

{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 XXXVII - OCTOBER -- 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

Mr. Hyde Doesn't Die

Grapevine April 1968 (thanks Ronny H)

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. Hyde's 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!

A. J. W.
Blue Springs, Missouri

During my early years in A.A. I saw Step Ten as a suggestion that I periodically look at my behavior and reactions. If there was something wrong, I should admit it; if an apology was necessary, I should give one. After a few years of sobriety I felt I should undertake a self-examination more frequently. Not until several more years of sobriety had elapsed did I realize the full meaning of Step Ten, and the word "continued." "Continued" does not mean occasionally, or frequently. It means throughout each day.

From the book Daily Reflections

10th Step Daily Inventory - 4 Questions

Ask yourself the following questions and write the answers daily.
This is best done just before retiring at night.

1. What did I do today that I like and respect myself for?
2. What did I do for someone else today?
3. What happened today that I enjoyed and appreciated that had nothing whatever to do with me?
4. Where did I have problems today?



Your Intergroup wishes all a safe and fun filled Halloween

UPCOMING EVENTS AND DATES TO REMEMBER

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 25	1 st Annual Little Rock Central Office Chili Cook-off	<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 3-6	Woodstock of the South Lake Lanier Georgia	<u><i>See Flyer Sent Separately.</i></u>
Dec 6th	District 8 quarterly meeting 411 Sellers 1:00 PM	

September Birthdays

RUSS V.	1 YEAR	09/15/2014	ROCKHOUSE GROUP
BRECK A.	1 YEAR	09/24/2014	HOT SPRINGS AA GROUP
VIRGINIA J.	1 YEAR	09/16/2014	HOT SPRINGS AA GROUP
MICHELLE M.	1 YEAR	09/07/2014	HOT SPRINGS AA GROUP
TONY M.	2 YEARS	09/24/2013	ROCKHOUSE GROUP
JOSH B.	2 YEARS	09/03/2013	HOT SPRINGS AA GROUP
JANE B.	3 YEARS	09/02/2012	ROCKHOUSE GROUP
MANDY V.	4 YEARS	09/04/2011	HOT SPRINGS AA GROUP
BUTCH P.	4 YEARS	09/02/2011	HOT SPRINGS AA GROUP
BOBBY C.	5 YEARS	09/21/2010	ROCKHOUSE GROUP
PAUL B.	6 YEARS	09/02/2009	ROCKHOUSE GROUP
SHERROD T.	7 YEARS	09/08/2008	ROCKHOUSE GROUP
MARYLIN H.	10 YEARS	09/01/2005	CENTRAL BIG BOOK STUDY GROUP
DAN F.	14 YEARS	09/20/2001	HOT SPRINGS AA GROUP
VICKY M.	23 YEARS	09/17/1992	MT. IDA RESENTMENT GROUP
STEVE B.	32 YEARS	09/18/1983	LAKE CATHERINE GROUP
MIKE P.	34 YEARS	09/06/1981	CENTRAL BIG BOOK STUDY GROUP
PETE A.	35 YEARS	09/08/1980	ROCKHOUSE GROUP
MARY G.	39 YEARS	09/16/1976	HOT SPRINGS AA GROUP
ELSIE M.	53 YEARS	09/02/1962	ROCKHOUSE LADIES GROUP

GROUP CONTRIBUTIONS

SEPTEMBER	YEAR TO DATE	
<i>Central Big Book</i>	<i>Hot Springs AA</i>	<i>Evergreen Group</i>
	<i>Grant County Group</i>	<i>Lake Catherine Group</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>	<i>Open Door Group</i>

A N G E R = A Negative Grudge Endangers Recovery.

A King named Alcohol

*There is a King named Alcohol...
He rules throughout the land
All he rules will surely fall...
Under the influence of his command*

*Behind the gates of insanity...
Is where his kingdom lies
The scorch of all humanity...
The king of your demise*

*Sip by sip he slithers in...
And soon he takes control
Drip by drip he will begin...
To rape you of your soul*

*He leaves behind a destructive path...
He spreads misery and pain
All he rules soon feels his wrath
Darkness follows this Kings rein*

*This evil King of whom I speak...
Does not discriminate
The young the old the strong the weak...
Fall prey for him to take*

*Recoil from gifts this King brings...
The most cunning King of all
More baffling and powerful than all the other Kings...
This King named Alcohol.*

Gordon R.

**I've shut the door on yesterday,
And thrown the key away.
Tomorrow holds no fears for me,
Since I have found today.**

Tradition of the Month Checklist

From the Grapevine

Thanks for the tip Mary Anne

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

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?

2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?

3. What in AA history gave rise to our Tenth Tradition?

4. Have I had a similar experience in my own AA life?

5. What would AA be without this Tradition? Where would I be?

6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?
