

No Booze News

Intergroup Council of West Central Arkansas

Volume LXLI Number 1

April - May - June 2023

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.

TO SUBSCRIBE:
text it to Mara at
501-984-3556 or
email
louandmara@icloud.
com

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, April 30 at 2:00 p.m. at Sellers (411 Sellers Street, Hot Springs). Please elect an Intergroup Representative from your group. If you have any questions or want further information, please text me at 501-282-9838.



Dr. Bob and Bill W.



Who Was Dr. Bob?

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](tel: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.

THE SECRET

One day, one friend asked another, "How is it that you are always so happy? You have so much energy and you never seem to get down."

With her eyes smiling, she said, "I have a secret."

"What secret is that?"

"I'll tell you all about it but you have to promise to share the Secret with others."

The Secret is this: I have learned there is little I can do in my life that will make me truly happy. I must depend on God to make me happy and to meet my needs. When a need arises in my life, I have to trust God to supply according to His riches. I have learned most of the time I don't need half of what I think I do. He has never let me down. Since I learned the secret, I am happy."

The questioner's first thought was, "That's too simple."

But a upon reflecting over her own life she recalled how she thought a bigger house would make her happy, but it didn't.

When did she realize her greatest happiness? Sitting on the floor with her grandchildren playing games, eating pizza or reading a story. A simple gift from God.

Now you know it too! We can't depend on people to make us happy. Only God in his infinite wisdom can do that! And now I pass the Secret onto You! So once you get it, what will you do?

Continued next column

You have to tell someone the Secret, too! That God in His wisdom will take care of YOU! But it's not really a secret...We just have to believe it and do it. Really trust God.

Let us pray...

Unknown

WHAT'S IN YOUR SPIRITUAL TOOL CHEST?

"THERE IS A SOLUTION! Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process required for its successful consummation. We



saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us bluntly to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocked into a fourth dimension of existence of which we had not even dreamed."

DR. BOB



Robert Holbrook Smith. Born August 8, 1879 in St. Johnsbury, Vermont.



Ann Robinson was born March 3, 1881, in Oak Park, Illinois.

On Monday evening, January 25, 1915, Mrs. Joseph Ripley gave her daughter Anne in marriage to Dr. Robert Holbrook Smith.

The Smith house was built, 855 Ardmore Avenue, February 15, 1918.



Bob and Ann had two children. Sue was adopted by the Smiths in 1923 when she was 5. Robert Smith was born June 5, 1918, and nicknamed Smitty.

Continued next column

Ann Smith died at the age of 68 on June 1, 1949.

July 29, 1950, Dr. Bob made his last public appearance at the first AA conference in Cleveland, Ohio. His talk focused on the need to Keep Alcoholics Anonymous Simple.



Doctor Bob said:

“I think the kind of service that really counts is giving of yourself, and that almost invariably requires effort and time.”

November 16, 1950, Dr. Bob died, age 71, in Akron.

October 7, 1984 the **855 Ardmore** house was purchased and officially incorporated as a non-profit corporation. Variance on the property is made by the City of Akron so the property could be designated a museum.

October 21, 1985, Dr. Bob’s home is named a State Historical Site by Governor Richard Celeste.

Through the office of U.S. Congressman John Seiberling, Henrietta Seiberling’s son, the Smith home is declared a National Historical Landmark October 17, 2012,

From: <https://www.drbobshome.org/about/history/>

DR. BOB ON THE 11TH TRADITION AND ANONYMITY

Dr. Bob said there were two ways to break the Anonymity Tradition: (1) by giving your name at the public level of press or radio; (2) by being so anonymous that you can't be reached by other drunks."

Since our Tradition of Anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English Language that to maintain Anonymity at any other level is definitely a Violation of this Tradition."

"The AA who hides his identity from his fellow AAs by using only a given name Violates The Tradition just as much as the AA who permits his name to appear in the press in connection with matters pertaining to AA."

The former is maintaining his anonymity ABOVE the level of press, radio and films, and the latter is maintaining his anonymity BELOW the level of press, radio and films---whereas the tradition states that we should maintain our anonymity 'AT' the level of press, radio and films."

Dr. Bob provided an example of anonymity on the personal level: You now, suppose we did get into trouble on the way home. How would we tell anyone in A.A.? We don't know anyone's last name.' They get so doggone carried away with this anonymity that it gets to be a joke.

Source: A. A. Area 62 of South Carolina

DR. BOB QUOTES

"Do you believe in God, young fella? Not a god. God,,," Dr. Bob and the Good Oldtimers, p. 144.

"Your Heavenly Father will never let you down!" Alcoholics Anonymous, 4th ed., 2001, p. 181.

"If you and I are going to stay sober we had better get started."

"All we need for another meeting is a resentment and a coffee pot!"

"We were convinced that the answer to our problems was in the Good Book. To some of us older ones, the parts that we found absolutely essential were the Sermon on the Mount [Matthew 5, 6, and 7], the thirteenth chapter of First Corinthians, and the Book of James," The Co-Founders of Alcoholics Anonymous: Biographical Sketches Their Last Major Talks, p. 13 From Dr. Bob's last major address to AAs in 1948

"I have found that no one can be permanently happy unless he lives in harmony with the rules set down in the Good Book. Try it some time. You don't need to wait till you're down and out before you ask for help. There's help waiting for you right now, if you just ask God to help you," "I Saw Religion Remake A Drunkard," September 1939, Your Faith Magazine, p. 84.

DR. BOB'S SPONSORSHIP

Co-founder of the A.A. program, Dr. Bob Smith took the matter of Sponsorship very seriously. History records that he helped approximately 5,000 alcoholics over a 10-year period. Why did he go to such lengths to help other alcoholics?

“Because every time I do it, I take out a little more insurance for myself against a possible slip.” - Dr. Bob Smith

The founding date of June 10, 1935, for Alcoholics Anonymous was selected because that was the day of Dr. Bob's last drink. The last drink Dr. Bob had was a bottle of beer Bill W. gave the surgeon to steady his hands as he went to the hospital to form an operation.

Dr. Bob was never free of the compulsion to drink until his death.



At some point it was decided that Dr. Bob would attend to questions of hospitalization, treatment and the development of Twelfth Step work. Between 1940 and 1950 with Sister Ignatia, Dr. Bob treated drunks at St. Tomas Hospital in Akron. Dr. Bob never charged the alcoholics for his medical care. It is said he that throughout the day he treated patients in the hospital, including alcoholics, wearing his white lab coat. After the work was done for the day, he took off his coat and started serious Twelfth Step work.

Earl T., founder of A.A. in Chicago,

Continued next column

(Earl is the heavy smoker and coffee drinker mentioned on page 135 in “The Family Afterwards.”, 3rd edition)

“wished that every A.A. could have the benefit of this type (Dr. Bob's) of sponsorship today”.



In his story, “He Sold Himself Short” (p. 287 in 2nd and 3rd editions and p. 258 in 4th edition.) he explains how he was taken through the Steps by Dr. Bob:

“The day before I was due to go back to Chicago, a Wednesday and Dr.

Bob's afternoon off, he had me down to the office, and we spent three or four hours formally going through the Six-Step program (i.e., Oxford Group Principles were used until the Alcoholics Anonymous Twelve Steps were written) as it was at that time. The six steps were:”

1. Complete deflation. (Step 1)
2. Dependence and guidance from a Higher Power. (Steps 2, 3, 6, 7, 11)
3. Moral Inventory. (Steps 4, 10)
4. Confession. (Step 5)
5. Restitution. (Steps 8, 9)
6. Continued work with other alcoholics. (Step 12)

“Dr. Bob led me through all of

continued, page 6

Continued from page 5

these steps. At the moral inventory (Steps 4 & 5), he brought up some of my bad personality traits or character brought up some of my bad personality traits or character defects, such as selfishness, conceit, jealousy, carelessness, intolerance, ill-temper, sarcasm and resentments. We went over these at great length and then he finally asked me if I wanted these defects of character removed. When I said yes (Step 6) we both knelt at this desk and prayed, each of us asking to have these each of us asking to have these defects taken away” (Step 7).

“This picture is still vivid. If i live to be a hundred, it will always stand out in my mind. It was very impressive and I wish that every A.A. could have the benefit of this type of sponsorship today. Dr. Bob always emphasized the religious angle very strongly, and I think it helped. I know it helped me, Dr. Bob then led me through the restitution step, in which I made a list of all of the persons I had harmed, and worked out ways and means of slowly making restitution (Steps 8 & 9).

“I made several decisions at that time. One of them was that I would try to get a group started in Chicago; the second was that I would have to return to Akron

Continued, next column

to attend meetings at least every two months until I did get a group started in Chicago; third, I decided I must place this program above everything else, even my family, because if I did not maintain my sobriety I would lose my family anyway. If I did not maintain my sobriety, I would not have a job. If I did not maintain my sobriety, I would have no friends left. I had few enough at that time.”

This article is from several sources including Chiltern & Thames Intergroup, London, England; Silkworth.net; Chicago AA, Area 19,

A.A. EVERYWHERE

A testament to AA’s societal impact—and overall effectiveness—is how prolific the organization has become. There are meetings on cruise ships, in casinos on the Las Vegas Strip, on the beach in Hawaii, and at the Grand Canyon in Arizona. Not to mention Russia, Ukraine, Finland, Japan and all around the globe.

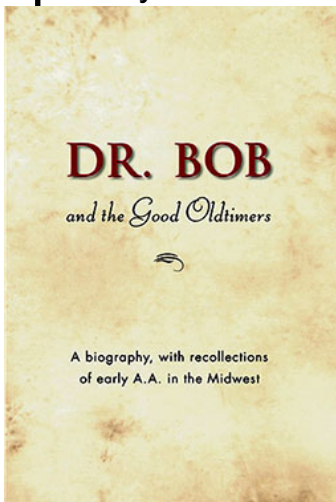
“Today, an A.A. presence can be found in approximately 180 nations worldwide, with membership estimated at over two million. There are more than 123,000 A.A. groups around the world and A.A.’s literature has been translated into over 100 languages.”

(A.A. Around the World, Alcoholics Anonymous website, aa.org)

DOWNSTAIRS BOOKSTORE

Dr. Bob and the Good Oldtimer's

Filled with interviews with friends and family, this deeply researched biography follows A.A. co-founder Dr. Bob S. from his New England childhood to his death in 1950. It chronicles the history of Alcoholics Anonymous in the Midwest.



If you enjoy history and good information about the early days of A.A. in middle American, this is an excellent resource. history of Alcoholics Anonymous. This can be a dry read, but if you are

interested in Dr. Bob and the development of A.A., this is a very good read. It was not intended as an it is kind of a dry, tedious read. However, Dr. Bob & the Good Oldtimers was ever meant to be entertaining, but personal stories about recovery in the 1930s through 1950s. It is a variety of individual memories and stories as well as a history. If you want to learn more about the origins of AA, then give this is a good read.



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



Take a virtual tour of Dr. Bob's house in Akron, Ohio:

<https://www.drbobshome.org/>

See Photographs on page 7, from the website Dr. Bob's Home.



**Dr. And Mrs. Bob
Smith's home in
Akron.**

**Photographs of Dr.
Bob's Home are from
the website
[https://
www.drbobshome.org](https://www.drbobshome.org).**



DR. BOB'S BOOKS AND PAPERS

The collection consists of over five thousand items. These include two hundred books, dozens of pieces of memorabilia, and several hundred manuscripts (original and photocopied) and photographs once the property of Dr. Bob.

The collection was purchased in November 1999 from Sue Smith Windows, Dr. Bob's daughter and donated by Esmond Harmsworth, James Abernathy, Christopher Ohrstrom, Mark Ohrstrom, and Richard Ohrstrom.

Books are all from Dr. Bob's personal library. The subjects range from religious and spiritual topics to the problems of addiction and recovery. Manuscripts include the notes of Dr. Bob's wife. Anne Smith made notes of spiritual principles that eventually influenced the AA movement's twelve steps. Also, there is a looseleaf binder containing Dr. Bob's mimeographed instructions on how to set up an AA meeting and were sent to chapter secretaries.

Among the notable items in this collection is the coffee pot that Dr. Bob and Bill W. first used to help Dr. Bob sober up.

From website, Brown UniversityLibrary, <https://library.brown.edu/collatoz/info.php?id=8>



BrownUniversity Science Library.

Brown University is a private Ivy League research university in Providence, Rhode Island. It is the seventh oldest institution of higher education in the United States.

Dr. David Lewis was the founding director of the Brown Center for Alcohol and Addiction Studies. The Center has become a primary source for the study of alcoholism and its treatment. Under his direction the personal papers, books and manuscripts of Dr. Bob were obtained.

A.A. PERSONNEL RESOURCE

Several years ago I served in the capacity of a human resource specialist during emergency incidents. Assignments included providing managers and supervisors strategies to facilitate appropriate behavior and conduct among emergency personnel through emergency assignments. These incidents can include up to 1000 to 1500 emergency personnel being placed in a wilderness area or other difficult living environment

A friend of mine, Mick M., introduced me to Alcoholics Anonymous several years ago. We had both served on these emergency assignments over several years. During those assignments, we planned and conducted AA meetings during the emergency incidents on our own initiative. Offering AA meetings under stressful conditions for extended periods of time was a no-brainer.

It occurred to us that it would be helpful to introduce fellow human resource specialists to the AA program so they could also initiate these meetings during emergency assignments.

There were approximately 30-40 participants in the training session. Mick and I offered to host a mock AA meeting after the regular training sessions for anyone who would like to initiate these type of meetings

Continued next column

during emergency assignments . We offered this training on a voluntary basis, and invited people to come back to the training unit after dinner that night.

We began the evening session with standard readings from the Big Book including Chapter 5 "How it Works" and the Twelve Traditions. We discussed how to introduce yourself and then we introduced the topic.

To my fading recollection, I believe our topic was something along the lines of gratitude, or the challenges of living with the disease of alcoholism and the value of recovery.

Many of the participants included mid-level managers and some executives.

I remember, we instructed the participants to introduce themselves and identify themselves as a visitor or as an alcoholic, if they were qualified. We kept the meeting fairly casual, and I believe Mick or I started off with a brief share of our personal experience, strengthen and hope living with the Disease of alcoholism.

As we took turns going around the large circle of participants, each participant dutifully introduced themselves and shared a little bit about the topic that was presented.

What astonished Mick and me was that the tone of the meeting began to evolve from nervous self- awareness to the actual heartfelt sharing of a real AA meeting.

Continued page 16

By the time we got around to the 14th or 15th person, people were sharing events from their life involving alcohol or alcoholism that transformed the mock meeting into a real, open AA meeting. A few of the members of our group were members of Al-Anon, and understood the power of the Twelve Step program. We concluded the meeting after everyone had shared by holding hands and staying the Lord's Prayer.

It is noteworthy to mention that a couple of the executives approached us after the meeting to express their surprise at the intensity of the feelings expressed during this event, Many of them had never experienced that kind of emotion in a formal meeting like this.

Mick and I agreed that God had showed up and transformed this "mock" AA meeting into the real thing.

Jim H.
Hot Springs Village, AR

Thought to Ponder . . .

**Humility is not a station we
arrive at;
It is a way of traveling.**

The **Seventh Step** urges the pursuit of humility as a fundamental aspect of staying sober. Humility is vital on the path towards a useful, happy life. Yet AA meeting participants often struggle when trying to define humility. In the opening paragraphs of the chapter devoted to step seven in The Twelve Steps and Twelve Traditions, Bill Wilson emphatically states, "the attainment of greater humility is the foundation principle of each of AA's Twelve Steps."

DR. BOB'S PLAQUE

On his desk, Dr. Bob had a plaque defining 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, to feel nothing done against me.

It is to be at rest when nobody praises me, and when I am blamed or despised,

it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a sea of calmness, when all around and about is seeming trouble.

From Dr. Bob and the Good Oldtimers, Page. 222

VOLUNTEER

IT'S EGO DEFLATION FRIENDLY

INTERGROUP POSITION 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.

=====

YOU ARE NEEDED!

WANTED: REPRESENTATIVES FROM EACH GROUP IN DISTRICT 8. Apply at your Home Group's business meeting & ask them to elect you.

The purpose of the Intergroup Representative is to be a link connecting the individual members of an AA group to those who maintain the operation of Intergroup. This allows Intergroup to better serve its members – every AA group in District 8.

Continued next column

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.



The group representatives attend the quarterly Intergroup business meetings. To this meeting Representatives bring suggestions, comments, or opinions from their group. The Intergroup representative discusses issues and casts their group's vote on matters requiring a group conscience.

Attendance is highly important since every registered group has a voice in reviewing the activities and finances of all the committees and then approving all actions taken. The Representative then informs group members about what the Intergroup activities and what is being accomplished, and how the Intergroup is serving the District 8 groups.

Intergroup in District 8 operates a bookstore at Sellers, stocking A.A. conference-approved literature and service material, Grapevine publications, and locally produced literature. It is an information exchange for A.A. announcements, events and service opportunities. Intergroup responds to inquiries and providing information about A.A. to members, the general public, the professional community, media and outside agencies. Intergroup is a vital service agency in District 8

JUST KIDDIN'

A man in a hot air balloon realized he was lost. He saw a person on the ground and yelled down to him, "Can you help me? I don't know where I am."

The man replied, "Sure, I'll help you. You are in a hot air balloon hovering 30 feet above the ground...between 40 and 41 degrees North latitude and between 59 & 60 degrees West longitude."

"Wow, you must be an A.A. Sponsor," said the man in the balloon.

"I am," said the man, "but what gave me away?"

"Well," responded the balloonist, "everything you told me is technically right but I am still lost. Frankly you're not much help at all and you might even have delayed my trip."

"You must be an A.A. Sponsee," replied the man.

The man in the balloon was amazed and said, I am, but how did you know?

The man on the ground said, "Well, you don't know where you are or where you're going. You have risen to where you are due to a lot of hot air. You are expecting other people to solve your problems and the fact is that you are in exactly the same position you were in before we met, but, somehow now IT'S MY FAULT!"

Have a joke or pun or story?
Please send it for publication in this
newsletter,
louandmara@icloud.com.

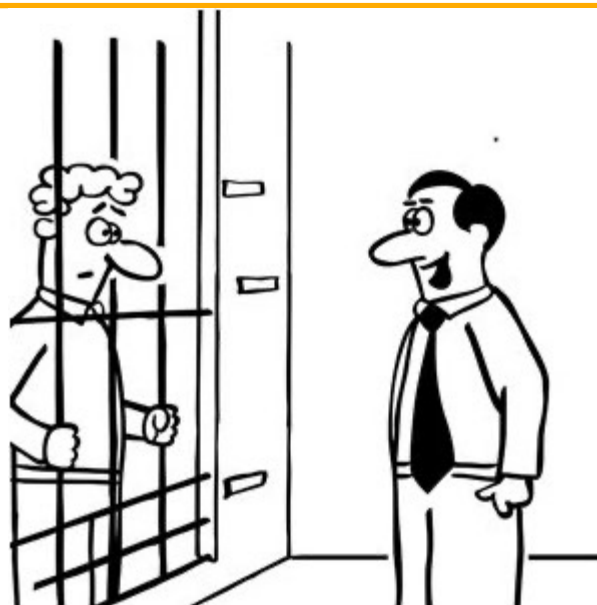
After the AA meeting, the ghost finally admitted it.

He has a boos problem.

GROAN

The other day I tried to be inspirational by saying, "You miss 100% of the shots you don't take"

My brother went to his AA meeting drunk, then he tripped down the stairs. He's been having lots of trouble with the steps lately.



I have some good news and some bad news. The good news is, the judge ruled court orderd AA is inhumane. The bad news is, he reduced your sentence to waterboarding.

INTRGROUP 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.

UPCOMING EVENTS 2023

PLEASE ANNOUNCE

Type to enter text

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."

