

NAMELESS

NEWSLETTER

SPRING 2023

**What Do I Do Next
To Stay Sober? p. 5**

**The Sobriety
Daily Big Game p. 16**

**Our Original
Six Step Program p. 18**

**The Bedevilments &
The Four Horsemen p. 22**



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

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SAT 10AM - 2PM

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THE ABOVE MEETINGS ARE ON ZOOM AT
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OFFICE FOR MEETING NUMBERS.



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MISSION STATEMENT



FINDING BALANCE

"Easy Does It" is one of the AA mottos (BB p. 115). And it made me wonder what the difference was between that idea of taking it easy in sobriety and the "easier softer way" we were supposed to avoid. My understanding is- my alcoholic brain is always looking for shortcuts to happiness, wanting the reward without the work. Then in sobriety, I learn that work is unavoidable so I do it. Miraculously, my life becomes easier. The "work" that God expects me to do is simple and pleasant, and results in serenity and fulfillment. It isn't really even work. My day job is work, I do that for money, but God's "work" is showing love to everyone I meet. That may involve labor sometimes, but overall it's letting myself be taken in by the spiritual current that is flowing towards my life's purpose. Happy Spring y'all!

In Fellowship,
The Editor

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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What Do I Do Next to Stay Sober?

Stay cheerful
Stick with the winners
Get busy
Take the Twelve Steps

ALL RIGHT; tonight I'm (hopefully) assuming there's one person in this room who for good reason has been exploring AA lately; someone who has been having trouble with his drinking and to whom the AA message has been carried; who is over the worst of the withdrawal whims and has begun to look around him and wonder what he's getting into. And who has begun to ask questions, like "What is an alcoholic, anyway?" and "What is this thing called AA?"

As he thinks about the answers he has received, with his mind made up that there's a pretty good chance he belongs here, naturally at this point he wants to know what he does next in order to put this thing to work for him all the way.

The customary initial suggestions have been made to him, and again I'm assuming that he is following them: meetings, meetings, and more meetings; staying away from one drink one day at a time; using the AA tools--the 24-hour plan, the Slogans, the telephone therapy, the Serenity Prayer.

What our beginner does now is more of the same. These are the things he has done and the tools he has used to keep him sober today, thus far, and with us it's always today. I'd like to add one heartfelt recommendation of my own, and that's to do a little realistic thinking along about now, and adopt and latch on to a healthy set of attitudes in relation to the entire situation.

I often quote the politician who with equal facility could either "anticipate with delight" or "view with alarm." Which approach is the beginner bringing to his new life in AA? His choice will make all the difference in how much or how little he gets out of AA above and beyond physical sobriety. The positive attitude in any endeavor is the one that gets results. The negative attitude never gets off the ground--nor, sometimes, does the alcoholic who persists in "viewing with alarm."

The negative approach says, "Poor me. Why me? So I'm sober, but I don't have to like it." The negative type, to be sure, does look around him, but not at the living good examples in an AA meeting. He looks back over his shoulder, out yonder, and thinks: "Joe Bloke can drink and! can't. I'm as good a man as Joe Bloke ever was. It's a damned shame I can't drink like Joe Bloke can. . . . Who says I can't? I'll show them!" And he sure does.

The positive approach to AA might go something like this. . . .

Admitted: I have a problem with drinking.

There is a place where I can get help for my problem. That place is AA. I'm a lucky guy (or gal) that there is an AA.

AA teaches me that I cannot safely drink, since I am an alcoholic. There are lots of things worse than being an alcoholic. There are many diseases I definitely would not exchange my alcoholism for. Not all of them can be arrested; mine can. I'm lucky I'm only an alcoholic. For me there is hope. I accept.

I realize I'm giving up nothing that's doing me any good; I'm getting rid of something I can no longer live with, and these people tell me I can very well live without. They will even tell me how to do it.

I have a lot to learn, so I'd better listen good.

I see around me in AA people who are apparently very well adjusted to getting along without drinking. Most of them even seem to prefer it this way. They look fine; they're cheerful, lively, busy, happy. I want some of that, too, along with just merely keeping out of trouble.

I'll stand on my head at high noon every day, if they tell me that's what they did to get this thing. . . .

What else can our beginner do now to help along the quality as well as the quantity of his sobriety?

You can "stick with the winners," whose sobriety is the kind you want. Stay away as much as possible--perhaps altogether, for a while, until you're on more solid ground--from old drinking pals who can't be expected to take your present effort as seriously as you do, and whose drinking can set up a resentment in you against your "lot." Resentments can set anyone off again. They're one luxury alcoholics absolutely cannot afford.

Don't push your luck. Meals can be found in coffee shops, telephones in drugstores. There's no valid need to go on patronizing your neighborhood bar for commodities such as these. And don't be afraid you'll miss seeing the "kindred souls" in that bar. They may be our beginners of tomorrow! We who are here tonight are the

alumni of many bars; we're your kindred spirits, too. You may even get to like us better this way than as the kind of barroom companions we used to be.

Do you like to read? We have a magazine, the Grapevine, that's delightful. We have books you'll get to love. There is also the "little black book," 24 Hours a Day; spend five minutes with it every morning--it will start your day out right.

Get busy around the group of your choice. First, of course, join a group. Put down roots, so that you'll become known and will be around and available where the activity is. It's true there are no formal "musts" in AA, but you'll find there are any number of "You'll be better off if you do's," and this is one of them.

Count your blessings often. There are more of them than you perhaps realize, already, and they'll increase with every twenty-four hours of sobriety. Count them especially if you should feel a little self-pity or depression creeping in; force yourself to; see how long your self-pity lasts under that treatment. Counting your blessings will help you stay grateful, and gratitude will help you stay sober.

Never say "Never" to anything that comes along in AA. Say "Not today," if you must, but don't set up blocks in your mind that can later become roadblocks in the path to the kind of sobriety you want. At the same time, keep your expectations simple, and watch your natural impatience. Not all of your problems will clear up overnight; they didn't accumulate overnight. Nor is AA going to solve all your problems. It can and will take care of your Number One problem, drinking. And indirectly, through your own sobriety, it will help you solve the others. But this will take a little time; just remember that, in adding one day's sobriety to another, you're gaining on your other objectives.

As for the horrible past and the remorse that sometimes threatens to swamp you--don't be too hard on yourself. You have been a very sick person; you're just beginning to recover. The Twelve Steps will enable you, when you're ready to tackle them, to do all that needs to be done about that past, so that "you can finally let it go; until you are strong enough and ready to deal with it, it will keep. Meantime, this is today, and this is the time in your life that counts--right now.

Never say "Never" to anything that comes along in AA. Say "Not today"

Bob N.
Scarsdale, New York
AA Grapevine September 1968

SPEAKER MEETING
ROCK BOTTOM GROUP

APRIL 3, 2023
8 PM

DANIEL E SPEAKER

1203 W SEVIER
BENTON AR



The Grapevine Half-Hour Variety Hour

Each week Don and Sam will interview a different member about their experience, strength and hope, in a casual "meeting after the meeting" manner. Special features will enhance each episode. A new podcast episode will be available in English every Monday

[Listen to the podcast here](#)

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A.A. DOESN'T WORK...



One of the saddest statements I have ever heard is, "I've been to A.A. and it doesn't work." There is no way I can count the number of times over the past couple of decades I have found an alcoholic coming off a drunk who made that statement. Just today, one of my protégés called to tell me of a man, holed up in a cheap motel room, he was asked to locate and see if he could help him.

My protégé was successful in locating the suffering alcoholic and did what he had been instructed to do on a Twelve Step call. He told him some of the story of his drinking and how he had come to know it to be an illness over which he had no control nor did the medical profession have a solution.

The suffering alcoholic finally said, "You're going to try to tell me about A.A. aren't you?" Jake said, "That is where I found my solution." The sick one said, "I have gone to A.A. meetings for the last eight 8 months and did what they told me to do. It doesn't work for me."

Jake asked, "Did you take the Steps with a sponsor who had been blessed with a spiritual experience as the result of having taken the Steps?" The sick one said, "I think I did but the main thing they told me was just keep coming back and you'll be OK. When I asked what else I should do, I was told, Don't drink and keep on going to more meetings. I did what they told me to do and A.A. just doesn't work."

A member of Alcoholics Anonymous found me near death in 1964 and told me he could help me. He said to me, "I understand. I have been where you are and I want to help you if you will let me." I was willing to do anything. He took me to his A.A. club and began sobering me up on orange juice with some honey mixed in

it. When I began having delirium tremens, they added some Bay Rum to the mixture. There were no treatment centers in our area at that time and hospitals would not admit us for alcoholism. We either shook and sweat it out in jail or at an A.A. club. By far, most of them made it to the end sober or they still are. I wasn't one of them. I saw an opportunity to return my ego to its earlier level by getting involved in a new and exciting profession and so I went for it. Sixteen years after my last drink; 11 years after my last meeting, on a day without a cloud in the sky, I thought having a beer would be a good idea, so being in a very dry county, I drove 70 miles for a six-pack. It took me 2 years to make it back to Alcoholics Anonymous very, very drunk.

But what a difference 13 years can make! There were no alcoholics laying around the club with dry heaves. There were no blood shot eyes, sweating faces, no vibrating bodies, the aroma of alcoholism was missing. There was no orange juice in the refrigerator nor honey near the coffee pot. There was no Bay Rum in the file



cabinet. It was no longer needed because almost everyone had gone to treatment and been medicated through the process of what is termed de-tox. They had missed those wonderful golden moments of the misery, suffering and pain of sobering up. At first, I thought the new approach was good but then I began to see the results. There was less and less commitment to the group and the action necessary for long term emotional sobriety was being ignored.

There were very few Big Book study or speaker meetings but a large number of discussion/participation meetings where everyone was given an opportunity to talk about whatever was on their mind whether or not they knew anything about alcoholism or recovery from alcoholism. There were even non-alcoholics participating in these meetings. This newer approach of learning to live with alcoholism was beginning to prove to be a dismal failure.

I heard a tape of Joe McQ. and later attended a weekend of Joe McQ. and Charlie P. presenting their Big Book Comes Alive program. It then became very clear why so many were returning to the bottle. Not only were we without sick alcoholics laying around the meeting places, there was so little program in our meetings, it was almost hidden from the newcomers. No wonder so few were finding more than a few months of physical sobriety. They were denied what is required for long term emotional sobriety.

Without the sick alcoholics laying round the meeting place, I had to find a place where I could again see and smell alcoholism. I needed a frequent reminder



of where I came from and what was waiting for me if I didn't continue to pay the price for emotional sobriety. Over the years since I have been blessed to have been given another opportunity to survive the deadliest disease known to mankind, I have volunteered in many wind-up places where those coming off a drunk are present and available to talk with. Again and again, I heard that sickening statement, "I went to A.A. and it doesn't work."

Of course, they are right. Alcoholics Anonymous does not work! We must work it! But they were not told the truth. My basic text reads, "Rarely, have we seen a person fail who has thoroughly followed our path" The path being the Twelve Steps of Alcoholics Anonymous as outlined in a book titled Alcoholics Anonymous. My basic text does not read, "Having had a spiritual awakening as the result of don't drink and go to meetings." It reads, "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs."

Our real problem is ego driven sponsorship with very little if any real concern for the welfare of the newcomer. Proclaimed members of our fellowship who have never taken the Steps of Alcoholics Anonymous will assume the responsibility for the life of a newcomer and will proudly announce the number of sponsees they have. As one of my dear friends said, "The manner in which we now fail our responsibility to the newcomer borders on slaughter." The demise of our sense of responsibility to those seeking help for alcoholism is one of the greatest tragedies of our time in history. It works only if we work it (working all 12 Steps, meetings/fellowship, and being of service expecting nothing in return)!

Cliff B.





OVERHEARD IN A MEETING

THE ONLY THING THAT CAN
KEEP GOD'S WILL OUT OF
MY LIFE.....IS MY WILL.

IN RECOVERY, LIFE CAN
BE AS BAD AS I MAKE
IT...OR AS GOOD AS I
LET IT BE.

YOU HAVE TO GIVE UP
ALL HOPE OF TRYING TO
HAVE A BETTER PAST.

I ONLY DRANK ON THE
DAYS THAT END IN 'Y'

ACTING 'AS IF' IS NOT
A SMALL THING. IT IS
A SUPREME ACT OF
COURAGE AND FAITH

IF YOUR
COASTING,
YOU'RE GOING
DOWNHILL.

WHAT I LEARNED THROUGH ALL
MY YEARS OF BEING A
SUPER SLIPPER IS THAT
EVERY BOTTOM HAS A TRAP
DOOR, AND I KEPT FALLING
DEEPER AND DEEPER.

USE THE PAST AS A
REFERENCE NOT A
RESIDENCE.

I DRANK TO FORGET AND INSTEAD
BECAME HAUNTED. I DRANK BECAUSE I
THOUGHT I HAD THE RIGHT, AND YET
EVERYTHING TURNED OUT WRONG.

DON'T HAVE
CONVERSATIONS WITH
PEOPLE WHO AREN'T
THERE.

IT ALL WORKS OUT IN THE
END...IF IT HASN'T WORKED
OUT YET, IT'S NOT THE END

BE WHERE
YOUR
FEET ARE.

CHARACTER DEFECTS ARE LIKE
MUSHROOMS, THEY GROW IN THE
DARK AND DIE WHEN EXPOSED
TO THE LIGHT.

Who Is A Member Of Alcoholics Anonymous?

The origins of our Third Tradition By Bill W.

The first edition of the book *Alcoholics Anonymous* makes this brief statement about membership: "The only requirement for membership is an honest desire to stop drinking. We are not allied with any particular faith, sect or denomination, nor do we oppose anyone. We simply wish to be helpful to those who are afflicted." This expressed our feeling as of 1939, the year our book was published.

Since that day all kinds of experiments with membership have been tried. The number of membership rules which have been made (and mostly broken!) are legion. Two or three years ago the Central Office asked the groups to list their membership rules and send them in. After they arrived we set them all down. They took a great many sheets of paper. A little reflection upon these many rules brought us to an astonishing conclusion. If all of these edicts had been in force everywhere at once it would have been practically impossible for any alcoholic to have ever joined Alcoholics Anonymous. About nine-tenths of our oldest and best members could never have got by!

Who'd Have Lasted?

In some cases we would have been too discouraged by the demands made upon us. Most of the early members of AA would have been thrown out because they slipped too much, because their morals were too bad, because they had mental as well as alcoholic difficulties. Or, believe it or not, because they did not come from the so-called better classes of society. We oldsters could have been excluded for our failure to read the book *Alcoholics Anonymous* or the refusal of our sponsor to vouch for us as a candidate. And so on, ad infinitum. The way our "worthy" alcoholics have sometimes

We've thrown away
all membership rules and
regulations that might keep you
out. We want you to have the
same chance for sobriety
that we have had.

AA Grapevine
November 2007

tried to judge the "less worthy" is, as we look back on it, rather comical. Imagine, if you can, one alcoholic judging another!

At one time or another most AA groups go on rule-making benders. Naturally enough, too, as a group commences to grow rapidly it is confronted with many alarming problems. Panhandlers begin to pan-handle. Members get drunk and sometimes get others drunk with them. Those with mental difficulties throw depressions or break out into paranoid denunciations of fellow members. Gossips gossip, and righteously denounce the local Wolves and Red Riding Hoods. Newcomers argue that they aren't alcoholics at all, but keep coming around anyway. "Slippees" trade on the fair name of AA, in order to get themselves jobs. Others refuse to accept all the Twelve Steps of the recovery program. Some go still further, saying that the "God business" is bunk and quite unnecessary. Under these conditions our conservative program-abiding members get scared. These appalling conditions must be controlled, they think. Else AA will surely go to rack and ruin. They view with alarm for the good of the movement!

At this point the group enters the rule and regulation phase. Charters, by-laws, and membership rules are excitedly passed and authority is granted committees to filter out undesirables and discipline the evil doers. Then the group elders, now clothed with authority, commence to get busy. Recalcitrants are cast into the outer darkness, respectable busybodies throw stones at the sinners. As for the so-called sinners, they either insist on staying around, or else they form a new group of their own. Or maybe they join a more congenial and less intolerant crowd in their neighborhood. The elders soon discover that the rules and regulations aren't work-



ing very well. Most attempts at enforcement generate such waves of dissension and intolerance in the group that this condition is presently recognized to be worse for the group life than the very worst that the worst ever did.

After a time fear and intolerance subside. The group survives unscathed. Everybody has learned a great deal. So it is, that few of us are any longer afraid of what any newcomer can do to our AA reputation or effectiveness. Those who slip, those who pan-handle, those who scandalize, those with mental twists, those who rebel at the program, those who trade on the AA reputation--all such persons seldom harm an AA group for long. Some of these have become our most respected and best loved. Some have remained to try our patience, sober nevertheless. Others have drifted away. We have begun to regard these ones not as menaces, but rather as our teachers. They oblige us to cultivate patience, tolerance and humility. We finally see that they are only people sicker than the rest of us, that we who condemn them are the Pharisees whose false righteousness does our group the deeper spiritual damage.

Ours Not to Judge

Every older AA shudders when he remembers the names of persons he once condemned; people he confidently predicted would never sober up; persons he was sure ought to be thrown out of AA for the good of the movement. Now that some of these very persons have been sober for years, and may be numbered among his best friends, the old-timer thinks to himself "What if every-

body had judged these people as I once did? What if AA had slammed its door in their faces? Where would they be now?"

That is why we all judge the newcomer less and less. If alcohol is an uncontrollable problem to him and he wishes to do something about it, that is enough for us. We care not whether his case is severe or light, whether his morals are good or bad, whether he has other complications or not. Our AA door stands wide open, and if he passes through it and commences to do anything at all about his problem, he is considered a member of Alcoholics Anonymous. He signs nothing, agrees to nothing, promises nothing. We demand nothing. He joins us on his own say so. Nowadays, in most groups, he doesn't even have to admit he is an alcoholic. He can join AA on the mere suspicion that he may be one, that he may already show the fatal symptoms of our malady.

Of course this is not the universal state of affairs throughout AA. Membership rules still exist. If a member persists in coming to meetings drunk he may be led outside; we may ask someone to take him away. But in most groups he can come back next day, if sober. Though he may be thrown out of a club, nobody thinks of throwing him out of AA. He is a member as long as he says he is. While this broad concept of AA membership is not yet unanimous, it does represent the main current of AA thought today. We do not wish to deny anyone his chance to recover from alcoholism. We wish to be just as inclusive as we can, never exclusive.

Perhaps this trend signifies something much deeper than a mere change of attitude on the question of membership. Perhaps it means that we are losing all fear of those violent emotional storms which sometimes cross our alcoholic world; perhaps it bespeaks our confidence that every storm will be followed by a calm; a calm which is more understanding, more compassionate, more tolerant than any we ever knew before.

Bill W.





THE BIG BOOK GETS STARTED

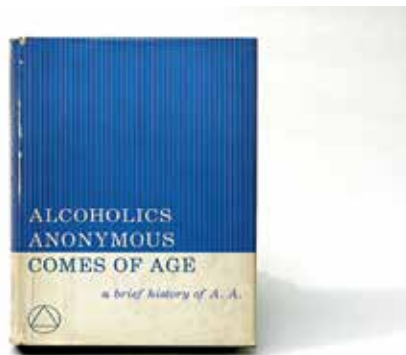
1938

Bill writes a book meant to aid the alcoholic who is unable to attend meetings or find fellow alcoholics with whom to talk. At the Newark office, he dictates his handwritten notes to Ruth Hock as she types, reviewing and revising drafts all the while. These chapters are mimeographed and mailed to potential financial backers, as well as to Eugene Exman, the religion editor at Harper & Brothers publishers.

A.A.'S PRISON GROUPS

1942

A campaign for prison reform by Clinton T. Duffy, warden of San Quentin Prison in San Francisco, calls for addressing the special needs of inmates who had been drinking when committing a crime. Duffy seeks aid and advice from California A.A. members, leading to the formation of a prison group at San Quentin. The inmates hold their first meeting in 1942.



A LANDMARK BOOK

1957

In *Alcoholics Anonymous Comes of Age*, published October 1, 1957, Bill recounts A.A. history from a personal standpoint and reviews the proceedings of the St. Louis Convention. A section describing the Three Legacies is included, as are talks by A.A. friends in the fields of religion and medicine.

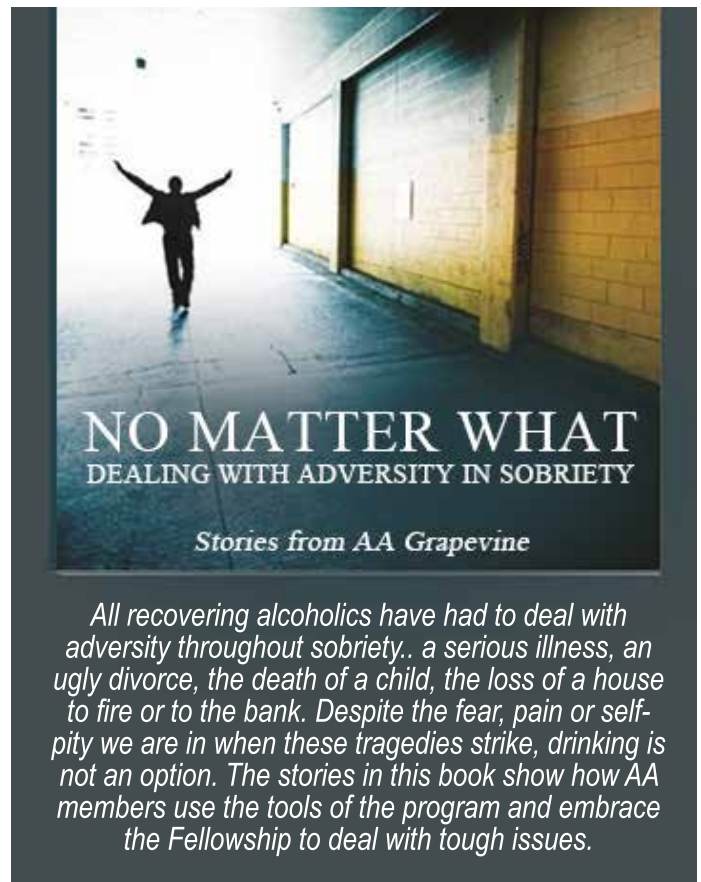
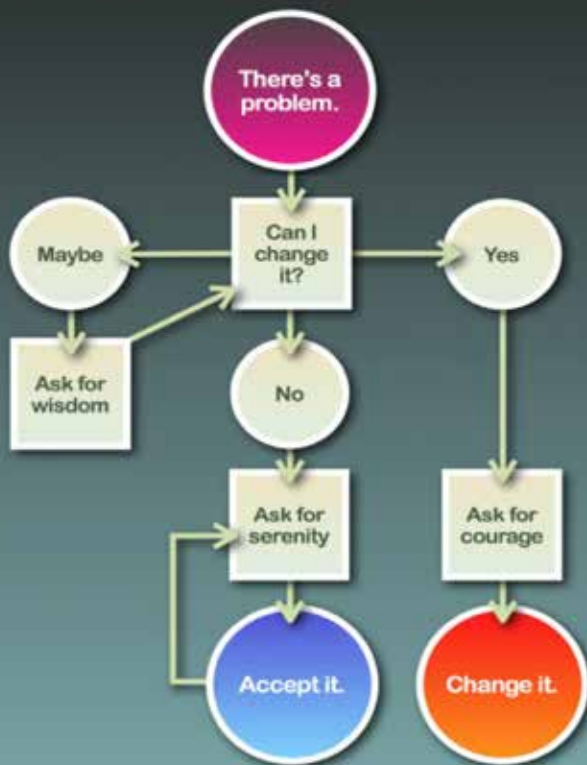
LOIS'S ROUND-THE-WORLD TRIP

1973

In an echo of their 1950 visit to Europe, Lois W. sets out on a nine-week trip around the world a year after Bill's death. Her traveling companion is Evelyn C., an early volunteer at the Al-Anon Clearing House and later a staff member at the Al-Anon World Service Office. During their journey the women meet with members of A.A. and Al-Anon in South Africa, Australia, New Zealand, Hong Kong, Tokyo, and Honolulu. (Shown is a gift later presented to Lois, the Serenity Prayer in Japanese.) In *Lois Remembers*, Lois will write that "Seeing and feeling the loving devotion and oneness of A.A. and Al-Anon around the world did much to submerge in an overwhelming sea of gratitude my sense of personal loss."



The Serenity Flowchart.



"Do you have some time to go over my inventory?"



@

CENTRAL OFFICE

Introducing the New ‘Jacketless’ Big Book: A Solution to Better Serve the Fellowship and Carry the Message

First printed in 1939, Alcoholics Anonymous—known as the Big Book—has carried the A.A. message of recovery for 83 years. Translated into 72 languages, and counting, the Big Book continues to reach millions of people in approximately 180 countries, helping suffering alcoholics around the world.

With recent and ongoing supply chain disruptions that have resulted in printing and delivery delays of A.A. literature, the Publishing Department at GSO looked for ways to decrease the manufacturing time of hardcover books and reduce backorders. One solution is the new ‘jacketless’ Big Book, which will be available to order in 2023.

The jacketless cover format, known as “paper over board” hardcover, has a printed cover treatment in which the dust jacket cover image is printed on the book itself, thus eliminating the considerable production time needed for sourcing materials and adding a separate paper jacket. A jacketless Twelve Steps and Twelve Traditions (Item B-2) is also in the works and promises to reduce delivery time.

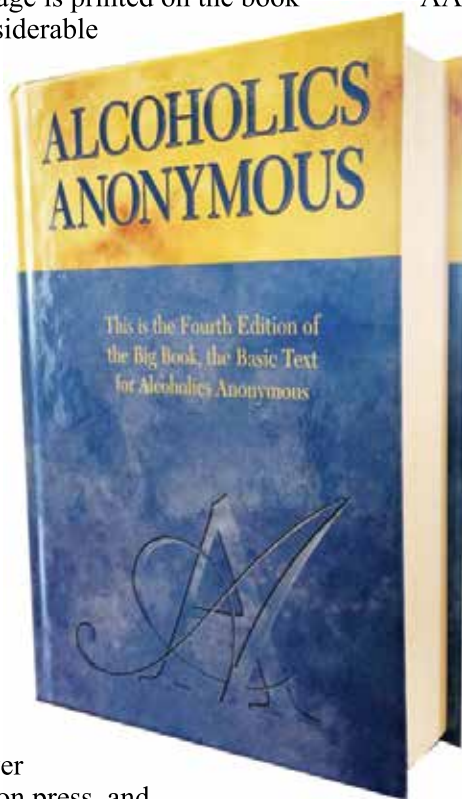
The new format was the result of efforts by David R., publishing director, and Ed Nyland, nonalcoholic senior print production manager, to scout industry best practices to contain costs and bring A.A. literature to market faster.

“We started bouncing some ideas around with our print representative about their capabilities,” Ed says. “The printed covers idea stemmed from that—just as one of our orders for the B-1 (the hardcover Big Book’s item number) was on press, and our rep made some prototype mock-ups for me. I liked

what I saw.” With the enthusiastic support of the AAWS board, and cross-department collaboration at GSO, including Publishing, Staff Services, Member Services, Finance, and Archives, the new format was adopted.

“We really welcome the new jacketless Big Book as an attractive and prudent option that will allow us to get the book printed and into the hands of those who most need it,” says Deborah K., chair of the AAWS Board. She added that the sample she brought to the annual Intergroup/Central Office/AAWS/AAGV Seminar received a positive response.

GSO General Manager Bob W. applauded the efforts to meet the current challenges with innovative solutions. “I’m grateful for this thoughtful process and the collaboration of the Publishing Department, GSO staff, and AAWS board to continue to bring this essential A.A. literature to our Fellowship in a cost-effective and timely manner.”



Available in 2023: the new jacketless Big Book

As always, we encourage ordering the Big Book and all A.A. literature from local distribution sources—groups, districts, areas, and intergroups and central offices—as they play a vital role in local Twelfth Step activities. The new jacketless Big Book will be available in 2023 at the webstore, www.onlineliterature.aa.org.

Stay tuned for an announcement on www.aa.org.

THE SOBRIETY DAILY BIG GAME

Fighting alcohol on my own is like playing football with only one person on my team – ME against Team Alcohol of eleven strong, powerful team members. There is absolutely no chance for me to win that game.

I must have support from an entire AA Super Team. Most important . . . The Quarterback, My Higher Power. The other AA Team members are:

The Coach	- My Sponsor
The Linemen	- The Fellowship
The Backfield	- My closest AA friends
The Fullback	- Me, I am in the game for every play.

All my team members are there to help me make daily progress against Team Alcohol. Not a touchdown every play, but consistent progress toward the AA Goal Line – Sobriety.

Every morning my AA Big Game starts with a Team Meeting with most members, especially the Quarterback. I tell Him my plans and He listens. Sometimes suggesting how and when to carry the AA Ball and what plays would work best for the day.

Then the Kickoff. The Ball is in my hands. I zig and zag across the Playing Field of Life avoiding the Alcohol Tacklers and any temptation to take that “First Drink”. When my Game Clock hits zero and the Final Whistle blows, I will always be thankful for my AA Brothers and Sisters that helped me find the AA Sobriety Goal Line.

The AA Big Game final score can not be determined only by the number of days sober, but by how I lived those days. Hopefully helping others, being of service, loving all and living Happy, Joyous and Free.

-James Patrick M.



MY HIGHER POWER



MY SPONSOR



THE FELLOWSHIP



MY CLOSEST
A.A. FRIENDS



ME



UPCOMING EVENTS

Area 4 Assembly

April 1-2, 2023

Holiday Inn Express & Suites-Russellville 300
East Harrell Drive, Russellville

46th Annual Springtime in the Ozarks

April 20-23, 2023

Inn of the Ozarks, Eureka Springs, Arkansas

Bridging the Gap Anniversary Party

May 6, 2023 2:30-5:00 pm

Crystal Valley Baptist Church
5507 Crystal Hill Rd, North Little Rock

District 6 Fun Day in May

May 13, 2023

Dam Site Park, Heber Springs

Soberfest

June 10, 2023

Sherwood Forest, 1111 W. Maryland Ave.
Sherwood, AR 72120

Founders Day

June 17, 2023

Crystal Valley Baptist Church
5507 Crystal Hill Rd, North Little Rock

Bake at the Lake District 8 Annual Picnic

June 17, 2023

Arlie Moore Pavilion
Corp of Engineers on Lake DeGray

83rd Old Grandad

July 28-30, 2023

Arlington Resort Hotel & Spa
239 Central Ave
Hot Springs National Park, AR 71901



In the pioneering period of Alcoholics Anonymous (before the publication of the Big Book), the Founders developed a program of recovery consisting of Six Steps. The Twelve Steps as we know them today were written especially for the Big Book, as discussed in Bill W.'s official A.A. biography (Pass It On, Page 196-197):

[While writing Alcoholics Anonymous] "Bill came to a place that had been a barrier in his own mind and had given him considerable worry. He had to set down the actual program for the alcoholic to follow, and he wanted to make it as powerful as possible.

He had a great fear that the message might be misunderstood by alcoholics in distant places. It was one thing to pass on the message face-to-face, when one could personally observe the other's reactions and be present to respond to objections, questions or confusion. In print, there was no second chance...

The basic material for the chapter was the word-of-mouth program that Bill had been talking ever since his own recovery. It was heavy with Oxford Group principles, and had in addition some of the ideas Bill had gleaned from William James and from Dr Silk-

worth. Moreover, Bill had worked with Dr. Bob and other alcoholics in testing and sifting the workability and effectiveness of the early program. While he would be the nominal author of the fifth chapter, he was in fact serving as spokesman for all the others.

According to Bill, their word-of-mouth program had thus far been a pretty consistent procedure, containing six steps to achieve and maintain their sobriety. There is no evidence that the Oxford Group had such a specific program; yet the Oxford Group ideas pervade in these original six steps, as listed by Bill:

- 1. We admitted that we were licked, that we were powerless over alcohol.**
- 2. We made a moral inventory of our defects or sins.**
- 3. We confessed or shared our shortcomings with another person in confidence.**
- 4. We made restitution to all those harmed by our drinking.**
- 5. We tried to help other alcoholics, with no thought of reward in money or prestige.**
- 6. We prayed to whatever God we thought there was for power to practice these precepts."**

These original Six Steps correspond to our current Steps One, Four, Five, Nine, Twelve and Eleven, respectively. Thus, Steps Two, Three, Six, Seven, Eight and Ten as we know them today were added to the program when the Big Book was written.

A slightly different version of the original Six Steps appears in the personal story "He Sold Himself Short" in the Big Book itself (Page 263, Fourth Edition):

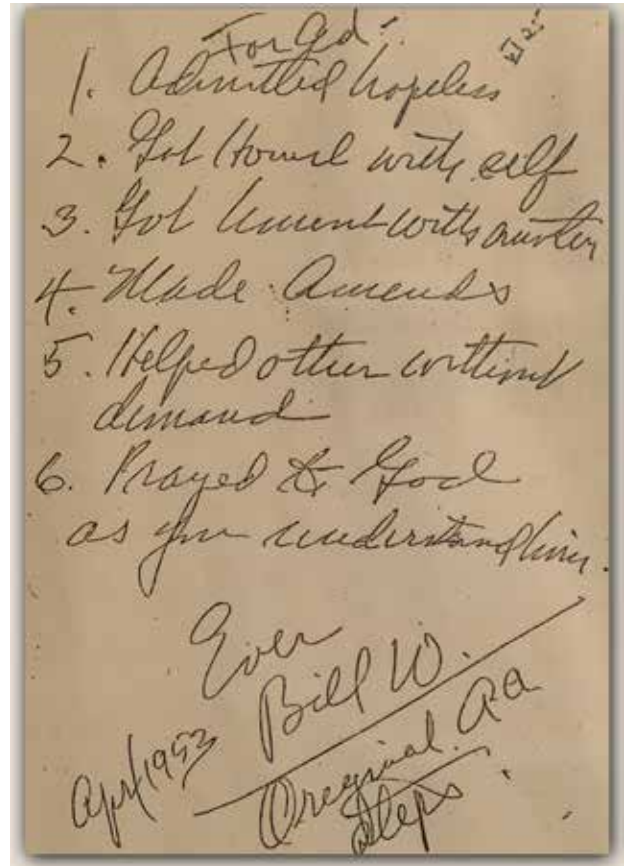
“[Dr. Bob] had me to the office and we spent three or four hours formally going through the Six-Step program as was at that time. The six steps were:

1. Complete deflation.
2. Dependence and guidance from a Higher Power.
3. Moral inventory.
4. Confession.
5. Restitution.
6. Continued work with other alcoholics.

Dr. Bob led me through all of these steps. At the moral inventory, he brought up several of my bad personality traits or character defects, such as selfishness, conceit, jealousy, carelessness, intolerance, ill-temper, sarcasm, and resentments. We went over these at great length, and then he finally asked me if I wanted these defects of character removed. When I said yes, we both knelt at his desk and prayed, each of us asking to have these defects taken away.”

Interestingly, the last two sentences describe this man taking Steps Six and Seven as we know them today with Dr. Bob, though these were not formally part of the program as it then existed.

In love & service,
Rick W.



The first steps of Alcoholics Anonymous were only 6 steps written in Bill Wilson's handwriting and signed by the founder

let GO
— and —
let GOD

TWELVE WARNINGS

FROM THE BIG BOOK OF ALCOHOLICS ANONYMOUS

The book Alcoholics Anonymous contains a series of propositions and proposals, the successful outcome of these depends upon the actions of the reader. The book directs us as to what we must start doing, what we must stop doing, what happens when we fulfill the propositions and proposals and what will happen if we fail to fulfill them. These are the Twelve Warnings as to what will happen if we fail to heed the directions:

PAGE 14

For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead.

PAGE 17

The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

PAGE 62

Above everything, we alcoholics must be rid of this selfishness, we must, or it kills us! God makes that possible.

PAGE 64

Though our decision (Step 3) was a vital and crucial Step, it could have little permanent effect unless at once followed by a strenuous effort to face and be rid of, the things in our lives which had been blocking us.

PAGE 66

It is plain that a life, which includes deep resentment, leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the spirit. The insanity of alcohol returns and with us to drink is to die.

PAGE 70

Concerning sex. Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth. It depends on us and our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned a lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts about our experience.

PAGE 72

If we skip this vital Step (5), we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk.

PAGE 78

We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them.

PAGE 82

We feel that a man is unthinking when he says that sobriety is enough.

PAGE 85

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.

PAGE 101

Our rule is not to avoid a place where there is drinking, if we have a legitimate reason for being there. That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties. To a person who has had experience with an alcoholic, this may seem like tempting Providence, but it isn't. You will note that we made an important qualification. Therefore, ask yourself on each occasion, "Have I a good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?" If you have answered these questions satisfactorily, you need have no apprehension. Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it. But if you are shaky, you had better work with another alcoholic instead!

PAGE 127

The head of the house ought to remember that he is mainly to blame for what befell his home. He can scarcely square the account in his lifetime. But he must see the danger of over-concentration on financial success. Although financial recovery is on the way for many of us, we found we could not place money first. For us, material well-being always followed spiritual progress, it never preceded.

Central Office Has New Bookmarks With New Designs!



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THE BEDEVILMENTS

& The Four Horsemen Of Alcoholism

From the Akron Intergroup News, May 2002

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One of the wonders of the Big Book is that it is valuable no matter where you are in your sobriety. Despite the number of times you have read it, it's like picking up a new book every time. Ideas or paragraphs that you have read hundreds of times suddenly take on a new meaning, depending on where you are on the journey of spirituality.

Rather than focusing on the bad side of a situation, I prefer to concentrate on the good. One of the advantages of having a significant amount of free time has been the chance to read the Big Book in different ways. Normally, we read it like any other book, for overall content. It is also valuable to read the Big Book for specific topics or subjects. For example, one can read it for all the character defects mentioned, or the promises made, or the times it says recovered rather than recovering. The book that Bill W. never had a chance to write, reportedly, would have been called "After Sobriety—What?". One of Bill's favorite topics was emotional sobriety, the state we all strive for after we get past not drinking.

When Bill, on page 25 of the Big Book, refers to being "...rocketed into the fourth dimension of existence...", I believe he is referring to emotional sobriety, not simply putting down the bottle. The reference comes right after he tells us "...to pick up the simple kit of spiritual tools laid at our feet." After all, only one-half of one Step refers to alcohol at all. The Big Book contains

a myriad of examples of the effects of alcoholism so the still suffering alcoholic can read through the book and exclaim; "yes, I feel like that," or "how could they know that?". I believe that after we put some distance between us and booze, these same examples take on a new meaning. Is it possible that these same examples also describe the non-drinking alcoholic who doesn't fully "practice these principles in all our affairs"? Is it possible to only work the Steps on a surface level, to not enlarge our spiritual lives, to not live a life of rigorous honesty, and yet manage to not drink? Absolutely, it's very dangerous, but it's also possible. What are the effects of alcoholism according to the first 164 pages of the Big Book? "Remorse, horror, and hopelessness...a terrible sense of impending calamity... terror and madness...declining moral and bodily health...loneliness and despair...that bitter morass of self-pity...annihilation of all things worthwhile in life...misunderstanding, fierce resentment, financial insecurity...a hopeless condition of mind and body... hopelessness and futility of life as we had been living it...pitiful and incomprehensible demoralization... puzzled and humiliated...strangely insane...futility and unhappiness...selfish, dishonest, self-seeking and frightened...remorse, depression and inferiority...misery, bad repute, and hopelessness." [All quotes from Alcoholics Anonymous.] This is quite a list. This is a very accurate description of the place I was in at the end of my drinking. But what about the AA member who hasn't had a drink for one, five, 10, or more years?

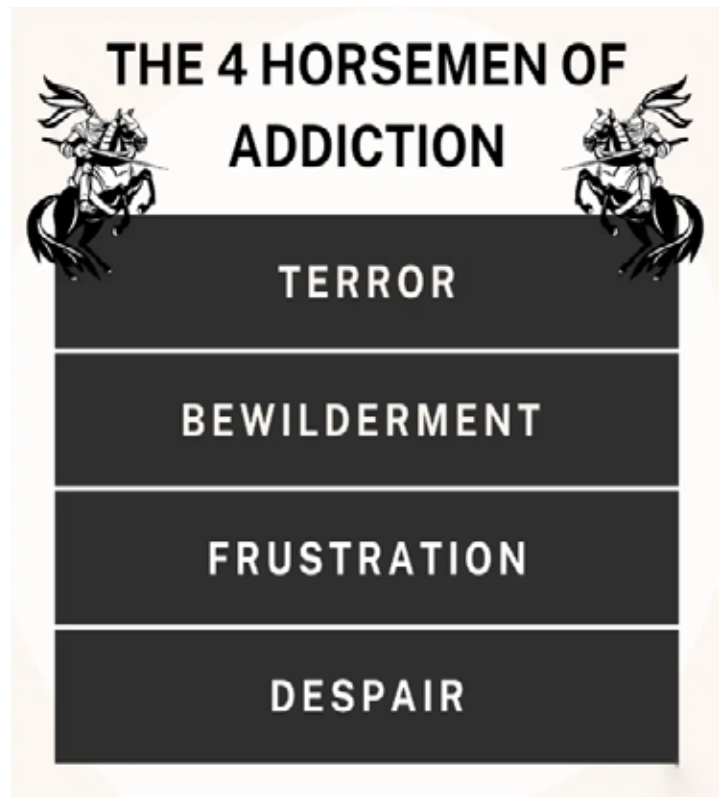
Can this same list apply? When one doesn't work the Steps beyond what is required to not drink and doesn't enlarge their spirituality, you better believe it can. If you are not drinking, but have problems in sobriety, haven't had your sober life go as you think it should, or don't understand why things have not really gotten better... reread the list.

The Big Book contains 12 negatives that I call the Bedevilments and Horsemen. We have all heard of the horsemen on page 151: "terror, bewilderment, frustration, despair." There is a rather interesting list on page 52 that is referred to as "...these bedevilments." If you count them there are eight: (1) "We were having trouble with personal relationships; (2) we couldn't control our emotional natures; (3) we were prey to misery and depression; (4) we couldn't make a living; (5) we had a feeling of uselessness; (6) we were full of fear; (7) we were unhappy; and (8) we couldn't seem to be of real

THE BEDEVILMENTS OF ALCOHOLICS ANONYMOUS

spiritual sickness

- 1. WE WERE HAVING TROUBLE
WITH PERSONAL
RELATIONSHIPS**
- 2. WE COULDN'T CONTROL OUR
EMOTIONAL NATURES**
- 3. WE WERE PREY TO MISERY AND
DEPRESSION**
- 4. WE COULDN'T MAKE A LIVING**
- 5. WE HAD A FEELING OF
USELESSNESS**
- 6. WE WERE FULL OF FEAR**
- 7. WE WERE UNHAPPY**
- 8. WE COULDN'T SEEM TO BE OF
REAL HELP TO OTHER PEOPLE**



help to other people." Add the four Horsemen and there are twelve. These Twelve Bedevilments and Horsemen describe the alcoholic at the end of their drinking. But they also, to one extent or another, describe the state of the AA member who is not living the spiritual principles, a life of rigorous honesty, and not "practicing these principles in all our affairs." There is a solution. If we don't clean up our past, or haven't turned our lives and will over to a Higher Power, the Twelve Bedevilments and Horsemen will remain a part of our sober lives. I believe that if the Twelve Bedevilments and Horsemen are still part of our lives, the answer is contained somewhere between Steps Three and Nine. Have we turned our will and our lives over to God, understanding that there is a God and we are not Him? Have we taken stock, admitted our faults, realized we can't get rid of our defects without God's help? Have we made amends? So even though I have not had a drink for almost twenty years, I for one, am going back to Step Three. I am going to start over. I don't like the Twelve Bedevilments and Horsemen being a part of my life. The past will never die as long as I haven't been practicing the spiritual principles in all my affairs.

by Jay M, Northampton

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!!

OCTOBER:

TOTAL CALLS: 99
12 STEP: 22
AFTER HOURS: 42

NOVEMBER:

TOTAL CALLS: 81
12 STEP: 14
AFTER HOURS: 23

DECEMBER:

TOTAL CALLS: 86
12 STEP: 14
AFTER HOURS: 25

4TH QUARTER 2022

TOTAL CALLS: 266
12 STEP: 50
AFTER HOURS: 90

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MEETING GUIDE APP**



Central Office Board of Directors Meeting January 16, 2023

2021 Financials v 2022 Financials with 2023 Budget Proposal

Category	2021	2022	Difference	Budget
INCOME				
Donations:**Activity Donations	0	1,035.00	1,035.00	2,000
Donations:**Change Donations	940.5	1,066.23	125.73	1500
Donations:**Conv Jar Donations	0	100	100	100
Donations:**Drink Donations	129.29	0	-129.29	0
Donations:**Gratitude Month	1,278.87	1,890.76	611.89	2000
TOTAL Donations:**Individuals	16,236.80	16,763.76	526.96	20,000
Donations:**MainStreet Batesville	0	25	25	30
Donations:**Memorials	50	320	270	400
Donations:**Recurring Donations	3,695.00	3,460.00	-235	3500
Donations:**SOS Sharing Our Sobriety	217	139	-78	100
Donations:*120 & Half Little Rock	730.75	328.18	-402.57	300
Donations:*A.A. Grp #1 Ark Co. Stuttgart	50	0	-50	50
Donations:*AA Camus Grp Fayetteville	75.69	115.97	40.28	125
Donations:*Alexander Group	150	0	-150	0
Donations:*Anonymous Groups	574.25	0	-574.25	0
Donations:*Area4	290	0	-290	300
Donations:*AshdownGroup	0	100	100	100
Donations:*Back to Basics Benton	32.8	0	-32.8	30
Donations:*Back to Basics Maumelle	0	164.25	164.25	200
Donations:*Back to Bsics Russelville	291	120	-171	200
Donations:*Barely Legal Little Rock	274.86	151.39	-123.47	250
Donations:*Beebe Group Beebe	666	188.01	-477.99	200
Donations:*Benton Onliners	0	60	60	0
Donations:*Benton Round Table	289.4	210.24	-79.16	250
Donations:*Big Meeting	264.6	166.72	-97.88	0
Donations:*Bridging the Gap North little Rock	4,055.39	3,362.35	-693.04	5000
Donations:*Brown Baggers Fayetteville	0	79	79	50
Donations:*Cabot Local Chapter #1	589.57	408.37	-181.2	500
Donations:*Clinton Group Clinton	40	75	35	55
Donations:*Cortez Pavillion Grp	90.5	0	-90.5	0
Donations:*Cosmopolitan Little Rock	3,466.73	6,125.27	2,658.54	6,500.00
Donations:*District 12	90	0	-90	100
Donations:*District 2	0	100	100	100
Donations:*District 6	0	406.2	406.2	500
Donations:*District 8	0	1,549.65	1,549.65	500
Donations:*District 9	466.89	3,061.81	2,594.92	3,000
Donations:*Downtown Nooners little Rock	570	480	-90	450
Donations:*Dunbar Little Rock	0	300	300	300

Central Office Board of Directors Meeting January 16, 2023

2021 Financials v 2022 Financials with 2023 Budget Proposal

Category	2021	2022	Difference	Budget
Donations:*East End Group Little Rock	200	0	-200	100
Donations:*East Gate Grp HS Village	497.44	513.05	15.61	500
Donations:*Eastside Benton	400	0	-400	0
Donations:*England Better Way	0	96	96	100
Donations:*F Street North Little Rock	2,386.85	6,425.05	4,038.20	3,000.00
Donations:*Founders Day Activity	0	-300	-300	0
Donations:*Foxhall Sherwood	359.65	223.28	-136.37	250
Donations:*Friends Group Jonesboro	0	200	200	200
Donations:*Grace Womens Grp Conway	140.75	129.1	-11.65	150
Donations:*Grant County Sheridan	0	100	100	100
Donations:*Gravel Ridge Sherwood	115.74	219.15	103.41	200
Donations:*HALT Little Rock	509.02	1,509.57	1,000.55	2,500
Donations:*Happy Hour Conway	0	613.3	613.3	500
Donations:*Hi Nooners Fayetteville	500	900	400	500
Donations:*Hope Grp North Little Rock	908.55	1,131.00	222.45	1,500
Donations:*Hope Jonesboro	840	484	-356	500
Donations:*Johnson County	0	5.21	5.21	50
Donations:*Jonesboro Group	375	400	25	400
Donations:*Keep it Simple Benton	305.8	126.4	-179.4	100
Donations:*Meeting in the Middle Little Rock	100	750	650	800
Donations:*Meeting on the Blvd Little Rock	0	164.46	164.46	150
Donations:*Monticello AA	50	100	50	50
Donations:*More Shall Be Revealed Little Rock	300	600	300	350
Donations:*New Hope Heber Springs	50	0	-50	0
Donations:*Nooners Conway	340.85	0	-340.85	0
Donations:*Pig Pen Grp Little Rock	15.5	95.53	80.03	75
Donations:*Pinnacle Mtn Little Rock	489.78	267.38	-222.4	250
Donations:*Pocahontas	258.5	0	-258.5	0
Donations:*Rebos Little Rock	153.75	183.51	29.76	175
Donations:*Reservoir Little Rock	453.43	1,572.48	1,119.05	2,000
Donations:*Rock Bottom Benton	115	0	-115	0
Donations:*Rock Group North Little Rock	247.09	434.54	187.45	450
Donations:*Rock House Hot Springs	0	560	560	250
Donations:*Rockhouse Jessieville	0	280	280	300
Donations:*Rogers Group	0	853.38	853.38	900
Donations:*Rule 62 Jacksonville	160	370	210	500
Donations:*S.O.S. Women's Meeting Cabot	147.98	0	-147.98	50
Donations:*Saints We Ain't Little Rock	320	777.37	457.37	500
Donations:*Salem AA	25	0	-25	25
Donations:*Searcy AA Group	157	361	204	350
Donations:*Seeking Serenity Conway	50	100	50	50
Donations:*SistersOfSobriety Cabot	0	30	30	25
Donations:*Taproot Little Rock	0	401.25	401.25	400
Donations:*The Journey Grp Clinton	60	45	-15	50
Donations:*Tontitown Group	575	1,800.00	1,225.00	1,200
Donations:*Tue-Thur Group Conway	157	333.02	176.02	350

Central Office Board of Directors Meeting January 16, 2023

2021 Financials v 2022 Financials with 2023 Budget Proposal

Category	2021	2022	Difference	Budget
Donations:*Unknown	30.25	40	9.75	0
Donations:*Wednesday Night B.B. Little Rock	300	35	-265	0
Donations:*Welcome Grp Hot Springs Village	20	80	60	100
Donations:*Woman's Serenity Grp Mtn Home	50	0	-50	50
Donations:*Wye Mountain	100	100	0	100
Donations:*YANafekknowship	50	0	-50	50
Donations:Arkansas County 1	0	50	50	25
Donations:SistersOfSobriety Russellv	0	25	25	50
TOTAL Donations	49,165.82	66,069.29	16,903.47	67,965.00
Other Income				
Interest Inc	317.06	8.94	-308.12	300
Other Inc	0	10	10	10
Refund Debit Card	150.92	-34.22	-185.14	0
TOTAL Other Income	467.98	-15.28	-483.26	0
Sales				
Sales:Sales Cash-Check	22,030.39	24,901.22	2,870.83	25,000
Sales:Sales Credit Card	27,117.92	26,777.12	-340.8	25,000
Sales:Sales Non-Taxable	200	342	142	350
TOTAL Sales	49,348.31	52,020.34	2,672.03	50,350
TOTAL INCOME	98,982.11	118,074.35	19,092.24	118,625
EXPENSES				
????????????????????????????????	0	20.22	-20.22	0
Total Bookstore Purchases	34,932.23	22,936.20	11,996.03	25,000
Total Deposit to (CD) Savings	0	14,500.00	-14,500.00	0
TOTAL Donations to AA Entities	0	1,381.32	1,381.32	0
Overhead				
Overhead:Accountant	1,800.00	1,450.00	350	2,500
Overhead:Activities & Events	378.72	1,567.04	-1,188.32	2,000
Overhead:Bank Charge	949.13	1,112.92	-163.79	1,500
Overhead:Business Meeting - Food	79.04	19.89	59.15	200
Overhead:Conventions	105.16	647.46	-542.3	1,000
Overhead:Insurance Work Comp & Property	1,459.00	33	1,426.00	1,000
Overhead:Internet ISP	2,030.50	2,614.93	-584.43	3,000
Overhead:Meeting Supplies	214.27	187.89	26.38	200
Overhead:New Equipment	872.39	827.84	44.55	2,000
Overhead:Office Supplies	1,915.94	2,247.18	-331.24	2,500
Overhead:Rent Building	11,110.00	11,739.80	-629.8	12,000
Overhead:Repair-Maintenance	209.02	1,338.08	-1,129.06	2,000
Overhead:Sales Tax & Penalties	3,799.28	3,949.00	-149.72	4,000
Overhead:Telephone	1,324.41	1,266.30	58.11	2,500
Overhead:Utilities				
Gas-Summit	0.00	648.81	-648.81	3,600
Electric-Entergy	0.00	266.33	-266.33	4,000
Water-UBS	0.00	120.00	-120.00	400
TOTAL Overhead	26,246.86	30,036.11	-3,836.96	44,400

Central Office Board of Directors Meeting January 16, 2023

2021 Financials v 2022 Financials with 2023 Budget Proposal

Category	2021	2022	Difference	Budget
Personal use Debit Card	167.85	0	167.85	0
Wages				
Wages:Federal Withholding Deposit	6,276.60	5,733.57	543.03	6,000
Wages:Salary-Paychecks	26,786.28	24,170.43	2,615.85	25,000
Wages:State Withholding	774	816	-42	800
TOTAL Wages	33,836.88	30,720.00	3,116.88	31,800
TOTAL EXPENSES	95,183.82	99,593.85	-4,410.03	101,200
OVERALL TOTAL	3,798.29	18,480.50	14,682.21	17,425
Inventory				
AAWS,Alanon,Grpvn,Hzldn,Amaz,Misc	30,061.00	20,480.41	9,580.19	25,000
Available Balances				
PayPal	d/m	1,040.22	d/m	d/m
Simmons Checking	16,999.36	30,622.46	13,623.00	35,000
Simmons Reserve Checking*	7691.49	5,480.00	-2,211.49	5,480
Armor Bank Savings CD*	0	14,500.00	14,500.00	14,500
First Financial Bank Savings*	8,316.34	8,339.48	23.14	8339.48
First Financial Bank CD*	4,259.69	4,259.69	0.00	4,259.69
Prudent Reserve	20,267.52	32,579.17	12,311.65	35,000.00



CENTRAL OFFICE

Arkansas Central Office - 7509 Cantrell Road, Suite 106, Little Rock, AR 72207
on the back side of Tanglewood Shopping Center
Hotline (501) 664 7303 Office (501) 664 6402
aacoar@gmail.com arkansascentraloffice.org

COME BY
AND VISIT

WHAT CAN
WE DO
FOR YOU?

HOW CAN YOUR GROUP
HAVE A SAY AT THE
CENTRAL OFFICE?

Each group elects a representative to attend the central office meetings. Group representatives (CORs) meet every month on the 4th Wednesday at 5:30 PM. Zoom ID: 879 658 7165 Password: 55555

EVENTS

Christmas Eve open house and potluck
Yearly Chili Challenge Event
Annual Founders Day Picnic



SERVICES

- Working with/at conferences
- Handling phone, internet, and email inquiries
- Maintaining a list of A.A. speakers and 12-steppers for the entire state
- Producing a quarterly newsletter
- Maintaining a website with the A.A. meetings in Arkansas
- Emailing a list of upcoming A.A. events to hundreds
- Maintaining a list in the phone book for Alcoholics Anonymous
- Providing a place to do 12-step work
- Ordering, selling, and distributing A.A. conference-approved and related literature
- Compiling and printing the statewide A.A. meeting directory
- Answering phones 24/7 by alcoholics (no answering service)



Did you know your Arkansas Central Office has been in service for 45+ years?
Central offices preceded the A.A. General Service Conference

CENTRAL OFFICE

Book Prices

Regular Prices

Taxes NOT included

Big Books

Hard Cover\$9.50
Spanish\$9.50
Soft Cover\$9.25
Large Print\$10.75
Pocket Abridged \$6.50

**10 % Discount
Prices**

**Prices per book with
10% discount for
Buying 10 or more.**
Taxes not included

Hard Cover \$8.55
Spanish \$8.55
Soft Cover \$8.33
Large Print \$9.68
Pocket Abridged \$4.95

12x12

Hard Cover \$9.00
Soft Cover \$9.00
Large Print \$9.00
Gift, HC \$9.00
Pocket Complete \$6.50

**10% Discount
Prices**

**Mix and Match 10 books
and get 10% discount.**

Hard Cover \$8.10
Soft Cover \$8.10
Large Print \$8.10
Gift, HC \$8.10
Pocket Complete \$5.85

Daily Reflections

Regular \$10.25
Large Print \$11.50

**10 % Discount
Prices**

Regular \$9.23
Large Print \$10.35

**Note : Wallet cards are
NOT included in 10%
discount!**



YOUR
CENTRAL
OFFICE
SELLS
MORE
THAN
BOOKS



We offer
magnets,
stickers, CD's,
pens,
bookmarks,
jewelry,
t-shirts, and
much more!





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 Debbie D.

Tuesday - Bob W. And Tara S.

Wednesday - Travis T. And Terri T.

Thursday - Carolyn Mc. And Jeremy C.

Matt H. first Thursday.

Friday - Perry D. And Brandon M.

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

Sunday - Susan R. And Steve F.

Alternates: Melanie R., Shawn C., Brenda F., Daisie M.,
Stephanie K., Woody T., & 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.



34th International Men's Conference 2023

Washington DC

"Keeping the Legacy ALIVE 2023 and BEYOND"

www.IAAMC-DC23.org

When: April 21-23, 2023

**Where: The Doubletree by Hilton Crystal City
300 Army Navy Drive, Arlington VA, 22202**

<https://book.passkey.com/go/AAMensConference>

Make room reservations **AS SOON AS POSSIBLE** due to **limited rooms availability** at \$149.00 per night. **For Room Reservations:** Call (703) 416-4100. Use **Promo Code:** IAA and mention IAA to receive conference rate of **\$149.00** (plus tax per night) visit our webpage: www.IAAMC-DC23.org

for more information contact:

Chair	Lee M.	(202) 441-0111	Chair.IAAMCDC23@gmail.com
Co-chair	Willie S.	(301) 257-3320	Co-chair.IAAMCDC23@gmail.com
Treasurer	Stan C.	(301) 598-5953	Treasurer.IAAMCDC23@gmail.com

Conference Registration Options

Reserve Banquet AS SOON AS POSSIBLE Due to Limited Seating	Price	Quantity	Amount
General registration and banquet <i>(Circle your meat choice: Salmon, chicken or sliced pork tenderloin, vegetarian)</i>	\$ 120.00	_____	_____
Registration Only	\$ 50.00	_____	_____
Tour of Washington, DC by Motor Coach	\$ 39.00	_____	_____
Ball Cap	\$ 17.00	_____	_____
Tee-shirt (sizes Large to 5X): State size: _____ (sizes run small)	\$ 23.00	_____	_____
Donate to the 34 th IAAMC 2023			_____
	Total		_____

please visit our website for details and updates @ www.IAAMC-DC23.org

Mail Registration to: IAAMC-DC23, PO Box 12226, Silver Spring, MD 20906-1548

Make check or money order payable to: IAAMC-DC23 or register online using our webpage: www.IAAMC-DC23.org

Name: _____ Phone: _____

Address: _____ City, State, Zip: _____

Email: _____ Home Group: _____

Meal Preference: _____ **Amount Enclosed:** _____

Badges Required for ALL Sessions

You are invited to attend the 46th annual

"Springtime in the Ozarks"



APRIL 20, 21, 22 & 23, 2023

**Inn of the Ozarks
Eureka Springs, Arkansas**

"... God, May you find Him now!"

Speakers:

Dance &
Bingo
Friday &
Saturday
Night



Area 4
Archives
All
Weekend



Thursday 8:00 pm: Convention Center— Pam W., Rogers, AR

Friday 9:00 am-4 pm: Convention Center— "Big Book Study"
Sheldon F., Las Vegas, NV & Mark H., Las Vegas, NV

Friday 8:00 pm: City Auditorium — Tommy T., Long Island, NY

Friday 8:00 pm: Convention Center — Mari G., Ontario, Canada

Saturday 9:00 am: Convention Center — Al-Anon Family Groups
Palmer G., Miami, FL

Saturday 10:30 am: Convention Center —Charlie C., Camarillo, CA

Saturday 1:00 pm: Convention Center—Sponsorship Workshop
Past Area 4 Delegates: Clay C., Sandy L. & Brad M.

Saturday 8:00 pm: City Auditorium—Georgia B., Montrose, CA

Saturday 8:00 pm: Convention Center—Adam T., Los Angeles, CA

Sunday 9:30 am: Convention Center—Steve L., Redondo Beach, CA

Ice Cream Social
After
Thursday
"Early Bird"
Speaker



**BIG
BOOK
Study**



REGISTER ONLINE at www.springtimeintheozarks.com

Or use Registration Coupon below

**PRE-REGISTRATION
MUST BE RECEIVED
NO LATER THAN
APRIL 1ST**

**PRE-REGISTRATION
IS \$25.00**

**ALL REGISTRATIONS
AT THE DOOR
ARE \$30.00**

**ALATEENS ARE
FREE**

**EVERYONE MUST
WEAR A BADGE**

**Committee Treasurer
Bud J
479-366-2484**

BADGE INFORMATION (ALL BADGES WILL BE FIRST NAME, LAST INITIAL, CITY AND STATE ONLY)

First Name	Last Initial	City	State	AA	Al-Anon	Ala teen	\$ Amount
Ice Cream Social Thursday, 9pm - \$11.00 per person						X \$11.00	
Donation to the Convention - Includes Scholarships							
Total Amount							

BADGES WILL BE HELD UNDER:

Name		
Address		
City	State	Zip
Email		Phone

SEE REVERSE SIDE FOR LODGING AND PARKING INFORMATION

**Make Checks Payable to:
Springtime in
The Ozarks
P.O. Box 1913
Bentonville, AR
72712**



Bridging the Gap

Come Celebrate 33 yrs with us!

Please join us as we celebrate the anniversary of Bridging the Gap.

This event is open to all!

SPECIAL GUEST SPEAKER
FRANK A.

May 6th 2:30-5:00
Crystal Valley Baptist Church
5507 Crystal Hill Rd
NLR, AR 72118
btghomegroup@gmail.com

Food

Fellowship

Fun

17th Annual District 6 Fun Day in May



May 13, 2023
at Dam Site Park
in Heber Springs



Speaker at 1pm: Jeannie S. from North Little Rock, AR

PRIZES

50/50 AND
RAFFLES FOR:
GIFT CARDS,
AA BOOKS,
AND MORE

FREE LUNCH at 12 pm

Pulled Pork and Hot Dogs
with all the trimmings.

Hot coffee and cold drinks
will be provided.

If you would like, bring a
side dish or dessert to share!

Bring your lawn chairs!

Fun Day in May
Cornhole Tournament
at Dam Site Pavilion
Heber Springs, AR

CORN HOLE
TOURNAMENT

Two-person team, Double Elimination. Starts at 10:00am.
Cost: \$20 per team (with pre-registration).

Pre-register by May 6, 2023.

Pay in cash on day of event.

Cost for registration after May 6 is \$25.

Email or text Frank H:

fharris515@me.com or 501-230-6976

Must register by 9:45AM on day of tournament.



HAPPY, JOYOUS, AND FREE
JOIN US FOR FOOD, FUN,
AND FELLOWSHIP



SOBER FEST

JUNE 10, 2023

SCHEDULE OF EVENTS

11:00 A.M.....REGISTRATION

1:00 P.M.....A.A. SPEAKER REBECCA R.

3:30 P.M.....A.A. SPEAKER BRYAN R.

SUPER SUPPER SERVED DIRECTLY AFTER THE LAST SPEAKER

RAFFLE TO START AFTER SUPPER

Air-Conditioned Facility

Indoor and Outdoor Activities

Splash Pad for the Kids

Free Food and Drinks

PORK CHOPS, CHICKEN, HOT DOGS AND ALL THE TRIMMINGS

SHERWOOD FOREST, 1111 W. MARYLAND AVE. SHERWOOD AR 72120

YOUR ARKANSAS CENTRAL OFFICE

FOUNDERS DAY

2 0 2 3

LONGTIMERS SPEAKER PANEL

**PLUS GAMES,
A POTLUCK (BRING A DISH!),
AND A RAFFLE!**



**SATURDAY, JUNE 17
11:00 AM - 4:00 PM
CRYSTAL VALLEY
BAPTIST CHURCH
5507 CRYSTAL HILL RD
NORTH LITTLE ROCK, AR 72118**

BAKE AT THE LAKE! DISTRICT 8 ANNUAL PICNIC

ARLIE MOORE PAVILION
CORP OF ENGINEERS ON LAKE DEGRAY
Directions below; signs will be posted.

SATURDAY, JUNE 17,
STARTING AT 12:00 p.m. NOON

District is providing hamburgers, hot dogs and all the fixin's.
Please bring a side dish or a dessert to share.

1:30 AA Speaker- Bryan Rugar (Little Rock) Area Registrar

2:45 AL-ANON Speaker- To Be Determined



Fellowship — Great Food — Speakers — Raffle

From Hot Springs: take Hwy 7 South to County Road 254 (Arlie Moore Road) Turn Right & drive 2.3 miles. Take the fork to the left and continue for about .5 miles.

From Arkadelphia: take Hwy 7 North to County Road 254 (Arlie Moore Road) Turn Left & drive 2.3 miles. Take the fork to the left and continue for about .5 miles.

*Arkansas State AA Convention
Oldest AA Convention West of the Mississippi*

83rd "Old Grandad"

July 28th - 30th, 2023

*Arlington Resort Hotel & Spa
Hot Springs, Arkansas*

Please contact the hotel directly for room reservations at 501-623-7771.
Mention the Old Grandad Convention to obtain the discounted room rate.

Hospitality Room

Sight Seeing

The Voice
Heather R.
Conway, AR

"Something Better Than Gold"

Friday

2:00 pm

Registration opens

7:30 pm

Aaron Z.

Molalla, OR

Saturday

9:00 am

Bill N.

Arlington, TX

11:00 am

Jenny P. (AFG)

Eureka Springs, AR

2:00 pm

Terri K.

Woodinville, OH

3:30 pm

AA Open Discussion Meeting

(Ballroom)

7:30 pm

Don M.

Louisville, KY

Sunday

8:00 am

Jeannie M. - Meet the Delegate

(Hospitality Room)

8:00 am

Alanon Discussion Meeting

(Ballroom)

9:30 am

Chuck H.

Destin, FL

Archives

Dancing

For more information contact us at convention@arkansasaa.org OR call / text (760) 447-0985

Registration also available online at www.oldgrandadconvention.com

\$25 PRE-REGISTRATION IF RECEIVED BEFORE JULY 14, 2023.

\$30 AT THE DOOR OR IF REGISTRATION RECEIVED AFTER JULY 15th

First Name and Last Initial on Badge	Home Group	AA	Al-Anon	Alateen	Other	Amount

All Registrations will be held in the name of:

Help Another With a Scholarship

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

EMAIL _____

Total Amount Due

Mail Registrations with all checks payable to:

CONVENTION TREASURER

P.O. Box 7245

Little Rock, AR 72217

SAVE THE DATES

UPCOMING



E V E N T S

Founders Day

Crystal Valley Baptist Church (Outdoor area)
5507 Crystal Hill Rd, North Little Rock

**JUNE 17
11AM-4PM**

Chili Challenge

**OCT 28
6:30-9 PM**

(5:30-10 set-up/clean-up) event 6:30-9
Crystal Valley Baptist Church

Christmas Central Office Open House

7509 Cantrell Road #106, Little Rock

**DEC 24
10AM- 2PM**