

{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

P.O. BOX 6401 – HOT SPRINGS, AR. 71902 – {501} 623-6328

EDITOR, BILL D. -- COMMITTEE, BILL B. & JEFF T.

INTERGROUP BULLETIN

VOLUME VII – MARCH -- APRIL – 2013

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



History of Alcoholism---Twenty-Four Hours a Day

How many of you are familiar with Richmond W author of the second bestselling book for alcoholics 24 Hours A Day? He initially got sober in 1939 through the Oxford Group. At the time there was no A.A. in Boston but he stayed sober with the Oxford Group for 2 plus years before relapsing in 1941. In 1942 he joined the newly formed Boston group and had continuous sobriety until his death in 1965. As an aid to his sobriety, Richmond W. wrote a message/prayer/meditation on 3x5 index cards, one for each day of the year. At the request of the Daytona Beach group in Florida they began printing these cards with the county courthouse press at the rate of over 8,000 copies per year. As the demand continued he became overwhelmed with the project and offered the project to GSO which they politely refused. While this book is not considered A.A. approved literature it is read daily by many members of Alcoholics Anonymous. Listed below is an example of one of the index cards.

WEAR THE WORLD AS A LOOSE GARMENT

It is the time when I am by myself, in quiet communion with God, which gives me the power, when I go back out into the tasks of everyday life, to wear the world as a loose garment.

I must live in the world and yet

Live apart (from the world) with God.

I can go forth from my secret times of
Communion with God

To the work of the world.

To get the spiritual strength I need, my inner life

Must be lived apart from the world.

I must wear the world as a loose garment.

Nothing in the world should seriously upset me,

As long as my inner life is lived with God.

Thought to Ponder....

My serenity is directly proportional to my level of acceptance.

Recovery Related Acronym

A B C = Acceptance, Belief, Change.

Reprinted from Daily Ponderables 5/7/12

BIRTHDAYS

<i>Laurie H.</i>	<i>12/11/2011</i>	<i>1 Year</i>	<i>Anne F.</i>	<i>02/04/1995</i>	<i>18 Years</i>
<i>Brenda D.</i>	<i>02/24/2012</i>	<i>1 Year</i>	<i>Doug MacP</i>	<i>01/12/1993</i>	<i>20 Years</i>
<i>Catherine C.</i>	<i>01/04/2010</i>	<i>3 Years</i>	<i>Bill H.</i>	<i>12/06/1991</i>	<i>21 Years</i>
<i>Owen C.</i>	<i>01/04/2010</i>	<i>3 Years</i>	<i>Aduston S.</i>	<i>11/20/1990</i>	<i>22 Years</i>
<i>Jill R.</i>	<i>01/10/2010</i>	<i>3 Years</i>	<i>George V.</i>	<i>01/10/1989</i>	<i>24 Years</i>
<i>Bridgette C.</i>	<i>12/01/2007</i>	<i>5 Years</i>	<i>Robin D.</i>	<i>01/02/1987</i>	<i>26 Years</i>
<i>Claire G.</i>	<i>12/15/2007</i>	<i>5 Years</i>	<i>Jean H.</i>	<i>01/28/1984</i>	<i>29 Years</i>
<i>Russ C.</i>	<i>02/04/2008</i>	<i>5 Years</i>	<i>Ben W.</i>	<i>01/14/1982</i>	<i>31 Years</i>
<i>Charles B.</i>	<i>02/29/2008</i>	<i>5 Years</i>	<i>Ronnie H.</i>	<i>01/02/1979</i>	<i>34 Years</i>
<i>Susan B.</i>	<i>01/01/2007</i>	<i>6 Years</i>	<i>Gary M.</i>	<i>01/10/1977</i>	<i>36 Years</i>
<i>Patrick M.</i>	<i>02/14/2007</i>	<i>6 Years</i>	<i>Ralph H.</i>	<i>01/10/1975</i>	<i>38 Years</i>
<i>Heidi O.</i>	<i>02/15/2007</i>	<i>6 Years</i>	<i>Frank S.</i>	<i>01/21/1971</i>	<i>42 Years</i>
<i>Courtney S.</i>	<i>02/25/2006</i>	<i>7 Years</i>	<i>Bill L.</i>	<i>02/17/1971</i>	<i>42 Years</i>
<i>Stephen C.</i>	<i>01/03/2003</i>	<i>10 Years</i>	<i>Paul R.</i>	<i>01/01/1970</i>	<i>43 Years</i>
<i>Anthony R.</i>	<i>01/08/2003</i>	<i>10 Years</i>	<i>Mary E.</i>	<i>01/15/1968</i>	<i>45 Years</i>
<i>Cheryl C.</i>	<i>01/07/2001</i>	<i>12 Years</i>	<i>Andy A.</i>	<i>02/05/1961</i>	<i>52 Years</i>

CONTRIBUTIONS

***Jan/Feb
Hot Springs AA
Central Big Book
Eastgate
Rock Bottom
Evergreen
Welcome***

Thanks for your donations

UPCOMING EVENTS

March 3 ---- District 8 – 411 Sellers St. Hot Springs 1:00 PM
April 6-7 --- Area Assemble – Howard Johnson Hotel Conway {501-329-2961}
April 18-21 – Springtime in the Ozarks. Inn of the Ozarks, Eureka Springs. {479-244-5201}
Send Reservation \$18, to Springtime in the Ozarks, P.O. Box 283 Eureka Springs, AR 72632
For more information go to website www.nwarkaa.org Treasurer – Sam K. {479-244-5201}
May 4 ----- District 6 9th annual “FUN DAY IN MAY” Dam site Park, Heber Springs
Send golf entry \$15 ea. to John Becker, 2355 Mt. Springs, Cabot, AR 72023 {501-920-8450}
June 8 -----Bake at the Lake -- Arlie Moore pavilion Lake De Gray, Darren B. {501-276-0963}
August 2-4 – 73rd “OLD GRANDAD” Arlington Hotel, Hot Springs {501-623-7771}
Send Reservation \$15, to Convention Treasurer, P.O. Box 2254, Benton, AR 72018-2254

On Cultivating Tolerance

(Dr. Bob and the Good Oldtimers, p. 279)

"During nine years in AA I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes.

To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior -- which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another -- and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important -- in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us." From the Editorial column of the July 1944 issue of *The Grapevine*, written by Dr. Bob of Akron.



**Honey, I have a year now, can't
We lose the chalk line??**

2. Forgive And Forget:

This is the most powerful aid to peace of mind.

We often develop ill feelings inside our heart for the person who insults us or harms us.

We nurture grievances.

This in turn results in loss of sleep, development of stomach ulcers, and high blood pressure.

This insult or injury was done once, but nourishing of grievance goes on forever by constantly remembering it.

Get over this bad habit.

Life is too short to waste in such trifles.

Forgive & Forget, and march on.

Love flourishes in giving and forgiving.

You only live temporarily by what you take, but you live forever by what you give.

NO ONE WAS EVER OFFENDED BY THE ABSENCE OF PROFANITY

*Grace is God giving you what you don't deserve
Mercy is God NOT giving you what you do deserve*

Bedevilments vs The Promises {Thanks Mary Anne}
Only 31 pages later the bedevilments are replaced by the promises

THE BEDEVILMENTS [page 52]

We were having trouble with personal relationships.

We couldn't control our emotional natures.

We were a prey to misery and depression.

We couldn't make a living.

We had a feeling of uselessness.

We were full of fear.

We were unhappy.

We couldn't seem to be of real help to other people.

And, Most of all,

THE PROMISES [page 83, 84]

We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

*We will comprehend the word serenity
And we will know peace.*

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

That feeling of uselessness and self-pity will disappear.

We will intuitively know how to handle situations which used to baffle us.

We are going to know a new freedom and a new happiness.

No matter how far down the scale we have gone, we will see how your experience can benefit others. We will not regret the past nor wish to shut the door on it.

We will suddenly realize that God is doing for us what we could not do for ourselves.