

# {No booze news}

Happy New Year!



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 under construction and will be up by the February NBN. It will be <http://aawcar.org>.**

## **IMPORTANT CHANGE IN OUR NEWSLETTER**

**We are going to start something new in the newsletter. We would like your stories pertaining to alcohol and/or alcoholism. So if you have an antidote, poetry and even a short story that you have written and would like to have it published please submit it. The purpose is to hear from you, your thoughts. AA is built upon our experiences, strengths and hope. It is what we remember most about others and what we have to offer our fellows. One or two articles will be published each issue along with articles that we may use from the Grapevine. So, pass along the word of what we are doing and please contact us with your writing. We will of course have to have your permission in order to include it in our newsletter. Absolutely no plagiarism will be tolerated, so if you see an article that someone has written please just notify us of the source. The purpose is to hear from you.**

**In addition to submitting your work we would also like to reach more people so if you know of someone in the program that would like to get our monthly newsletter please forward their email to us and we will include them on our list.**

**Thank you kindly, Al M. and Keith S.**

**Wishing you a Happy, Joyous & Free New Year!!!**





# A Journey of Hope

By Rick R.

Getting right with this world is a wonderful quest,  
 When you've been to the gates of hell.  
 For we who used liquor, to soften the pain,  
 Know it usually doesn't end well.  
 We relied on our EGOs, to bolster our pride,  
 And support our old way of thinking.  
 Then slowly but surely, as things went awry,  
 We began to rely on our drinking.  
 Failures at life, loss of family and friends,  
 What a horrible price to pay.  
 When all else had failed, desperation stepped in,  
 And we entered the gates of A.A.  
 Surrounded by people, who'd been there before  
 And the help of Gods gentle sway,  
 A new life emerged, that we knew nothing of,  
 And our problems started fading away.  
 From the gates of hell, to the gates of A.A,  
 To a journey you don't want to miss.  
 From the pain of the past to the hope of today,  
 Could it possibly all end in bliss?  
 If we practice the program, one step at a time,  
 Leaving nothing out from the start.  
 The final result will be happiness,  
 Peace of mind, and a quiet heart.





**Just a little humor to start the New Year!**





# The Road to Mental Freedom

## Understanding Steps Six and Seven

By Rick R.

Since the day I entered the program, I have had an insatiable appetite for learning all I could about the disease of alcoholism and having completed a very thorough fourth and fifth steps, and examining my motives for everything I did, in steps sixth and seven, It occurred to me that most of my problems in life involved my interfacing with, "*Those Other People.*" As I got further into the steps and started to process each and every one of these inter actions, it became apparent to me that the basic cause of my discontent was, *low self esteem* and that, until I resolved that, there would be very little *peace of mind*. I had to get right with everyone. They say that *understanding is the key to right living*, and I read just about anything I can get my hands on, about these issues, that reinforce the principles we learn in the A.A. program such as; Emmet Fox's Sermon on The Mount, and others including, Scott Peck's, The Road Less Traveled, Ernest Kurtz and Kathleen's Ketchum's The Spirituality of Imperfection, Max Ehrmann's poem, Desiderata, and the like. This kind of reference material helps me to get a better perspective on how to reduce the obstacles that stand in the way of my ability to solve these problems. I have to be willing to get right with "every human being I know" as suggested in step eight. (12X12) Scott Peck describes the word *Love* as: *Caring for and nurturing another person's soul*. I now look at Love as a verb and not a noun. You can love someone that doesn't love you back when you use this definition and as the result, I truly wish the best for every human being I know and offer help and guidance when I can. I become their best advocate. If I want to heal, I must look deeper and try to *understand that other person* and be strong enough to, first, *reign in my ego*, then to realize that the other person may be reacting to *my adversarial position*. Finding ways of removing my own judgmental attitudes opens the door to love and compassion. Today, I can love everyone by simply giving them the respect and acceptance that I would want for myself. After doing my best to adopt this plan of action over the years, I can only say that nothing that I have ever done, with respect to *Those Other People*, has been more rewarding than this approach. I have, to the best of my understanding, stopped judging others by their outside behavior and *have the strength to look deeper*. When I do that, I usually find a person, not to different from myself, trying to protect himself from his fears, and I just can't bring myself to pile on and compound his pain. My heart goes out to him and I don't have to deal with regrets later on. My ego is neutralized as I come to



Reprinted from the AA Grapevine

## All It Takes Is One

**Finding within herself the “tiny key of willingness,” a woman who had drifted away from the program discovers that she, too, can carry the message**



For most of my first six years in AA I did not carry the message—I let the message carry me. I was aglow with sobriety. Then, for some reason, I drifted away from AA. I found out later that I drifted away because I was not working all the Steps, specifically the 12th Step. I was doing the same thing in sobriety that I had always done in active drinking...taking, taking, taking! When the hard stuff hit—when my ten-year relationship ended, when my sponsor died, when my brother died of an overdose—I was not prepared. I blamed all those things for why I turned my back on AA.

I did not drink by the grace of my Higher Power, but I was not emotionally sober. Then, also due to the grace of my Higher Power, I was set on a path that put me in a new city, at a new meeting, and in the hands of a new sponsor. Upon moving to this new city, I faced a pivotal moment where I knew it was either go to a meeting immediately or be out forever and face those consequences. I had faced the pain of those consequences before and did not want them, so I went to a meeting. Once there I physically almost backed out of the door, but when I turned around to leave I found I was surrounded by women. They flooded me with numbers and one of them became my sponsor. Opening that door with the tiny key of willingness saved my life.

-- Jennifer T.  
Raleigh, N.C.



<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)**

