

# SoberTrek

**VOLUME 1, 2026**  
Jul, Aug & Sep Issue

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## WELCOME!!

Welcome to the Inaugural Edition of the SoberTrek Intergroup Newsletter!

Our mission for this newsletter is to provide news, share experience, strength and 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.

## GRATITUDE IS NOT A CURE

Gratitude is a concept we all learn if we come to AA and stick around for a while. We get to see ourselves and others recover from the quiet desperation that is alcoholism and we get well. We make new friends; we meet mentors in the form of sponsors. Many of us learn to fall, and be, in love. What a beautiful gift this is for our lives and we are grateful for the new life.

The fact that this power greater than myself has restored me to sanity

through the work I've done with the 12 Steps, truly fills my heart with gratitude. My gratitude carries me forward, encouraging my efforts to help the alcoholic who still suffers. In many ways, I feel like I have arrived. Nine years in, I have faced adversity, joy, sadness, insecurity, loss, fear, resentment, fellowship and excitement. The range of emotions, and I get to do it sober. I have even experienced the feeling of being "rocketed into the 4th dimension!"

All this sounds great and it IS! But this is the tale of an alcoholic, so it's also a cautionary tale. In the midst of all this, gratitude comes from the BB reminding me that what I really have is a daily reprieve contingent on the maintenance of my spir-

itual condition. This is NOT my first time around. With 15+ years of sobriety, the insanity returned and I drank again. What happened? I got away from the rooms, I failed to maintain and grow in my spirituality. The same story I hear from everyone who makes it back. I stopped growing. This brings me to my point. Before I joined AA, I was a person who avoided social gatherings. I drank in bars for the camaraderie that I Never really felt. This aloneness became who I was. I claimed to be an introvert and that I preferred to be alone. I drank to cover the loneliness I felt in my heart. Even in sobriety, I would seriously/jokingly talk about how I don't like people. Then after all this time, the miracle happened.

A few weeks ago, someone came up to me at my Saturday morning AA meeting and said, "I'm going to call you Mr. Happy!" Every sarcasm alarm that I had went off because, you know...ME! This guy. The one who says things like "there's a reason I'm an engineer. I don't like people." When I looked at her, there was no sarcasm in her face. She was being

honest and genuine in her praise. My heart melted and I almost cried. I actually did later. This revelation gave me something to ponder. I enjoy giving out hugs at meetings. No one is exempt. Arriving at meetings always raises my spirits. When asked, I can tell folks that I'm kinda miserable, or happy, or a mixed bag. Whatever is going on is how I reply, and I'm ALWAYS happy to see these people who have become such an important part of my new life.

And now, I have had to face the fact of the new persona. Who IS 'this guy?' I guess I AM Mr. Happy! Everything she told me was true. It was uncomfortable to sit with, but here I am, faced with the truth. How did this happen? Honestly, I don't know. Yes, I've done the work and live as best I can according to the principles outlined in the 12 Steps. But that work alone cannot explain the total "psychic change" that causes me to see someone else when I look in the mirror.

What I DO know is that there has been a transformation inside me. One that only came with con-

tinuous work. Work that would have stopped had I been "cured" of my alcoholism. I would never have guessed, or even speculated that such an upheaval in my persona would happen this far in. Its wondrous, beautiful, scary, and a bit baffling, but I'm learning to live with it, bask in it, and live with the fear that I may one day not be able to live up to it. And so, I laugh at myself, say a prayer, and go about my business. Mr. Happy. Not a bad deal!

Submitted by Mark P.





**A Resolution:** offered by Bill W. and adopted at the 20<sup>th</sup> anniversary convention of AA in 1955.

**Be it therefore resolved** that the General Service Conference of Alcoholics Anonymous should become as of this date, July 3, 1955, the guardian of the Traditions of Alcoholics Anonymous and the perpetrators of the World Services of our society, the voice of the group conscience of our entire fellowship, and the sole successors of its co-founders, Dr. Bob and Bill W.

– from *AA Service Manual 2024-2026 edition*

The book **Alcoholics Anonymous Comes of Age: A brief history of AA**, is a wonderful source to learn more about AA history and about the July 1955 20<sup>th</sup> anniversary convention celebrating AA's founding.

## FRESH STARTS

Our country is currently proclaiming very vigorously, in the media, about the 250th anniversary of our independence from England.

It was a fresh start, as a new country, that proclaimed new freedoms to control their own destinies. Great celebrations are planned to commemorate this amazing accomplishment.



Another celebration recently occurred that didn't garner nearly as much attention of the masses. It was the ***91st anniversary of Bill Wilson's meeting with Dr. Bob Smith and the birth of Alcoholics Anonymous!***

This marked the first Independence Day for millions of people who had been unwilling subjects of King Alcohol!

The fellowship that sprang from those meager beginnings has not only flourished in America, but around the world to 180 countries. There are 120,000 groups and over 2,000,000 members.

I am very grateful there was someone to carry the message of AA to me when I desperately needed a new direction for my life! I didn't quite believe all they told me at first, but with nowhere else to go and the gift of desperation, I kept coming back and "came to believe". It has truly become the answer to all my problems and the only way I can show my gratitude to AA is to show up and make it available to the person who is trying to find a way out of the hopeless state of mind and body that alcoholics must reach before recovery is possible.

May God bless you and keep you as we trudge this road of happy destiny!

Submitted by Ray S.



## **\*\*Check up from the neck up\*\***

1. Do you make sobriety your 1<sup>st</sup> priority?
2. Do you have a sponsor?
3. Have you worked all the 12 steps of AA?
4. Do you have a 'Home Group'?
5. Do you attend AA meetings regularly?
6. Do you have a 'service commitment'?
7. Do you practice prayer and meditation?
8. Have you studied the 12 traditions of AA?
9. Do you practice a 'nightly review' inventory?
10. Do you attend AA events?
11. Do you practice principles before personalities?
12. Are you happy, joyous and free?
13. Do you practice H.O.W. (honesty, open-mindedness and willingness)?
14. Do you or your Home Group subscribe to the AA Grapevine and help support AA's meeting in print?
15. Do you visit smaller AA meetings that could use your support?
16. Do you attend our local AA District Meeting?
17. Do you attend & support our local, annual Border City Roundup Convention?



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



## Upcoming Events

Please check out our AA  
Intergroup website for  
all the current upcoming  
events!

[www.aafsig.org](http://www.aafsig.org)

July 31-August 2, 2026  
[Old Grandad Convention](#)

August 15, 2026  
[Border City Roundup](#)  
[Pasta Dinner Fundraiser](#)

## 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 re-  
ferred 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](http://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/)



## 7<sup>th</sup> STEP, TRADITION AND CONCEPT

### The 12 Steps of Alcoholics Anonymous

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

“ Humbly asked Him to remove our shortcomings ”

Alcoholics Anonymous AA.Org

### 7th Tradition

#### **SELF-SUPPORT**

The Seventh Tradition states that Alcoholics Anonymous is self-supporting through our own contributions. The contributions help to cover the group's expenses. But the Seventh Tradition is more than simply paying for rent and other group expenses. It is both a privilege and a responsibility of individual groups and members to ensure that our organization, at every level, remains forever self-supporting and free of outside influences that might divert us from our primary purpose.

The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the world.

Service Material from the General Service Office

**Concept VII**

(Long form)  
The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments; that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document; that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

**The fellowship**

**AA world services**

General Service Board  
Charter & Bylaws

U.S. - Securities and Exchange Commission  
Australia - Securities and Investment Commission

General Service Board  
AA World Services Inc.  
Grapevine Inc.

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

**OCTOBER 2, 2010**



Coverage: State of Arkansas

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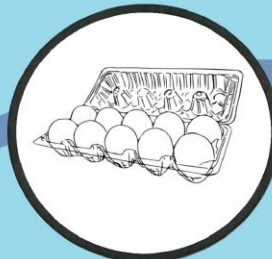
# From the A.A. pamphlet, Self-Support: Where Money and Spirituality Mix:

“...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!**

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