



{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
P.O. BOX 98 PENCIL BLUFF, AR 71965
PUBLISHER/EDITOR: KEITH S.

INTERGROUP BULLETIN

VOLUME LXXVIII- JUNE-- 2019

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 Keith S. at 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 new website is <https://aawcar.org>.

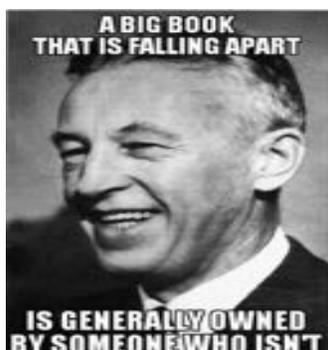
IMPORTANT CHANGE IN OUR NEWSLETTER

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, Keith S.

Wishing you a Happy, Joyous & Free life to live each day!!!



**"The best way to find yourself
is to lose yourself in the service of others."**

- Mahatma Gandhi

I'm no saint!

Getting to the truth about self with Step Six

SOMETIMES sitting home taking time off sounds like a deserved reward. I "need" sometime just for me, don't I? Don't I do enough? Why do I always have to be the one to make sacrifices? No one else has to. My group couldn't get along without me, you know. Of course, if they would only do things the way I suggest . . . if only they would listen to me . . . if only I had more control around here, and more money than I am currently making and a different relationship (someone who really understands and loves me), then I could finally relax and begin to enjoy my sobriety.

I get so angry when I see people slacking off on their Step work, service work, their commitments. It's a wonder they stay sober. You should see the way some people treat their friends and families. I have to stay away from most of them just to keep from losing it!

Oh my. A little righteous anger is better than a double espresso. I get all revved up--but with nowhere to go except out, if I'm not careful. When I start thinking along these lines, sooner or later I think of Step Six, and mainly two things: "Would I rather be right, or would I rather be happy?" and "The truth will set you free."

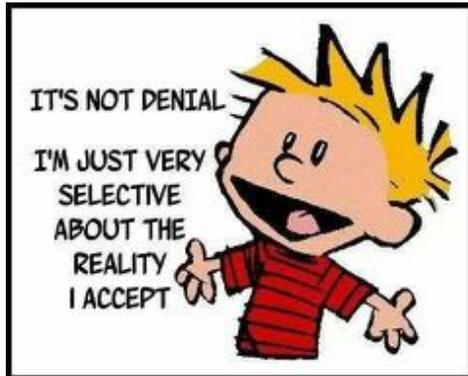
The truth is, when I begin to focus on the failings of others, I become restless, irritable and discontented. What seem to be my finely tuned mind and my "innate sense of fairness" are in reality my character defects judging the world and finding it lacking.

Step Six is simple in the way Einstein's Theory of Relativity is simple--easy to say, difficult to explain. The simple version is: Looking at my moral inventory, am I willing to ask God to remove the defects in my character that caused pain, suffering, longstanding resentments and guilt? Of course. End of Step.

Easy, all right, until Step Twelve, where we "practice these principles in all our affairs." Oh, but what about having just a little bit of personal pride in my Step work, service work or sobriety date? What about judging others in the Fellowship or family members? What about envying the "easy" sobriety others seem to have? Others get away with only one meeting a week, or less. I have to make up for lost time, you know. I need to work more hours, obtain a better position, make more money, acquire the things I denied myself or gave away.

Ideas that sound really good at the time are sometimes surrounded by motives that are selfish, self-centered, dishonest, self-seeking, inconsiderate or based on fear. If I can't see the truth, I can't make appropriate decisions. I won't be able to "Intuitively know" how to deal with situations. The world will continue to baffle and control me.

Whoa! Reality, what a concept!!!



Now I have a dilemma!



"I have learned to keep quiet when I disagree and to give others freedom to express opinions widely different from my own -- without giving in to the urge to enlighten them. I am grateful for all the voices of AA."

"Humble Proportion," Alexandria, Virginia, March 2007,
AA Grapevine

Recovering Alcoholic

*An alcoholic desperate enough to
look for something else, hopeless
enough to try something else, and
fortunate enough to be blessed
with something else.*

IT WORKS IF YOU WORK IT...
IT WON'T IF YOU DON'T!

Your job is not to judge.
Your job is not to figure
out if someone deserves
something. Your job is
to lift the fallen,
to restore the broken,
and to heal the hurting.

BREAKING NEWS:

**The Pity Train has just derailed
at the intersection of
Suck It Up & Move On,
and crashed into
We All Have Problems,
before coming to a complete stop at
Get the Heck Over It.**

**Any complaints
about how we operate
can be forwarded to
1-800-waa-waaa.
This is Dr. Sniffle Reporting
LIVE from
Quitthur Fussin'.**

**If you like this, repost it.
If you don't,
suck it up cupcake,
life doesn't revolve around YOU!**

Southeastern Regional Conference of Young People in A.A.

SERCYPAA 2019: STRANGELY INSANE



**Little Rock, Arkansas
May 30 - June 2**

Four Points by Sheraton Little Rock - Midtown
\$109/night, use group code: SERSERA

**PRE-REGISTER & BOOK YOUR ROOM AT:
WWW.LRSERCYPAA2019.ORG**

29TH ANNUAL
Heart of the Ozarks Roundup
June 7-9, 2019

"HERE SAT A MIRACLE"

Page 21, Big Book of Alcoholics Anonymous



Holiday Inn Hotel & Suites
Springfield I-44
2720 N. Glenstone Ave
Springfield, MO
This is a smoke free environment.
Room rate \$99.00 (tax code 0001)

Information:
Ann C. 542.7793 / 7038
Austin B. 542.7.500-4708

www.hotozarksrndup.org

FRIDAY

Open AA Meeting	2:00 pm
Registration & Hospitality Rooms Open	5:00 pm
Jay M. (AA) - Spanish Fort, AL	8:00 pm
Ice Cream Social	After speaker
WAMYDAA Sat	8:00 pm

SATURDAY

Morning Meditation - Steve S., Flemington, MO	7:30 am
Ellen C. (AFQ) - Dallas, TX	8:00 am
Cliff G. (AA) - Oklahoma City, OK	10:00 am
Lunch	11:30 pm
Big Book Trivia - Gregg & Peggy Forest	12:30pm
Nancy S. (AFQ) - Topeka, KS	2:00 pm
AA Workshop - Cliff G., Oklahoma City, OK	3:30-5:30 pm
Dinner	6:30 pm
Sobriety Countdown	7:30 pm
\$0/\$0 Raffle	7:55 pm
Mike A. (AA) - Nashville, TN	8:00 pm
Tiffany Belfort (YPA) - Cave Creek, AZ	8:00pm

SUNDAY

Morning Meditation - Steve S., Flemington, MO	8:30 am
Melissa M. (AA) - Spanish Fort, AL	10:00 am

\$0/\$0 Raffle, Archives, BB Trivia, and Ice Cream Social!
Cut here and mail to: HOTO, PO Box 1507, Springfield, MO 65801

"HERE SAT A MIRACLE" Page 21, Big Book of Alcoholics Anonymous

Name _____
Check one: AA Alanon Alateen Visitor

Name _____
Check one: AA Alanon Alateen Visitor

Address _____
City _____
State _____ Zip _____

Hotel Reservation
Holiday Inn Hotel & Suites-Springfield I-44
2720 N. Glenstone Ave
Springfield, MO 65801
Phone (417) 865-6500
Room rate \$99.00 (tax code 0001)

Pre-registration, \$65.00 each _____
After May 15, 2018, \$88.00 each _____
Scholarship donation _____

HOTO 2019 T-shirt _____
Will be available at the conference

TOTAL ENCLOSED _____

Make checks payable to:
HOTO, PO Box 1507
Springfield, MO 65801

History of the old Heart of the Ozarks Roundup Logo
The first heart of the Ozarks logo was drawn by Dr. Jack Stone, a psychologist for the Cox Hospital treatment program. He was not an alcoholic, but a big fan of AA and thought that we used his art which was originally drawn for the now defunct Lodge Survey Service.



79th "Old Granddad"

July 26th—28th, 2019

Arlington Resort Hotel & Spa Hot Springs, Arkansas

Please contact the hotel directly for room reservations at 501-623-7771.
Mention the Old Granddad Convention to obtain the discounted room rate.

Hospitality Room

Dancing



Archives

Sight Seeing

For more information contact us at convention@arkansasaa.org Or call or text (303)881-1629.

\$20 PRE-REGISTRATION IF RECEIVED BEFORE JULY 12TH, 2019.

\$25 AT THE DOOR OR IF REGISTRATION RECEIVED AFTER JULY 12TH



Step Six: Defects and Short Comings

A lot of Credibility Leads to Integrity

By Rick R.

Sometimes the wording used in The Big Book and in The Twelve Steps and Twelve Traditions mean something different to individuals often based on how they evolved with respect to Religion, Agnosticism, Atheism and other developmental histories. This may be confusing to many of us, especially Step Six in the 12X12 as it talks of God removing these defects of character the way God removed the obsession to drink. In simple terms I try to word the Step Six process in a way anyone can understand it and my goal is not to offend anyone by being over simplistic but just about all of our actions and behaviors stem from our thinking and if our thinking is of a fearful nature, we are bound to make bad decisions in an effort to defend ourselves. The defects we identify in the step four inventory, disclose in step five and address in step six, are biproducts of our fears and insecurities and are of a spiritual nature as in our inner self. The shortcomings we address in step seven are of a material nature (actions and behaviors) that result from those fears and insecurities. If, in the program, we discover a defect of character and address it properly the short coming diminishes and becomes irrelevant. A simpler way I try to describe this process is as follows: Suppose you purchased a new car and drove off the lot and as you reached the first stop sign you hit the brakes, the car slowed down but did not stop as it should and drifted out into the intersection. You then returned to the car lot and explained what happened, they checked it out and discovered that the wrong brakes were installed at the factory. They agreed to correct the mistake. This time when you drove away and approached the stop sign the car stopped as it was supposed to, and it also stopped at every other stop sign or red light. Once the defect was identified and corrected, the short coming went away. I look at defects as the unseen part of our makeup such as: thoughts, motives, fears, feelings, ego, conscience, and so on. I look at shortcomings as the results of those inner thoughts and feelings such as: gossip, lying, verbal abuse, cheating, theft, neglect, and so on. In step four we identified our defects of character (fear and Insecurity) and in step five we owned and exposed them. In Step Six and Seven we start to replace our selfish and shameful thoughts and motives with unselfish habits and deeds. There's no need to overcomplicate the process. As we begin to stay on the unselfish side of the behavioral ledger, we begin to establish a new track record and if all our motives are of an unselfish spirit, we start to establish some credibility, which, in time, leads to integrity. If individuals employ the dynamics, I described in Step Six and Seven, he/she will be a different person, in Spirit, when they reach the ninth step and it will make it much easier to make amends backed up by a mountain of integrity. The steps of the program are numbered in order, for a reason and if a person is struggling with one of these steps it might be wise to back up and be sure that they didn't skimp on an earlier step or leave out something important. If an Alcoholic has a desire to live a happy and useful life, the steps of the program are a pathway to achieve that goal provided they stick with the plan. Not everything will go our way in the beginning but, if we persist, in time things will go exceptionally well. In the words of Preacher Roe: "Sometimes you eat the Bear, Sometimes the Bear eats you". I say, "Perseverance will always eat the Bear"!

A.A. Quotes

"Today, we enjoy a Fellowship which owes its ever-increasing membership of recovering alcoholics (unprecedented in human history) to the well-wishers and combined efforts of many outside agencies and services, as well as many professionals. To these folks, we surely owe a debt of gratitude. "Yet, the heart of AA remains the same, thank God, when one alcoholic reaches out to another, and we find that we can do together what none of us could do alone."

"Sponsorship -- The Heart of AA," Aberdeen, South Dakota, September 1991,

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"Sponsorship -- The Heart of AA," Aberdeen, South Dakota, September 1991, In Our Own Words

"Should our present success continue, people will commence to assert that AA is a brand-new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live ... "Fortunately most of us are convinced that these are perilous speculations, alluring ingredients of that new heady wine we are now being offered, each bottle marked 'Success!' "Of this subtle vintage may we never drink too deeply."

"AA Co-Founder, Bill W., April 1948, "Tradition Five", The Language of the Heart

"The AA program does not recognize walls. It is immune to the conditions which break down an individual relationship, the difference in social levels, of intellect, of experience. AA takes no heed of this. It has one primary law, help your fellow man and do it by example rather than by instruction."

"Prisoner AA," Washington State Penitentiary, February 1955, AA Grapevine

"During days and nights of darkness as I face the demons of self, the knowledge that my God is always in charge keeps me trudging to the end of each journey. With God, AA, and willingness I can meet the other me and begin putting my fractured self together again."

"Facing the Truth," Cleveland, Ohio, February 1993, AA Grapevine

	East gate Group	Mara M.	501-984-3556
Jessieville	Rockhouse Group	Melissa H.	501-282-0694
Malvern	Open Door Group	Ken H.	501-732-6001
	Inside Sobriety Group (p)	James A.	501-467-3490
Mount Ida	Norman Group	Kenny W.	870-334-2739
	Resentment Group	Frank S.	870-490-0453
Sheridan	Grant County Group	Cherry J.	870-643-9583

If there is something you would like to share or post please forward that information to me at bigalaapal@gmail.com

