

{NO BOOZE NEWS}

THE MORE DEPENDENT WE BECOME ON A HIGHER POWER, THE MORE INDEPENDENT WE BECOME

PUBLISHED BI-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.

Our website is up and running....Go to <http://intergroupweark.org> and check it out. I am sure you will very much like what you find.

A History of Alcoholism Part IV

A History of Alcoholism Part IV “The name chronic alcoholism applies to the collective symptoms of a disordered condition of the mental, motor, and sensory functions of the nervous system... affecting individuals who have persisted in the abuse of alcoholic liquors” The above quote came in 1849 from Magnus Huss, Swedish physician, who introduces the word ‘alcoholism’ to our society which appeared in print after the Civil War. Magnus' works further reinforced the disease concept. Dr. A. Peddie, an Edinburgh physician called for legal commitment of dipsomaniacs to inebriate asylums and defined the difference between the common drunkard and the insane drinker. He believed that the malady could be inherited and that it was a disease of the brain. During this time period we were also introduced to the hypodermic syringe and opiates. Due to its use during the Civil War morphine addiction became

known as the ‘Soldier’s Disease’ and yet another addiction society had to deal with. Oliver Wendell Holmes blamed physicians for causing opiate addiction through thoughtless over-prescribing. The problem not only included opium but morphine, heroin, and cocaine. These drugs as well as others only fueled the growing problem with addiction in the country. Sides were taken in 1880 as to whether alcoholism was truly a disease or a matter for reformation—a moral issue. Many believed it wasn't a disease. Secret cures for addiction began to appear until the government began requiring the manufacturers to label ingredients on their bottles of magic potion. A second issue as a result of the debate was whether the social stigma and shame associated with drunkenness is positive (a deterrent) or negative (an obstacle to those seeking help). As another solution, beginning in the 1850’s inebriate asylums and homes were formed. They were based on Christian principles and were connected with the local temperance groups that provided additional treatment after release from the asylum. The first of its kind was built in Binghamton, New York, opening the doors in 1864 and run by Dr. J. Edward Turner (1822-1889). Reaching as many as 334 patients, its census reached a low of 39 in 1878 and the building became an insane asylum. The few that were established disappeared as the country became caught in the wave of the Prohibition Movement. The most powerful of the lobbying groups was the Anti-Saloon League formed in Oberlin, Ohio in 1893 by Howard Hyde Russell (1855-1946), who believed the best leadership was selected not elected. Using emotions of patriotism and anti-German sentiment, the activists viewed themselves as preachers with the goal of eliminating alcohol use in the United States. Quickly Wayne Wheeler (1869-1927), nicknamed the ‘Dry Boss’ emerged as the premier influence in the movement. His publicity secretary Justin Steuart summed it up nicely: "Wayne B. Wheeler controlled six congresses, dictated to two presidents of the United States, directed legislation in most of the States of the Union, picked the candidates for the more important elective state and federal offices, held the balance of power in both Republican and Democratic parties, distributed more patronage than any dozen other men, supervised a federal bureau from outside without official authority, and was recognized by friend and foe alike United States." One could make the statement that was it not for Wayne Wheeler prohibition might never have passed as the 18th amendment to our constitution in 1920. The answer to last month’s question was Dr. William Silkworth who will be the focus of an article at a later date in this alcoholism history series. This month the question is: "How many times does the Big Book mention sponsorship?" The answer will appear in the next issue of your newsletter.

Re-Printed from San Diego AA Coordinator

UPCOMING EVENTS

OCTOBER 6 - 7 * Area Assembly @ Howard-Johnson Hotel in Conway (501.329.2961)

October 12-14 - ARKYPAA 30th annual Surrender Camp Mitchell Campgrounds.

October 18-21 - 38th Annual Bluff City Fellowship, Memphis, TN {901}332-1130

October 26 - Halloween Party & Pot Luck + Costume Party 411 Sellers

November 2-4 - 28th Annual Border City Roundup, Ft. Smith, AR

November 22-25 - 46th Annual Las Vegas Roundup {Riviera Hotel & Casino}

February 8-10 31st Annual "WINTER HOLIDAY" North Little Rock {501}371-9000

June/July

Group Contributions

Central Big Book
Resentment Group
Beginner's Meeting
Hot Springs AA
Evergreen Group

YJD

Before and After
District 8
Grant County
Newcomers
Norman Firehouse
Central Big Book
Resentment Group
Beginners Meeting
Hot Springs AA
Evergreen group

Thank for your contributions

Birthdays

<i>Sandra</i>	<i>1 Yr.</i>	<i>Rebecca M.</i>	<i>10 Yrs. 08/06/2002</i>
<i>Mandy</i>	<i>1 Yr.</i>	<i>Kathy R.</i>	<i>12 Yrs. 08/23/2000</i>
<i>Josh M.</i>	<i>1 Yr. 09/11/2011</i>	<i>Fenie H.</i>	<i>13 Yrs. 08/24/1999</i>
<i>Shelly R.</i>	<i>1 Yr. 08/10/2011</i>	<i>Jim R.</i>	<i>15 Yrs. 08/14/1997</i>
<i>Richie</i>	<i>2 Yrs.</i>	<i>Mark</i>	<i>17 Yrs.</i>
<i>Judy J.</i>	<i>2 Yrs. 08/26/2010</i>	<i>Al D.</i>	<i>19 Yrs. 08/01/1993</i>
<i>Steve H.</i>	<i>2 Yrs. 08/24/2010</i>	<i>Gene</i>	<i>21 Yrs.</i>
<i>Colleen</i>	<i>3 Yrs.</i>	<i>Ann MacP</i>	<i>21 Yrs. 08/05/1991</i>
<i>Chad</i>	<i>3 Yrs.</i>	<i>Mary J.</i>	<i>36 Yrs. 09/16/1976</i>
<i>Joey</i>	<i>5 Yrs. 08/11/2005</i>	<i>Mary Lou H.</i>	<i>39 Yrs. 10/01/1973</i>
<i>Tracey K.</i>	<i>9 Yrs. 04/05/2003</i>	<i>Elsie M.</i>	<i>50 Yrs. 09/02/1962</i>

Thought to Ponder....

My serenity is directly proportional to my level of acceptance.

Recovery Related Acronym

A B C = Acceptance, Belief, Change.

Reprinted from Daily Ponderables 5/7/12

The Invisible Boat AA (Clancy I.) ... thanks Richard C.

Staying sober was all that I wanted when I came to AA. At the time, I thought that removing the alcohol from my life, as well as the other sources of amusement, would allow me to be the great guy I pretended I was and let me look down on those whose only function seemed to be to criticize and make my life hell. Without alcohol I was convinced my "enemies" would have nothing to complain about and their superficiality would be as obvious as my suffering and sacrifice. My ultimate vindication would follow forthwith.

I heard a lot about "surrender" when I came around, but until I became willing to believe a power greater than me could remove the insane ideas expressed in the opening paragraph, surrender, whether to alcohol or life itself, was inconceivable. The paradox is that until I took actions I DID NOT think would work, I had no chance of believing in anything. Only then did I begin to realize that what I thought did not have to be consistent with what I believed.

I bring all this up because lately I've been listening to Clancy's story of "The Invisible Boat", one of the most effective allegories I've encountered in recovery. I've heard about this lesson more than I've actually heard it, but it's included as part of a weekend retreat Clancy led in Toronto in the early 90's, (a presentation he has described as his favorite recording of the zillions of his tapes available). In the version I heard Clancy used the Invisible Boat as means of distinguishing between good and bad treatment centers, but it can be presented, I suspect, as a basic primer on the first three steps or the early stages of recovery that lead to long term sobriety.

What Clancy talks about is the taking of suggestions that, to the average alcoholic, appear to be ridiculous on their face. He draws a parallel between two groups of people leaving Toronto for Cleveland, each traveling by boat. In Clancy's tale the Treatment Centers offer a beautiful yacht with clean beds, excellent food and first class accommodations. The AA group's mode of transportation is a boat that only they can see and which they fully expect you to board and help power. Most of us, given this choice, opt for the Treatment center's mode of transport, but it is not until we're halfway across the lake that we learn their boat is going only halfway towards recovery. They get us started, but it is up to us to complete the journey. In Clancy's metaphor we're thrown into the lake, where we meet AA groups paddling in a boat we still can't see. And it's only when we're out of options that we agree to climb into this "boat" that should not float given our view of such matters. In spite of our cynicism we're told to shut up and row; and if we do so, pretty soon we get our oars in the water, we begin to make progress and little by little the boat gains substance and its means of keeping us afloat becomes more apparent. The longer we keep at it, the bigger our boat becomes. That doesn't mean we don't need a sponsor to tell us when we're rowing with the oars upside down, but it does mean our eyes are gradually opened to a solution that we could not see before.

In an interesting sidelight, Clancy alludes to the "old timers" who lose their compass and direction and before they know it their boat begins to take on water as they begin to take on alcohol. The problem is, when the old timer comes back to AA they not only face the problem of staying sober they faces this problem in a little row boat, not the big cabin cruiser to which they'd become accustomed. The disappointment keeps many from coming back to AA.

For this alcoholic, Prayer was my invisible boat; but I did not find my oars until I got down on my knees to look for them. The funny thing is, I

still don't think it will work, even though I believe it has for some time now. My beliefs have "bailed out" my thoughts many times since those early days. Thank God for that Invisible boat. Re-Printed from Daily Ponderables 8/22/12



Submitted by Auburn J.

"Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful least you let other people spend it for you.

The emptiest person is full of himself

"Humility is a personal achievement, it cannot be given away. It comes in glimmers and grows like an ice crystal. It is fragile, too, thus requiring constant care and protection."

