

{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

VOLUME XXXIX - DECEMBER -- 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

How to Act at a Party

(Thanks Ronny H.)

AA Grapevine June 1960

Not even your glassy-eyed hostess cares when you tell her that you and Gin Barleycorn aren't on speaking terms

YOU'VE HAD IT. Nasty rumors have been circulating to the effect that you have been seen publicly sober on several occasions. You have been conspicuously absent from certain social functions where once you could have been counted on to make ears as well as welkins ring.

Yes, you've taken the dry plunge. You've been off the sauce for days, even weeks. With a great big boost from AA, you're determined to keep it that way.

Then comes what all AA novitiates like to refer to as the First Big Test. You are invited to a cocktail party, an important one, of course (there are no unimportant cocktail parties), and you and your wife agree it's one of those things you'll simply have to attend.

After all, joining AA doesn't mean you have severed your relationship with the Family of Man. You are still a paid-up member of society, if not necessarily in very good standing.

Nevertheless, you begin to stew. How are you going to approach this thing, unaccustomed as you are to letting others do all the drinking? What will good old Ray and Bill and George think when you loom before them--upright and coherent? What will your host or hostess say when you refuse a drink? How are you going to break the news?

The time finally arrives--you brace yourself--you face up to the First Big Test. Heart a-flutter, you enter the room where the hostilities are to take place. Your genial hostess, exhibiting a smile that was frozen on her kisser two hours before the Brannigal is to take place and won't unfreeze until two hours after it's over, greets you by name as you shuffle in.

"So glad you could come," she lies, extending a pinky and one other miscellaneous finger as she cleverly maneuvers you offstage at the same time. "Step over to the bar and tell Herman what you want."

Zero hour! You blurt out, in what in anticipation had seemed a strong, confident voice, but actually emerges as a hoarse croak: "No, thanks. I'm not drinking any more. You see, I have. . ."

Your hostess fixes you with that dread smile, a glazed look in her eyes. "Oh, how interesting," she gurgles. "Well, I'm sure you'll find rye, bourbon, Scotch or vodka over there. Or, if you'd prefer, we have a shakerful of martinis freshly mixed."

Now, if you are 100% idiot, you grab the hostess by what would be her lapels if she were a man, and insist on explaining that you don't want anything to drink. If you're less than 100% idiot, you turn your back and forget her as completely as she has turned her back and forgotten you. You march like a little man straight to the bar. You look Herman right in the eye. In a voice that is neither falsely loud nor sneakily subdued, you say: "Straight ginger ale, please."

Right here you receive what is the first in a series of little surprises, mostly pleasant. For Herman doesn't faint, yell for the cops, quit his job in a huff or poke you in the eye. He pours you a shot of ginger ale.

As happens in most cases, this is a scene that will be re-enacted many times in the weeks that follow. You will quickly learn that explanations not only aren't expected, but that they won't be listened to. A few good friends, especially if they have a problem themselves, will show interest, but that's all.

But to get back to the party, even though we haven't been missed. . . You proceed to saunter around the joint, appearing as nonchalant as possible under your freshly assumed sobriety, tossing a hello here and a hiya there.

What follows is mostly negative. Not a sipping soul evinces the slightest interest in the contents of your glass--so long as it is more than half full. People at cocktail parties are more concerned with what's in their own glasses.

You may be a trifle chagrined because no old pal rushes up and yells: "Whassamatter, kid, you're 'way behind schedule. Usually you're ready to get thrown out by this time!" It will probably prove something of a blow to your pride that not one single, solitary guest of either sex will point a bony, accusing finger at you and shriek: "Look! Looka him. He isn't drinking!"

You are in for another surprise. This cocktail party is different from any you have ever seen in your adult life. It's a drag. No bright, quick-witted chap--yourself, for instance--is keeping everyone in stitches with

his killingly funny remarks. Oh, there's some jerk who's talking a lot, of course, and everyone is laughing like mad at what he says, but it isn't really funny, like at the shows where you used to star. The girls aren't nearly so attractive as they used to be. They may have the gall to treat you with respect, instead of that casual air of camaraderie they formerly exuded--until you knocked the cup of coffee all over their bright new cocktail dresses.

And the men. Not a very interesting type at this party. In fact, they're so dull you haven't any desire to waste your time spinning that very funny yarn you used to tell, with such devastating effect, about your experiences with Blodgett, Dodgett and Fidget, the ad agency you once worked for.

After about an hour, you feel you've paid your dues to this particular segment of society and you toddle on. When you hit the fresh air, it comes as a surprise to learn how sweet it smells.

In the weeks that follow, you'll find a strange disinterest in you and your problems if you have the occasion to visit the Old Familiar Places. The people you were called on to "entertain" for business reasons won't object in the least if you sit there and slop up ginger ale while they down booze--so long as you stay around long enough to pick up the tab. The bartenders you used to patronize will treat you with a new-found respect--you can make book on that.

The bane of every AA's existence, of course, is the over-persistent type. Now, thanks to the widespread publicity given to alcoholics and alcoholism, he and she are becoming almost extinct, but occasionally one runs into a host or hostess who does everything but shove a bottle in your mouth and tilt it upwards in a fatuous desire to demonstrate good fellowship.

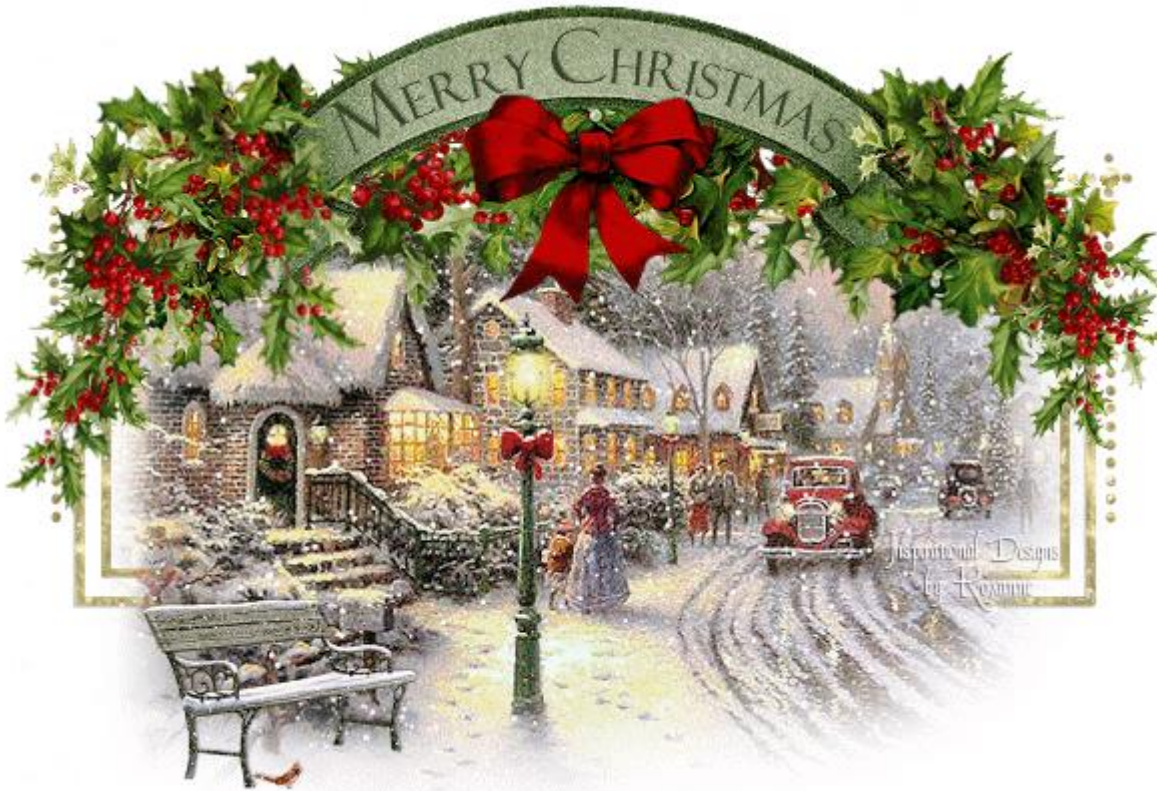
One chap has developed a special technique to handle females with an over-developed sense of hospitality.

"I've given up liquor," he solemnly announces, "in favor of a new hobby. I'm taking up Sex." With that, he makes a lunge for her.

"It works," he reports. "They never force booze on me anymore. But, you'd be surprised. . . ."

*"The experience of reality does not have to be postponed."
"AA's Steps Lead to Spiritual Awakening," Hankins, N.Y., May 1967
AA Graperine*

**TAKE TIME TO THINK-
IT IS THE SOURCE OF WISDOM.
TAKE TIME TO DREAM-
IT IS THE FOUNTAIN OF THE FUTURE.
TAKE TIME TO PLAY-
IT IS THE WAY TO STAY YOUNG
TAKE TIME TO REFLECT-
IT IS THE WAY TO KNOW GOD.
TAKE TIME TO SMILE-
IT IS THE ROAD TO HAPPINESS.
TAKE TIME TO LAUGH-
IT IS THE MUSIC OF THE SOUL.
TAKE TIME TO LOVE-
IT IS GOD'S GREATEST GIFT.
TAKE TIME TO PRAY-
IT IS THE GREATEST POWER ON EARTH.**



Your Intergroup wishes you all a most Merry of Christmas's

"The absence of profanity offends no one."

Bill W.

GROUP CONTRIBUTIONS

<u>NOVEMBER</u>	<u>YEAR TO DATE</u>	
<i>Hot Springs AA</i>	<i>Hot Springs AA</i>	<i>Evergreen</i>
<i>Grant County</i>	<i>Lake Catherine</i>	
<i>Eastgate Group HSV</i>	<i>Resentment Mt. Ida</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>

"Life hasn't been all smooth sailing, but because of AA, I no longer have to live in fear. I sleep at night ...
I had a purpose in life.

"Mankato, Minn., May 1997 "Wanted"

Young & Sober: Stories By Those Who Found AA Early

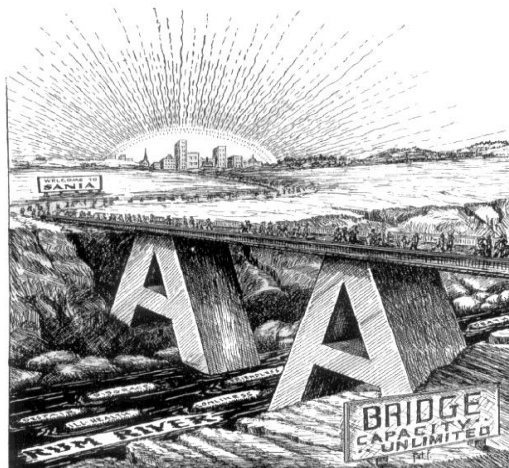
UPCOMING EVENTS AND DATES TO REMEMBER

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>

November Birthdays

<i>Ann S.</i>	<i>1 Year</i>	<i>11/18/2014</i>	<i>Malvern Open Door Group</i>
<i>Richard H.</i>	<i>2 Years</i>	<i>11/17/2013</i>	<i>Rockhouse Group</i>
<i>Steve B. & Shadow</i>	<i>3 Years</i>	<i>11/20/2012</i>	<i>Hot Springs AA Group</i>
<i>Kristi W.</i>	<i>4 Years</i>	<i>11/20/2011</i>	<i>Grant County Group</i>
<i>Terry P.</i>	<i>6 Years</i>	<i>11/26/2009</i>	<i>Hot Springs AA Group</i>
<i>Dewayne W.</i>	<i>6 Years</i>	<i>11/08/2009</i>	<i>Grant County Group</i>
<i>Roy J.</i>	<i>23 Years</i>	<i>11/02/1991</i>	<i>Hot Springs AA Group</i>
<i>Kenny H.</i>	<i>28 Years</i>	<i>11/01/1986</i>	<i>Hot Springs AA Group</i>
<i>Mary G.</i>	<i>31 Years</i>	<i>11/12/1984</i>	<i>At Large</i>
<i>Roy J.</i>	<i>23 Years</i>	<i>11/02/1991</i>	<i>Hot Springs AA Group</i>
<i>Kenny H.</i>	<i>28 Years</i>	<i>11/01/1986</i>	<i>Hot Springs AA Group</i>
<i>Jo Ann S.</i>	<i>46 Years</i>	<i>11/22/1968</i>	<i>Hot Springs AA Group</i>

"Humility is the soil in which all other virtues grow." AA Grapevine 1966



Old Timer's Prayer

God, keep me from thinking I must share in every meeting, no matter the topic. Keep my mind free from the recital of endless details and give me wings to get to the point. Remind me to guard confidences and to keep still when I feel it is necessary to speak up for someone own good.

Release me from the need to straighten out everybody else's thinking and program. God, I ask for the grace to listen to newcomers. Please help me to remember the patience with which others listened to me when I was new.

Please seal my lips to giving advice, and help me to remember to share only my experience, strength, and hope.

Remind me that my purpose is to fit myself to be of maximum service to You and to the people around me. Help me to remain teachable. Teach me (again) the lesson that, occasionally, it is possible that I may be wrong; and remind me, please, of the freedom that I gain when I am able to promptly admit I am wrong and make amends where necessary.

Help me to remember the difference between making amends and just saying, I am sorry. Help me to be a worker among workers, a friend among friends. Please keep me from being a bleeding deacon, and help me to walk the path towards being an elder statesman/stateswoman. Keep me ever mindful that I cannot manage my own life through my own unaided will. I know that I am not a saint; please show me the way to seek You so that I may continue to grow along spiritual lines.

Remind me, please, of Rule 62 to not take myself so damn seriously. (It is so easy to take myself way too seriously.) Keep me free of gossip, character assassination, and judgment. Remind me that because I am not perfect, although I have humbly asked, my character defects and shortcomings still arise unexpectedly, to cause damage to others and to myself.

Help me to walk with faith and acceptance, to see good things in unexpected places and talents in unexpected people, and give me the grace to tell them so. Help me to see that You love each of Your children, and that You do not need my opinion of them or suggestions on what they might deserve.

Amen

There are no leaders in A.A. except as they volunteer to accept responsibility. The work of carrying on A.A.— leading group meetings, serving on committees, speaking before other groups, doing twelfth-step work, spreading A.A. among the alcoholics of the community—all these things are done on a volunteer basis. If I don't volunteer to do something concrete for A.A., the movement is that much less effective. I must do my fair share to carry the load. A.A. depends on all its members to keep it alive and to keep it growing. Am I doing my share for A.A.?

"The best way to appreciate AA is the same way you appreciate a stained-glass window: Look at it from the inside.

Grapevine quote October 1981

"The five H's combine into a powerful formula for success. Starting with Hope, passing through Honesty into a gracious Humility, we become Human again, taking our rightful places in society and, by living a well-rounded life, develop an integrated personality free of the stresses that urge us to drink. Finally, through Helpfulness we express gratitude and pass on to others some of the blessings we have enjoyed these recent weeks, months, years. Truly a Magic Formula for Continued Sobriety...."

Scarsdale, N.Y., December 1957
"Continued Sobriety,"
AA Grapevine

Tradition of the Month Checklist

From the Grapevine

Thanks for the tip Mary Anne

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

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?

2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?

3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?

4. Do I ever try to get a certain AA group to conform to my standards, not its own?

5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?

6. Does my personal behavior reflect the Sixth Tradition—or belie it?

7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?

8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?

9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?

10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?

11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?

12. What is the real importance of me among more than a million AAs?
