

Arkansas Central Office

H.A.L.T. Talk

May / Jun 2008

Arkansas Central Office
7509 Cantrell Road, #106
Little Rock, AR 72207
Hotline: (501) 664-7303
Business: (501) 664-6042

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Call (501) 664-6042 or E-mail: aacentraloffice@direclynx.net

USING THE 24-HOUR PLAN

In our drinking days, we often had such bad times that we swore, "Never again." We took pledges for as long as a year, or promised someone we would not touch the stuff for three weeks, or three months. And of course, we tried going on the wagon for various periods of time.

We were absolutely sincere when we voiced these declarations through gritted teeth. With all our hearts, we wanted never to be drunk again. We were determined. We swore off drinking altogether, intending to stay off alcohol well into some indefinite future.

Yet, in spite of our intentions, the outcome was almost inevitably the same. Eventually, the memory of the vows, and of the suffering that led to them, faded. We drank again and we wound up in more trouble. Our dry "forever" had not lasted very long.

Some of us who took such pledges had a private reservation: We told ourselves that the promise not to drink applied only to "hard stuff," not to beer or wine. In that way we learned, if we did not already know it, that beer and wine could get us drunk, too—we just had to drink more of them to get the same effects we got on distilled spirits. We wound up as stoned on beer or wine as we had been before on the hard stuff.

Yes, others of us did give up alcohol completely and did keep our pledges exactly as promised, until the time was up.....Then we ended the drought by drinking again, and were soon right back in trouble, with an additional load of new guilt and remorse.

With such struggles behind us now, in A.A. we try to avoid the expressions "on the wagon" and "taking the pledge." They remind us of our failures.

Although we realize that alcoholism is a permanent, irreversible condition, our experience has taught us to make no long-term

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promises about staying sober. We have found it more realistic-and more successful-to say, "I am not taking a drink just for today."

Even if we drank yesterday, we can plan not to drink today. We may drink tomorrow-who knows whether we'll even be alive then? - But for this 24 hours, we decide not to drink. No matter what the temptation or provocation, we determine to go to any extremes necessary to avoid a drink today.

Our friends and families are understandably weary of hearing us vow, "This time I really mean it," only to see us lurch home loaded. So we do not promise them, or even each other, not to drink. Each of us promises only herself or himself. It is, after all, our own health and life at stake. We, not our family or friends, have to take the necessary steps to stay well.

If the desire to drink is really strong, many of us chop the 24 hours down into smaller parts. We decide not to drink for, say, at least one hour. We can endure the temporary discomfort of not drinking for just one more hour; then one more, and so on. Many of us began our recovery in just this way. In fact, every recovery from alcoholism began with one sober hour.

One version of this is simply postponing the (next) drink.

(How about it? Still sipping soda? Have you really postponed that drink we mentioned earlier? If so, this can be the beginning of your recovery.)

The next drink will be available later, but right now, we postpone taking it, at least, for the present day, or moment. (Say, for the rest of this article?)

The 24-hour plan is very flexible. We can start it afresh at any time, wherever we are. At home, at work, in a bar or in a hospital room, at 4:00 p.m. or at 3:00 a.m., we can decide right then not to take a drink during the forthcoming 24 hours, or five minutes.

Continually renewed, this plan avoids the weakness of such methods as going on the wagon or taking a pledge. A period on the wagon and a pledge both eventually came, as planned, to an end-so we felt free to drink again. But today is always here. Life is daily; today is all we have; and anybody can go one day without drinking.

First, we try living in the now just in order to stay sober-and it works. Once the idea has become a part of our thinking, we find that living life in 24-hour segments is an effective and satisfying way to handle many other matters as well.

Upcoming Events

Sat. Night "Big Speaker Meeting"
8PM Every Saturday night
Wolfe Street Center

Sponsorship Breakfast
9AM Last Saturday of each month
No Charge
At Serenity Park
For Men and Women

68th Old Grandad
July 25-27, 2008
Arlington Hotel
Hot Springs, AR

AARKYPAA
October 10-12 2008
Petite Jean Mountain

Call the Central Office for more details on
upcoming events.

(501) 664-7303

**DOES YOUR GROUP HAVE A NEW
MEETING? A CHANGE IN TIME
OR A NEW LOCATION?
AN EVENT OR CELEBRATION YOU
WANT TO LET EVERYONE KNOW?**

PLEASE SUBMIT YOUR ANNOUNCEMENTS TO:

Central Office
7509 Cantrell Road, #106
Little Rock, AR 72207
or E-Mail to:
aacentral@direclynx.net

Subject: A Parable

A Mouse looked through the crack in the wall to see the farmer and his wife opening a package.

"What food might this contain?" He was devastated to discover it was a mousetrap. Retreating to the farmyard, the mouse proclaimed the warning.

"There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house". The pig sympathized but said, "I am so very sorry Mr. Mouse, But there is nothing I can do about it but pray. Be assured that you are in my prayers."

The mouse turned to the cow. She said, "Wow, Mr.. Mouse. I'm sorry for you. but it's no skin off my nose."

So the mouse returned to the house, head down and dejected, to face the farmer's mousetrap alone. That very night a sound was heard throughout the house like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness she did not see that it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital and she returned home with a fever.

Now everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. The farmer's wife did not get well. She died; And so many people came for her funeral the farmer had the cow slaughtered to provide enough meat for all of them. So next time you hear that someone is facing a problem and think that it doesn't concern you, remember that when one of us is threatened, we are all at risk.

In the book of Genesis, Cain said about Abel his brother to our God: "Am I my brother's keeper?"

The Central Office would like to acknowledge the following individual contributions received during the months of July & August

May

June

Judy H.	Herb H.
Lew B.	I Anonymous
Curtis & Debbie B.	

The work performed by the Arkansas Central Office for the benefit of the AA community relies on group and individual contributions. We truly appreciate All contributions.

Planning a trip? Commute to work everyday? Need something to listen to besides talk radio?

The Central Office is now selling speaker tapes for only \$4.00 each. Come by sometime and stock up on AA literature.

Also, don't forget when you are surfing the web, to visit our website at:

www.arkansascentraloffice.org

Hope to see you soon.

12 Steppers who take calls and help "Carry the Message"

Jerry D., Rev. W., Sherri F., Sharon M., Buzz P., David A.

Thank you so much.

Calls Answered During Regular Business Hours

	<u>May</u>	<u>June</u>
Meetings	117	92
Miscellaneous	83	74
12 Step	4	4
ALANON	7	2
Treatment	8	7
Speaker	1	0
Hearing Impaired		1
TOTAL CALLS	399	

The Things We Cannot Change

**Hal
is attending the Big Meeting.
He will be missed by all who knew
him.**

Need a Birthday Card

Central Office has a unique collection of birthday cards for that special AA friend. Come by soon to check out our selection. This is your chance to give a special card to a special friend and help support your Central Office at the same time.

S.O.S.

May

June

**Surely someone had a birthday during May and June.
Please help your Central Office in this small manner.**

S.O.S. stands for Share Our Sobriety. Members around the country choose to celebrate their birthdays by contributing \$1 for each year of sobriety to Central Office, or you can donate any amount and specify S.O.S.

Congratulations to all our Birthdays



Want to Share your Sobriety? All you have to do is fill out the information below, and send it along With your contribution (*suggested amount is \$1.00 per year of sobriety*) to:

**Central Office
7509 Cantrell Road, #106
Little Rock, AR 72207**

NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____ **SOBRIETY DATE:** _____

ARCHIVES

Meeting Time:

**2nd Thursday of each month at 5:30 PM
Wolfe Street Center**

GROUP CONTRIBUTIONS *continued*

SERENITY CLUB													0.00
SEARCH for SERENITY	78.00			62.00									140.00
SEARCY	20.00					25.00							45.00
SEARCH NEW FRE.													0.00
SHERWOOD Men			90.00										90.00
SHERWOOD GROUP	13.50	42.00	8.00	26.50	26.50	14.00							130.50
SHIRLEY AA													0.00
SMACKOVER													0.00
SOBRA GROUP													0.00
SOLUTIONS													0.00
SOUTHBEND													0.00
So.West Serenity													0.00
SQUIRELL CAGE													0.00
STERLING MEN'S GRP.													0.00
STUTTGART													0.00
A BETTER WAY													0.00
TAPROOT						100.00							100.00
TNT													0.00
TURSUN GROUP													0.00
TOP OF HILL			50.00			75.00							125.00
TWIN LAKES FELL.													0.00
VAN BUREN													0.00
VILLAGE GROUP													0.00
N.L.R.WED NITE-12X12			20.00										20.00
L.R. WED. BB STUDY													0.00
WELCOME GROUP													0.00
WED. AM EYE OPGR.													0.00
WEST END													0.00
WOMENS 12X12													0.00
WYNN BBS													0.00
WYNN GROUP													0.00
YOUNG MINDS													0.00
WYE MT.													0.00
Y.E.S.	37.50			60.40									97.90
TOTAL	458.46	250.71	403.81	431.61	61.50	284.52	0.00	0.00	0.00	0.00	0.00	0.00	1890.61

A very special Thank You for all group contributions. We appreciate your support. We strive to accurately report group gifts. Please notify us of any omissions. Contributions received after the last day of the month will be reflected in the next issue.

H.A.L.T. Talk Subscription

For only \$5.00 a year!! Catch up on what's happening in the AA community, read stories of sobriety and help support the Arkansas Central Office. Just cut out this form and sent it, along with your \$5.00 to:

Arkansas Central Office
7509 Cantrell Road, #106
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Name: _____

Address: _____

City/State: _____ **Zip** _____

THANKS FOR YOUR SUPPORT!

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