

SoberTrek

VOLUME 2, 2026
Oct, Nov & Dec Issue

1209 North B St., Fort Smith, AR 72901
Phone: (479) 783-0123
Website: www.aafsig.org
Email: aafsig@gmail.com



WELCOME!!

Our mission for this newsletter is to provide news, share experience, strength & hope stories, to keep our AA history alive and to be a way for us all to stay connected; to live in gratitude for our precious AA Program of Recovery.

Cathy R.

THANK YOU!

The AA Intergroup wants to say, "thank you!" to all the AA groups, Faithful Fivers and Birthday Club participants, as well as all the other individual donors for your contributions. The intergroup operates on your donations and your support is greatly appreciated.

Scan the QR Code to
download the Newsletter



STEP TEN



Continued to take
personal inventory and
when we were wrong,
promptly admitted it.

THE FINAL QUARTER

If I have done as thorough a job as I can, (with the aid and guidance of a sponsor), on steps 1 through 9, I have begun to see and experience some significant changes in my attitude and behavior. Others may have noticed changes in me as well. Those in my AA home group may have commented that I

look or act differently from that first meeting I came to.

After completion of step 9, in which I made amends to those I had harmed, I stood in a place that required me to take **continued** action. Steps 10, 11 and 12 (often referred to as the maintenance or growth steps) help me to finish what I started by completing all the steps. I am in the final quarter of the game...for the first go around.

In completing the first 9 steps, I have faced difficult realities concerning my behavior and have begun to realize that I knew little about my role in the world or how to play it. Many mistakes were made along the way. The steps thus far have taught me how to trust a Higher Power in order to find the courage to face the past and begin to put it behind me. I have discovered what my character liabilities are and identified some of my strengths. I have made amends, wherever possible, to those I have hurt. I am feeling some relief that only alcohol provided for me in the past. I'm

feeling more peace and serenity than ever before and truly *feel* I have just conquered something I never thought possible.

This is a wonderful place to be and if I want it to last, I must persevere. This requires me to do maintenance work to keep this wonderful gift and to be able to effectively share it with others. Step 10 is my opportunity to learn a new skill...correcting any potential wrongs *before* they happen or, addressing situations *in the moment* that may arise when I realize my behavior is or has *been* unacceptable. In practicing step 10, I am given tools to avoid pitfalls that can cause me to slide back into unwanted behavior.

The **principle of step 10 is perseverance**. We may not feel the kind of peace and serenity we are after right away. We will want to be patient and have faith that if we stay on this path, we will see continued improvement. If we as alcoholics wish to maintain and even increase the peace and serenity we have begun to experience up to this point, we must continue to take action. I will need to learn to practice restraint, perhaps for the first time in my life. The AA Big Book specifically refers to this on page 87 in the chapter Into Action. It says *"As we go through our day, we pause when agitated or doubtful and ask for the right thought or action"*. If I can begin to practice this concept, I may be able to avoid the necessity of making an amends later.

Page 89 of the AA Twelve Steps and Twelve Traditions refers to this process as a **Daily Spot Check Inventory**. A former sponsor suggested that I consider the hands of a clock when beginning to form the habit of doing a spot check inventory. She suggested I check in with myself at 9am, noon, 3pm and 6pm to determine at each interval whether I have participated in any unacceptable behavior. Had I gossiped? Had I been short tempered with my spouse or a friend? Had I been dishonest? This process helped me to stay on the "AA beam" as I began to learn about the new behaviors that would continue to result in the peace and serenity I had come to know and love. This newfound peace was very subtle at first and did not come to me overnight. Even if I had only had glimpses of it, I knew I wanted more and was willing to do whatever it took to stay on this path.

These behavior changes that required me to pause and think, especially when my emotions were running high, came very slowly. When I made mistakes, I began to recognize it sooner as I continued practicing step 10 in all my affairs. At first, I was embarrassed about my poor behavior. It took a great deal of courage to admit I had been wrong and to ask for the person's forgiveness. I don't think I had ever admitted I was wrong in the 24 years I had been drinking and for quite a while in sobriety! For quite some time, it felt like I would

never get past my stubbornness in not wanting to admit my mistakes. Little by slowly, as I persevered in my attempts to understand and practice this new concept, I saw results. I began to trust myself in situations with other people. I learned that it was ok to make mistakes and to even have lapses in judgement concerning my behavior because now I had a solution.

I continue to work all the steps, in order, to keep my side of the street clean. Step 10 supports me in doing this one day at a time to maintain peace and serenity. I am truly grateful to all that have come before me and shared their wisdom and hard-won experiences and knowledge.

Submitted by:
Renee J., Van Buren, AR

STEP TWELVE

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

SHARING HOPE

As a newcomer, I pictured Step Twelve as the final step—the one that would set me at the top of the staircase. Looking up from the bottom, from the beginning of Step One, it felt almost impossible to ever reach Step Twelve. As far away as Step Twelve seemed that day, I was certain

that one day, after completing it, I would stand at the top and be a famous circuit speaker, just as Bill W. had been so many years before—or so I thought.

Looking back, I will never forget my first experience with Step Twelve—a Twelfth Step call. My sponsor invited me to go with her to a hospital in Fayetteville, Arkansas. Once there, we went into a room and met a patient who had been hospitalized after having formed the habit of drinking Vodka. In the bed lay a beautiful young woman who was barely twenty-one years old. When I looked into her eyes, yellow with jaundice, I understood more deeply that alcohol was not a respecter of persons. After we shared our experience, strength, and hope, she did not want to accept our help that day. Two weeks later she was gone. My sponsor quietly taught me a hard truth: some must die so that others can live. The miracle, she said, was not that we could save everyone, but that we had stayed sober that day. Because we had worked the steps, we were able to carry the message to the next alcoholic who still suffered. That was the beginning of learning what Step Twelve looked like in practical application.

Sometime later, after working all the steps and practicing their principles, I was asked to return to the same treatment center where I had once been a revolving-door client. Sitting

back in that classroom I had known so well, I was able to practice newly learned principles by honestly telling the truth about some of my past without shame or regret. In that moment the promise of not regretting the past became even more real than it had after my Ninth Step amends. No longer was my experience or strength being told out of self-centered ego, but out of hope: hope that the women listening might see themselves in my story and believe recovery was possible for them too. Until that day, I had never felt such freedom from fear of people, nor had I ever felt a sense of usefulness as I did when I watched the light come on in a few of the women's eyes. More so, an alcoholic like me got to spend one more day sober, and by carrying the message it taught me a deeper love for this program and my fellows. To this day, Twelfth Step work in treatment centers remains one of the greatest privileges of my life.

A few years ago, I reached a low point in both my recovery and my health. Once again feeling sad and useless, I shared in a meeting about the joy of Twelfth Step work in treatment centers and asked God to help me feel useful again. At the end of that meeting two fellow A.A.s approached me, essentially Twelfth-Stepping me, and asked me to serve as Treatment Committee Chairperson for the district. That invitation to be of service would later

prove a pure gift. Today, sponsorship and Twelfth Step work have become the high-light of my life. When I sit with another alcoholic, it is one of the rare times I am free from self and fully present. Serving as Treatment Chair has also revealed deeper work still needed on the inside—work I could not have faced earlier. Once again the promises have come true: a new freedom and the loss of the fear of people. Nothing, I have learned, protects us from taking a drink like working with another alcoholic.

In closing, I still smile and laugh at myself when I remember wanting to be a circuit speaker like Bill W. Because today, as the onion continues to get peeled back, I have discovered I would much rather be like Dr. Bob. And as a result of continuing the Twelve Steps, Twelfth Step work has placed me squarely in the middle of the boat and given me a life I never could have imagined—all because of my disease that nearly destroyed me, which in turn led me to the Twelve Steps, which in turn led me to my Higher Power, who has given me the privilege of continuing to carry the message to the next suffering alcoholic. We do recover from that hopeless state of mind, body and Spirit.

**Submitted by:
Tracie B. Fort Smith, AR**

When the Warning Came: Finding Safety and God in Recovery

Here I was...

My life had become unmanageable. I walked back through the doors of an AA clubhouse and surrendered my life to God. I was fired; God was hired. I knew I was home—exactly where I was meant to be.

I thought I knew the warning signs. I was mistaken.

Never in my wildest dreams did I imagine that, in the very place where I felt safe and believed I belonged, would I be manipulated by a male AA member during my earliest and most vulnerable days of sobriety.

I **am** a bubbly, warm Southern woman. I greet people with a big hello and offer hugs in an innocent and genuine way. The members of AA welcomed me, saying, "Please come back. You are welcome here. You are one of us."

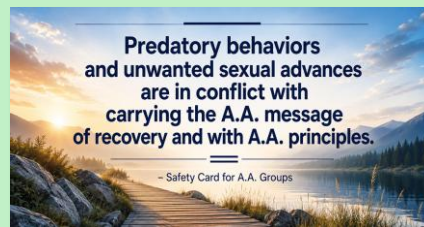
Then one day, an alarm sounded within me. Today, I believe it was my Higher Power warning me that something was not right.

The man who had been so welcoming—the man who called on me during meetings and whom I believed was simply being kind—had crossed a line.

As I drove home from the meeting, my mind raced in every direction. What had I

done? Had I done something wrong? I could never attend another meeting where that man was present. Fear took over, and I decided I would stop attending meetings altogether and participate only through AA Zoom meetings.

I was **still** a newcomer, trying to control everything instead of letting go and letting God. But in the middle of my panic, God intervened.



My thoughts turned to the phone list containing the numbers of women in the program. When I could not reach my sponsor, God drew my attention to the name of a woman I had met and deeply respected. I texted to ask whether she was available, and she immediately made herself available to me.

I told her what had happened and described the fear, anger, sadness, and confusion overwhelming me. She was a trusted and highly respected member of the AA community, and I knew I could rely on her honesty and judgment.

I asked her directly, "Is he harmless?"

Her answer was immediate.

"No. In my opinion, he is a predator of women who are

new to AA or returning to recovery."

In that **moment**, the confusion began to lift. I knew I had not imagined what had happened. I had not caused it, and I had not misread it. My instincts were sound, and the situation was serious.

Looking back, I can see God's hand in every part of that moment. God placed the phone list before me, directed me to the right woman, and spoke through someone whose wisdom and integrity I trusted. When fear and self-doubt threatened to drive me away from the very fellowship I needed, God sent confirmation, protection, and truth.

I had believed I would never walk through those doors again. God showed me that one person's actions did not define AA—and that I was not meant to face what happened alone.

Today, I understand that recovery does not require me to ignore my instincts or remain silent when someone crosses a boundary. It requires honesty, discernment, and the courage to seek help. I can protect my sobriety without abandoning the fellowship that supports it. I can return through those doors with clearer eyes, stronger boundaries, and the knowledge that God can guide me through even the moments that frighten me most.

Submitted by:
Anonymous, Ft. Smith, AR

SOME NOTES ON AA PREDATORS

(also known as “13 Steppers”)

These are some important boundaries to set to avoid the 13th step in AA:

- Always check if a suggestion made by another person is something that is in the literature. Check with your sponsor and with other people before taking on these suggestions.
- Remember: The only purpose of a sponsor is to take you through the steps. They cannot tell you to stop medication, pursue someone, do chores for them or anything else that seems unreasonable.
- Avoid flirting or dating within your first year sober.
- Stick with the same sex when socializing.
- If a sponsor makes any kind of sexual advance, immediately find a new one.
- Avoid other people who date newcomers. Those who are secure and experienced in their recovery, and have done the hard work of recovery, would not approach newcomers.

THE AA SAFETY CARD

The AA Safety Card is an optional statement to be read at meetings. This card asks members to refrain from any behavior that may compromise another's safety and encourages all members to take any necessary precautions to ensure their own personal safety. This card is available at the Fort Smith AA Inter-group Office.

Safety Card Front

SAFETY CARD FOR A.A. GROUPS

The General Service Office has made this optional card available as an A.A. service piece for in-person/online groups that wish to use it. Please feel free to utilize, choose a section(s) or adapt the text to your group's needs.

Tradition Five states: Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Any person seeking help with a drinking problem is welcome at this group. No A.A. entity determines an individual's membership in Alcoholics Anonymous. It is this group's conscience that if any person endangers another individual or disrupts the group's efforts to carry A.A.'s message, the group may ask that person to leave the meeting.

This group strives to safeguard the anonymity of A.A. members and attendees; however, keep in mind that anonymity in A.A. is not a cloak for unsafe and illegal behavior. Addressing such behavior and/or contacting the proper authorities when appropriate, does not go against any A.A. Traditions and is meant to ensure the safety of all in attendance.

The short form of Tradition One states: "Our common welfare should come first; personal recovery depends upon A.A. unity." Recognizing the importance of group unity, our group strives to create a safe meeting environment in which alcoholics can focus on achieving sobriety.

Service Material from the General Service Office

Some groups have developed their own, abbreviated version of the card.

Safety Statement

Every gathering of Alcoholics Anonymous is to remain a safe place for all.

Incidents of bullying and harassment have been reported at AA meetings and gatherings and will not be tolerated.

Should you feel you have been exposed to either report it to the chairperson or a trusted member privately and anonymously for immediate action.

Your personal safety begins with you. If these incidents are not reported they cannot be remedied.

Safety Card Back

Additional Sharing:

- Safety is a topic within A.A. that groups and members can address. Developing workable solutions to help keep meetings safe can be based on the principles of A.A. In discussions about safety, keep the focus on our primary purpose, our common welfare, and placing principles before personalities.
- Predatory behaviors and unwanted sexual advances are in conflict with carrying the A.A. message of recovery and with A.A. principles.
- A.A. does not provide medical advice or detox services; it has no opinion on outside issues, including medication. Medical advice should come from a qualified physician.
- The only requirement for A.A. membership is a desire to stop drinking. Groups and members strive to create a safe environment for the alcoholic who still suffers.
- If safety concerns arise, individuals can speak with a sponsor, members of the group, a trusted friend and/or a professional to address the concern.
- Service entities, such as areas, districts and intergroup/central offices, are available to help provide A.A. services and shared experience. All groups and entities in A.A. are autonomous. There is no government within A.A. and no central authority to control or direct its members, but we do share our experience, strength and hope.

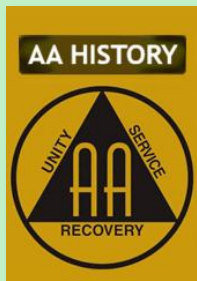
For more information on this topic, see the "A.A. Guidelines on Safety and A.A. Groups" (MG-25) at aa.org.

24M – 10/25 (GP)

Rev. 4/22

Item F-211

HISTORY OF THE BORDER CITY ROUNDUP



The first Border City Roundup (BCR) was held 41 years ago in 1985! It has been held in many venues in Fort Smith, several of which no longer exist like the old Holiday Inn that was on Towson Ave. and was the site for the very first BCR which was actually called the **“Fort Smith Mini Conference”**.

Other locations where the BCR has been held over the years include, the old Sheraton Inn on Rogers Ave., the old Ramada Inn on Towson Ave., the Wyndham Fort Smith, the U.S. Marshal’s Museum and most recently the Bricks.

There have been approximately 174 speakers over the years (including 2026) that have come from: Alaska, Arizona, Arkansas, California, Colorado, Florida, Georgia, Illinois, Iowa, Kansas, Louisiana, Maryland, Minnesota, Missouri, Montana, Nebraska, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, Wisconsin and Ontario Canada.

The first BCR was the joint effort of several AA members including; Sandra R., Bill and Rosie J., Maxie W., Ann B., and Ann J., to name a few.

The speakers for the first conference were four AA members from Arkansas and Oklahoma. The first person to speak on behalf of Alanon (Marie F.) was in 1989.

Speakers at the 1985 “Ft. Smith Mini Conference”

1985	
BOB S. (AA) 1985	HEBER SPRINGS AR
LARRY K. (AA) 1985	STERLING OK
RICK B. (AA) 1985	PINE BLUFF AR
YVONNE H. (AA) 1985	ARCADIA OK

At the 2010 conference, the play “What an Order” was performed for the final time. It was written by an AA member and playwright whose work had appeared at the Fort Smith Little Theatre.

The first “Pasta Dinner Fund Raiser” for BCR was held in 2012 at the First Christian Church. The game “AA Trivial Pursuit” (that was locally produced and which still exists) was also played by attendees.

For information on the current BCR in any given year plus access to speaker tapes from all the past speakers, please visit www.bordercityroundup.org.

BCR Flyer from the 2nd Annual BCR in 1986

“LIVING SOBER”
Ft. Smith 2ND
ANNUAL AA CONVENTION
NOVEMBER 15 & 16, 1986

SPEAKERS:
SAT. NOV 15:
10AM - JOE M^oQ.
2PM - SANDY P.
8PM - TED H.
SUN. NOV 16:
10AM - LUCY H.

SHERATON INN
5711 ROGERS AVENUE
FT. SMITH, AR 72903
PHONE (501) 452-4110
CONVENTION RATES:
ROOMS \$42.00
FREE PARKING
PLEASE MAKE RESERVATIONS DIRECTLY TO:
SHERATON INN
ASA
PLEASE SEND RESERVATIONS FOR AA CONVENTION

TAPES AVAILABLE:
BY JERRY WATTS

PLEASE MAKE ADVANCED RESERVATIONS AT \$10.00
PLEASE RESERVE SAT LUNCHEON TICKETS AT \$6.00 (LIMITED SEATING)
TOTAL AMOUNT ENCLOSED \$

The 7th Annual BCR Program

1-9-9-1
PROGRAM
7th Annual
“LANGUAGE OF THE HEART”
Friday, November 8th
11:00 p.m. AA Speaker
Candy R., Riceville, FL
Chairman, Millie W.
9:30 p.m. RED BALL MEETING
Chairman, Brad K.
Saturday, November 9th
10:00 a.m. Alanon Speaker
Bob M., Tulsa, OK
Chairman, Tom H.
1:00 p.m. Alanon Speaker
Kurtis J., Ponca City, OK
Chairman, Ann J.
3:00 p.m. AA Speaker
Bonnie M., Tulsa, OK
Chairman, Rosie J.
5:30 p.m. Banquet
7:00 p.m. Skit
Written and produced by Ray C.
Cast: Local AA Members
8:00 p.m. AA Speaker
Tom O’S., Lake Providence, LA
Chairman, Maxie W.
Sunday, November 10th
10:00 a.m. AA Speaker
Mark H., Dallas, TX
Chairman, Larry L.
Convention “T” Shirts \$8.00 2/\$15.00
Convention Caps \$4.00 2/\$7.00

2010 BCR Flyer

BORDER CITY ROUNDUP * THE PLACE TO BE IN NOVEMBER

**26TH Annual
BORDER CITY ROUNDUP**
Holiday Inn City Center — 700 Rogers Ave.
FORT SMITH ARKANSAS NOV 5 - 7 2010



The spiritual life is not a theory
WE HAVE TO LIVE IT.
Page 83 Big Book of Alcoholics Anonymous

For more information, visit our website at www.bordercityroundup.org

MAKE CHECKS PAYABLE TO:
FORT SMITH AA CONFERENCE
P.O. BOX 5800
FORT SMITH, AR 72913-5900
* \$20 per ticket includes Saturday Night Meal
** Registration at the door is \$25.00

Yes, I want to attend! Please hold my reservation in the name of:

NAME _____ ADDRESS _____ CITY _____ STATE _____ ZIP _____
CITY _____ STATE _____ ZIP _____
Number Attending: AA(20) ALANON(20) AATEEN (FREE)
First Names: _____

BORDER CITY ROUNDUP * THE PLACE TO BE IN NOVEMBER

BCR Flyer from the 4th Annual BCR in 1988

**“LIVING SOBER”
4TH ANNUAL
FORT SMITH A.A. CONVENTION**

NOV. **12 & 13** 1988

Sat. Nov. 12
8:00am ... registration
10:00am ... **Louise A.**
Memphis, TN.
NOON ...
2:00pm ... **Sandy P.**
Superior, *WS.
8:00pm ... **David A.**
Dallas, TX.

Sun. Nov. 13
10:00am ... **Bob P.**
Superior, WS.

Tapes by:
“MR TAPES”

Holiday Inn/CIVIC CENTER
700 Rogers Ave.
Ft. Smith, AR 72901
(501) 783-1000
SPECIAL CONVENTION RATES
SINGLE.....\$49.00
DOUBLE.....\$49.00
QUD.....\$49.00
MAKE RESERVATIONS DIRECTLY TO THE HOTEL BY
NOVEMBER 1, 1988



FREE PARKING
HOSPITALITY ROOM

1988 Announcements

INTRODUCE SELF

PLEASE SMOKE CONSCIOUSLY. BE AWARE THERE ARE THOSE WHO DO NOT SMOKE.

TAPES ARE AVAILABLE. EITHER SINGLY FOR \$_____ A TAPE. OR YOU MAY BUY A COMPLETE SET OF CONFERENCE TAPES FOR \$_____. PLEASE SEE JERRY WATIS, THE TAPER.

RESTROOMS ARE LOCATED_____.

THERE IS A RAFFLE FOR 2 COMPLETE SETS OF TAPES OF THIS CONFERENCE. TICKETS ARE 50¢ EACH. RAFFLE DRAWING WILL BE IMMEDIATELY AFTER OUR SATURDAY NIGHT SPEAKER.

HOW MANY ARE HERE FOR THEIR FIRST CONFERENCE. PLEASE STAND! (ANY COMMENTS THE CHAIRMAN WANTS TO MAKE CONCERNING THIS)

YOU WILL NOTICE THERE ARE SOME FOLKS WALKING AROUND WITH RIBBONS ATTACHED TO THEIR NAME TAGS. **PURPLE** RIBBONS ARE THE SPEAKERS. color

LET'S INTRODUCE THEM.

SANDY P. --- OK CITY, OK
LUCY H. ---- DALLAS, TX
JOE McQ.---- LITTLE ROCK, AR
TED H. ----- SAN DIEGO, CA

BCR Topics Over the Years

Living Sober – 1986/1988
Another Year of Miracles – 1989
Happy, Joyous & Free – 1990
Language of the Heart – 1991
There is a Solution - 1992
It Works-It Really Does – 1993
The Joy of Living – 1994
I Am Responsible – 1995
A Design for Living – 1996
Came to Believe – 1997
Back to Basics – 1998
We Absolutely Insist on Enjoying Life – 1999
Let Go and Let God – 2000
One Day at a Time – 2009
The Spiritual Life is not a Theory; We Have to Live it – 2010
Life Will Take on a New Meaning – 2023
I am Responsible – 2024
I Stood in the Sunlight at Last – 2025
We Will Know Peace – 2026

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

****HEARD AT AA MEETINGS****



1. **The only meeting you're ever late for is your first one.**
Jim – Cripple Creek Rehab 05/27/08
2. **Everything runs through my awefulizer.**
Justin – 3/23/19 Big Book & a Spoon Men's Retreat
3. **The alcoholic pilot light is still on.**
Ken – Surprise, Surprise Group 11/22/19
4. **Abandon hope for a better past**
Leigh – Manchester (MI) Group 04/17/20
5. **Failure is an event...not an identity**
Conrad – GaS Group Surprise, AZ 02/10/21
6. **I may not have it all together but together we have it all**
Bobby J – NYC Zoom Mtg 02/17/22
7. **Can't save your ass and face at the same time**
Byron – Madmen Zoom Mtg 09/02/22
8. **My brain is a repeat offender**
Jon F – Surprise, Surprise (AZ) Group 09/23/24
9. **AA is the only place where you can do the right thing for the wrong reason and still get good results.**
John – Ripcord Chili Cookoff 12/06/25
10. **We stop doing what brought us here when we start doing what keeps us here**
Bob – Monday Night Men's Meeting 08/17/26



God grant me the serenity
to accept the things I cannot
change; courage to change
the things I can; and wisdom
to know the difference.



Upcoming Events

Please check out our AA Inter-
group website for all the cur-
rent upcoming events!

www.aafsig.org

September 11-13, 2026
[District 5 Campnic campout
& picnic](#)

September 12, 2026
[Saturday Night Live](#)

October 9-11, 2026
[Ozark Mountain Men's
Spiritual Retreat](#)

October 17, 2026
[Intergroup Picnic](#)

October 12, 2026
[Dist 4 Corrections Commit-
tee Meeting](#)

November 6-8, 2026
[Border City Roundup](#)

December 5, 2026
[Ripcord Chili Cookoff](#)

WE NEED YOU!

District 4 Committee Chairs

Treatment:
Tracie B. 918-630-3840
or;
Linda B. 479-461-2513

**Calls for Bridging the
Gap:**
Michael S. 479-235-7365
or;
Debra G. 479-430-4758

Corrections:
Sherry M. 479-926-3098

CPC/PI:
Megan M. 508-335-8307

**Border City Roundup
Convention:**
Kelsey S. 479-462-2176

Grapevine:
Scott G. 860-302-9697

Saturday Nite Live:
Manda M. 479-213-3557

**Other District 4 related
questions can be
referred to:**

DCM:
Megan K. 479-414 4526

Alt. DCM:
Michael S. 479-235-7365

ARKANSAS AA WEBSITES

**Arkansas Conference by
Young People**
in Alcoholics Anonymous
– (ARKYPAA)

<http://www.arkypaa.org>

**Fort Smith Intergroup
Office**

<http://www.aafsig.org>

**Hot Springs Intergroup
Council of West-Central
Arkansas**

<http://www.aawcar.org>

Arkansas Central Office
arkansascentraloffice.org

**Northwest Arkansas
District 1**

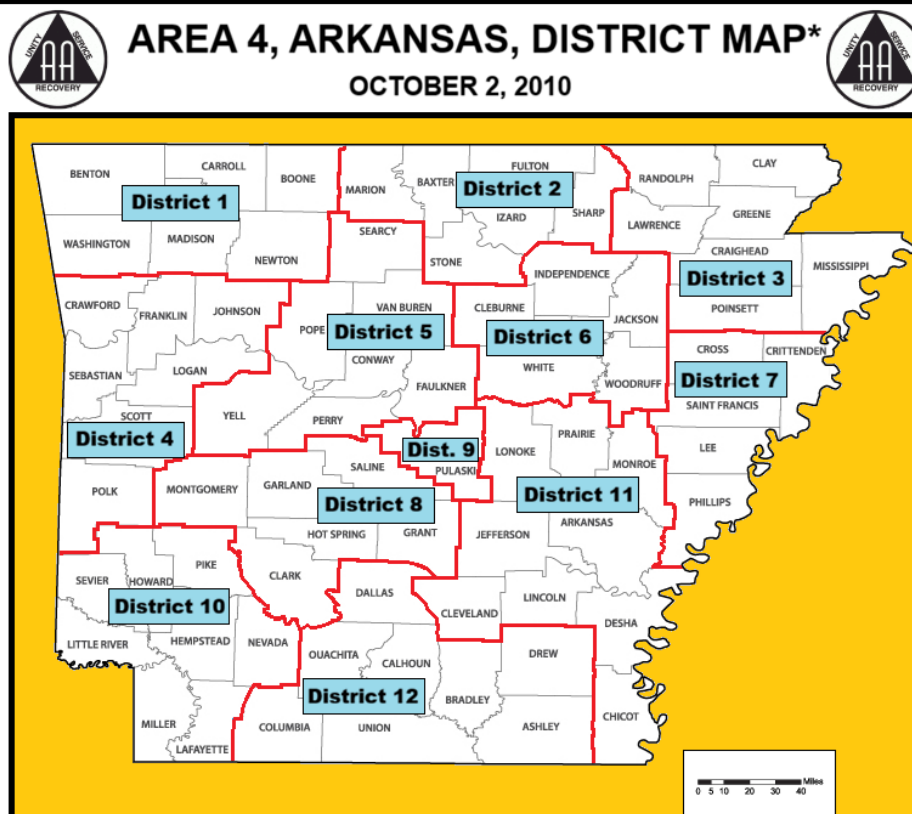
<http://nwarkaa.org>

**Northeast Central
Arkansas District 6**

<http://www.araadist6.org>

**Arkansas District 13
Distrito 13**
Lingüístico en Arkansas
[http://www.distrito13ar-
kansas.com/](http://www.distrito13ar-kansas.com/)

Alt. Delegate:	Jason C.
Chair:	Rasa M.
Co-Chair:	Bryan R.
Secretary:	Jeremy G.
Registrar:	Carrie G.
Treasurer:	Rudy V.
Delegate:	Stacy S.



District 13 Linguistic District (Spanish)

Coverage: State of Arkansas

***Reflects revisions mandated by Structure Change approved on July 11, 2010**

10th, 11th & 12th STEPS, TRADITIONS & CONCEPTS

STEPS 10, 11 & 12

ALCOHOL.ORG The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

Continued to take personal inventory and when we were wrong promptly admitted it

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ALCOHOL.ORG The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out

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ALCOHOL.ORG The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs

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TRADITIONS 10, 11 & 12

TRADITION 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy

TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films

TRADITION 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities

CONCEPTS 10, 11 & 12

Concept X

Make sure that each job, responsibility and commitment in AA is clearly defined.

What does the job involve?

What skills are required?

What's the recommended qualifying length of sobriety?

How long is the commitment?

What authority has been assigned to the job?

Who does the member report to?

Applies throughout AA

Every service responsibility should be matched by an equal service authority - the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

Job Title
Description
Time Frame
Duties
Skills
Ref.
Comm.

JOB VACANCIES

Get the best people for the job.
Choose them carefully.
Define their rights and responsibilities.
Pay them what they're worth.

Concept XI

While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

Concept XII

Observe the spirit of AA Traditions. Never become the seat of perilous wealth or power. Keep sufficient operating funds, plus an ample reserve. None shall ever be placed in a position of unqualified authority over any others. All important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity. No Conference action ever be personally punitive or an incitement to public controversy. Never perform any acts of government. Remain democratic in thought and action.

Applies throughout AA

General Warranties of the Conference: In all its proceedings, the General Service Conference shall observe the spirit of A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principal; that none of the Conference Members shall ever be placed in a position of unqualified authority over any others; that all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that, though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

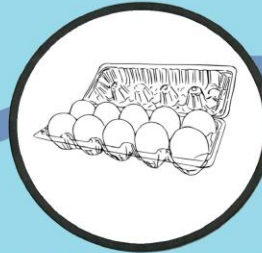
From the A.A. Pamphlet, “Self-Support: Where Money and Spirituality Mix”

“...and to ensure that the hand of A.A. will always remain outstretched, money and spirituality must continue to mix.”

A.A. is Self-Supporting Through Its Own Contributions



1960: 10¢ = 2026: \$2.20 1960: 57¢ = 2026: \$2.19



1960: 5¢ = 2026: \$3.57 1960: 22¢ = 2026: \$3.49



1960: \$1.00 in the basket = 2026: 6¢

**For those who can well afford it, would \$2.00 be too much?
For those who cannot, the important thing is to keep coming back!**

Published by Fort Smith AA Intergroup 2026

How 'bout A Little Humor!!



Don't Take Yourself So Seriously!



**TAKE
ME
TO
YOUR
SPONSOR**
Best Jokes & Cartoons
from AA Grapevine

