gerry S.	31 Years	05/12/1984	Fox Hall Group Mena
Jim G.	49 Years	05/09/1966	Hot Springs AA Group

## **UPCOMING EVENTS AND DATES TO REMEMBER**

June 7th	District 8 quarterly meeting 411 Sellers 1:00 PM	
June 14 <sup>th</sup>	Founders Day Picnic Murray Park Little Rock	<u><b>See Flyer Sent Separately.</b></u>
June 20 <sup>th</sup>	District 8 annual <u><b>{Bake At The Lake}</b></u>	<u><b>See Flyer Sent Separately.</b></u>
July 2-5,	International convention in Atlanta, Ga.	<u><b>See Flyer Sent Separately.</b></u>
July 11 & 12	Area Assembly Howard Johnson Hotel in Conway	501-329-2961
	<u><b>Take Note this is the second weekend in July</b></u>	
Jul 31-Aug 2	75 <sup>th</sup> Old Granddad Oldest convention west of the Mississippi	<u><b>See Flyer Sent Separately.</b></u>
Aug 14 - 16	Summertime in the Ozarks Al-Anon Convention	<u><b>See Flyer Sent Separately.</b></u>
Sept 6th	District 8 quarterly meeting 411 Sellers 1:00PM	
Oct 3 & 4	Area Assembly Howard Johnson Hotel in Conway	501-329-2961
Oct 9 & 11	Southwest Regional Forum in St. Louis	<u><b>See Flyer Sent Separately.</b></u>
Dec 6th	District 8 quarterly meeting 411 Sellers 1:00 PM	

I must learn to accept self-discipline. I must try never to yield one point that I have already won. I must not let myself go in resentments, hates, fears, pride, lust, or gossip. Even if the discipline keeps me separated from some people who are without discipline, nevertheless I will carry on. I may have different ways and a different standard of living than some others. I may be actuated by different motives than some people. But I will try to live the way I believe God wants me to live, no matter what others say.

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

**Bill W.**

**THE MIDNIGHT RIDE  
OF PAUL FOR BEER  
LED TO A WARMER  
HEMISPHERE  
Burma Shave**

**Help Carry the Message of AA**

**AA GRAPEVINE SUBSCRIPTION CHALLENGE 2015**

**WHAT IS IT?**  
A state, province and territory-wide challenge to increase new\* *Grapevines* and *La Viña* subscriptions in 2015.

**HOW IT WORKS**  
Any new\*, paid subscription between January 26, 2015—December 20, 2015 qualifies, including subscriptions for: *Grapevine* or *La Viña* in Print *Grapevine* Digital *Grapevine* Complete & Redeemed Subscription Gift Certificates

**THE PRIZE**  
A special section in a 2016 issue of *Grapevine* or *La Viña* featuring members' stories from the state, province or territory with the greatest percentage growth in new\* paid subscriptions or subscription gift certificates.

**WATCH FOR DETAILS**  
[www.aagrapevine.org/challenge](http://www.aagrapevine.org/challenge)  
or  
[www.aagrapevine.org/challenge-lv](http://www.aagrapevine.org/challenge-lv)

AA *Grapevine* strives to be self-supporting through the sale of subscriptions and other items.  
\*A new subscription is one that hasn't been active in the past 6 months.

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**Ayuda a llevar el mensaje de AA**

**LA VIÑA SUBSCRIPCIONES EL DESAFIO 2015**

**¿DE QUÉ SE TRATA?**  
Un desafío para los estados, provincias y territorios, con el fin de incrementar nuevas\* suscripciones para *La Viña* y el *Grapevine* en el año 2015.

**¿CÓMO FUNCIONA?**  
Califican todas las nuevas suscripciones a *La Viña* o el *Grapevine*, pagadas, y recibidas entre las fechas del 26 de enero y 20 de diciembre 2015.

**EL PREMIO**  
El estado, provincia o territorio con mayor porcentaje de nuevas\* suscripciones, obtendrá la sección especial de una edición del 2016 de la revista *La Viña* o *Grapevine*, enteramente dedicada a dicha estado, provincia o territorio, con temas afines e historias escritas por sus miembros.

**VEA LOS DETALLES**  
*La Viña*:  
[www.aagrapevine.org/challenge-lv](http://www.aagrapevine.org/challenge-lv)  
*Grapevine*:  
[www.aagrapevine.org/challenge](http://www.aagrapevine.org/challenge)

¡Importante! Las suscripciones de suscripciones de regalo deberán ser recibidas para calificar.

## *Tradition of the Month Checklist*

From the Grapevine  
Thanks for the tip Mary Anne

**Tradition Six: An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.**

*This Checklist is for each person's personal checklist to check and see how you are doing with the monthly tradition.*

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?

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2. Is it good for a group to lease a small building?

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3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?

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4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?

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5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

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