

No Booze News

Intergroup Council of West Central Arkansas

Volume LXLIV Number 3

July - August - September 2026

OUR DISTRICT 8 MEETING IN PRINT!

NEXT MEETING

The Intergroup Council's
next meeting is

July 26, 2026,

2:00 p.m.

**411 Sellers, Hot Springs,
Arkansas**

INTERGROUP COUNCIL

John K., Chairperson

Kaycee R., Secretary

Paul K., Treasurer

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Booze News"

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Book Study

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DISTRICT 8 COUNTIES

Saline, Garland,

Montgomery, Grant, Hot
Springs, Clark

John's Story... "I may not be much, but I'm all I think about." This quote reflects the self-centered perspective of alcoholism, highlighting how individuals may excessively focus on themselves. This personality trait is characterized by an excessive focus on ME, often at the expense of others' needs and feelings.

"Selfishness - self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate... Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us!" Alcoholics Anonymous, page 60.

Being self-centered causes unhappiness and leads us outside of the Will of God. The self-absorption of an alcoholic is really startling and is a key characteristic. Getting rid of the burden of self, the concern for self, the dishonesty with ourselves and others is key component to recovery.

The inventory process helps us recognize our selfishness, jealousy, anger, dishonesty. We understand how Character Defects contribute to our self-centered behavior and through the 4th Step we begin taking responsibility for our behavior rather than blaming others.

Recognizing and addressing our self-centeredness begins our healing emotionally and spiritually, and we begin our growth in Humility. In Alcoholics Anonymous, humility is considered a prized virtue and essential. We seek help, acknowledge our limitations, and embrace a Power Greater than Ourselves. The Steps foster a realistic self-view, promoting honesty and connection with others, both crucial for overcoming alcoholism.

It's not about self-deprecation or weakness. It is a specific psychological stance that keeps people honest, help-seeking, and grounded enough to weather inevitable setbacks. People who cultivate it are measurably less likely to relapse. The twelve steps explicitly builds humility, It a core mechanism of sustained sobriety rather than a minor virtue.

WHO WAS WHO IN A.A.? Page 4

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

Check out Intergroup Council's outstanding website! <https://aawcar.org/>

All District 8 meetings with contact information; District 8 events; the online Intergroup Bookstore.

BOOKSTORE: 411 Sellers Street; Open before & after the 8:00 a.m., Noon, & 8:00 p.m. meetings.

ALCOHOL TOOK ME

It wasn't my noble character that drove me to AA—it was consequences.

Growing up in Texas, I had a Leave it to Beaver home, and my drinking began ordinarily. The night I turned 21, I slept outside—in a fire ant mound. Visibly wounded, I made up a "plausible" story about tripping into an ant mound while fishing (though I had no answers to why I didn't just move out of the ant pile faster). Eventually, I visited every county jail in the Dallas metro area.

My life, however, didn't look unmanageable—I was a business owner, married, and had just bought a beautiful home. One day, my phone woke me up: my buddy was wondering where I was, because we were due to finish a job and get paid that day. I went to pick him up, but told him I couldn't work, because I was seriously hungover. I was powerless over alcohol and my life had become unmanageable. There was no solution, until my friend offered me one. Seeing no other option, I took the substance, and thus began my love affair with an outside issue, for which I eventually traded all but my life.

Nearly a decade later, forty years old and all alternatives exhausted, I moved to Arkansas to get clean. Alas, the local bar that my carpool passed on the way to work every day beckoned me, and I found myself there. In less than three days, I traded alcohol's unmanageability for that old "solution" again, and thus began a new era of criminality, desperation, and self-delusion. I lived an "existence" rather than a life, but it all came to a screeching halt in November, 2013. Remember those consequences? When I crash landed at SOZO Recovery Center in Jessieville, Arkansas, I was facing four felony charges with up to 10 years of my freedom at stake. I was mad at the world, but disgusted with myself most of all.

Though I didn't yet know it, God began working in my life. SOZO introduced me to the program of

Took Me, con't pg 8

ONE MIRACLE AFTER ANOTHER

Until I went to college I didn't drink excessively. I never realized I was an alcoholic. I did notice my friends drank differently than me. Once I started drinking, I didn't want to stop and I often experienced blackouts. I barely got through college, as my priority was to drink and party.

When I started teaching I only drank on weekends and bowling night. Though I never drank at school, I carried a hangover and the odor of booze into my classroom on Mondays & Thursdays. No one ever questioned me about it until a 3rd grader asked me why I smelled like a tavern! I was aghast, but nothing changed.

I had a failed toxic relationship when I was 28 and escaped back to college. This time without the safety net of my friends my drinking became dangerous. On the night of February 17, 1979 I got drunk at a bar and as I tried to walk home I stumbled into a deep train ditch. I could not crawl out and a train came. I can still remember the wind, smell, and sound as the train rushed by me. Not falling into the train was Miracle #1.

After the train passed, I managed to crawl out of the ditch and was completely lost. I stood under a street light sobbing when a car pulled up with two women who knew where I lived. They got me safely home. They gave me an Alcoholics Anonymous phone number to call. Miracle #2

The next morning my compulsion to drink was gone. Miracle #3. I went to AA meetings until I received my Masters Degree. I moved back to my former school system and resumed teaching. I was not drinking, but not going to AA meetings either. I endured 37 years of a dry drunk. I lived with an alcoholic brain... poor self-esteem, anger, control freak... all of the worst I had been before I stopped drinking.

My brother insisted I go back to AA and I agreed. Miracle #4

Miracles, con't pg 9

A.A. TRUISM

I may not be much, but I'm all I think about!

THE WHISPER OF HUMILITY

Taken From Grapevine November 1956

Tradition Two tells me who God is, where He is, and what He does. It says, "For our group purpose there is but one ultimate authority...a loving God as He may express Himself in our group conscience." God expresses Himself in a specific location--my conscience. This is good news to me. I have wondered for over forty years where and who God was and what He did. Now I understand what was meant, long ago, by the command, "Be still and know that I am God."

I read on in the last half of Tradition Two and I find the second gentle whisper toward humility: "Our leaders [you and I] are but trusted servants; they do not govern." I love the clarity and force of that simple word "but." As a leader I am but a trusted servant; I need not govern. Thank God! I have been a dubiously trusted leader who felt that he must govern for too long; now I may be relieved of all of that. As God may express Himself in my conscience, I am His and your trusted servant, who governs only me!

Earle M.

San Francisco Bay Area, CA.
"Physician Heal Thyself"

Psychiatrist and surgeon, he had lost his way until he realized that God was the Great Healer.

(p. 393 in 2nd edition, p. 345 in 3rd edition, p. 301 in the 4th edition.)

PRACTICING HUMILITY

Cultivate humility in daily life with the following:

1. Acknowledge Your Limitations: Recognize everyone has strengths and weaknesses.
2. Listen Actively: Pay attention to others' perspectives and contributions.
3. Celebrate Others: Take joy in the achievements of those around you without envy.
4. Be Open to Feedback: Accept constructive criticism and use it for personal growth.
5. Practice Gratitude: Regularly reflect on what you are thankful for, which can shift focus away from self-centered thoughts.

HUMILITY

**Perpetual quietness of heart.
It is to have no trouble.
It is never to be fretted or vexed, irritable
or sore;
to wonder at nothing that is done to me,
to feel nothing done against me.
It is to be at rest when nobody praises
me, and when I am blamed or despised,
it is to have a blessed home in myself
where I can go in and shut the door
and pray to my Father in secret
and be at peace,
as in a deep sea of calmness,
when all around and about is seeming
trouble.**

— from a plaque on Dr. Bob's desk
included in "Dr. Bob and the Good Old
Timers", page 222.

First written
by Andrew Murray, a South African
religious leader, ca. 1828-1917.

Humility is

not thinking less of yourself; it is thinking of yourself less. Humility is thinking more of others. Humble people are so focused on serving others, they don't think of themselves. C.S. Lewis



By Ann Kroger



WHO WAS WHO IN A.A.?

FATHER ED

Known as a *priest for people with problems*, Father Edward Dowling, (1898–1960), also known as Father Ed, was a Jesuit priest and the spiritual advisor to Bill Wilson who called him “the greatest human soul that I’m sure I shall ever know.”

Goldstein, author of Father Ed : The Story of Bill W.’s Spiritual Sponsor, continually describes instances of Dowling showing up for the people in his life, often taking the initiative to reach out to those he knew were in trouble and lending a listening ear. Despite his rigorous Jesuit training, “he never judged people who came to him for help according to whether they were Catholic or not.” For example, he was a faithful friend and spiritual guide to Bill W., who never took the leap of faith to join the Catholic Church.

It was early 1940, winter. “Except for old Tom, the fireman we had rescued from Rockland Asylum, the club was empty (24th St. clubhouse in N.Y. City is where Bill and Lois were living since they had been evicted from their Clinton St. home.) I lay upstairs in our room, consumed with self-pity. This had been brought on by one of my characteristic imaginary ulcer attacks. It was a bitter night, frightfully windy. Hail and sleet beat on the tin roof over my head. Tom let the man knocking on the door in and called me.”

“I’m Father Ed Dowling from St. Louis,” he said. “A Jesuit and I have been struck by the similarity of the AA twelve steps and the Spiritual Exercises of St. Ignatius.”

“Never heard of them.” Father Ed laughed. This endeared him to Bill. Robert Thomsen tells the rest of the story this the story this way in his book, Bill W.: “The curious little went on and on

continued next column

and as he did, Bill could feel his body relaxing, his spirits rising. Gradually he realized that this man sitting across from him was radiating a kind of grace...

“My weariness and annoyance instantly evaporated. We talked of many things, not always about serious matters either. Then I began to be aware of one of the most remarkable pair of eyes I have ever seen. And, as we talked on, the room increasingly filled with what seemed to me to be the presence of God which flowed through my new friend. Nor was my experience at all unique. Hundreds of AA’s have reported having exactly this experience when in his presence. This was the beginning of one of the deepest and most inspiring friendships that I shall ever know. This was the first meaningful contact that I have ever had with the clergymen of the Catholic faith.” (The ‘Blue Book’, Vol. 12, 1960)

Primarily, Father Ed wanted to talk about the paradox of AA, the ‘regeneration,’ he called it, the strength arising out of defeat and weakness, the loss of one’s old life as a condition for achieving a new one. And Bill agreed with everything.

Bill had never worked the Steps and he decided to work all the steps and taking his fifth step with this priest. He told Father Ed about his anger, his impatience, his mounting dissatisfactions.

When Bill asked whether there was ever to be any satisfaction, the priest snapped, “Never. Never any.” Bill would have to keep on reaching. In time, his reaching would find God’s goals, hidden in his own heart.

Thomsen continues:

“Bill had made a decision, Father Ed reminded him, to turn his life and his will over to God ... he was not to sit in judgment on how he or the world was proceeding. He had only to keep the channels open ... it was

Father Ed, Con’t page 7

SERIOUSLY?!

A man from Casper, Wyoming, was convinced he was a time traveler from the future. When Bryant Johnson was stopped by police for disorderly behavior, he told them he had traveled back in time from 2048 to warn people in Casper that hostile aliens were planning to attack the town next year. He was warning them that they had to escape while they still could.

He claimed the aliens had pumped booze into his system and put him on a transporter pad to send him back in time – although he did not explain why the aliens would give victims advance warning. He also maintained that the aliens meant to send him to 2017, but he ended up in 2018 by accident — maybe they had been drinking, too.

In true “take me to your leader” fashion, Mr. Johnson demanded to speak to the town president. The breathalyzer test showed he had a .136 blood alcohol level — surely the most redundant test ever taken.

Matthew Falkner passed out drunk in the drive-thru of a Taco Bell and his car caught fire. Falkner, 30, had decided to make a run for a meal after downing some beers, and he somehow made it all the way to the fast-food store in his Chevy pickup, placed his order, and received his taco before falling asleep.

The Taco Bell manager called police because Falkner was out cold at the pick-up window and holding up customers behind him. Clearly this was not a victimless crime.

A deputy woke Falkner up and asked for ID. Falkner reached into the paper bag and presented the officer with a taco. Another deputy clarified they were asking for an ID, not a taco. Falkner chuckled and began eating the taco.

Falkner had fallen asleep with his foot on the accelerator while his truck was in park, which caused the engine to catch fire. Fire extinguishers quickly put the fire out.

Falkner, whose blood alcohol content was between .227 and .225 (three times the legal limit), was booked on DUI charges.

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\$\$ OFF THE HORSE!

A cop pulls a guy over for suspected drunk driving. The cop opens the door and the driver falls out onto the asphalt. The cop says, "Holy sh*t, you're so drunk, you can't even walk!"

The drunk says "No sh*t, that's why I took my car!"

GROAN

Did you hear about the drunkard who told himself he needed to stop drinking so much? But he thought, "I'm not about to start listening to some drunk weirdo that talks to himself."

I was in the mood for a drink so I biked to the local liquor store to buy a bottle of whiskey. At first I was planning to bike home with the bottle in my bike basket. But I'm not an idiot and knew it would break if I crashed so I drank it in the parking lot. Thank God I did because I crashed 12 times on the way home.

A guy walks into a bar and asks for 10 shots of the establishment's finest single malt scotch. The bartender sets him up, and the guy takes the first shot in the row and pours it on the floor. He then takes the last shot in the row and does the same.

The bartender asks, "Why did you do that?" And the guy replies, "Well, the first shot always tastes like crap, and the last one always makes me sick!"

A.A. GUIDE LINES

Have a question about A.A.? One resource are the the A.A. Guidelines. These represent the shared experience of A.A. members and groups; these provide information answering the Questions of What and How and Why. Each reflects guidance given through the Twelve Traditions and the General Service Conference (U.S. and Canada). The purpose of the A.A. Guidelines is to assist members in reaching an 'informed group conscience.' Guidelines are accessed on: <https://www.aa.org/faq/what-are-aa-guidelines>)

LIST OF GUIDELINES AVAILABLE:

A.A. Answering Services

Accessibility for All Alcoholics

Archives

Central or Intergroup Offices

Conferences, Conventions and Roundups

Cooperating with Court, D.W.I. and Similar Programs

Cooperation With the Professional Community

Corrections Committees

Finance

Internet

Literature Committees

Public Information

Relationship Between A.A. and Al-Anon

Relationship Between A.A. and Clubs

Safety and A.A. Groups

Sharing the A.A. Message with the Alcoholic Who Is Deaf

Treatment Committees

Literature published by A.A. World Services, Inc., is a resource for recovering alcoholics and you can find out more about Alcoholics Anonymous, its history, and how it works.

All available from Intergroup Council bookstore.

CONTEMPLATE:

Rigorous Honesty — our program requires the alcoholic to develop rigorous honesty if we are to recover. So what kinds of lies do we tell and to whom — omission and commission. First to ourselves and then to others. All, both, are dangerous for the alcoholic. It leads to all sorts of internal conflict, which leads to more lies and can easily lead us back to the booze.

Conley B.

RIGOROUS HONESTY

The definition of rigorous is 'severe standards of accuracy' and honesty is being "devoid of all motives to deceive." These may be simple definitions, but neither are easy to accomplish. Yet these are essential for building trust and maintaining our sobriety. The one area where we must be rigorously honest is with ourselves. This practice cannot be haphazard, but is a conscious and deliberately self-imposed discipline.

Rigorous honesty is a fundamental principle in Alcoholics Anonymous and is emphasized throughout various steps, especially Steps 1, 4, 5, 8 and 9. This practice is essential for building trust and maintaining sobriety. It is the commitment to being completely truthful in all aspects of our lives requiring self-examination and facing uncomfortable truths. This practice is essential for building trust and maintaining sobriety.

The one area where we must be rigorously honest is with ourselves. This practice cannot be haphazard, but a conscious and deliberately self-imposed discipline. Honesty with ourselves requires us to confront our own lies and deceit. This level of honesty is crucial for building trust and fostering authentic relationships.

Ed, con't from page 4

not up to him to decide how fast or how slowly AA developed ... For whether the two of them liked it or not, the world was undoubtedly proceeding as it should, in God's good time."

Father Ed continued quoting Bill's work to him. No one had been able to maintain perfect adherence to the principles. None were saints. They claimed spiritual progress, not spiritual perfection.

Before Father Ed left, he pulled his body up, and leaning on his cane he thrust his head forward and looked straight into Bill's eyes. There was a force in Bill, he said, that was all his own. It had never been on this earth before, and if Bill did anything to mar it or block it, it would never exist anywhere again.

That night, for the first time in months, Bill Wilson slept soundly. Thus began a 20-year friendship nourished by visits, phone calls, and letters. Both men spoke through suffering: Bill from alcoholism,



Bill from alcohol, Father Ed from arthritis that was turning his back to stone.

Bill turned to Father Ed as a spiritual sponsor, a friend. Father Ed, in a letter to his provincial, noted that he saw his own gift for AA as a *"very free use of the Ignatian Rules for the Discernment of Spirits for the second week of the Spiritual Exercise."*

Thus Father Ed endorsed AA for American Catholics with his appendix in the Big Book and his Queen's Work pamphlet of 1947. He was the first to see wider applications of the twelve steps.

Father Ed, Con't next column

"Father Ed, an early and wonderful friend of AA, died as this last message went to press. He was the greatest and most gentle soul to walk this planet. I was closer to him than to any other human being on earth..." "Father Edward Dowling, a great Jesuit friend of ours, once said to me, "Bill, it isn't what you people put into Alcoholics Anonymous that makes it so good – it's what you left out." (Transcribed from tape, Manhattan Group, 1955)

From several sources including Silkworth.net, Lets Ask Bill W., Question & Answer # 24: How did you meet Father Ed Dowling?; Father Ed : The Story of Bill W.'s Spiritual Sponsor by Dawn Eden Goldstein; and Wikipedia, "Edward Dowling (priest)"; Bare Foot's World, RxSobriety, Smith & Wilson, A.A. From Barefoot's domain, <https://barefootsworld.org>

THE SOBRIETY GEM



Amethyst is from the Greek "amethystos", meaning "not drunken" and is widely known for its ability to prevent intoxication. Amethyst is the most popular variety of quartz crystals considered the most powerful and protective stone. Amethyst was thought to prevent drunkenness and overindulgence, which is why ancient Greeks wore amethyst and carved out drinking vessels from it.

In Ancient Greece, wine was very thick, syrupy and strong. To ensure it would keep for longer, a kind of pine resin known as turpentine was added to it. However, the Greeks didn't understand that this cocktail could cause

Amethyst con't page 9

Took Me, con't from pg 2

Alcoholics Anonymous and to my mentors, the late Edwin Hawkins and Bob O. With his militant approach to early recovery, Edwin broke me down and built me back up, and he also taught me to hit my knees when I pray and surrender my thinking to God, daily. Bob O. polished my rough edges and taught me about the maintenance of our spiritual condition. After one year in SOZO, the rubber finally met the road, and I returned to my former residence where all my old "activities" still went on, but I lived there for six more years, staying sober anyway.

Today, I have restored relationships with my family—most importantly, my parents and my daughter. Through prayer, working with other alcoholics, and practicing this way of life, I stay sober. My story has a rise, a fall, and a redemption—a redemption that's only been possible through God and the magnificent reality of Alcoholics Anonymous.

Richard H.
November 17, 2013
Rock House Group

- AAWS did pay for the app, however the transfer of ownership is considered cost-neutral as the app includes an established number of voluntary contributors who AAWS considers voluntary subscribers.
- Regarding the price and other details related to the contract, we generally do not disclose the content or details of contracts as there is a level of expectation of privacy for both parties.

"Further to this, price details relating to apps or similar matters may compromise our future position, particularly if we are in a similar position to acquire other assets. It may even encourage others to create them and attempt to sell them to us. In other words, a future seller of an asset may say, "AAWS paid them this much, so they will pay me this much.

"We recognized that there are several areas within the app's content and design that are not consistent with A.A. Traditions and the visual identity our members expect with aa.org, our logos, and other published material. The General Service Office and AAWS Board are working together to carefully identify the more urgent and immediate changes that are needed and expect to implement those updates in the next few months. Some examples include:

- Recognizing there is much appreciation by current app users for speaker recordings like the "Joe & Charlie Tapes" and other materials, including those not developed within our U.S./Canada structure, it will be necessary to remove these items as they are not conference-approved.
- Removal of references to the app developer and related messages from them.
- Updating the terms and conditions to align with our other digital platforms.
- Update and simplify the "Meetings" tab to refer primarily to the Meeting Guide App.
- The AAWS Board will also consider establishing a subscription-based model and updating the "Support Us" tab to "Subscribe."

Both the AAWS and General Service Boards have clearly expressed the need to acquire the app and recognize the valuable service it provides to our membership, friends of A.A., and

Con't page 9

EVERYTHING A.A.

Letter from Bob Wilcox, General Manager AAWS, dated May 15, 2026:

"The following are details related to acquisition and related benefits:

- The transfer of ownership was effective May 1, 2026. It is fortuitous that it occurred during the Conference week, as the final details with the prior owner and developer were only finalized the day prior.
- With upwards of 1 million downloads, the app offers a great opportunity to communicate on a broader basis than we currently do, reaching a segment of the Fellowship beyond our general service structure.
- The transfer creates an excellent opportunity to expand access to our A.A. literature, helping carry the message to the still-suffering alcoholic, while also serving as a valuable public information and CPC tool.

Miracles, con't from page 2

It was scary to sit with strangers and admit I was an alcoholic and that my life was unmanageable. This time I stayed in AA. I have been in AA for 8 years and there are no longer strangers. I have a Sponsor, work the Steps, and found my Higher Power.

Alcoholics Anonymous saved my life, my Higher Power saved my sanity. Miracle #5.

Sandy H.

Hot Springs A.A.

**The Road of Life
Is
Paved with Flat Squirrels
Who Could Not Make A
Decision!**

Everything, con't from pg 8

and the still-suffering alcoholic. Therefore, we will continue operating the app during this transition process as disabling it would suspend these services and other benefits mentioned above."

Everything AA is the most comprehensive Alcoholics Anonymous App available for iOS and Android. This app consolidates essential Alcoholics Anonymous materials all in one place, including:

- Worldwide Online Meeting Finder
- Text and Audiobook versions of the Big Book and the 12 Steps and 12 Traditions
- Daily Reflections
- Daily Inventory: A shareable tool for personal reflection and gratitude.
- Sobriety Tracker
- Literature and pamphlets from Alcoholics Anonymous

This application is simple and direct, making navigation easy. Currently, the app is free and does not contain any advertisements, ensuring a focused experience for users.

Amethyst, continued from page 7

drunkenness in minutes. The ethical norms of that time stipulated that being drunk was shameful behavior. To solve this problem, the wine was diluted with water using an amethyst as an indicator of the optimal concentration: diluted wine is paler, similar to the color of purple quartz and, correspondingly, less intoxicating.

In some traditional practices, amethyst is ground into a fine powder for use in remedies. It can be combined with other herbs or minerals to create elixirs, which are believed to enhance healing properties. Some practitioners create herbal infusions by placing amethyst in water, allowing the stone's energy to transfer into the liquid; this water is then consumed.

Another legend associated with amethysts and sobriety also comes from Ancient Greece, alleging that Artemis, the goddess of hunting, saved a nymph, Amethystos, from the advances of Dionysus, the god of wine. He was in love with Amethystos, but she refused him. In his anger, Dionysus pursued Amethystos and decided to overcome her by force. To save herself, the nymph called for Artemis, the protector of innocence. The goddess contrived to turn the nymph into a violet amethyst crystal, which fell to the ground and was lost, leaving Dionysus with nothing. Thus, the stone was considered a means of avoiding drunkenness and encouraging common sense.

In the Middle Ages, European monks and bishops often wore amethyst rings to symbolize restraint of desire and avoidance of addiction. Victorian crystal collectors believed amethyst could help resist excessive drinking or gambling. It was used to help to reduce the desire to drink.

As the birthstone of February, it is also said that Saint Valentine himself wore a signet ring set with a carved amethyst intaglio depicting the image of Cupid, the god of desire.

Taken in part from Jewellery Gallery, "Legends About Amethyst: The Gem of Sobriety", February 20, 2023, by Katerina Perez

UPCOMING BUSINESS

➔ **AREA 4 ASSEMBLY**, July 11 & 12, Saturday and Sunday; Holiday Inn Express & Suites-Russellville (Hotel (479) 219-5152), 300 East Harrell Drive, Russellville, Arkansas; Area 4 Assembly is a hybrid: Meeting ID: 931 0896 7121 Passcode: Box459. Area Assembly meets quarterly on the 1st weekend of January, April, July and October, unless a holiday weekend.

➔ **INTERGROUP COUNCIL OF WEST CENTRAL ARKANSAS**, Sunday, July 26, 2:00 P.M., 411 Sellers, Hot Springs. Intergroup meets quarterly on the last Sunday of the month January, April, July and October, unless a holiday weekend.

➔ **DISTRICT 8 COMMITTEE**, Sunday, September 13, 2026; 411 Sellers, Hot Springs, AR; Committees meet at 1:30, District Committee starts at 2:00 p.m. District 8 meets quarterly on the 1st Sunday of March, June, September and December, unless a holiday weekend.

UPCOMING EVENTS

Grant County Group Speaker, Potluck & Fellowship, 6:00 p.m., July 19, 2026; 1511 South Rose St., Sheridan, Arkansas

Potluck, Speaker & Birthday Celebration, Rock House Group, Jessieville; Last Saturday of each month: potluck at 6:00 p.m.; speaker at 7:00 p.m. July 25, August 29, September 26, 2026.

86TH OLD GRANDAD

Arkansas State AA Convention.

OLDEST AA CONVENTION WEST OF THE MISSISSIPPI

July 31 - August 2, 2026

Arlington Resort Hotel & Spa, Hot Springs.

Contact the hotel directly for room reservations: 501-623-7771

Mention the Old Grandad Convention for the discounted room rate

Pre-Registration \$30 until July 13; Register online at www.oldgrandadconvention.com or Mail to Convention Treasurer, P.O. Box 94032, NLR AR 72190

Arkansas Travelers Roundup 2026, September 17, 18 & 19, 2026; 252 Youth Facility (Across from First Baptist Church, 200 W Main Street, El Dorado, AR

Autumn in The Ozarks, September 25 - September 27, 2026. Ramada Inn 1127 NE 62 B., Mountain Home, AR 72653, Arkansas

Border City Roundup, Fort Smith, Arkansas, November 3, 4 & 5, 2026; Wyndham, 700 Rogers Ave Fort Smith, AR