

Stay  Safe!

{NO BOOZE NEWS}



The more dependent we become on a higher power, the more independent we become
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Publisher/Editor: Keith S.

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 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 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 anecdote, 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 else 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.

The Red Cross recommends the following steps to help prevent the spread of germs during this situation:

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1. Practice social distancing by keeping a distance of about six feet from others if you must go out in public.
 2. Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
 3. Avoid touching your eyes, nose or mouth with unwashed hands.
 4. Avoid close contact with people who are sick.
 5. Stay home if you are sick, except to get medical care

General Service of Alcoholics Anonymous (G.S.O.) position on Coronavirus

The General Service of Alcoholics Anonymous (G.S.O.) U.S./Canada functions as a repository for A.A. members and groups who are looking for the shared experience of the Fellowship. As the global situation related to Coronavirus (COVID-19) continues to develop, we are fully committed to continue to serve as a resource center of shared experience to help navigate this unprecedented public health emergency.

It is important to note the G.S.O. is not an authoritative body over our groups, nor does it initiate rules or directives, as each A.A. group and entity is autonomous and decisions are made through its group conscience. Providing guidance on health issues is outside the scope of the A.A. sharing that G.S.O. offers. For anyone experiencing health and safety questions, it is suggested they contact national, state/provincial and local health authorities for appropriate information.

However, in response to the global outbreak, we do have some general experience regarding how some A.A. groups and members have begun to address this issue. Many are following “social distancing” guidelines established by local, state, provincial, and federal officials, while at the same time maintaining their recovery and attending digital A.A. meetings.

By attending digital meetings, groups can focus on A.A.’s primary purpose: to carry its message of recovery to the alcoholic who still suffers. Many groups have alerted local A.A. offices or hotlines if they are temporarily not meeting in their regular space. Some groups have shared that they are utilizing digital platforms such as Zoom, Google Hangouts, or conducting conference calls.

A.A. groups are also creating contact lists, keeping in touch by phone, email or social media. Many local A.A. central/intergroup offices, and areas have added information to their websites about how to change a meeting format from “in-person” to a digital platform. A.A. in the digital age has certainly taken on a new meaning in these challenging times.

Grapevine and La Viña are here to help

Due to the current changing health situation, many AA meetings across the U.S. and Canada are finding it safer to close. To help members during this time, we are giving everyone **free access** to all of our 2020 Grapevine and La Viña issues. (The audio to Grapevine’s stories will be available as well, so people can listen to the stories if they like.) Please share with your fellows. We have also included a link to our Youtube channel with some original audio stories as well as other important information.

To enter, visit: www.aagrapevine.org/we-are-here-to-help

Options for meeting online

Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally. Below is some shared experience around meeting online.

Decide if you want to create your own online meeting or attend one that already exists.

There are a variety of existing online A.A. meetings accessible via <http://aa-intergroup.org/>

If you decide to create your own online meeting, you'll need to choose a platform to use.

A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs. You can visit the following providers to get more information on how to use their platforms to set up an online meeting.

There are many options for converting to audio/video or phone meetings. See below platforms groups have shared:

[Google Hangouts/Meet](#)

[Zoom](#)

[Free Conference Call](#)

For more information on other online platforms visit: [G2.com](#)

Share information about the meeting

Provide your group members and your local A.A. offices with information and any relevant instructions for your meeting.

Getting additional help

You may be able to request additional help and guidance on this topic by reaching out to your local A.A. office, technology committees, or the online [Technology in A.A.](#) forum.

For more information on anonymity please see: [Understanding Anonymity](#)

For more information on passing the digital basket please see: [Winter 2017 Box 459 p. 3 "Passing the Digital Basket](#)

Tradition Four: Group Autonomy

Let Them Sing

By Rick R.

It's hard to fathom how well Alcoholics Anonymous has fared throughout its years of existence which began in 1935. Navigating the waters in those early days was a lot more treacherous than the average member of today's AA population would be aware of, since efforts of the founders have been proven to have weathered every storm that appeared on the horizon. The AA members of that time did however, have the experience of understanding the mistakes of their predecessors, The Oxford Group, which had some success where it had recorded over one hundred thousand sober members before it ventured outside certain boundaries and got off the track when religion seemed to become more of an agenda than sobriety. Then there was the similar experience when it came to the Washingtonians that also let outside influences like politics and outside money issues take over the agenda. These mistakes did not go unnoticed by the early members of the AA program and may have been the things that set the tone for being very careful about sticking to our singleness of purpose requirement, and structuring the tradition in a way that gives the individual groups as much leeway as possible as not to discourage diversity yet staying on course when it comes to rules that would omit any alcoholic that wants to get sober. Autonomy is simply a form of independence that gives each group the latitude to be creative in their own way, when it wants to appeal to certain factions of the alcoholic community at large so long as it doesn't cross over into making those painful mistakes that could lead us down that path that led to the dismantling of those groups that came before AA. Today, in AA we have meetings that cater to specific segments of the AA population, such as: Men's Meetings, Women's Meetings, Closed Meetings, (alcoholics only), Open Meetings, Gay and Lesbian Meetings, Step Study, Big Book , Spanish Speaking, and on and on. The common theme for all these meetings is to carry the message to the alcoholic who still suffers. Anyone who has a desire to stop drinking cannot be turned away if; indeed, that meeting wants to continue to be called an AA meeting. I was serving in the U.S. Navy at the time when I got sober in late 1969 and shortly after my one year sober celebration, I was on a plane heading to the Philippines to go aboard a fuel tanker and I spent the next four months hauling fuel out to the Tonkin Golf and refueling the convoys of ships out there during the Vietnam War. During that four months period I was unable to go to a single AA meeting. What did happen during that time when I was cut off from the daily news concerning the AA program, without my knowledge was the sad news that Bill W. had passed away. This happened shortly after I left the country and by the time, I

returned home it was no longer the topic of conversation and I heard nothing about it. Shortly after I returned home my wife and I attended an AA convention in California and to my surprise, the main event at that convention was the Bill W. Memorial Meeting, and I had no idea when he had passed away, it could have been ten years earlier for all I knew. On the stage at that meeting there were ten chairs lined up and seated in those chairs were ten of the most prominent speakers of that time, and each of them were to tell a five-minute story of their own personal experience with Bill. The one story that I still remember from that meeting goes something like this. On a request from some of his AA friends on the west coast, Bill was on a train going to California to speak at several well planned out meetings. The members of AA in a small Midwestern town heard that his train would be stopping in their town and asked if he would consider stopping over for a day and speaking at their meeting. He agreed to do it as he usually did

those days. When the train arrived the town, members expected Bill to arrive with an entourage of people assisting him, and they had arranged a welcoming with a band, a large crowd, and an all the town's dignitaries. When the train stopped, the only one that got off was Bill, as he walked down the ramp alone with one suitcase. He proceeded to the planned meeting place and as the meeting began, Bill was somewhat shocked when the members started the meeting with several church hymns. Nevertheless, he fulfilled his promise and gave his talk and was again disturbed when the meeting ended with several more hymns. After completing his stay, he boarded a train and continued on his way. On the train, what kept bothering Bill was "what are they doing to AA with the hymns" and it didn't seem right. Then Bill started thinking about the size and the population of that small town, and about the large number of alcoholics that attended that meeting and he concluded that, per capita, that was probably the largest meeting in the country and if they wanted to sing hymns, well that's their business. I believe that tradition four leaves it up to the individual group's discretion to consider the different cultural influences that affect the makeup and the structure of the meeting format and I believe that Bill got it right as long as it does not change the spirit of our primary purpose, to carry the message to the alcoholic who still suffers and that no one with a desire to stop drinking can be turned away.

I've heard the Big Book misquoted a few times lately, so I thought a self-test would be fun.

The answers are **Page 10** along with page numbers for reference.

1. Accurate – Inaccurate? “Our stories disclose in a general way what it was like, what happened, and what it is like now.”
2. Accurate – Inaccurate? The main object of the big book is to teach alcoholics how to stop drinking,
3. Accurate – Inaccurate? “All men of faith have courage.”
4. Accurate – Inaccurate? “We will be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road to Happy Destiny.”
5. Accurate – Inaccurate? “When we see a man sinking into the mire that is alcoholism, we give him first aid and place what we have at his disposal.”
6. Accurate – Inaccurate? “Burn the idea into the consciousness of every man that he can get sober regardless of anyone. The only condition is that he trust in God.”
7. Accurate – Inaccurate? “Selfishness – self-centeredness. That, we think, is the root of our problems. Driven by our fears we step on the toes of our fellows and they retaliate.”
8. Accurate – Inaccurate? “Now about sex.”

Bob B.

Thank God I Ran Out of Options

The Last House on the Block

By Rick R.

My drinking habit started somewhere around the age of thirteen and ended at the age of twenty-eight. I was never a social drinker and every time I drank, I planned to get plastered. I was much too young to understand why I did what I did, but today it's absolutely clear to me. Drinking covered up all the sick feelings I had about myself, and if I could have maintained the tolerance for alcohol that I developed when I was at the peak of my adventure into absurdity I may still be drinking today. On Oct. 15, 1969 I arrived at the door of Alcoholics Anonymous hopeless and defeated at the age of 28, a very young age for an alcoholic who never used drugs. Younger members started arriving in the mid-seventies as the 60's drug culture started to speed up the progressiveness of the disease.

My teenage behavior was, for the most part, unsupervised as I drank and ran roughshod over anything or anyone that got in my way and I paid dearly for my indiscretions. DUI's, drunk tanks, broken knuckles, stitched up wounds, wrecked cars, lost jobs, evictions, loss of friends, marriage and divorce, and parenthood didn't even slow me down.

At the age of 17, I quit school and joined the Navy and served 3 years and seemed to survive in a somewhat disciplined setting, and upon completion of my tour of duty, I went home to become my old self again. That lasted only three years when I reenlisted in the Navy where I seemed to do better despite my drinking. In a few years I advanced in rate rapidly and oversaw a deck division on a small Destroyer and my drinking never slowed down. Soon I was to a point where I couldn't remember what I did the night before and I had never heard of blackout drinking. My Navy career was the only thing that stood between me and the streets, since nothing I had ever tried before had lasted very long.

On Oct. 15, 1969 I woke up at about 9AM. I was supposed to be onboard the ship at 7AM that morning, I was 40 miles away and this was the third time it had happened in 3 weeks. I was waking up in a blackout after drinking wine the night before and everything in my failed life was about to come to an end. I had run out of clever ideas to explain all of this away. Desperation set in. I had no place to turn. I had to put an end to this, or I would not be long for this world. If I could have thought of one more escape plan, I would have used it, but I had run out of options. I gave up. I called Alcoholics Anonymous and arrived on the front lawn of a little yellow house in Los Angeles, and my 28-year nightmare was over.

We have people who surrender and arrive in A. A. and never have or want to drink again, and there are those who have relapse after relapse and most of us can't explain the reason for this. I recognize several differences in these people. The one who has run out of options is much more

likely to have success from the very start. For him/her it's the last house on the block. No more clever ideas. They are desperate and entirely ready. Those who still think that they have options left probably aren't entirely ready to surrender yet, although they may think they are giving it a good effort but an alcoholic cannot survive without enablers, and as long as they have any options left, they often have a pattern of relapsing. Unfortunately, the suffering and desperation is usually the price of admission. I feel fortunate that I fell into the former group and have empathy and compassion for the latter.

Quotes from The AA Grapevine:

“Even in self-protection, we do not wish to erect the slightest barrier between ourselves and the fellow alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that.”

AA Co-Founder, Bill W., February 1948, “Tradition Three,” The Language of the Heart

“There are occasions for me when I am not thinking about myself and my own reactions to events or circumstances, but have my attention fully occupied by tasks, ideas, scenes, or another person. And when I recollect these occasions, I find that they have been my happiest.”

Saratoga, California, May 1973, “Look Beyond Yourself,” AA Grapevine

“To those of you who walk in front of me in time, thank you for your time and patience. To those of you who walk behind me in time, I'm glad you've joined us in this newfound life. To those that have not yet arrived or have left for a time: we will keep a seat, a cup of coffee, and lots of love waiting for you.”

San Diego, California, August 1998, “A Seat, a Cup of Coffee, and Lots of Love,” Voices of Long-Term Sobriety



Answers To Quiz

1. Inaccurate. “Our stories disclose in a general way what **it** was like, what happened, and what **it is** like now.”

Accurate: “Our stories disclose in a general way what **we used to be** like, what happened, and what **we are** like now.” Page 58

2. Inaccurate. The main object of the big book is to teach alcoholics how to stop drinking.

Accurate: The main object of the big book is to “. . . enable you to find a Power greater than yourself which will solve your problem.” Page 45.

3. Accurate: “All men of faith have courage.” Page 68

4. Inaccurate. “We **will** be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road **to** Happy Destiny.

Accurate: “We **shall** be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road **of** Happy Destiny.” Page 164

5. Accurate. “When we see a man sinking into the mire that is alcoholism, we give him first aid and place what we have at his disposal.” Page 132

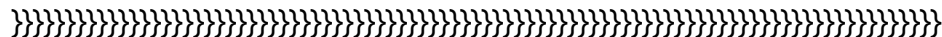
6. Inaccurate. “Burn the idea into the consciousness of every man that he can get **sober** regardless of anyone. The only condition is that he trust in God.”

Accurate: “Burn the idea into the consciousness of every man that he can get **well** regardless of anyone. The only condition is that he trust in God **and clean house.**”
Page 98

7. Inaccurate. “Selfishness – self-centeredness. That, we think, is the root of our **troubles.** Driven by **our fears** we step on the toes of our fellows and they retaliate,”

Accurate: “Selfishness – self-centeredness. That, we think, is the root of our **problems.** Driven by **a hundred forms of fear, self-delusion, self-seeking, and self-pity,** we step on the toes of our fellows and they retaliate.” Page 62

8. Accurate: “Now about sex.” Page 68 (I just threw that in to see how quickly you would turn to the answers.)



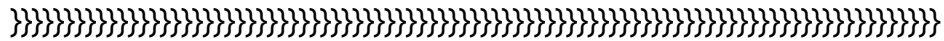
AA GROUPS AND CONTACTS

Arkadelphia	Arkadelphia Group U-turn Group	Terry B. Bob S.	501-865-1363 870-260-9277
Benton	Back to the Basics Before and After Eastside Group Lamp Lighters Group Round Table Group Rock Bottom Group S.N.L.	James O. Cory H. Trish L. Tommy N. Randy P.	901-279-0493 501-658-4902 501-231-0032 501-303-6507 501-413-2234
Bryant	Keep It Simple Group Came to Believe	Ron E. Jerry A.	501-860-1967 501-249-6389
Diamondhead	Lake Catherine Group	John S.	501 547-2188
Gurdon	Green House Group	Jim F.	512-656-6837
Hot Springs	Central Big Book Last House on the Block We're Not Doctors Hot Springs AA Group	Marvin D. Ernie H. Rasa M. Gwin H.	501-627-5265 501-617-1714 501-655-0288 501-802-0939
Hot Springs Vill.	Evergreen Group Newcomer's Meeting Welcome Group East Gate Group	Mara M. Russ V. Paul K. Janice D..	501-984-3556 501-209-1372 501-922-7331 901-500-6887
Jessieville	Rockhouse Group Living Sober Group	Richard H. Russ V.	501-209-5963 501-209-1372
Malvern	Open Door Group Inside Sobriety Group ® ADC Ouachita River Correction Unit(ORCU)	Kevin S. James A.	501-732-1340 501-467-3490
Mount Ida	Resentment Group	Frank S.	870-490-0453

Norman Norman Firehouse Group Kenny W. 870-334-2739
Sheridan Grant County Group Cherry J. 870-643-9583

***** Meeting Change Update!

Arkadelphia U Turn GROUP Thursday Night FROM 8pm To 7pm



Thanks to Bill Drews

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