



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 XXXVI - SEPTEMBER -- 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

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An Alcoholic's Day

Experiences may differ, but the inner story is the same for all of us

AA Grapevine February 1973

YOU WAKE UP with a start, and as awareness returns, your heart begins to pound and the shakes begin again. Oh God, it's morning and you must leave the safe womb of darkness and the bed. You reach down for the bottle, knowing already that it's empty. It always is, in spite of your nightly resolve to leave a drink for morning. Never mind, there's some in the garage, if you live to get there. A quick gulp of coffee later, you're fumbling for the bottle hidden inside the old tire casing. The whiskey is tepid and revolting, and the first gulps won't stay down. But at last one does, and that wonderful, warm glow starts to spread. A few more quick ones before you back the car out, and at last your heart stops pounding and the shakes begin to die away.

You get to your office, where you work for yourself, by yourself, in a field of personal service to the public. Your main supply of liquor is there, and now you have a few more drinks before you begin work--such work as there is. Before you started drinking on the job, you had a thriving business. But now it is dwindling steadily. Between visits of those who still do come, you take controlled nips at the bottle until noon. The thought of food has become nauseating, and you can't face the prospect of lunch at home, so you sit and drink for a half-hour or so, trying to work up a false appetite. When you finally get home, the family glares at you and attacks the delayed meal, while you pick and push at your plate, muttering excuses about this not being your favorite dish. Nothing has been, for a long time now.

After lunchtime, it's back to the office, a few more quick ones, and then to the afternoon appointments. Pleasantly glowing now, you'd rather talk than get down to business, so long, rambling monologues destroy your work schedule and put you far behind. Some of the people who have been waiting impatiently leave quietly, never to return. Occasionally, one may say on the way out that he'll phone later, but you know he won't, and after a brief flash of resentment, you're glad about it. One less person to take up your time. You don't even get upset about some of the ugly things that have started happening: bitter arguments over bills you've been neglecting to mark paid; complaints about the poor quality of service you've been rendering; incidents like yesterday's, when a woman walked out, saying that you didn't look or act fit to be at work.

Some afternoons, in spite of trying to control it, you drink too much and have to lock up the place and lie down. People come, try the door, knock, then go away, many for the last time. But most days you stick it out until the closing hour, then fortify yourself for the ordeal of dinner. Before you go home, though, every few days there's the vital task of replenishing your liquor supply. You have a system of buying in rotation from seven or eight stores in your own and neighboring towns, so that no one will realize how much and how often you buy. Sometimes this involves a twenty-mile drive, at breakneck speed, but then you're secure for a few days more.

After dinner comes the best time of your day, an evening of uninterrupted heavy drinking. You have long since become a solitary drinker, so it's back to the office again, where the liquor and privacy are. You used to make excuses to the family for returning there, but now you just go, and be damned to them. Simply drinking and daydreaming would be satisfying enough, but some nights there's a ball game to listen to on the radio, or a new magazine to read. Best of all, maybe there's a letter to write, prompted by a controversial remark heard on the radio or read in

the newspaper. You'll put that character straight about things! He won't make that mistake again! So out comes the typewriter and the letter begins, but is never finished. As drunkenness progresses, so do the mistakes in typing. Have a drink and start over, you tell yourself. Have another and do it again. By midnight or later, the floor is littered with crumpled balls of paper. The devil with it! You'll do it some other time. It never gets done. Next time, it's someone else's turn to get the ax.

By now it's safe to go home, with everyone there asleep. Maybe this is a routine night and you make it home safely, with perhaps only some paint scraped off the side of the car from going into the garage at a bad angle. Some other nights aren't so good, and the local police spot you and take you home in the squad car, while one of them drives your car for you. This is a benefit of once having been a respected businessman. The respect is gone now, and only some kindness remains. You don't like to remember those few disastrous times, en route home, when you wrecked your automobile and were lucky not to be seriously hurt. But this night all is well, and finally you lie in bed, a bottle within reach, and drift off into sleep.

Some nights, though, and more often lately, sleep doesn't come. You think, "Oh God, why am I doing this to myself? How long can I keep on this way? What is going to become of me?" But then your master, cunning-baffling-powerful alcohol, soothes away your fears. And although you know, deep down inside, that you have a bad drinking problem, and your business is nearly ruined, and the small savings you have left are nearly gone, and your family is about through with you. . .in spite of all this, you tell yourself, "Well, I'm getting along all right yet. I go to work every day, and I've still got money in my pocket, and the family hasn't left, so I guess I'm still managing everything okay. Anyway, if things really get bad, I know I can quit the stuff--and I will. But not yet."

Maybe things will be better tomorrow.

*J. G. T.
Negaunee, Michigan*

Keep It Simple

THINK, THINK, THINK --- Alcoholics Anonymous slogan

Now that we're recovering, our minds are free. We can think. When we are faced with problems or choices, we can do this:

Ask, "What is the problem?"

Make a list of what we can do to work on the problem.

Decide which of the actions on our list might work.

Pick the action that seems the best so far.

Ask ourselves, "Can I do it? Will I do it? If not, it's not a good plan.

Talk to our sponsor if we need help thinking it out.

Do it.

Look back on it. Did it work? If not, go back and try something else.

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"The absence of profanity offends no one."

Bill W.

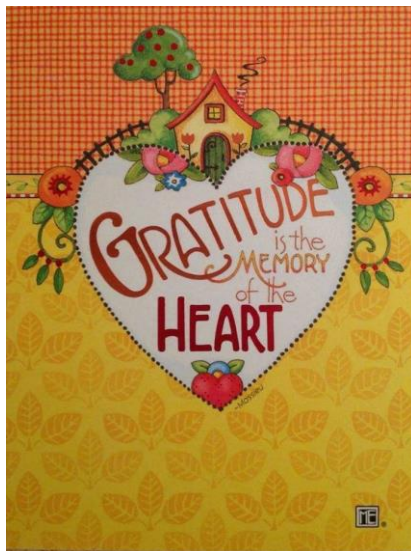
Alcohol is our weakness. We suffer from mental conflicts from which we look for escape by drowning our problems in drink. We try through drink to push away from the realities of life. But alcohol does not feed, alcohol does not build, it only borrows from the future and it ultimately destroys. We try to drown our feelings in order to escape life's realities, little realizing or caring that in continued drinking we are only multiplying our problems

When I let personal piques and resentments interfere with what I know to be my proper conduct, I am on the wrong track and I am undoing all I have built up by doing the right thing. I must never let personal piques interfere with living the way I know God wants me to live. When I have no clear guidance from God, I must go forward quietly along the path of duty. The attitude of quiet faith will receive its reward as surely as acting upon God's direct guidance. I must not weaken my spiritual power by letting personal piques upset me.

Re-Printed from Daily Ponderables

In recovery, and through the help of Alcoholics Anonymous, I learn that the very thing I fear is my freedom. It comes from my tendency to recoil from taking responsibility for anything: I deny, I ignore, I blame, I avoid. Then one day, I look, I admit, I accept. The freedom, the healing and the recovery I experience is in the looking, admitting and accepting. I learn to say, "Yes, I am responsible." When I can speak those words with honesty and sincerity, then I am free

From the book Daily Reflections



Thanks Krista B.



Your Intergroup wishes all a ZERO labor -- labor day

UPCOMING EVENTS AND DATES TO REMEMBER

Sept 6 th	District 8 quarterly meeting 411 Sellers 1:00PM	
Sept 12 th	Searcy Group Celebrating 64 Years	<u><i>See Flyer Sent Separately.</i></u>
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>
Oct 30-Nov 1	Thanksgiving 2015 Jonesboro	<u><i>See Flyer Sent Separately.</i></u>
Nov 6-8	Border City Roundup .. Fort Smith	<u><i>See Flyer Sent Separately.</i></u>
Dec 6th	District 8 quarterly meeting 411 Sellers 1:00 PM	

GROUP CONTRIBUTIONS

August

*Hot Springs AA Group
Mt. Ida Resentment Group*

YEAR TO DATE

<i>Hot Springs AA</i>	<i>Evergreen</i>
<i>Grant County</i>	<i>Lake Catherine</i>
<i>Eastgate Group HSV</i>	<i>Mt Ida Resentment Group</i>
<i>Malvern Open Door</i>	<i>Rock Bottom</i>
<i>Newcomers Group HSV</i>	<i>Welcome HSV</i>
<i>Central Big Book</i>	<i>Rockhouse</i>
<i>Serenity in the Pines HSV</i>	<i>ARKYPAA</i>
<i>Private</i>	

August Birthdays

<i>Stephanie M.</i>	<i>1 Year</i>	<i>08/28/2014</i>	<i>Hot Springs AA Group</i>
<i>Tom G.</i>	<i>1 Year</i>	<i>08/25/2014</i>	<i>Hot Springs AA Group</i>
<i>Jody H.</i>	<i>2 Years</i>	<i>08/07/2013</i>	<i>Hot Springs AA Group</i>
<i>Tommy C.</i>	<i>2 Years</i>	<i>08/01/2013</i>	<i>Hot Springs AA Group</i>
<i>Dean S.</i>	<i>3 Years</i>	<i>08/27/2012</i>	<i>Central Big Book Study Group</i>
<i>Susan O'K</i>	<i>3 Years</i>	<i>08/23/2012</i>	<i>Central Big Book Study Group</i>
<i>Christie W.</i>	<i>3 Years</i>	<i>08/21/2112</i>	<i>Hot Springs AA Group</i>
<i>Ed D.</i>	<i>3 Years</i>	<i>08/17/2012</i>	<i>Rockhouse</i>
<i>Sharon G.</i>	<i>3 Years</i>	<i>08/13/2012</i>	<i>Rockhouse</i>
<i>Barb H.</i>	<i>3 Years</i>	<i>08/02/2012</i>	<i>Rockhouse</i>
<i>Judy J.</i>	<i>5 Years</i>	<i>08/26/2010</i>	<i>Hot Springs AA Group</i>
<i>Mary Beth C.</i>	<i>6 Years</i>	<i>08/17/2009</i>	<i>Rockhouse Ladies Group</i>
<i>Sherrod T.</i>	<i>7 Years</i>	<i>08/08/2008</i>	<i>Rockhouse</i>
<i>Dyrek B.</i>	<i>7 Years</i>	<i>08/07/2008</i>	<i>Rockhouse</i>
<i>Joey M.</i>	<i>10 Years</i>	<i>08/11/2005</i>	<i>Hot Springs AA Group</i>
<i>Brandie S.</i>	<i>12 Years</i>	<i>08/08/2003</i>	<i>Rockhouse</i>
<i>Rebecca M.</i>	<i>13 Years</i>	<i>08/08/2002</i>	<i>Hot Springs AA Group</i>
<i>Cathy S.</i>	<i>15 Years</i>	<i>08/23/2000</i>	<i>Hot Springs AA Group</i>
<i>Ernie H.</i>	<i>16 Years</i>	<i>08/24/1999</i>	<i>Last House on the Block</i>
<i>Ann MacP</i>	<i>24 Years</i>	<i>08/05/1991</i>	<i>Rockhouse Ladies Group</i>
<i>Terry G.</i>	<i>31 Years</i>	<i>08/07/1984</i>	<i>Rockhouse</i>
<i>Eddy C.</i>	<i>33 Years</i>	<i>08/08/1982</i>	<i>Rockhouse</i>
<i>Linda B</i>	<i>35 Years</i>	<i>08/22/180</i>	<i>Hot Springs AA Group</i>
<i>Maurice T.</i>	<i>43 Years</i>	<i>08/18/1972</i>	<i>Mt. Ida Resentment Group</i>

Take a blessing with you wherever you go. You have been blessed, so bless others. Such stores of blessings are awaiting you in the months and years that lie ahead. Pass on your blessings. Blessing can and does go around the world, passed on from one person to another. Shed a little blessing in the heart of one person. That person is cheered to pass it on, and so, God's vitalizing, joy-giving message travels on. Be a transmitter of God's blessings.

"AA is not a place; it's an attitude of mind, a warmth of the heart - a spiritual fourth dimension where material things can't get the upper hand."

"Outline the program of action to new prospects, explaining how you made a self-appraisal, how you straightened out your past, and why you are now endeavoring to help them. It is important for them to realize that your attempt to pass this on to them plays a vital part in your own recovery. The more hopeless they feel, the better. They will be more likely to follow your suggestions. Tell them about the fellowship of A.A. and if they show interest, lend them a copy of the Big Book." *Can I tell the A.A. story to another alcoholic?*

You should try to stand aside and let God work through you. You should try not to block Him off by your own efforts, or prevent His spirit working through you. God desires your obedient service and your loyalty to the ideals of the new life you are seeking. If you are loyal to God, He will give you protection against mistakes. His spirit will plan for you and secure for you a sufficiency of all spiritual help. You will have true victory and ml success, if you will put yourself in the background and let God work through you.

One Day at a Time

by Gary C. (Serenity Improvement Group)

Tomorrow's problems; are not for today
Stuff just happens; life comes my way

I need not worry; he will show me the way
I just have ask; and live in today

The freedom that comes; it was always there
So simple and easy not even a care

Just for today; GOD please just drive
When you're at the wheel I feel so alive

You were always there; waiting for the time
When I could live; just one day at a time.

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New Meetings

There is a new Candlelight meeting at 411 Sellers on Saturday night at 10:00 PM

There is a new sunrise meeting on Tuesdays at 6:30 AM

400 Farr Shores Drive {Farr Shores Condos}

Call Libby at 501-844-7978 for directions and to let her know you are coming.

Grapevine thought

"If we're willing to expose the pages of our lives to the love and understanding of our Higher Power and a fellow alcoholic, we'll surely know a new freedom and a new happiness. We'll discover that love is never having to feel alone again; that God's presence in our lives has become profound; and that the unity of the Fellowship of the spirit can be ours so long as we're willing to 'pass it on.'"

REMOVING THREATS TO SOBRIETY

. . . except when to do so would injure them or others.

ALCOHOLICS ANONYMOUS, p. 59

Step Nine restores in me a feeling of belonging, not only to the human race but also to the everyday world. First, the Step makes me leave the safety of A.A., so that I may deal with non-A.A. people "out there," on their terms, not mine. It is a frightening but necessary action if I am to get back into life. Second, Step Nine allows me to remove threats to my sobriety by healing past relationships. Step Nine points the way to a more serene sobriety by letting me clear away past wreckage, lest it bring me down.

Sharing From Behind the Walls

The newsletter *Sharing From Behind the Walls* is published quarterly by the Corrections assignment and contains excerpts from inmate letters sent to G.S.O. and reprinted with the inmates' permission. These newsletters are intended for widespread distribution to inmates involved in A.A. in correctional facilities. This newsletter may be duplicated for distribution to inmates without obtaining permission from A.A. World Services, Inc.

Link -- <http://www.aa.org/lang/en/subpage.cfm?page=310>.

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Tradition of the Month Checklist

From the Grapevine

Thanks for the tip Mary Anne

Tradition Nine: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to boss things in AA?

2. Do I resist formal aspects of AA because I fear them as authoritative?

3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?

4. Do I exercise patience and humility in any AA job I take?

5. Am I aware of all those to whom I am responsible in any AA job?

6. Why doesn't every AA group need a constitution and bylaws?

7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?

8. What has rotation to do with anonymity? With humility?

7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?

8. What has rotation to do with anonymity? With humility?

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