

{NO BOOZE NEWS}



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

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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

RELAPSE EXPLAINED: SLIPS AND HUMAN NATURE

By William D. "Silky" Silkworth, M.D.
Published in the A.A. Grapevine, January 1947

The mystery of slips is not so deep as it may appear. While it does seem odd that an alcoholic, who has restored himself to a dignified place among his fellowmen and continues dry for years, should suddenly throw all his happiness overboard and find himself again in mortal peril of drowning in liquor, often the reason is simple. People are inclined to say, "There is something peculiar about alcoholics. They seem to be well, yet at any moment they may turn back to their old ways. You can never be sure." **This is largely twaddle.** The alcoholic is a sick person. Under the technique of Alcoholics Anonymous he gets well—that is to say, his disease is **arrested**. There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes. **Let's get it clear, once and for all, that alcoholics are human beings. Then we can safeguard ourselves intelligently against most slips.**

In both professional and lay circles, there is a tendency to label everything that an alcoholic may do as "alcoholic behavior." The truth is, it is simple human nature. It is very wrong to consider any of the personality traits observed in liquor addicts as peculiar to the alcoholic. Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among non-alcoholics too. **Actually they are symptoms of mankind!** Of course, the alcoholic himself tends to think of himself as different, somebody special, with unique tendencies and reactions. Many psychiatrists, doctors, and therapists carry the same idea to extremes in their analyses and treatment of alcoholics. Sometimes they make a complicated mystery of a condition that is found in all human beings, whether they drink whiskey or buttermilk. To be sure, alcoholism, like every other disease, does manifest itself in some unique ways. It does have a number of baffling peculiarities that differ from those of all other diseases. At the same time, any of the symptoms and much of the behavior of alcoholism are closely paralleled and even duplicated in other diseases.

The slip is a relapse! It is a relapse that occurs after the alcoholic has stopped drinking and started on the A.A. program of recovery. Slips usually occur in the early states of the alcoholic's A.A. indoctrination, before he has had time to learn enough of the A.A. techniques and A.A. philosophy to give him a solid footing. But slips may also occur after an alcoholic has been a member of A.A. for many months or even several years, and it is in this kind, above all, that often finds a marked similarity between the alcoholic's behavior and that of "normal" victims of other diseases. No one is startled by the fact that relapses are not uncommon among arrested tubercular patients. But here is a startling fact—**the cause is often the same as the cause that leads to slips for the alcoholic.**

It happens this way: When a tubercular patient recovers sufficiently to be released from the sanitarium, the doctor gives him careful instructions for the way he is to live when he gets home. He must drink plenty of milk. He must refrain from smoking. He must obey other stringent rules. For the first several months, perhaps for several years, the patient follows directions. But as his strength increases and he feels fully recovered, he becomes slack. There may come the night when he decides he can stay up until ten o'clock. When he does this, nothing untoward happens. Soon he is disregarding the directions given him when he left the sanitarium. Eventually he has a relapse.

The same tragedy can be found in cardiac cases. After the heart attack, the patient is put on a strict rests schedule. Frightened, he naturally follows directions obediently for a long time. He, too, goes to bed early, avoids exercise such as walking upstairs, quits smoking, and leads a Spartan life. Eventually, though there comes a day, after he has been feeling good for months or several years, when he feels he has regained his strength, and has also recovered from his fright. If the elevator is out of repair one day, he walks up the three flights of stairs. Or he decides to go to a party—or do just a little smoking—or take a cocktail or two. If no serious after effects follow the first departure from the rigorous schedule prescribed, he may try it again, until he suffers a relapse. In both cardiac and tubercular cases, **wrong thinking preceded** the acts that led to the relapses. **The patient in each case rationalized himself out of a sense of his own perilous reality.** He deliberately turned away from his knowledge of the fact that he had been the victim of a serious disease. He grew overconfident. **He decided he didn't have to follow directions.**

RELAPSE EXPLAINED Now that is **precisely** what happens with the alcoholic—the arrested alcoholic, or the alcoholic in A.A. who has a slip. Obviously, he decides to take a drink again some time before he actually takes it. He starts **thinking wrong before** he actually embarks on the course that leads to a slip. There is no reason to charge the slip to alcoholic behavior or a second heart attack to cardiac behavior. **The alcoholic slip is not a symptom of a psychotic condition.** There's nothing screwy about it at all. **The patient simply didn't follow directions!** For the alcoholic, A.A. offers the directions. A vital factor, or ingredient of the preventive, especially for the alcoholic, is sustained emotion. The alcoholic who learns some of the techniques or the mechanics of A.A. but misses the philosophy or the spirit may get tired of following directions—not because he is alcoholic, but because he is human. Rules and regulations irk almost anyone, because they are restraining, prohibitive, and negative. The philosophy of A.A. however, is positive and provides ample sustained emotion—a **sustained desire to follow directions voluntarily.** In any event, the psychology of the alcoholic is not as different as some people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps, in that he has been put on the defensive and consequently has developed frustrations. But in many instances, there is no more reason to be talking about “the alcoholic mind” than there is to try to describe something called the “cardiac mind” or the “TB mind.” **I think we'll help the alcoholic more if we can first recognize that he is primarily a human being—afflicted with human nature.**



Your intergroup wishes you all a safe and fun Halloween

Sixteen relapse symptoms to watch out for:

For any time, any place, anywhere!

1. Exhaustion - Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.
2. Dishonesty - Begins with pattern of little lies; escalated to self-delusion and making excuses for not doing what's called for.
3. Impatience - I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.
4. Argumentative - No point is too small or insignificant not to be debated to the point of anger and submission.
5. Depression - All unreasonable, unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?
6. Frustration - Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3.
7. Self-pity - Feeling victimized, put-upon, used, unappreciated: convinced we are being singled out for bad luck.
8. Cockiness - Got it made. Know all there is to know. Can go anywhere, including frequent visits just to hang-out at bars, boozy parties.
9. Complacency - Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck may even be cured!
10. Expecting too much of others - Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them? Leads to feeling misunderstood, unappreciated. See #6.
11. Letting up on disciplines - Allowing established habits of recovery - meditations, prayer, spiritual reading, AA contact, daily inventory, meetings - - to slip out of our routines; allowing recovery to get boring and no longer stimulating for growth. Why bother?!
12. Using mood-altering chemicals - May have a valid medical reason, but misused to help avoid the real problems of impending alcoholic relapse.
13. Wanting too much - Setting unrealistic goals: not providing for short-term successes; placing too much value on material success, not enough on value of spiritual growth.
14. Forgetting gratitude - Because of several listed above, may lose sight of the abundant blessings in our everyday lives: too focused on # 13.
15. "It can't happen to me." - Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.
16. Omnipotence - A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advice from fellow members.

-- Akron Intergroup News, December 1998

**It is impossible to take an inventory unless you know what you are counting.
(Frank P.)**

GROUP CONTRIBUTIONS

September
Hot Springs AA Group

YEAR TO DATE
Central Big book Group
Hot Springs AA Group
Eastgate
Welcome Group
Serenity in the Pines
Hot Springs AA Group
Mt. Ida Resentment Group
Rockhouse Group
Grant Count Group

UPCOMING EVENTS AND DATES TO REMEMBER

Oct 1-2	Area Assembly Howard Johnson Hotel Conway
Oct 6-9	ARKYPAA XXXIV Petit Jean Mountain
Oct 21-23	SWRAASA – Rogers, AR.
Oct 28 – 30	Beavers Bent Round Robin, Broken Bow, OK
Oct 29	Rockhouse Speaker – Gigi B.
Oct 30	Intergroup 411 Sellers 2 PM
Nov 11-13	Border City Roundup Fort Smith
Nov 11-13	64 th Annual Jonesboro AA Thanksgiving Program
Nov 25 – 27	Gratitude Roundup – Gulfport, MS.
Nov 26	Rockhouse Speaker – Mike F.
Nov 27	Intergroup 411 Sellers 2 PM
Dec 4	District 8 411 Sellers 2 PM

See Flyer Sent Separately.
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September Birthdays

Dean S {belated}	4 Years	08/27/2012	Mt Ida Resentment Group
Judy {Belated}	6 Years	08/26/2010	Hot Springs AA Group
Tim R. {Belated}	19 Years	08/14/ 1997	Hot Springs AA Group
Jill R.	1 Year	09/16/2015	Central Big Book Study Group
Russ V.	2 Years	09/15/2014	Rockhouse Group
Krista Y.	2 Years	09/09/2014	Malvern Open Door Group
Michelle M.	2 Years	09/07 2014	Rule 62 Group
Tony M.	3 Years	09/24/2013	Rockhouse Group
Josh B.	3 Years	09/03/2013	Hot Springs AA Group
Butch z	5 Years	09/02/2011	Hot Springs AA Group
Ray T.	5 Years	09/28/2011	Malvern Open Door Group
Mandy V.	5 Years	09/04/2011	Hot Springs AA Group
Butch P.	5 Years	09/02/2011	Hot Springs AA Group
Bobby C.	6 Years	09/21/2010	Rockhouse Group
Willie J.	6 Years	09/19/2010	REBOS Group L.R.
Glenn G.	6 Years	09/01-2010	Hot Springs AA Group
Dan F.	15 Years	09/20/2001	Hot Springs AA Group
Gene	25 Years	09/23/1991	Hot Springs AA Group
Steve B.	33 Years	09/18/1983	LaKe Catherine Group
Louisiana Steve	33 Years	09/18/1983	Hot Springs AA Group
Mike P.	35 Years	09/06/1981	Central Big Book Study Group
Mary G.	40 Years	09/16/1976	Rule 62 Group
Elsie M.	54 Years	09/02/1962	Rockhouse Ladies Group

There are two days in every week about which we should not worry, two days that should be kept from fear and apprehension. One of these days is yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone beyond recall.

The other day we should not worry about is tomorrow, with its possible adversities, its burdens, its large promise, and perhaps its poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in tomorrow, for it is as yet unborn.

This leaves only one day---today. Anyone can fight the battles of just one day. It is only when you and I add the burden of those two awful eternity's, yesterday and tomorrow, that we break down. It is not the experience of today that drives us mad. It is the remorse or bitterness for something that happened yesterday or the dread of what tomorrow may bring. Let us therefore do our best to live but one day at a time. Am I living one day at a time?

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

April 1966 AA Grapevine

**Today
I bent the truth to be kind, and I have no
regret,
for I am far surer of what is kind than I am of
what is true.**

**When they discover the center of the universe, a lot of people will be
disappointed to discover they are not it.**

Bernard Bailey..Thanks Bill B.

There is one job that we can do superlatively well, and there isn't anything that can keep us from doing it if we are serious in wanting to. That is the job we do on ourselves, inside ourselves. It means clearing out a whole mess of false values, unrealistic ambitions, and worn-out resentments, and putting in their place the qualities we want to have - kindness, tolerance, friendliness ... We can begin to see what the real values of life are, and they are very different from the hazy, distorted dreams we had."

Grapevine Quote 12/31/12

THE TENTH STEP ACID TEST

Each of our steps takes a certain amount of thoroughness but for most of the steps, it seems we will be working on them for the rest of our lives as they involve practicing principles that we have incorporated into our day to day living experiences, and after the ninth step has been given due diligence, we can go on to the tenth step. This is not the time to rest on our laurels. Having put a little time between us and our last drink required a lot of effort and it would be a shame to lose interest in the growing process at this time. My ego is always ready to move right into those empty spaces when I vacate the growing process.

My approach to step ten was confusing at first, as I thought I was going to be running around with a clipboard for the rest of my life, and I didn't like the idea of credit and debit lists and penciling out things, but I tried it for awhile, and I still didn't like it. I couldn't see monitoring myself on every face to face verbal transaction and running around apologizing to everyone that I may have made a mistake with. That was my first impression of step ten.

What I discovered was that the tenth step is a framework for the upkeep and maintenance of all of the previous nine steps, and as I incorporated those principles into my value system it made me aware of my mistakes and it became easier and easier for me simply because the more I live by unselfish, proven principles, the less mistakes I make, and the easier it became to right those mistakes on the spot. When I first heard the term, "cash register honesty", it meant more to me than just being honest with a cashier. It meant that I had to stop taking advantage of everyone. That's a principle to live by.

Since I started on this journey I have wanted to be free of all of the sick feelings I had about myself and, at first, I couldn't find anything in the Big Book or the 12X12 that I could sink my teeth into. The one thing that came close was the term: *sins of omission, but that was too direct*. I was looking for a broader term that would have covered the things that I was unaware of. All of my life, under a mountain of misdeeds and inappropriate behavior was the word **NEGLECT**. I may be wrong but I don't think I ever saw it addressed as all of the other major defects are, but it was *major for me*. I discovered it in the process of doing the tenth step.

In order to set the tone for my day to day activities I start by making my bed when I get up in the morning. By doing this I am making a statement that, I won't be neglectful, irresponsible, lazy, etc. If I am at the market, I'll find a stray cart and return it to the rack, just to make up for all the times I pushed a cart into the flower bed and fled. The acid test is how diligent I am at continuing these exercises in selflessness until they become a second natured behavior. You may have your own way of giving back to make it right and these things cost us nothing, but if I'm willing to do them, it's a cinch I won't be ripping anyone off today. It helps to have a clear conscience and it may be what a good role model should be doing. I want to be quick to address my mistakes, for we know that nobody's perfect, I don't want to miss the spiritual boat. Now it all comes down to, *going through each day without doing anything I regret*, and I hope I meet the acid test.

Thanks Rick R.

"A misty morning does not signify a cloudy day."



Yep, that's me

AA Anniversary Poem

A time to remember and not to forget
all the lives you have touched,
all the people you've met.

Today you look back shining light from your face
To the first time you sat in that folding chair space
Where grateful souls gathered cause all of them knew
That God would show up, He would carry you through.

When life seems unfair and the journey is long
Reflect where you were when you knew you belonged
Cause the price has been high and your seat you did earn
See God's people teach, when we're willing to learn.

Three hundred and sixty-five days again
it's a chip you have earned and the time that you spend
giving back with the tools once were handed to you
So they do not get rusty; others benefit too.

We in this room know just how desperate feels
We found the same grace that flows through to heal
For all the rough patches, broken pieces of heart
Have been healed and transformed in whole and in part.

Angie M.

