

# No Booze News

## Intergroup Council of West Central Arkansas

Volume LXLIV Number 1

January - February - March 2026

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

#### **NEXT MEETING**

The Intergroup Council's next meeting is  
**January 25, 2026,**  
at 2:00 p.m.

**411 Sellers, Hot Springs,  
Arkansas**

#### **INTERGROUP COUNCIL**

John K., Chairperson  
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Booze News"  
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Linelle B., Central Big  
Book Study  
MaryAnne L., Hot  
Springs AA  
Bob S., D.C.M.  
Terry T., Rock House

***John's Story...*** We live in the present but often planning for and worrying about the future. History, on the other hand, is the study of the past. Given all the demands that press in from living in the present and anticipating what is to come, why is the past important? Why is the study of Alcoholics Anonymous' history vital to our continuing to reach other alcoholics?

Alcoholics Anonymous history provides a wealth of information, particularly how our society was formed, what mistakes were avoided or corrected so we stay unified, and why our program of recovery does not change. A.A. can and will stay together if we continue to pay attention. Just as individual stories tell what we were like, what happened and what we are like now, so too do we know what it was like for alcoholics without a program of recovery; what it was like for alcoholics to have a solution; and what the program of recovery must be today. The second and vital history is telling our stories. On alcoholic sharing his or her story opens a world to those still suffering alcoholics — allowing us to identify, without guilt or shame, as an Alcoholic.

Our past is our most vital evidence in our quest to understand our disease and how to recover from it. For 90 years members have fulfilled our responsibility to ensure the 'hand of A.A. to always be there.'

**NEW FEATURE: WHO WAS WHO IN A.A.?  
THE OXFORD GROUP CONNECTION page 7**

**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.**

## LIFE I NEVER WANTED —

### AND THE JOY I NEVER KNEW

When I washed up at SOZO Recovery Center in January 2017, I was a shell of my former self—ten years removed from the days when drinking was “fun.” All that remained was a habit I couldn’t shake, no matter how bad the consequences. The life that once brimmed with promise had become a distant memory.

I graduated *Magna Cum Laude* from Arkansas Tech in 2002 with a degree in Management and Marketing. I was an Academic All-American on the football team and headed to the University of Arkansas School of Law on a full scholarship. From the outside, I had everything going for me.

Looking back, though, alcohol had me in its grip from the very first drink at 14. I was what you might call a “high-functioning” alcoholic for a while—but by 2005, that façade had crumbled. I wasn’t allowed to walk at my law school commencement, would never be allowed to sit at the AR Bar Association, and had no tools to handle that disappointment. I sank deeper into the bottle, chasing the illusion that I could one day drink “normally” again. I would spend half of the next decade in jails and penitentiaries, doing “life” on the installment plan.

SOZO took me to my first AA meeting, and for that I’ll be forever grateful. In those rooms, I learned about the progressive nature of alcoholism and accepted that I had lost the right to chemical peace of mind. AA has restored me to sanity, reintroduced me to God, and given me a

Life, continued page 4

## SO MANY BAD CHOICES

I was born with an allergy to alcohol. It always led to Bad Choices: husbands, accidents, handcuffs, and jail as well as near death experiences.

Around eleven years old I started drinking and was almost immediately in a blackout. I always wanted more of everything, sex, drugs, and rock-n-roll! There was never enough! If you could smoke it, snort it, cook it, grow it, drink it I did it. The only thing I hadn’t done is used intravenously — yet! I can’t even recall how many D.U.I.s I earned. I served 365 days in county jail for assaulting a police officer! Big mistake.

In an abusive marriage, I had two children, a son, Tony, and a daughter, Tiffany. I continued to drink and I was unable to show up for my children when they needed me. I found myself homeless; my children went to live with their father.

By the time I met husband number three I was wide open! We manufactured Methamphetamine to support our habits! Then I was using intravenously! We were busted and I married him while we were both in prison!

After we got out of jail, I came home one day and there he sat with a pile of dope. We were right back where we had been! How cunning, baffling and powerful, how patient this disease is! Finally, I left my husband. I drank myself into a coma with a 536 blood alcohol level! No one knew why I was alive. Doctors’ told me that I couldn’t drink again or I would

Bad Choices, continued page 6

## A.A. TRUISM

### ONE DRINK IS TOO MANY AND A THOUSAND NEVER ENOUGH!

# VOLUNTEER

## IT'S EGO DEFLATION FRIENDLY & YOU ARE NEEDED

**EGO DEFLATION** is the process of reducing an inflated sense of self-importance and self-centeredness, often seen in recovery from alcoholism.

### AFTER HOURS CALLS ARKANSAS CENTRAL OFFICE



After Hours Calls are a gateway for alcoholics to reach A.A. when Arkansas Central Office is closed. Serving the entire state, volunteers, also throughout Arkansas, answer the phone to ensure the "hand of AA is there." The service receives inquiries from people wanting help and refers callers to a nearby A.A. group or arranges for an A.A. member to contact them.

The only requirements for volunteers are having worked the 12-Steps and have 1 year of sobriety. Volunteers are called and pick a day of the month convenient for them during the upcoming month.

This is one of the most rewarding volunteer positions in A.A. I volunteer every month.

Mara M.

To volunteer for one night a month, call Arkansas Central Office at 501-664-6042.

### TELL EVERYONE ABOUT YOUR GROUP'S EVENTS!

The Intergroup website at [www.aawcar.org](http://www.aawcar.org) now allows you or anyone from your group to directly submit events online. These events will appear on the website alongside the meeting schedules, giving everyone in our area a central place to find upcoming AA activities.

We encourage you to use this feature to share your group's speaker meetings, birthday nights, picnics, holiday parties, and any other special events. This is a great way to help spread the word and strengthen connection between groups.

You can submit your event here:

<https://aawcar.org/events/community/add/>

All submissions will be reviewed before posting to ensure the integrity of the content.

Our mission as Intergroup is to serve as a resource for all groups to help carry the message of AA more effectively. The website is one more way we can do that together.

The Editor of No Booze News will check the events listed and make sure they are in the newsletter.

If you have any questions, please feel free to reach out to me directly at

If you have suggestions for No Booze News, please let me, your editor, know. This is YOUR newsletter. To be sure it meets YOUR interests and needs, I need to hear from you. That's one reason for the new feature: **Who Was Who in AA?** You can call me or text me or email me — I'd love to hear from you. Full contact info page 9.

faith that works under all circumstances. Today, alcohol is no longer the solution—God and sobriety are 1A and 1B in my life.

While working the steps, one of the most profound things happened to me. In completing my Fifth Step, I was completely vulnerable with another human being for the first time in my life. My sponsor was the first person I ever allowed to see the real me. I was no longer trying to be who I thought others wanted me to be. I wouldn't realize the impact it had on my life for a couple of years, but it changed me. God bled me of my ego and self-sufficiency that day, and I realized just how sick all of those hidden places had made me.

When I become vulnerable, it frees me from trying to be somebody I'm not and allows me to just be myself. Today, I am comfortable in my own skin. I know who I am because I know whose I am.

For me, Step Eleven is the culmination of my program. The more time I spend in prayer and meditation, the more I understand God and the better I am able to manifest His grace and power in my life. Today, I am willing to go to any length to keep this incredible life that God has blessed me with, and that begins with my dependence on Him. *“Seek ye first the Kingdom of God and all His righteousness, and all these things shall be added unto you”* has become my life verse. I try not to make any decision—big or small—with His guidance. He hasn't steered me wrong yet, and I don't expect He ever will.

Everything good I have today grew out of the desperation of my brokenness. I learned more about myself in my first year of recovery than I had in the previous 37. I serve alongside my mentor, Bob O., and

my beautiful wife, Kahla, at SOZO—the place God used to save my life. My sponsor, Terry T., keeps me grounded. I've served as secretary and treasurer of my home group and have been taking meetings behind the walls since 2018.

For the first time in my life, I know I'm doing exactly what God designed me to do. Not only has AA changed my life, but it's also given me a life. AA has proven to me that God knows what's best for me because I'm living a life I never wanted any part of, I'm a person I never would have wanted to know, and I'm happier than I've ever been.

Brad L.  
September 16, 2016  
Rock House Group

**"ONE DRINK IS TOO MANY AND A THOUSAND NOT ENOUGH"** highlights the struggle of alcoholics by emphasizing the consumption of even a single drink leads to a total loss of control and a return to excessive drinking. Consuming even one drink activates the Phenomenon of Craving starting the slide down the path of alcoholism.

Many of us, alcoholics, think we can manage our drinking by limiting ourselves to one maybe two drinks. For a heavy drinker, that may work. For those of us with the allergy it is impossible. Moderation and control don't work for long. Recognizing this inability to control our drinking and assess our relationship with alcohol honestly is a crucial step. Holding this recognition close can prevent testing one more time.

## SERIOUSLY!?

### Buffalo Airport Witnessed a Strange Joyride

Police say 'visibly intoxicated' Wyoming man took airport cart, drove it on people mover

Things got a little hairy in Western New York this week when a man decided to appropriate a motorized cart at a local airport and go on a joyride. The now-viral incident went down in the early hours Monday at Buffalo Niagara International Airport, when a Wyoming resident identified by police as Kevin Sinning allegedly swiped the cart, drove it on a moving walkway used to transport people, and caused "extensive damage to the glass and the cart itself," a witness reported.

Others in the airport can be seen recording the man's antics as what appear to be airport workers shouted at the man on the cart moving slowly down the people mover. "My thoughts were: Did he breach security? Did he get in somewhere that he shouldn't have got into? What [were] his intentions from the get-go? Was he armed?" one witness told WGRZ of the "chaotic scene." Cops say Sinning was "visibly intoxicated" and arrested him when the cart came to the end of the moving walkway.

"I could tell something wasn't right with him," the witness who recorded the incident says. "He was not responding to demands from the people telling him to stop." Sinning has been hit with a bunch of charges, including criminal mischief, grand larceny, and disorderly conduct.

"If I make it to Heaven, it's because I'm backing away from Hell," Father Dowling.

A man and his wife are at a restaurant, and the husband keeps staring at an old drunken lady swigging her gin at a nearby table.

His wife asks, "Do you know her?"

"Yes," sighs the husband. "She's my ex-wife. She took to drinking right after we divorced seven years ago, and I hear she hasn't been sober since."

"My God!" says the wife. "Who would think a person could go on celebrating that long?"

## GROAN

A drunk driver is being interrogated.

Detective : okay buddy, walk me through the whole thing, from the top

Driver : I don't know, it all happened so fast, I need a drink of water..

Detective : Your water is on its way. But first, tell me if this was premeditated.

Driver : NO! I swear, I just lost control of the car and I was gonna either hit that one guy to the left of the road or plow into that open picnic party full of kids that was on the other side of the road. What would you have done!?

Detective : well, I would have turned for the one guy

## SPONSORSHIP

### P-15 Questions & Answers on Sponsorship

"This pamphlet uses the shared A.A. experience to answer 34 questions likely to be asked by persons seeking sponsors, persons wanting to be sponsors, and groups planning sponsorship activity." (GSO online description.)

A sponsor is an alcoholic who has worked the Steps and who shares his or her experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through AA.

When a person first begins in AA meetings, it is easy to feel confused, alien and scared. Although people at meetings are friendly and respond to questions willingly, that isn't enough. We find a constant, close support as we begin learning how to be and "live sober" is of incredible help.

Sponsorship responsibility is unwritten and informal, but it is a basic part of the AA approach to recovery through the Twelve Steps. Most AA members have sponsors and consider the sponsor-sponsee relationship to be vital to their recovery. In the Big Book "Working With Others" describes sponsorship and what is important for the newcomers.

It always comes down to a Sponsor sharing their experience and knowledge to help an Alcoholic work the Steps to stay sober and develop a relationship a God of their understanding.



## CONTEMPLATE:

Sponsorship — the exchange where two people stay sober one day at a time and change each other's lives forever for the better and at the same time strengthen the Fellowship of A.A.

Conley B.

Bad, Con't from page 2

die! A lady from A.A. brought me a little blue Alcoholics Anonymous and suggested I read it.

After reading the 164 pages, I realized there was hope and I needed help. The people, places and things that I read about told me I needed to get away from the people I was around and I did, walking! Then, I was in hit and run and ended up in hospital! I agreed to have my leg amputated because it was in such bad shape, but the doctors saved it!

Of course I was still drinking, only now I drank staggering around on a walker! About 5 months after the accident I woke up one morning at my daughter's and looked in the fridge for a drink. I had to feel better. Then I saw the little blue Big Book! I felt as if there was only a flicker of life left in me and if I didn't do something I would die! I called a friend to take me Easy Does It, a treatment center in Kentucky.

I staggered in on my walker on May 13th, 2003 which became my first Sobriety date. The lady who brought me the Big Book became my Sponsor. With her I worked the steps, went to lots of meetings, read the Big Book, and practiced prayer and meditation. I was clean and sober! I moved to South Florida, where all the Promises and more came true, I was Happy, Joyous

Bad, con't page 9

## THE OXFORD GROUP CONNECTION

Ebby Thatcher was introduced to the Oxford Group by Rowland Hazard. With about three weeks of sobriety, Ebby went to see his old friend and drinking buddy Bill Wilson. He told Bill how he got sober in the Oxford Group. (See Bill's Story in Alcoholics Anonymous, pages 1-16)

When Bill Wilson was released from Townes Hospital for the third time, he and Lois immediately started attending Oxford Group meetings at Calvary Church, New York, where they had frequent contact with Sam Shoemaker. Lois Wilson said that they went to a minimum of three meetings a week and attended house parties (similar to A.A. Conferences and Roundups) during the first years of Bill's sobriety.

As described in Alcoholics Anonymous, Bill went to Akron, Ohio, on a business venture. When he found himself about to enter the bar of the Mayflower Hotel, he started phoning ministers in Akron for an alcoholic to help. He reached Rev. Walter Tunks who contacted Henrietta Seiberling. She attended Oxford meetings with a woman named Anne Smith, the wife of a well-known Akron surgeon. Mrs. Seiberling arranged a meeting between Dr. Bob and Bill.

All of these individuals knew about and many attended the Oxford Group founded by Franklin Nathaniel Daniel Buchman (June 4, 1878 – August 7, 1961). He was an American Lutheran who founded the First Century Christian Fellowship in 1921, which was renamed the Oxford Group in 1928. It was transformed under his leadership in 1938 into the Moral Re-Armament and became Initiatives of Change in 2001.

Buchman, continued next column

July 27, 2008, marked the 100th anniversary of Frank Buchman's Spiritual Awakening – one that directly linked him to the co-founders of A.A.

As a young man, Buchman gave everything he had to establish a shelter for homeless boys in the slums of Philadelphia. The shelter's success surpassed his budget and the six-member board of directors insisted that he cut the amount of food being served. Instead, Buchman quit. Resentment consumed him; his family despaired that he might not come to his senses. "Everywhere I went, I took me with me," he later said.

He was given a European trip to recuperate. July 27, 1908, thirty-year-old Frank Buchman walked into an afternoon service to hear Jessie Penn Lewis preach on the Cross of Christ. As Buchman sat in that Chapel, *"There was a moment of spiritual peak of what God could do for me. I was made a new man. My hatred was gone...I knew I had to write six letters to those men I hated."*

He wrote a letter to each man, "I am writing," declared Buchman, "to tell you that I have harbored an unkind feeling toward you - at times I conquered it but it always came back. Our views may differ but as brothers, we must love. I write to ask your forgiveness and to assure that I love and trust by God's grace I shall never more speak unkindly or disparagingly of you."

These amends letters spawned a revolution in Frank Buchman that eventually led to the birth of Alcoholics Anonymous. For the next half-century, Buchman dedicated his life to demonstrating that *an experience of God was available to anyone at any time, regardless of race, religion, class or*

Buchman, continued page 8

*or nationality.*

From England, Buchman returned to the U.S. to work as the YMCA director at Penn State University. He described the four years that he spent at Penn State as the laboratory in which he developed a practical program of action and learned how to have honest conversations that led people to make decisions to change their lives.

He developed a formula:

1. The sharing of our sins and temptations with another Christian life given to God, and to use sharing as a witness to help others, still unchanged, to recognize and acknowledge their sins.
2. Surrender of our life, past, present, and future, into God's keeping and direction.
3. Restitution to all whom we have wronged directly or indirectly.
4. Listening to, accepting, and relying on God's Guidance, and carrying it out in everything we do or say, great or small.

There are two more principles Buchman developed:

5. Help others selflessly.
6. Pray to God for Guidance and the Power to put these precepts into practice.

The application of this formula revolutionized the spiritual life on the Penn State campus, and its success brought Christian Evangelists from all over the world to learn what was happening. After Penn State, Frank went to China in 1917 where he had an honest conversation with a young Sam Shoemaker, "I have been a pious fraud, pretending to serve God but actually keeping all the trump cards in my own

Buchman, continued next column

hands. Now I've told Him how sorry I am, and I trust you'll forgive me for harboring ill will against You". Buchman freely forgave him.

In attending the Oxford Group, Bill Wilson learned of the six principles established by Buchman and used them as a start for the Twelve Steps. In December, 1938, Bill Wilson simply rewrote the list of Buchman's principles adding enough words to change the six to twelve.

Bill believed the six Oxford Group principles were not definitive enough. Bill described writing the Twelve Steps this way, "Well, we finally got to the point where we really had to say what this book was all about and how this deal works. As I told you, this has this had been a six-step program then...The idea came to me, well, we need a definite statement of concrete principles that these drunks can't wiggle out of. There can't be any wiggling out of this deal at all and this six-step program had two big gaps which people wiggled out of." (Transcribed from tape, Fort Worth, 1954)

Buchman met Rev. Frederick Meyer, a man he much admired. One question he asked Buchman, "Do you give God enough uninterrupted time really to tell you what to do?"

Taken, in part, from article "Frank Buchman and Alcoholics Anonymous – An Apology That Inspired A Million Amends," by Steve K.,

**"We have good news, and we have bad news. The good news is that the Steps are only suggestions.**

**"The bad news is that we don't have any other suggestions."**

**Anonymous A.A. member**

and Free!

My daughter was struggling with her own disease and I had custody of my granddaughter. My parents passed away. I stayed in the program. Many things happened, but I stayed sober. Then I returned to Kentucky. I stopped doing all the things that I had leaned in A.A. and, naturally, I eventually drank. Around 2015 I was well into my disease again. In 2017 my granddaughter found her mother dead, overdosed on fentanyl. She was only 35 years old and just wanted to get high.

I kept going to Church all the while my disease was worsening. I was so afraid I would never stop again and knew it would only be by an act of God if I stopped. I ended up on the run, homeless and living in a tent in the woods for about a year and a half. Finally I got picked up by police and they didn't let me out this times because I was a menace to society. The judge decided on probation if I would go to a treatment facility for 6 months. I had to stay sober through my probation. When I was finally able to sit down in an AA meeting I knew I was where I needed to be. The Promises began coming true again. As long as I continue practicing and using the tools AA has gives me I don't have to drink!

My granddaughter had my first great-grandbaby, January 30,2023 and I was able to show up, even moving to Arkansas to be a part of their lives. This is only because I stay close to the fellowship of Alcoholics Anonymous, practicing what I've learned from other sober Alcoholics. I work with others, passing on what I have learned. I use all the tools I've learned in A.A. to help me live happy, joyous and free!

Katie O'H  
January 18, 2023  
Hot Springs A.A.

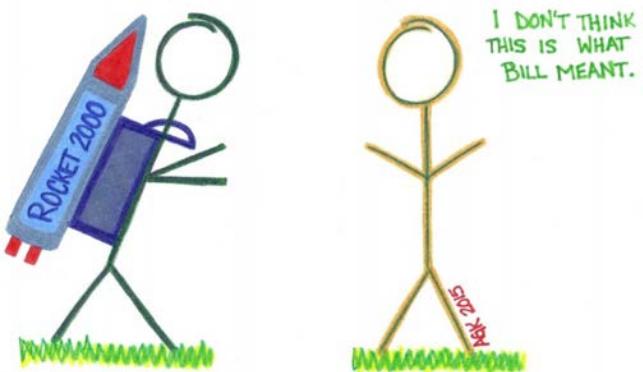
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The current issue of the newsletter will appear. Immediately to the right is "SIGN UP FOR NO BOOZE NEWSLETTER"

Fill in the form: first name, last name or initial, and your email address.

Any questions, contact the editor at [louandmara@icloud.com](mailto:louandmara@icloud.com) or 501-984-3556



**ROCKETING INTO THE 4<sup>TH</sup> DIMENSION**

By Ann Kroger

WE ARE 'ROCKETED' into this Fourth Dimension of existence, the spiritual life, when the dimensions of our physical, mental, and emotional states are in harmony and balance, each with the others, occasioned in the moment by our total surrender with complete abandon to our Higher Power and to the diligent, disciplined practice of the 12 steps of Alcoholics Anonymous.

**Barefoot**

# UPCOMING EVENTS

→ **INTERGROUP COUNCIL OF WEST CENTRAL ARKANSAS, Sunday, January 25, 2:00 p.m., 411 Sellers, Hot Springs.** Meeting dates 2026: April 26; July 26, October 25.

→ **AREA 4 ASSEMBLY, Friday, Saturday and Sunday, January 10 & 11, 2026;** Holiday Inn Express & Suites-Russellville (Hotel (479) 219-5152), 300 East Harrell Drive, Russellville, Arkansas; **Area 4 Assembly is hybrid: Meeting ID: 931 0896 7121 Passcode: Box459.** Area 4 Meeting 2026 dates: April 4 & 5; July 11 & 12, October 3 & 4.

→ **DISTRICT 8 COMMITTEE, Sunday, March 1, Committees meet at 1:30, District Committee starts at 2:00 p.m.** District 8 meets quarterly at 411 Sellers, Hot Springs, Arkansas, on the 1st Sunday of the month; June 7, September 6 and December 5



**YA'LL COME!! YA HEAR NOW?!**

**New Year's Day Celebration 2026**, Hot Springs A.A., January 1, noon to ? Please bring a side dish and dessert. A.A. Meetings at 2:00, 4:00 and 6:00 p.m. 411 Sellers, Hot Springs.

**79th Tyler Anniversary**, January 9 - 11, 2026; W.T. Brookshire Conference Center, Tyler, TX

**Grant County Group Speaker, Potluck & Fellowship**, 6:00 p.m., January 18, 1511 South Rose St., Sheridan

**Potluck, Speaker & Birthday Celebration**, Rock House Group; Last Saturday of each month: potluck at 6:00 p.m.; speaker at 7:00 p.m. January 31; February 28; March 28

**Winter Holiday 2026**, 44th Annual District 9 A.A. Convention “*The Simple Kit of Spiritual Tools*”, February 6th–8th, 2026, Embassy Suites by Hilton–Little Rock, Arkansas.

**St. Patrick's Day Celebration, March 17, TBA Wear green!**

**49th Annual Springtime in the Ozarks**, District 1 AA Convention, April 16-19, 2026, Inn of the Ozarks, 207 W Van Buren, Eureka Springs, Arkansas 72632

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