

No Booze News

Intergroup Council of West Central Arkansas

Volume LXL Issue 2

October-November-December 2022

Intergroup Council of West Central Arkansas' *NO BOOZE NEWS* is a quarterly newsletter published the first week of January, April, July and October. It is emailed to all Intergroup Representatives, District 8 Officers and General Service Representatives for dissemination. It is posted on the website <https://aawcar.org/>

This is a free publication.

Please send articles and information to louandmara@icloud.com; call or text Mara at 501-984-3556 to discuss beforehand if desired.

TO SUBSCRIBE:
email Mara at louandmara@icloud.com
Or text 501-094-3446.

John's Story...

Greetings one and all! Intergroup specifically serves District 8 groups and meetings.

I encourage all the groups in our District to send a representative to our quarterly meetings. This is the only way we can know your concerns and how we can best serve you and your group.

Our next meeting is Sunday, October 30, at 2:00 p.m. at Sellers (411 Sellers Street, Hot Springs). If I can be of any assistance, please feel free to text me at 501-282-9838.

BOOKSHOP HOURS

The bookstore is open before and after the 8:00 a.m., noon, and 8:00 p.m. meetings. If you need to purchase books at other times, send John a text at 501-282-9838.



YA'LL COME!!

Wondering what is happening in our District? Looking for Service work? Something to do with your friends or for date night?

Check out our Upcoming Events on page 9!

Intergroup Council of West Central Arkansas is an A.A. service office in partnership with groups in District 8. The website is <https://aawcar.org>. To find a meeting in District 8 go to <https://aawcar.org/meetings/>.

Our Bookstore is located at 411 Sellers St., Hot Springs, AR 71901. If you would like to purchase literature, coins, etc. please call John K. at 501-282-9838 to schedule your visit to the bookstore.

ALL District 8 groups are encouraged to have an Intergroup Representative: quarterly meetings are held at 2:00 p.m., the last Sunday of January, April, July and October at 411 Sellers Street in Hot Springs. See MG-02 A.A. Guidelines on Intergroup Office.

VOLUNTEER

IT'S EGO DEFLATION FRIENDLY

INTERGROUP POSITIONS OPEN

District 8 Hotline Coordinator: responsible for coordinating the answering of the AA Hotline for District 8. They may delegate and schedule other volunteers to answer the line as needed. Requirements are 6 months of continuous sobriety, the completion of the 12 steps, and a working cell phone.

Please contact John K. at 501-282-9838 or your local Intergroup representative to apply.

BENEFITS OF SERVICE

Service in recovery benefits both the giver and receiver. In a lot of instances it will actually be the giver who ends up benefiting the most. Such benefits include:

- Helping others with problems reminds the individual of where they have come from.
- The giver will feel that they are giving back and this will increase their confidence and self-esteem.
- Helping others takes the focus off the individual. This is important life will be due to self absorption.
- Serving helps an Alcoholic continue staying sobriety.
- Providing service ensures that groups such as A.A. stay in business. If nobody volunteers their time these groups will disappear.

WHY SERVICE WORK?

Consider, who sets up your A.A. Home Group Meeting each week? Who makes the coffee? Puts out chairs? Buys the supplies, i.e., coffee, books, medallions? Brings the cake for birthday celebrations? **What do you do?**

How do newcomers and visitors find meetings? Who prints a meeting schedule or has it announced in the newspaper? Who does the work in Alcoholics Anonymous?

Service work in A.A. is accomplished by less than 20% of the **2.1 million** A.A. members worldwide, 1.3 million of them U.S. residents. In a home group of 25 members, that's 5 people who do the majority if not all the work. What about your home group?

At District 8 elections in 2019, no one stood for either Treasurer or Secretary. Two people finally volunteered. It took about 6 months to get a chair for Group Relations and Grapevine does not have a Chairperson.

The Importance of Service in Recovery

One of the favorite sayings in Alcoholics Anonymous is, "you have to give it away in order to keep it." Service is work is giving it away, carried out unselfishly and devoted to the welfare of other Alcoholics, whether making coffee, sponsoring, or holding a position in the service structure. Alcoholics Anonymous **can not** function without the voluntary services provided by members. **ALL MEETINGS** are organized and maintained by volunteers.

There is no need to be a member of a particular group to volunteer. All it takes is a willingness to give back what you have been given.



A.A. Trivia: MEDALLIONS

The 24-hour Desire Chip, silver, is an "outward symbol of an inward desire to be sober." While medallions or chips are not officially a part of Alcoholics Anonymous, they commemorate an individual's sobriety anniversary and symbolizes A.A. success. These special tokens, usually about the size of a poker chip, are given by a sponsor to a celebrant at their home group on 'birthday night'. A.A. members usually chose the anniversary of their last drink or the first day without a drink.

While nearly impossible to know the precise origins of the chip system. The work of Sister Ignatia in Akron, a nun devoted to assisting early members of AA, was known for passing out Sacred Heart or St. Christopher medals to each of her released patients. She asked them to return the medal before they took the first drink.

The celebration of birthdays is also credited to the Oxford Group, which celebrated the anniversary of an individual's spiritual rebirth.

There are a number of groups credited with beginning the medallion practice including Indianapolis in 1942. A.A. was brought to Indianapolis in the early 1940's by Doherty S. In a letter to Bill W., Doherty makes reference to giving out "poker chips" and "tokens." However, the practice is also attributed to a group in Elmira, N.Y. in 1947 and to a Portland, Maine group.

Of course medallions do not keep us sober and have no power over our disease. Some counselors and psychologists consider

Con't in next column

medallions to be "a behavior modification technique," and talismans to ward off relapse.

In a 1948 Grapevine, "R.G.W." wrote, "No, I don't believe that the 'chip system' will keep anyone sober. Only a Higher Power can do that...But we are a nation that lives by symbols; what is the American flag but a piece of bunting, unless fully appreciated on what it stands for? Frankly, I hate poker. Yet, I wouldn't trade a mile-high stack of green stuff for my precious blue pocket piece."



Clarence Snyder, "The Home Brewmeister," had his last drink February 11, 1938, and carried this medallion made from a silver dollar and a watch fob until his death March 22, 1984. There are 46 holes



The Desire Chip

Is offered to newcomers or people who want to quite drinking. It is the outward symbol of an inward desire to be sober

A HUMBLE MAN

Dr. Bob had two personalities. As he made his rounds through St. Thomas Hospital, he was Dr. Robert H. Smith, physician and surgeon. When he entered Room 390 in the alcoholic ward, he became just plain Dr. Bob, a man eager and able to help his fellow alcoholics. (from "**Dr. Bob: The Man and the Physician**", by J.G., "Grapevine," September 1978)

Bill Wilson called Dr. Bob "the prince of all twelfth-steppers." He "carried the A.A. message to more than 5,000 alcoholic men and women, and to all these he gave his medical services without thought of charge." Alcoholics Anonymous, 4th ed., 2001, p. 171

Why did the anvil get sent to A.A.?

He was always getting hammered.

G r e e n

Where do Canadian Alcoholics go for help?

Eh. Eh.

Why do Canadians call Alcoholics Anonymous triple A?

AA Eh.

From Dr. Bob's Desk:

HUMILITY

Perpetual quietness of heart.

It is to have no trouble.

It is never to be fretted, or vexed,
irritable or sore.

To wonder at nothing that is done to
me.

It is to be at rest when nobody
praises me.

When I am blamed or dispossessed,
it is to have a blessed home in
myself,

Where I can go in and shut the door
and pray to my father in secret
and be at peace,
as in a deep sea of calmness,
when all around and about is
seeming trouble.

Just Kidding

How many sponsors does it take to
change a light bulb?

Only one, but the bulb really has to want
to change.

What is the difference between your
therapist and your sponsor?

The only time your sponsor says the word
"Close", it is immediately followed by
"mouth."

I am responsible...

When anyone, anywhere, reaches out
for help, I want the hand of A.A.
always to be there.

And for that:

I Am Responsible.



WORKING THE STEPS BACKWARDS

Having gone through the 12 steps, I have found that my life is very good now. I cannot become complacent. If so, I can then start in taking the steps backwards. I have watched others do that very same thing in going all the way backwards with disastrous results – Relapse.

My experience is as follows. Step 12 is about Service to people, especially alcoholics. So I can start cutting back on AA activities (e.g. meetings). That is a bellwether for problems starting with me and in others.

Step 11 is about direct guidance and direction from my Higher Power. Life becomes smooth sailing so that then that becomes unnecessary.

Step 10 is now about taking daily inventory or stock of myself and my past wrongs. This will “bookend” me back to the initial inventory in Step 4 for self-searching of my defects/wrongs.

The consequence and crisis from my drinking have somehow magically disappeared from my mind. Therefore there is no need for Steps 8/9 in making an amends list and following through with it.

So, Steps 6/7 are not needed to make way a path for GOD and to ask him about removing the defects/wrongs.

Step 5 is also not required because I’m not having a dialogue with GOD about spiritual matters that I could easily misconstrue.

The outside unbiased comments and counsel from a spiritual advisor (e.g.

Continued, next column

sponsor) would therefore not be a needed requirement.

Step 3 comes after inventory matters are reconciled away. This step is critical because getting back to here has allowed for the full return of the Ego (e.g. self) and the dreaded phrase “I got this”. Then there is no decision and effort on our part in turning our will and our lives over to GOD. The person has become his own GOD.

Physical relapse may not have actually occurred but mental, emotional and spiritual relapse has happened. Picking up a drink is a pending matter.

The remaining two steps are for reflections which call for conclusions and no action. So, the insanity of Step 2 returns with the person (e.g. self) being their higher power.

In Step 1 life is again being directed by self and is therefore not unmanageable. I can myself now handle again drinking alcohol and also control of it.

For this alcoholic I think I will “trust God, clean house and help others”. I will keep the steps green and growing, rather than ripe and rotten.

Terry T.

Many of us exclaimed, “What an order! I can’t go through with it”. Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Alcoholics Anonymous, page 60

Gone With The Witch

“Ding dong! The witch is dead! Which old witch? The wicked witch!”

So goes the song written by Harold Arlin for the 1939 movie, “The Wizard of Oz.” My “wicked witch” was any BOOZE, plain and simple - I liked the way it looked, smelled, tasted, and the way it initially made me feel, physically, mentally and emotionally. Yep, at this point I was ridin’ high! However, the old adage holds true, “What goes up, must come down.”

I am almost 75 years old, and I cannot believe it has taken me almost 40 years to truly want to stop drinking. After a drunk I’d say to those who love me, “I’m so sorry, I promise, that’s it! Never again will I drink ‘ole demon rum’ or gin, bourbon, wine, tequila, vodka, schnapps!” This would be on the heels of having embarrassed or said hurtful things to family members or perhaps any warm body next to me! Then several days would go by and the “spirit witch” would stick her head out of the liquor cabinet, crook her bony finger at me and croak: “Wouldn’t a glass or two (or “eleventeen”) taste mighty fine?” Oh, yeah, insanity would start the tormenting cycle all over again!

My last alcoholic “episode” happened April 21, 2021. Cleaning the shed, I found a bottle of rum that I’d forgotten I’d stowed away. WHOA! A rum and coke would give me lots of energy! With the fridge nearby, it was a snap to stir up a coke and rum! After four large rums with coke, I felt no pain and went into the house bragging to my husband how I’d reorganized all his tools!

The look on his face as he bellowed, “Are you drunk?” sent an electric shock to my legs, and I yelled, “NO! I. AM. NOT. DRUNK!” But at that very moment, my bladder betrayed me, and I stood in a puddle of pee right on the kitchen floor! **NUTS!**

Continued, next column

I’d been wrestling with the idea of AA since we’d moved to Arkansas in 2018, and what happened the next day was a lovely experience. God spoke very gently to me saying, “Don’t you think it’s about time ‘We’ do this?” Even more beautiful was that as I was hearing this, I felt God with His arm around my shoulders and we were climbing a gentle hill. At the top was a single tree dressed in all shades of vivid greens, and its leaves fluttered slightly. The significance of those leaves has puzzled me for a long time. However, since becoming involved in AA, I choose to believe they represent new and positive possibilities for me to experience! Afterward, I told my husband that I was going that night to AA.

I received my one year chip on April 22, 2022! How am I doing it? I pray for guidance throughout the day (my quiet time with my HP is walking in the woods each day with my beloved dog, Loki, come hail or high water). I attend meetings regularly: I read the Big Book; I inventory my day’s actions before sleep and thank God for blessings I’ve received and His help! I lead the Thursday night meeting for the Open Door of Malvern, and I was recently asked to be a sponsor.

So what does Alcoholic Anonymous mean to me? **FREEDOM!** The old me was seeing “through a glass darkly” but my reality today is authentic. I no longer embarrass or hurt my family’s feelings; I don’t lie about where I’m going and what I’ll be doing. I don’t obsess over whether I’ll have enough liquor for the night or the weekend. I do not drink! The guilt and shame over drinking has been removed! There are no negative consequences with which to contend. What a relief, **THE DRUNKEN WITCH IS GONE!** A second chance at living a life of Truth has been given to me by God’s grace and my Soul is at peace.

Sarah A.

Open Door AA Group, Malvern, Arkansas

WHAT IT MEANS TO US

SERENITY PRAYER

The **Serenity Prayer** is a prayer written by the American theologian Reinhold Niebuhr (1892–1971). A universal prayer, the short form is recited at the start or end of an A.A. meeting. The prayer is a pause to feel the inner peace and freedom from alcohol. Some use it as mantra to ask God for help in finding peace and calm. Others use it as a way to live a peaceful day.

Niebuhr composed the prayer in 1932–1933. The prayer spread rapidly in the 1930s and 1940s, often without attribution to Niebuhr, through church groups. Niebuhr used it in a 1943 sermon at Heath Evangelical Union Church in Heath, Massachusetts. It also appeared in a sermon of Niebuhr's in the 1944 *Book of Prayers and Services for the Armed Forces*, [1] while Niebuhr first published it in 1951 in a magazine column.

The earliest known reference to the prayer is a diary entry from 1932 by Winnifred Crane Wygal, a pupil and collaborator of Reinhold Niebuhr. In the entry, she wrote a version of prayer and attributed it to Niebuhr. Several versions of the prayer then appeared in newspaper articles in the early 1930s written by, or reporting on talks given by Ms Wygal. Early versions of the prayer had no title, but by 1955, it was being called the Serenity Prayer.

The prayer became more widely known after being brought to the attention of Alcoholics Anonymous in 1941 by an early member, who read it in *New York Herald Tribune* obituary. Bill Wilson and the staff liked the prayer and had it printed and handed out. It has been part of Alcoholics Anonymous ever since.

Continued next column

“Never had we seen so much A.A. in so few words,” noted Wilson.

Ruth Hock Crecelius, the first secretary for GSO , said:

“It is a fact that Jack C. appeared at the office (30 Vesey St., Manhattan) one morning for a chat and during the course of which he showed me the obituary notice with “Serenity Prayer.” I was as much impressed with it as he was and asked him to leave it with me so that I could copy and use it in our letters to the groups and loners. At this same time, Bobbie B., who was also terrifically impressed with it, undoubtedly used it in her work with the many she contacted daily at the 24th Street Clubhouse...Horace C. had the idea of printing it on cards and paid for the first printing.”


(In the January 1950 edition of the *Grapevine*, The International Journal of Alcoholics Anonymous, identified Niebuhr as the author.)

(Taken, in part, from the ORIGIN OF THE SERENITY PRAYER: A HISTORICAL PAPERS Service Material from the General Service Office, SMF-129)

Long Form of Serenity Prayer

**God, grant me the Serenity
To accept the things I cannot change...
Courage to change the things I can,
And Wisdom to know the difference.
Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as the pathway to
peace.
Taking, as He did, this sinful world as it
is,
Not as I would have it.
Trusting that He will make all things
right
if I surrender to His will.
That I may be reasonably happy in this
life,
And supremely happy with Him forever
in the next.
Amen.**

UPCOMING EVENTS

 **Area 4 Assembly, October 1-2, 2022, Holiday Inn and Suites, 300 East Harrell Drive, Russellville, AR, (479) 219-5152; ZOOM will be available.**
ELECTIONS

* **October 2, Rockbottom's Annual Picnic, Mary Kennely Park, Haskell, Arkansas**

* **October 6-9, ARKYPAA, Camp Mitchell, Petit Jean Mountain State Park, Arkansas**

 **October 30, 2:00 p.m., Interqgroup Quarterly Meeting, 411 Sellers Street, Hot Springs, AR**

* **November 4-6, 37th Annual Border City Roundup, Fort Smith, Arkansas**

* **November 4-6, 75th Tri-State Convention, Bossier, Louisiana**

 **District 8, December 4, 411 Sellers, Hot Springs, AR. 1:30 p.m. Committee Meetings; 2:00 p.m. District Committee Members**

UPCOMING EVENTS 2023

 **Area 4 Assembly, January 2023; location to be announced**

***TO SUBSCRIBE*, email Mara M., Editor, at louandmara@icloud.com**

Please send articles and information to louandmara@icloud.com, or text 501-984-3556. Put *No Booze News* in the subject line so it isn't missed. Thank you!!

While there are no dues or fees for membership in AA or to attend a regular AA meeting, Conventions and Conferences are considered special events, not AA meetings. There is a charge for the use of conference facilities; reimburse speakers' travel expenses; purchase flyers, badges, and coffee, and much more. The conference committee is responsible for all expenses incurred, and, therefore, registrations are used to pay all expenses

For more complete information, please read pamphlet MG-04, A.A. Guidelines to Conferences, Conventions and Roundups, "HOW A.A.s MAKE THEIR GET-TOGETHERS ENJOYABLE AS WELL AS EFFECTIVE IN CARRYING THE A.A. MESSAGE OF RECOVERY."

Please join us for

Rock Bottom's Annual Picnic

October 2nd @ 2 PM

Mary Kennely Park | Haskell, AR
Family and Friends Welcome!
RB group provides hamburgers/hotdogs
Bring a side dish, dessert or just yourself

ARKYPAA XXXVIII

BACK FROM THE GATES OF DEATH

October 6-9, 2022
CAMP MITCHELL, 10 CAMP MITCHELL ROAD,
MORRILTON, AR, 72110
www.arkypaa.org
CORY H. 501.658.4902 SYDNEY V. 501.350.0562
GILLY Q. 870.370.7639

THE 75th TRI-STATE CONVENTION

ROCKETED INTO A FOURTH DIMENSION

NOVEMBER 4-6, 2022
LEBOSSIER EVENT CENTER
BOSSIER CITY, LA

HOST HOTEL
ALL EVENTS ONSITE

LEBOSSIER HOTEL AND EVENT CENTER
4000 INDUSTRIAL DRIVE
BOSSIER CITY, LA 71112
318-741-8502
CALL AND MENTION TRI-STATE TO RECEIVE SPECIAL RATE OF \$74/NIGHT +tax.

FOR MORE INFORMATION

AA CENTRAL OFFICE
(318)865-2172

SCHEDULE

(SUBJECT TO CHANGE)

FRIDAY- NOVEMBER 4th
3:00PM REGISTRATION OPENS
4:00PM OPEN DISCUSSION MEETING
5:00PM AA SPEAKER
7:45 INVOCATION
8:00PM AA SPEAKER
9:30PM SOCIAL /DANCE
11:00PM NIGHT MEETINGS BEGIN

SATURDAY, NOVEMBER 5th
7:30AM FELLOWSHIP AND COFFEE
9:00PM PANEL-SOBER THROUGH THE PANDEMIC
10:00AM AA SPEAKER
2:00PM AL ANON MEETING
3:00PM AL ANON SPEAKER
8:00PM AA SPEAKER
9:30PM SOCIAL/DANCE

SUNDAY, NOVEMBER 6th
7:30AM FELLOWSHIP AND COFFEE
8:30AM PANEL-RELATIONSHIPS IN SOBRIETY
10:00AM AA SPEAKER
11:30AM CONVENTION CLOSING
12:00PM POST CONVENTION LUNCHEON AT CLUBS

NOTE: FOOD PRICES AND TIMES AVAILABLE AT REGISTRATION TABLE AT CONVENTION.

You are invited to attend The 37th Annual

Border City Roundup

Fort Smith, Arkansas

November 4, 5, & 6 2022

"...this spirit among us..."
The Big Book (page 103)

Location:
Wyndham
700 Rogers Ave
Fort Smith, AR
(479)783-1000
Special room rates-
book by
October 28th

AA Speakers
Al-Anon speaker &
meeting
Hospitality Room
2 Workshops
Friday night movie

Speakers
Ben B, Waynoka, OK
James L, Tallahassee, FL
Jane D-L, Tallahassee, FL
Rosie P, Fayetteville, AR
Danny B, Spring, TX
Convention Voice - Cindy S

REGISTRATIONS RECEIVED BY OCTOBER 28th, 2022 WILL BE ELIGIBLE TO WIN FREE REGISTRATION FOR THE 2023 CONVENTION

CLIP AND MAIL

NUMBER ATTENDING	REGISTRATIONS TO BE HELD IN THE NAME OF:
AA _____ @ \$20.00	NAME _____
ALANON _____ @ \$20.00	ADDRESS _____
ALATEEN _____ @ FREE	CITY _____ STATE _____ ZIP _____
TOTAL _____	EMAIL: _____

MAKE CHECKS PAYABLE TO:
CONVENTION TREASURER
P.O. BOX 5800
FORT SMITH, AR 72913-5800

Question? email: bordercityroundup@gmail.com

BADGE NAMES:
AA _____
ALANON _____
ALATEEN _____

PRE-REGISTRATION ENDS OCTOBER 28th, 2022
REGISTRATION AT DOOR \$25.00—OPENS 5PM FRIDAY

PRE-REGISTRATION RECEIVED BY OCTOBER 5, 2022 \$15 PER PERSON, AFTER DATE REGISTRATION FEE IS \$20 PER PERSON
BASIC REGISTRATION DOES NOT INCLUDE FOOD. FOOD TICKETS FOR PURCHASE AVAILABLE AT REGISTRATION TABLE AT CONVENTION.

NAME _____ ADDRESS _____ STATE _____ EMAIL _____

NAME ON BADGE _____ CITY _____ ZIP _____ PHONE _____

ADDITIONAL REGISTRATIONS

NAME _____ NAME ON BADGE _____

NAME _____ NAME ON BADGE _____

EARLY REGISTRATION AT \$15 EACH _____ RECEIVED BY _____

REGISTRATION AT \$20 EACH _____

DONATION \$ _____

TOTALS \$ _____

MAIL FORM AND PAYMENT TO:

TRI-STATE CONVENTION
AA CENTRAL OFFICE
2800 YOUREE DRIVE STE. 362 A
SHREVEPORT, LA 71140

My Notes...