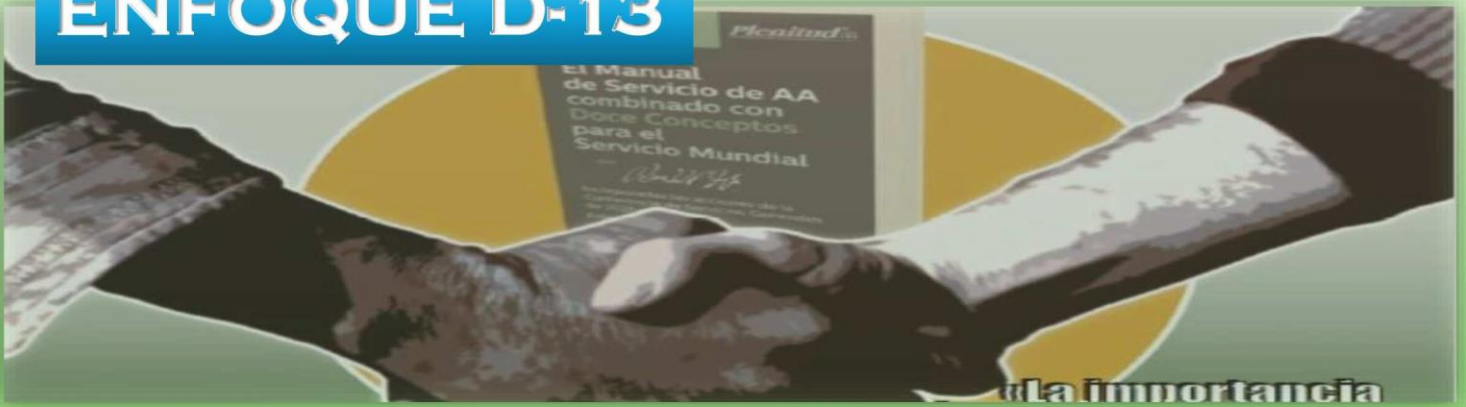


ENFOQUE D-13



An alcoholic's view of the disease of alcoholism

WHAT IS THE INVERTED TRIANGLE IN A.A.?

History of the group Nuevo Amanecer at Rogers, AR.

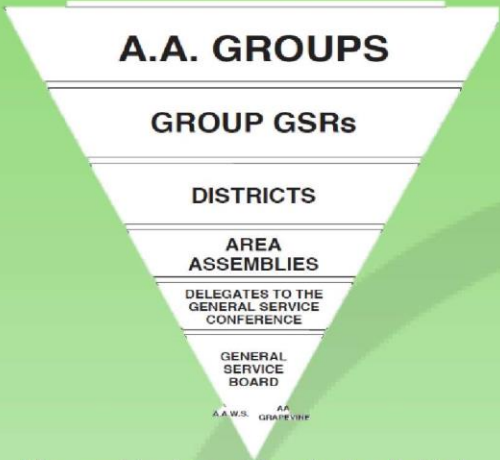


The story of a member of A.A.

1st. Step and 1st. Tradition from the words of a member A.A.



WHAT IS THE INVERTED TRIANGLE IN A.A.?



The upside-down triangle is divided into six sections; each represents a trusted servant tasked with helping to make the conscience of the groups known. Known to whom? Known to the entities that occupy the rest of the triangle that are charged with managing the affairs of “A.A. as a whole.” It might be helpful to think of general service as a kind of dialogue or communication between the groups, the trusted servants working on their behalf, and the General Service Office and General Service Board as they all manage the Fellowship’s affairs. Questions, concerns, viewpoints and proposals travel from the groups “down the triangle”— and information and proposals head back “up the triangle” to the groups. And the communication continues. How this works is illustrated below.

THE GROUP

Anytown Group Countywide Districts Your Area The group meets to form a group conscience on proposed changes or actions on matters relating to A.A. as a whole. The group’s elected general service representative, or GSR, is tasked with 1) making sure the group’s conscience is heard and fully considered at the district and the area and 2) becoming part of the delegate’s thinking at the Conference.

THE DISTRICT

Groups are organized into districts, generally collections of groups located near one another. The GSRs in each district elect the district committee Member (DCM), who becomes part of the area committee.

THE AREA

The area holds periodic assemblies that include GSRs and DCMs as voting members. Assembly schedules and agendas are based on local autonomy and group conscience. Information about them can often be obtained from DCMs or other area trusted servants. The area handles a wide range of concerns, and one of the most important functions is electing the delegate to represent the area at the annual General Service Conference. Chapters 3 and 4 provide more information on the area and its activities.

THE DELEGATE & THE CONFERENCE

Area delegates make up at least two-thirds of the Conference body. Other members making up the General Service Conference are 21 trustees, both nonalcoholic (Class A) and alcoholic (Class B); directors of A.A. World Services and Grapevine; and A.A. staff at G.S.O., Grapevine and La Viña, bringing the total number of Conference members to approximately 135. At the annual Conference, matters of importance to A.A. as a whole are considered and discussed. Items approved by a two-thirds majority of Conference members become Conference Advisory Actions; they are referred to the trustees of the General Service Board for disposition. After the Conference meeting: Each delegate reports back to their area on Conference proceedings and the approved Conference Advisory Actions and additional committee considerations. Each GSR, having had the opportunity to hear from and ask questions of their delegate, is responsible for informing their group on the Conference outcome.

ACTIVITIES CALENDAR

*Assembly Area 4
6/29/2024 y 6/30/2024
Russellville, AR.*

*XVIII Anniversary
Grupo 16 de Julio Renovación
7/6/2024 North Little Rock, AR.*

*84th Convention Old Grandad
7/26/2024 a 7/28/2024
Hot Springs, AR.*

*LI Hispanic Convention of
Alcoholics Anonymous of the
United States and Canada
8/30/2024 a 9/1/2024
San Francisco, CA.*

THE TRUSTEES

Twenty-one trustees of the General Service Board, both nonalcoholic (Class A) and alcoholic (Class B), have custodial oversight of A.A.’s two operating corporations: • A.A.W.S., Inc., which employs G.S.O. personnel, directs G.S.O. services, and is responsible for A.A.’s website (aa.org) and broad publishing efforts. • AA Grapevine, Inc., which employs editorial and business personnel and publishes A.A.’s magazines, Grapevine and La Viña, and other related items across its digital platforms (aagrapevine.org). After the Conference meeting, the trustees review the Conference Advisory Actions and refer them to the appropriate trustees’ committees, G.S.O. or AA Grapevine for implementation. The trustees report back through their quarterly reports on what steps they have taken.

Excerpt of A.A. Service Manual



ENFOQUE D-13

*An alcoholic's view
of the disease of
alcoholism*

ALCOHOLISM IN A.A.
 "Most members of Alcoholics Anonymous understand that alcoholism is a progressive disease that can never be cured, but like other diseases, can be stopped by learning to stay away from the first drink, one day at a time."

This is a simple opinion of a recovering alcoholic and does not represent the opinion of Alcoholics Anonymous as a whole. Alcoholism diagnosed as a chronic disease with fatal consequences by the world health organization. It is when the individual feels a terrible and uncontrollable anxiety about drinking, and as it progresses, they need to consume more amounts of alcohol to achieve the same effect. And the effects it produces are a stronger craving for drinking, a total loss of control over our drinking, and that is when we become unable to stop ourselves from drinking alcohol. Then we become unruly people, always justifying our drinking and blaming ourselves for our life situations and at the same time blaming other people, defending our alcoholism in every possible way and, for that matter, confining ourselves to living a life of frustrations. and defeat, with physical and mental problems, as well as feelings of guilt and emotional pain. There are ways to control alcoholism from the point of medicine, as well as psychological and psychiatric counseling. But we as alcoholics know that there is no human power to help us control our alcoholism, but there is a solution for us as alcoholics.

We can with complete confidence and conviction suggest the Alcoholics Anonymous program, based on 12 steps, 12 traditions and 12 basic concepts, which consists of sharing our life experiences during and after our alcoholic activity, experiences and suggestions that allow us to strengthen ourselves. each other and manage to stay away from that first drink, in order to achieve physical, mental and spiritual sobriety.

Amilcar G.
 Nueva Amistad Group, Little Rock, AR.

**HOME GROUP:
HEARTBEAT OF A.A.**



One Tuesday night, a confused woman walks through the doors of Alcoholics Anonymous. She knows she will never be accepted or loved again, so she cautiously slips in and sits in the chair in the right corner of the back row. Come back every Tuesday. Because he doesn't want to die and he has nowhere else to go. She is given a meeting schedule, and for the first time in her life, she begins to feel like she is part of something... A year passes, and she becomes the group's secretary. He sees another solitary woman stealthily and quietly enter to sit in the back row. He approaches her and tells her that she has come home and can start to feel like she belongs.

The home group is where recovery begins; is where A.A. members They develop in sobriety through a time-honored process of trial and error to discover that they can be loved, "warts and all." It is where they learn to put the needs of others, especially the needs of the group and the unity of the Community, ahead of their own desires. It is where they first can serve others, and where they learn about opportunities to serve beyond the group level. It is where they begin to adopt the guiding principles of Alcoholics Anonymous as realities applicable to their own sober lives.

Excerpt of Home Group: Heartbeat of A.A.

Arkansas State AA Convention
 Oldest AA Convention West of the Mississippi
84th "Old Granddad"
 July 26-28, 2024
 Arlington Resort Hotel & Spa
 Hot Springs, Arkansas

Contact the hotel directly for room reservations: 501-623-7771
 Mention the Old Granddad Convention for the discounted room rate.

Friday Workshop: "Putting It All Together with the Steps, Traditions, & Concepts" Friday, July 26, 9am-5pm

Discounted room rates also available: Embassy Suites by Hilton/Hot Springs (501-624-9000) The Hotel Hot Springs (501-623-6600)

The Voice
 Rafael G.
 Bella Vista, AR

"God Has Accomplished The Miracle"

Friday	2:00 pm	Registration Opens	Nashville, TN
	7:30 pm	Steve L.	
Saturday	9:00 am	Chip B.	Destin, FL
	11:00 am	Angie B. (AFG)	Destin, FL
	2:00 pm	Christina G.	Brecksville, OH
	3:30 pm	AA Open Discussion Meeting (Ballroom)	
	7:30 pm	Bob B.	St Paul, MN
Sunday	8:00 am	Jeannie M.-Meet the Delegate (Hospitality Room)	
	8:00 am	AI-Anon Discussion Meeting (Ballroom)	
	9:30 am	Michael D.	Sioux Falls, SD

Contact us at oldgranddadconvention@gmail.com or call/text 501-773-9078
 Register online at www.oldgranddadconvention.com or SCAN

\$25 Pre-Registration if received BEFORE July 12, 2024 OR \$30 Registration At The Door

First Name & Last Initial on Badge	Home Group	AA	AI/Anon/Alatnon	Other	Amount

All Registrations will be held in the name of: _____
 Name _____
 Address _____
 City _____ State _____
 Zip code _____ Phone _____
 Email _____

Help Another with a Scholarship: _____
 Total Amount Due: _____

Mail Registrations with check payable to:
CONVENTION TREASURER
 P.O. Box 447
 Tontitown, AR 72770

ENFOQUE D-13

Junio, 2024

History of the group Nuevo Amanecer at Rogers, AR.



NUEVO AMANECER GROUP ROGERS, AR

Seven years after the opening of the first Spanish-speaking group in the state of Arkansas, two of its members saw the need to open another group in this area which would allow them to share in the meetings, since in the Fe y Esperanza group The membership had grown, and the meeting time no longer allowed all its members to share on the platform.

It was the last months of 2004 when these colleagues decided to start searching for a place to open a new group. This is how one of these colleagues saw a place available for rent in the city of Rogers, AR, which he thought was that he had a good location that same day in the afternoon, this same colleague, while walking through the streets, found a sales desk in very good condition at a good price, this fact of having seen the available premises and finding the sale of this writing took on a great special meaning for this companion since it seemed to him that it was too much of a coincidence and he took it as a divine manifestation of the path that should be taken. This fact marked the beginnings of the new group, that same day after having

Having experienced these events, the colleague contacted the other AA, to work together and put in contact with the people who rented the premises and make the purchase of the desk. And this is how one winter afternoon on the first day of the year 2005 (01/01/05) in the city of Roger, AR, the flame of recovery and hope was lit for those who suffer from the disease of Alcoholism. God in his infinite mercy lit that spark in the hearts of these two companions to give way to the miracle of recovery, today the NUEVO AMANECER group keeps its doors open holding meetings every day, many people have gone through this, some have remained and today are part of the group's conscience, others have left and others have pleasant memories that today are part of the history of the NUEVO AMANECER group.

The story of a member of A.A.

It has been several 24 hours since my arrival at A.A. The Nuevo Amanecer group was celebrating its third year of existence, during which I met several fellow pillars and founders of this group that I had to join because of my alcoholism. I witnessed the growing pains this group went through; I came out of necessity since alcohol and other addictions had me under siege and I couldn't find a way out of my problem. I denied having any problems, even though it was obvious to my family and friends that I already had a problem with my drinking.

After having used alcohol and some other substances for 23 years, I felt the need to make a change in my life, but I didn't know how! The challenge was very great, and I never thought I would achieve it, I lived many pleasant, unpleasant and embarrassing experiences typical of a problem alcoholic drinker. When I arrived in the group, my colleagues gave me the guideline to follow. Some are no longer with us, but their experience and legacy have served me a lot. As time went by, my lack of acceptance of my alcoholism and reluctance toward the A.A. program. I had a relapse in alcohol, it is not easy to admit it but it is reality, my colleagues had warned me but I ignored this warning and I had to hit rock bottom again, but only then could I reach total acceptance as indicated the A.A. program and admitting that I was different from others that I was not a normal person and I understood that my life depends on this total acceptance and never believing that I already won the battle against alcohol.

My life has changed. I don't want to drink again, I try to bend that ego that blinded me, accepting that I am a sick alcoholic and that A.A. It gives me all the weapons to move forward in all areas of my life.

Thank God I met A.A. and through this I met God as I conceive Him, my group, my companions and all the companions of A.A.

Happy 24 hours and may God bless you.
Pedro
Nuevo Amanecer Group, Rogers, AR.



**THE KEY WORD
IN ALCOHOLICS
ANONYMOUS IS
ACTION!**



www.districto13arkansas.com

First Step, in the words of Alcoholic Anonymous

"We admitted that we were powerless over alcohol, that our lives had become unmanageable".

The First Step is the cornerstone of the alcoholic's recovery; only through a total and honest admission of total helplessness toward alcohol can recovery be obtained. This disease as such is atypical, since one of the many characteristics it has is the denial of the individual who suffers from it; He does not believe he has it and when he senses that he suffers from it, he enters a state of denial which can take him to the threshold of madness or death.

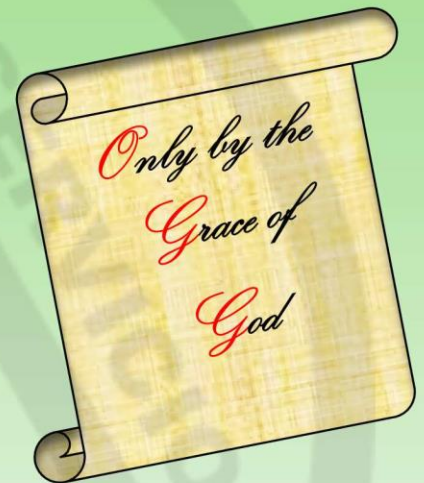
Why does this phenomenon of denial occur? For two reasons:

The first is cultural. We were taught that alcoholism as such is not a disease but rather a vice and as a vice the only thing you need is willpower and character to triumph over it.

The second is fear, accepting and admitting an inability to control the way in which alcohol is consumed brings with it a feeling of defeat and weakness, and like every human being we cannot handle this feeling of defeat well, the path to reaching This total defeat in the face of alcohol is sometimes very painful, only through suffering due to alcohol can an act of divine providence manifest, which will allow us to experience that defeat so necessary to be able to take our first steps in recovery. It is worth mentioning that for the recovery to be solid and lasting, the individual also has to overcome his disordered and ungovernable life, make changes in judgments and attitudes which will allow him to rejoin the society from which he isolated himself and thus be able to live with everyone.

and yet, adapting to any circumstance. This step, like all other steps, must be practiced daily, always remembering our helplessness over alcohol, since this is a guarantee to keep us from drinking.

Rudy V.
Fin y Principio Group, Fort Smith, AR.



First tradition, in the word of Alcoholic Anonymous

"Our common welfare should come first; personal recovery depends on A.A. unity."

Traditions suggest that we live in unity, and it is a unity that we are going to try to live first out of necessity, we have realized that we suffer from a deadly disease against which individually we are powerless. Putting all the personal resources to get out of that obsession such as willpower, determination, the oath, the promise, then when we come to a group, we have the gift of finding people with all that type of suffering and also the effort to stop drink individually and we have not been able to. So by meeting with other alcoholics, we began to have that power that we didn't have, which is the power of unity.

What is called common well-being, in other words, is well-being for the entire group or community of Alcoholics Anonymous and is what has preference, that is, personal desires, despite being listened to and respected, do not have the weight of a group decision, and he even mentions tradition, which is one of the most appreciable qualities that our society has, on which not only our lives but those of others and those to come depend.

The opinion within a group is very important since in A.A. the way of thinking, speaking and acting as each person wishes to do is defended; no member can be forced to act in any way.

can be punished or expelled, as long as this is not harming the common well-being or group autonomy as they are known in an A.A. group.

Unity is the flame that we must not let go out and it depends on each one of us, to stop being selfish and join the group's decisions, even if they go against our personal desires, to leave our personality aside, to want stop appearing, seek power and prestige within a group and be another member, since in this way we can pass the message in the best way.

Carlos G.
Renovación 16 de Julio Group, NLR, AR.





What are Alcoholics Anonymous?

ALCOHOLICS ANONYMOUS is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Alcoholics Anonymous Groups belonging to Arkansas Linguistic District 13

GRUPO 16 DE JULIO "RENOVACION"

4720 Camp Robinson Rd. Suite C
North Little Rock, AR 72118
Lunes - Miércoles - Jueves - Viernes - Domingo
7:00 p.m. - 9:00 p.m.
(501) 563-0700 / (501) 952-5034 / (501) 413-3284
(501) 838-4322 / (501) 347-9663

GRUPO NUEVA AMISTAD

6602 Baseline Rd. Suite A
Little Rock, AR 72209
Lunes - Domingo
7:00 p.m. - 9:00 p.m.
(501) 707-8146 / (501) 213-9666
(501) 478-8630 / (501) 336-1291

GRUPO NUEVO AMANECER

1803 S. 8th St. Suite 2
Rogers, AR 72756
Lunes - Domingo
7:00 p.m. - 8:30 p.m.
(479) 270-8039 / (479) 721-1623 / (479) 276-0104

GRUPO SERENIDAD

2505 N. 17TH St. Suite 403
Rogers, AR 72756
Lunes-Domingo
8:00 p.m. - 9:30 p.m.
(479)270-9370 / (479) 295-6923 / (479) 899-7993

GRUPO FE Y ESPERANZA

402 S Thompson St. suite 5B
Springdale, AR 72764
Lunes - Domingo
7:30 p.m. - 9:00 p.m.
(479) 770-3140 / (479) 790-7295

GRUPO FIN Y PRINCIPIO

1121 North S St. Fort Smith, AR 72904
Lunes - Sábado 7:00 p.m. - 8:30 p.m.
Domingo 10:00 a.m. -11:30 a.m.
(479) 414-8405 / (516) 524-1193 / (479) 650-2487

GRUPO AQUÍ ME QUEDO

1019 S Arkansas Av.
Russellville, AR 72904
Viernes - Sábado 7:00 p.m. - 9:00 p.m.
Domingo 4:00 p.m. - 6:00 p.m.
(479) 477-2719 / (479) 280-8734

GRUPO CATARSIS

207 E. Main St. Clarksville, AR 72830
Viernes y Sábado 7:00 p.m. - 9:00 p.m.
Domingo 6:00 p.m. - 8:00 p.m.
(479) 647-1817 / (479) 774-3230

GRUPO MI ULTIMA OPORTUNIDAD

2000 Central Ave. Hot Springs, AR 71901
Lunes - Miércoles - Jueves - Viernes
7:00 p.m. - 9:00 p.m.
(501) 412-6720 / (501) 276-9338 / (501) 681-0856

GRUPO FELIZ AMANECER

3816 E Highland Dr. Jonesboro, AR 72941
Martes - Jueves
7:00 p.m. - 9:00 p.m.
(870) 243-7484

GRUPO BUNKER

105 E Alpine U24 (Segunda planta)
Siloam Springs, AR 72209
Martes - Jueves - Domingo
7:30 p.m. - 9:00 p.m.
(479) 320-9098

FOR SUGGESTIONS OR COLLABORATIONS

Carlos G. (501) 347-9663 / cagz74@sbcglobal.net

Rudy V. (479) 414-8405 / cusuco59@gmail.com

