

No Booze News

Intergroup Council of West Central Arkansas

Volume LXLII Number 2

April - May - June 2024

NEXT MEETING

The Intergroup Council's next meeting is **Sunday, April 28, 2024, at 2:00 p.m.. We meet 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.



John's Story...

The goal of the Intergroup Council of West Central Arkansas is to aid the District groups in their common purpose of carrying the AA message to the still suffering alcoholic. By using our combined strength and unity, we are able to better carry the message and help alcoholics. Communication is the key of working together.

If each group in the District sends a Representative, we learn how to better serve each group, providing services and programs wanted by the groups including a bookstore, website, current meeting schedules, and a quarterly newsletter. What else can we do to better serve your group? That is the reason each group needs an Intergroup Council Representative.

Representatives bring their respective group's concerns, interests; and returns to their group with information about the programs and services available or under consideration that will benefit each group. Without this participation, Intergroup Council is stymied by lack of information while wanting to best serve each group in District 8.

Please consider electing an Intergroup Representative.

OUR DISTRICT 8 MEETING IN PRINT!

Check out the Intergroup Council's outstanding website! <https://aawcar.org/>
Find a meeting, District 8 events, No Booze News, and the Bookstore.

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](tel:501-282-9838) or order on our website

WANTED

A REPRESENTATIVE FROM YOUR GROUP TO YOUR INTERGROUP.

Intergroup Council of West Central Arkansas

Intergroup Council is an A.A. Service entity that exists in partnership with all District 8 groups — just as the A.A. groups themselves are a partnership of individual members. Intergroup exists to support the District 8 groups and alcoholic in common purpose of carrying the A.A. message to the still suffering alcoholic.

THAT is why Intergroup Council Representatives (IGR) from each District 8 group are necessary. The Intergroup Representative (IGR) is your home group's voice for making sure that Intergroup Council continues to function and to carry out our primary purpose. An IGR serves as a liaison between the groups and its members and our Intergroup and service committees.

The Intergroup Representative (IGR) is your home group's voice for making sure that the Intergroup Council in West Central Arkansas continue to function and carry out our primary purpose.

We encourage all District 8 groups to send a representative to Intergroup Council that we may best serve our District.

MY BEST THINKING GOT ME HERE

That doesn't mean part of me didn't know there was another way. When I drank every night, or took my frustration out on the dog, or I was anxious or depressed, my best thinking got me there. You may know a better way, but that better way isn't part of my thinking.

The fact is that my best thinking got me anywhere I've ever been — even when others suggested it might not be a good idea. Why didn't I hear them? Could I have really done things differently? Or have I simply chosen what appeared to be the best option in each and every situation?

I can look back and see how every action taken — lighting a joint, jumping into a rushing creek, or drinking to walk down the aisle— looked like the thing to do. What in the hell was I thinking?

I may never know what I was thinking, you may never understand my choices. I know it was my best thinking at the time, right or wrong. Even when I should have known better, when I did know better. It's hard to argue with someone just doing their best, even if the thinking is off.

My best thinking also got me here, Sober in AA.

Anonymous

**VOLUNTEER
IT'S EGO DEFLATION
FRIENDLY**

HEARD IN A MEETING...

***The elevator is broken!
You'll need to take the Steps.***

&

Quitting is easy. It's staying on the path that's hard.

LOVE IS GOD, GOD IS LOVE

Like many of us my childhood was violent, with a lot of fear and a lot of deception. We developed a tremendous ability to carry on as normal despite the chaos we had just left at home. This seemed to grow in me this wall that kept everyone at arm's length. It set up the well known sadness of feeling less than and separate.

I remember there were holiday get togethers at our home with lots of laughter and lot of liquor flowing. I was given sips of drinks and don't remember thinking I wanted more, but I do remember wanting the laughter and camaraderie that seemed to go along with it.

So my first drinking for fun was at age 14 with some friends and I had a great time, finally free to be me, at least I thought I was free.

I drank more than most on the weekends but was still able to maintain good grades so I went to college on grants and scholarships and graduated. With no school in my way and a full time income I could go out to drink. I found lots of "dates" during these outings, but no peace. I did find a guy who drank like me and I guess we both decided that was good enough, so I married my drinking partner. We drank heavily on weekends and at parties.

I later had two children, I did not drink during my pregnancies but I wanted to. Raising children with the emotional age of 14 did not fare well for us, I wanted to be a good mother but resentments were taking over. I did not abandon them but I definitely was not a happy mother. I did the best I could but they were affected by my isolation and anger. I started closet drinking, predrinking before parties and then later, I would fake boredom

Continued, page 4, second column

MY NAME IS...

My name is Tommy and I am an Alcoholic. I am a member of the Round Table group in Benton AR.

I was born in Little Rock, AR in 1979. My parents stayed together until I was 5 then got divorced. It was kind of sloppy, there was a custody battle and I remember my mother always being overly dramatic. My dad ended up getting custody of us. I had 3 brothers at the time. He sent us to a private elementary school in Little Rock. This cost quite a lot, so my dad worked most of the time and my grandmother took care of us a lot of the time. I went back and forth from my mom and dads. Eventually I would stay with my dad.

I never had any trouble in school. I would usually ace most of my tests but i was kind of lazy, so homework didn't always get done. I discovered girls in high school and started drinking and doing other illegal stuff, so my grades suffered and i barely graduated. After high school I joined the navy and got an entry level discharge for failing the drug test at boot camp.

I went back home and got a job, met a girl and she got pregnant somehow. We got married and had another child, so I had a boy and a girl by the time i was 22, my drinking began to get worse then and I started using heavier substances. Long story short, we got divorced after seven years of marriage.

I started drinking a lot more after that and I went to my first rehab in 2005. It was Serenity Park and I learned about the disease of alcoholism.

I was stubborn and continued drinking and using for several more years, in and out of

Continued, page 4, first column

JUST FOR TODAY

My Name, continued from page 3

rehab and jails. Eventually I found myself living on the street living on the street. I began breaking into gas stations after hours to steal what I could.

Eventually I was caught and sent to prison on August 4, 2014, I was locked up until November 2015 when I was let out on parole. I stayed with my mother until I got on my feet. I was able to maintain for some time until the disease of alcoholism was too much for me.

In March 2017 I was facing a parole violation. Even the threat of being locked up wasn't enough to keep me sober.

My parole officer offered to let me go to treatment and it was to be my last time in treatment. Although I didn't stay sober for most of 2017 I was sober and working with a sponsor in Benton.

Eventually a day in November I chose to drink again. My life went out of control very quickly.

Continued, pg 9

Love, Continued from page 3

to go home and drink without the pretense of control and then at the end just plain old drinking alone for no reason at all, other than, I did not have a choice.

I reached a sufficient bottom and went to a newcomers meeting, cried the whole time, but did notice the people were happy and making plans for the future. That was something I had not done in a long time. I don't know who's prayers got me there but thank God for them because it was not a step I would have ever taken on my own.

I got a sponsor by accident and did what she said. I went to Winter Holiday 2011 and was shocked at how many people were there and the amazing stories that were shared. That taught me I was a part of something much bigger than myself. So I did the steps and then I had to start to give back and sponsor others, so I reluctantly started doing that. I live in Sheridan and was absolutely sure that everyone there was watching me all the time and could not bear the shame of them knowing I was going to AA meetings so I wouldn't go to the Grant County Group. After a couple of years it got to be inconvenient so I snuck on in to a meeting that started after dark. 10 years later I found myself going into the bank I have used for 25 years and announcing that I needed to put my name on the checking account of The Grant County Group of Alcoholics Anonymous! Talk about a complete psychic change. Talk about God doing for me what I could not do for myself!

These past 13 years have been the best years so far, I have had my share of ups and downs but I have been able to feel all of it. I asked for and received help from the beautiful people in the fellowship of AA. We

Continued page 9

JUST KIDDIN'

Two AA's are talking about what is going to happen to them after they die.

One believes in heaven, the other isn't so sure so they make a pact.

The first one to die will come back as a ghost on the anniversary of their death and appear in front of the surviving one to prove whether or not there is an afterlife.

A few years pass and the first AA dies sober.

A year later the surviving AA is sitting in a meeting and he feels a coldness in the air, looks around and sat next to him is the ghost of his old pal. He's holding a harp, wearing a gold halo and has a couple of white feathered wings on his back.

The ghost turns to his pal and says, "I've got some good news and some bad news. The good news is there is a heaven. Bill and Bob are up there and they have AA meetings every week, you'll love it. The bad news is you're sharing next Tuesday."

Do you ever get drunk?

Yes

No

X

What did the bartender say when Charles Dickens ordered a Martini?

"Olive or twist?"

Groan

"I wasn't that drunk yesterday."

"Oh, boy! you took the shower head in your arms and told it to stop crying."

How do computers get drunk?

They take a screenshot.

AA is the only place where you can walk into a room full of strangers and reminisce.

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



DOWNSTAIRS BOOKSTORE

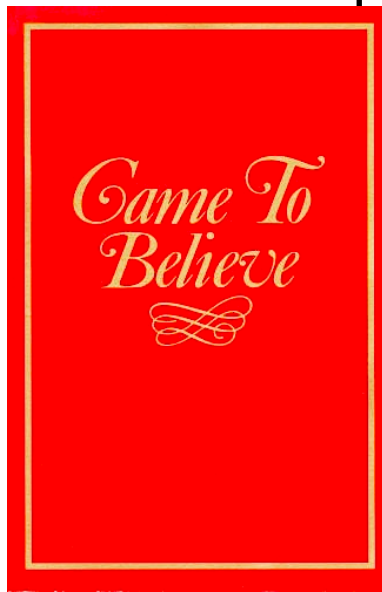
This book describes the spiritual adventure in Alcoholics Anonymous (AA) as experienced by individual members. Within the pages of **Came to Believe** are heartfelt stories of more than 75 Alcoholics Anonymous members from around the world. They each share what the phrases "Spiritual Awakening", "Higher Power", and "God as we understand Him" mean to them.

The title **Came to Believe** is the first three words of the Second Step, which is the book's theme: **recovery in Alcoholics Anonymous is not a destination, but a spiritual journey, which takes time.**

Sometimes humorous, sometimes poignant, but always honest, the stories in **Came to Believe** present a wide range of individual perspectives on what spirituality can be within Alcoholics Anonymous. The book demonstrates why A.A. is best described as a spiritual not religious program. The diversity of writers reflects the infinite number of paths available to those seeking freedom from alcohol.

People of all kinds, not just A.A. members, may find insight in **Came To Believe** as well as inspiration to enrich their recovery journey.

Came to Believe is approved by the General Service Conference.



CONFERENCE APPROVED

In A.A. meetings we often hear, "this group only uses conference approved literature. What does that mean? Is it important?"

The term "Conference approved" describes written or audiovisual material approved by the Conference for publication by the General Service Office (GSO). The approval process ensures that every piece of A.A. literature is in accord with A.A. principles. Conference-approved material ***always*** deals with the A.A. recovery program - or with information about the Fellowship.

Conference approved literature is copyrighted with the Library of Congress to "insure the continued integrity of A.A. literature" [except Alcoholics Anonymous which lost its copyright in 1967, when the renewal was not accomplished]. Conference approval is also to ensure literature presents our A.A. experience; and that it presents the principles of Alcoholics Anonymous. Approval is a lengthy and painstaking process, during which a variety of A.A.s from all over the United States and Canada read and express opinions at every stage of production.

G.S.O. does develop literature that is not approved by the Conference, such as Service Materials, Guidelines and bulletins. Central offices and Intergroups write and distribute materials that are not Conference-approved. If such pieces meet the needs of local A.A. members, they are legitimately classified as "A.A. literature."

"Conference Approved" does not imply or suggest disapproval of other publications and audiovisuals about A.A. and our members. Taken from SMF-29

The Responsibility Statement

“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.”

This was written for the 1965 A.A. International Convention in Toronto . There was an article written, *‘How I am Responsible became a part of A.A.’*, in the GSO newsletter, Box 4-5-9. The article identifies former AA trustee, Al S., as the author of the Responsibility Statement.

In the souvenir book for the 1965 Convention, Dr. Jack Norris writes:

“..We must remember that AA will continue strong only so long as each of us freely and happily gives it away to another person, only as each of us takes our fair share of responsibility for sponsorship of those who still suffer, for the growth and integrity of our Group, for our Intergroup activities, and for AA as a whole. It is in taking responsibility that real freedom and the enduring satisfactions of life are found. AA has given us the power to choose – to drink or not to drink – and in doing so has given us the freedom to be responsible for ourselves. As we become responsible for ourselves, we are free to be responsible for our share in AA, and unless we happily accept this responsibility we lose AA. Strange, isn’t it?”

A *Grapevine* article written in October 1965, the Responsibility Statement was discussed. Bill W. expressed his views:

“Two major thoughts stood out in the remarks of the many speakers, alcoholic and nonalcoholic, at AA’s July Toronto Convention. The first was admiration

Continued, next column

Continued, from first column

and gratitude for AA’s startling success in sobering up hundreds of thousands of lost-cause drunks. Ask ourselves how many alcoholics have gone on drinking simply because we have failed to cooperate in good spirit with these many agencies. No alcoholic should go mad or die merely because he did not come straight to AA in the beginning.

“The first concern of AA members should be with problem drinkers the movement is still unable to reach,” Bill said.

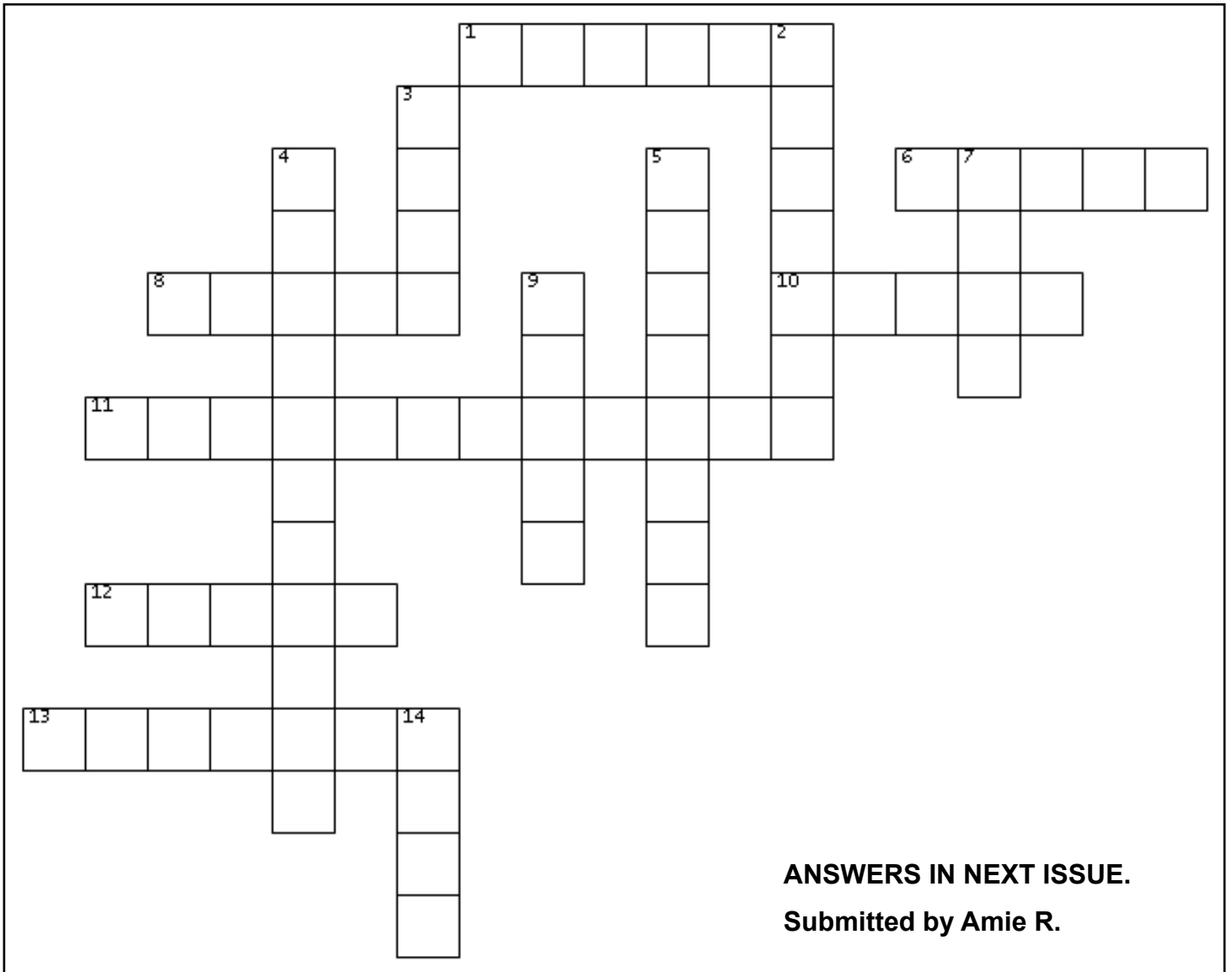
He estimated that there are 20 million alcoholics in the world today, five million in the U.S. alone.

“Some cannot be reached because they are not hurt enough, others because they are hurt too much,” he declared. “Many sufferers have mental and emotional complications that seem to foreclose their chances. Yet it would be conservative to estimate that at any particular time there are four million alcoholics in the world who are able, ready and willing to get well if only they knew how. When we remember that in the 30 years of AA’s existence we have reached less than ten per cent of those who might have been willing to approach us, we begin to get an idea of the immensity of our task and of the immensity of our task and of the responsibilities with which we will always be confronted.”

In 1977, the Conference recommended that: **The Responsibility Declaration** not be changed, keep it as it was made at the 1965 International Convention in Toronto.

G.S.O. Archives

WHAT WE DO...



ANSWERS IN NEXT ISSUE.

Submitted by Amie R.

ACROSS

DOWN

1. PUT _____ IN YOUR MOUTH
6. _____ GOD AT NIGHT
8. FOLLOW A FEW SIMPLE _____
10. COME _____, STAY LATE
11. LOOK FOR _____, NOT DIFFERENCES
12. GET _____ NUMBERS
13. GET A _____

2. COLLECT PHONE _____
3. TAKE IT OUT OF YOUR _____
4. HONESTY, OPENMINDED, _____
5. GO TO _____
7. ASK GOD FOR _____
9. DON'T _____
14. _____ THE BIG BOOK

are people who would not ordinarily mix, yet we have, and we

One thing I have learned more than anything is that Love is God and God is Love. So if I treat others like I really believe that, I can't help doing the next right thing. know a unity like no other. I need all of you guys to keep the life raft afloat and stay in it with me because we need all of us. I know that we are all worth saving, *every saint has a past and every sinner has a future*. I am so glad you are all part of my now and hopefully my future.

One thing I have learned more than anything is that Love is God and God is Love. So if I treat others like I really believe that, I can't help doing the next right thing.

Belinda B.
October 10, 2010

DILL PICKLE CIDER, ANYONE?

Rekorderlig posted on social media:
"So eye-wateringly delicious it's beyond belief. Rekorderlig Dill-Pickle. Available..."



Thank goodness it's April Fools' !
Did ya wonder just a bit what it might taste like?

By march 2018 i had lost everything again. I had no where to turn. I called a friend i had met in the rooms in 2017 and asked for a ride.

He said yes but he also said he was not going to give me any money. That was fine with me. I was completely defeated by alcohol over and over. The friend that gave me a ride became my sponsor and we worked the steps and i got a job moving furniture. I started attending meetings regularly and followed the instructions of my sponsor and others in AA

Eventually my home group asked me to be the Alternate GSR and I agreed. So began my journey in service. I was elected GSR for the group and two years later I became the Alternate DCM for District 8. Now I am serving as DCM for the District.

Today I have a new career driving truck over the road. I am no longer on parole; I have no problems with the law.

My life is great today.

i owe it all to God and alcoholics anonymous. I'm not sure what else God has in store for me but i know that I am grateful.

Tommy N.
March 31, 2017

Humility isn't putting myself down;
it is putting people before me.

From Ross S.

UPCOMING EVENTS

APRIL


47th Springtime in the Ozarks, April 18-21, 2024, Inn of the Ozarks, Eureka Springs; <https://www.springtimeintheozarks.com>

 Intergroup Council of West Central Arkansas, Sunday, April 28, 2:00 P.M., at 411 Sellers, Hot Springs

MAY


Bridging The Gap Anniversary, May 4, 2024, Crystal Valley Baptist Church, 5507 Crystal Hill Rd, NLR

JUNE

 DISTRICT 8 COMMITTEE meeting, Sunday, June 1, 411 Sellers, Hot Springs, AR; Committee meetings; 1:30, District Committee 2:00 p.m.

BAKE AT THE LAKE! JUNE 15, 2024, DISTRICT 8 ANNUAL PICNIC

Starts at Noon. Arlie Moore Pavilion, Corp of Engineers on Lake DeGray. Please bring a side dish or dessert. AA & AL-ANON SPEAKERS AT 1:30. Signs will be posted.

 AREA 4 ASSEMBLY, June 29 & 30; Holiday Inn Express & Suites-Russellville 300 East Harrell Drive

SWRAASA 2024, *SERVICE VITAL TO OUR GROWTH*, October 11-13, Renaissance Dallas Richardson Hotel, <https://swraasa2024.org>

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.

NO BOOZE NEWS is a quarterly newsletter published the first week of January, April, July and October. It is privately emailed to all Intergroup Representatives, District 8 Officers and General Service Representatives, and A.A.member subscribers. It is posted on <https://aawcar.org/>

THREE WAYS TO SUBSCRIBE: first, on our Intergroup Council website at <https://mailchi.mp/894744bb91f5/sign-up-for-the-no-booze-news>; email Mara M. at 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! You will be greatly appreciated!