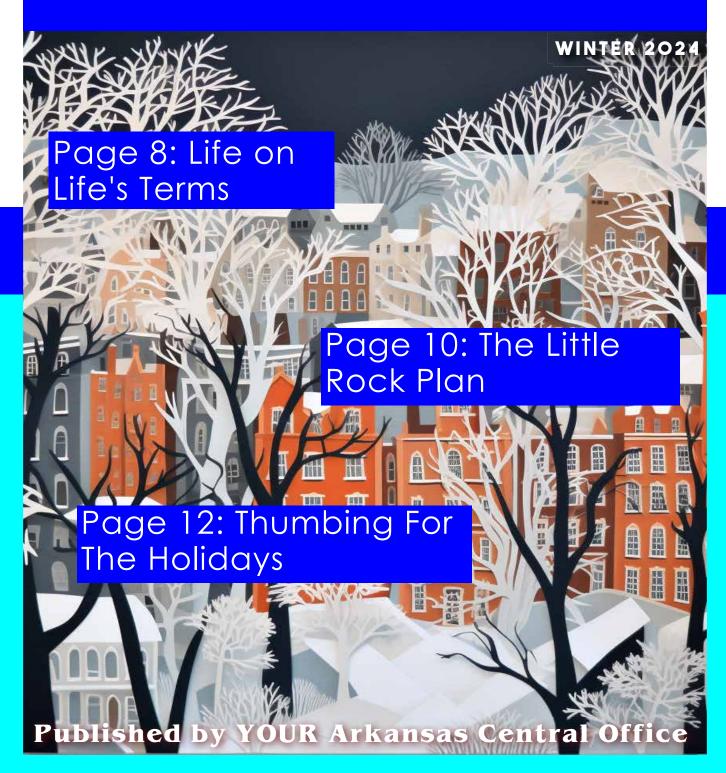
NAMELESS

NEWSLETTER



ARKANSAS CENTRAL OFFICE BOARD MEMBERS

JAIMIE W. - CHAIR
120½, LITTLE ROCK

BOARD MEMBER ENDS 12-31-24

BRIAN C. - SECRETARY
MEETING IN THE MIDDLE

LITTLE ROCK

BOARD MEMBER ENDS 12-31-25

JOE R. - BRIDGING THE GAP,

NORTH LITTLE ROCK

BOARD MEMBER ENDS 12-31-24

ERIC G. COSMO,

LITTLE ROCK

BOARD MEMBER ENDS 12-31-25

MELISSA N. - ROCK GROUP

LITTLE ROCK

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

BOARD MEMBER ENDS 12-31-25

EMPLOYEE BOARD MEMBERS

Matt H. - Office Director 120%

TERRI T. - LIAISON





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.

IN THIS ISSUE

- 4 From the Central Office
- 6 Overheard in a Meeting
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The Chili Challenge in October was a lot of fun. We raised \$400 for the Arkansas Central Office. There were 11 different chilis made by different teams. A team from the F Street Group took away the grand prize. A team from the Pinnacle Mountain Group won 2nd place, and Cheri S. & Jeremy S. won 3rd. The sheriff, Travis T. was arresting people in violation of the traditions. They could either contribute \$5 to the Central Office or sing for their freedom. Many of our good friends took to the stage and dazzled the crowd with impromtu vocal performances. Margaret B. shared her story and, all-in-all, it was a blast! We'll see you there next year!

If you need to update any of your group's meeting info (time, date, contact person, Zoom Meeting ID) on our website, email: aacoar@gmail.com with all the pertinant info. We will get it to the webmaster. You'll also want to send it to the Threshold at: thomgsp@gmail.com.

Do you need 4th Step forms? We've got them! One is free for individuals, Sponsors may have as many as needed. Please pay for additional copies, but if you can't afford to pay, they're on the house. Please be thorough and do the best you can. Don't leave anything out!

Do you need some 12th step service work? Answer phones for the Central Office after hours! We'll give you all the info you need and our hotline will be forwarded to your cell phone from our closing time untill the following morning. This allows us to help sick and suffering alcoholics in Arkansas 24/7. Just check with your sponsor first, then give us a call at 501-664-6042 and ask to be added to the "after hours" list.

The H.A.L.T. Group meets in our back room every weekday at 12:10 for closed discussion. You can also attend on Zoom - Meeting ID: 879 658 7165, Password: 55555

The General Service Board has a new PO Box for Seventh Tradition contributions only: Post Office Box 2407, James A Farley Station, New York, NY 10116-2407

Mission Statement

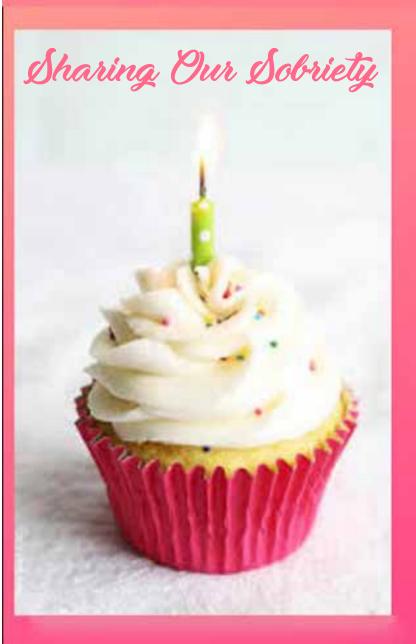
THE ARKANSAS CENTRAL OFFICES' STAFF AND VOLUNTEERS WILL STRIVE TO CARRY THE A.A. MESSAGE TO THE STILL SUFFERING ALCOHOLIC.

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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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 C	N/_	/	•
NAME				
ADDRESS				
CITY		_STATE	ZIP	
PHONE				
HOME GROUP				

OVERHEARD IN A MEETING

"There are givers and takers in the world. The takers eat better, but the givers sleep better."

"The steps you take, lead you to where you are going."

"I will never be as well as I was sick."

"Life is just a sequence of surrenders; but, you have to have the first before you can experience the next."

"If self is the problem self can't be the answer."

"We get to act out our parent's pathology so that we can learn to forgive them."

"Humility is what is left when the pain of humiliation has been taken away."

"Anytime I am upset I either need to make an amends or forgive someone."

"The 4th dimension is seeing the hand of God as he works things out."

"There are no endings... only new beginnings."

"Life is lived forward, but understood backwards."

"God never puts two people together to help just one of them."

"Nobody can hurt me without my permission."

"The 12 Steps are like 12 adjustable wrenches - They work on any kind of nut that comes into AA."

"If you want to get to know God better, get to know God's children."

"Life lived for tomorrow will always be just a day away from being realized."

"Let us not look back in anger or forward in fear, but look around in awareness."

"AA has given me the tools to learn to live in the 3rd dimensional world with 4th dimensional awareness."

"For peace of mind, we need to resign as general manager of the universe."

"The man who removes a mountain begins by carrying away small stones."

"Before some of us came to AA, we may have looked fine from far, but we were far from fine. You cannot create experience. You must under go it."

"Life is not lost by dying; life is lost minute by minute, day by dragging day, in all the thousand small uncaring ways."

"God First, Others Second, Me Third"

"Life gives you plenty of time to do whatever you wish to do if you stay in the present moment."

"Remember deciding is not doing and wanting is not choosing."

"The harder it is to love someone, the more love they need"

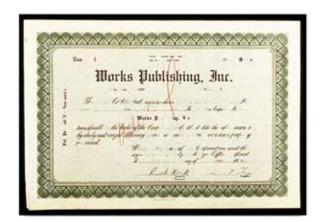
"You can turn a cucumber into a pickle, you can't turn a pickle back into a cucumber, but you can turn a pickle into a Newcomer."

"If you do not conquer self, you will be conquered by self."

"God, please teach me to laugh again, but never let me forget I cried."

"One of the most sincere forms of respect is actually listening to what another has to say."

"The opposite of fear is trust. Trust's cousin is faith. And they're both much more fun to snuggle with than fear.



WORKS PUBLISHING: A FARSIGHTED PLAN

1938

Harper & Brothers offers to publish the Big Book, much to the delight of Bill and the trustees. But the astute businessman, Hank P., convinces Bill to sell shares in their own company and to publish the volume themselves. Hank works up a prospectus for what will become Works Publishing Company, with 600 shares of stock selling at \$25 per share.

MR. EDDIE OF EL SALVADOR

1955

Edward F., who has carried the Fellowship's message to several alcoholics in Boston and San Francisco, moves to San Salvador with his Salvadoran wife. After initially finding it hard to arouse interest in A.A., a friend of his wife introduces Edward to her alcoholic uncle, Don A., and the two men form a group that meets at the home of Atilio, a wealthy alcoholic. As membership grows, meetings are moved to the Garcia Flamenco school building. "Mr. Eddie," as he becomes known, will later help start groups in other Central American countries.



GROUPS FOR THE DEAF

1979

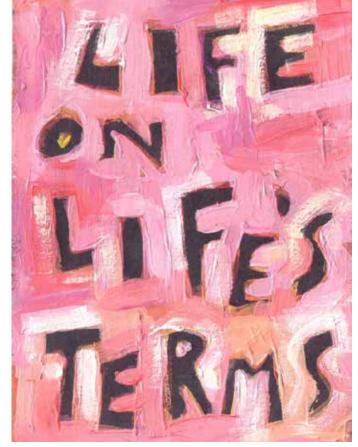
By the spring of 1979, G.S.O. New York has listed seven A.A. groups for people who are deaf. Also listed is an international deaf group whose members communicate by mail. Box 4-5-9 reports that the use of non-A.A. interpreters, when necessary, "gives rise to the confidentiality question," but experience has shown that goodwill on both sides usually puts the issue to rest.

FIRST WOMAN CHAIRS GENERAL SERVICE BOARD

2001

In 2001, a woman is elected to chair the General Service Board for the first time: Elaine McDowell, Ph.D., who had served as a Class A (non-alcoholic) trustee for nine years. As chairperson, Dr. McDowell brings more than 28 years of experience in the prevention and treatment fields as well as abiding faith in A.A.'s basic principles.





BY: SHERRY H. | KAILUA-KONA, HAWAII

Life is both beautiful and fragile, she discovers. So is recovery.

I was born in Washington DC in 1951. I spent my childhood in Virginia and my teen years in Annapolis, Maryland. I am the second oldest child in a family of six children, the oldest girl. No one came out of my family unscathed. All but one has drug and alcohol problems. My sister one year younger than myself drank herself to death at the age of 41. I don't consider my parents bad people, just bad parents. My mother drank to escape, my father drank because that's what people did

I come from a long line of successful alcoholics. Those who weren't successful I never heard about. Being successful was more important even than looking good and keeping secrets. My father was a rage-aholic, which made my mom grow invisible. And my siblings and I were left to fend for ourselves.

Like every alcoholic I know I was left with a hole in me that could never be filled. I became emotionally stunted. I grew up feeling there was something wrong with me. I was quiet, didn't talk to adults about anything. My mom used to say I was the angriest child she knew.

I started drinking in high school to fit in with the cool crowd. Keg parties. Hooking school. Lying. Sneaking around. Boyfriends. Very little concern for anyone else. At age 16, I had a traumatic experience that left me full of distrust and sorrow. It changed me. The empty hole got bigger. I have made life decisions based on this event. It's taken a long time to realize how harmful that event was and how much it has affected my life and relations with men.

When high school was over and after a year of college I dropped out and started hitchhiking up and down the east coast. I rejected the mores of established society and followed the path of unconventional behavior. Communal living. Music. I had found my people. My life included alcohol and drugs of all kinds. Sometimes unlawful activity. I am one of the lucky who escaped jails, institutions and death.

My alcoholism created a design for living focused on self-will. Fear and distrust. I made irresponsible decisions based on fear. Fear of being abandoned. Fear of never being enough, or whole, or belonging, or being connected, or seen, or loved, or lovable.

In 1974 I had my first child and things changed again for me. I felt I had a purpose. I had three children by three different men because of my fear of being hurt and abandoned. I thought of myself as an independent woman, relying on no one. But that wasn't the truth. My father bailed me out financially many times because I didn't know what it was to be accountable to anyone, except my children. In 1980 I took my three young children under the age of five to live in Hawaii. There was no planning involved. I had been living in northern California in the hills of Humboldt County and the drug and alcohol lifestyle was getting too much for me. I didn't want to keep my kids there so with no definite plan in mind I left for Hawaii.

I stopped drinking and using and believed I was going to make a new life for us. In 1981 I met my first husband. He adopted my three children and made them his kids. We also had a child together. He was not alcoholic, just a good man with a big heart and a kind spirit. Being the emotionally stunted woman I was, my disease took advantage of his presence

in our lives. I was no longer the only one accountable for my kids. My disease grew and I became addicted to alcohol, opiates, and pills. And finally I reached the point of desperation needed to seek a program of recovery where I found hope.

I walked into my first meeting in February 1989. At that first meeting, still loaded on drugs and alcohol I experienced my first feeling of hope. I left and walked across the parking lot to the dumpster. Drunk and high I emptied my purse of the drugs and believed for the first time I might not have to drink and use anymore. That first night I heard someone refer to living life on life's terms and that sparked hope in me. That's all I thought I wanted. To become a good mother again. People picked me up and took me to meetings. I got a sponsor. I became a coffee maker. I took my youngest to meetings with me. Recovery became my life.

I wish I could say everything changed for the better. It did, from the outside in, but to completely heal the inside has taken a lot longer. I left the wonderful man I was married to and I continued to struggle with emotional commitments.

But many things did change. Through the Steps and sponsorship I learned how to be accountable to those I had harmed and become willing to not cause more harm. I raised my children as a sober mother. I became more confident in my abilities to be someone and do things I never dreamed I could do. Through service I learned how to forget about self and consider the needs of others. To be of service to my fellowship and more importantly service to my community outside of my fellowship. I have been given the privilege of working with children in the foster care system as an intake coordinator for Catholic Charities. I graduated college from the University of Hawaii. I got to be at my four children's weddings and was at the birth of eleven grandchildren.

My emotional life starting healing in early recovery and has only now just begun to heal and change on a deeper level. It took a relapse after 25 years of recovery and a nervous breakdown for that to happen.

The insanity of relapse begins long before the actual relapse. Mine came from the false belief that my life was fine. I believed I could maintain a sober life based on what I knew already. It all ended in disaster and a close encounter with death. I was 64 when the relapse officially began. I was 66 when it ended in the hospital emergency room. When I was finally able to get around I knew AA was the only place left for me to go. I believed that no matter what happened being sober was the only answer. With what little trust I had, I trusted in AA. Little by little I have gotten better, meaning I have gotten healthier physically and emotionally. I put myself in the middle of the circle. I returned to sobriety on February 28, 2017. I understand today I know nothing and what I do know can change with each new experience.

Life is fragile and so is recovery. It has to be nurtured and cared for. My favorite line from the St. Francis Prayer is the one that says, "it is in self-forgetting that one finds." How intuitive our founders were to realized that the major dilemma of every alcoholic is the obsession with self, and the foundation of recovery is the opposite. I have lots of work left to do and I am grateful for each day God grants me. I have a full and grateful heart. I have the privilege to work with other women in recovery. I work with a lovely and wise sponsor. For many alcoholics relapse ends with death.

I was blessed with another day.



REPRINTED FROM AA GRAPEVINE NOVEMBER 2023

LITTLE ROCK PLAN GIVES PROSPECTS CLOSE ATTENTION

One of a 1947 series on group methods and techniques

reater Little Rock AA was seven years old last March and has helped establish most of the groups within the state. More than five hundred men and women have been initiated into AA through the Little Rock Approach Plan since its creation seven years ago when five men got together and began to use the book Alcoholics Anonymous, which had just been published.

It is interesting to note that of these men, the founders of the movement here, all are alive and only one ever had a relapse. They are living, walking proof of the statement that "it works."

The Little Rock Plan was, we believe, the first of its kind in the country. By adhering strictly to the Plan hundreds have been brought into AA and because this group has kept accurate records and statistics, we can report that our success is better than the national average of 75 percent - or to put it another way, our "slip record is lower than the 25 percent expected and reported from other groups over the country.

It is not easy to become a member of this group. When a person has expressed a desire to achieve sobriety and has had a sponsor appointed for him, he must leave his work or position for at least two weeks. Usually the prospect is required to spend that entire time within the confines of the club rooms, studying, preparing a case history, meeting and filling assignments laid out by the sponsor.

If, after two weeks, he has discharged his assignments to the satisfaction of his sponsor, he is brought before the executive committee and there his request for membership is presented by his sponsor in his presence. In some instances, because of the peculiarity of the case, he may not be admitted for varying periods as high as six months in some cases. However, if he is deemed eligible by the committee, he is brought before the next meeting, receives a warm welcome, is handed a copy of the "Approach Program" and the Twelve Steps.

This is not all, however. We do not simply say, "Now here you are, you have had it all, go your way, and may God bless you." No, we do not cut him off in mid-air, so to speak. We give him a small diary and ask that each day thereafter for twenty-eight days, he record his impressions of the day, any event, whether a happy one or a sad one, and enter therein, "I have not taken a drink this day," and sign his name.

At the end of this period he returns the diary to the club, is again welcomed and is admitted to full membership, the privilege of the ballot and an unrestricted part in the activities of the Fellowship. He is then assigned to a squad, given some definite task, and en-

couraged to work guided by some older member, with new prospects.

In dealing with the new person, there are other procedures. First of all, in addition to being required to adhere strictly to the assignments required by his sponsor, he serves his apprenticeship in what is known as 'The Prospect Squad." Here he learns from a squad leader various phases of the work of AA, mingles with other neophytes, hears their experiences and contributes his own. If he needs guidance or advice this is where he gets it, along with other newcomers, seeking the way out.

There is the "Slip Squad," where the member who has suffered a setback, no matter how severe or how light, must serve from two weeks to six months before he is again recognized as a full-fledged member. Often the slippee is assigned tougher, more strenuous assignments than when he first was admitted. Here he discusses the slip freely with those who, like himself, have "missed the boat" somewhere down the line. He tries to find out why he made the mistake and learns again that "to err is only human" and that a slip in the beginning is not uncommon, certainly not fatal.

The executive committee is comprised of representatives from each squad. The squads meet once a week on nights other than the regular meeting and transact actual AA business.

We spend much time in planning and executing the new member's graduation from the freshman stage. We carry him slowly and carefully through the "Prospect Squad"; admit him to membership; keep our contacts with him through that critical period, the first month or so, through his daily diary; put him in a squad after he becomes a full member and then if he slips, put him through again (and again if necessary) by way of the "Slip Squad."

Credit is due the State Hospital and Fort Roots, one of the Southwest's largest veterans' hospitals, where we have complete cooperation from the entire staff of doctors and psychiatrists. From Fort Roots especially, come more and more prospects, having been told by the psychiatrists, "We can do nothing more for you, your best bet is AA. It works." The courts of law in Arkansas in general and Little Rock in particular without exception lend a willing ear and helping hand to unfortunates who stand before the court and even so much as intimate that they would like to quit drinking. While we have gone far and progressed much, no small amount of credit is due to all these factors plus the attitude of all businessmen of this city.



January 8 @ 8 PM Rock Bottom Speaker Meeting - Cheryl B. 1203 W Sevier St Benton, AR

> January 13-14 Area 4 Assembly Holiday Inn Express 300 E Harrell Dr Russellville, AR

January 21 @ 6 PM Grant County Group Speaker Potluck 1511 S Rose St Sheridan, AR

January 26-28 66th AA & AlAnon Coon Supper Holiday Inn Holidome Blytheville, AR

February 2-4
Winter Holiday
Embassy Suites
11301 Financial Ctr Pkwy
Little Rock, AR

March 16-17 Area 4 Assembly Holiday Inn Express 300 E Harrell Dr Russellville, AR

AA ACRONYMS

AA = Attitude Adjustment

ABC = Acceptance, Belief, Change

ACTION = Any Change To Improve Our Natures

ANGER = A No Good Energy Rising

ASK = Ass-Saving Kit

BAR = Beware Alcohol, Run

BIG BOOK = Believing In God Beats Our Old

Knowledge

BS = Before Sobriety

BUT = Being Unconvinced Totally

CALM = Can Anger Leave Me

CARE = Comforting And Reassuring Each Other

CHANGE = Choosing Honesty Allows New Growth Everyday

CRAP = Carry Resentments Against People

DEAD = Drinking Ends All Dreams

DENIAL = Don't Even Notice It's A Lie

EGO = Edging God Out

FAITH = Fear Ain't In This House

FEAR = False Evidence Appearing Real

FINE = Feeling Insecure, Numb and Empty

FOG = Fear of God

GOD = Good Orderly Direction

GOD = Group Of Drunks

HALT = Hungry, Angry, Lonely, Tired

HEART = Healing, Enjoying and Recovering Together

HELP = Hope, Encouragement, Love and Patience

HOPE = Hang On! Peace Exists

HOW = Honest, Open-Minded and Willing

ISM = I Sabotage Myself

ISM = I Sponsor Myself

KISS = Keep It Simple, Stupid

LET GO = Leave Everything To God, Okay?

LOVE = Living Our Victories Everyday

NOW = No Other Way

NUTS = Not Using The Steps

PACE = Positive Attitudes Change Everything

PAID = Pitiful And Incomprehensible Demoralization

PHD = Pretty Heavy Drinker

PRIDE = Personal Recovery Involves Defeating Ego

PROGRAM = People Relying On God Relaying A

Message

RAGE = Real Angry Gut-level Ego

RID = Restless, Irritable and Discontented

SLIP = Sobriety Loses Its Priority

SOBER = Staying Off Booze Enjoying Recovery

SOLUTIONS = Saving Our Lives Using The Inventory

Of Necessary Steps

SPONSOR = Sober Person Offering Newcomers

Suggestions On Recovery

STEPS = Solutions To Every Problem in Sobriety-

TRUST = Try Relying Upon The Steps



BY: BONNIE R. ASHE COUNTY, NORTH CAROLINA

Broke and lonely, a newcomer looking to do service hits the road and gets an unexpected surprise.

I was a cold and snowy Christmas morning when I awoke in my friend's apartment. She had flown to California and asked me to house-sit for two weeks and feed her cat. I had been sober for barely two weeks. I was grateful because I had been "sofa surfing" since my car had been repossessed and was no longer available to provide sleeping accommodations.

Even if some of my friends with sofas had not grown tired of me, I didn't want to impose on any of them for too long. I had been attending meetings for a couple of months when someone suggested that I try coming to meetings sober.

So after a particularly disastrous drunk, I did just that. I began attending meetings sober at least once every day.

As the holidays loomed, many groups had parties and served food. I was unemployed and broke and so often these "eatin' meetin'" events were my only opportunity to eat.

Although I connected with several AA members I met at meetings, there were some people I just did not like. Jerry the Professor was one. (It seemed that more AAs had nicknames in those days.) Jerry was a dour, unfriendly fellow. I assumed that he didn't like me, so I avoided him. In fact, when he shared at a meeting, I would get up and go to the kitchen for a cup of coffee or to daydream about something else. I felt that nothing he had to say would be useful to me or help me stay sober.

So there I was in my friend's apartment on Christmas Day. She was not in AA. She was not an alcoholic. I knew there was alcohol in the place but she had put it away in deference to my budding sobriety. If I looked hard enough, I knew I would find it, though.

As my "poor me's" about the loss of my job, my home and my family set in, suddenly I remembered something I had heard at a meeting. It was actually something Jerry the Professor had told about his first sober Christmas and waking up alone. Somehow, he had gotten the idea that helping someone else might keep him sober. He had driven to the Salvation Army soup kitchen and volunteered his time, serving homeless people and driving meals to shut-ins. I couldn't remember when and where he had told this story but right then it was a godsend to me.

I didn't have a car anymore but that, and the fact that the nearest Salvation Army shelter was 40 miles away, didn't stop me. I bundled up and hit the road with my thumb out. The fact that it was Christmas probably inspired drivers to stop for me and I made into Hartford in three rides.

What if they don't need any help? I thought as I neared the soup kitchen. But my fear was unfounded. I was welcomed with open arms and put to work. I sliced turkeys and ladled gravy, waiting on tables set up for transients. I washed dishes, pots and pans. The day passed quickly.

When the last folks had been served and had left, we volunteers sat down to eat. Besides the Salvation Army folks, there were three lovely ladies who had worked as hard as I had all day. Now, shed of their aprons, I saw that they were tastefully dressed, their hair coiffed. They wore expensive jewelry. I felt dowdy in my worn jeans and faded sweatshirt, but they were friendly and asked me where I lived and so on. I burst into tears and confessed that I was just an alcoholic trying to stay sober and that was the only reason I had come in to help.

All three of them laughed. "So are we, sweetie!" one woman said. "You're one of us," another said. "I might have known."

A feeling of gratitude like nothing I had felt before came over me. I was truly blessed. The ladies and I left together and went to a nearby meeting, after which they drove me back to my friend's apartment, which was way out of their way. No way would they have me hitchhike in the dark, they said.

As I said my prayers before climbing into bed, I added, "God bless you, Jerry the Professor."





YOUR CENTRAI OFFICE SELLS MORE THAN BOOKS











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









NAMELESS

NEWSLETTER

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 Karen F.
Tuesday - Bob W. (2-6 shift is open! Inquire today!)
Wednesday - Travis T. And Stephen M.
Thursday - Carolyn Mc. And Jeremy C.
Matt H. first Thursday
Friday - Debbie D. And Melissa H.
Saturday - Mark F., Caroline L. And Stephen Caw
Sunday - Cary T. And Steve F.
Alternates: Melanie R., Shawn C., Brenda F., Mary M., Topher K.
Stephanie K., Woody T., Nancy H., DayZ, & 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. Call us: 501-664-6042

YOU ARE INVITED!

Your Arkansas Central Office is inviting your group to participate in our monthly **C**entral Office 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

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!!

JULY:

TOTAL CALLS: 53

12 STEP: 5

AFTER HOURS: 22

SPETEMBER:

TOTAL CALLS: 44

12 STEP: 7

AFTER HOURS: 20

AUGUST:

TOTAL CALLS: 45

12 STEP: 13

AFTER HOURS: 19

3RD QUARTER 2023

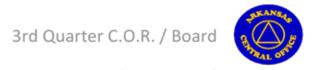
TOTAL CALLS: 142

12 STEP: 25

AFTER HOURS: 61



Arkansas Central Office



Ending September 29, 2023

RECONCILIATION REPORT Reconciled on: 10/10/2023

Reconciled by: aacoar@gmail.com

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

Summary-USD

Statement beginning balance26,249.51-Statement ending balance29,759.46

Checks and payments cleared (34)-7,201.90

Deposits and other credits cleared (8)10,711.85

Checks and payments cleared (34)

	Checks and payme	nts cleared (54)
		Details
DATE TYPE	PAYEE	AMOUNT (USD)
9/1/2023 Expense	Entergy Arkansas	-170.78
9/5/2023 Expense	USPS	-5.42
9/5/2023 Expense	Simmons Bank	-5
9/6/2023 Expense	AT&T	-65.33
9/7/2023 Expense	Terri Timmerman	-1,000.00
9/7/2023 Expense	Matt Howard	-1,272.59
9/7/2023 Expense	Straighttalkservices FI	-51.01
9/8/2023 Expense	UBS	-36.74
9/8/2023 Expense	Culver Enterprises	-627.45
9/8/2023 Expense	USPS	-3.92
9/8/2023 Expense	Hazelden Publishing	-494.4
9/11/2023 Expense	Kraftco	-14
9/11/2023 Expense	The Token Shop	-104.41
9/11/2023 Expense	Recovery Shop	-118.25
9/12/2023 Expense	Tax Shelter Inc	-75
9/12/2023 Expense	Kelly Commercial Partners	-995
9/14/2023 Expense	USPS	-10.67
9/15/2023 Expense	IRS	-429.96
9/15/2023 Expense	AFG	-231
9/15/2023 Expense	Zoom Meetings	-17.37
9/18/2023 Expense	The Token Shop	-154.2
9/18/2023 Expense	QuickBooks Payments	-85
9/18/2023 Expense	Office Depot	-36.99
9/19/2023 Expense	Tax Shelter Inc	-175
9/21/2023 Expense	SunData	-144.49
9/22/2023 Expense	USPS	-4.75
9/22/2023 Expense	Office Depot	-61.66
9/25/2023 Expense	Arkansas Department of Finance & Admin.	-200
9/25/2023 Expense	Straighttalkservices Fl	-51.01
9/26/2023 Expense	Amazon	-287.83
9/27/2023 Expense	Terri Timmerman	-156
9/28/2023 Expense	Arkansas Department of Finance & Admin.	-14
9/28/2023 Expense	Tax Shelter Inc	-81.5
9/29/2023 Expense	USPS	-21.17

Expense Total-7,201.90

		Deposits and other credits cleared	d (8)	
	DATE TYPE	PAYEE		AMOUNT (USD)
		Jacksonville A.A.		102.51
		F Street		317.03
		H.A.L.T. Little Rock		73.00
		Change Contributions		16.91
		Cash/Check Sales		448.90
9	9/5/2023 Deposit	Simmons Non-Profit Buss. Checking		958.35
9	9/7/2023 Transfer	PayPal		2,085.80
9/	/14/2023 Deposit	Hazelden Publishing		39.25
		H.A.L.T. Little Rock		60.50
		Cabot Group		105.76
		Pig Pen Group		41.25
		Anonymous		100.00
		PM		10.00
		Tontitown		150.00
		Graced Women Conway		106.75
		Change Contributions		7.13
		Cash/Check Sales		304.52
9/	15/2023 Deposit	Simmons Non-Profit Buss. Checking		885.91
		Cash/Check Sales		628.47
		Change Contributions		21.53
9/	25/2023 Deposit	Simmons Non-Profit Buss. Checking		650
		H.A.L.T. Little Rock		66.00
		Main Street Batesville		25.00
		JE		80.00
		JG		100.00
		PD		30.00
		Change Contributions		35.19
		Cash/Check Sales		3,694.81
		Recovery Centers Arkansas		430.00
9/	25/2023 Deposit	Simmons Non-Profit Buss. Checking		4,461.00
9/	25/2023 Expense	PayPal		1,626.54
9/	26/2023 Deposit	Simmons Non-Profit Buss. Checking		5
September 29	,2023		Income	Total 10,711.85
		\	Expense	7,201.90
			Total	Diff. 3,509.95
Quarter 3- July	y 1 - September 29		Income	Total 25,287.59
			Expense	Total 23,512.71

Accounts 3rd Quarter Statements

PayPal/Zettle: from July 1, 2023 +1,196.31 to September 30, 2023 +966.05

Totals

1,774.88

Simmons Non-Profit Buss. Checking: from July 1, 2023 +27,984.58 to September 29, 2023 +29,759.46

Simmons Reserve Checking*: from July 1, 2023 +5,480 to September 29, 2023 +18,211.03

Armor Bank CD @1.89%*: from July 1, 2023 +14638.48 to September 30, 2023 +14,776.00 The Certificate will mature on September 20, 2023. Interest is compunded quarterly. If the Certificate renews, the maturity date will be: January 20, 2025.

66TH ANNUAL ARAD ALANON AA AND SUPPER COON SUPPER

JANUARY 26, 27 & 28, 2024 CONVENTION REGISTRATION \$20 COON SUPPER BANQUET \$20 *FRI & SAT LATE NIGHT MEETING *SATURDAY RECOVERY REPERTORY THEATER *DOOR PRIZE DRAWING AT EVERY SPEAKER MEETING

HOLIDAY INN HOLIDOME BLYTHEVILLE, ARKANSAS

THE ROOT OF OUR TROUBLES
BIG BOOK
"MORE ABOUT ALCOHOLISM" P 62

WHEN BOOKING YOUR ROOM YOU WILL RECEIVE A DISCOUNT IF YOU MENTION YOU ARE ATTENDING THE COON SUPPER CONVENTION AT ANY OF THESE HOTELS.

HOLIDAY INN 870-763-5800 COMFORT INN 870-763-0990 QUALITY INN 870-763-7081 HAMPTON INN 870-763-5220

SPEAKERS:

AUBREY B., JONESBORO, AR BRENDA B., MEMPHIS, TN DIANE C. UNION CITY, TN JAMES C., MEMPHIS, TN GRACE J., BLYTHEVILLE, AR FOR MORE INFORMATION CALL: PEGGY K. - 870-623-2523 CATHY M. - 870-740-2755

LEE H. - 870-275-0175

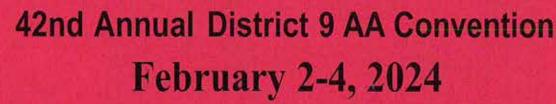
PRE- REGISTER BEFORE JAN. 10TH FOR A CHANCE TO WIN FREE LODGING!

Mail Registration to:

Coon Supper, P.O. Box 675, Blytheville AR 72315

Name	Address	City, State, Zip	Convention & or banquet cost	AA or Alanon

"A Way Out" WINTER HOLIDAY





SCHEDULE

FRIDAY, February 2ND

4:00 - 8:00PM R

Registration

8:00PM

Jason J., Portland, OR

10:00PM

AA Bingo

SATURDAY, February 3RD

8:00AM - 8:00PM

Registration

8:30AM - 9:30AM

Workshop - Paul McQ.,

Long Beach, NY

10:00AM 1:00PM Amy D., Louisville, KY

Catherine K., Dallas, TX

(AFG)

3:00PM

Panel Discussion

8:00PM

Paul McQ., Long Beach, NY

10:00PM

Dance

SUNDAY, February 4TH

10:00AM

Victor V., Springdale, AR

AA Open Discussion Meeting - Sat 5:00PM Al-Anon Open Discussion Meeting

Sat & Sun 8:30AM

EMBASSY SUITES

11301 Financial Centre Parkway Little Rock, AR 72211 Phone: (501) 312-9000

SPECIAL CONVENTION RATES

GUARANTEED if reserved before Jan 12, 2024 1-2 people/\$125 + tax per night

Please make hotel reservations directly to Embassy Suites Little Rock using Code WHC or mention "Winter Holiday"

BY JANUARY 12, 2024

to guarantee discounted rate when registering.

E-mail: district9winterholiday@gmail.com

OPEN HOSPITALITY ROOM

(closed during meetings)
No Food Outside the Hospitality Room

Should you need accommodations for hearing impaired, PLEASE LET US KNOW BY December 20, 2023.

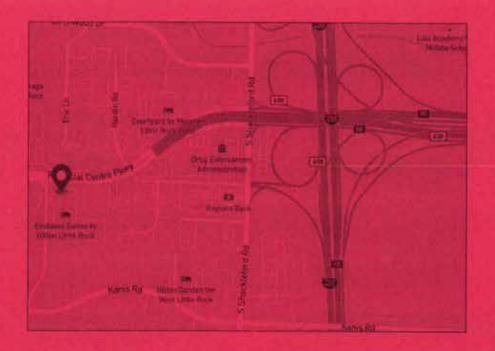
The District 9 Winter Holiday. Scholarship Fund assists others that may or may not be in treatment centers to attend the convention. Our wish is for everyone to enjoy sobriety.

EARLY REGISTRATION PRIZE!!!

2 Pre-Registration Drawings for Winter Holiday 2025 from registrations received through January 12, 2024

	Anon Pre-registration \$3	o, airei iai				
First Na	me and Last Initial on Badge	AA	Al-Anon	Alateen	Amt	
			100			
-					-	
			Scholars	nip Donation		
		Total \$				
Name		Make	check payable	e to:		
Address		(Your check is your receipt)				
Lity	State Zip	Convention Treasurer				
Email Phone		PO Bo	x 26135			
		100000	Sect. 80 232	481		

Make hotel reservations directly to the Embassy Suites by Jan 12, 2024



Embassy Suites Little Rock, 11301 Financial Centre Parkway Little Rock, Arkansas 72211

The Embassy Suites is pleased to host the 42nd Annual Winter Holiday Convention and wants all their guests to enjoy their stay at the hotel. It has asked that the Convention Committee and all attendees please observe the following courtesies during your visit to the notel and the Winter Holiday Convention.

All areas inside the hotel are Smoke Free. The smoking areas outside the hotel will be designated by smoking ums and/or signs.

No food should be present in the public areas, including the Lobby and display areas. Food should be confined to the Hospitality Room. Please enjoy the convention Hospitality Room and the company of your fellows by staying there to partake of food and beverages furnished by the Committee and donors.

While children are welcomed as guests of the hotel, persons under 18 years of age should never be in public areas of the hotel except in the company of an adult. The hotel is not able to provide babysitting services. Please do not bring anyone under 18 with you ucless they will be in your company at all times and are going to be an active participant in the Convention.

Exhibitors are not allowed to exhibit from private guest rooms. Exhibitors may contact the hatel directly to privately rent a public meeting room for their exhibits.

Parking is available in the back and sides of the hotel.



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!