

{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

VOLUME IX- JUNE -- 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://intergroupwcark.org> and check it out. I am sure you will very much like what you find

Chuck C.'s Testimony Before a U.S. Senate Subcommittee

Part II

For instance; I never had a drink until I was out of athletics. I was an athlete in my youth. I was always in training and I never smoked and never drank until I was out of school and out of athletics. When I took my first drink it was not a problem. It was an answer -- providing that the problem was already with me. If I hadn't already had the problem I wouldn't have needed an answer. I used alcohol as an answer for 15 years. But being the wrong answer, it finally turned on me and beat me to death making it necessary for me to find the right answer and, of course, it came through my association with drunks in the program of Alcoholics Anonymous.

Now, we feel that the medical approach and psychological approach, and the religious approach are all good. We feel that all approaches to this disease should be brought to bear upon it, but most of us are convinced that if we're going to get rid of the bottle we have to replace it with something better, with a state of being that makes drinking unnecessary.

For instance, why am I not drunk this morning? I'm an alcoholic. I'm an alcoholic of the tongue chewing, babbling, idiot variety: so why am I not drunk this morning? Because I have the thing I was looking for in the bottle. And what is the thing? It is a state of being that makes drinking absolutely unnecessary. There is nothing that a drink or a sedating or tranquilizing pill or needle can do for me but tear me down; therefore, there's no necessity for it at all. It can't do anything for me. I have the answer that I was looking for.

Now, we have been in existence as Alcoholic Anonymous for 34 years. We have a membership of perhaps some 500,000 but we see that's just a slight percentage, it may be 2 percent, of the problem drinkers. And that's all we've been able to accomplish in 34 years. But we're not selling it short. We love it, but much more has to be done.

We think that before long it might be the legal opinion that they can't throw us in jail any more just for being a drunk, that we have to be taken care of as sick people. And it looks as though there will have to be detoxification centers and halfway houses throughout the country.

And it's going to take a lot of money. It's going to take a lot of know-how. We are very pleased about the fact that there is a separate committee now that is very much interested in this problem and that it is manned by knowledgeable people. We think that perhaps through the medium of these meetings throughout the country more interest will be brought to bear on the Senate as a whole and that as a result you will get appropriations which will make it possible for you to do some things -- such as setting up these detoxification centers and halfway houses.

In this event what would be the position of Alcoholics Anonymous?

"Here is a prayer for the hollow places, for the hollow people, for the emptiness inside. How often our lives are determined by the need to fill something within us, something stolen away when we were small, something that has long gone missing. So tender is this space we rarely speak of it in public, but shelter down in our souls to hold it hidden. It can make us brittle. It can make us rage or cry or fear. We can seek to fill it with power or pills, drink or drama, but wake more empty than before. Come good Spirit and give us the love that heals the hollow we know but never name."

Rev. Steven Charleston (thanks Scott. L.)

Reprinted from Daily Ponderables 5/8/13

This is one we all need to remember when are being or have a tendency to be overly judgmental

GRAPEVINE Quote of the Day

May 9

"It's not the wonderful people I've met from throughout these great lands who have helped keep me sober most of the time, but those wonderful people sitting around the table in my hometown who loved me when I could not love, who waited for me to quit lying, who tolerated me when I would be part of nothing, and who never asked me to leave when I was obnoxious. Because of their love and patience, I was able to get outside of myself and make some sort of commitment to the group."

Sex Is Not the Answer

BEFORE A meeting, an old-timer was telling me about his one slip. "It was the old story," he said. "The redhead walked in, and sobriety walked out." He pointed at me for emphasis. "There's only one thing that'll ever get you drunk on this program," he continued. "Sex." (Actually, the word he used was a bit more colorful and explicit.) I thought about that. In those days, I thought a lot about everything, as though thought alone--and arriving at a thoughtful answer--would somehow solve something. I was trying to think why what he said couldn't apply to me, why I was the exception....So far, I haven't come up with an answer. I tried it anyway, and although I didn't actually drink, I did get mentally drunk, and it was the closest I came to drinking. Over sex. Now I know why. I had so little self-worth that I was looking around for someone to love me, to make me feel whole and complete. "If somebody loves me, then I'll be somebody." I learned. I see lots of younger people, in particular, struggle over this sex business. Sometimes, as a variation on what I heard, I tell them, "There's only two things that'll ever get you drunk on this program, and one of them is sex." On every occasion I've said that, the response has been a sudden pause while the wheels spin in the person's head. I have this great punch line set up. I expect the person to ask, "What's the other thing?" Then I could say, "I don't know what's in second place, but it's way behind." Only I never get to try my punch line. No one has ever asked me what the second thing is. I know there are a lot of other reasons people have slips--missing meetings, losing touch with the program, all that--but the more I see, the more I realize that sex is right up there as a leading reason. Whenever people I sponsor or talk to seem shook up, I just get right to it and ask, "Who is she?" And sure enough, that's usually the trip the guy is on. Having been there, I can pick up some of the symptoms: a glazed look in the eyes, a tendency to withdraw into the self, a general air of helplessness. It sounds kind of drastic to say, "If you can't handle it, leave it alone." But it's what I do say. It's what I do. Today. I can't handle a sexual relationship with a woman today. It's where I'm at. If anyone wants to think less of me for that, that's his problem. Oddly, since I made that admission, I have many women friends now, women I hug, kiss, go out with, even have intimate, very personal relationships with. I love them. Today, I can love a woman as a person. I'm very grateful for that. Where I'll go from where I'm at today, I don't know. I'm human. It often seems harder to leave physical sex alone than the bottle. I do notice that when I get depressed, feel lonely, feel sorry for myself, that always pops up as a fine way to escape. Underneath it, I'm feeling rotten about myself. "If somebody will love me, go to bed with me, why, then I'll be somebody." Whew, the times and ways I used women in that fashion when drinking! So there it is. I see today how very easy it is to plunge into a romantic love affair. A great high--to let go and just be free and swing together and the stars shine at noon and the world looks lovely and it's, why, it's intoxicating! But not real.

R. P.

Milwaukee, Wisconsin

Reprinted with permission from Grapevine, August 19

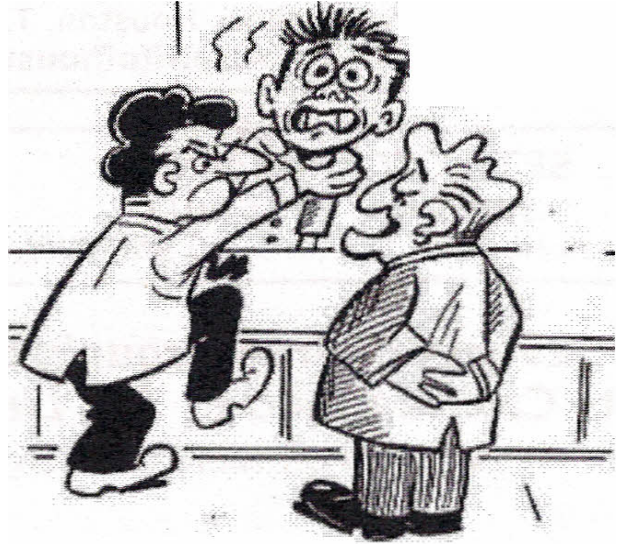
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Humility sounds so much like humiliation, but it really is the ability to look at myself--- and honestly accept what I find. I no longer need to be "smartest" or "dumbest" or any other "est." Finally, it is the okay to be me. It is easier for me to accept myself if I share my whole life. If I cannot share in meetings, then I better have a sponsor---someone with whom I can share those "certain facts" that could lead me back to a drunk, to death. I need to take all the Steps. I need the Fifth Step to learn true humility. Easier methods do not work.

If not now, when? If not me, who? To walk the path of the heart is a great honor. Every human has the choice to walk this path, but very few will decide to make it. Why? Well, because you can't act and behave like everyone else behaves. You must be the person who will learn to look within. You must be the person who will be fully accountable for yourself. You must be the person who prays and meditates. You must be the person who will sacrifice. You must decide to be a Peaceful Warrior. What will you decide today?

Re-Printed from Daily Ponderables 5/16/13

**Know God;
Know peace.
No God;
No peace**



**No David, Tolerance is how
you deal with
hard - headed sponsees.**

Spiritual Awakening

The Twelve Steps are a “path” to spiritual awakening. This awakening takes the form of a “developing” relationship with a loving Higher Power. Each succeeding step “strengthens” that relationship. As we continue to work the steps, the relationship “grows”, becoming ever more important in our lives.

GROUP CONTRIBUTIONS

MAY
Lake Catherine
Hot Springs AA

YEAR TO DATE
Hot Springs AA
Central Big Book
Eastgate
Rockbottom
Evergreen
Welcome
Lake Catherine

Thanks for your donations

"The absence of profanity offends no one."

MAY BIRTHDAYS

Bart D.	1	05/03/2012	
Amie R.	1	05/05/2012	HSAA Sellers
Deborah D.	1	05/18/2012	Jessieville Women's Group
Kevin B.	1	05/22/2012	Rockhouse Group
Nick C.	2	05/28/2011	HSAA Sellers
Pat N.	3	05/19/2010	Rockhouse Group
Larry V.	3	02/11/2010	HSAA Sellers
Bill L.	4	05/23/2009	Rockhouse Group
Donna S.	5	05/06/2008	HSAA Sellers
Debbie V.	7	05/01/2006	Rockhouse Group
Karyn	7	05/25/2006	HSAA Sellers
Chuck D.	7	05/28/2006	HSAA Sellers
Raymond S.	10	05/05/2003	Rockhouse Group
Buck B.	15	05/11/1998	HSAA Sellers
Tony S.	17	05/23/1996	HSAA Sellers
Gerry S.	29	05/12/1984	Central Big Book Study
Jim G.	47	05/09/1966	HSAA Sellers

UPCOMING EVENTS AND DATES TO REMEMBER

June 2 nd	District 8	411 Sellers St. in Hot Springs	501-840-1196
June 3 rd	47 th Beebe Group Anniversary {Potluck & Speaker}.		{6:30 PM}
	First Presbyterian Church 907 West College St. Beebe.		
June 4 th	35 th Anniversary of Round Table Group in Benton ...	506 Lillian St.	
	Pot luck at 6:30 PM – Speaker at 8:00 PM		
June 7, 8, 9	Founders Day 78th Anniversary of AA...Akron, Ohio...AA's Birthplace		
June 8 th	Bake at the Lake	Arlie Moore Pavilion – De Gray	501-276-0963
June 29 th Noon – 8 PM	Soberfest 2013	Sherwood Forest in Sherwood	
July 6 th & 7 th	Area Assembly	Howard Johnson Hotel in Conway	501-329-2961
August 2-4 th	Old Grandad	Arlington Resort in Hot Springs	501-623-7771
September 8 th	District 8	411 Sellers St. in Hot Springs	501-840-1196
Sept. 20, 21, 23	Autumn in the Ozarks	Ramada Inn 1127 N.E. Hwy 62 B Mt. Home, Rm.	
	Rate \$69/Night, 2 per room includes Breakfast Buffet.	800-272-6232	
	Call Cheryl S. 870-405-2556 or Janet O. 870-321-3411		
October 5 th & 6 th	Area Assembly	Howard Johnson Hotel in Conway	501-329-2961
November 16, 17, 18	AA 61st Thanksgiving Program	Holiday Inn, Jonesboro, AR	20\$ at Door
December 1 st	District 8	411 Sellers St. in Hot Springs	501-840-1196

Happy Fathers Day to all You Dad's

