

# NAMELESS

## NEWSLETTER

SUMMER 2023

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in a Meeting**

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Got Started**

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in Reverse**

**Published by YOUR Arkansas Central Office**

**ARKANSAS CENTRAL OFFICE  
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*120½, LITTLE ROCK*

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*LITTLE ROCK*

BOARD MEMBER ENDS 12-31-24

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

**EMPLOYEE BOARD MEMBERS**

MATT H. - OFFICE DIRECTOR

*120½*

TERRI T. - LIAISON

*BRIDGING THE GAP*



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

**BOOKSTORE HOURS**

MON-FRI 10AM - 6PM

SAT 10AM - 2PM

SUN 2 - 6PM

HOT LINE 501-664-7303

BUSINESS 501-664-6042

WWW.ARKANSASCENTRALOFFICE.ORG

EMAIL: AACOAR@GMAIL.COM

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

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

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



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# 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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Founder's Day was a great success! Thanks to everyone who made it happen. We had an informative discussion with the longtimers (Bart M., Nancy O., Sandy L., Clay W., & Bubba R.) MC'd by Cary T. The "Ask It" basket was filled with intriguing (and sometimes funny) questions for the panel. There was a snow cone machine and Corn Hole set up out back for the outdoorsy-types. AA literature was raffled off to some lucky attendees. Crystal Valley Baptist Church was very accomodating. The Lurking Notions band played four sets with original recovery-based songs. The BBQ was delicious and the desserts were plentiful. Grapevine and your Arkansas Central Office had tables set up in the back. Altogether, it was a perfect day to be sober and celebrate 83 years of Alcoholics Anonymous. Thanks Bill and Bob!



### Hot off the Presses!

The 30th Anniversary Edition of **The Home Group: Heartbeat of AA** is an update of one of our best-selling books. In it, members share moving experiences about the importance and joys of belonging to an AA group.

Included in this edition:

- A collection of previously published stories from AA Grapevine, the International Journal of Alcoholics Anonymous
- 16 New stories
- A chapter on virtual meetings showing how members have adapted to meet new challenges.

**The Home Group: Heartbeat of AA** is the only AA Grapevine title to be released in 3 separate editions, showing the continued popularity of the subject.

### 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](#)

## TO SUBSCRIBE

If you would like to receive this newsletter by email just send us an email at

[aacoar@gmail.com](mailto:aacoar@gmail.com) or call us at 501-664-6042

# YOUNG PEOPLE'S VIDEO PROJECT

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

## SHARE YOUR EXPERIENCE!

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

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

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

## BE CREATIVE AND HAVE FUN!

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

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



Scan me!

# OVERHEARD IN A MEETING.....

"I don't know how many meetings I need but I am afraid of going to one too few!"

"You cannot change your destination overnight, but you can change your direction overnight"

"The less you think of yourself the more of a person you become."

"It's OK to look back - just don't stare"

"The quieter we become, the more we hear."

"When the pain behind me got stronger then the fear in front of me, only then was I willing to do something."

"The Man I 'Was' Drank. The Man I Was 'Will' Drink again."

"Learn to pause ... or nothing worthwhile will catch up to you."

"When your solution becomes your problem, you've got a Real problem!"

"I think losing yourself in life guarantees finding yourself in God."

"It is easier to go down a hill than up, but the view is at the top."

"Change is scary, even if it promises a better life."

"The object of all growth and all achievement is not to be better than others but to be better able to serve others."

"You never find yourself until you face the truth."  
"Too many people miss the silver lining because they're expecting gold."

"I build today the road I travel tomorrow."

"If God is your new employer try not to get fired for drinking on the job."

"Mercy is when we don't get what we deserve.  
Grace is when we get what we don't deserve."

"If you find yourself easily provoked, then just change the channel."

"When your life is degrading faster than you can lower your standards, you are ready for recovery."

"Worry Is Like Interest Paid In Advance On A Debt That Never Comes Due."

"Nothing happens next, everything happens now."

"Share our similarities, celebrate our differences."

"Life is like photography. You need the negatives to develop."

"Love is like a flower very easily crushed and never perfect but always beautiful."

"Few of us realize that God is all we need until God is all we have."

"If I can't find God, I know who moved."

"You can't run from God, so let God run you."





## FORGING FRIENDSHIPS IN AKRON

1935

Bill joins the Smiths at the weekly Oxford Group meetings held in the home of T. Henry Williams and his wife Clarace, both particularly sympathetic to the plight of alcoholics. Soon, at the suggestion of Dr. Bob's wife Anne, Bill moves to their home at 855 Ardmore Avenue.

## THE DEATH OF BILL W.

1971

At the age of 75, Bill W. dies on January 24, 1971 at the Miami Heart Institute in Miami Beach, Florida. On February 14, groups around the world hold memorial meetings honoring Bill's work as co-founder of Alcoholics Anonymous, author of the Big Book and other publications, and architect and articulator of the Fellowship's principles.



## BALTIC STATE START-UPS

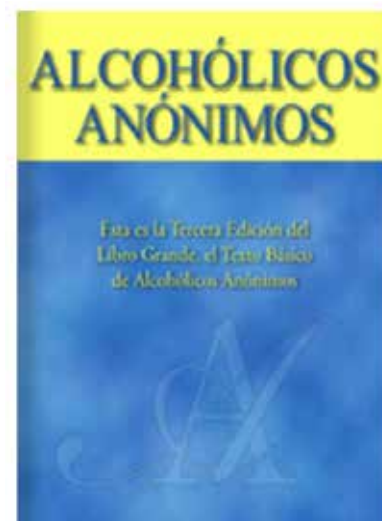
1988

June 1988 sees the founding of Lithuania's earliest known group, which meets in the Vilnius apartment of Romas O. Romas had set foot on the road to sobriety when he read a Lithuanian translation of the Big Book in the fall of 1987. In late 1988, Romas and fellow group members visit Riga, Latvia, and correspond regularly with that city's first group, founded by Pēteris and Austris in November 1988. A.A.s will begin meeting in neighboring Estonia in 1989, in Tallinn.

## SPANISH BIG BOOK PUBLISHED

2008

A new, third edition of the Spanish Big Book – Alcohólicos Anónimos – is published by A.A. World Services. This third edition includes 32 new recovery stories, three stories translated from the first edition English-language Big Book, and 12 stories carried over from the previous Spanish edition.





# How Alcoholics Anonymous Got Started

In 1931 an American business executive, Rowland Hazard, after trying all the possibilities of medicine and psychiatry in the United States, sought treatment for alcoholism with the famous psychiatrist Dr. Carl Jung in Switzerland.

After a year of treatment, Rowland H. the alcoholic felt confident that his compulsion to drink had been removed. However, he found himself drunk shortly after leaving the care of Dr. Jung.

Back again in Switzerland Rowland H the, dejected and depressed, was told by Dr Jung, that his case was nearly hopeless (as with other alcoholics he had treated) and that his only hope (might be) a spiritual conversion with a religious group of his choice.

On his return to the United States , Rowland got in contact with the Oxford Group and soon sobered up.

The Oxford Group was an Evangelical Christian Fellowship founded by American Christian missionary Dr. Franklin Buchman. Buchman was a Lutheran minister who had a conversion experience in 1908 in a Chapel in Keswick , England . As a result of that experience, he founded a movement called A First Century Christian Fellowship in 1921, which had become known as the Oxford Group by 1931.

The Oxford Group's concepts were, total surrender of un-manageability of the problem, self-examination, acknowledgment of character defects (public confession), restitution for harm done, and working with others.

The Oxford Group was not confined to members of

alcoholics only; a mixed bag of 'troubled souls' were also welcomed.

A chance meeting with Ebby Thacher, another chronic alcoholic who was about to be admitted to a Lunatic Asylum; Rowland H passed on the message Dr. Jung gave him: that most alcoholics were non-receptive to psychiatry and medicine; that their only possible hope was a spiritual conversion with a religious group of their choice. So now we have one alcoholic trying to help another alcoholic stay sober. Rowland H introduced Ebby T to the Oxford Group at Calvary Rescue Mission.

In keeping with Oxford Group teaching that a new convert must pass on the message to other suffering and troubled souls to preserve his own conversion experience, Ebby contacted his old friend Bill Wilson, who he knew had a drinking problem.

When Ebby visited Bill Wilson at his New York apartment, it was sometime in November 1934. Sitting at his kitchen table, Bill offered him a drink. 'No thanks' said Ebby , 'I stopped drinking'. 'I stopped drinking' coming from Ebby seemed the strangest thing Bill had heard. Glancing over at Ebby, Bill knew that this was no "on the water-wagon stop." Ebby was clear-eyed, focused and serene.

"What's got into you"? Bill asked. Ebby told him "he had got religion," Bill's heart sank. Until then, Bill had struggled with the existence of God. Much later of his meeting with Ebby, he wrote: "My friend suggested what then seemed a novel idea. He said, 'Why don't you choose your own conception of God?' That state-



ment hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years.”

Ebby then went on to share about his meeting with Rowland H, how hopeless in most cases psychiatry and medicine was in the opinion of Dr. Jung. Next Ebby enumerated the principles he had learned from the Oxford Group. Though he thought that the good people of the Group were sometimes too aggressive, he couldn't find fault with most of their basic teachings. In substance, the basic principles an alcoholic desiring to stop drinking should follow are:

1. He admitted that he is powerless to manage his own life.
2. He became honest with himself as never before; made an “examination of conscience.”
3. He made a rigorous confession of his personal defects and thus quit living alone with his problems.
4. He surveyed his distorted relations with other people, visiting them to make what amends he could.
5. He resolved to devote himself to helping others in need, without the usual demand for personal prestige or material gain.
6. By meditation , he sought God's direction for his life and the help to practice these principals of conduct at all times.

Ebby explained how, practicing these simple precepts, his drinking had unaccountably stopped. Fear and isolation had left him, and he received a considerable peace of mind. Once again, one alcoholic confiding in another alcoholic; the spark that was to become Alcoholics Anonymous had been struck. When Ebby left, Bill continued to drink.

The next morning Bill Wilson arrived at Calvary Rescue Mission in a drunken state looking for Ebby. Once there, he attended his first Oxford Group meeting, where he answered the call to come to the altar and, along with other penitents, gave his life to Christ. Bill excitedly told his wife Lois about his spiritual progress, yet the next day he drank again and a few days later readmitted himself to Towns Hospital for the fourth and last time.

Bill Wilson was an alcoholic who had seen a promis-

ing career on Wall Street ruined by his drinking. He also failed to graduate from law school because he was too drunk to pick up his diploma. His drinking damaged his marriage, and he was hospitalized for alcoholism at Towns Hospital four times in 1933-1934 under the care of Dr. William Silkworth.

On Bill Wilson's first stay at Towns Hospital , Dr. Silkworth explained to him his theory that alcoholism is an illness rather than a moral failure or failure of willpower. Silkworth believed that alcoholics were suffering from a mental obsession, combined with an allergy that made compulsive drinking inevitable, and to break the cycle one had to completely abstain from alcohol use. Wilson was elated to find that he suffered from an illness, and he managed to stay off alcohol for a month before he resumed drinking again.

While at Towns Hospital for the forth and last time after his friend Ebby had visited him, Bill experienced his "Hot Flash" spiritual conversion. While lying in bed depressed and despairing, Bill cried out: "I'll do anything! Anything at all to receive what my friend Ebby has! If there be a God, let Him show Himself!" He then had the sensation of a bright light, a feeling of ecstasy, and a new serenity. Bill described his experience to Dr. Silkworth, who told him that this could be a transformation, an emotional upheaval or a spiritual experience.

Upon his release from the hospital on December 18, 1934, Bill Wilson moved from the Calvary Rescue Mission to the Oxford meetings at Calvary House. There Wilson socialized after the meetings with other ex-drinking Oxford Group members and became interested in learning how to help other alcoholics achieve sobriety. It was during this time that Bill Wilson went on a crusade to save alcoholics. Sources for his prospects were the Calvary Rescue Mission and Towns Hospital . Something like a religious crank he was obsessed with the idea that everybody must have a “spiritual experience” like he had. Of all the alcoholics Bill Wilson tried to help, not one stayed sober.

It was Dr. Silkworth who pointed out to Bill, he said: “Stop preaching to them. Just tell them what happened to you. Give them the medical facts, the mental obsession, combined with an allergy that made com-

pulsive drinking inevitable.

Five months after his spiritual experience, Bill W went on a business trip to Akron -- away from home. The business venture failed. He found himself dejected and depressed standing in the lobby of the Mayflower Hotel. At one end of the lobby the hotel bar was opened. At the other end there was a telephone booth.

Suddenly the urge for a drink came upon him. He panicked! The feeling of panic assured him he still had some sanity left. He remembered that while trying to help other alcoholics 'he' remained sober. So he took action. He phoned a number of church ministries in that area asking to meet and speak with another drunk. As puzzling as this must have seemed to the ones answering his calls, Bill W finally struck gold. A call to Episcopal minister Rev. Walter Tunks, got him in contact with an Oxford Group member Henrietta Seiberling, a non-alcoholic, whose group had been trying for two years to help a desperate alcoholic named Dr. Bob Smith.

Dr. Bob started drinking early in life. While he was a student, Dr. Bob started drinking heavily and almost failed to graduate from medical school because of it. He opened a medical practice and married, but his drinking put his business and family life in jeopardy. For seventeen years Dr. Bob's daily routine was to stay sober until the afternoon, get drunk, sleep, then take sedatives to calm his morning jitters. During the prohibition period, 1920—1933 Doctors were permitted to prescribe liquor for their patients. Dr Bob would pick a name from the phone book, fill out a prescription, which would get him a pint of whisky. When this was not feasible, there was always that new member of American society --the bootlegger! It seems Dr. Bob had two phobias, one was the fear of not sleeping and the other of running out of liquor. His life was a squirrel-cage existence; staying sober to earn enough money to get drunk, getting drunk to go to sleep, using sedatives to quiet the jitters, staying sober, earning money, smuggling home a bottle, hiding the bottle from his wife, who became an expert at detecting hiding places.

So Henrietta Seiberling convinced Dr. Bob to come over to her place and meet Bill. And Dr. Bob insisted the meeting be limited to fifteen minutes. At five o'clock Sunday evening Dr. Bob and his wife were at Heneritta's house. Dr. Bob came face to face with Bill who said " You must be awfully thirsty -- this won't take us long." Dr. Bob was so impressed with Bill's knowledge of alcoholism and ability to share from his own experience, that their discussion lasted six hours. That was on Mothers Day, May 12th 1935. Dr. Bob did lapse into drinking again. He went on a binge, but quickly recovered. The day widely known as the date of Dr. Bob's last drink, June 10, 1935, is celebrated as the founding date of Alcoholics Anonymous.

A few days later, Dr. Bob had said to Bill: "If you and I are going to stay sober, we had better get busy." Dr. Bob called Akron 's City Hospital and told the nurse, a "Mrs. Hall," that he and a man from New York had a cure for alcoholism. Did she have an alcoholic customer on whom they could try it out? She replied, "Well, Doctor, I suppose you've already tried it yourself?" Then she told him of a man who had just come in with DT's, had blacked the eyes of two nurses, and was now strapped down tight. "He's a grand chap when he's sober," she added. The nurse told Dr. Bob and Bill that Bill Dotson, the patient, had been a well-known attorney in Akron and a city councilman. But he had been hospitalized eight times in the last six months. Following each release, he got drunk even before he got home.

So Dr. Bob and Bill talked to what is now known as their first "man on the bed." They told him of the serious nature of his disease, but also offered hope for a recovery. "We told him what we had done," wrote Bill, "how we got honest with ourselves as never before, how we had talked our problems out with each other in confidence, how we tried to make amends for harm done others, how we had then been miraculously released from the desire to drink as soon as we had humbly asked God, as we understood him, for guidance and protection. Bill Dotson, the "Man on the Bed, eventually sobered up, his date of sobriety was the date he entered Akron 's City Hospital for his last detox on June 26th, 1935.

# 12 STEPS IN REVERSE

## THE ROAD TO RELAPSE

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12. HAVING DETACHED OURSELVES SPIRITUALLY AS A RESULT OF IGNORING THESE STEPS, WE LET OUR FELLOW ALCOHOLICS FEND FOR THEMSELVES AND PRACTICED THESE PRINCIPLES SPORADICALLY.

11. LET OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM LAPSE BY PRAYING ONLY IN EMERGENCIES FOR OUR WILL TO BE CARRIED OUT.

10. SLACKED OFF ON PERSONAL INVENTORY AND WHEN WE WERE WRONG, DENIED OR HID IT.

9. REASONED THAT NO ONE HAD BEEN HURT BY US MORE THAN WE HAD BEEN HURT BY THEM AND CALLED IT EVEN.

8. MADE A GAME OF RATIONALIZING THE HARM WE HAD DONE OTHERS.

7. SANG "I'VE GOTTA BE ME".

6. DECIDED THAT OUR DEFECTS OF CHARACTER WERE TOO MUCH FUN TO GIVE UP.

5. DENIED TO OURSELVES, TO GOD AND TO EVERYBODY ELSE THAT WE HAD EVER DONE ANYTHING HARMFUL.

4. QUICKLY CAST A WEAK FLASHLIGHT OVER OUR MORAL INVENTORY AND DECIDED IT WAS MORE FUN TO TAKE YOURS.

3. MADE A DECISION TO KEEP OUR WILL AND OUR LIVES TOTALLY IN OUR OWN CONTROL.

2. CAME TO BELIEVE THAT SINCE OUR TROUBLES WERE OF OUR OWN MAKING, WE WOULD HAVE TO SOLVE THEM WITHOUT OUTSIDE HELP.

1. WE DECIDED THAT WE COULD CONTROL ALCOHOL, THAT OUR LIVES WERE MANAGEABLE AFTER ALL.





## UPCOMING EVENTS

District 4: Saturday Night Live  
July 1, 6:00 PM  
116 N 12th St., Fort Smith

Area 4 Assembly  
July 8-9  
300 E Harrell Dr, Russellville  
Meeting ID: 931 0896 7121  
Passcode: Box459

83rd Old Grandad  
July 29-30  
Arlington Hotel, Hot Springs

Hope Group 18th Birthday Party  
August 7, 6:15-8 PM  
9213 Hwy 107, Sherwood

Arkansas Travelers Roundup  
September 15-17  
801 E 6th St, El Dorado

Autumn in the Ozarks  
September 22-24  
23 Davey Ln, Mountain Home

- **A.A. is not a program of "don't"s, but of "do's."**
- **A.A. is not martial law; it is freedom.**
- **A.A. is not tears over defects, but sweat over fixing them.**
- **A.A. is not penitence; it is salvation.**
- **A.A. is not "Woe to me" for my sins, past and present.**
- **A.A. is "Praise God" for the progress I am making today.**

## HOPE

HOPE is the laughter where once there was none, reposes the gloom of the glowering glum...

HOPE is the newcomer succumbed to submission, who's journey is launched with an honest admission...

HOPE is the promises we read in our book, good will for the painstaking measures we took...

HOPE is the rooms where we humbly share, hands held as one as we close with a prayer...

HOPE is the big book covered in blue, it's primary purpose still tried and true...

HOPE is a power far greater than me, wiser and stronger than I'll ever be...

HOPE is the new life we've all come to find, 12 simple steps, one day at a time.

- Gordon R.



*let* GO  
— and —  
*let* GOD



YOUR  
CENTRAL  
OFFICE  
SELLS  
MORE  
THAN  
BOOKS



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





# Central Office Has New Bookmarks With New Designs!



## STILL JUST \$1

## ALCOHOLICAS ANONIMAS

### LIBRERIA ESPANOLA

6602 Baseline #A  
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Literatura Espanola de AA

Horario de la Tienda

7 dias a la semana

7 AM to 9 PM

Contactos Telefonicos  
de Habla Hispana

501.478.8630

501.213.9666

501.707.8146

501.909.1997







# NAMELESS

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

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

Monday - Billy O. And Ashlie B.

Tuesday - Bob W. And Tara S.

Wednesday - Travis T. And Terri T.

Thursday - Carolyn Mc. And Jeremy C.

Matt H. first Thursday.

Friday - Debbie D. And Brandon M.

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

Sunday - 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.



## **SHARING OUR SOBREITY**

Your CENTRAL OFFICE is promoting the SOS Program to encourage AA members to support the Office through financial donations.

It is suggested that a donation of at least \$1.00 per year of sobriety be made to the office on your or someone you wish to honor's AA birthday.

Make your donation payable to Arkansas Central Office.

The Central Office has self-addressed envelopes to pass out to the groups.

Please help us in this effort by announcing the SOS Program.





# **YOU ARE INVITED!**

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

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

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

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

**JOIN US**

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

**PASSWORD: 55555**

# Arkansas Central Office Board Of Directors

## Quarter 1 2023

Category

January-March2023

### INCOME

#### Donations

Donations:**Activity Donations	442
Donations:**Change Donations	377.1
Donations:**Conv Jar Donations	12
Donations:**Gratitude Month	194.24
Donations:**Individuals	10
Donations:**Individuals:!	5
Donations:**Individuals:!	50
Donations:**Individuals:!	25
Donations:**Individuals:!	20
Donations:**Individuals:!	1,000.00
Donations:**Individuals:!	500
Donations:**Individuals:!	197.62
Donations:**Individuals:!	15
Donations:**Individuals:!	300
Donations:**Individuals:!	240
Donations:**Individuals:!	200
Donations:**Individuals:!	30
Donations:**Individuals:!	5.65
Donations:**Individuals:!	90
Donations:**Individuals:!	30
Donations:**Individuals:!	20
Donations:**Individuals:!	0.89
TOTAL Donations:**Individuals	2,940.05
Donations:**MainStreet Batesville	25
Donations:**Memorials	100
Donations:**Recurring Donations	870
Donations:**SOS Sharing Our Sobriety	0
Donations:*120 & Half Little Rock	176.19
Donations:*A.A. Grp #1 Ark Co. Stuttgart	50
Donations:*AA Camus Grp Fayetteville	22.05
Donations:*Back to Bsics Russelville	30
Donations:*Barely Legal Little Rock	0
Donations:*Beebe Group Beebe	110.87
Donations:*Big Meeting	213.6
Donations:*Bridging the Gap North little Rock	475.37

Donations:*Cabot Local Chapter #1	75.1
Donations:*Clinton Group Clinton	90
Donations:*Conway Nooners	200
<b>Donations:*Cosmopolitan Little Rock</b>	<b>0</b>
Donations:*District 6	67.43
Donations:*District 8	0
Donations:*Downtown Nooners little Rock	66
Donations:*Dunbar Little Rock	300
Donations:*East Gate Grp HS Village	118.49
<b>Donations:*F Street North Little Rock</b>	<b>979.86</b>
<b>Donations:*Founders Day Activity</b>	<b>0</b>
Donations:*Foxhall Sherwood	0
Donations:*Friends Group Jonesboro	0
Donations:*Grace Womens Grp Conway	80
Donations:*Gravel Ridge Sherwood	127.42
Donations:*GrupoNuevaAmistad	204
Donations:*HALT Little Rock	826
Donations:*Hi Nooners Fayetteville	200
Donations:*Hope Grp North Little Rock	405
<b>Donations:*Jacksonville AA</b>	<b>110.25</b>
Donations:*Jonesboro Group	0
Donations:*KeepItSimpleFayetteville	189
Donations:*Meeting in the Middle Little Rock	0
Donations:*Monticello AA	50
Donations:*More Shall Be Revealed Little Rock	300
Donations:*Pig Pen Grp Little Rock	0
Donations:*Pinnacle Mtn Little Rock	155.23
<b>Donations:*Reservoir Little Rock</b>	<b>349.42</b>
Donations:*Rock Group North Little Rock	164.61
Donations:*Rock House Hot Springs	0
Donations:*Rogers Group	0
Donations:*Rule 62 Jacksonville	140.2
Donations:*Saints We Ain't Little Rock	104
Donations:*Seeking Serenity Conway	39
Donations:*Sisters Seeking Sobriety Little Rock	30
Donations:*Sterling Men's Group	200
Donations:*Tontitown Group	450
Donations:*Tue-Thur Group Conway	0
Donations:*Unknown	0
Donations:*Wednesday Night B.B. Little Rock	300
Donations:*Welcome Grp Hot Springs Village	100
<b>TOTAL Donations</b>	<b>12,459.48</b>
Interest Inc	138.48
Other Inc	15
Refund Debit Card	-49.68



Sales	
Sales:Sales Cash-Check	7,249.05
Sales:Sales Credit Card	6,904.30
Sales:Sales Non-Taxable	342
TOTAL Sales	14,495.35
TOTAL INCOME	27,058.63

## EXPENSES

Bookstore Purchases	7,577.04
Donations to AA Entities	0
Overhead	
Overhead:Accountant	263
Overhead:Activities & Events	249.74
Overhead:Bank Charge	283.04
Overhead:Conventions	1,024.30
Overhead:Insurance Work Comp & Property	491
Overhead:Internet ISP	1,040.81
Overhead:Meeting Supplies	219.44
Overhead:New Equipment	1,183.91
Overhead:Office Supplies	518.25
Overhead:Rent Building	2,985.00
Overhead:Repair-Maintenance	0
Overhead:Sales Tax & Penalties	1,034.00
Overhead:Telephone	317.16
Overhead:Utilities	968.5
TOTAL Overhead	10,578.15
Refund Cash Check Sales	138.5
Wages	
Wages:Federal Withholding Deposit	1,940.22
Wages:Salary-Paychecks	8,077.29
Wages:State Withholding	607.13
TOTAL Wages	10,624.64
TOTAL EXPENSES	30,190.92
OVERALL TOTAL	-3,132.29

## ACCOUNTS

	January-March2023	Balance
PayPal/Zettle		913.27
Simmons Main Checking		30,381.66
Simmons Reserve Checking*		5,480
Aarmor CD @1.89%*		14,638.48
First Financial CD @0.82%*		4,324.43
First Financial Savings @1.2%*		8,339.48
*Prudent Reserve		32,782.39

**A.A.'s Seventh Tradition states:** "Every A.A. group ought to be fully self-supporting, declining outside contributions." This means that only A.A. members contribute financially to A.A. – and even A.A. members are limited in the amount they can contribute.

## 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!!

### JANUARY:

TOTAL CALLS: 105  
12 STEP: 12  
AFTER HOURS: 48

### FEBRUARY:

TOTAL CALLS: 86  
12 STEP: 9  
AFTER HOURS: 43

### MARCH:

TOTAL CALLS: 93  
12 STEP: 11  
AFTER HOURS: 49

### 1ST QUARTER 2023

TOTAL CALLS: 284  
12 STEP: 32  
AFTER HOURS: 140



DISTRICT 4 PRESENTS:

# SATURDAY NIGHT LIVE

Hosted by the Courage to Change Group,  
celebrating their 30<sup>th</sup> anniversary

**\*\* SKIT \*\* SPEAKER \*\* BAKE SALE AUCTION  
\*\* 50/50 DRAWING \*\***

**WHEN: Saturday, July 1st, 2023 @ 6:00 PM**

**WHERE: First Presbyterian Church  
116 N. 12<sup>th</sup> St.  
Fort Smith, AR 72901**

**ENTRE PROVIDED ☺**

**PLEASE BRING SIDE DISH OR DESSERT**

*Join us for a night of Food, Fun, Fellowship & Sobriety!*



Arkansas State AA Convention  
Oldest AA Convention West of the Mississippi

# 83rd "Old Granddad"

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 Granddad Convention to obtain the discounted room rate.

**Hospitality Room**

**Sight Seeing**

**The Voice**  
Heather R.  
Conway, AR

**"Something Better Than Gold"**

<b>Friday</b>		
2:00 pm	Registration opens	
7:30 pm	Aaron Z.	Molalla, OR
<b>Saturday</b>		
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
<b>Sunday</b>		
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](mailto:convention@arkansasaa.org) OR call / text (760) 447-0985

Registration also available online at [www.oldgranddadconvention.com](http://www.oldgranddadconvention.com)

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

**\$30 AT THE DOOR OR IF REGISTRATION RECEIVED AFTER JULY 15<sup>th</sup>**

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

All Registrations will be held in the name of:

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
EMAIL \_\_\_\_\_

Help Another With a Scholarship

Total Amount Due

Mail Registrations with all checks payable to:

CONVENTION TREASURER  
P.O. Box 7245  
Little Rock, AR 72217

# AA BIRTHDAY PARTY

HONORING

## HOPE GROUP

SHERWOOD, ARKANSAS



August 7, 2023 at 6:15-8:00 pm

Hope House, 9213 Arkansas 107, Sherwood  
Hope Group will provide the meat and drinks.

All others are asked to bring a side dish.

The Speaker will begin at 7:00 pm

# Arkansas Travelers Roundup 2022

September 15th, 16th & 17<sup>th</sup>  
Fun! Food! Fellowship!  
“Attitude of Gratitude”



Kickoff speaker at Open Door Group - 801 E 6th St, El Dorado, AR

Thursday - 9/15

7:00pm - Speaker: David R. - Memphis, TN

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First Baptist 252 Youth Facility (Across from First Baptist Church, 200 W Main St)

Friday - 9/16

5:30pm - Dinner (onsite)

7:00pm - Speaker: Kristena C. - Louisville, KY

**\*Karaoke and Dancing after speaker\***

Saturday - 9/17

8am - Breakfast (onsite Spudnuts)

10am Speaker: Anne A. - San Antonio, TX

Lunch Break 11-1pm (offsite)

1pm - 2:30pm Panel Workshop

3pm Alanon Speaker: Sean M.

5pm - Dinner (onsite)

7pm Speaker: Robert M. - Round Rock, TX

\$20 Registration but no alcoholic is turned away

Questions?

Phillip S. 870.315.6642 - Kelly R. 870.814.6770 - Mark H. 870.725.6041 - Kandy R. 870.312.3464



You are invited to the 40th Annual  
**Autumn in the Ozarks**  
September 22nd, 23rd, 24th, 2023  
"You are not alone anymore."

Planned Events

Friday 4:00 p.m. .... Registration Opens  
Friday 4:00 p.m.-6:00 p.m. .... Dinner  
Friday 7:00 p.m.-8:00 p.m. .... Lorna S. Nesbit, MS.  
Friday 8:15 p.m.-8:45 p.m. .... Ice Cream Social  
Friday 9:00 p.m. .... Bingo  
Saturday 7:00 a.m.-8:00 a.m. .... Breakfast (Hospitality Room)  
Saturday 7:30 a.m.-9:30 a.m. .... In Memory of Jon Neal Poker Run  
Saturday 8:30 a.m.-9:30 a.m. .... Open AA Meeting (Main Room)  
Saturday 8:30 a.m.-9:30 a.m. .... Open Al-Anon Meeting (Side Room)  
Saturday 10:00 a.m. .... Tony S. Hughes, AR  
Saturday 11:30 a.m.-1:30 p.m. .... Luncheon with Guest Speakers  
Saturday 2:00 p.m. .... Claude R. Green Forrest, AR  
Saturday 5:00 p.m.-6:30 p.m. .... Dinner (Hospitality Room)  
Saturday 7:00 p.m. .... Sobriety Countdown with Janet O.  
Saturday 7:30 p.m. .... Rodney "Bear" T. Bastrop, TX  
Saturday 9:00 p.m. .... Bingo  
Sunday 7:00 a.m.-8:30 a.m. .... Breakfast (Hospitality Room)  
Sunday 8:30 a.m.-9:30 a.m. .... Open AA Meeting (Side Room)  
Sunday 9:30 a.m. .... Stephanie S. Hughes, AR

Hospitality room will be closed during all meetings.

Scholarships Available - Meals Provided

.....  
For conference information contact: Joey E. 870-270-9522, Lisa E. 870-362-6086 or  
Jessica M. 870-280-8148

Ramada Inn: Special Room Rates Available (mention Autumn in the Ozarks)  
1127 NE 62 B Mountain Home, AR 72653 PHONE: (870) 425-9191 or 1-800-272-6232  
.....



"Kids Corner"

Face Painting, Coloring  
& Arts and Crafts

Pre-registration fee by Sept. 1st. \$20.00 (\$25.00 at door, Alateen, free)

Full name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip Code \_\_\_\_\_ Phone \_\_\_\_\_

Name to print on badge \_\_\_\_\_ Name to print on badge \_\_\_\_\_

Name to print on badge \_\_\_\_\_ Name to print on badge \_\_\_\_\_

If you would like to donate to scholarship fund for 1 or more who cannot afford registration fee \_\_\_\_\_

**Mail Registration to:**

**Autumn in the Ozarks, 23 Davey Lane, Mountain Home, AR 72653**





**YOUR CENTRAL OFFICE  
PRESENTS**



# CHILI CHALLENGE

**\$10  
CHILI  
ENTRANCE  
FEE  
\$20 FOR  
GROUPS**

**SATURDAY  
OCT 28  
2023**

**6:30  
TO  
9PM**



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

**SPEAKERS: TBA CHILI DINNER WITH FIXINS . LIVE MUSIC .  
DRAWING FOR 50/50 AND GIFTS . TROPHY PRESENTATIONS!  
PAY WHAT YOU CAN. COSTUMES ENCOURAGED! THE JAIL WILL BE OPEN  
THE SHERIFF WILL BE ARRESTING THOSE IN VIOLATION OF TRADITIONS**



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

Vancouver, British Columbia, Canada

July 3-6, 2025

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

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

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

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