

# No Booze News

Intergroup Council of West Central Arkansas

Volume LXLII Number 4

October - November - December 2024

## OUR DISTRICT 8 MEETING IN PRINT!

### NEXT MEETING

The Intergroup Council's next meeting is **Sunday, October 27, 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.

***We encourage each District 8 group to send a representative to Intergroup Council so we may best serve our District. We want to make informed decisions that benefit all our members!***



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

The fact of the matter is without members in A.A. volunteering to serve, we cannot fulfill our purpose as defined by Step Twelve. Only one out of ten sober alcoholics volunteer for service work above the group level but people who provide service are worth an average \$28.54 an hour AND service work has a value of over \$184 billion dollars nationally for all volunteer organizations, combined including A.A.

Benefits to the volunteer, the A.A. Member, include:

1. Serving actually improves health by strengthening the body, improving mood, and lessening stress.
2. Skills are learned that can be included on job applications.
3. Confidence develops as skills are learned and participation overcomes fears; and friendships are created.

Finally, service work helps ensure our sobriety one day at time.



### Thanksgiving Reflection

**God, on this Thanksgiving Day, we pause to reflect on the blessings we often take for granted. Thank you for life, health, and strength. Thank you for the love, laughter, and beauty around us. May we cherish these gifts. Help us to walk in Your wisdom and grace every day. Amen.**

# SERVICE

## IT'S EGO DEFLATION FRIENDLY

### 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.**

A.A.'s Twelfth Step suggests that we carry the message of recovery. That is our basic service that we, members of A.A. can easily provide. Any action that helps Alcoholics Anonymous. to function as a whole is service to still suffering alcoholic. Most A.A. members start out providing service in their group, like setting and cleaning up in the meeting, making coffee, chairing meetings, and so much more

**Circles of Love and Service (P-45)** explains the A.A. service structure through full-color diagrams. This is ideal for A.A.s who are new to service.

At all levels of Alcoholics Anonymous, that is, Group, District 8, Area 4 Assembly, and General Service Office, WE Alcoholics provide vital local services and Twelfth Step work. All service work functions independently while providing. services in the manner best suited to local needs.

There are innumerable ways to serve and carry our message and Committee work is

Con't, next column

Responsible, con't from first column

vital to twelfth step work. Services range from making coffee at a meeting to becoming a delegate. There are an incredible number of opportunities, District and Area committees literally beg for volunteers! Central and Intergroup offices also depend on volunteers to conduct necessary work.

### BUT WHAT DOES SERVICE DO FOR ME?

Service in A.A. helps not only the people our hands reach out to, but especially us, as sober alcoholics. Being available to help, giving your time, working with others for a common goal, enhances our lives and helps keep us sober.

Through acts of kindness and selflessness, we not only make a difference in the lives of those we serve but also discover a deeper sense of purpose and fulfillment within ourselves.

Engaging in acts of service requires a deep understanding of the struggles and challenges that 'practicing' alcoholics face. As sober alcoholics you and I are able to put ourselves in their shoes with empathy and compassion for their experiences.

This ensures our sobriety while helping another alcoholic.

### DISTRICT 8 ELECTIONS

Serving 2025-2026

September 8, 2024, 1:30 - 4:00 p.m.

The elections were held at the quarterly meeting of District 8 at Sellers, all by Acclamation:

District Committee Member, DCM: Bob S., Gurdon Group

Alternate DCM: James O., Eastside

Treasurer: Kristina O.,

Secretary: Elizabeth C., Lamplighters

Committee Chairs are to be determined. If interested, contact the Alternate DCM.

## GETTING INVOLVED IN A.A. SERVICE

A.A.'s Twelfth Step suggests that we carry the message of recovery. That is the basic service that A.A. provides. Any action that helps A.A. to function as a whole is service. Most A.A. members start out providing service in their group.

The entire structure A.A. depends upon the participation and conscience of the individual groups. In A.A., everything starts with the group — it is the place where recovery begins for most alcoholics and is the basic building block of the entire Fellowship. But, for a group to keep going, all kinds of service must be done.

It is through the combined efforts and ongoing commitment of group members that:

- A meeting place is readily available and maintained
- Meetings are arranged for the benefit of the alcoholics in attendance
- Calls for help are answered
- Voluntary contributions are collected to keep the group and the Fellowship going financially.
- Literature is provided for all members and lists of local group meetings are made available.
- Continuing contact is sustained with the rest of A.A.

**General Service Representatives (GSRs)**  
The general service representatives (GSRs) are the foundation of our general service structure. Just as members make up a community, each A.A. group is part of a larger whole. Through the GSR, you can make your group's voice heard.

Each group's GSR participates with the GSRs of other local groups in regular district meetings. There the GSRs discuss plans and

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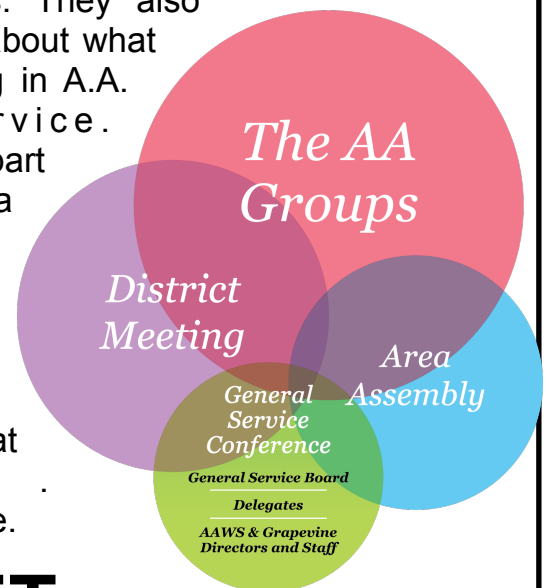
## CONTEMPLATE:

Responsibility, Humility, Love, & Service — I have the responsibility to do my part, to not be large and in charge but to be just the real right sized me, and thereby to love my Higher Power (God as I understand Him), myself, and my neighbors (including my family), and demonstrate that through action in service to all that are here and all who are on the way — because I have been given this great gift of sobriety, the only way I can express my gratitude is to freely give away all that I have found to be true One Day at a Time, thereby fulfilling the Quest of A.A. - to grow in the image and likeness of my Creator.

Conley B.

Con't from 1st column

make decisions on how to best serve the local groups. They also learn more about what is happening in A.A. world service. GSRs take part in Area Assembly. They give input to those who represent your area at the General Service office.



# GET INVOLVED!

This information is directly from the A.A.W.S. website <https://www.aa.org/participating-in-aa>.

## GRAND THEFT! AUTO

I sobered up in jail on June 7, 1986, I was 24 years old. I ended up in jail after a drunken fight with my boyfriend in which I decided it was a good idea to steal his car. I had already had a number of run in's with the law because of our drunken fights so when they found me this time I was handcuffed and taken to the local Magistrate.

The Magistrate was not sympathetic to my pitiful hungover state; in fact, he considered charging me with Grand Theft Auto but mercifully, and I feel certain now through God's grace, I was only charged with a misdemeanor.

As I was getting into the back of the cop car I had a spiritual awakening and I was able to see where my life was headed if I continued to drink, I had what I understand now as a moment of clarity. I understood without reservation the words in the Big Book that say: "we were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of the intolerable situation as best we could; and the other, to accept spiritual help". Going to jail turned out to be the best thing that could have ever happened to me.

From that moment forward I began to pray and when I was released from jail started going to meetings, got a sponsor, and started to work the steps. It was not a fast process and I made many mistakes but the most important thing was I didn't drink and I didn't want to drink.

Sobriety had become and still is my number one priority in life. This June I celebrated 38 years of sobriety.

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## ROCKY ROAD TO SOBRIETY

I joined AA thirty- six years ago after 14 years of alcoholic drinking. My family, particularly my wife, was fed up with my drinking. My work as a family doctor was not affected but my home life and daily drinking had affected my two young children and wife. I spent 28 days in rehab and emerged dry. I got a weak sponsor and continued another 2-3 years dry.

I attended weekly meetings but half-heartedly. I did not work the Steps then and relapsed. In fact, it was 14 years before I did a Fourth and Fifth Step. Suffice it to say, my method did not work! I can truly say that just going to meetings and not drinking is a 100% guarantee that you will relapse, which I did repeatedly.

The last relapse lasted eight years, resulting in liver abnormalities. As a physician, I did not want to die of liver failure. I was fortunate that I never got a DUI or lost a job in my life. I finally realized that I must get serious.

I went back to Sellers in 2016 and got a strong Sponsor- Bob H. (rest in peace). He guided me through all TWELVE STEPS this time around. I attended hundreds of meetings, and this method worked! I am now eight and a half years into sobriety. I thank God (My Higher Power) for this gift of sobriety, along with a good sponsor and regular attendance to AA, either by Zoom or in person attendance.

I am sober by the Grace of God and the AA Program. It works if you work It!! I am living proof; at 76 years of age, I have a life and still have a job. I travel, my wife is happy, and my children and grandchildren can enjoy me – a sober Father and Grandfather. I am blessed!

Continued, page 8, 2nd column



## DOWNSTAIRS BOOKSTORE

### A.A.'s LEGACY OF SERVICE

“Our Twelfth Step—carrying the message is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

“Hence an A.A. Service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten cent phone call and a cup of coffee, and the A.A.'s General Service Office for national and international action...

Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description... ***These services whether performed by individuals, groups, areas, or A.A. as a whole, are utterly vital to our existence and growth.*** [emphasis by editor]

*Bill W.*

This pamphlet and the A.A. Service Manual are must reads for anyone starting or continuing in Service, and the “District 8 Structure and Guidelines” and the “Structure w each position, i.e., from the G.S.R. to the Chair of the Corrections Committee to the Delegate.

Continued next column



and Guidelines for Area Assembly Area 4.” These are basically our instruction manuals on how A.A. Service works.

Without reading these you will probably feel lost at District, Area, even your Home Group. These are instruction manuals, reference points for all who need to know how the A.A. Service structure functions; and how each part, G.S.R., Committee Chairs, Delegates, and the staff at GSO are interdependent on all the other positions. These publications help us know how to work together and how to bring unity.

We joke that if you are having a hard time getting to sleep, read the “Service Manual,” you'll be asleep in seconds. But this pamphlet, the Service Manual, and the Guidelines and Structures allow us to work in a unified manner, towards the same goal, and understanding what each of us are doing. And we all have the same goal, Carrying the Message to still suffering alcoholics.

### FAITH WITHOUT WORKS IS DEAD! (Alcoholics Anonymous, “Into Action,” Chapter 6, page 76)

“Faith Without Works” is a universal principle found in Judaism, Islam, Hinduism, and Alcoholics Anonymous as well as other philosophies and religions. Generally those professing faith in God espouse the only way to achieve heavenly reward is through good works and living a moral life. In A.A. we are promised a better life on earth if we work for it.

How we live reveals what we believe. Our actions demonstrate if the faith we profess is an active faith. True faith naturally produces

Continued, page 10, second column

## SERIOUSLY??!

### HANGOVER CURE!??

Some New Yorkers prescribe bourbon and pickle juice as a hangover cure while



Texans prefer their brine served with beer. In August Fort Worth's Martin House Brewing Co. and Best Maid Pickles collaborated to release a sour beer made with pickle juice.

### SLEEP IN A GIANT WINE BARREL

Guests of the Quinta da Pacheca Estate, Portugal, are invited to stay in giant wine barrels in the middle of a 116-year-old vineyard. The vineyard sits on a 280-year-old estate. Accommodations include 270-sq ft rooms that are giant replicas of wine barrels used in the estate. The cavernous barrels include a private bathroom with a walk-in shower, a "large, round bed," a skylight, and a terrace. They even have air conditioning and WiFi. Amenities include wine, of course, with bottles of red, white, rosé, and port available in a nearby house dating to the 18th century.



## JUST KIDDIN'

What does Santa suffer from if he gets stuck in a chimney?

Claustrophobia!

What happened to the man who stole an Advent Calendar?

He got 25 days!

Who delivers presents to baby sharks at Christmas?

Santa Jaws!

What do they sing at a snowman's birthday party?

Freeze a jolly good fellow

What do Santa's little helpers learn at school?

The elf-abet

H O H O H O

What kind of motorbike does Santa ride?



A Holly Davidson!

**HALLOWEEN 2024 IS THE  
1ST TIME IN 666 YEARS**



**HALLOWEEN FALLS ON A  
FRIDAY THE 13TH.**

**THE THIRD LEGACY PROCEDURE  
THIS IS IMPORTANT  
USED AT DISTRICT & AREA 4  
(From The Service Manual, page 110)**

A.A.'s Third Legacy Procedure is a special type of electoral procedure and is considered unique to A.A., and, at first glance, appears to introduce a strong element of chance into a matter that should depend solely on the judgment of the majority. In practice, however, it has proved highly successful in eliminating the influence of factions or parties that seem to thrive on most political scenes. The railroading of a candidate for election is made difficult, if not impossible, since voters have a wide selection of candidates to choose from. More importantly, a second-place candidate who may be extremely well qualified but without early popular support is encouraged to stay in the balloting rather than withdraw.

**PROCEDURE**

1. The names of all eligible candidates

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Legacy, continued

1. are posted on a board. All **Voting Members** cast written ballots, one choice to a ballot. The tally for each candidate is posted on the board. The first candidate to receive two-thirds of the total vote is elected,
2. Withdrawals start after the second ballot. If any candidate has less than one-fifth of the total vote, his or her name is removed from the board automatically withdrawn except the top two candidates. (In case of ties for second place, the top candidate and all tied runners-up remain as candidates.)
3. After the third ballot, candidates with less than one-third of the total vote will be withdrawn automatically, except the two top candidates will remain. (In case there are ties for second place, the top candidate and all tied runners-up remain as candidates.)
4. After the fourth ballot, if no candidate has two-thirds of the total vote, the candidate with the smallest total is automatically withdrawn, except the top two candidates remain. In case there are ties for second place, the top candidate and all tied second-place candidates remain.
  - At this point, the DCM or Chair asks for a motion, second, and a simple majority of hands on conducting a fifth and final ballot.
  - If the motion carries, a fifth and final ballot is conducted.
5. If after the fifth ballot no election occurs, the chair announces that the choice will be made by lot — **from the hat**. At this point the top two candidates remain. In case there are ties for first place, all tied first place candidates remain. In case there are ties for first place all tied first

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you would have told that 24 year old woman where life was going back then I would never have believed it.

Today there have been good times and bad times and, most importantly, a Design for Living that works in fair weather and foul. For me the Big Book sums it up best in There is a Solution, page 25, 2nd paragraph, "We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed".

I am grateful beyond measure to be sober today and appreciate you reading a little bit about how I got here.

Angel P.  
June 7, 1986  
Hot Springs Alcoholics Anonymous

As the Promises state "We are going to know a new freedom and a new happiness." I have found and live this promise daily in my life.

Tim B.  
January 8, 2016  
Hot Springs AA



*Merry Christmas  
and  
Happy New Year  
Your Intergroup  
Council*



"Come back when you're sober, and we'll see if you still have that double vision."

Victor E. From "The Grapevine" is the creation of Jack M. and debuted in July 1962, He stands in front of a saloon, but his High Power always intervenes and helps Victor E. remain sober.



## CALL THE HOTLINE

501-623-6328

### 24-Hour Availability

*West Central Arkansas Intergroup Council has a Hot Line for District 8 alcoholics, family members and visitors. Help is literally just a phone call away, thanks to the Intergroup Council's 24-hour Hotline.*

This independent Hotline provides information about local A.A. and refers callers to volunteers who are ready around the clock to answer questions and offer help.

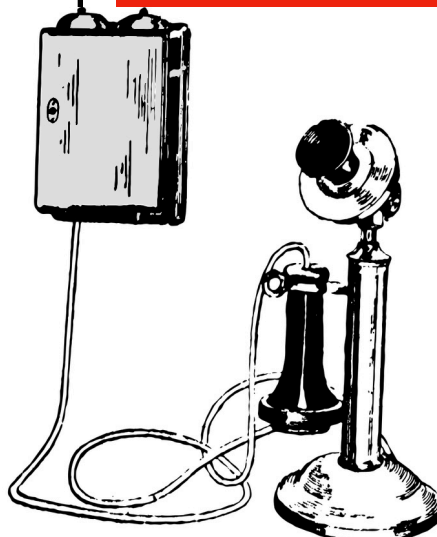
First and foremost, the Hotline is available for anyone who needs help to stop drinking. Whether you're just starting on your road to recovery or you've been sober for a few years, whenever you need some support, the Intergroup Council's Hotline is there for you. When you call the Hotline, you'll be connected with an AA member who can talk to you about your current situation and help you the best they can.

If you're looking for an AA meeting in the area, call the Hotline to find information about local meetings, days and times, and even directions to them.

If you've been attending AA meetings and working on sobriety, it can be hard to admit you are drinking again. But the Hotline can connect you with an experienced A.A. member who can help at any time, day or night. The member can just listen, talk about recovery without judging, help you find your way back to sobriety, take you to a meeting.

Remember that you're speaking to someone who has gone through a similar experience as yours and will not judge you, regardless of your situation or current mindset.

## ANSWER THE PHONE!



**Volunteer to answer the phone after hours:**

**Call Amber B. at**

**501-623-6328.'**

**Give her your**

**name, number and location if your available to make 12-Step calls.**



**In this new year may all your dreams become reality and all your efforts achieved. Wishing you never ending happiness and prosperity.**

6. If after the fifth ballot no election occurs, the chair announces that the choice will be made by lot — **from the hat**. At this point the top two candidates remain. In case there are ties for first place, all tied first place candidates remain. In case there are no ties for first place the top candidate and any tied second place candidates remain.

7. Lots are then drawn by the teller and the first one “**out of the hat**” is the incoming officer.

## STORY OF THE FIRST HOLIDAY SEASON

December 1952 Grapevine

Bill W. remembered only a quiet day in New York that first Christmas—there were only six men who constituted the whole A.A. membership at the gathering:

There were thanks that we had come this far. However, I am [Bill W.] certain that there was still considerable fear and trembling...not fear that this new way would not work, but doubt that we would be able to hold onto it. We remembered our many failures and thanked God for what He had already granted us and prayed for continued strength.

This time of year can be fraught with yearning for a feeling about the holidays remembered from long ago. It is also natural that if you imagine yourself out of step with what's called a season of joy, you will feel isolated. And it's widely accepted that the pressure to be merry, on cue, is stressful.

A.A. members, though, have the benefit of a program that teaches the value of acceptance, an antidote to the enforced gaiety of a season when loneliness may seem a failing as well as misery. And A.A. members have a way of remaking their worlds, or rediscovering what they once had. In the words of the Twelfth Step, the program of Alcoholics Anonymous is about “the joy of good living.”

good works interconnected and reflective of our faith in God. Service in Alcoholics Anonymous, i.e., our good works, illustrates our relationship with the God of our understanding.

Without service our faith is dead. The lack of work reveals an unchanged life, a spiritually dead soul.

Each alcoholic, each A.A. group has one primary purpose: *to carry the A.A. message to alcoholics* (A.A. Step 12, Tradition 5) We are called upon to help other alcoholics as we were helped, carrying the lessons and principles we learned forward to others with a desire to stop drinking.

True faith stems from a psychic change, a transformed life in recovery. Service enlivens our faith; brings us closer to the God of our understanding. Work with others energizes us to carry the message of recovery. “Life takes on new meaning.” (BB, pg. 89) Service changes us, developing our integrity, character, and acting with kindness, tolerance and patience.

The service we provide is myriad and offers choices that match our interests and best uses our talents. Making coffee, chairing meetings, sponsoring, and participating on a District committee are vital to ensure the 12-Steps and recovery are available to alcoholics, sober or still suffering. **We** are vital to carrying the message. **We** have the opportunity carry forward “what was so freely given to me. (Tradition 2, 12 & 12, page 133)

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.” (Big Book, page 89) Service work is vital for our sobriety.

Mara M.  
April 24, 1986  
East Gate



**AREA 4 ASSEMBLY, October 5 & 6, 2024;** Holiday Inn Express & Suites-  
Russellville, 300 East Harrell Drive; ZOOM [Link to Area Assembly ZOOM](#)  
Meeting ID: 931 0896 7121 Passcode: Box459

## 1st AUTUMN IN THE PARK Picnic,

**SATURDAY, October 19th, 12:00 p.m., Stephen's Park, Mountain Pine.**  
Brats and burgers, and all the fixings' provided. Please bring a side dish or  
dessert. We will have a Speaker. Hosted by Intergroup Council of West Central  
Arkansas. Ya'll Come!!

## ROCK BOTTOM'S ANNUAL PICNIC

**Sunday, October 20, Mary Kennely Park, Haskell, AR**

Family and Friends Welcome! RB group provides hamburgers & hotdogs, with the  
fixings. Bring a side dish, dessert or just yourself



**Intergroup Council of West Central Arkansas, Sunday, October 27, 2:00 P.M., at  
411 Sellers, Hot Springs**

**SOUTHWEST REGIONAL A.A., [SWRAA2024.ORG](http://SWRAA2024.ORG), *Service: Vital to Our Growth***  
hosted by Northeast Texas Area 65; **October 11, 12, 13, 2024, \$20.00; Richardson, TX.**  
**[Registration@swraasa2024.org](mailto:Registration@swraasa2024.org); Pre-Registration Cut Off Date: 09/27/2024**

Regional forums provide unique opportunities for A.A. members. At these events all who attend have  
the opportunity to connect with people throughout the A.A. service structure .representatives of the  
General Service Board, A.A.W.S., AA Grapevine and GSO.

## IS YOUR GROUP HAVING AN EVENT?

Please send event information, with or without flyers, to Mara M., editor.

**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/>

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[louandmara@icloud.com](mailto:louandmara@icloud.com) or text 501-094-3556.