

{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

VOLUME V - SPECIAL CHRISTMAS EDITION - DECEMBER - 2012

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://intergroupwark.org> and check it out. I am sure you will very much like what you find.

*"True self-respect, being very different from false pride,
leads inevitably to respecting others."*



Christmas message from Bill W.

ALL MEMBERS

Greetings On Our 10th Christmas, 1944

Yes, it's in the air! The spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before. But there is another world which is not poor. Neither is it distraught. It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted. Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World. How privileged we are to understand so well the divine paradox that strength rises from weakness, that humiliation goes before resurrection; that pain is not only the price but the very touchstone of spiritual rebirth. Knowing it's full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty, peace and joy have sprung out of the very midst of chaos. A Great indeed, our blessings!

And so, Merry Christmas to you all—from the Trustees, from Bobbie and from Lois and me.

Bill Wilson

A History of Alcoholism Part V

“We cannot shut out of view the fact within the knowledge of all, that the public health, public morals, and the public safety may be endangered by the general use of intoxicating drinks. Nor the fact within the knowledge of all that the idleness, disorder, pauperism, and crime in the country are, in some degree traceable to this evil.” The above quote came from Justice Harlan in 1887 in a case (Mugler vs. Kansas) which became the first state to outlaw alcoholic beverages in

its constitution (1881). Post civil war had seen the rise of the neighborhood tavern, a growing part of our new culture. Many were tied to a brewer who helped finance the saloon in exchange for exclusive sales of their products. Some innkeepers went so far as to heavily salt the food making one want to drink even more. This is where the term 'free lunch' came from. Meanwhile Carrie Nation (1846-1911) was waging her own war in Kansas. The six-foot 175-pound woman who had lost her first husband to alcoholism must have been an imposing figure as she would walk into a saloon preaching the evils of liquor and then proceed to use her hatchet to destroy the bottles of liquor. Her actions had her arrested and fined many times but the Carrie Nation Prohibition Group grew and helped fuel the 'dry' cause in this nation. In 1917 as part of the war effort against Germany congress imposed a law prohibiting the making of any alcoholic beverage greater than 2.75%. Since the 'wet' German/American lobby was no longer a force to be reckoned with it passed Congress. The idea behind the act was to allow grain to be used for the troops. However it wasn't very long after this 36 of the 48 states voted in favor of the 18th Amendment, Prohibition, which took effect in 1920. Known as the Volstead Act it was doomed to failure. The law was openly ignored and the efforts of the government were at best inept. One of their efforts was to add methyl alcohol to industrial ethyl alcohol to prevent people from drinking it. It resulted in the death of more than 10,000 people. Filtered 'sterno' became a beverage to some. To further complicate issues, even though millions of Americans followed the law and stopped or never drank, domestic violence was reduced, and 1520 federal agents couldn't police the law for the entire country. Crime increased 24%. The overall defiance of society made it impossible. Men such as George Remus employed 3000 people and made millions of dollars in the bootlegging of alcohol. George had a successful scheme where he was both the buyer and the seller, heisting his own deliveries and pocketing the money. Roy Olmstead also amassed a fortune in the northwest. In fact it has been stated that the U.S. government was losing 3+ billion dollars in revenue while Al Capone ran the bootlegging business in Chicago. On March 22, 1933 the 21st amendment took effect repealing the 18th amendment and a sad chapter in American history came to a close.

Next month I will discuss Frank Buchman, the man who started the Oxford Group. The answer to the question on sponsorship from last month is zero. It isn't discussed in the first 164 pages. The question for this month is: What was the other name for the Oxford Group?

Answer next month.

Re-Printed from the San Diego Coordinator July 2012

First of 10 Principles for Peace of Mind

Do Not Interfere In Others' Business Unless Asked:

Most of us create our own problems by interfering too often in others' affairs.

We do so because somehow we have convinced ourselves that our way is the best way, our logic is the perfect logic and those who do not conform to our thinking must be criticized and steered to the right direction, our direction.

This thinking denies the existence of individuality and consequently the existence of God..

God has created each one of us in a unique way.

No two human beings can think or act in exactly the same way.

All men or women act the way they do because God within them prompts them that way.

Mind your own business and you will keep your peace.

October/November

Group Contributions

YTD

Birthdays

<i>Bill & Jan D.</i>	<i>District 8</i>	<i>Dennis</i>	<i>10/25/10</i>	<i>2 Years</i>
<i>Before and After</i>	<i>Grant County</i>	<i>Scott</i>	<i>10/01/08</i>	<i>4 Years</i>
<i>Hot Springs A&A</i>	<i>Newcomers</i>	<i>Regina</i>	<i>10/01/04</i>	<i>8 Years</i>
<i>Evergreen Group</i>	<i>Norman Firehouse</i>	<i>Nancy N.</i>	<i>11/12/94</i>	<i>8 Years</i>
	<i>Central Big Book</i>	<i>Chris S.</i>	<i>10/27/95</i>	<i>17 Years</i>
	<i>Resentment Group</i>	<i>Jeff D.</i>	<i>10/15/89</i>	<i>23 Years</i>
	<i>Beginners Meeting</i>	<i>Mary Lou</i>	<i>10/01/73</i>	<i>39 Years</i>
	<i>Hot Springs A&A</i>	<i>Don R</i>	<i>10/21/65</i>	<i>47 Years</i>
	<i>Evergreen group</i>			

Thank for your contributions

When you do all the talking you only learn what you already know.

Anonymous

"The fellowship in A&A is unique. Ties are made overnight that it would take years to develop elsewhere. No one needs a false front. All barriers are down. Some who have felt outcasts all their lives now know they really belong. From feeling as if they were dragging anchor though life, they suddenly sail free before the wind."

Lois W., February 1950 From: "It Might Have Been the Time..." Best of the Grapevine, Vol. 2

"There is a tendency to label everything that an alcoholic may do as 'alcoholic behavior.' The truth is, it is simply human nature ... Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among nonalcoholics, too. Actually they are symptoms of mankind."

William Duncan Silkworth, MD, January 1947

From: "Slips and Human Nature"

Best of the Grapevine, Vol. 1

With the self-discipline and insight gained from practicing Step Ten, I begin to know the gratifications of sobriety -- not as mere abstinence from alcohol, but as recovery in every department of my life.

I renew hope, regenerate faith, and regain the dignity of self-respect. I discover the word "and" in the phrase "and when we were wrong, promptly admitted it."

Reassured that I am no longer always wrong, I learn to accept myself as I am, with a new sense of the miracles of sobriety and serenity.

Re-Printed from Daily Ponderables 10/21/12

GRAPEVINE Quote of the Day

October 28

"I have no idea how I made it this long, or what has kept me sober. But if I were to guess, I'd say that it has something to do with the slogan, 'Keep coming back -- no matter what.'"

NEW MEETINGS IN ARKADELPHIA

Wednesday's and Saturdays 7:00 pm - 8:00 pm

21 Friendship Dr.

{White house on corner by one way sign}

UPCOMING EVENTS

December 8 - Hot Springs AA Annual Christmas Party Westminster Church. 5:30 PM

**DECEMBER 9 (Sunday - 1:00pm) * District 8 Business Meeting @ 411 Sellers Street
(Brad M. 501.860.4817)**

January 5 & 6 - Area Assemble - Howard Johnson Hotel in Conway

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

The pessimist complains about the wind; the
optimist expects it to change; the realist adjusts
the sails.

William Arthur Ward

"The absence of profanity offends no one."

Bill W.

No Exceptions 3

By Abbott T.

Many A.A. members create an unnecessary mental hazard for themselves over the approach of the Christmas and New Year holidays.

The newcomer, in particular, who has joined an A.A. group since the last holiday season is prone to spend some unhappy moments worrying about how to refuse a drink, and thus avoid a bender, when family and friends are participating in the Yuletide celebration. The problem often seems very real to him despite all he may have heard or learned about the application of the 24-hour plan. Habit is still a strong factor and his custom has been to get cock-eyed, perhaps without intent, on Christmas Eve and then to continue the binge well through New Year's Day, provided his endurance holds out.

No Exceptions

When Pearl Harbor came and, much later, when V-E and V-J days arrived, there were some timid souls who made dire predictions that the effect of such emotional events would be disastrous to the A.A. membership. Their fears were not well-grounded because the majority of members had so completely adopted the 24-hour plan of living. At the start of each of these days our minds, by long habit, had been made up not to drink on that particular day just as they had been for many days previously. Why then should we make any exception over war or peace? And, by the same token why make any exception of Christmas or New Year's? It is fundamentally as simple as that. In approaching Christmas then, there are, it seems to me, two important ideas to keep constantly before us: (1) We aren't going to have any fun if we take the first drink; and (2) we must make up our minds to refuse that drink before it is even offered to us (preferably at the beginning of each new day). If we adhere to those two simple principles we can have a really magnificent time over the holidays.

Certainly there is no need for us to be grim about our inability to hoist a few. For once, we will know what is going on about us and there are always many holiday parties in our groups or with our closest A.A. friends, where good cheer abounds without the adjunct of the wassail bowl. This year also, it seems, we can look forward to "Peace on earth" and we, who belong to the great company of A.A., should understand better than most the Christmas message, "Good Will Towards Men."

Reprinted with permission A.A.W.S., *Grapevine*, December 1945, Vol. 2 No. 7

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 *Keep your A.A. telephone list with you all the time.* If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 *Find out about the special holiday parties, meetings, or other celebrations*

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



7 *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.



8 *Worship in your own way.*



9 *Don't sit around brooding.* Catch up on those books, museums, walks, and letters.



10 *Don't start now getting worked up about all those holiday temptations.* Remember—"one day at a time."



11 *Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts—but this year, you can give love.



12 *"Having had a . . ."* No need to spell out the Twelfth Step here, since you already know it.

