

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

Dr. Silkworth's Rx for Sobriety

Anyone who tried to impress a drinking alcoholic with the approach, "You can't have your cake and eat it, too," would probably draw a scornful, "So what! Who wants any cake? Tony, make it a double this time."

The same idea expressed as, "You can't have your bottle and drink it, too," might get his attention because to a drinking alcoholic a fresh unopened bottle, brimming brightly with abundance, is a symbol of good things to come. He knows well enough, of course, that he can't drink it and still have it, but he blocks his mind to the inevitability of that horrible moment when the last bottle will be empty. The untapped bottle remains a symbol to the non-drinking alcoholic, at least to the alcoholic who has dried up in A.A. So long as it stands unopened it represents drinks he has not taken, and the good things of life he has found by not drinking.

Yet now and then a persevering soul tries to have both the figurative and the liquid contents of the bottle. He tries to make an impossible compromise.

In the opinion of a man who has administered personally to at least 10,000 alcoholics, the attempt to make this kind of compromise is one of the most common causes of failure to get a safe hold on A.A.

Dr. W.D. Silkworth, genial and beloved little patriarch at Towns Hospital, New York, for twelve years and now (1945) also in charge of the new A.A. ward at Knickerbocker, also New York, defines it as the "alcoholic double-cross."

"The majority who slip after periods of sobriety," says Dr. Silkworth, "having double-crossed themselves into thinking that somehow they can have the unopened bottle and drink it, too. Even though they have been in A.A. and going to meetings, and following parts of the program, they have accepted it with reservations somewhere. They actually have been one step ahead of a drink. Then they began playing around with the notion they can drink a little and still have the good things of A.A. The outcome is an inevitable as the bottle becoming empty once it has been opened by the alcoholic."

When Dr. Silkworth discusses A.A. "slips" his usually cheerful face becomes serious even a little grim. Through his long years of practice in the field, he has become increasingly sympathetic, but not case-hardened, to alcoholics. He understands what they experience. Having been one of the first in his profession to support A.A. and having guided scores of alcoholics into A.A., he also appreciates the fact that a "slip" for an A.A. involves an extra degree of remorse and misery.

Dr. Silkworth is particularly emphatic on one point.

"Slips are not the fault of A.A. I have heard patients complain, when brought in for another drying out, that A.A. failed them. The truth, of course, is that they failed A.A.

But this mental maneuvering to transfer the blame is obviously another indication of fallacious thinking. It is another symptom of the disease."

A quick way to get Dr. Silkworth's appraisal of A.A. is to ask him how he thinks "slips" can be prevented.

"First," he explains, "let's remember the cause. The A.A. who "slips" has not accepted the A.A. program in its entirety. He has a reservation, or reservations. He's tried to make a compromise. Frequently, of course, he will say he doesn't know why he reverted to a drink. He means that sincerely and, as a matter of fact, he may not be aware of any reason. But if his thoughts can be probed deeply enough a reason can usually be found in the form of a reservation."

"The preventive, therefore, is acceptance of the A.A. program and A.A. principles without any reservations. This brings us to what I call the moral issue and to what I have always believed from the first to be the essence of A.A."

"Why does this moral issue and belief in a power greater than oneself appear to be the essential principle of A.A.? First, an important comparison is found in the fact that all other plans involving psychoanalysis, will-power, restraint and other ingenious ideas have failed in 95 per cent of the cases. A second is that all movements of reform minus a moral issue have passed into oblivion."

"Whatever may be the opinions one professes in the matter of philosophy -whether one is a spiritualist or a scientific materialist - one should recognize the reciprocal influence which the moral and physical exert upon each other.

Alcoholism is a mental and physical issue. Physically a man has developed an illness. He cannot use alcohol in moderation, at least not for a period of enduring length. If the alcoholic starts to drink, he sooner or later develops the phenomenon of craving."

"Mentally, this same alcoholic develops an obsessive type of thinking which, in itself a neurosis, offers an unfavorable prognosis through former plans of treatment. Physically - science does not know why - a man cannot drink in moderation. But through moral psychology - a new interpretation of an old idea - A.A. has been able to solve his former mental obsession. It is the vital principle of A.A., without which A.A. would have failed even as other forms of treatment have failed."

"To be sure, A.A. offers a number of highly useful tools or props. Its group therapy is very effective. I have seen countless demonstrations of how well your '24-hour plan' operates. The principle of working with other alcoholics has a sound psychological basis. All of these features of the program are extremely important."

"But, in my opinion, the key principle which makes A.A. work where other plans have proved inadequate is the way of life it proposes based upon the belief of the individual in a Power greater than himself and the faith that this Power is all sufficient to destroy the obsession which possessed him and was destroying him mentally and physically."

"For many years I faced this alcoholic problem being sure of one scientific fact - that detoxication by medical treatment must precede any psychiatric approach. I have tried many of these orthodox psychiatric approaches and invented some new ones of my own. With some patients I would be coldly analytical, if they were of the so-called 'scientific' type who is apt to have a superior attitude toward anything emotional or spiritual. With others, I would try the 'scare' method, telling them that if they continued to drink they would kill themselves. With still others, I would attempt the emotional appeal, working both the patient and myself into a lather. He might be moved to the point of shaking hands dramatically and telling me, with tears streaming down his face, that he was never going to take another drink. And I knew that the probability was he would be drunk again within two weeks or less."

"Since I have been working with A.A. the comparative percentage of successful results has increased to an amazing extent."

"The percentage of success that A.A. has scored leaves no doubt that it has something more than we as doctors can offer. It is, I am convinced, your second step. Once the A.A. alcoholic has grasped that, he will have no more "slips."

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UPCOMING EVENTS AND DATES TO REMEMBER

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>	
Jul 31-Aug 2	75 th Old Granddad Oldest convention west of the Mississippi	<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 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><i>See Flyer Sent Separately.</i></u>
Dec 6th	District 8 quarterly meeting 411 Sellers 1:00 PM	

GROUP CONTRIBUTIONS

June
Rockhouse
Hot Springs AA

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

June Birthdays

Gayle	1 Year	06/21/2114	Hot Springs AA
Justin S.	2 Years	06/26/2013	Rockhouse Group
Scott O.	2 Years	06/08/2013	Rockhouse Group
Valerie T	3 Years	06/01/2012	Rockhouse Ladies Group
Jane B.	4 Years	06/24/2011	Rockhouse Ladies Group
Carrie S.	4 Years	06/04/2011	Rockhouse Ladies Group
Frances R.	6 Years	06/09/2009	Hot Springs AA
Tapper V. {Belated}	9 Years	04/17/2006	Hot Springs AA
Geno E. {Belated}	9 Years	03/03/2006	Hot Springs AA
John B.	12 Years	06/21/2003	Mt. Ida Resentment Group
Jimmy D.	18 Years	06/18/2001	Malvern Open Door Group
Hal J.	23 Years	06/22/1992	Mt. Ida Resentment Group
Mary M.	20 Years	06/05/1995	Rockhouse Group
Al M.	26 Years	06/24/1989	Hot Springs AA
Bill S.	26 Years	06/19/1989	Mt. Ida Resentment Group
Hank N.	26 Years	06/15/1989	Mt. Ida Resentment Group
David D.	28 Years	06/04/1987	Grant County Group
Stan L.	30 Years	06/13/1985	Lake Catherine Group



Your Intergroup wishes you a very Happy, Sane and Sober Independence Day

"Newcomers are approaching AA at the rate of tens of thousands yearly. They represent almost every belief and attitude imaginable. We have atheists and agnostics. We have people of nearly every race, culture and religion. In AA we are supposed to be bound together in the kinship of a common suffering. Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of AA, so long as he or she so declares."

AA Co-Founder, Bill W., July 1965

"Responsibility Is Our Theme,"

The Language of the Heart

SEVENTH STEP PRAYER

My Creator, I am now willing that You have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding.

NEW MEETINGS AT 411 SELLERS

Friday Men's 6:00 PM

Saturday Candlelight 10:00 PM

"The absence of profanity offends no one."

Bill W.

{5}

Jessieville Fellowship Club (JFC) Quarterly Meeting

Time:8:05PM Date:7-21-15 Location: Trailer 7415 N.Hwy 7
Jessieville, AR. 71949

Agenda

- a. Nonprofit corporation status issues on information on how to reestablish 501c status and execution to do so by volunteer Frank Hubbard.
- b. Continued discussion on long-term maintenance and other operational needs prior to expansion into other JFC uses for the grounds and building.

JFC primarily rents and provides a meeting place of Building/Grounds for any 12 step programs. These 12 Step programs are encouraged to furnish and display all their spiritual literature. The JFC is designed to provide a special place of belonging for these programs providing a spiritual and fellowship connection for them on a 24/7 basis.

Questions can be directed to Rich F. 501 922 0405 and Terry T. 501 463 1010

AN EVER-GROWING FREEDOM

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God.

[TWELVE STEPS AND TWELVE TRADITIONS](#), p. 76

When I finally asked God to remove those things blocking me from Him and the sunlight of the Spirit, I embarked on a journey more glorious than I ever imagined. I experienced a freedom from those characteristics that had me wrapped up in myself. Because of this humbling step, I feel clean.

I am especially aware of this Step because I'm now able to be useful to God and to my fellows. I know that He has granted me strength to do His bidding and has prepared me for anyone, and anything, that comes my way today. I am truly in His hands, and I give thanks for the joy that I can be useful today.

From the book *Daily Reflections*

Tradition of the Month Checklist

From the Grapevine
Thanks for the tip Mary Anne

Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?

2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?

3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?

4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?

5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?

6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?
