

{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. 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

***The rule of HALT is a reminder that can help us all
along the road to recovery - The Essence of AA
AA Grapevine February 1971***

AS ADJUNCTS to AA's spiritual program and meetings, there are clichés, systems, gimmicks, and a myriad of other tricks that have been used by AA members down through the years to maintain sobriety. I, for one, strongly uphold the application of the foremost of these, the "Rule of HALT," not only for the new member, but for the old-timer as well. Further, I sincerely feel this simple rule to be too often ignored or passed over lightly.

In the beginning, new members, as we all know, are usually confused and completely without direction. Some are sincere to the very bottom of their souls, while others are only lukewarm in their desire to "put the plug in the jug." Both sorts look to us for answers explaining how, and all too often they are disappointed. (This is understandable, for how many of us know how AA works?)

We have precious little to give our "babies" save encouragement, fellowship, and living proof that the program works--at least for us. Why not, then, pass on whatever practical information and instruction we can to each newcomer, to make his beginning more palatable and to enhance his chances of success should he choose to follow these instructions?

We are certain that most members of AA are aware of the "Rule of HALT," but to what degree we cannot be certain. To scrutinize the rule briefly may be helpful to the reader and will certainly be so to the writer, who has proved in reality that violation of it in part or in total, can, and often does, lead to relapse. Here, then, is the meat of the rule:

H

Don't get too hungry. For a reason we cannot explain, there seems to be in the alcoholic, a peculiar psychophysiological relationship between hunger and the urge to drink.

On some occasions, we would eat a big dinner and then find that it had literally destroyed our desire to drink afterwards. Conversely, and eventually more often, we avoided eating because we knew it would interfere with our drinking.

Years ago, my sponsor told me that if I had a physical urge to take a drink, I should go out of my way to drink a milk shake. If this didn't work, he said, I should drink another. And another. I can testify that if you can drink liquor on top of two or three milk shakes, you aren't an alcoholic. You're nuts!

And so, when you are hungry, eat. Simple and important. (This writer eats little at one time, but may eat something as many as five times daily.)

A

Don't get too Angry. Wow! Of all things to tell an alcoholic! But we don't have to be on the program very long to realize that anger, righteous or not, is better left to those who can handle it.

Borrowing from Father John Doe: "Let the other guy get mad! If somebody calls me an SOB, either I am or I ain't. If I am, so what? And if I ain't, why should I make myself one by getting mad about it?"

We can't afford to get angry--especially at people. Kick the wall or the TV if you will, but "Let the other guy get mad!" We know too well where anger leads: to resentment. And brother, do we know what resentment brings!

Rule of thumb? Well, as the young folks say in this age, "Cool it, baby. Cool it."

L

Don't get too Lonely. Nonalcoholic members of the psychiatric profession tend to equate loneliness with boredom, and we are inclined to agree. If there is any one thing that must be included in the alcoholic's life before he can once again become a whole man, it is worthwhile activity. This may be Twelfth Step work, his vocation, his avocation, or anything else. But we feel such activity must be present in order to fulfill his existence and eliminate loneliness.

We must also consider the loneliness brought about because the newcomer lives alone. But this is easily rectified. It takes only a phone call or a visit to an AA-oriented social club. Or, for the AA Loner, far from other members, the Big Book or a letter to an AA pen pal may suffice.

Under any conditions, loneliness is the mother of self-pity, and the ultimate end is resentment and drinking.

The rule of thumb? Do something!

T

Don't get too Tired. In its effect, the last ingredient or direction in our rule is not too different from the first. Physical fatigue will affect both our bodies and our minds adversely and will thereby lower our defenses against the urge to

drink if there is any possibility at all of such a desire being present, consciously or subconsciously.

And here the rule of thumb is: "When you get tired, put the body down!" (How many times have we read and said Easy Does It?)

So there it is: **HALT**--*Hungry, Angry, Lonely, Tired*. This rule, when coupled with meetings and living our day-by-day lives according to AA principles, will make things much easier, not only for the newcomer, but for the old-timer as well. Once we recognize that these four conditions are dangerous if succumbed to, we should avoid them as carefully as we would that first drink, for any one of them could be the first step to a drunk.

Dr. John
San Diego, California

The Four Faults:

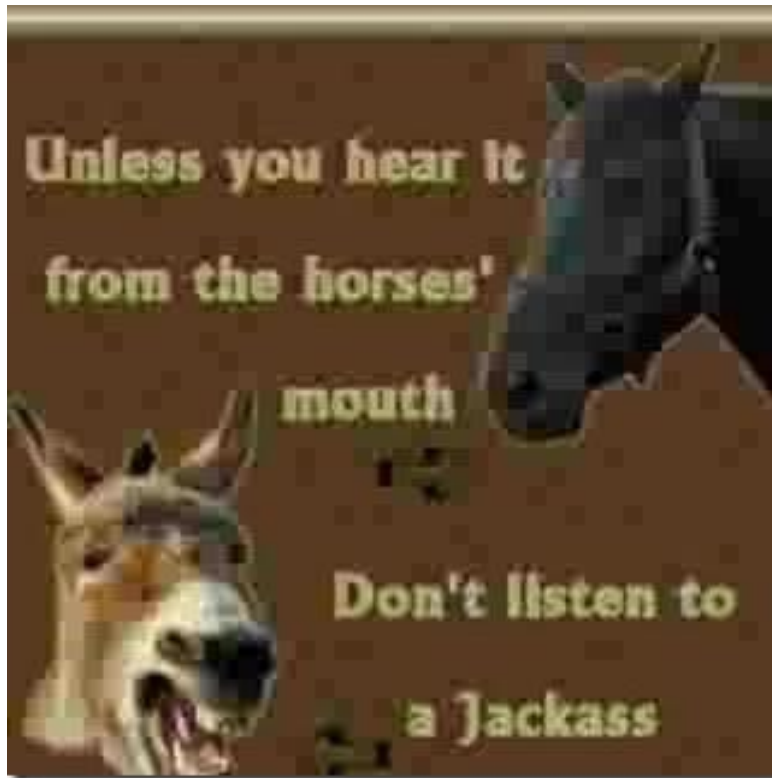
Why is it that people should find it so difficult even to conceive the depth and glory of the nature of mind? Why does it seem to many such an outlandish and improbable idea?

The teachings speak of four faults, which prevent us from realizing the nature of mind right now.

1. The nature of minds is **too close** to be recognized. Just as we are unable to see our own face, mind finds it difficult to look into its own nature.
2. It is **too profound** for us to fathom. We have no idea how deep it could be; if we did, we would have already, to a certain extent, realized it.
3. It is **too easy** for us to believe. In reality all, we need do is simply to rest in the naked, pure awareness of the nature of mind, which is always present.
4. It is **too wonderful** for us to accommodate. The sheer immensity of it is too vast to fit into our narrow way of thinking. We just can't believe it. Nor can we possibly imagine that enlightenment is the real nature of our minds.

If hugging
On highways
Is your sport
Trade in your car
For a davenport





When I first discovered that there is not a single "don't" in the Twelve Steps of A.A., I was disturbed because this discovery swung open a giant portal. Only then was I able to realize what A.A. is for me:

- A.A. is not a program of "don't"s, but of "do's."
- A.A. is not martial law; it is freedom.
- A.A. is not tears over defects, but sweat over fixing them.
- A.A. is not penitence; it is salvation.
- A.A. is not "Woe to me" for my sins, past and present.
- A.A. is "Praise God" for the progress I am making today.

From the book Daily Reflections

Every strong and beautiful flower must have a strong root in the ground. It must send a root down so that it may be rooted and grounded while at the same time it sends a shoot up to be the flower that shall gladden the world. Both growths are necessary. Without a strong root, it would soon wither. The higher the growth upward, the deeper must be the rooting. My life cannot flower into success and helpfulness unless it is rooted in a strong faith, or unless it feels deeply secure in the goodness and purpose of the universe.

GROUP CONTRIBUTIONS

AUGUST

*Central Big Book
Hot Springs AA Group*

YEAR TO DATE

*Central book Group
Hot Springs AA Group
Eastgate
Welcome Group
Serenity in the Pines
Hot Springs AA Group
Mt. Ida Resentment Group
Rock House Group
Grant County Group*

UPCOMING EVENTS AND DATES TO REMEMBER

<p>Sep 9 & 10 Sep 16-18 Sep 16-18 Oct 6-9 Oct 21-23 Nov 11-13 Nov 11-13</p>	<p>District 8 Big Book Study Workshop 16th Annual Arkansas Travelers Roundup Autumn in the Ozarks Mountain Home. ARKYPAA XXXIV Petit Jean Mountain SWRAASA – Rogers, AR. Border City Roundup Fort Smith 64th Annual Jonesboro AA Thanksgiving Program</p>	<p><u><i>See Flyer Sent Separately.</i></u> <u><i>See Flyer Sent Separately.</i></u> <u><i>See Flyer Sent Separately.</i></u> <u><i>See Flyer Sent Separately.</i></u> <u><i>See Flyer Sent Separately.</i></u> <u><i>See Flyer Sent Separately.</i></u></p>
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August Birthdays

<p>Jonetter G. Frances Jody H. Susan O'K Cara O. Ed D. David W. Judy J. Mary Beth C. Dyrek B. Joey Jolie Brandie S. Rebecca B. Cathy S. Ernie H. Tim R. Ann MacP Terry G. Betty C. Linda Maurice T.</p>	<p>2 Years 2 Years 3 Years 4 years 4 Years 4 Years 4 Years 6 Years 7 Years 8 Years 11 Years 12 Years 13 Years 14 Years 16 Years 17 Years 19 Years 25 Years 32 Years 33 Years 36 Years 44 Years</p>	<p>08/25/2014 08/01/2014 08/07 2013 08/23/2012 08/18/2012 08/17/2012 08/15/2012 08/26/2010 08/17/2009 08/07/2008 08/11/2005 08/27/2004 08/08/2003 08/08/2002 08/25/2000 08/24/1999 08/14/1997 08/05/1991 08/07/1984 08/31/1983 08/22/1980 08/18/1972</p>	<p>Hot Springs AA Group Hot Springs AA Group Hot Springs AA Group Central Big Book Study Group At Large Rockhouse Group Central Big Book Study Group Hot Springs AA Group Rockhouse Ladies Group Rockhouse Group Hot Springs AA Group Hot Springs AA Group Hot Springs AA Group Rockhouse Group Hot Springs AA Group Hot Springs AA Group Last House On The Block Hot Springs AA Rockhouse Ladies Group Rockhouse Group Hot Springs AA Group Hot Springs AA Group Mt Ida Resentment</p>
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Your Intergroup wishes you a safe And enjoyable Labor Day

Philosophy

AA is a synthesis of all the philosophy I've ever read, all of the positive, good philosophy, all of it based on love.

I have seen that there is only one law, the law of love, and there are only two sins; the first is to interfere with the growth of another human being, and the second is to interfere with one's own growth. . .

I stood off and took a long look at life and the values I found in it:
I saw a paradox, that he who loses his life does indeed find it.
The more you give, the more you get.

Thought to Ponder . . .

The less you think of yourself, the more of a person you become.

"We are alcoholics. Even though now recovered, we are never too far removed from the possibility of fresh personal disaster. Each knows he must observe a high degree of honesty, humility, and tolerance, or else drink again.

*AA Co-Founder, Bill W., October 1947 "Why Can't We Join AA, Too?", The Language of the Heart

Every season, Spring, Summer, Fall and Winter, has gifts that it gives to all creatures. The animals will develop thicker furs just before Winter and will shed this fur in the Spring. Squirrels will store their food in the Fall; other animals build up fat so they can hibernate during the Winter. We can watch all forms of nature and see all creatures work in harmony with the seasons. The secret for us is to learn by observing nature. Watch the trees. Learn from them. We human beings need to learn the gifts and blessings of the seasons.

RE-Printed from Daily Ponderables

"When I got sober, the Gates of Heaven did not open and let me in; the gates of hell opened and let me out. I never have to go back. Thank God!"

When I go shopping I look at the prices and if I need what I see, I buy it and pay. Now that I am supposed to be in rehabilitation, I have to straighten out my life. When I go to a meeting, I take a coffee with sugar and milk, sometimes more than one. But at the collection time, I am either too bust to take money out of my purse, or I do not have enough, but I am there because I need this meeting. I heard someone suggest dropping the price of a beer into the basket, and I thought, that's too much! I almost never give one dollar. Like many others, I rely on the more generous members to finance the Fellowship. I forget that it takes money to rent the meeting room, buy my milk, sugar and cups. I will pay, without hesitation, ninety cents for a cup of coffee at a restaurant after the meeting; I always have money for that. So, how much is my sobriety and my inner peace worth?

Live beneath your means. Return everything you borrow. Stop blaming other people. Admit it when you make a mistake. Give clothes not worn in 3 years to charity. Do something nice and try not to get caught. Listen more; talk less. Every day take a 30 minutes walk. Strive for excellence, not perfection. Be on time. Don't make excuses. Don't argue. Get organized. Be kind to kind people. Be kind to unkind people. Let someone cut ahead of you in line. Take time to be alone. Reread your favorite book. Cultivate good manners. Be humble. Realize and accept that life isn't fair. Know when to keep your mouth shut. Go an entire day without criticizing anyone. Learn from the past. Plan for the future. Live in the present. Don't sweat the small stuff. It's all small stuff.

Applaud others when they run. Console them when they fall. And cheer them when they recover.

As water is to a flower so is praise to the heart of another.

--Unknown

We drink to solve the problems we caused while we were drinking

Fear and Faith

by Gordon R.

I was standing in the darkness alone and full of fear...
I was overcome with sadness as my eyes began to tear.

Fear had cast its shadow, of sorrow and despair...
Driven by a hundred forms, fear was everywhere.

Fear had paralyzed me, fear had froze me in my tracks...
I was mesmerized, demoralized, I was slipping through the cracks.

Fear was like a cyclone swirling, whirling, in my head...
The fabric of our existence, an evil and corroding thread.

My self-reliance failed me, so I called upon my faith...
I asked my higher power to rid me of this wraith.

At once I had commenced, to feel an inner strength...
The courage and the faith to go to any length

Fear was now a fancied foe who fought a futile fight...
For faith had flung a fatal blow, as darkness soon returned to light.

The faith that I was seeking was with me all the way...
I all but had forgotten, all I need to do is pray.

The Merton Prayer

Thomas Merton, "Thoughts in Solitude"

"MY LORD GOD, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so.
But I believe that the desire to please you does in fact please you.
And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire.
And I know that if I do this you will lead me by the right road, though I may know nothing about it.
Therefore I will trust you always though I may seem to be lost and in the shadow of death.
I will not fear, for you are ever with me, and you will never leave me to face my perils alone."