

# {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@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**

# Food for Thought

The story below was sent to me by Ted R. of Gainesville, FL  
Ted said "You either go for emotion sobriety or risk a miserable, often lengthy, death BY alcoholism (whilst being crispy dry)! My crew calls it "big n' rich" sobriety."

"We buried him yesterday. The County Coroner had published the required notices for next of kin and nobody had claimed the body. It was just myself and his sponsor, no preacher even; the county doesn't pay for those. Not much of a send-off, and not the one David had asked for. A cheap coffin, backhoe dug a hole, and that was it - another old AA gone.

He had been sober over 20 years and in AA over 30, a stern and rigid man who tried to soften his edges and never could. He was a loner, a fringe-er, an isolated man at the edge of life's good things. He hung in there... and in the end hung himself. I don't know why; I can't know. I know there had been a diagnosis of senile dementia, and I know that the doctor had added cancer to the list. But, I've seen AAs deal with such things before...I don't know why David decided he couldn't.

It isn't the first time I've been through this in Alcoholics Anonymous. I've known several over the years who just up and walked out life's door one day. Sober, but not happy. Sober, but not at peace. Sober, but they died of alcoholism. Our disease doesn't need us to drink in order to kill us. I wish more folks knew that, and appreciated it.

Alcoholism is the only disease that is entirely capable of fighting back, of taking care of itself, and of emerging in new places and new forms when it isn't properly treated. That's because of the spiritual malady. Most people think that has something to do with prayer or with God. It doesn't. It has to do with 'our spirit - that force which animates, motivates and propels us.

As an alcoholic, my spirit is ill. It is flawed. My character, or basic nature, doesn't work right. At its root, it is a fundamental and unresolvable insecurity - a hole that can't ever be filled.

It is an instinct run rampant, a desperate need for acceptance and love that cannot be met. It hurts. It fills one with fear. The selfishness and self-centeredness of the alcoholic lies here - we are totally preoccupied with what is going on with ourselves on the inside. The slings and arrows of experience warped by this need drive us to the fringe, and the voices of the committee in our head keep us there.

We are obsessed with ourselves, and from this condition of mind... the insanity of feelings gone haywire, we become self-medicators eventually. We discover alcohol or something else... and the stuff quiets the voices, provides the relief we've never been able to find in any other way. It isn't any wonder we drink, or drug the way we do. And some of us don't develop an addiction... in attempting to meet these crying demands of our spirit become ill, we develop other malformations of behavior, and suffer in a hundred different ways.

God broke David's obsession to drink. But, I don't think David ever truly understood his disease. I say that because I watched him struggle with those old unresolved issues of his heart for years. His rigidity, coldness, aloofness, isolation and difficulty with other people were a reflection of the pain in his heart.... of the disease of alcoholism gone deep inside, and still active.

Alcoholism didn't need David to drink in order to continue trying to kill him, and in the end... it succeeded. In the end, instead of self abandonment... David abandoned hope.. and discovered a bitter end. Our recovery from alcoholism through the Steps must be a three-fold process. It is not one dimensional. When we say in AA, that we have a triangle... recovery, unity, service... we mean it.

In working the Steps, I clear a pathway for two purposes... first, to come into a group of human people and away from the fringe of society where I have spent most of my emotional life.

Secondly, to discover 'belonging' through service to the people within that group. It is only this entire, threefold process that heals. It is especially true for those of us who suffer from the spiritual malady to a great degree. Perhaps the 12th Step says it best: "Having had a spiritual awakening as the result of these Steps (recovery), we tried to carry this message to other alcoholics (service) and practice these principles in all our affairs (unity).

You see... I cannot hold back. I must not continue to suffer that shyness, aloneness, that overwhelming sense of self in my affairs. I must get involved in a group of people to practice these principles in all my affairs.

Only the total approach is healing. Anything less is little more than driving my disease deep, and, if I do that, it will continue to eat away, trying to destroy me. It destroyed David. This is a memorial to an old AA who gave his best shot, and I think David ended up on the plus side. It wasn't his fault; he seemed to have been born that way. There were a lot of old ideas about self that David could never muster the willingness to let go of. He is at rest now. But it says somewhere that "no matter how far down the scale we have gone, we will see how our experience can benefit others."

David cannot speak to his experience any longer; I am speaking in his memory. And I think that if David could talk to us today, he'd say "Understand your disease thoroughly, and work the complete program of recovery!"

**God bless you as you trudge the road!**

*Re-Printed from Daily Ponderables*

## HITTING BOTTOM

Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A.A.'s remaining eleven Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking.

*TWELVE STEPS AND TWELVE TRADITIONS, up. 24*

Hitting bottom opened my mind and I became willing to try something different. What I tried was A.A. My new life in the Fellowship was a little like learning how to ride a bike for the first time: A.A. became my training wheels and my supporting hand. It's not that I wanted the help so much at the time; I simply did not want to hurt like that again. My desire to avoid hitting bottom again was more powerful than my desire to drink. In the beginning that was what kept me sober. But after a while I found myself working the Steps to the best of my ability. I soon realized that my attitudes and actions were changing --- if ever so slightly. One Day at a Time, I became comfortable with myself, and others, and my hurting started to heal. Thank God for the training wheels and supporting hand that I choose to call Alcoholics Anonymous.

*From the book Daily Reflections*



Your Intergroup wishes you a very Memorable Memorial Day



and a wonderful Mother's Day to all you Mom's.

## **GROUP CONTRIBUTIONS**

### **MAY**

*Hot Springs AA Group  
Central Big Book Group*

### **YEAR TO DATE**

*Central Big book Group  
Hot Springs AA Group  
Eastgate  
Welcome Group  
Serenity in the Pines  
Mt. Ida Resentment Group*

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

May 21	Annual AA Banquet celebrating 54 Years in Arkadelphia	<u><i>See Flyer Sent Separately.</i></u>
Jun 3-5	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 11	Founders Day Picnic Maumelle Park	<u><i>See Flyer Sent Separately.</i></u>
Jun 17	28 <sup>th</sup> Annual Potluck in Sherwood	<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>
Sep 16-18	16 <sup>th</sup> Annual Arkansas Travelers Roundup	<u><i>See Flyer Sent Separately.</i></u>
Sep 16-18	Autumn in the Ozarks Mountain Home.	<u><i>See Flyer Sent Separately.</i></u>
Oct 21-23	SWRAASA – Rogers, AR.	<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>

## **April Birthdays**

Thomas T. 04/05/2015	1 Year Hot Springs AA Group	Bud A. 04/05/2000	16 Years Hot Springs AA Group
Diana L. 04/14/2015	1 Year Hot Springs AA Group	Linda G.R. 04/17/2009	17 Years Rockhouse Ladies Group
Jamie K. 04/16/2014	2 Years Rockhouse Group	Grier C. 04/01/1999	17 Years Central Big Book Study
Scott O. 04/10/2013	3 Years Rockhouse Group	Marian R. 04/18/1995	21 Years Hot Springs AA Group
Eric R. 04/08/2013	3 Years Rockhouse Group	John K. 04/27/1987	29 Years Hot Springs AA Group
Greg B. 04/01/2913	3 Years Central Big Book Study	Dave M. 04/27/1985	31 Years Hot Springs AA Group
Group Donald I. 04/02/2009	7 Years Mena Fox Hall Group	Tommye C. 04/04/1981	35 Years Hot Springs AA Group
Scott G. 04/10/2001	15 Years Grant County Group	Mikey G. 04/15/1980	36 Years Hot Springs AA Group
Mary Anne L. 04/15/1980	36 Years Central Big Book Study Group		

These words are underlined in my book. They are true for men and women alcoholics. On many occasions I've turned to this page and reflected on this passage. I need never fool myself by recalling my sometimes differing drinking patterns, or by believing I am "cured."  
I like to think that, if sobriety is God's gift to me, then my sober life is a gift to God. I hope God is happy with His gift as I am with mine.

*From the book Daily Reflections*



"See, you are the one with a drinking problem.  
When was the last time you seen me spill a drop?"

## Four Men

Grapevine --- April 1946 --- Vol. 2 No. 11

(The following is reprinted from the well-known Southern newspaper column, Everyday Counselor, with the permission of the author, The Rev. Herbert Spaugh, D.D.)

A thumb-nail sketch of the program of the Alcoholics Anonymous is given for the benefit of many readers who have inquired about it. The picture presented is general, and will be seen to be a fine program for the church or any organization designed to help others.

In the first place, the patient must be willing to be helped, must admit his need of help. He is then urged to make the acquaintance and face squarely four men.

**THE FIRST MAN.** This man is yourself. Stand in front of a mirror and honestly look at yourself alone. This is difficult, as it is the last thing which many want to do, but it is the necessary first thing. Look beyond your face and down into your heart. You may fool the world, your family, your friends, but you can never fool yourself. A guilty conscience is poor company. It is responsible for more sickness, misery and suffering than anything else in the world. You may try to run away from it in work, in play; but it is always within you; you can't escape it.

**THE SECOND MAN.** This man is your God. To the Christian, He is The Man, Christ Jesus. He who rules all creation, guides the heavenly bodies in their courses, plans and directs the workings of nature, is ready to help you, if you will let Him. He stands ready to help you with every problem. You will never know how to live happily, successfully, victoriously with yourself until you learn to live with your God. Only in Him can you find a clean and pure conscience.

**THE THIRD MAN,** for the one who would take the program of the Alcoholics Anonymous, is your fellow-member of the local A.A. club. These clubs meet every week, report on themselves and on each other. If a member has been unfortunate enough to have slipped and fallen, the other members go after him and bring him back.

**THE FOURTH MAN WITHOUT WHOM YOUR LIFE WILL NOT BE COMPLETE** is the man with whom you must share your new experience. One requirement in an A.A. club is that each member must share his new strength with other alcoholics; this is their strongest aid to sobriety.

Four is the world-number of completion. To live successfully in this world you must meet and know these four men.

## THERMODYNAMICS

I came into A.A. Bankrupt in every department. When I started to work the steps, my first big challenge was to find a power greater than myself that could solve my problems. What an order for a guy who they describe in step two in the 12x12 as the one who had tried religion and found it wanting. I could see the examples of people around me that seemed to have it figured out and I became a nuisance trying to corner them to get them to explain to Me how they do it and they had as much trouble explaining it as I did. One day I confronted my friend, Jim, and asked him to let me in on the secret. Frustrated, He asked, "Do you want to drink right now"? My answer was "NO". He then asked me, "Did you want to drink a year ago"? And my answer was "YES". Next he asked me "what made the difference"? My answer was that I was influenced by the A.A. program. His next question was, "Do you have any problem calling that God? WOW! What a concept.

I have never wanted a drink since I entered the program and the only answer I could come up with was the influence of A.A in my life. For a guy who couldn't conceive of a day without alcohol, to a guy that has never wanted a drink since, was all I needed to know about God. I wish I could tell you who or what God is but I can't. I can, however tell you what God does for me but I'll get to that later.

The 2nd appendage in the big book, Spiritual Experience, implies that there are many examples of spiritual experiences, and they come in different forms. They can be of the burning bush variety or a psychic change sufficient to bring about recovery from alcoholism. Or, as I like to believe, my spiritual experience came in the form of "a profound change of perception". When it occurred to me that all of my thinking was flawed and that I was finally in an environment where I could, with the help of the group, start to follow simple unselfish guidelines that would restore my self-esteem and put me at peace with myself and others, I started this wonderful journey and I've never had it so good. These universal truths are common in all philosophies and I must seek them out if I want to heal.

I pray to God every day, even though I don't know who or what God is. My mind is not sophisticated enough to understand God and I'm not sure that God hears my prayers, but I HEAR MY PRAYERS and that, I believe, puts me in the best possible attitude I can have about the issue I pray for. My prayers are always the same. I pray for knowledge of his will for me and strength to carry it out. I.e. God, Please show me what to do and give me the strength to do it, I don't do too well on my own. I often knew what to do, but wasn't always strong enough to do what was right. Today I'm stronger.

Who or what is God? I'm not sure anyone can define God. As a friend of mine (Will) explained, "You don't have to understand thermodynamics to enjoy the warmth of the sun", I do, however, know what God does. When I ask for guidance, I become a better receiver and I hear the answers that used to pass right over my head when I thought I had all the answers. Thank God for an open mind.

Thanks Rick R. From Poway, CA

**AA-RELATED 'ALCONYM' . . .**

**P U S H = Pray Until SOMETHING HAPPENS.**