

No Booze News

Intergroup Council of West Central Arkansas

Volume LXLI Issue 3

July - August - September 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.

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ARTICLES:

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

John's Story... Do you know how many Intergroups are in the State of Arkansas? TWO: One is in Northwest Arkansas, District 1, and the other is our Intergroup Council of West Central Arkansas in District 8.

How many groups send Intergroup Representatives to the Quarterly meetings? Very few. MORE is better if we, Your Intergroup Council, is to serve District 8 groups and meetings to the best of our ability.



Our Intergroup Council is **your** local service office. ***Intergroup Council of West Central Arkansas was specifically established to carry out particular functions that carry the A.A. message to the alcoholic who still suffers.*** Intergroup Council is supported by the District 8 Meetings and Groups while governed by Tradition 2.

What does Intergroup Council do? Intergroup Council provides a bookstore of A.A. literature, recovery materials, medallions and other merchandise. Every quarter a schedule of all District 8 Groups and Meetings, accurate times and locations, is published and disseminated. The website, <https://aawcar.org/> provides meeting information, news, an event calendar, and information about Alcoholics Anonymous. A quarterly newsletter, "No Booze News," is our District's "meeting in print" provided to every GSR and by free subscription.

Intergroup Council is made up entirely of volunteers from within District 8. We need Groups and Meetings to send Intergroup Council Representatives to quarterly meetings.

OUR DISTRICT 8 MEETING IN PRINT!

The Intergroup Council's next meeting is Sunday, July 30, at 2:00 p.m. , at 411 Sellers in Hot Springs. Please send a Representative from your group or meeting! Intergroup Council of West Central Arkansas welcomes your active participation.



Soon after becoming a member of Alcoholics Anonymous, while at a meeting where we were studying the Traditions, I heard a member talk about our Three Legacies of Recovery, Unity, and Service. He used the metaphor of a 3-legged stool: the stool representing A.A. and each leg representing one of the three Legacies.

This member said, "It is probably possible to stay sober just practicing the Recovery program and attending a few meetings here and there without ever learning the Traditions or participating in our Service Structure. But if everyone thinks and practices A.A. this way, I'm fairly certain A.A. will cease to exist."

A stool is a seat without a back or arms whose support is wholly dependent on the strength of the legs and their alignment. A 3-legged stool is only as strong as the legs supporting it. If one leg is a little short, the stool will tip to one side or wobble. If a leg is weak, broken or missing, the stool will fall over.

Continuing, he said, "If I want A.A. to be here for me today and to be here for the next suffering alcoholic, possibly a family member, it behooves me to get involved in some aspect of practicing All Three Legacies.

"Think of yourself as the stool: How healthy do you want to be?"

Lindsay M.

NEW DCM? NEW GSR? NEW COMMITTEE CHAIR? VOLUNTEER ON A COMMITTEE? AREA CHAIR? FIRST YEAR DELEGATE???

All of us have been first timers, from making coffee to serving on a committee; we all have felt honored and then worried.

WHAT DO I DO NOW????

There are three (3) publications that provide job descriptions, structure and help you know what your new responsibilities are and how to fulfill them. The first is the **The A.A. Service Manual/ Twelve Concepts for World Service 2021 - 2023** available from GSO, \$4.00 from GSO.

The second is the **Area Assembly Area 4 Arkansas Structure and Guidelines** available to download from the website, <https://www.arkansasaa.org/>. The **Addendum to Structure and Guidelines** was adopted in 1991 and can also be downloaded.

The third publication is the **District 8 Structure and Guidelines** available from the District 8 Secretary.

Another *major resource* is a **Service Sponsor**, an alcoholic who has experience in service, who shares this with you who are starting to serve and carry our message. A Service Sponsor can guide you through the maze of service; help you with keeping your integrity; and help you understand and apply the Traditions for Unity and the Concepts for Service.

VOLUNTEER

IT'S EGO DEFLATION FRIENDLY

MY DOCTOR SAID I NEEDED
TO DRINK MORE WATER,
SO I ADDED ICE TO MY WHISKEY.



My favorite book is How Tequila
Mockingbird.

G r o a n

It's time to wine down, but keep your gin
up.

Liquor may not solve your problems, but
it's worth a shot.

My relationship with whiskey is on the
rocks.

Which is the coldest booze? Burrbon

Just Kidding

The policeman had the bar under surveillance a few minutes before closing time, so he could see who comes out drunk.

The first one out the door at 2:00 o'clock weaved down the sidewalk, then fell on the curb. He sluggishly got up, then tried his keys in five cars before finding his own car. Once inside his car, he fumbled with his keys for 2 or 3 minutes.

Meanwhile, all the club patrons had gotten into their cars and driven away. Only this one fellow was left, quite alone in the parking lot.

He finally got his car started and began to very slowly drive away. Immediately, the police car was behind him with lights flashing.

The policeman asked the man to take a breathalyzer test, to which he readily agreed.

When the reading was 0.0%, the policeman said, "How can this be?"

To which the man replied, "Because tonight, I'm the designated decoy."



If Batman was my sponsor.

WHAT I RECEIVED...

Service enhanced my sobriety in many ways. When I was elected General Service Representative (GSR). I felt I had become a part of the the fellowship that saved my life. Attending District and Area Assembly expanded my AA family while the "Service Manual" explained what my service responsibilities were.

My Service Sponsor had me read A.A. Comes of Age and Language of the Heart. This was when I became aware of the responsibility that we all have to our fellowship.

When elected Alternate DCM and then DCM, I learned how to be a better listener and how to play better with others. Also, I started attending Tradition and Concept Studies to learn about our all our principles.

When elected Area 4 Co-Chair I became aware that when I suit up and show up, God shows me ways to be of service to others. Serving as Chair of Area 4 Group Relations Committee gave me the opportunity to learn more about A.A. around the state. I realized at that time that not only was I practicing Recovery and Unity, but I was part of our Third Legacy, Service.

As Alternate Delegate, I had the opportunity to chair the 2016 Southwest Region Alcoholics Anonymous Service Assembly that Area 4 hosts every 22. Years. This is when I learned to delegate responsibilities and to trust others. Being Area Chair and expressing no opinion helped me be a better facilitator.

When elected Delegate and I went to my first Conference in New York, I saw how the Committee process works.

I came to A.A. to stop drinking. Service enhanced my sobriety to where I have learned to trust in God and in others.

In Love and Service,
Tom F.

FOR CONSIDERATION

AS WE SERVE others we are working on ourselves; every act, every word, every gesture of genuine compassion naturally nourishes our own hearts as well. It is not a question of who is healed first. When we attend to ourselves with compassion and mercy, more healing is made available for others. And when we serve others with an open and generous heart, great healing comes to us.

Wayne Muller

SERVICE is what prayer looks like when it gets up off its knees and walks around in the world.

Michael J. Graham, S.J.

SERVICE IN ARKANSAS ALCOHOLICS ANONYMOUS

There are numerous ways to serve in Alcoholics Anonymous. Some make coffee and clean-up after meetings. There are meeting chairs and set-up crew; officers like Treasurer and Secretary; and then there are positions like Cake Lady and Supply Person. These are vital service jobs that, if not attended, might prevent a meeting from occurring or destroy a group.

Sometimes these jobs lead to positions at District and Area such as GSR, DCM, and Area Chair. These are not political volunteer positions, but the places groups come together to discuss problems & solve them, and, importantly, learn about actions by Trustees and GSO staff. All can affect A.A. as a whole either positively or detrimentally.

Coffee Maker and greeter may be the most important service positions, but GSR and Treasurer are also vital to Alcoholics Anonymous groups and meetings.

ARCHIVES COMMITTEE

Everything has an underlying cause. What we are doing in AA today will be the history for those to come. In addition to having the experiences of the founders in books, letters, and recordings, the future members of AA will also hopefully have the significant experiences of today's members. I get to be a part of their experience by serving on the committee.

I believe you will gain a greater appreciation for our fellowship and our three Legacies.

The solution for continued sobriety is to keep having spiritual experiences. They happen most times when you least expect them but always after I seek for them by practicing spiritual principles. Having the history of this program to look back on is awe inspiring. **I may not be able to show you God, but I can show you where He has been.** Spend a little time with me interviewing old timers, recording their history and you will see where God has been, and possibly where He is guiding you.

Lindsay M., Chair
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CORRECTIONS

Some alcoholics are not lucky enough to be able to go when they want to an A.A. Meeting because they are in prison. Inmates have limited contact with the shared experience that our Fellowship offers through the meetings.

Within 6 months of my sobriety, my sponsor suggested that I should attend the quarterly group conscience/business meeting. Then, in 2018 my sponsor nominated me for GSR; and I accepted District 8 Corrections Chair

Con't next column

because I was already a volunteer going *behind the walls*; in 2020 I was appointed Arkansas Area 34 Chair of the Corrections Committee.

At an Area 4 Meeting, one of my fondest memories is a man pointing his finger at me and saying, "*I remember you at the Ouachita River Unit; you AAs and your message got me started in Alcoholics Anonymous!*"

This doesn't happen often, but each Inmate is worth my time. I, and many, go *behind the walls* sharing our Experience, Strength and Hope. Nothing is more important to me than "Carrying this Message to Alcoholics" from Step 12.

When anyone, anywhere reaches out for help, I want the hand of AA ALWAYS to be there. *AM I RESPONSIBLE?*

Paul K.
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GROUP RELATIONS COMMITTEE

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs." If this is suggested then that is what I'm doing! My sobriety birthday is 2/14/2, I have always been active in AA and am fortunate to be able to practice this principal "out-there".

AA has taught me to honor **WE** and not just me. I am more joyful when helping others. I am happy to be a GSR and chair the District 8 committee Group Relations. I had no prior knowledge of this committee because it wasn't a committee in prior Districts I served. I was asked, there was a need and I feel I can serve our District because you are helpful and supportive. There are many opportunities to carry the message. I gravitate towards the social.

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Group Relations, continued

In my moves to Ruidoso, NM, Santa Fe, NM and Long Beach, Ca, I always asked to be a "Greeter". Reaching out gave me opportunities to work my *courage muscle*, become a part of our A.A. community and service my home group!

Service is not always easy; but if we are to grow in and out of AA we need to push ourselves to take that contrary action. One way is to join the Group Relations Committee and reach out to our fellow Alcoholics in District 8. And to bring joy to others as well as enjoying ourselves.

Come, Volunteer for the Group Relations Committee!!

Kim W., Chair
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DISTRICT 8 SERVICE

There are, according to the District 8 Guidelines and Structure seven (7) committees including Archives, Cooperation with the Professional Community, Corrections, Grapevine, Group Relations, Public Information, and Treatment. All of these committees need volunteers to fulfill their responsibilities. Volunteers are vital!

Every committee needs volunteers. As a volunteer YOU are carrying the message of sobriety to the still suffering alcoholic. That is what we do in the Twelfth Tradition!!

"Practical experience has shown that nothing will so much ensure immunity from drinking as intensive work with Alcoholics...You can help when no one else can." Page 89, Alcoholics Anonymous.



INTERGROUP COUNCIL of west Central Arkansas




has the responsibility of serving each and every Group and Meeting in District 8. **How are we to accomplish that? Only with the help of every Group and Meeting.** Why do we urge your Group or Meeting to elect an Intergroup Council Representative? It is to fulfill the partnership between your Group or Meeting and Intergroup Council: it is essentially a service entity "directly responsible to those they serve" as described in Tradition Nine.

I didn't like Intergroup Council and did not want to be a Representative, but my home group elected me to attend the quarterly meetings. I dragged myself to the meetings with a closed mind, but the Executive Committee and other Reps gave me facts, general information, and thereby enabled me to return to my group with vital information. I read the "**AA Guidelines on Central Offices and Interegroups**." Our Group became aware of services; learned about book prices and the newsletter; and was able to make good, informed decisions about financial contributions and utilize the Downstairs Bookstore. I ensured our Group information was accurate on both the website (<https://aawcar.org/>) and the quarterly "Meeting Schedule." An Intergroup Representative is necessary to ensure we are fully receiving available services; serving our A.A. community; and using contributions for maximum effectiveness. *My Group knew better than me.*

All Groups and Meetings within District 8 have the right to representation at Intergroup Council. Please elect an Intergroup Representative to enable your Intergroup Council to best serve YOUR Group.

Mara M.

UPCOMING EVENTS

- * **Rock Bottom Speaker Meeting, July 24, 2023, 8:00 p.m.,** 1203 West Sevier Street, Benton, AR
- * **83rd Old Grandad, July 28 - 30, 2023;** Arlington Hotel, Hot Springs, Arkansas. Registration \$25 before July 14, \$30; **Website:** www.oldgrandadconvention.com
- * **AA 18th Birthday Party Honoring Hope Group** Sherwood, Arkansas, August 7, 2023; Hope House, 9312 Arkansas 107, Sherwood
-  **Intergroup Council of West Central Arkansas, July 30, 2023,** Quarterly Meeting Sunday, 1:30 p.m, 411 Sellers Street, Hot Springs, AR
-  **District 8, September 3, 2021, 1:30 p.m.** Committee Meetings; 2:00 p.m. District Committee Members; 411 Sellers, Hot Springs, AR
- * **“NO BOOZE NEWS,”** Publication date October 1, 2023.
- * **40th Annual Autumn in the Ozarks, September 22-24,** 23 Davey Lane, Mountain Home
- * **SOUTHWEST REGIONAL FORUM, September 29-October 1, 2023,** El Paso Texas
-  **Area 4 Assembly, October 7 - 8, 2023;** Holiday Inn and Suites, 300 East Harrell Drive, Russellville, AR, (479) 219-5152.

Chili Challenge, October 28, 2023; Crystal Valley Baptist Church, 5507 Crystal Hill Rd, NLR

Send event information to Mara M at louandmara@icloud.com, or by text to 501-984-3556. Thank you.

