

# No Booze News

Intergroup Council of West Central Arkansas

Volume LXLII Number 1

January - February - March 2024

## **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, A.A. member subscribers. It is posted on <https://aawcar.org/>

To subscribe or stop a subscription, email **Mara M.** at [louandmara@icloud.com](mailto:louandmara@icloud.com) or text 501-094-3556.

Is there something you'd like to see in this newsletter? Please let me know! Send a story, an idea about AA, trivia, pun or history item or a joke!

## **John's Story...**

*Happy New Year! This time of year offers us a brand new start and I want to take this opportunity to start fresh with you and wish you love and peace in the new year! Let us enjoy our Sobriety and recovery together!*

**I hope this year each group will send an Intergroup Representative. The only way we know what will best serve our District groups and meetings is hearing from each one. Our Intergroup is supervised and supported by your group or meeting. We exist to aid District 8 groups and meetings in our common purpose of carrying the A.A message.**



May every day  
so Smile on you  
that  
you cannot  
keep from  
smiling, too!

## **OUR DISTRICT 8 MEETING IN PRINT!**

The Intergroup Council's next meeting is Sunday, January 28, 2024, 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.

## **BOB'S STORY**

**[NOT TO BE CONFUSED WITH DR BOB]**

Watch for all the life changing blessings that I received and how I took every blessing for granted until I became sober.

I was born 70 years ago in El Dorado, Arkansas. My early childhood could be classified as ideal. I had loving and caring parents that always provided me with my needs and most of my wants.

I had my first drink, or rather drunk. at age fifteen. I had my first blackout.

At first, I drank on weekends or whenever I thought that I would not get caught. Every time I drank, I would blackout, but even then, I thought this was normal.

I graduated high school, a story and blessing, and then went completely wild. Graduating high school opened my world to drink every day and party. Yes, I must also admit that there were many dry goods mixed in with the alcohol during this period. It did not take long before I ended up in serious legal trouble from my escapades. The Prosecuting Attorney gave me a choice of prison or The Marine Corps. I decided the Marine Corp was the best of the two.

I spent the next three years 8 months and 15 days honing my drinking skills in the Corps. In 1975 I was involved in a serious automobile accident in Okinawa. I spent the next 9 months in the hospital. This was the blessing of life. I was medically retired because I would never be eligible for active duty again.

I started a two-year pity party at this point. I thought my only true friend was named Jack,

Continued next column

Jack Daniels; we became best buddies.

Being disabled and unable to work, the bottle made me feel whole again. After a couple of years of whiskey, I made my first attempt at controlling my drinking. I switched to beer.

After this there was wine then whiskey again. This process of control by simply changing what I drank would continue until I finally quit.

When I was fifty-five my Hepatis C flared back up and I was told no treatment until I remained alcohol free for six months. Six months is a long time.

In 2009, I was placed in a program because of my anger issues. This included three group sessions plus a one on one with a psychiatrist each week. I played the game for a year and got mad enough to leave one day. My counselor persuaded me to go to treatment that day. This was my first exposure to AA.

I went for all the wrong reasons. I left treatment during my last week due to a kidney stone. It took another three years for me to get six months alcohol free and get my Hepatitis C treatment. This started my first dry drunk.

I hid from the world and all my friends because I knew of no other way to quit drinking. I struggled for the next three years just not drinking. On June 11, 2016, I had my last drink which led to my last blackout. It was not a planned drunk.

I thought that I could safely drink a beer.

Heck, it has been three years since I had a drink. How conveniently did I forget the bad parts that naturally emerge when I drink. I made my pact with my higher power the moment I came out of my last blackout that day. A fox hole prayer was all because that's all I knew how to do. Did I seek help at this point? No, I still think that I got this. I white

Continued, page 4

## ZERO

Step 0 is not in Alcoholics Anonymous (the Big Book) or in the Twelve Steps and Twelve Traditions (12 X 12). My observation is that it is described in these two books' narratives. Step 0 obviously occurs before Step 1 and passages in the two books illustrate this: We must have "complete defeat" which is the "tap root" through which we can flower.

The 12 X 12 on Page 24 brings my observations to life and in particular in two sections:

"Why all this insistence that every AA must hit bottom first. The answer is that few people will sincerely try to practice the AA program unless they have hit bottom first".

"Under the lash of alcoholism we are driven to AA and there we discover the fatal nature of our situation".

In another place it states "by circumstances rather than any virtue we have been driven to AA".

So, the bottom that manifests itself for the basis of Step 0 is what we often refer to as "Rock Bottom" and is the bottom of the bottoms.

It touches all aspects of physical, mental, emotional and spiritual levels of being a human being. We are "sick and tired of being sick and tired."

Continued next column



Continued from left column

The circumstances, calamities, crises and catastrophes of living life became unbearable and we take Step 0. We then "surrender" (give up / admit we are licked) to Step 1 and can then "seek help" (Power greater than ourselves; a Higher Power) from Step 2.

So Step 0, for this Alcoholic, sets the ball rolling for taking the 12 Steps.

Terry T.

## MAYBE SO, MAYBE NOT

A farmer and his son had a beloved horse who helped the family earn a living. One day, the horse ran away and their neighbors exclaimed, "Your horse ran away, what terrible luck!" The farmer replied, "Maybe so, maybe not."

A few days later, the horse returned home, leading a few wild horses back to the farm as well. The neighbors shouted out, "Your horse has returned, and brought several horses home with him. What great luck!" The farmer replied, "Maybe so, maybe not."

Later that week, the farmer's son was trying to break one of the horses and she threw him to the ground, breaking his leg. The neighbors cried, "Your son broke his leg, what terrible luck!" The farmer replied, "Maybe so, maybe not."

A few weeks later, soldiers from the national army marched through town, recruiting all boys for the army. They did not take the farmer's son, because he had a broken leg.

The neighbors shouted, "Your boy is spared, what tremendous luck!" To which the farmer replied, "Maybe so, maybe not."

# VOLUNTEER

## IT'S EGO DEFLATION FRIENDLY

### WANTED

A REPRESENTATIVE FROM YOUR GROUP TO YOUR INTERGROUP.

**Intergroup Council of West Central Arkansas** is an A.A. service office in partnership with meetings and groups in District 8. ALL District 8 groups are encouraged to have an Intergroup Representative who attends the quarterly meetings 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 functions and service. Volunteer at your home group!

**BOOKSHOP HOURS:** Located at 411 Sellers street, 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 K. a text at 501-282-9838 .



I thought that I could safely drink a beer. Heck, it has been three years since I had a drink. How conveniently did I forget the bad parts that naturally emerge when I drink. I made my pact with my higher power the moment I came out of my last blackout that day. A fox hole prayer was all because that's all I knew how to do. Did I seek help at this point? No, I still think that I got this. I white knuckled again for the next eighteen months.

My higher power intervned and placed someone in front of me that needed help and for some reason I suggested AA out of the blue. We went that night, me as support, I listened for the first time and heard a softer easier way and that's what stuck in my head.

This is the beginning of my journey to spiritual freedom. I wanted what Gary had. I believe at my second meeting I asked Gary J if he would sponsor me.

He gave me a **Big BOOK**, said read this and ask questions about anything I did not understand. Gary's first words to me were relax and let it happen. Which pissed me off royally because I was a bundle of nerves that I couldn't control.

We worked The Steps, sometimes slowly sometimes quickly. Gary could always tell when I was less enthusiastic and would poke me along. It is like my sponsor could read me better than me.

We completed my first step attempt, and I did relax somewhere around step nine. But I believe the steps will be how I live from this day forward thus I will never finish my steps.

After doing my steps, the first time, Gary literally dragged me to District and to Area. For this I am now very grateful. I would have never done any service work much less be an officer at District without Gary coaxing me to

## *JUST KIDDIN'*

**A sponsor and his sponsee are deserted on an island. They come upon a bottle.**

**They rub it and a genie appears and says they each have one wish — whatever they want.**

**The sponsor says, "I wish I were back with my home group."**

**POOF! He disappears.**

**The sponsee paces nervously around, indecisive, anxious, nervous...Should I ask for money? A woman? A nice boat?**

**Finally in exasperation he cries out, "I wish my sponsor was here!"**

***POOF!***



**A guy walks into a bar and asks for a beer. "That'll be five dollars, says the bartender and so the guy throws 20 quarters onto the floor. The next day, the same.**

**On the fourth day, the guy asks for a beer and hands the bartender a \$10 bill.**

**The bartender decides to take advantage for his chance of revenge. He throws 20 quarters onto the floor and yells, "Here's your change!"**

**The guy looks down at the coins and says, "I'll have another beer please."**

I was drunk at an AA meeting. The details are a bit fuzzy but they said I was the life of the party. They invited me to come back every Thursday.

*Green*

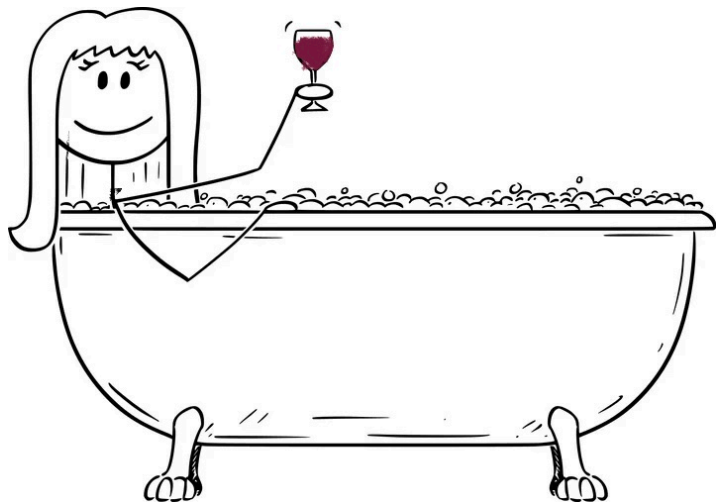
An optimist sees a partly filled glass and says it's half full.

A pessimist sees a partly filled glass and says it's half empty.

An alcoholic sees a partly filled glass and says, "Hey, were you going to finish that?"

AA is the biggest 'Lost and Found' in the world.

AA is like an adjustable wrench. It fits every nut.



*Calgon, Take me away!*

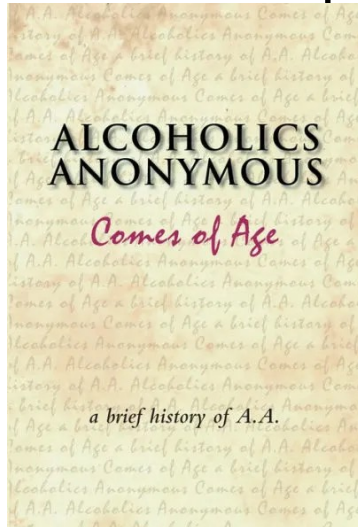


## DOWNSTAIRS BOOKSTORE

### AA COMES OF AGE

#### A brief history of A.A.

Co-founder Bill Wilson tells the story of the growth of Alcoholics Anonymous from its make-or-break beginnings in New York and Akron in the early 1930s to its spread across the country and overseas in the years that followed. A wealth of personal accounts and anecdotes portray the dramatic power of the A.A. Twelve Step program of recovery — unique not only in its approach to treating alcoholism but also in its spiritual impact and social influence.



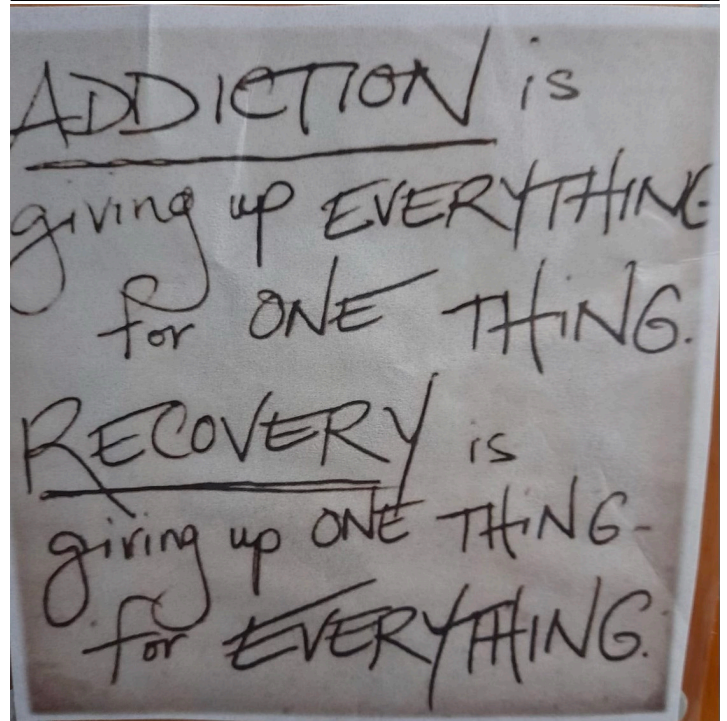
Bill recounts the evolution of the Twelve Steps, the Twelve Traditions and the Twelve Concepts for World Service — those principles and practices that protect A.A.'s Three Legacies of Recovery, Unity and Service — and how in 1955 the responsibility for these were passed on by the founding members to the Fellowship (A.A.'s membership at large). In closing chapters of Alcoholics Anonymous Comes of Age, early "friends of A.A.," including the influential Dr. Silkworth and Father Ed Dowling, share their perspectives. Includes 16 pages of archival photographs.

Continued from page 4

get involved. Another right choice for me.

Today I have a new freedom. Alcohol is no longer needed or desired for my existence. I have the choice of that first drink or not, but I also know that I lose the choice once I take that drink. I have a spiritual connection with my higher power that leads me to do the next right thing. I have a program and a fellowship of people that I love. I am a very blessed man.

Bob S.  
Alcoholic  
June 11, 2016



**Do you know Alcoholics Anonymous started** before World War II? A.A. started in 1935. September 1, 1939, Germany invaded Poland, starting WWII in Europe. December 7, 1941, Japan bombed Pearl Harbor; the next day the U.S. declared war on Japan, entering World War II. A.A. started 4 years before WWII.

## **A.A. TRIVIA SEVEN COOL FACTS**

1. Alcoholics Anonymous. is older than World War II
2. A.A. started because of a meeting between two alcoholics
3. Before the fellowship was called Alcoholics Anonymous, that name was the title the basic textbook called. The Big Book of A.A.
4. The core principles of A.A. are contained within the Twelve Steps. However, there are not just twelve steps but also twelve traditions. This makes the basic principles of Alcoholics Anonymous a total of twenty-four. If you add the Concepts, there a total of thirty-six.
5. A.A. is present in around 180 nations worldwide, and the estimated membership is more than two million.
6. According to A.A., there are more than 123,000 A.A. groups worldwide.
7. In addition, the literature of A.A. has been translated into more than 100 languages.

## **HOW DID THE BOOK ALCOHOLICS ANONYMOUS BECOME KNOWN AS “THE BIG BOOK?”**

The printer, Edward Blackwell of the Cornwall Press, was told to use the thickest paper in his shop. The large bulky volume became known as the “Big Book” and the name has stuck ever since.

## **NEVER SAY NEVER**

I was in my late 40's, married with grown children and grandchildren, and enjoying my career as a dental hygienist. Alcohol had never been a significant part of my life. I drank occasionally but was not a regular social drinker. Then my husband got a motorcycle and we joined a motorcycle club. I drank every weekend without fear, drawing a distinction between myself and my older brother who had over 30 years of sobriety in AA. His uncontrollable drinking began in college. If I were an alcoholic, it would have happened years ago. I continued to drink more and became drunk more often. By my early 50's, the motorcycle club dissolved. Right away I decided to have wine and liquor at home. By the time I thought I should cut back, I could not.

At 60 years old I retired in April of 2018. Now there was time to deal with hangovers, afternoon cravings and drink more often. Alcohol took over more and more of my life. That summer I attended my first AA meetings. In August, I was greeted by a friendly face and she became my first sponsor. She taught me to depend on my higher power instead of self will. Eight days after I got sober the craving to drink left me. I worked with my sponsor, attended meetings and received my 3 month coin, successfully avoiding alcohol at Christmas parties. Shortly, I happened onto about 2 ounces of stale wine. I had a crazy thought, “I'm sober so this will not affect me.” I drank it and within 2 days a strong obsession

Continued, page 8

to drink hit me. I bought vodka.

My relapse lasted 18 long painful months. Within days I was drinking more out of control than ever. I worked with my sponsor. I tried other sobriety programs. I did nothing but drink. I came back to AA and got a new sponsor. I struggled. I became hopeless and demoralized. My sponsors continued to work with me. As my drinking became more dangerous and disgusting everyone wanted me to go to treatment. Finally, as my husband and family distanced themselves from me, I realized I would lose them if I didn't stop.

My two sponsors drove me to a rehab center and in September of 2020 where I completed the 90 day program. That was 3 years ago. I attended lots of meetings and worked the steps. Eventually, my relationship with my husband and family was restored. Recovery has ups and downs, but I am happy to be sober and this was the best Christmas I've had in years. I learned....."that we deal with alcohol—cunning, baffling, powerful!" I am forever grateful for AA members, especially my two dedicated sponsors who showed me the way. I know now a know.

Continued, next column



person is never too old to become an alcoholic. My relapse taught me I will always be an alcoholic and cannot take the first drink or even one sip. Good to always be an alcoholic and cannot take the first drink or even one sip. Good to know!

Susan W.  
Stuttgart & Hot Springs Village  
9/12/20

### ***SANDY B. TALKS***

Mr. Beach compared his old lifestyle with trying to swim while carrying a heavy rock. His "Drop the Rock" talk, still famous in AA circles Did you know that Dr. Bob sponsored the first 13th stepper? Or that during the first Canadian convention in Montreal the nearby Seagram's Distillery flew its flags at half-mast, or how the Serenity Prayer came into use with AA?

Those and many other interesting stories are told about the history of Alcoholics Anonymous. Sandy's perspective on the Steps makes clear that from Step One that you are beginning a spiritual journey. His "slide projector" provides wonderful imagery and clarity to Steps 4 through 12. Sandy offers a message of hope in a way which makes the steps accessible to all and spirituality a desirable goal.

He also reminds us that if we are not having fun, we are doing something wrong!

Sandy considered this talk to be his quintessential work and I hope you will agree

continued, page 9, second column



## *Happy New Year 2024*

New Year's Day celebrations in most countries begin December 31 and continue through football on January 1. Party-goers share food, laughter and hope for good fortune. They commemorate the occasion with their family members and friends, drinking Champaign and kissing everyone, wishing all happy luck.

For me, New Year's was a major drinking night by myself. The year I got sober I was a nervous wreck! How do you celebrate without champaign?! How do you sing Auld Lang Syne without drinking all night!! Then I was invited to a party with members of my Home Group. That night I didn't even think about drinking and had a great time; and loudly singing off key as always! About 1:00 a.m. I was ready to go home but my ride wasn't. Frank offered a ride and I accepted. Somehow a drunk woman showed at the party and also needed to go home; Frank again offered a ride. She got in the back seat and instantly started snoring while reeking of booze and marijuana. We opened the windows so we wouldn't get drunk breathing the air!

The streets were empty so Frank wasn't paying attention, weaving in both two lanes and driving 30 in a 45 mph lane. We were howling with laughter. Of course a policeman was waiting for us. We instantly went into a panic because the smell of alcohol permeated the car even with windows open.

The policeman was very nice. Frank completed a field sobriety test with flying colors! We were allowed to leave with a warning to pay attention and drive straight. We got our friend home first and then me.

**What a way to start the new Year!  
Celebrating with No Booze! What a concept!**

Anonymous

SANDY B, continued

you will agree. He recounts the remarkable confluences of people that lead up to Bill W. & Dr. Bob first meeting in Akron and tells little known stories from early AA history and along the way." and tells little known stories from early AA history and along the way."The most important book since A New Pair of Glasses."

Richard "Sandy" Beach graduated from Yale University in 1954 and joined the U.S. Marine Corps at the tail end of the Korean War. He began a career as a jet fighter pilot - - a career that was ultimately shattered by 14 years of chronic alcoholism.

In his struggle for sobriety, he experienced malnutrition, delirium tremens, and a six-month stay in a locked psychiatric ward. In 1964, he was shown a spiritual path to recovery and gained his insights and perspective from 50 years on the path of the Twelve Steps.

He believed emphatically in AA's 12 steps, especially the first one about admitting powerlessness over alcohol. "The point of the first step, quite frankly, is to convince you that your situation is a lot worse than you think it is. Consequently, it is the only step "you have to take 100 percent. 'Almost' doesn't cut it. Almost getting sober is very much like almost having a parachute after the plane gets blown up and you're up in the air."

Driving home from a meeting,"I asked him if he was okay," Randy said.

"He looked at me and said, 'Thanks for bringing me to the meeting, buddy.'"

He died with his head on page 23 of the 12 & 12. The passage covers the first step.

Sobriety date December 7, 1964.

Died September 28, 2004.

# UPCOMING EVENTS



**Area 4 Assembly, January 6 - 7 2024; Russellville, AR**

**2024 Tentative Dates: March 16th & 17th; July 13 & 14th; October 5th & 6th.**

**\* Speaker Meeting with Cheryl B., Monday, January 8, 2024, 8:00 p.m. 1203 West Sevier Street, Benton, AR**

**\* Grant County Group, Speaker, Potluck, Fellowship; Ralph B., Speaker; January 21, 2024, 6:00 p.m.; Sheridan Recreation Center, 1511 South Rose Street, Sheridan, AR**

**\* 66TH Annual AA Al-anon COON SUPPER, January 2024, Blytheville, AR**



**Intergroup Council of West Central Arkansas, January 29, 2024,**

**2:00 p.m., 411 Sellers Street, Hot Springs, AR**

**\* Winter Holiday, February 2-4, 2024, Embassy Suites, Little Rock, AR**

**\* 60th International Women's Conference, February 8 - 11, 2024, Holiday Inn by the Bay, Portland, Maine**



**District 8 Committee meeting, March 3, 2024, 411 Sellers, Hot**

**Springs, AR; 1:30 p.m. Committee meetings; 2:00 District Committee**

**\* Springtime in the Ozarks, April 18-21, Eureka Springs, AR, Pre-registration opens January 1, Best Western Inn of the Ozarks**

**Please send Group and Meeting event information, with or without flyers, to the editor either by Text or Email. Information will be published in this section and flyers added on the following page.**