

# {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

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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](mailto: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**

# FREEDOM OF THE FOURTH TRADITION

By Chris F.

In my fourth year of sobriety I was fortunate enough to be asked by some fellow A.A. members to help start a new meeting. We all had a common desire to have a meeting structure which wasn't common in that area (I was outside of San Diego at the time). So, we did the usual things of finding a location, negotiating rent, creating a format and all that sort of stuff. Hoping to get at least five men to attend each week so we could make our \$20/month rent, we were pleased to find that within six months the meeting was drawing dozens of men to our Friday night closed men's book-topic meeting. As per our agreement with the landlord, our rent increased commensurate to fellowship size and the landlord realized that we gave them a relatively nice sum for a building which was usually dormant on Friday nights and we were a very tidy tenant.

Soon, the landlord was renting to other groups on other nights of the week; but, they did not fully understand our Fourth Tradition and had innocently assumed that all A.A. groups would be the same. One of the new tenants was a "Rule 62" meeting which really took the anecdote from the book very literally. That meeting prided itself on having minimal rules or structure. As part of that, they were very lax about where members would dispose of the trash/butts and were known to spill a cup of coffee or two because of raucous behavior inside the meeting itself. Because the facility was a grade-school during the normal weekday hours, this sort of treatment of the facility was not acceptable to the landlord and all groups were given notice to leave.

Our Fourth Tradition states: Each group should be autonomous except in matters affecting other groups or A.A. as a whole. That Rule 62 meeting was free to structure their meeting in any way they liked, but in this case, it was close to (if not fully) breaking the Fourth Tradition. Their refusal to change their behavior after multiple requests from the landlord was directly and negatively affecting the other meetings.

The leadership of all meetings got together and discussed the matter and the offending group agreed to explain to the landlord that not all A.A. meetings are the same and that they would take responsibility for the issues caused by their members.

It took some convincing, but the landlord agreed to a probationary period for the other meetings to show that we were not all the same as the Rule 62 meeting. Had it not been for the Fourth Tradition (and the commitment from even that Rule 62 meeting to follow the Traditions) all meetings there may have gone dark. Today, I looked up the directory for that city and the meeting I helped to start is still going on in that facility some 10 years later! Sadly, that Rule 62 meeting is not listed. But at least they had the freedom to choose to be the kind of meeting that they wanted to be for as long as it lasted. The Traditions are an amazing thing when seen in action.

Re-Printed from The San Diego Coordinator

## **GROUP CONTRIBUTIONS**

*March*  
**Malvern Open Door Group**  
**Hot Springs AA Group**  
**Eastgate**

*YEAR TO DATE*  
**Central Big book Group**  
**Hot Springs AA Group**  
**Eastgate**  
**Welcome Group**  
**Serenity in the Pines**  
**Hot Springs AA Group**

## **UPCOMING EVENTS AND DATES TO REMEMBER**

Apr. 2-3	Area Assembly Howard Johnson Hotel in Conway	501-329-2961	
Apr. 14-17	Springtime in the Ozarks – Eureka Springs		<u><i>See Flyer Sent Separately.</i></u>
<b>May 19-22</b>	29 <sup>th</sup> Northeast Louisiana Roundup – Monroe, LA		<u><i>See Flyer Sent Separately.</i></u>
May 27-29	27 <sup>th</sup> Southeast Louisiana Spring Roundup – Covington, LA		<u><i>See Flyer Sent Separately.</i></u>
May 27-29	30 <sup>th</sup> Gathering of Eagles – Dallas, TX		<u><i>See Flyer Sent Separately.</i></u>
Jun. 3-6	S.W. Additional Regional Forum AREA 10 Colorado		<u><i>See Flyer Sent Separately.</i></u>
Jun. 10-12	Founders Day Conference – Akron, OH.		<u><i>See Flyer Sent Separately.</i></u>
Jun. 18	District 8 Annual Bake at the Lake at De Gray Lake		<u><i>See Flyer Sent Separately.</i></u>
Jul. 29-31	76 <sup>th</sup> Arkansas State Old Grandad Convention Hot Springs		<u><i>See Flyer Sent Separately.</i></u>
Sept. 1 6-18	16 <sup>th</sup> Arkansas Travelers Roundup – El Dorado, AR		<u><i>See Flyer Sent Separately.</i></u>
Oct. 21-23	SWRAASA – Rogers, AR.		<u><i>See Flyer Sent Separately.</i></u>
Oct. 28-30	71 <sup>st</sup> Tri-State Convention – Bossier City, LA		<u><i>See Flyer Sent Separately.</i></u>
Nov. 11-13	64 <sup>th</sup> Annual Jonesboro AA Thanksgiving Program		<u><i>See Flyer Sent Separately.</i></u>

## **March Birthdays**

Joshua O.	1 Year	03/29/2015	Hot Springs AA Group
Cody G.	1 Year	03/25/2015	Rockhouse Group
Chris M.	1 Year	03/20/2015	Rockhouse Group
Dillon B.	1 Year	03/18/2015	Hot Springs AA Group
Joe D.	1 Year	03/07/2015	Rockhouse Group
Ron J.	3 Years	03/23/2013	Malvern Open Door Group
Janine G.	4 Years	03/12/2012	Eastgate Group
Denise L.	7 Years	03/06 2009	Rule 62 Group
Leo K.	9 Years	03/25/2007	Rockhouse Group
Geno E.	10 Years	03/03/2006	Hot Springs AA Group
Carrie R.	16 Years	03/01/2000	Rockhouse Group
Allen K.	18 Years	03/01/1998	Malvern Open Door Group
Allison G.	19 Years	03/03/1997	Rockhouse Group
Bill B.	25 Years	03/14/1991	Rockhouse Group
Rich F.	30 Years	03/19/1986	Rockhouse Group

"AA isn't for the people who need it or for the people who want it; it's for the people who are willing to do the work to get it.

AA Grapevine July 2009

## Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.

O Divine Master, grant that I may not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.

"I am grateful that the people in AA showed me how to live sober. However, I have learned many things from other sources. I learned about quiet from the breeze floating through the grass on a warm summer day. I have learned unconditional love from my animals. I have learned how to have wonder of the world from my children. I have learned that all things have tremendous power."

Albuquerque, N.M., April 1984  
"Journey of the Spirit"  
**Spiritual Awakenings**



I was sitting at a meeting recently when I heard a very young, and very sincere, single mother of two, sharing that her first experience in AA was the thought of having to do all this stuff for *the rest of her life* and she *didn't find it too comforting*. It sounded to me that, from her perspective, *she knew that she had to do it, but it wasn't going to be easy or fun*. I admired her for her *courage and conviction* and I tried to encourage her by explaining things that I had experienced when I was faced with the life changing challenges of sobriety. I was the father of a boy, was in the Navy, and was divorced. It was a difficult time but I had to go through it, drinking or not. I began the process of recovery in a slow, methodical and thorough way, and I came out a stronger person for it. I likened it to the first *Apollo space mission to the moon*. *It goes something like this:*

When you first see the size of this space craft and consider the amount of energy it would take to put it into space, it is hard to fathom. After the countdown is complete, the engines fire and a tremendous amount of flame and smoke engulf the entire area, and in a few moments, it slowly starts to lift off. As it lumbers its first few hundred feet, it is expending a tremendous amount of fuel. Slowly it starts to gain momentum and pick up speed, still shuddering along. Soon the booster tanks are depleted and they are ejected and the main tanks begin to propel it further along the flight path with even more thrust as it is reaching for orbit. Next, the main tank is depleted just before orbit and is ejected. What is left is a very small portion of what left the launch pad. Soon the craft leaves orbit and heads toward the moon and *something else happens that sometimes goes unnoticed*. Somewhere between the earth and the moon, the gravitational pull of the moon has more influence on the craft than the earth's has, and it is gently drawn along its path. Very little energy is needed at this point except for minor course corrections.

In AA, when we first get started, it appears to be an insurmountable task and it requires a tremendous amount of effort just to get off the launch pad. Not every launch is successful and some of us don't make it the first time, and we have to exert all that energy in each successive attempt. As we do get on our way, it starts to get easier as we increase our momentum. Much of the burden falls away as we make progress, and the going gets easier as we head for our objective. When we go through the twelve steps, we finally reach orbit.

After we are satisfied that everything is in order, we can now set out for the moon. If we stay on course, the spiritual gravity of values we have adopted in the AA program will far outweigh the negative gravity of the past as long as we eject all of the dead weight that held us down. As we continue to adjust the day to day, mistakes that we make, and adopt an unselfish approach to life, somewhere along the flight path, we will cross that line where we are drawn towards a life of peace and serenity that is hard to imagine when we are setting on the launch pad. The most important part of the journey is the lift off. If we can get through that most difficult time, it does get easier, and then we need only to stay the course.

RICK R.      Poway, Ca    {Thanks Rick}

## THE BONDAGE OF RESENTMENTS

Harboring resentment is infinitely grave. For then we shut ourselves off from the sunlight of the spirit  
*AS BILL SEES IT, p.5*

It has been said, "Anger is a luxury I cannot afford." Does this suggest I ignore this human emotion? I believe not. Before I learned of the A.A. program, I was a slave to the behavior patterns of alcoholism. I was chained to negativity, with no hope of cutting loose.

The Steps offered me an alternative. Step Four was the beginning of the end of my bondage. The process of "letting go" started with an inventory. I need not be frightened, for the previous Steps assured me I was not alone. My Higher Power led me to this door and gave me the gift of choice. Today I can choose to open the door to freedom and rejoice in the sunlight of the Steps, as they cleanse the spirit within me.  
*From the book Daily Reflections*

"The first thing that we want you to understand is that spirit has no color or race to it. It doesn't matter whether your skin is white, black, red, Hispanic, whatever. No one out there is any better than you, and you are no better than anyone else out there."

--John Peters (*Slow Turtle*), WAMPANOAG

We are all created to be of equal worth. We may be different sizes, different heights, different ages, different colors, we may have different beliefs and be of different cultures. In the unseen world, we are all spirit formed into different shapes and colors but we are all worthy. For example, you can have water, you can have steam, or you can have ice. Which of these is not made up of H<sub>2</sub>O?  
Re-Printed from Daily Ponderables



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