

No Booze News

Intergroup Council of West Central Arkansas

Volume LXLI Issue 4

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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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John's Story,

Halloween marks the end of summer, the end of harvest, and the beginning of colorful autumn and cold, dark winter. Halloween today is more about community get-togethers than about ghosts, pranks and witchcraft. We Alcoholics participate in all these activities hosted by groups like HSAA and the Rockhouse.

An annual celebration of the harvest and abundance, Thanksgiving is a festival that spans cultures, continents and millennia. This holiday we alcoholics consider our own special month for Thanks Giving. We celebrate our salvation from a fatal malady.

***It is time to remember all our Great Blessings,
and make good cheer with all those we hold dear!***

***Dear Father, thank You for all you do for us;
for making it possible for us to come together.
We pray for Your guidance to do the right thing each day.
Amen.***



OUR DISTRICT 8 MEETING IN PRINT!

The Intergroup Council's next meeting is Sunday, October 29, at 1:30 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.

THE THREE WHAT'S

In the 5th Chapter, "How It Works," there is a sentence on page 58:

"Our stories disclose in a general way what we used to be like, what happened, and what I am like now."

On page 29 of the Big Book, it reads, "Each individual, in the personal stories, describes in his own language and from his own point of view the way he established his relationship with God."

And, finally, on page 50, "In our personal stories you will find a wide variation in the way each teller approaches and conceives of the Power which is greater than himself."

When we speak or write our story we are fulfilling the Twelfth Step: "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." We are sharing our journey in sobriety and in seeking our Higher Power in hopes another alcoholic will identify and join us and stay with us

I tell my story to remember from where I came and to where I have come; giving my Higher Power, who I call God, and AA all the credit. Secondly I tell my story to realize how I had a Spiritual Awakening and how I have drawn closer to God, how He saved me. I'm not preaching or proselytizing but simply telling my story in hopes it helps someone. Further, and possibly most important, I want to give hope to alcoholics by describing how my life changed for the better and letting them know it can for them, too.

Mara M.
Alcoholic, 4/24/1986

ALL HEART

Kevin R.
Alcoholic, June 24, 2015
Arkadelphia, AR

I grew up in Houston, TX, with a single Mom and three brothers. Alcohol was around most of the time so, while I was growing up. I started drinking around 8 to 9 years of age, sneaking sips out of any available bottle. It wasn't long before I was sneaking off with a whole beer, guzzling it down, and then carrying the empty around until the coast was clear to grab another.

Later on I would mow grass for beer money. My brothers and I would go to the 7-11 and wait for someone who might buy us a six pack. Most of the time it was successful, but occasionally they kept money.

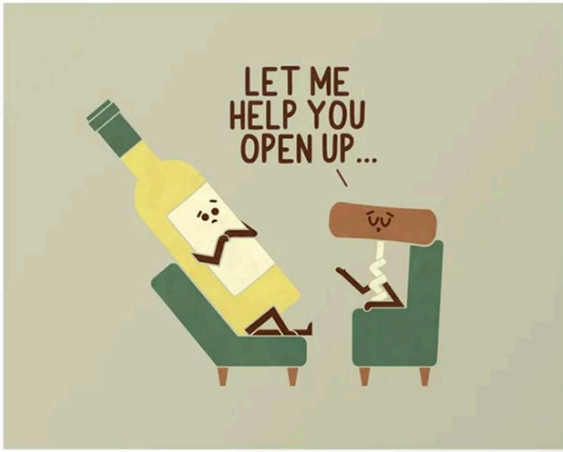
When I turned 15, a pool hall opened up about a 1/2 mile from our house. I got a fake ID showing I was 18 and became a regular. The day I really turned 18 a group of us went there to celebrate. There was a new guy at the door who stopped me for my ID and I hollered, "I turned 18 today!" The manager called me over and told me he should kick me out and ban me because of all the trouble my lie could have caused him.

When I was in 12th grade, I worked at a nightclub serving beer and getting ice for the bartender. I was allowed three drinks a shift and any "drink mistakes." My alcoholism became worse.

When I drank, I usually blacked out while driving. In a city of 4 million with major traffic at all hours, I lucked out with only one DWI. The next morning I bonded out, picked up my car, with some hot beers on the floorboard. I opened one and finished them all on the way home.

Occasionally I'd quit drinking but it wouldn't be long before I was drinking and driving again —

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Just Kidding

An elderly man is stopped by the police around 2 a.m. and is asked where he is going at this time of night.

The Man replies, "I'm on my way to a lecture on alcohol abuse, and the effects it has on the human body, as well as smoking and staying out late and the effects on the human body."

The policeman asked, "Really. And who is giving this lecture at this time of night."

"That would be my wife."

An Alcoholic law student walked into a bar. He regretted not passing the bar.

Signs you drink too much coffee:

- You answer the door before people knock.
- Juan Valdez named his donkey after you.
- You ski uphill.
- You grind your coffee beans in your mouth.
- You haven't blinked since the last lunar eclipse.

What do you get when you mix alcohol and literature?

Tequila Mockingbird

Green

The favorite drink Chuck Norris orders at any bar is the sock—ee.

The reason dogs are not allowed in bars is because they can't hold their licker.

The reason why the drunk climbed up the bar roof is because it was announced the next one was on the house.

Instead of me drunk dialing you, allow me to enjoy the party and alcohol you later.



"And then I began to get hooked on eggnog."

almost like I was making up for lost time when not drinking.

After moving to Arkansas, I stopped drinking for awhile because I lived in a dry county without a car. But I got a car and a job working at a plant off Hwy 210. I did well. I got married and we had a son and daughter. I didn't drink for 8 years.

Then I started another job where I worked for over 23 years. But it all became too much. I got into trouble for drinking on the job when my supervisor caught me. Figuring I was irreplaceable, I wasn't worried about the three day suspension.



When I got home, my wife, Tiffany, smelled the beer and was angry. I had lied for years about my drinking telling her it was chemical smells. She told me to get out.

I called the Sheriff's Office for help but was told it was too late, so I went to the liquor store for a 30 pack, stopping at a deer lease. I wouldn't kill myself, but I didn't care anymore. I couldn't go on and I needed help.

Returning home, Tif told me the sheriff called leaving a number for A.A. A God send. I called and a man said there was a meeting the next night at 8:00 p.m. I didn't know what to expect, but when I walked through the door I immediately knew I was in the right place.

I got a sponsor and began working the Steps; I followed simple guidance to a much better life. I made coffee and cleaned up after

meetings, and eventually chaired. I volunteered for the Omega Prison program on Fridays and became the group treasurer and now I am GSR for my home group.

In September 2021 I was rushed to the ER for a heart attack and received two stents the same day. The next day my heart stopped and I was rushed to surgery for two more stents, a pacemaker and put on a

ventilator. I was in a medically induced coma for 14 days and my family was told I might not survive. I was expected to die.

My A.A. family came and stayed close, comforting

my family. They prayed for me and for my family through the long and hard recovery. None of this would have happened had it not been for my Alcoholics Anonymous family and friends, my family's support and, most importantly, God,

My wife says, "I truly believe A.A. saved Kevin's life and I am grateful for the impact A.A. has had on our lives."

This year, 2023, Tiffany and I are celebrating 36 years. When we first married, we made a decision we'd never divorce, but there were certainly times my wife must have had second thoughts I'm grateful she stayed with me and grateful for my children. I still use a cane and have to be careful of my heart, but I'm alive to enjoy the blessings given through Alcoholics Anonymous by God, of my understanding.

ENTIRELY READY, HUMBLY ASKED...

Imagine a tightrope stretched over a quarter of a mile, spanning the breadth of Niagara Falls. You can hear the thundering sound of pounding water drowning out all other sounds and the spray is in your face! Looking across, you watch a man step onto a rope and walk across Niagara Falls!

This was an extraordinarily stunning feat! It made Charles Blondin famous and a household name in the summer of 1859. He walked 160 feet above the falls **several times, back and forth**. Huge crowds on both sides looked on in absolute amazement. Once he crossed in a sack, once on stilts, another riding a bicycle, and once he even carried a stove and cooked an omelet!



On July 15, Blondin walked backward across the tightrope to Canada and returned pushing a wheelbarrow.

After pushing a wheelbarrow across while blindfolded, Blondin asked for audience participation. The crowds had watched, applauded, "Oooooohed" and "Aaaaahed!" He had proven that he could do it; of that, there was no doubt.

He asked his audience, "Do you believe I can carry a person across in this wheelbarrow?" Of course the crowd shouted, "YES!" We Believe!

Then Blondin asked, "Who will get in the wheelbarrow to ride across?" Who has Faith?

Faith is "the assurance of in what we hope for and evidence of things not seen" while belief is knowing something is true because we've seen it. We acknowledge the feat with great cheers but that does not move us to get in the wheelbarrow. Faith provides confidence to get in the wheelbarrow for a ride across the Niagara.

In Step Six I recognize I have character defects and **believe** I must let go of my every one of them and become **willing** to let go of them. "**Willingness** is indispensable" to becoming entirely ready.

Faith moves me to take action; encourages the **humility** to ask God to "take all of me both good and bad" removing "every single defect of character that stands in the way of my usefulness to You and my fellows." It is stepping into the wheelbarrow, knowing Blondin will cross Niagara Falls once again but with me in the wheelbarrow. Step Seven is completed.

Anonymous

Our **TRADITIONAL IMAGE** of an alcoholic is someone who cannot keep their life together; hopeless; possibly on the streets; lost from family, friends; no job; and failing health. Yet 20% of alcoholics are called "high-functioning" and have outward signs of success: a good job, accomplishments and recognition, a steady income, even a loving family. They experience a good life that doesn't expose their drinking. They struggle until one of two things happens: usually a loss of control that shocks the alcoholic into seeking treatment; or they die. Whether Van Gogh, Alexander the Great, Betty Ford, Buzz Aldrin, F. Scott Fitzgerald or Ernest Hemingway, or You, alcohol can strike anyone.

We carry the message to alcoholics regardless of circumstances.

A LIMITLESS LODE

Ruthie B.

Alcoholic, April 6, 1994
Hot Springs Village, AR

I grew up in Kansas City, Missouri, wanting for nothing, living with loving, with stable parents and 4 siblings. Family circumstances 'bestowed' upon me the blessings of being the youngest: the hero of the family. Early on, I was a perfectionist.

Although I drank alcohol before I was 20, I crossed 'over the line' into alcoholism in my early 20's. I did graduate from college and had a successful career of nearly 40 years, always filled up with personal struggles.

The late 70's, 80's, and early 90's are a blur. I became very depressed, morose, angry, argumentative, and played the 'blame game'. I was self centered and fearful as I became more immersed in the alcoholic lifestyle.

Towards the end of my drinking, I felt a big hole in my soul, the wind blowing through it. I hated myself and my life. I had few friends and isolated from others. I truly was unable to live a purposeful personal life.

I learned later it was that first drink that got me drunk and that I could recover in Alcoholics Anonymous.

At the age of 41, I sought help from a psychotherapist who was a member of AA. I was not allowed counseling unless I went to AA. Only then would I receive counseling.

I am so grateful my Higher Power who

Continued next column

hooked me up with Esther, my psychotherapist. Our meeting was one of my many 'God shots' as she was the most perfect person to help me. I have had many, many God Shots since then.

Today, I have over 29 years of freedom from alcohol! I am living in the moment. I cannot claim a perfect life, free of difficulties, but I know that challenges are growth opportunities if I am willing to see and learn from them. The key for me is to remain teachable and never seek to arrive at perfection's door. I've learned to live one day at a time, which is most effective when I depend on God's Grace and direction.

As Clancy said, "Alcoholism is a disease of perception."

If I want changes, I must take action.

Nothing changes if nothing changes. It is my understanding of a situation, place or person that needs to be adjusted. It is my attitude that

usually needs to change.

To maintain a healthy perspective, I go to meetings frequently; meet with my sponsor and sponsor others; and read our literature. I am of service both in and out of Alcoholics Anonymous.

Continued on page 7

I'll close with a favorite passage from Alcoholics Anonymous, pg.129:

“He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product”.

If I do that as effectively as I can, I never have to take another drink. I have struck something better than gold!! ❤️

THE POWER OF SHARING OUR STORIES

Your recovery story is a personal account of your experience with Alcoholism. But it doesn't just detail your life in active drinking, it also recounts how you overcame the challenges of Powerlessness to coming to Believe in a Power greater than yourself. You are telling what you were like while drinking, why and how you quit, and how your life is now.

Millions of Americans have struggled with Alcoholism. Yet there continues to be mainstream silence on these issues because of the negative stigma surrounding our disease. Even those going through the recovery process may keep silent due to fear and shame.

Recovery is a life-changing step. While you are entitled to your privacy when it comes to this highly personal process, there is power in opening up and telling your story. Sharing your recovery story can be a step forward in your own personal healing. It also has a healing power for others who are still struggling to break free from Alcoholism.

Unknown

Sharing Our Stories

How often it's said of an alcoholic, “What a shame! He or she had so much potential!”

It's the kind of sad statement usually whispered when it's too late, when we're being locked up in prison or laid to rest in the ground. Sadly, for too many of us, this is how the story ends. But recovery gives us a chance to live two lives, and we need to know that our second birth is no guarantee that things can't end up just as tragically as the first. We've all seen it happen. Dry - but a long, long way from sober!

Our literature warns, “Our liquor was but a symptom.” We each wrote Part One of a story that ended in tragedy and now we need a new Author to help write the second. Two Way Prayer opens us to hearing an Inner Voice that knows our potential, guides us on our way, and never sells us short.

Two Way Prayer Newsletter
September - October 2023
Father Bill W.

“Carry the Message Not the Mess”

Hope you enjoyed this new way of carrying the message of Recovery. We hope you find this to be “District 8's Meeting in Print.” Individual stories will be in each quarterly newsletter. All stories will be written by individuals from District 8.

The point of writing or speaking is so newcomers and members can be reminded why we stay sober and learn what works for each person.


HEARD IN A MEETING: “I don't have a problem hearing; I have a problem listening.”





* **SOUTHWEST REGIONAL FORUM, September 29-October 1, 2023, El Paso Texas.**

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

 **Area 4 Assembly, October 7 - 8, 2023; Holiday Inn & Suites, 300 East Harrell Drive, Russellville, AR, (479)219-5152.**

* **Rock Bottom's Annual Picnic, 2:00 p.m., Sunday, October 8, 2023, Mary Kennedy Park, Haskell, AR Please bring a side dish or dessert. Hamburgers & Hot Dogs provided.**

* **Rock Bottom Speaker Meeting, Monday, October 23, Mary E., 1203 West Sevier, Benton, AR.**

* **Halloween Fellowship Party, October 28, 6:00 p.m., Hot Springs AA, 411 Sellers Street, Hot Springs.**

 **Intergroup Quarterly Meeting, Sunday, October 29, 1:30 p.m., 411 Sellers Street, Hot Springs, AR. All Groups are encouraged to send a representative.**

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

* **75th Tri-State Convention, November 4-6, Bossier, Louisiana, Call AA Central Office: (318)865-2172 for more information**

* **69th Annual Jonesboro Thanksgiving Convention, November 10-12, Holiday Inn, 2908 Gilmore Drive, Jonesboro; Information contact Bobby C. 870-897-2128.**

 **District 8, December 3, 2023, 411 Sellers, Hot Springs, AR. 1:30 p.m. Committee Meetings; 2:00 p.m. District Committee Members**

FLYERS ON NEXT PAGE



Please join us for

ROCK BOTTOM'S ANNUAL PICNIC

October 8 @ 2 PM

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

HOT SPRINGS AA PRESENTS

HALLOWEEN Fellowship Party



OCTOBER 28TH @ 6PM
 411 SELLERS, HOT SPRINGS

COSTUME CONTEST
 DJ KARAOKE - FACE PAINTING - CRAFTS
 BRING FINGER FOODS

8 PM MEETING WILL BE OPEN MEETING.
 BRING FAMILY AND FRIENDS

MORE INFORMATION CALL RASA 501-359-1642

Rock Bottom Speaker Meeting

Mary E.

1203 W. Sevier St.
 Benton, AR

October 23 8 PM

Adobe Express

You are invited to attend
 The 38th Annual

Border City Roundup

Fort Smith, Arkansas

November 3, 4, & 5th 2023

"LIFE WILL TAKE ON A NEW MEANING" (Big Book pg. 89)

AA Speakers
 Altonon Speaker
 Altonon Meeting
 Hospitality Room,
 Raffle and
 Refreshments

Location:
 Wyndham
 700 Rogers Ave
 Fort Smith, AR
 (479)783-1000
 Special Room Rates-book by
 October 9th
 Speakers at The Wyndham

Speakers
 Jennifer H-K, (Dallas, TX)
 Jacob B. (Tulsa, OK)
 Victor V. (Tonitown, AR)
 Belinda F. (Kenner, LA)
 Rosie P. (Fayetteville, AR)
 Convention Voice—Cindy G.

Event Registration Hotel Reservation

REGISTRATIONS RECEIVED BY OCTOBER 27, 2023 WILL BE ELIGIBLE TO WIN
 FREE REGISTRATION FOR THE 2024 CONVENTION

| CLIP AND MAIL | CLIP AND MAIL | CLIP AND MAIL |
|---|---|---|
| NUMBER ATTENDING AA _____ @ \$20.00 ALANON _____ @ \$20.00 ALATEEN _____ @ FREE TOTAL _____ | REGISTRATIONS TO BE HELD IN THE NAME OF: NAME _____ ADDRESS _____ CITY _____ STATE _____ ZIP _____ EMAIL _____ BADGE NAMES: AA _____ ALANON _____ ALATEEN _____ | MAKE CHECKS PAYABLE TO: CONVENTION TREASURER P.O. BOX 5362 FORT SMITH, AR 72902 Question? email: bordercityroundup@gmail.com |

* PRE-REGISTRATION ENDS OCTOBER 27, 2023
 REGISTRATION AT DOOR \$25.00—OPENS 5PM FRIDAY *

THE 75TH TRI-STATE CONVENTION

CELEBRATING 75 YEARS OF FELLOWSHIP IN LOUISIANA, TEXAS, ARKANSAS, AND BEYOND

NOVEMBER 4-6, 2022

ROCKETED INTO A FOURTH DIMENSION

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Host Hotel- All Events On Site
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Call and Mention Tri-State to receive
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For More Information:
 AA Central Office: (318)865-2172