

# {No booze news}

Merry Christmas & Happy Holidays



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 quarter January, April, July, and October at 411 Sellers Street. We urge all groups to have an intergroup representative 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 98, PENCIL BLUFF, AR. 71965. You can also E-mail your information to Al M. at [bigalaapal@gmail.com](mailto:bigalaapal@gmail.com). Please put "NO BOOZE NEWS" in the subject line. Bulletins will be E-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 Keith S., 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**



A Joyful Time of year  
Bringing Joy to the Less Fortunate  
By Rick R.

**How appropriate it seems that there are twelve months in a year and we have twelve steps in the program. The joy of good living is the theme of the twelfth step and it blends right in with the holiday season in November and December, starting with Thanksgiving and ending with the New Years Eve celebration. This time of year does bring a lot of joy to many of us but it also brings *distress to some of the less fortunate ones* who haven't yet been blessed with the gift of sobriety and peace of mind, *in and outside of A.A.***

**During my drinking days I used to be very uncomfortable about the holidays. I never knew how to act around normal people unless I was half smashed. When invited to a celebration, I felt like *a charity case* and would rather just hang out at the bar where I felt safe. I never got into the spirit of reaching out to others. My family always celebrated the different holidays, and I always (due to My discomfort) would put a damper on it by complaining about the tacky gifts that people would buy for each other and the mad rush to go shopping and the commercializing facade that it had become. Any excuse was better than facing *me* and the miserable wretch I had become.**

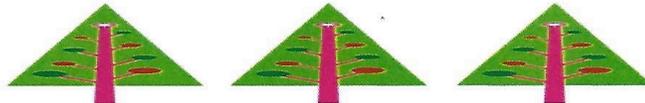
**After being sober for several years it occurred to me that I still had some of those same attitudes, and that I was still holding on to them to some degree largely due to the inconvenience of it all. I explained this problem to a dear friend once, and he asked, " *Does the rest of the family enjoy the holidays?*" I said yes. He then said, "*Why don't you just take a back seat and just watch the joy in their eyes as they experience these things.*" I did exactly what he suggested and when I started to observe *the childlike innocence and happiness it brought to them*, it gave me a whole new appreciation for this time of year. It brought *tears of Joy* to my eyes and I no longer wanted to be the grouch, putting a damper on the joy that they were having. I have been following this line of thinking ever since and it has changed my whole attitude concerning these things.**

**This change of attitude has inspired me to apply the unselfish lessons that I've come to understand and now I spend the holiday season filled with Joy. *If it works like that for the holidays, then why***





# Upcoming Events



## **Come Join Us for the Hot Springs AA Christmas Party**

**Saturday December 15<sup>th</sup>**

**Westminster Presbyterian Church**

**(be-side CHILIS Restaurant).**

**Doors open at 5:00pm**

**Dinner begins 6:00pm**

**Santa arrives 7:00pm**

**Speaker (Frank Sloan) 7:30pm**

**Raffle drawing after the speaker**



**Hot Springs AA provides meat, coffee and tea**

**Please bring side dishes and deserts**

**Volunteers are needed for clean-up after wards**

**Bring family and friends for  
a night of food fun and  
fellowship!!!**



# *Rockhouse Holiday Party & Gratitude Meeting!!*



*Saturday, December 29, 2018  
6:00 Food & Fellowship –  
7:00 Gratitude Meeting*

*Rockhouse will provide brisket  
Sides and treats provided by those attending  
After enjoying our feast, we will host an Open Gratitude  
Meeting and all December AA birthdays will be  
recognized... Hope we see you there!!*



# My 10 Favorite Lines From the Big Book of Alcoholics Anonymous

By **Kelly F.** 07/29/16

There is comfort in knowing you aren't alone, that what you're feeling isn't unusual, and that there is a solution.

I didn't connect with the Big Book of Alcoholics Anonymous until over a year into my sobriety. I didn't care to read it and I didn't think it had anything of substance I could relate to. Boy, was I wrong. I can understand why it's the sacred text of AA groups around the world. It has wisdom that has spanned centuries and saved countless lives. There are stories, steps, theories, and personal advice from a plethora of different people inside the big blue book. Everyone has their favorites, and these are the ones I consider to be mine, in no particular order.

**1. "Those events that once made me feel ashamed and disgraced now allow me to share with others how to become a useful member of the human race." p.492**

I always wondered why people would want to hear my stories, and then I read this line. Our personal stories and how we recover can pass on the message that other people who are sick and suffering need to hear.

**2. "Many of us felt that we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it – this utter inability to leave it alone, no matter how great the necessity or the wish." p.34**

This one is a perfect description of when the obsession of the drink enthalls you. Even if we are good people, we still can't drink "normally," no matter how hard we try.

**3. "Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one." p.xxvii**

Cunning, baffling, powerful. We all believe alcohol is fun to begin with, but it takes hold of us, so much so that we cannot differentiate a true reality from our false reality. We believe our alcoholic life is the only one we want, deserve, or need.

**4. “The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker.” p.30**

This says it all. I remember when I read this line for the first time.

Attempting to control my drinking was what I had been doing unsuccessfully for years. I didn't realize that other people did that, or that it made me an abnormal drinker.

**5. “Our liquor was but a symptom. So we had to get down to causes and conditions.” p.64**

This line always resonates so well with me. Alcohol was but a symptom for me. I can remember always feeling that anything I had in life was never good enough for me. I was always on the search for something – whether it was a party, a friendship, a man etc. Knowing this cause and the conditions surrounding my drinking has been transformational in my recovery.

**6. “When I am disturbed, it is because I find some person, place, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.” p.417**

This line was also life-changing for me. Acceptance and surrender are popular themes in recovery and now I understand why. If I want peace and serenity, I must accept everything as is, not wish it was different.

**7. “I listened to their stories and found so many areas where we overlapped – not all the deeds, but the feelings of remorse and hopelessness. I learned that alcoholism isn't a sin, it's a disease.” p.344**

I always assumed I would never be able to relate to another alcoholic. I held myself up, like I was better than “them.” But when I finally started listening, I could relate to at least one thing in every story I heard. I also learned that addiction is not a moral failing and that it can affect anyone.

**8. “We talked of intolerance, while we were intolerant ourselves. We missed the reality and the beauty of the forest because we were**

**diverted by the ugliness of some of its trees.” p.50**

This is my favorite line in the Big Book. I was extremely intolerant when I was drinking, yet I was the first to point out intolerance in others. The second part of this line is also loaded with significance. I think this is a world view a lot of us hold until we are able to see the bigger picture.

**9. “Adversity truly introduces us to ourselves.” p.530**

There is beauty in the battle of addiction. It’s hard to see until we truly embrace recovery and realize what we’ve been through and how we got where we are. But it’s absolutely true - adversity allows us to learn and grow into who we really are.

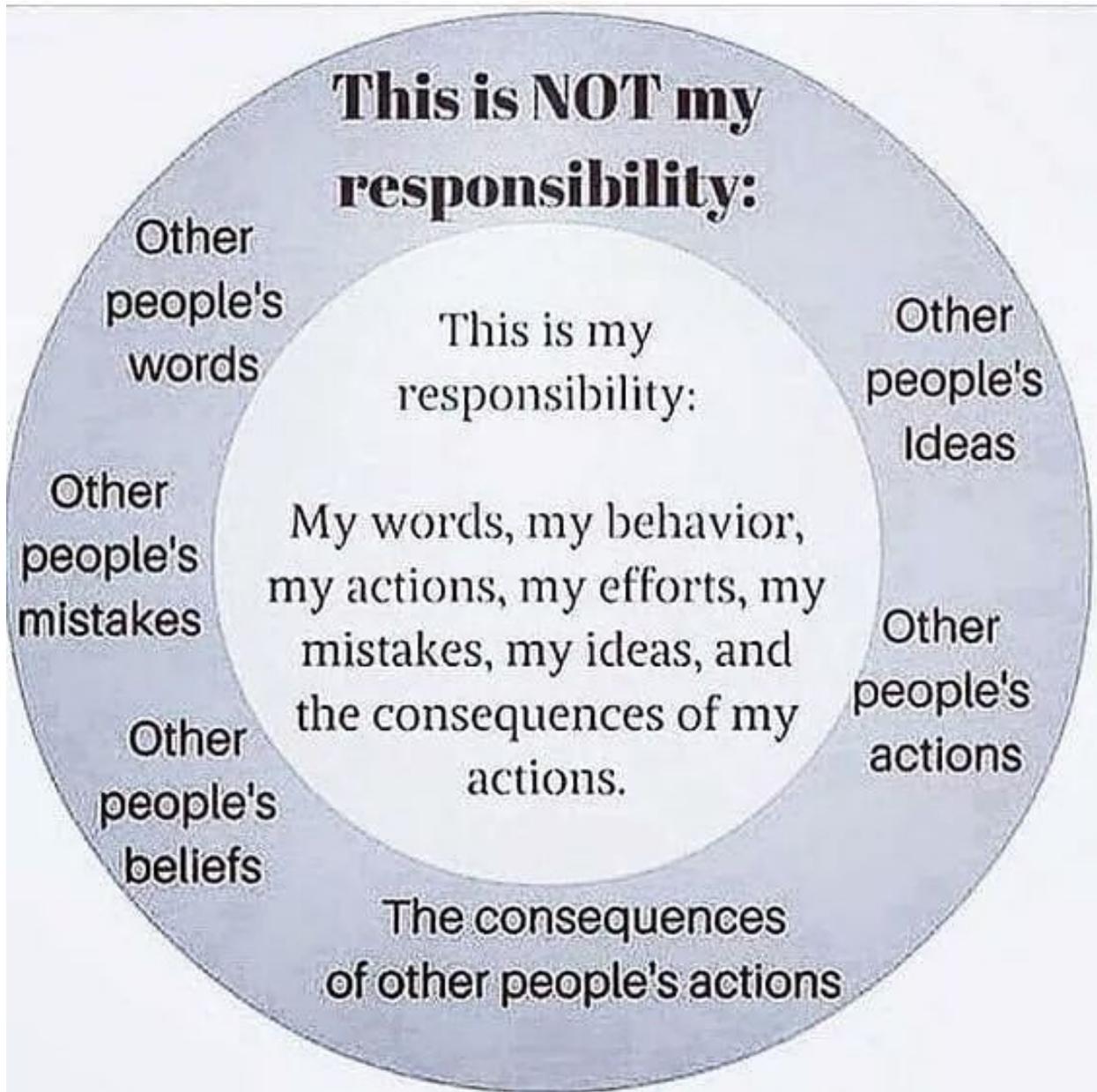
**10. “When I am willing to do the right thing I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent. It is always my choice.” p.317**

For many of us, alcohol has been our solution for as long as we can remember. In recovery, we realize that it doesn’t provide all the things it promised. The beauty of recovery is that we learn inner peace does not come from external sources, it comes from within. The way we obtain it is through doing the right thing, which is always our choice. How lucky are we that in recovery we have choices?

The wisdom from the Big Book isn’t limited to 10 quotes. Its words and interpretations are left up to the reader to use as they choose. There is comfort in knowing you aren’t alone, that what you’re feeling isn’t unusual, and that there is a solution. The Big Book has given me that comfort and the push to move forward.

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**Since you already know  
where **addiction** can take  
you, why don't you see  
where **recovery** leads you.**



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Falling down  
is part of life,  
getting back  
up is living.



<b>Hot Springs Vill.</b>	<b>Evergreen Group</b>		
	<b>Welcome Group</b>	<b>Ann M.</b>	
	<b>East gate Group</b>	<b>Mara M.</b>	<b>501-984-3556</b>
<b>Jessieville</b>	<b>Rockhouse Group</b>	<b>Dale P.</b>	<b>501-984-0631</b>
<b>Malvern</b>	<b>Open Door Group</b>	<b>Ken H.</b>	<b>501-732-6001</b>
	<b>Inside Sobriety Group (p)</b>	<b>James A.</b>	<b>501-467-3490</b>
<b>Mount Ida</b>	<b>Norman Group</b>	<b>Kenny W.</b>	<b>870-334-2739</b>
	<b>Resentment Group</b>	<b>Frank S.</b>	<b>870-490-0625</b>
<b>Sheridan</b>	<b>Grant County Group</b>	<b>Cherry J.</b>	<b>870-643-9583</b>

**If there is something you would like to share or post please forward that information to me at [bigalaapal@gmail.com](mailto:bigalaapal@gmail.com)**

