

# NAMELESS

NEWSLETTER

FALL 2023

Page 9: *Living in  
Gratitude*

Page 10: *On  
Cultivating Tolerance*

Page 11: *Dr. Bob's  
Thoughts on Anonymity*

**Published by YOUR Arkansas Central Office**

**ARKANSAS CENTRAL OFFICE  
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*120½, LITTLE ROCK*

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BOARD MEMBER ENDS 12-31-23

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*LITTLE ROCK*

BOARD MEMBER ENDS 12-31-24

TERMS ARE 2 YEARS LONG WITH  
A MAXIMUM OF 3 ELECTED TERMS

**EMPLOYEE BOARD MEMBERS**

MATT H. - OFFICE DIRECTOR

*120½*

TERRI T. - LIAISON

*BRIDGING THE GAP*



PUBLISHED BY YOUR  
ARKANSAS CENTRAL OFFICE  
7509 CANTRELL RD. STE 106  
LITTLE ROCK, AR 72207

**BOOKSTORE HOURS**

MON-FRI 10AM - 6PM

SAT 10AM - 2PM

SUN 2 - 6PM

HOT LINE 501-664-7303

BUSINESS 501-664-6042

WWW.ARKANSASCENTRALOFFICE.ORG

EMAIL: AACOAR@GMAIL.COM

CENTRAL OFFICE REPRESENTATIVES  
(CORS) MEET EVERY MONTH 4TH  
WEDNESDAY @ 5:30

THE BOARD MEETS JAN, APR, JUL,  
OCT ON THE 3RD MONDAY @ 5:30 PM

THE ABOVE MEETINGS ARE ON ZOOM AT  
THIS TIME. ANYONE IN A.A. IS  
INVITED TO ATTEND THE CORS OR  
BOARD MEETING. PLEASE CALL THE  
OFFICE FOR MEETING NUMBERS.



## Inside This Issue

- 7 Overheard in a Meeting
- 8 Moments in AA History
- 9 *Living in Gratitude*  
*This Day is Mine*
- 10 *On Cultivating Tolerance*  
*The Opaque Curtain*
- 11 Dr. Bob's Thoughts on  
Anonymity  
*Alcohol, the Great Remover*
- 12 Upcoming Events
- 13 *Emotional Pain*
- 18 Central Office Q2 Financial  
Report
- 20 Central Office phone stats
- 22 Event Flyers



# MISSION STATEMENT

THE ARKANSAS CENTRAL OFFICES' STAFF AND VOLUNTEERS WILL STRIVE TO CARRY THE A.A. MESSAGE TO THE STILL SUFFERING ALCOHOLIC.

IT IS OUR MISSION TO SUPPORT ARKANSAS' A.A. MEETING GROUPS BY KEEPING THEM INFORMED OF THE NEWS AND ACTIVITIES OF ALCOHOLICS ANONYMOUS THROUGH OUR WEBSITE AND NEWSLETTER. TO PROVIDE CURRENT CONFERENCE APPROVED LITERATURE AND OTHER RECOVERY RELATED MATERIALS, AND TO OFFER INDIVIDUAL SUPPORT TO THE STILL SUFFERING ALCOHOLIC THROUGH OUR 12 STEP AND AFTER HOURS ON CALL SERVICE.

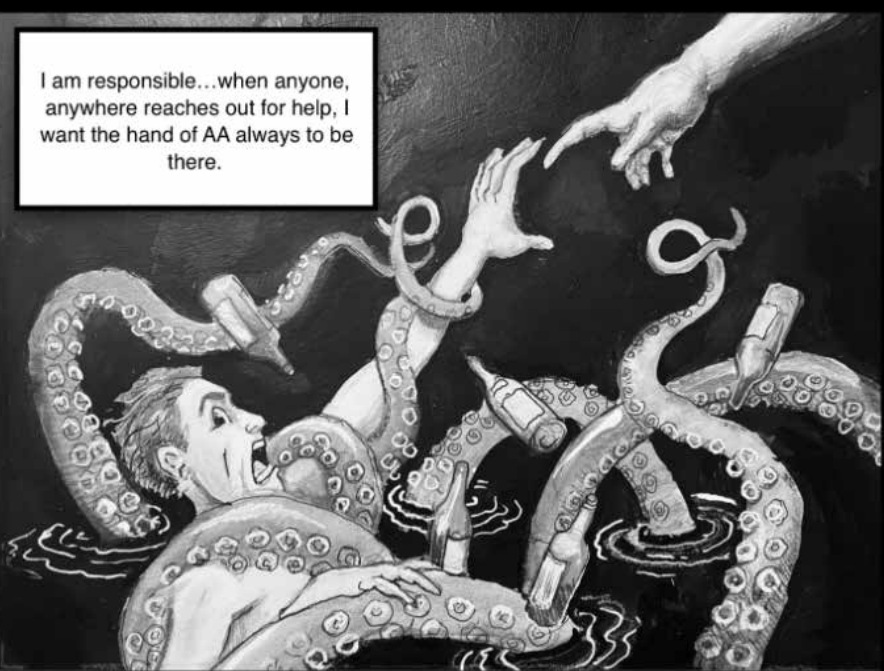
WE ARE ACCOUNTABLE TO THE ARKANSAS A.A. GROUPS WE SERVE THROUGH THE CENTRAL OFFICE REPRESENTATIVES (CORS) SELECTED BY THE VARIOUS A.A. GROUPS AND SHALL FUNCTION WITHIN THE PURVIEW OF THE 12 TRADITIONS OF ALCOHOLICS ANONYMOUS AND THE GUIDELINES FOR INTERGROUP AND CENTRAL OFFICES AS SET FORTH BY THE GENERAL SERVICES OFFICE OF ALCOHOLICS ANONYMOUS.

THE STAFF AND VOLUNTEERS AT ARKANSAS CENTRAL OFFICE EMBRACE A.A.'S RESPONSIBILITY STATEMENT AS STATED. "I AM RESPONSIBLE... WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP, I WANT THE HAND OF A.A. ALWAYS TO BE THERE. AND FOR THAT, I AM RESPONSIBLE." ©

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# Easy Does It...

I am responsible...when anyone, anywhere reaches out for help, I want the hand of AA always to be there.



*Sharing Our Sobriety*



# Birthday Club!

WE CELEBRATE BIRTHDAYS, AND WE'D LIKE TO HELP YOU CELEBRATE YOURS!

SEND US A DONATION OF \$1 FOR EACH YEAR AND WE'LL PRINT YOUR BIRTHDAY. INCLUDE YOUR HOME GROUP, AND WE'LL PRINT THAT TOO!

ALL REQUESTS MUST BE IN BY THE 10TH OF THE MONTH BEFORE THE NEWSLETTER GOES OUT (DEC 10, MAR 10, JUNE 10, SEPT 10). LATE ARRIVALS WILL APPEAR THE FOLLOWING ISSUE. JUST FILL IN THE FORM BELOW AND MAIL, WITH YOUR DONATION, TO:

ARKANSAS CENTRAL OFFICE  
7509 CANTRELL RD # 106  
LITTLE ROCK, AR 72207



\$ \_\_\_\_\_ ENCLOSED

I WILL HAVE \_\_\_\_\_ YEARS ON \_\_\_\_/\_\_\_\_/\_\_\_\_.

NAME \_\_\_\_\_

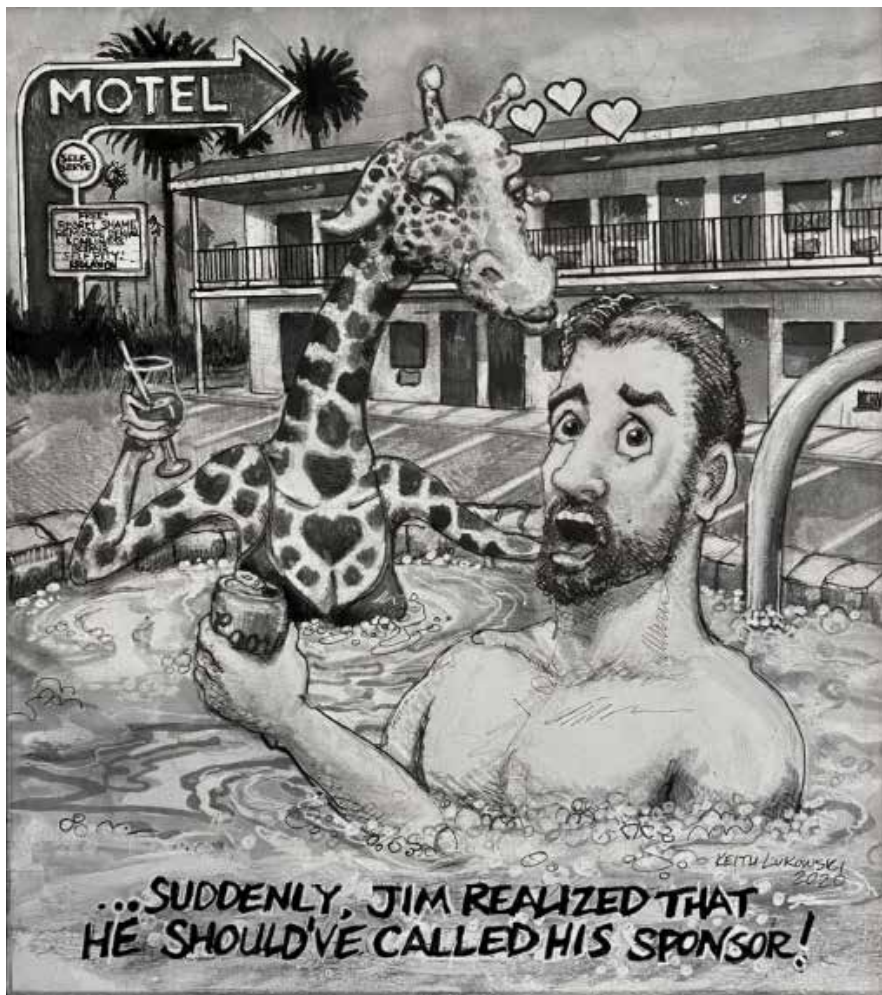
ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

HOME GROUP \_\_\_\_\_





## TO SUBSCRIBE

If you would like to receive this newsletter by email just send us an email at [aacoar@gmail.com](mailto:aacoar@gmail.com) or call us at 501-664-6042

# YOUNG PEOPLE'S VIDEO PROJECT

We want video submissions from A.A. members. WHY? To carry A.A.'s message to young people in high school and college settings.

## SHARE YOUR EXPERIENCE!

Submissions should be 2-3 minutes in length and reflect and adhere to the Twelve Traditions of Alcoholics Anonymous, especially A.A.'s anonymity traditions. When filming A.A. members make sure no one is identifiable.

Focus on the experience of getting sober young and reflect the diversity of the Fellowship. Use members stories to help alcoholics identify.

Share experiences that would relate to the "young" alcoholic who has yet to come to A.A.

## BE CREATIVE AND HAVE FUN!

Individuals submitting videos must be at least 18 years of age and must reside within the boundaries of the U.S. and Canada A.A. General Service Structure. Submissions should be in English, Spanish or French.

For more information, contact the Public Information Coordinator at [publicinfo@aa.org](mailto:publicinfo@aa.org).



# OVERHEARD IN A MEETING

"I don't place my sponsor on a pedestal. It is only from a high place that they can fall."

"The longer you've been in recovery, the more successful you've been in the past."

"The greatest fault of all is to be conscious of none."

"I choose to be in places and situations and with people where I feel good about myself."

"I deserve to feel good and I trust that my heart will tell me where to go."

"Stop looking for the differences. People who matter, don't mind; people who mind, don't matter."

"A signpost, like a peer, only warns you about the road ahead. But a map, like a sponsor can show you how to get where you want to go."

"It's easy to see the difference between ourselves and assholes, unless, at the moment, we're the asshole."

"Today, take care of yourself. Tomorrow you can worry about them."

"Take the program seriously, not yourself."

"The choice is up to you. It can either be 'Good morning, God!' or 'Good God, morn-ing.'"

"Choice, not chance, determines my day."

"Keep an unmade mind instead of a mind made up."

"I'm not responsible for my next thought, only my next action."

"This is a self-help program that you can't do by yourself."

"The elevator to sobriety is broken. Please take the steps."

"People in our fellowships who think they are too big to do little things are perhaps too little to be asked to do big things."

"Us looking for God is like a fish looking for water."

"There is a big difference between being a mistake and making one."

"The miracle of recovery is that no matter where you are, you're here."

"I try to keep my words palatable – I never know when I may have to eat them."

"You can't save your face and your butt at the same time."

"Call before you drink and we will help you stay sober. Call after you drink and you will help us stay sober."

"Don't believe in miracles. Rely on them."

"I don't have to forgive people, places, and things, if I don't blame people, places, and things."

"These are not the Steps we discussed, or memorized, or analyzed. These are the steps we took."

"Work the Steps. You may still have living problems but you will no longer have problems living."

"My Higher Power does the impossible, after I've done what is possible."

"If anyone speaks badly of you, live so no one will believe it."





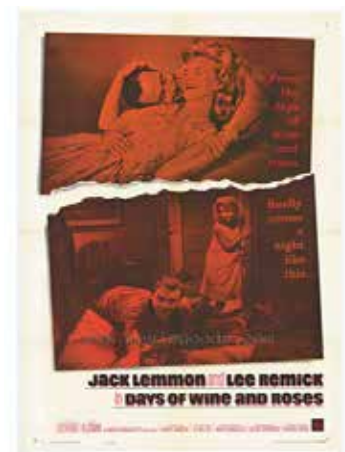
## A BUSINESS TRIP TO AKRON 1935

A short-term job opportunity takes Bill to Akron, Ohio. In the lobby of his hotel, he finds himself fighting the urge to join the conviviality in the bar. He consults a church directory posted on the wall with the aim of finding someone who might lead him to an alcoholic with whom he could talk. A phone call to Episcopal minister Rev. Walter Tunks results in a referral to Henrietta Seiberling, a committed Oxford Group adherent who has tried for two years to bring a fellow group member, a prominent Akron surgeon, to sobriety.

## DRAMATIZATIONS OF ALCOHOLISM

1958

When called upon, Alcoholics Anonymous plays an advisory role in the dramatization of alcoholism on television or in movies. In one instance, G.S.O. New York staff members work closely with scriptwriter J. P. Miller in preparation for the October 1958 broadcast of "The Days of Wine and Roses," a "Playhouse 90" production. The play, examining the lives of an alcoholic married couple seeking help from A.A., will reach an international audience when it is produced as a movie in 1962.



## BURSTING AT THE SEAMS IN SEATTLE 1990

Some 48,000 people converge in Seattle for the Fellowship's Ninth International Convention in 1990, far exceeding the anticipated head count. The theme is "Fifty-five Years — One Day at a Time." More than 250 standing-room-only meetings are held at Seattle Center and around town — at the time, the largest convention ever hosted in Washington's largest city. Nell Wing, Bill W.'s longtime secretary and first archivist for G.S.O. New York, was presented with the Ten Millionth copy of A.A.'s Big Book, Alcoholics Anonymous, at a special ceremony.

## STEPPING STONES MADE STATE HISTORIC SITE

2004

Acting on a recommendation from the New York State Board of Historic Preservation, the governor signs a declaration in 2004 making Stepping Stones, the Bedford Hills house Bill and Lois called home beginning in 1941, a New York State Historic Site.





"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."

- Melody Beattie

When I came into the program, the concept of "living in gratitude" was an abstract impossibility. Almost immediately, through the program, I was exposed to the virtues of practicing a changed perspective of life, one in which I sought out gratitude.

The program taught me that "what we think upon grows," so a change to a positive attitude would require a daily search for the small blessings in life that unfold so often unnoticed or unappreciated. It became evident that if I focused on "what I wanted" rather than "what I have," that negative attitude would shroud my entire consciousness.

In contrast, if I focused on gratitude, life became more satisfying and enjoyable. Gratitude has become the picture frame of my life, surrounding me with a veil of blessings; I just have to be open to the many gifts that life presents. If I let my life be focused in gratitude, there's no room for bad days.

Feeling gratitude and not showing it is like wrapping a birthday present and not giving it. As we celebrate life, I hope we can all open the most important gift, and that is our heart.

-Irish Mike

Happy  
Joyous  
&  
Free



## This Day Is Mine

*Please, may I use it well*

This is the day that belongs to me, for it was given to me early in the morning freely and without obligation. The moment that I accepted the gift, I accepted the responsibility for its growth. I received it in good condition, fresh, young and clean, and now that it is mine, I can choose what kind of day it will become. I can make it ugly by deciding to be miserable or I can make it beautiful by deciding to be glad.

This is the day to be happy. I know I can be just as contented as I wish to be. Above all, I can find contentment now, instead of thinking it necessary to wait for some uncertain, future pleasure.

This is the day to be free, to cut the bonds of all those tomorrows and all those yesterdays. I would be unwise to waste any part of today in useless guilt or distress about a yesterday, or pointless worry or panic about a tomorrow.

This is a day to treat life as a great adventure and each moment of it as a satisfying and rewarding experience. Since I want to live it fully, and I want to live it well. I hope that I will handle myself in such a manner that when today becomes yesterday, my memories will be pleasant and when tomorrow becomes today my regrets will be few. On this day, I do not want to indulge in crippling, selfish emotions such as anger, hatred and fear; I want instead to seek their opposites.

This is the day to thankful for some pains removed and some blessing received; to translate my gratitude from mere words into cheerful, wholehearted achievement.

This is the day to promise myself that I am going to build my world with gladness and with love, right now, because this is the only day that belongs to me.

-H.W. (Toronto, Ontario)

## On Cultivating Tolerance

During nine years in AA, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in education advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior - which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another - and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open-mindedness that is vastly important - is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

by Dr. Bob S.

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## The Opaque Curtain

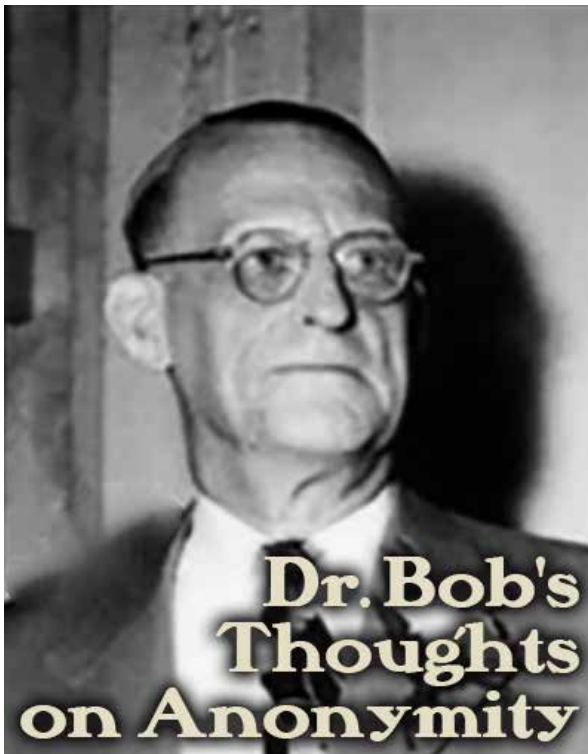
It occurred to me the other day while in a meeting, that as we experience difficult times in life perhaps a positive way to deal with it would be to imagine an "opaque curtain". One side being a place of stress, anxiety, anger, and difficulty; and on the other side a place of relative peace. If we learn how to choose which side to be on, our lives could become more manageable and serene. Almost like being in the eye of the storm rather than being in the raging chaos nearby. When I go through my day and things become challenging, chaotic, my serenity is being challenged, and I'm being verbally attacked, I can make a decision to step away from it all and pass through an imagined "opaque curtain" to the other side where there is peace. That "stuff" still exists but I no longer live there. I have learned how to put disturbing matters into a pigeon hole for temporary relief that can be taken out again whenever I choose to become irritated and frustrated, restless and discontented.

Alcoholic insanity - standing at a crossroads in life, one path leads us to misery and chaos the other path leads us to a life of peace, happiness and serenity; we stop and ponder which road to take. Some of us, inconceivably, chose the wrong fork in the road. Normal people would not have much difficulty making the right decision.

by Clardy S.







# Alcohol, the Great Remover

Alcohol is a product of amazing versatility. It will remove stains from designer clothes.

It will also remove the clothes off you back. If by chance it is used in sufficient quantity,

Alcohol will remove furniture from the home, rugs from the floor, food from the table.

Lining from the stomach, vision from the eyes, and judgment from the mind.

Alcohol will also remove good reputations, good jobs, good friends, happiness from children's hearts.

Sanity, freedom, spouses, relationships, man's ability to adjust and live with his fellow man, and even life itself.

As a remover of things, Alcohol has no equal!

(Author unknown)

Warren recalled, "He [Dr. Bob] said there were two ways to break the anonymity Tradition: (1) by giving your name at the public level of press or radio; (2) by being so anonymous that you can't be reached by other drunks."

In an article in the February 1969 Grapevine, D. S. of San Mateo, California, wrote that Dr. Bob commented on the Eleventh Tradition as follows: "Since our Tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition."

"The A.A. who hides his identity from his fellow A.A. by using only a given name violates the Tradition just as much as the A.A. who permits his name to appear in the press in connection with matters pertaining to A.A."

"The former is maintaining his anonymity above the level of press, radio, and films, and the latter is maintaining his anonymity below the level of press, radio, and films—whereas the Tradition states that we should maintain our anonymity at the level of press, radio, and films."

-Dr. Bob and the Good Old Timers

# UPCOMING EVENTS

October 7-8  
**Area 4 Assembly**  
300 East Harrell Drive  
Russellville, AR

October 8, 2 PM  
**Rock Bottom's Annual Picnic**  
Mary Kennely Park  
Haskell, AR

October 12-15  
**ARKYPAA XXXIX**  
**"In the Sunlight at Last"**  
Camp Mitchell,  
Morrilton, AR

October 21, 5:30 PM  
**Reservoir Group Eat & Speak  
Tailgate Party**  
Christ the King  
Little Rock, AR

October 21, 6 PM  
**District 4**  
**Saturday Night Live**  
St. Bartholomew's  
Fort Smith, AR

October 21, 6 PM  
**Winter Holiday Trivia Night**  
Wolfe Street Center  
Little Rock, AR

October 27, 6 PM  
**120½ Halloween Party**  
2324 Ringo St  
Little Rock, AR

October 28, 6 PM  
**Hot Springs Halloween Party**  
411 Sellers  
Hot Springs, AR

October 28, 6 PM  
**Central Office**  
**Chili Challenge**  
Crystal Valley Baptist Church  
North Little Rock, AR

October 30  
**Intergroup Council of  
West Central Arkansas**  
**Quarterly Meeting**  
1:30 PM, 411 Sellers  
Hot Springs, AR

November 3-5  
**38th Border City Roundup**  
700 Rogers Ave  
Fort Smith, AR

November 4, 6 PM  
**Soup-tastic Saturday**  
Wolfe Street Center  
Little Rock, AR

November 4, 12-4:30 PM  
**Agreeable and Arkansas  
County Groups**  
**AA Speak-a-Thon**  
Knights of Columbus Hall  
Stuttgart, AR

November 5, 2-4 PM  
**AA Grapevine**  
**Writing Workshop**  
Wolfe Street Center  
(upstairs)  
Little Rock, AR

November 10-12  
**69th Jonesboro**  
**Thanksgiving Program**  
Holiday Inn,  
2908 Gilmore drive  
Jonesboro, AR

December 3, 1:15  
**District 4 Meeting**  
Pioneer Club  
Fort Smith, AR

December 24, 10 AM - 2 PM  
**Central Office**  
**Open House**  
7509 Cantrell Rd, Suite 106  
Little Rock, AR



# EMOTIONAL PAIN

*AA Grapevine February 1987*

My understanding of emotional pain today is that it is caused by unfulfilled expectations.

Not the expectations I think others may have of me, but the expectations I have of myself and others.

Another person's expectations of me will not cause me to experience emotional pain.

I will not hurt because I am unable to meet someone else's expectations of me; I will hurt if I am unable to meet my own expectations of myself in my efforts to please others.

If others don't act or react the way I would like

them to, I can't blame them. I have to look at me. What had I been expecting?

Unfulfilled expectations are only shattered dreams, and what are dreams but images of realities?

Images in our minds of how we would like our realities to be or to become.

We encounter problems when the images in our own minds do not coincide with the images in the minds of those we are close to, or those to whom we would like to be close.

Their images usually do not agree with our own, and in many instances do not even include us.

## Rock Bottom Speaker Meeting

Mary E.

1203 W. Sevier St.  
Benton, AR

October 23 8 PM



## NEW MEETING!

Starting September 2,  
6:00 a.m.

For those who are *early birds*  
or those who want to start their day  
out right,  
F Street is starting a 6:00 a.m. Meeting  
**TUESDAYS and SATURDAYS.**  
The meetings will be an in depth look  
at *Daily Reflections* or *As Bill Sees it.*  
We are excited to offer this early  
morning meeting option  
North of the River.



WE LOOK FORWARD TO SEEING  
YOU at this new meeting option!



YOUR  
CENTRAL  
OFFICE  
SELLS  
MORE  
THAN  
BOOKS



We offer  
magnets,  
stickers,  
meditation  
books, printed  
posters,  
bookmarks,  
jewelry and  
much more.



# Central Office Has New Bookmarks With New Designs!



## STILL JUST \$1

## ALCOHOLICAS ANONIMAS

### LIBRERIA ESPANOLA

6602 Baseline #A  
Little Rock, AR 72209

Literatura Espanola de AA  
Horario de la Tienda  
7 dias a la semana  
7 AM to 9 PM

### Contactos Telefonicos de Habla Hispana

501.478.8630    501.213.9666  
501.707.8146    501.909.1997







# NAMELESS

## N E W S L E T T E R

A great big Thank You to all our In House volunteers!  
These are the people that work the phones, clean the carpets,  
price the books, and a thousand other things daily in the Bookstore!

Monday - Billy O. And Ashlee B.

Tuesday - Bob W. And Tara S.

Wednesday - Travis T. And Stephen M.

Thursday - Carolyn Mc. And Jeremy C.

Matt H. first Thursday

Friday - Debbie D. And Brandon M.

Saturday - Mark F., Caroline L. And Stephen Caw

Sunday - Cary T. And Steve F.

Alternates: Melanie R., Shawn C., Brenda F., Mary M.,  
Stephanie K., Woody T., Nancy H., & Flavia S.

Would you like to be an In-House Volunteer? This is a great opportunity for you or your sponsee. The shifts are from 10 am - 2 pm and 2 - 6 pm Monday through Friday, Saturday 10 - 2 pm and 2 - 6 pm on Sunday. Sometimes people alternate with another so they only volunteer every 2 weeks.



# **YOU ARE INVITED!**

Your Arkansas Central Office is inviting your group to participate in our monthly **C**entral **O**ffice Representatives Meetings.

We meet virtually the Fourth Wednesday of each month at 5:30! You do not have to be the elected rep from a group to attend, but only elected group reps are eligible to vote and each group has only one vote.

We discuss and decide on issues affecting the operation of The Central Office and how we can better serve the Area.

We are responsible for maintaining a current list of 12 steppers as well as a list of volunteers to answer the hotline after hours.

**JOIN US**

**MEETING ID: 879-658-7165**

**PASSWORD: 55555**



# Arkansas Central Office

QTR.2

Simmons Non-Profit Buss. Checking, Period Ending 06/30/2023

## RECONCILIATION REPORT

### CENTRAL OFFICE BOARD ADDITION REPORT

Reconciled on: 07/14/2023

Reconciled by: aacoar@gmail.com

Any changes made to transactions after this date aren't included in this report.

#### Summary

USD

Statement beginning balance 25,710.81  
Checks and payments cleared (30) -7,290.73  
Deposits and other credits cleared (8) 9,564.50  
Statement ending balance 27,984.58

#### Details

#### Checks and payments cleared (30)

DATE	TYPE	PAYEE	AMOUNT (USD)
6/2/2023	Expense	Entergy Arkansas	-104.65
6/2/2023	Expense	USPS	-16.25
6/5/2023	Expense	Simmons Bank	-5
6/7/2023	Expense	USPS	-5.05
6/7/2023	Expense	Kelly Commercial Partners	-995
6/7/2023	Expense	AT&T	-65.33
6/7/2023	Expense	Terri Timmerman	-1,000.00
6/8/2023	Expense	Bright Star Press	-1,221.30
6/9/2023	Expense	UBS	-35.9
6/9/2023	Expense	Straighttalkservices FI	-52.8
6/9/2023	Expense	USPS	-5.05
6/12/2023	Expense	Matt Howard	-1,272.59
6/13/2023	Expense	Wilma Website	-175
6/13/2023	Expense	Wendells Coins	-77.24
6/15/2023	Expense	USPS	-3.65
6/15/2023	Expense	Costco	-60
6/15/2023	Expense	Amazon	-43.44
6/15/2023	Expense	QuickBooks Payments	-42.5
6/15/2023	Expense	IRS	-429.96



6/15/2023	Expense	AAWS Publishing	-820	
6/16/2023	Expense	Zoom meetings	-17.37	
6/20/2023	Expense	Costco	-134.6	
6/20/2023	Expense	Kraftco	-9.67	
6/20/2023	Expense	Kraftco	-10.96	
6/23/2023	Expense	Bright Star Press	-81	
6/26/2023	Expense	isas Department of Finance & Admin.	-311	
6/26/2023	Expense	AAWS Publishing	-10	
6/26/2023	Expense	Straighttalkservices Fl	-52.8	
6/28/2023	Expense	Steve Fischer	-185.82	
6/28/2023	Expense	INGRAM books	-46.8	
			23-Jun	QTR.2
<b>Expenditures</b>			<b>Total-7,290.73</b>	<b>26,968.37</b>

Deposits and other credits cleared (8)

DATE	TYPE	PAYEE	AMOUNT (USD)	
6/6/2023	Deposit		1,526.72	
6/6/2023	Transfer		1,053.14	
6/14/2023	Deposit		1,297.03	
6/21/2023	Deposit		2,137.73	
6/21/2023	Deposit		631	
6/22/2023	Transfer		2,290.90	
6/27/2023	Deposit	Sample Customer	5	
6/29/2023	Deposit		622.98	
			23-Jun	QTR.2
<b>Revenue</b>			<b>Total 9,564.50</b>	<b>24,436.70</b>
			June Diff.	QTR.2Diff.
<b>Income v Expense</b>			<b>2,273.77</b>	<b>-2,531.67</b>

<b>Accounts</b>				
			QTR.1	QTR.2
PayPal/Zettle			D/M	844.95
Simmons Non-Profit Buss. Checking			30,381.66	27,984.58
Simmons Reserve Checking*			5,480	5,480
Armor CD @1.89%* updated 7-10-23			14,638.48	14,706.70
First Financial CD @0.82%*			4,324.43	4,324.43
First Financial Savings @1.2%*			8,339.48	8,339.48
*Prudent Reserve updated 7-10-23			32,782.39	32,850.61

## SHOUT OUT TO OUR PHONE VOLUNTEERS!

Our lists of volunteers for both 12th Steppers and After-Hours are very fluid and the numbers fluctuate in response to life's challenges. We are always looking for interested A A'ers for both our lists. Currently we have only 86 volunteers on the After-Hours list, making the times they are asked to cover around every 48 days. If you are interested in giving it back! Please consider volunteering in these areas. Give us a call at 501-664-6042 and let us know which list, or both, you would like to be on! We have an education packet to help you get started. To our 12th Steppers and After-Hours Volunteers; Thank You for Your Service!!

**APRIL:**

TOTAL CALLS: 77  
12 STEP: 12  
AFTER HOURS: 22

**MAY:**

TOTAL CALLS: 63  
12 STEP: 8  
AFTER HOURS: 26

**JUNE:**

TOTAL CALLS: 72  
12 STEP: 12  
AFTER HOURS: 39

**2ND QUARTER 2023**

TOTAL CALLS: 212  
12 STEP: 32  
AFTER HOURS: 87



REMEMBER TO:



ASK YOUR GROUP  
TO COLLECT A SPECIAL  
DONATION FOR THE  
CENTRAL OFFICE

AND BRING IT IN or SEND IT TO:

Arkansas Central Office 7509 Cantrell Road Suite 106 Little Rock, AR 72207



Donate Online with this QR Code. Make a note: **Gratitude Month!**





Please join us for

# **ROCK BOTTOM'S ANNUAL PICNIC**

**October 8 @ 2 PM**

Mary Kennely Park | Haskell, AR

Family and Friends Welcome!

RB group provides hamburgers/hotdogs

Bring a side dish, dessert or just yourself



# Preregister Now for a Spiritual Experience



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\$20 Preregistration for ARKYPAA XXXIX is open now on our website.  
Register now for a Spiritual Experience not worth missing.

Remember to grab tickets for Camping & the Friday Night Meal. A limited number of medium option cabins are still available for purchase.



**SATURDAY, OCTOBER 21 AT 5:30 PM**



# **THE RESERVOIR GROUP'S**



## **EAT & SPEAK**

# **TAIL**



# **GATE**

## ***Party!***

Ellie L. (Barely Legal) is our guest speaker with a great story to tell. Wear your team colors! We will have a contest for the best team spirit.

Winner will receive a \$50 gift card to the Arkansas Central Office.

Barbeque with fixings (compliments of the Reservoir Group) will be served. Please bring a side dish or dessert.

Please RSVP to Oz Richie @ 501-258-1480 or [oz.richie@gmail.com](mailto:oz.richie@gmail.com) ASAP. We need a head count for the BBQ.

### **RESERVOIR GROUP**

Christ the King North Ministry Building  
3900 N. Rodney Parham Rd. 3rd Floor - Northern Brown Brick Building





WINTER HOLIDAY COMMITTEE  
PRESENTS:

TRIVIA

NIGHT

& PANCAKES

October  
21st at  
6:00 PM

1015 S. LOUISIANA ST.  
LITTLE ROCK, AR 72203

Meet in the Big  
Room Upstairs

SUGGESTED DONATION: \$15

[www.winterholidayconvention.com](http://www.winterholidayconvention.com)



EXPERIENCE, STRENGTH, AND HORROR...

# 120 & A HALF HALLOWEEN POTLUCK







**YOUR CENTRAL OFFICE  
PRESENTS**



# CHILI CHALLENGE

**\$10  
CHILI  
ENTRANCE  
FEE**

**INDIVIDUALS  
OR TEAMS**

**SATURDAY  
OCT 28  
2023**

**REGISTER BY OCT 21**

**6PM  
TO  
9PM**

**LIVE MUSIC · TROPHY PRESENTATIONS  
DRAWING FOR 50/50 AND GIFTS**



**7:30-8:30  
SPEAKER:  
BRENDA B.  
MEMPHIS, TENNESSEE**

**THE VOICE: CARY T.  
6:30-7:30 CHILI  
TASTING/VOTING**

**BRING CASH FOR EXTRA VOTES AND JAILBREAKS**

**CRYSTAL VALLEY BAPTIST CHURCH, 5507 CRYSTAL HILL RD, NLR**

**THE JAIL WILL BE OPEN! THE SHERIFF WILL BE ARRESTING THOSE  
IN VIOLATION OF TRADITIONS! \$1 TO WRITE A WARRANT  
ONCE IN JAIL THE OFFENDER MUST SING FOR 2 MINUTES  
OR UNTIL SOMEONE PAYS \$1 BAIL TO STOP THE SINGING!**



HOT SPRINGS AA PRESENTS

# HALLOWEEN

## Fellowship Party



OCTOBER 28TH @ 6PM

411 SELLERS, HOT SPRINGS

**COSTUME CONTEST**

**DJ KARAOKE - FACE PAINTING - CRAFTS**

**BRING FINGER FOODS**

**8 PM MEETING WILL BE OPEN MEETING.**

**BRING FAMILY AND FRIENDS**

**MORE INFORMATION CALL RASA 501-359-1642**

You are invited to attend  
The 38th Annual

# Border City Roundup

## Fort Smith, Arkansas

November 3, 4, & 5th 2023



*"LIFE WILL TAKE ON A NEW MEANING" (Big Book pg. 89)*

**Location:**  
Wyndham  
700 Rogers Ave  
Fort Smith, AR  
(479)783-1000  
Special Room Rates-book by  
October 5th  
Speakers at The Wyndham

**AA Speakers**  
Alanon Speaker  
Alanon Meeting  
Hospitality Room,  
Raffle and  
Refreshments

### Speakers

Jenifer H-K, (Dallas, TX)  
Jacob B. (Tulsa, OK)  
Victor V. (Tontitown, AR)  
Belinda F. (Kenner, LA)  
Rosie P. (Fayetteville, AR)  
Convention Voice—Ike B.

REGISTRATIONS RECEIVED BY OCTOBER 28, 2023 WILL BE ELIGIBLE TO WIN  
FREE REGISTRATION FOR THE 2024 CONVENTION

Save the Date for a

# *SOUP-tastic Saturday*

speaker panel provided by your District 9 Accessibilities Committee



When: November 4, 2023 from 6-7:30 pm

Where: Wolfe Street Center (2<sup>nd</sup> Floor)

1015 S. Louisiana Street – Little Rock, AR 72202

What: Panel discussion by AA members with accessibilities needs

Come have some soup and learn more about the accessibility needs in our District!

Donations will be accepted.



PLEASE JOIN US FOR  
+ THE AGREEABLE AND +  
ARKANSAS COUNTY GROUPS

*First AA  
Speak - A - Then*



**November 4th, 2023 from 12-4:30pm**

Knights of Columbus Hall

1011 S. Park Avenue

Stuttgart, Arkansas 72160

Speakers From:

Dewitt, Lake Village, Pine Bluff, Redfield,  
Searcy, Stuttgart and a surprise speaker from  
Chicago, IL.

Open Meeting, Food Will be Served

Contact Person: Ernestin W. 773-403-7163

**69<sup>TH</sup> ANNUAL JONESBORO  
THANKSGIVING PROGRAM**



**NOVEMBER 10<sup>TH</sup>, 11<sup>TH</sup>, AND 12<sup>TH</sup>  
THE HOLIDAY INN 2908 GILMORE DR.  
JONESBORO, ARKANSAS**

**\$25.00 REGISTRATION BEGINNING @ 5:30 PM  
\*DOOR PRIZE TICKETS GIVEN AT REGISTRATION\***

**FRIDAY 7:45 PM SOBRIETY COUNTDOWN  
8:00 PM AA SPEAKER AMY F. - LOS ANGELES, CA  
9:15 PM ICE CREAM SOCIAL**

**SATURDAY 8:00 AM DOUGHNUTS AND COFFEE  
8:30 AM RELATIONSHIP WORKSHOP WITH JAY W. TUPELO, MS  
"APPLYING THE 12 TRADITIONS TO RELATIONSHIPS"  
10:00 AM AL-ANON SPEAKER CINDY J. - ARKADDELPHIA, AR  
1:00 PM AA SPEAKER DAVID L. - LITTLE ROCK, AR  
2:30 PM AA TRIVIA \*\*\*PRIZES GIVEN\*\*\*  
8:00 PM AA SPEAKER JAY W. TUPELO, MS  
9:30 PM OPEN AA MEETING**

**SUNDAY 8:00 AM DOUGHNUTS AND COFFEE  
9:00 AM AA SPEAKER LIZ W. JONESBORO, AR  
10:00 AM GIVE OUT DOOR PRIZE ! \*\*\*FLAT SCREEN TV\*\*\*  
(MUST BE PRESENT TO WIN)**

**FOR MORE INFO CONTACT BOBBY C. @ 870-897-2128**

# Mark Your Calendars and Make Plans to Attend the 2025 A.A. International Convention

Vancouver, British Columbia, Canada

July 3-6, 2025

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of our Fellowship's founding.

Please check the Convention webpage at [www.aa.org/international-convention](http://www.aa.org/international-convention) for more information, the latest news, and FAQs. As the Convention approaches, the page will be updated with registration information.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

**Let's celebrate sobriety together in  
Vancouver in 2025!**