

{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@cablynx.com. Please put "NO BOOZE NEWS" in the subject line. Upon Request Bulletins can 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

A.A. Holds Key to Powers

Grapevine September 1947

(The author of the following died as the result of a traffic accident on his way home from a meeting at which this talk was given.--Ed.)

I hadn't been on the program very long before very gradually the idea began to sink in to the recesses of my mind that self-betterment was one of the basic pillars on which our program is based, and is indeed a primary essential if we wish continued sobriety. What I wanted on the program was sobriety and I could look the other members of the group in the eye and tell them that all my troubles could be summed up in one word--booze. Actually, however, there were many defects in my personality and character and I didn't realize how many until I had been on the program for a considerable period.

According to many psychologists and psychiatrists, most alcoholics take to drink as a means of escape. However, by a rigid application of the 12 Steps it is possible for us to lead lives in which the need for escape is eliminated and in effecting this miracle we act as our own psychiatrists.

If it will make this idea more clear, it is my experience that a psychiatrist tries to locate some frustration or troublesome matter in a person's background, then brings it out in the open for the patient to recognize and handle in a normal fashion instead of trying to run away from it. Using the 12 Steps as our tools, we A.A. members gradually eliminate these things in our own way and create for ourselves a way of life in which we are happily dry.

This is, of course, closely related to our 8th and 10th Steps wherein we "made a list of persons we had harmed and became willing to make amends to them all" and wherein we "continued to take personal inventory and when wrong promptly admitted it." Since we are to be alcoholics all of our lives and must be everlastingly on guard, we have in reality assumed a lifetime job. Our quiet time is closely interrelated with the application of these two particular Steps and their importance in planning our sobriety and new way of life cannot be overlooked. Most of us plan our work after a fashion once we get to the office. If a motor trip or a vacation is in view many pleasurable moments are attained in planning each particular leg of the journey, maps are brought out and equipment is renovated and cleaned. Some of us, particularly when going hunting or fishing, even plan for unforeseen contingencies and alternative routes. This is a technique which I believe fits very well into our A.A. quiet times. Let us during this period practice providing for unforeseen contingencies and alternative routes in our daily A.A. way of life. There is much pleasure that can be obtained from this procedure and it will reinsure our final objective of continued sobriety.

The word "power" comes into our A.A. talk and literature with regularity. There is the "Power greater than ourselves" referred to in our 2nd Step. There is also the power of the group and we often think of the power of the grip John Barleycorn had over us as individuals. A power that we hear of all too little and the importance of which oftentimes escapes our attention is the power of example. We seldom realize or comprehend the power of our own individual examples on other members of our group. Do you think that if the founders and earlier members of the group had practiced erratic behavior with continuous slips that our organization would have grown to a membership of 40,000 to 45,000 within a period of twelve years, or that if E.T., C.L. or L.H.'s handling of their application of the A.A. program had been less consistent that our Chicago Group would have enjoyed its phenomenal growth and success? Most of us would be surprised and pleased if we realized the importance of the power of our example in our own groups--it is a power we should jealously guard and treasure.

The transition between power of example and slips is not difficult. They are closely related as the chronic slipper has a negative effect on the group as a whole. For lack of better name we call the following a slip. As the case may be, this person gets into his car or takes the elevator down from his office and makes for the saloon of his choice. He opens the door, goes in, and deposits himself within arm reach of the bar. When the bartender says, "What will you have?" he lays his money on the bar and replies in a distinct voice, "Bourbon and soda." The bartender puts a shot glass down, gets the soda and reaches to the back bar for the bourbon which in good time is poured and in turn gulped down. This describes what, with some minor variations, is called a slip. To most other people, however, it would

appear simply that here is a fellow who wanted a drink and stepped out and got it. Perhaps slips aren't slips at all but willful deviations from the program--shall we say vacations from A.A.? Our program has never failed--but there have been many misapplications, on the part of aspiring A.A.s, of the program to their daily lives.

Progress in my personal transition from lying, cheating and general dishonesty was effected because there seems to be a line of demarcation which my conscience readily recognized between truth and lies and honesty and cheating. However, the gradual change from arrogance and conceit to tolerance and humility is a fine line not easily discernible and my program has been difficult and slow. As to those virtues of tolerance and humility, both you and I can hear the world crying for them; but as A.A.s and individuals, how many of us actually view them as vital ingredients for our personal success? And how difficult it was for me to realize that a tolerant attitude is no favor to be condescendingly granted to my wife and friends, but is vastly more beneficial to the person who adopts it, than to the person who is being tolerated. I, for one, must develop tolerance for others so that I can retain and tolerate myself.

A.A. asks an answer to but one question, "Are you ready?" The answer must be categorically yes or no. When the question is asked, our newcomer is at the fork of the road; to the left is continued alcoholic excesses and to the right the A.A. way of life with its attendant happiness and peace of mind. It requires no exercise of the will to answer this question. All that is required is an election freely made between two choices--and any alcoholic may be free. Don't be mistaken--this is not high-faluting philosophy--this is the record of A.A.

Since I was first introduced to A.A. many things have happened. The war has been brought to a successful conclusion. My personal war with alcohol has, at least, reached the armistice stage. Peace with all its ramifications has gained access to my life and home.

I have discovered I am not a "big shot" but only a small cog in a big wheel. I have learned that yesterday cannot be recalled and that tomorrow is an unknown quality and that today--this present 24-hour period--is the time to practice the principles of A.A.

H.B. Chicago, Illinois



YOUR INTERGROUP WISHES YOU ALL A WONDERFUL THANKSGIVING

UPCOMING EVENTS AND DATES TO REMEMBER

Nov 6-8	Border City Roundup -- Fort Smith	<u><i>See Flyer Sent Separately.</i></u>
Nov 6-8	Fall into Spirituality – Rogers, AR	<u><i>See Flyer Sent Separately.</i></u>
Nov 7	Flippin Group 33 rd Anniversary Celebration	<u><i>See Flyer Sent Separately.</i></u>
Nov 29	Intergroup meeting 411 Sellers 2:00 PM	
Dec 3-6	Woodstock of the South Lake Lanier Georgia	<u><i>See Flyer Sent Separately.</i></u>
Dec 6	District 8 quarterly meeting 411 Sellers 1:00 PM	
Dec 11	Sherwood Christmas Potluck	<u><i>See Flyer Sent Separately.</i></u>
Jan 9-10	Area Assembly Howard Johnson Hotel in Conway	501-329-2961
Jan 29-31	59 th Annual Blytheville Coon Supper	<u><i>See Flyer Sent Separately.</i></u>
Jan 29-31	34 th Annual District 9 Winter Holiday	<u><i>See Flyer Sent Separately.</i></u>

GROUP CONTRIBUTIONS

OCTOBER

*Hot Springs AA Group
Central Big Book Group*

YEAR TO DATE

*Hot Springs Group
Grant County Group
Eastgate Group HSV
Malvern Open Door
Newcomers Group HSV
Central Big Book
Serenity in the Pines HSV
Private*

*Evergreen Group
Lake Catherine Group
Mt. Ida Resentment Group
Rock Bottom
Welcome HSV
Rockhouse
ARKYPAA
Open Door Group*

October Birthdays

<i>Krista Y. {Belated}</i>	<i>1 Year</i>	<i>09/09/2014</i>	<i>Malvern Open Door Group</i>
<i>Ray T. {Belated}</i>	<i>4 Years</i>	<i>09/28/2011</i>	<i>Malvern Open Door Group</i>
<i>Belinda B.</i>	<i>5 Years</i>	<i>10/10/2010</i>	<i>Grant County Group</i>
<i>Dennis C.</i>	<i>5 Years</i>	<i>10/25/2010</i>	<i>Hot Springs AA Group</i>
<i>Joe M.</i>	<i>11 Years</i>	<i>10/10/2004</i>	<i>Rockhouse Group</i>
<i>Donnie S.</i>	<i>12 Years</i>	<i>10/08/2003</i>	<i>Hot Springs AA</i>
<i>Rosa M.</i>	<i>17 Years</i>	<i>10/31/1998</i>	<i>Rockhouse Ladies Group</i>
<i>Chris S.</i>	<i>20 Years</i>	<i>10/27/1995</i>	<i>Hot Springs AA Group</i>
<i>Bonny G.</i>	<i>22 Years</i>	<i>10/10/1993</i>	<i>Hot Springs AA Group</i>
<i>Jeff D.</i>	<i>26 Years</i>	<i>10/15/1989</i>	<i>Rockhouse Group</i>
<i>Andy I.</i>	<i>27 Years</i>	<i>10/14/1988</i>	<i>Hot Springs AA Group</i>
<i>Cindy S.</i>	<i>29 Years</i>	<i>10/17/1986</i>	<i>Fox Hall Group Mena</i>
<i>Eric P.</i>	<i>30 Years</i>	<i>10/22/1985</i>	<i>Central Big Book Study Group</i>
<i>Dan D.</i>	<i>38 Years</i>	<i>10/19/1977</i>	<i>Hot Springs AA Group</i>
<i>Mary Lou H.</i>	<i>42 Years</i>	<i>10/01/1973</i>	<i>Rockhouse Ladies Group</i>
<i>Chuck S.</i>	<i>46 Years</i>	<i>10/21/1969</i>	<i>Lake Catherine Group</i>

Peace from fear Angie M.

And now I see my selfish fear
Who stole a life from me.
You kept me down and in the dark
As cold as steel could be.
Piercing through my heart of flesh
You coursed inside my veins;
A river once, an ocean since
I drank you every day.

Fear you are Done! You live no more
Inside me as to dwell.
You cost my life oh selfish fear
You sent me straight to hell.
But by God's grace I have escaped
You claim me now no more
Be gone from me my selfish fear
God's peace is now restored.



"Once upon a relapse dreary,
I pondered first Steps weak and weary..."

Lord, make me a channel for thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.

TWELVE STEPS AND TWELVE TRADITIONS, p. 99

No matter where I am in my spiritual growth, The St. Francis Prayer helps me improve my conscious contact with the God of my understanding. I think one of the advantages of my faith in God is that I do not understand Him, or Her, or It. It may be that my relationship with my Higher Power is so fruitful that I do not have to understand. All that I am certain of is that if I work the Eleventh Step regularly, as best I can, I will continue to improve my conscious contact, I will know His will for me, and I will have the power to carry it out.

From the book Daily Reflections

Tradition of the Month Checklist

From the Grapevine

Thanks for the tip Mary Anne

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

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?

2. Am I always careful to keep the confidences reposed in me as an AA member?

3. Am I careful about throwing AA names around—even within the Fellowship?

4. Am I ashamed of being a recovered, or recovering, alcoholic?

5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?

6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?
