

No Booze News

Intergroup Council of West Central Arkansas

Volume LXLIII Number 4

October-November-December 2025

OUR DISTRICT 8 MEETING IN PRINT!

NEXT MEETING

The Intergroup Council's
next meeting is Sunday,
October 26, 2025,
at 2:00 p.m.
411 Sellers,
Hot Springs, AR

INTERGROUP COUNCIL

John K., Chairperson
Kaycee R., Secretary
Paul K., Treasurer
Ty W., Webmaster
Amber B., Answering
Service
Mara M., Editor, "No
Booze News"
Amie Michelle R.,
Volunteer Coordinator &
Chair, Autumn Picnic
Linelle B., Central Big
Book Study
MaryAnne L., Hot Springs
AA
Bob S., Green House
Group
Terry T., Rock House

John's Story...

"...to see the alcoholic outcast received back into his community in full citizenship..." What does full citizenship mean for an alcoholic?*

A well-rounded person is someone who possesses a variety of skills, experiences, and knowledge across several different areas. We often possess qualities like integrity, empathy, and emotional intelligence, contributing to our overall personal development. This allows us, as to engage effectively in various events, situations, facing new challenges. And the recovered alcoholic?

A well-rounded member of AA is someone who uses their skills and experiences to participate in Alcoholics Anonymous *and* in society, to be active in our communities. We may choose to participate in church, politics, community events and activities, as well as attend and serve in Alcoholics Anonymous.

As practicing alcoholics, we took, we did not give. We did not use our skills and talents except to serve ourselves. If we thought of others, it was because they had something we wanted.

As a Recovered Alcoholic, we have an opportunity to to give rather than take. We choose where we want to serve, where we want to use our talents and skills, but we are no longer limited by alcohol.

Today the Promises* have come true: we know a new freedom, we do not regret our past.

*Twelve Steps and Twelve Traditions, pg. 110

*Alcoholics Anonymous, pgs. 83-84

INTERGROUP ANSWERING SERVICE, 24 HOURS-7DAYS A WEEK: 501-623-6328

Check out the Intergroup Council's outstanding WEBSITE! <https://aawcar.org/> All District 8 meetings locations, days & times with contact information; District 8 events; the online Intergroup Bookstore; current & past No Booze News issues.

BOOKSTORE: 411 Sellers Street, Hot Springs; Open before & after the 8:00 a.m., Noon, & 8:00 p.m. meetings. If you need to purchase books at other times, send John K. a text at 501-282-9838 or order on our website.

LOUISIANA DRUNK

I was born in White Castle, LA, the middle child of four brothers. Our dad was an alcoholic and was in the program five years once and then a few times after. He did die sober.

My parents were from Coushatta, LA, and moved to South Louisiana for work in the oil fields. Growing up we were Baptist in a predominately Catholic community; and we were not Cajuns. We understood not belonging.

In our home we lived in fear of Daddy coming home drunk and beating Momma or one of my older brothers. I remember praying with Momma and my little brothers that Daddy wouldn't come home in a rage! Momma was in hospital several times, the last time for three weeks. This last time she did not return. She took us kids, worked two jobs, the only income.

We moved in with her brother and family, then into an apartment in Shreveport, LA. We were used to sugar cane fields,, dogs and the Mississippi River and now we were in the city. This was the beginning of my blackout drinking. I had sipped beer at crawfish boils. I would sit with him pretending I needed help peeling crawfish when I just wanted to share his Budweiser!

Momma became disabled with Multiple Sclerosis when I was 15. We moved to North Carolina to be near my oldest brother. It was the first time I felt like a different environment was going to be a solution to my drinking, but it only got worse. I quit school to work and married at 16 to move out and drink. Then

Louisiana Drunk, Continued page 7,

MURFREESBORO DIAMOND

No doubt about it, there is a lot of writing when it comes to the program. For me, pencil to paper began with gratitude lists, then columns of inventory, followed by character shortcomings, amends, journaling and more. The soft pure carbon graphite filled page after page and it wasn't until I read of a discovery in Murfreesboro Arkansas helped me realize the value of all that writing.

In 2015 a woman paid \$8.00 to walk around Crater of Diamonds State Park. She picked up a rock also made of pure carbon. Park officials confirmed it to be an 8.52 carat diamond. At that point it was just an unrefined stone. It was examined, assessed, appraised and graded by a number of knowledgeable individuals on how to best bring out its special qualities.

It took courage to turn it over to a master diamond cutter. The rock was first ground, then shaped and because of its unique characteristics, 147 angles were carefully chosen to enhance the beauty within. Each facet was ground, buffed and polished at least seven more times until the inner light of that diamond was released.

My dark days of drinking had me buried in a fiery depth of emotional upheaval, under great pressure from all around, hardened by extreme conditions. After an intense spiritual storm I surfaced alone and isolated in the debris of my self created wreckage. An inexplicable phenomenon occurred, something outside of myself found me and opened the doors of Alcoholics Anonymous. At first I held tight and treasured the past. I

Diamond, con't page 3

VOLUNTEER

IT'S EGO DEFLATION
FRIENDLY

&

YOU ARE NEEDED

A REPRESENTATIVE FROM YOUR GROUP TO YOUR INTERGROUP.

Intergroup Council of West Central Arkansas is a service office in partnership with A.A. 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

Heavenly Father,

You have blessed me in so many ways,
and I am truly grateful.

I know Your plans are greater than my
understanding,
so I ask You to guide me and strengthen my
faith.

Lord, I place my faith,
my family,
my work,
my dreams,
and my future into Your hands.

I trust You completely.

May You lead my life.

I love You, and I will honor You.

Amen

Provided by an A.A. member

gave it much value because that's all I knew. As I began to listen and observe the group of knowledgeable and experienced individuals around me. They suggested ways to uncover the potential lying dormant within myself.

By letting go, courage evolved and I discovered that action was needed to reshape my rough exterior; I began to write then prayer allowed trust to grow. The steps ignited a spark of transformative power in my spirit, a power greater than myself.

Polishing the virtues of a design for living, recovery has become possible. It has taken time. The inner light deep within, has begun to shine. An awakening has occurred giving me the awareness that even in the most ordinary places, extraordinary things can be found. I see it in the eyes of the newcomer. There is a silent beckoning. It is my opportunity to help unearth the potential that lies dormant within them, just waiting to be brought to light.

The name bestowed upon that million dollar diamond is Esperanza, the Spanish word for hope. I found hope In Alcoholics Anonymous.

In both cases it all came about from the touch of the Master's Hand.

Ross S.
Hot Springs A.A.
10/12/1994

NO MUST?

If you go to enough meetings, you'll hear it said, "there are no musts, only suggestions." However, there are **103 Musts** in Alcoholics Anonymous. The first is onpage xxiii, "Convincing testimony must surely come from medical men who have had experience with the sufferings of our members and have witnessed our return to health."

DR. CARL GUSTAV JUNG'S Contributions to Alcoholics Anonymous

Continued from first column

Dr. Carl G. Jung (July 26, 1875–June 6, 1961) was a Swiss psychiatrist and psychoanalyst who founded analytical psychology, a field that explores the relationship between the individual's unconscious mind and the collective unconscious.

Dr. Jung made two major contributions to the development of Alcoholics Anonymous. First, he was the first and only thinker in the field of psychoanalysis to grasp the underlying secret of enduring recovery from addiction. Alcoholism, he believed, involves a spiritual thirst for a sense of wholeness – the true secret of its numinous power and the reason why a person can be led into an addiction. He understood intuitively that only a radical conversion to something equally satisfying to the individual at a deep level can promote recovery. Furthermore, he sensed the intense loneliness forced upon addicts by the shame and secrecy of their addiction, not unlike the sense of isolation he himself had experienced as a child and adolescent. He likened the growing sense of alienation of an addicted person to being “outside the protective wall of human community.”

His second contribution, according to Carl Jung, Rowland's only chance to recover from his alcoholism was a “spiritual or religious experience – in short, a genuine conversion.” This type of spiritual experience has been happening to alcoholics for centuries, but that he did not know how to produce such a spiritual experience through the use of psychological methods. Jung wrote that Rowland's alcoholism was “the equivalent, on a low level, of the spiritual thirst of our being for wholeness, expressed in medieval

language: the union with God.” Jung's letter went on to say, “...alcohol in Latin is “*spiritus*” and the same Latin word is used for the highest religious experience as well as the most depraving poison. The helpful formula therefore is: *spiritus contra spiritum*.*

By indicating that medical science had no solution for the troubled alcoholic, and by suggesting a spiritual or religious solution to that problem, Carl Jung contributed to the formation of Alcoholics Anonymous.

Letter from Bill Wilson to Dr. Carl Jung:

“[Y]ou frankly told him of his hopelessness, so far as any further medical or psychiatric treatment might be concerned. This candid and humble statement of yours was beyond doubt the first foundation stone upon which our Society has since been built.”

Jung also told Roland that conversion experiences were incredibly rare and recommended that he “place himself in a religious atmosphere and hope for the best,” as Wilson remembers. But he did not specify any particular religion.

Roland Hazard eventually found the Oxford Group. He might, as far as Jung was concerned, have met God as he understood it anywhere. “His craving for alcohol was the equivalent,” wrote the psychiatrist in a reply to Wilson, “on a low level, of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God.”

By indicating that medical science had no solution for the troubled alcoholic, and by suggesting a spiritual or religious solution to that problem, Carl Jung contributed to the formation of Alcoholics Anonymous.

*Spirit against the Spirit

Continued next column

SERIOUSLY?!

CAR FOR SALE

People often buy useless things when they have had too much to drink – the boozy Amazon shopping spree could be used by temperance campaigners – but selling something you actually need is a lot less common. That is what happened to a man from New Zealand, who somehow managed to keep his name from hitting the headlines. The man from Rotorua was in the middle of a truly epic binge when he ran out of money and decided to sell his car to a stranger for \$800, to give him the cash to keep going.

Waking up the next day, he completely forgot that he had done this and went to his local police station to report that it had been stolen. The mess was only sorted out because the man who had bought it from him started to suspect he might have bought a stolen vehicle and decided to do



some checking into the car registration number. With the police believing it to be stolen, they were alerted when the man entered the number into the website. The car buyer then brought the vehicle back to the embarrassed seller. Still, it is better than drinking and driving.

VOLEUR DE CHAMPAGNE

In what might be the most French story ever, a burglar in that country was captured by police after being tempted by a bottle of champagne in the middle of his crime. This bizarre incident took place in Provins, a historic town just outside of Paris, in 2014.

Champagne, con't, page 6

Do you know that a lion will never drive while drunk? But a tiger would.

You're riding a horse full speed. There's a giraffe next to you and a lion chasing you, what do you do? Get your drunk a\$\$ of the carousel!

Yo mamma so drunk, she clung to the grass to keep from falling off the earth.

GROAN

Three drunks got into a taxi. The driver knew they were drunk so he turned the taxi on and then turned it off, and announced, "We've arrived."

The first drunk paid him, the second drunk thanked him, and the third drunk slapped him. The taxi driver yells, "What was that for?!"

"CONTROL YOUR SPEED NEXT TIME! YOU NEARLY KILLED US!"

One night a man came home totally snookered and his wife was not happy at all! "How much have you had to drink?" she asked sternly.

"Nothing," he slurred.

"Look at me!" She shouted. "It's either me or the pub, which one is it?"

He paused a second while he thought about it and replied, "It's you. I can tell by the voice!"

What do drunk rabbits like? Hops.

DOWNSTAIRS BOOKSTORE

A.A. and the ARMED SERVICES

This is a Second Service Conference approved Pamphlet

The brave men and women who serve in our military face unimaginable challenges. Among these challenges, alcohol abuse stands out as a significant concern. The trauma and stress of combat, coupled with the pressures of military life, can lead many service members down a path of excessive alcohol consumption and can potentially lead to military discharge for alcohol abuse.

The stories in this pamphlet are written by active duty and retired men and women from all four branches of military services. The military community, often celebrated for its resilience and courage, is not immune to the challenges of alcohol abuse. The prevalence of abusing alcohol and alcohol misuse among veterans is a serious concern that demands attention. Over one in ten veterans struggle with a substance use disorder, whether it be alcohol or drug abuse, or both, and many of those seeking treatment specifically report an alcohol addiction. In addition to alcoholism, military personnel suffer from other illnesses, like PTSD and depression, exacerbated by alcohol. Interestingly, women in the military were found to be more prone to heavy drinking than their male counterparts.

The stories in this pamphlet are chosen to help Active and Retired military individuals identify their disease and realize that alcoholism is a disease. It is hoped the readers recognize their need for help and learn how AA can specifically help them and encourage them to ask for help.

CONTEMPLATE:

If it ain't broke, don't fix it -- some people want to make changes for changes sake. They don't take the time to figure out why it is done a certain way, their ego leads them to believe they are smarter than everyone who came before them. They think they understand the problem and try to apply their wants (and desire to feel important) on everyone else. My grandfather called them erudite bastards -- they have no idea of what works, they just start to make changes without considering the unintended consequences. (Which usually results in gumming up the works). They seemingly can't reason through the process or the principles.

Conley B.

Champagne, con't from page 5

The couple who owned the property that he had broken into came home after a night out and their suspicions were sparked by the sight of closed blinds, as they remembered that these were open when they went out.

Instead of going inside, they called the police, who went into the house and found the burglar watching television while drunk out of his mind. He was stealing money, passports and (for some reason) a pair of sunglasses, as well as a bicycle that he was apparently intending to use for his getaway.

While ransacking the house he must have stumbled across the bottle of champagne. What Frenchman worthy of his country could possibly resist? According to a spokesman for the police department he



Con't pg 7

JUST THE WAY I AM

Masks, such creative Masks,
So many masks have been incorporated
Into my personality,
I no longer know where the masks end
and I begin
Don't believe the mask of cool assurance /
demonstrate
Please don't allow me to fool you into
believing that / am comfortable with who /
am
What you see is a collage I pieced
together over the years
First to fool the world Then to deceive
myself
The truth, what is it?
I feel frightened every time / speak
I am lonely
I have little if any self-confidence
Capable, competent, / am not sure
I so desperately want your acceptance
It means the beginning of my healing
When I am able to remove my masks &
tell you,
I am frightened too!
Your acceptance of me just the way / am
helps
Me to remember the truth:
I Am A Whole and Perfect Loving Child of
God
Just The Way I Am
Written when 2 1/2 years sober;
now 42 years sober. As true today as
then.

Mary Ann L.

Champagne, Con't from pg 6

was "very relaxed, completely intoxicated
and had apparently forgotten where he
was." Hopefully they let him keep the
sunglasses to help with his hangover the
following morning.

Louisiana Drunk Continued from page 2

married at 16 to move out and drink. Then
Momma died. I drank with a vengeance
against God for taking her and leaving me
alone. I soon ran out of people, places and
money and left my husband after 7 years. I
blamed it on getting married too young, but
in reality my husband was threatening to
take away my alcohol. I thought if I moved
back to Louisiana I could stop all these
problems! So off to South Louisiana,
Breaux Bridge. They all like to drink down
there! Living with my brother, he soon got
tired of my drunkenness. He introduced me
to one of his coworkers, David. David
quickly saw I was a handful when drinking
although he liked to drink, too. He couldn't
tell me not to drink if he continued so we
made a vow to get married, but only if I
quick drinking!

I wanted to marry and be a Momma more
than anything so I agreed. However after
being in AA for a few months, getting a
sponsor, Helen R., my belly button birthday
rolled around and I wanted a drink! And I
did and a blackout.

I returned AA and Big John greeted me, "I
was worried when I didn't see you at the
noon meeting yesterday, are you OK?" I
replied, "I'm fine," but didn't tell him or
anyone I drunk again.

I was on the way to Morgan City to meet my
husband while listening to an AA cassette
with Dick and Peggy M. discussing
sponsorship. Peggy said the most important
things about her sobriety were trusting God,
cleaning house and working with others!
When she said cleaning house, it was like
the wind blowing through my gut. I knew I
had to get honest.

I told my husband first, then my sponsor. I
knew she wouldn't love me anymore, but
she said, "Toni, it is normal for us alcoholics

Louisiana Drunk, Continued page 9

12 QUESTION AA HISTORY QUIZ!!

1. Where did Alcoholics Anonymous start?

- Cleveland, Ohio
- Akron, Ohio
- Buffalo, New York
- New York, New York
- Flint, Michigan

2. What are the names of the A.A. co-founders?

- Brian W. and Father Thomas
- Bob W. and Dr. Bill
- Bill W. and Dr. Bob
- Clarence S. and Dr. Bob
- Ebby T. and John D. Rockefeller Jr.

3. What year did Alcoholics Anonymous start?

- 1925
- 1934
- 1935
- 1939
- 1945

4. Prior to starting A.A. both co-founders were in contact with what fellowship?

- Washingtonian Movement
- Sectarian Group
- Liberty Society
- Oxford Group
- Anti-alcohol Prohibition

5. What year was the basic textbook, Alcoholics Anonymous published?

- 1935
- 1937
- 1939
- 1942
- 1945

6. Who was Sister Ignatia?

- Just another drunk
- Bill W's spiritual advisor
- Dr. Bob's childhood music teacher
- Nurse who helped almost 5,000 hospitalized alcoholic patients
- Henrietta Seiberling's cousin

7. How often are International conventions held?

- 3 years
- 4 years
- 5 years
- 7 years
- 10 years

8. What did Bill W. do while staying at the Mayflower Hotel in Akron, Ohio?

- He went on drinking binge
- He saved a pregnant woman from being hit by a bus
- He made a phone call in the hotel lobby instead of going to the bar
- He asked the front desk where he could get his shirt pressed
- He canceled his business appointment and went home

9. Who was Henrietta Seiberling?

- First woman to get sober by joining Alcoholics Anonymous
- Founder of the Hazelden Foundation
- Daughter-in-law of the Goodyear Rubber company founder
- Along with Carl Jung, spiritual advisor to Bill W.
- Donated the Stepping Stones house to Bill W.

10. Who started the first A.A. meeting in Cleveland, Ohio?

- Abby G.
- Clarence S.
- Hank P.
- Bill D.
- Fitz M.

11. Bill W. was homeless for 2 years in sobriety

- True
- False

12. A star catcher for what baseball team achieved sobriety in Alcoholics Anonymous?

- New York Yankees
- Boston Red Sox
- Philadelphia Phillies
- Cleveland Indians
- St. Louis Cardinals
-

Answers, pg.9

HOW MANY MEETINGS ARE NECESSARY?

Abraham Lincoln was once asked how long a man's legs should be. The classic answer was, "Long enough to reach the ground."

AA members don't have to attend any set number of meetings in a given period. It is purely a matter of individual preference (and need). Most members arrange to attend at least one meeting a week, they feel that this is enough to satisfy their personal need for contact with the AA program through a local group. Others attend a meeting nearly every night, in areas where such opportunities are available.

The friendly injunction, "Keep coming to meetings" so frequently heard by the newcomer, is based on the experience of the great majority of AAs, who find that the quality of their sobriety suffers when they stay away from meetings too long.

Many know from experience that if they are regular in attendance they seem to have no trouble staying sober. Newcomers particularly seem to benefit from exposure to a relatively large number of meetings, (or other AA contacts) during their first weeks and months in a group.

By multiplying their opportunities to meet and hear other AAs whose drinking experience parallel their own, they seem to be able to strengthen their own understanding of the program and what it can give them. Nearly every alcoholic, at one time or another has tried to stay sober "on his own". For most, the experience has not been particularly enjoyable—or successful.

Chit Chat, Robeson, PA

Reprinted from the "Alcoholics Anonymous Cleveland" July 2025 newsletter

Keep Coming Back!

Louisiana Drunk continued from page 7

I've been sober 38 years and Helen is still my sponsor. She, Bubba, their sons and families are family to me and my husband, David. When there was an offshore explosion, my husband had to be flown to an emergency hospital where his leg, eventually was amputated. Bubba and Helen were there when I finally got to hospital. They were also there when we lost our first grandson. But they and others were also with us during all the good times.

Recently we sold our home place in Louisiana and moved to Hot Springs Village. We wanted to be closer to our grandchildren and my sponsor. I'm working the steps with her as I grieve for my old home.

My greatest release from self is working with others! That is one of my spiritual tools. I stay current in my steps, active in my Home Group, and connected to my sponsor. No secrets.

My worse day sober is better than any day I had drinking. If alcohol still worked for me, I'd still be drinking. But drinking quit working for me; it was no longer a solution; it no longer gave me a sense of ease and comfort!

Thank God for our Founders of AA, the Twelve Steps, my Sponsor and Sponsees, and my family. Thank God I'm sober today.

Toni C.

June 19, 1987

East Gate Group

ANSWERS TO AA

- | | |
|----------------------|-------------------------|
| 1. Akron | 7. 5 years |
| 2. Bill W. & Dr. Bob | 8. He made a phone call |
| 3. 1935 | 9. Daughter-in-law |
| 4. Oxford Group | 10. Clarence S. |
| 5. 1939 | 11. False |
| 6. Nurse who helped | 12. Cleveland Indian |

UPCOMING EVENTS

➡ **AREA 4 ASSEMBLY**, Saturday and Sunday, October 18 & 19, 2025; Holiday Inn Express & Suites-Russellville 300 East Harrell Drive, Russellville, Arkansas
Area 4 Assembly is a hybrid: Meeting ID: 931 0896 7121 Passcode: Box459

➡ **INTERGROUP COUNCIL OF WEST CENTRAL ARKANSAS**, Sunday, October 26, 2025, 2:00 P.M., 411 Sellers, Hot Springs. Intergroup meets quarterly on the last Sunday of the month.

➡ **DISTRICT 8 COMMITTEE**, Sunday, December 7, 2025, 411 Sellers, Hot Springs, AR; Committees meet at 1:30, District Committee starts at 2:00 p.m.



YA'LL COME!! YA HEAR NOW?!

Rock House Group monthly POTLUCK, SPEAKER AND BIRTHDAY CELEBRATION. Last Saturday of each month: potluck at 6:00 p.m.; speaker at 7:00 p.m.; birthdays.

Grant County Group Speaker, 5:30 p.m., October 19, 2025; Kelly S., Speaker. Sheridan Recreation Center; contact no. 870-917-8430.

ARKYPAA, October 9-12, Camp Mitchell at Petit Jean , 10 Camp Mitchell Rd, Morrilton, AR.

Rock Bottom's Annual Picnic, October 12, 2:00 p.m., Mary Kennely Park, Haskell, AR. Hamburgers, Hot Dogs with condiments provided. Please bring a side dish or dessert.

2nd Annual Autumn in the Park, November 8, 12:00 p.m., Stephen's Park.

SOUTHWEST REGIONAL FORUM, Albuquerque, New Mexico, November 14-16, 2025

PLEASE SEND GROUP AND MEETING EVENT INFORMATION, with or without flyers, to the editor either by Text (501)984-4556 or Email louandmara@icloud.com. Information will be published in this section. Thank you!