# NAMELESS

NEWSLETTER



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Published by Your
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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.

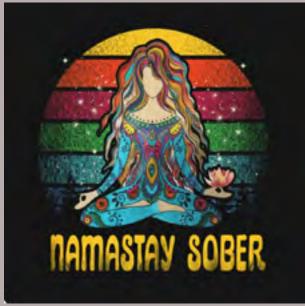
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# Mission Statement





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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it existed. But he was praying. He had come to believe that a Power greater than himself could restore him to sanity. He was turning over his will and his life to the care of God as he understood Him. He had taken Steps Two and Three in the first ten words of the Lord's Prayer!

"Thy Kingdom come, Thy Will be done, on earth as it is in heaven. . ."

Some of the grim quality was leaving the face of that man. The tell-tale liquor blotches stood high on his cheek bones but in his eyes, now open, was a softer light. Was hope beginning to replace despair?

#### A Perfect Convocation

THE AA meeting was coming to a close. The group discussion had ended and the informal chatting was only a murmur. The chairman, with a nod of his head to the group, said "We'll close the meeting in the regular manner."

Reverently heads were lowered, eyes were closed.

The dramatic impact of that Sermon on the Mount 2000 years ago was upon us, at our meeting.

"Our father, Who art in heaven, hallowed be Thy name. . . ."

That fellow standing ahead, and to the left of me (it's his first meeting) shuffles his feet in worn shoes. He's embarrassed, ill at ease. But he is praying. Good! I remember a remark he made before the meeting opened. "I've absolutely no control over my drinking anymore. The stuff is killing me; my life's a mess."

Well, I thought now, he had taken the First Step with that admission. The expression on his face might be a clue to his thoughts. Grim, yet pleading.

"God, I'm licked. I've sworn off, gone on the wagon and switched drinks. Always with the same dreary results. Another drunk! I've tried everything--on my own hook. Nothing helped. So, here I am, God. With shabby shoes and screaming nerves, I stand before you, my Father. I don't deserve your help. But I can't go on without it. Will you help me now? Please!"

My fellow alcoholic was not concerned at that moment with our Twelve Step program. He probably didn't know

"All of this is new to me, God. . .but these fellows here tell me it isn't new to You. For more years than I care to remember, it has always been my will, my whims, my desires. To what end? Regrets, remorse, shame and suffering. Now I want you to take over. Let thy will be done. I know that you are the Master Planner, if I allow you to be. And I know that in your plans there can be only good for me. Teach me, then, to trust in you."

The shuffling feet were still. The eyes again were closed. The form ahead of me was relaxing. Confession is good for the soul. Had not this distraught man just admitted to God, and to himself, the exact nature of his wrongs? Was he not subjecting himself and his will to that of God's--God as he understood Him? Was he not making a fearless inventory of himself? Of course he was! Here was Step Three again, and Steps Four and Five too!

"Give us this day, our daily bread. . . "

There were twenty-five people in that room. Some had known sobriety for years, some for only months. To the man ahead of me it had been a companion for only a few brief hours. But here in seven short words was the unbelievably powerful supplication that could secure it for a life-time, one day at a time!

"Divine master, the Bread we ask for this day's needs is sobriety. The emptiness of yesterday is gone; the demands of tomorrow we know not. Guide us then, this day. Let this day be expiation for the lost yesterdays, a strengthening for the tomorrows. Give us the courage to live out this one day as Thou wouldst will it."

Perhaps I imagined it. Or did our new friend actually

rush into the next phrase as if eager to purge himself completely of all that was behind him?

"And forgive us our trespasses, as we forgive those who trespass against us. . ."

"Forgive me. Father! Forgive the lies, the treachery and the deceit wrought in drunken moments. Erase from my soul the stain of petty thievery, of precious time wasted. Forgive me for the heartache and anguish I've authored. Remove from me forever, the bitterness I've harbored against those who have chastised me, and supplant it with love. Strike from my heart the resentment and rancor with which I have lived so long."

He seemed to be growing in stature this man with the shabby shoes. The shoulders were squaring as if a great weight had been taken from them. And that is exactly what had taken place. For, in seeking forgiveness, he had forgiven. He had proved his willingness and readiness to have God remove his character defects. In humility, he had asked Him to remove his shortcomings. And though the compilation of a list of all people he had harmed would require time, he was willing to make amends.

Still without conscious realization of it, our new member was encompassing steps Six, Seven and Eight. And again it had been done in two phrases--thirteen words-of the "Our Father"!

"And lead us not into temptation. . ."

Oh, yes, there will be temptation. In the early stages of our new-found sobriety will come the urge to take "just one" drink. And as our sobriety continues, there may come the belief once again that our problem has been eliminated, that we have mastered it.

"But"--and the man ahead of me may be whispering it now--"there'll be no graduation exercises for me, God. Never permit me to feel that I have completed my course. For, O Lord, innot feeling that, I will not be led into temptation. Give me always the humility to know myself. In that will be my strength."

"For Thine is the Kingdom, and the Power, and the Glory forever. Amen."

The prayer was ended. The owner of the shabby shoes walked slowly to the rear of the room. The liquor blotches still stood in high relief on his cheek bones. Nervous perspiration shone on his forehead. But in his carriage there was determination; in his eyes there was hope; in his heart there was the knowledge that he had enlisted an Omnipotent Ally.

In the final words of the "Our Father" he had paid true homage to the Almighty Power, the Supernatural Glory and the Everlasting Kingdom of God. In his quiet "Amen" he had pronounced a solemn "So be it" to the power-packed supplications of the Pater Noster.

John K. Waupun, Wisconsin



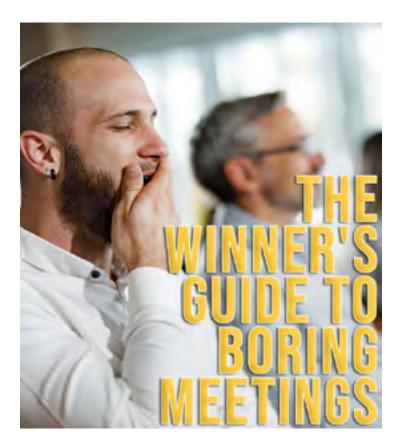
# The Grapevine Half-Hour Variety Hour

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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or a brief period during my fifth year of continuous sobriety, I was going through a rough patch in my attendance at AA meetings. Somehow, the drinking stories and the tales of the early days of AA were rubbing me the wrong way. If I wasn't bored, I was angry. What to do?

Leave the Fellowship altogether? I had heard enough people say that they came to meetings to find out what happens to alcoholics who don't come to meetings. It wouldn't be quitting--I'd be allowing others to drive me out!

Change my patterns of attendance? I tried attending different groups and different types of meetings. That did help somewhat, but a complete change of groups made me feel that I was a beginner again, trying to break into new friendship circles. The loneliness I felt when I cut myself off from my familiar AA associates was not helping my mental health. I was still bored with "identification meetings" full of drunk stories, and there weren't enough Step, Big Book study, or discussion groups near enough to where I live and work.

Trying to solve my own problem by running from the Fellowship or my regular meetings was a dry-drunk manifestation of my alcoholic pattern of running from my problems. Resentments were building up inside me, and I was keeping it all inside. If I didn't want to relapse into the active form of our disease of alcoholism, what should I do?

The answer, of course, was to talk about my feelings. My first opportunity came at a "problem-study group," which I went to with the specific intent of letting it all out. It wasn't hard to do. I almost exploded as my anguish, pain, frustration, hostility, and confusion poured forth, complete with table-banging and language that would make a strip-joint bouncer blush.

The assembled members listened patiently to my distress, then offered some opinions on what they had done in similar circumstances. Here was a definition of our Fellowship in action. By sharing their experience, strength, and hope with me, they saved me, so I have been able to pass these ideas on to others trying to work the program.

Some of their suggestions included ways to occupy my mind during boring or repetitive drunkalogs. One urged me to count the words on the Steps or Traditions banner or, better yet, to examine how each Step has been accomplished in my life. Another suggestion was to use the time to take my daily or weekly inventory, making a mental list of those to whom I must promptly admit my errors. Still another bit of advice was to use the time to meditate on the word "one" or the word "unity" until I could see how I and the person speaking were similar.

The suggestion I liked best, however, and the one I subsequently practiced for six months with great, lasting benefit, was to carry a little notebook to meetings and write down any pieces of AA folk wisdom that might be lurking in the midst of otherwise uninteresting stories. At first, I was self-conscious about jotting down those pithy gems, but no one seemed to mind, and my collection grew rapidly. It was like finding gold nuggets amid rocks in the stream of consciousness.

The first saying I noted started me off in the right frame of mind: "What I don't know about this program may kill me." That was followed closely by "The clenched fist never receives" and "It's AA or 'amen' for me." After a while, I heard statements like "I don't live for AA--I use AA to live," "If you want sobriety, you must go among those who have it," and "If you want what we have, then do what we do."

Soon, my notebook was overflowing with those statements that we pass on to each other as part of the message of recovery. I learned to look at people and the way that they are handling this program of living. I learned that it is the simple, easily remembered statements that are our most eloquent contributions to one another.

To be teachable, I had to be reachable. I can see now that my stinking thinking was leading to drinking. Since the door swings both ways in AA, I had come to a turning point where I had to hang on and let go. My confidence today is gained from my humility of yesterday. Now, I go to meetings not to be entertained but to be healed, and I continue to stay around to witness the naturally occurring miracles as we love each other into well-being.

Today, I know that notes in the same key resonate together. I'm at meetings to give as well as to receive. No matter how much continuous sobriety I have to my and AA's credit, I am still only one drink away from a drunk, just like everybody else in these meeting rooms. If there's any message in all of this problem-turned-project, it can perhaps be summed up in these words heard at an otherwise dreary meeting: "I never let the seeds stop me from eating the watermelon."

C. F. Wollstonecraft, Australia AA Grapevine May 1984 Alcoholics Anonymous® www.aa.org

# General Service Office of Alcoholics Anonymous

Press/Media Page

Contact: Public Information Desk pressinfo@aa.org (212) 870-3119

#### FOR IMMEDIATE RELEASE

Attn: Reporters, editors, and producers

#### Members of the Hispanic Community Find Help and Hope in Alcoholics Anonymous

The Alcoholics Anonymous (A.A.) General Service Office offers support and publications in Spanish for members and anyone seeking help for a drinking problem.

(NEW YORK, October 21, 2022) Members of the Hispanic community find help and support to get and stay sober every day in meetings across the United States and Canada. Those whose first language is Spanish also have available to them an array of A.A. books, pamphlets, and other materials in Spanish—including the book Alcoholics Anonymous ("the Big Book"). The A.A. Meeting Guide app also allows users to search for Spanish-speaking meetings in their area or online.

To support local members as they extend the hand of A.A. to individuals who are struggling with their drinking, including those in the Hispanic community, the A.A. Fellowship makes requests to the General Service Office (G.S.O) to create literature and materials. Today, production on the fourth edition of the Spanish-language Big Book is underway, with a call for <u>submission of stories</u> from members. While all A.A. literature and communications are published in English, Spanish, and French, this edition of the Big Book features stories from Spanish-speaking members who share their experience, strength, and hope.

Last year, Alcoholics Anonymous published "<u>Hispanic Women in A.A.</u>," a pamphlet sharing personal stories from Spanish-speaking A.A. women from around the country that reflect both social and economic diversity. "I felt like I knew them and that they knew me, and soon A.A. felt like home. I realized that I could understand the program better in Spanish with Hispanic women, and this was highly important at the beginning of my recovery." (Esther, Hispanic Women in A.A.)

In addition, the AA Grapevine, the international journal of A.A., publishes <u>La Viña</u>, a bimonthly Spanishlanguage magazine that features stories from A.A. members on topics including emotional sobriety, spiritual service, and more.

This month, a new book in Spanish from AA Grapevine, <u>Sobriedad emocional: Más allá del horizonte</u>, will feature powerful stories from A.A. members who describe the positive changes sobriety can bring as they practice the principles of A.A in all aspects of their lives.

Anyone interested in attending an A.A. meeting can find one by contacting a local A.A. Central or Intergroup Office or online through the A.A. Meeting Guide app.

Alcoholics Anonymous is for anyone who wants to stop drinking. For more information about A.A., visit www.aa.org.

## MOMENTS IN A.A. HISTORY



1935

## "THE MAN ON THE BED"

Eager to carry the message, Bill and Dr. Bob search for another person to help. After a slow start, their call to Akron City Hospital yields a prospect — Bill D., a lawyer. During the visits of Bill and Dr. Bob, Bill D. takes their message to heart and promises never to drink again — a vow he keeps for life. Now remembered as the "man on the bed" (here as depicted in a painting by an A.A. member), Bill D. becomes the third member of what will eventually be called Alcoholics Anonymous.

1962

# DR. NORRIS ELECTED CHAIRMAN

Dr. John L. Norris, the medical director of Eastman Kodak and a non-alcoholic trustee of A.A. since 1948, becomes chairman of the General Service Board. "Dr. Jack," described by Bill as "a most selfless and devoted worker," will be instrumental in the development of Regional Forums. His involvement with A.A. will continue after he steps down from the Board of Trustees in 1975.





1022

# THE LANGUAGE OF THE HEART PUBLISHED

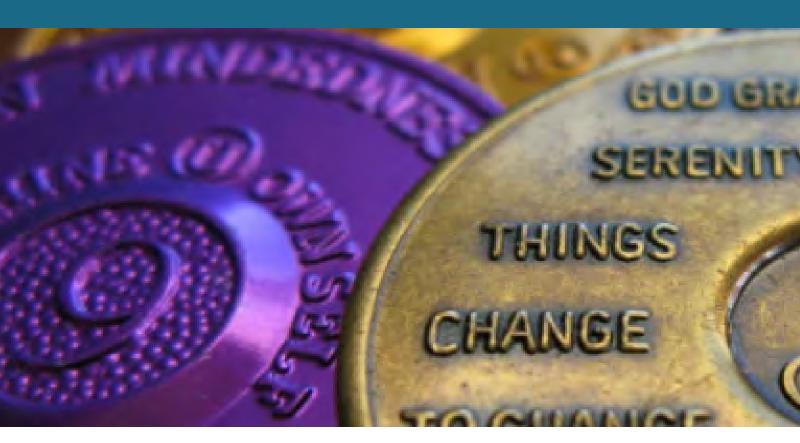
An anthology of more than 150 AA Grapevine articles written by Bill W., The Language of the Heart, documents the trial and error that resulted in A.A.'s spiritual principles of Recovery, Unity, and Service and articulates Bill's vision of what the Fellowship could become. For more than three decades Bill had often used the magazine as a vehicle for communication with members and groups.

2016

# **24TH WORLD SERVICE MEETING**

With the theme "One World, One A.A., One Language of the Heart," 61 delegates from over 40 areas around the world gathered in Rye Brook, New York for the 24th World Service Meeting. Each delegate was a representative of the A.A. service structure from a country or zone, and came to share experience on the national level about carrying the A.A message, helping to establish the Fellowship in new lands, strengthening the service structure, and providing literature translated into many languages.







From Box 4-5-9 (December 1989)

- 1. Line up extra AA activities (help on the phones, speak, empty ashtrays)
- 2. Be host to friends, especially newcomers, at home or at a coffee shop.
- 3. Keep your AA telephone list with you at all times.
- 4. Find out about holiday meetings or celebrations in your local groups.
- 5. Skip any drinking occasions you're nervous about.
- 6. If there's one you can't skip, take an AA friend -or keep candy handy
- 7. Don't think you have to stay late (plan an "important date" in advance).
- 8. Go to church. Any church. And don't forget about extra meetings
- 9. Don't sit around brooding; catch up on reading, museums, walks, letters
- 10. Don't project about holiday temptations. Remember "One day at a time."
  - 11. Even if you cannot give material gifts, enjoy the beauty of holiday love
  - 12. Carry the message. Give the joy away and it will be yours to keep



# UPCOMING EVENTS

Rock House Holiday Party 6 PM, December 17, 2022 7415 N State Hwy 7, Jessieville

AR Central Office Christmas Eve Open House 10 AM - 2 PM, December 24, 2022 7509 Cantrell Rd, Ste 106, Little Rock

Willow Hall's Christmas Eve Gathering 5:30 PM, December 24, 2022 420 Willow St, Conway

Bridging the Gap Christmas Eve Candlelight Meeting 6:00 PM, December 24, 2022 8 Crystal Mountain Lane, Maumelle ARKYPAA Annual
New Year's Eve Countdown Party

8 PM, December 31, 2022 5922 Joslin Road, North Little Rock

Area 4 Assembly

January 8-9, 2023 Holiday Inn 300 E Harrell Dr, Russellville

65th Annual AA & Al-Anon Coon Supper

January 27-29, 2023 Holiday Inn 1121 E Main St, Blytheville

Winter Holiday

February 3-5, 2023 Embassy Suites 11301 Financial Centre Parkway, LR



he seventeenth Christmas for Alcoholics Anonymous is here. Considering all that has happened since AA's first Christmas in 1935, no words can portray the meaning of Christmas 1952. The only thing of which we're really sure is that we have given of ourselves, and have received gifts that no imagination can fully describe. Guided, we are sure, by an all-generous and wise Providence, AA's message of hope has been carried into nearly every corner of the earth. The Christmas drama of giving and receiving has been re-enacted everywhere and still goes on.

Many of us in AA are of the Christian faith, though not all. We have Jews who look to Jehovah; agnostics who hopefully look to the AA group as their Higher Power; and there are Indians upon our Western plains who regard the Great Spirit as their guide. Now that we have opened tiny beachheads on the shores of Asia, we have no doubt that some of our brothers and sisters there reverence Buddha and others Allah. It is a comforting fact of our life together that none of these differences has ever disturbed us. Indeed, it can be said that they have, in some subtle and mysterious way, bound us even more firmly together. The insurance of that bond is our common kinship in suffering, and our universal release from it by the kind of giving that demands no reward.

So, by whatever name we may call it, the spirit of Christmas is in us all. How best to give and how to receive with ever more gratitude is our common aim. We'd like to practice the spirit of Christmas the year around. Therefore, we shall especially ask ourselves at this season: "What more can we find in order that we shall have more to give?" Since personal example is one of the great energies by which AA spreads, let's have a quick look at the life of a man who became able to practice the spirit of Christmas every day in the year.

He was born in Italy centuries ago. The age in which he lived was almost as confused and baffling as our own. His first attempt at living was just like ours. He ran away from life as fast as he could, and by nearly the same means. Few, it was said, could romance more gaily than he, shake the dice with Dame Fortune with more abandon, nor clatter his wine flagon on the table more loudly. He probably had a pretty good time doing it, too, at least for a while. Bit by bit, though, he got fed up. During a long siege of illness he hit bottom, even as we alcoholics do.

One day he said to himself, "Suppose that in all things I try henceforth to do exactly as my Master would have done." This was the vision that gripped him, and he set foot on the new highroad. Some of his friends were amused, and others were deeply concerned. Some said it wasn't practical; others thought he had gone out of his mind. But by living one day at a time, teaching and sharing as he went, with no thought of reward for himself, he started a movement that deeply affected the whole world of his day; it reached into every level of society. He gave all he had, and that inspired others to do likewise. He brought true comfort where there had been none.

And how did he do this? The prayer he so often spoke tells us. Here it is:

"Lord make me a channel of Thy Peace That where there is hatred. . . I may bring love That where there is wrong. . . I may bring the spirit of forgiveness That where there is discord. . . I may bring harmony That where there is error. . . I may bring truth That where there is doubt. . . I may bring faith That where there is despair. . . I may bring hope That where there are shadows. . . I may bring light That where there is sadness. . . I may bring light That where there is sadness. . . I may bring joy. Lord, grant that I may seek rather to Comfort. . .than to be comforted , To understand. . .than to be understood , To love. . .than to be loved .For. . .it is by self-forgetting. . .that one finds , It is by forgiving. . .that one is forgiven It is by dying. . .that one awakens to Eternal Life."

The lesson that Francis leaves us is clear and no example could be brighter.

"Freely ye have received; Freely give" and. . .a Merry Christmas!

 $\mathcal{B}i\mathcal{W}$ .



7th Tradition Adventures in the Post-Covid Digital Wild West

It's been a wild couple of years for Alcoholics Anonymous. The pandemic fundamentally changed the way many AA groups functioned. From virtual meetings to online contributions, the Traditions have never been more important to help us navigate the new ways in which Alcoholics are interacting with their homegroups.

n March 2020, my homegroup went virtual, holding meetings on Zoom (the online meeting platform) exclusively. To allow our members to contribute online, we opened a Cashapp and a Venmo account. I was the treasurer at the time, so my job became very simple. There was no longer rent to pay, (except for a locker rental fee at our meeting place), no coffee, creamer, coins or books to purchase, as none of us were meeting face-to-face, and for how long, we had no idea.

Our alt-GSR opened the Cashapp and Venmo accounts on her personal smartphone. Venmo accounts must have a unique cell phone number associated with them and Cashapp accounts can be opened with a cell phone number or an email address. Homegroup members quickly adapted to the new method of fulfilling the 7th Tradition, as by this time many people had been using these mobile payment apps for all sorts of things.

In June of 2021 we went back to in-person meetings, but since many people still weren't vaccinated, and others were hesitant to attend gatherings, preliminary turnout was sparse. Over the following months there was concern that we may never go back to our original levels of attendance, and we began to do hybrid meetings. For our homegroup, this consists of a volunteer "zoom czar" monitoring our Zoom attendees on a laptop computer, which is connected to a 32" TV that faces the room. Meeting participants on Zoom can listen and share just as they would if they were in the room.

By the middle of 2022 we had worked out most of the kinks of holding hybrid AA meetings. For instance,

using a donated laptop that stayed at our meeting place instead of the unpredictability of having the rotating Zoom czars bring their own. Also, we began to use a Bluetooth microphone rather than the lower quality built-in mic on the Webcam. The only fly left in the ointment was our convoluted system of transferring money from the alt-GSR's Cashapp and Venmo accounts to the homegroup's checking account, then communicating to the Treasurer which of those contributions were for the pink can (AA literature for incarcerated people in our district), Big Books, 12x12's, etc...

Looking ahead, it was clear that mobile payment apps were here to stay, and that our current arrangement was unsustainable. Eventually we would elect a new GSR, alt-GSR, secretary, and treasurer, and a different homegroup member would maintain the accounts and this transference of maintenance would need to be as painless as possible, for it would occur every election cycle.

In October 2022 we formed an ad-hoc committee to research the pros and cons of the different online contribution methods and to figure out the best way to streamline a transfer of stewardship of these accounts from one treasurer to the next.

Some of the stumbling blocks we encountered were-

- a Venmo account must have a unique US-based cell phone number associated with it (not a Google Voice or Skype number. Burner numbers don't work either.)
- Each phone number may only have one Cashapp or Venmo account associated with it (although Venmo does allow a business "profile" on a personal account) this gets complicated when someone has a personal Cashapp, then wants to put their homegroup's Cashapp on their personal smartphone. It doesn't work.

After some deliberation, and being mindful of the Traditions, a potential solution came in the form of a



\$30 Tracfone from Walmart. After paying another \$25 for activation (with approval from the group), we were able to create a new Cashapp and Venmo account on this phone and it would stay in the possession of the Treasurer. A cellular/data plan would not be necessary, as the phone would only be used for managing these apps via wifi and we didn't foresee a need to ever make phone calls with it.

Our homegroup also has a PayPal account that we only use to pay our Zoom subscription automatically each month. A PayPal account can come in handy if you have a member who is attending a meeting on Zoom and they want to contribute but don't have a smartphone.

Another convenience that we provide to our group members is putting laminated QR codes in the 7th Tradition baskets as they are passed around at meetings. Anyone with a smartphone and a Cashapp or Venmo account can take a picture of these and contribute directly through the apps.

The idea of having a "group smartphone" is novel and simplifies a previously complicated matter. Of course, like all things in AA, the group conscience could abandon it tomorrow in favor of a superior proposal. Every group's needs are a little bit different. Many groups will never go to a hybrid model. Some haven't even considered adding digital contributions to their 7th Tradition practices. But as uncertainty with Covid-19 ebbs and flows, having backup tools for maintaining the structural integrity of your homegroup can't be a bad thing. And I hope that seeing how our group dealt with these issues may help if your group was considering any of the ideas mentioned.

-Jeremy C. (120½ Group, Little Rock, AR)







## I thirst

Enter the cool stream where the thirsty come.

Parched, bedeviled, defiled we crawl to that crack in the stone where restorative power springs from on high

What first appears as droplets a trickle really; suddenly a thin rivulet burns as it soothes the fractured soul of the one who seeks

For all being made from same we merge at the stream that flows from eternal source.

-Angela M.

When I walked into The Rooms the first time,

I did not see a "Welcome Sign"
Too nervous, too anxious, too afraid to see.

Asking myself ... Why am I here?
Maybe I have "The Alcoholic Disease"?
In my mind, I saw a sign.

WELCOME to "The A A Hotel California" I heard voices down the corridor.

My committee in my head, telling me...

I can check out anytime I like ... But I can never leave.

It is such a lovely place. Hope and Love fills the space.

I am a resident here of my own disease. We gather here to feast on strength and courage to kill the Alcohol Beast.

I don't want to run for the doer and go back where I was before.

"Easy Does It "said the Night Man and reminded me

"I can never leave
Just keep coming back . . .
Your Darkness will turn to Light
And... that is a Promise we keep!"

-James Patrick M.

## Emotional Pain

(Excerpted From The AA Grapevine February 1987)

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

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

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

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

If others don't act or react the way I would like them to, I can't blame them. I have to look at me. What had I been expecting?

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

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

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

# You're just a drinking dream...

I had a dream of you last night, and when I woke I paused to think... Something wasn't feeling right, did I really have that drink???

It seems so real and vivid...now what am I to do???
For a moment I relived it...my love affair with you.

I swore you'd never touch my lips... but there you were my subtle foe...
You had me in your evil grips... In the sordid places we once would go.

You only stalk me while I sleep, you are not welcomed here...

As I softly slumber in you creep, but soen you'll disappear

I'm not the man you use to know, you're just a false illusion...
The time has come when you must go, retreat from your intrusion.

Upon awakening it's plain to see, things aren't the way they seem...

The slip I had was not to be, thank God you're just drinking dream.

-Gordon R.

## Practicing What We Preach

A thought we hear repeated at our meetings every day To keep this gift, SOBEREITY, we have to give away Extend the hand of fellowship to all that are in need And do it as its own reward, removed from pride and greed

A member shared a story of a most recent event Occurring where he went, the AA message to present It was a form of lock up, most were there against their will He made this journey every week to tend to those still ill

Some of the folks were there because they'd mentioned suicide Others from an overdose where they had almost died Depression, drugs and alcohol became a common theme Hope was what he went to share, a chance to be redeemed

The format of the meeting was to hear a speaker share
What it was like, what happened and the way they were repaired
The patients then were asked to share the thing had brought them there
And asked them if their stories could relate, but not compare

A fellow spoke right up, said he had given up on life His liver was completely shot, he'd lost his home, his wife He'd said he'd tried the AA thing for almost 20 years It does not work, at least for him, he felt the end was near

When asked if he had worked the Steps, he shook his head and said Those people do not like me, they won't care when I am dead He said no one had offered to help him do Four and Five You're just a bunch of hypocrites, I'm fed up with your jive

That statement had a strange effect, a feeling filled the room Was almost like a challenge, took a moment to resume And then our member told him he would help him do the deal Work with him on Four and Five, a chance to let him heal

Our member was not anxious to fulfill what he just said
The man was not his own sponsee, let someone else instead
But that would only prove his point, and he was there to teach
That he had to ignore himself and practice what he preached

He gave the man his number and invited him to call
As soon as he had been released and not to drop the ball
And that call never came, yet he felt glad he made that talk
It showed the other patients AA meant to walk the walk

Give it away, this gift of ours, it's more than just a saying We may not always see the hoped result we've been conveying The person that has lost all hope and seemed so out of reach May yet be saved when they observe we practice what we preach.

-Larry R.

## Life is such a precious thing

You are a miracle with every smile you bring yes the sun will rise and set, that is a blessing from above we all walk with hour glasses unsure of when we'll go-so we love yes love is life and life is full of love life We make our own realities by being true to thine own self. so this is the way we strive to live Life is such a precious thing. It is all in your perspective.

#### 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: 97
12 Step: 16
After Hours: 47

#### August:

TOTAL CALLS: 74
12 Step: 6
After Hours: 29

#### SEPTEMBER:

TOTAL CALLS: 95
12 STEP: 28
AFTER HOURS: 36

#### 3RD QUARTER 2022

TOTAL CALLS: 266 12 STEP: 50

AFTER HOURS: 112



## ARKANSAS CENTRAL OFFICE 3rd QUARTER BOARD REPORT

Income/Expense Comparison by Category - 3rd quarters

CATEGORY	JULY21-SEPT.21	JULY22-SEPT.22	DIFFERENCE
INCOME			
Donations			
Donations:**Activity Donations	0	40	40
Donations:**Change Donations	132.99		
TOTAL Donations:**Individuals	2,279.27		
Donations:**Recurring Donations	900		,
Donations:**SOS Sharing Our Sobriety	142	25	-117
Donations:*120 & Half Little Rock	77.1	138.87	61.77
Donations:*AA Camus Grp Fayetteville	43.71	53.47	9.76
Donations:*Alexander Group	75	0	-75
Donations:*Anonymous Groups	414.25	0	-414.25
Donations:*Back to Basics Maumelle	0	106.75	106.75
Donations:*Back to Bsics Russelville	60	30	-30
Donations:*Barely Legal Little Rock	0	108.05	108.05
Donations:*Beebe Group Beebe	118	108.01	-9.99
Donations:*Benton Round Table	0	36.24	36.24
Donations:*Big Meeting	264.6	82	-182.6
Donations:*Bridging the Gap North little Rock	749.81	850.21	100.4
Donations:*Brown Baggers Fayettville	0	79	79
Donations:*Cabot Local Chapter #1	153.94	90.89	-63.05
Donations:*Clinton Group Clinton	0	50	50
Donations:*Cosmopolitan Little Rock	454.22	284.93	-169.29
Donations:*District 2	0	100	100
Donations:*Dunbar Little Rock	0	300	300
Donations:*East Gate Grp HS Village	99.1	158.65	59.55
Donations:*F Street North Little Rock	1,099.59	2,627.40	1,527.81
Donations:*Foxhall Sherwood	100.8	13	-87.8
Donations:*Grace Womens Grp Conway	77	64.55	-12.45
Donations:*Gravel Ridge Sherwood	63.84	70.94	7.1
Donations:*HALT Little Rock	221.77	247.5	25.73
Donations:*Happy Hour Conway	0	613.3	613.3
Donations:*Hi Nooners Fayetville	150	200	50
Donations:*Hope Grp North Little Rock	338.85	765	426.15
Donations:*Hope Jonesboro	270	90	-180
Donations:*Johnson County	0	5.21	5.21
Donations:*Jonesboro Group	100	100	0
Donations:*Keep it Simple Benton	0	76.4	76.4
Donations: *Meeting in the Middle Little Rock	50	100	50
Donations:*Meeting on the Blvd Little Rock	0	164.46	164.46
Donations:*More Shall Be Revealed Little Rock	0	300	300

Donations:*New Hope Heber Springs	50	0	-50	0 5
Donations:*New Hope Heber Springs  Donations:*Pig Pen Grp Little Rock	0	16.49	16.49	
Donations:*Pinnacle Mtn Little Rock	139.52	76.13	-63.39	
Donations:*Rebos Little Rock	100	0	-100	
Donations:*Reservoir Little Rock	182.8	222.43	39.63	, O
Donations:*Rock Bottom Benton	115	0	-115	
Donations:*Rock Group North Little Rock	0	125.54	125.54	
Donations: *S.O.S. Women's Meeting Cabot	147.98	0	-147.98	
Donations: *Saints We Ain't Little Rock	320	175	-145	
Donations: *Salem AA	25	0	-25	
Donations: *Seeking Serenity Conway	25	25	0	
Donations: *SistersOfSobriety Cabot	0	30	30	
Donations:*The Journey Grp Clinton	0	45	45	
Donations:*Tontitown Group	75	450	375	
Donations:*Unknown	30.25	0	-30.25	
Donations: *Wednesday Night B.B. Little Rock	300	0	-300	
Donations: *Welcome Grp Hot Springs Village	20	80	60	$\bigcirc$
Donations:*Wye Mountain	100	100	0	
TOTAL Donations	10,066.39	11,612.12	1,545.73	
Interest Inc	159.64	0	-159.64	
Refund Debit Card	100	0	-100	
Sales				
Sales:Sales Cash-Check	5,783.31	5,493.18	-290.13	
Sales:Sales Credit Card	9,552.69	7,752.29	-1,800.40	
Sales:Sales Non-Taxable	0	342	342	
TOTAL Sales	15,336.00	13,587.47	-1,748.53	
TOTAL INCOME	25,662.03	25,199.59	-462.44	O
EXPENSES Contract Con	6.746.22	43 400 03	6 454 60	
Bookstore Purchases	6,746.33	13,198.02	-6,451.69	
Deposit to (CD) Savings	0	14,500.00	-14,500.00	
Donations to AA Entities Donations to AA Entities:NAAAW	0	0.00 381.32	-381.32	
Overhead Overhead	0	361.32	-301.32	((
Overhead:Accountant	450	225	225	
Overhead:Activities & Events	-326.01	122.78	-448.79	$\bigcirc$
Overhead:Bank Charge	250.61	293.94	-43.33	
Overhead:Conventions	105.16	293.94	105.16	
Overhead:Internet ISP	690	690.81	-0.81	
Overhead:Meeting Supplies	88.84	151.87	-63.03	
Overhead:New Equipment	401.53	329	72.53	
Overhead:Office Supplies	134.13	685.51	-551.38	
Overhead:Rent Building	2,766.00	2,904.00	-138	И
Overhead:Repair-Maintenance	124.33	232.79	-108.46	п л
Overhead:Sales Tax & Penalties	1,125.28	1,123.00	2.28	
Overhead:Telephone	318.12	317.16	0.96	
TOTAL OVERHEAD	6,127.99	7,123.57	-995.58	
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			
Wages			242.52	((  D)
Wages:Federal Withholding Deposit Wages:Salary-Paychecks	1,576.89 6,696.57	1,234.72 6,149.88	342.17 546.69	
TOTAL Wages	8,273.46	7,384.60	888.86	
		- 12-2-11-00		
TOTAL EXPENSES	21,247.78	42,539.80	-21,292.02	
OVERALL TOTAL	4,414.25	-17,340.21	-21,754.46	
Accounts	JULY21-SEPT.21 J	ULY21-SEPT.22	DIFFERENCE	
PayPal	141.32	0	-141.32	ш <u>}</u>
Simmons Main Checking	13,137.58	17,395.97	4,258.39	
Prudent Reserve: Simmons, Armor, First Financial	20,145.90	32,564.97	12,419.07	У п

## CENTRAL OFFICE

Arkameus Central Office - 7509 Centrell Road, Suite 106, Little Rock, AR 72207 on the back side of Tanglewood Shapping Center Hottine (501) 664 7503 Office (501) 664 8402



#### 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)



## 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

#### 12x12

Hard Cover ....... \$9.00

Soft Cover ...... \$9.00

Large Print ...... \$9.00

Gift, HC ...... \$9.00

Pocket Complete \$6.50

## **Daily Reflections**

Regular ...... \$10.25 Large Print ..... \$11.50 Prices per book with 10% discount for Buying 10 or more. Taxes not included

10 % Discount Prices

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

Mix and Match 10 books and get 10% discount.

10% Discount Prices

Hard Cover	\$8.10
Soft Cover	\$8.10
Large Print	\$8.10
Gift, HC	\$8.10
<b>Pocket Complete</b>	\$5.85

10 % Discount Prices

Regular	\$9.23
Large Print	\$10.35

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



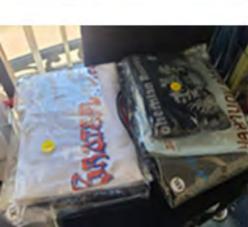


# YOUR CENTRAL OFFICE SELLS MORE THAN BOOKS











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!

Billy O., Carolyn M., Mary M., Jim B., Jeremy C., Terri T., Perry DeJ., Bob W., Woody T., Mark F., Caroline L., Clay C., Stephen Caw., Steve F., Susan R., Malise, P., Daisie M., Brandon, Chris, and several alternates.

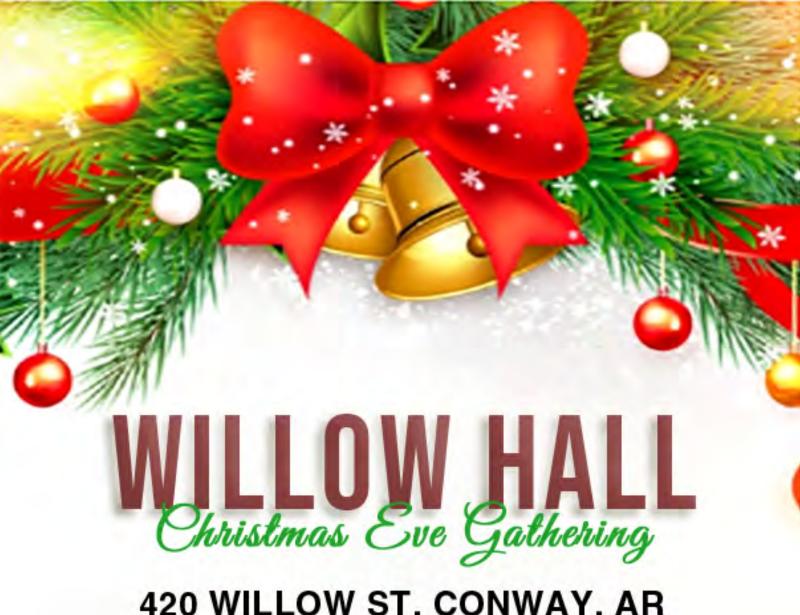
Would you like to be an In-House Volunteer?
This is a great opportunity for you or your sponsee. The shifts are from 10 am 2 pm and 2 - 6 pm Monday through Friday,
Saturday 10 - 2 pm and 2 - 6 pm on Sunday.
Sometimes people alternate with another so they only volunteer every 2 weeks.



7415 N STATE HWY 7. JESSIEVILLE, AR 71949

\* DECEMBER 17TH ☆ POTLUCK @ 6PM DIRTY SANTA GIFT EXCHANGE @ 7PM (\$10 GIFT LIMIT)





420 WILLOW ST, CONWAY, AR DOORS OPEN AT 5:30 PM EAT AT 6:00 PM

SPEAKER (TERRI T.) AT 7:00 PM \*PLUS, A 50/50 RAFFLE!

WE HOPE TO SEE YOU
DECEMBER 24TH
FOR SAFE, FUN & HAPPY HOLIDAY!



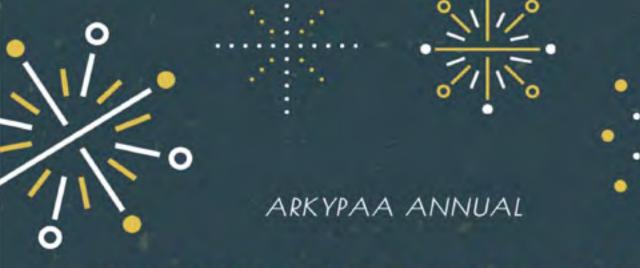
HOSTED BY:
JOE & STACEY REYNOLDS

SATURDAY, DEC 24
6PM FELLOWSHIP
7PM OPEN AA MEETING

8 CRYSTAL MOUNTAIN LANE, MAUMELLE 72113

Bring snacks, finger food, dessert, etc

\*\*ALL ARE WELCOME



# NEW YEAR'S EVE COUNTDOWN PARTY

Join us on December 31 at 8PM-12:30AM Come for the speaker and fellowship and stay for the fireworks and chilil

Speaker: Sophia D. from Fayetteville, AR

Where: 5922 Joslin Road, NLR, AR 72118

for any questions contact:

Chair: Gilly G. 870-370-7639

Treasurer: Sydney V. 501-350-0562

Secretary: Colton K. 501-944-3730





# 65th Annual A.A. Al-Anon



# Coon Supper

When: January 27, 28, 29 2023

Where: Holiday Inn - Hwy 18 at I-55

Blytheville, AR 72315

Theme: I Am Responsible

Registration: \$20.00 Coon Supper Banquet: \$20.00

#### SPEAKERS

Lynne McD - Cedar Falls, IA

Matt W. - St Louis, MO

Kristena C. - Louisville, KY

Bill H. - Chesterfield, MO

Tina H - Chesterfield, MO

#### FRI & SAT NIGHTS

A.A. Marathon Meetings

Saturday Afternoon

Recovery Repertory Theater

Door Prizes

Raffles - 50/50

#### For more information call:

Chairman – Peggy K.

(870)623-2523

Committee - Lee H.

(870)275-0175

Committee – Brandon S.

(870)532-7158

For rooms call Holiday Inn - (870)763-5800

#### Mail Registration to:

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

	PRINT NAME TO APPEAR ON BADGE	CHANCE		PRE-REGISTER FOR A CHANCE TO WIN FREE LODGING
Name Address City State Zip				

# **WINTER HOLIDAY**

41st Annual District 9 AA Convention

# February 3 - 5, 2023

#### SCHEDULE

FRIDAY, February 3RD

4:00PM - 8:00PM Registration

> 8:00PM Dana F, Metairie, LA

10:00PM Jeopardy AA Style

SATURDAY, February 4TH

Registration 8:00AM - 8:00PM

8:30AM - 9:30AM Workshop

> 10:00AM Ron B. Riverview, FL.

Angie B (AFG), Destin, FL 1:00PM

3:00PM Panel Discussion

8:00PM Don L, Bellingham, WA

10:00PM Dance

SUNDAY, February 5<sup>TH</sup>

10:00AM Aaron Z, Molalla, OR

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

Sat & Sun 8:30AM

Email

#### EMBASSY SUITES

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

#### SPECIAL CONVENTION RATES

GUARANTEED if reserved before Jan 13, 2023 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 13, 2023

to guarantee discounted rate when registering.

E-mail: district9winterholidav@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 Dec 20, 2023.

Convention Treasurer

Little Rock, AR 72221

PO Box 26135

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 2024 from registrations received through January 13, 2023

MAIL	THIS	REGISTE	RATION	COUPON	TODAY	OR GO	TO
	******	. winterhal	idaveony	ention com	TO REGIS	STED	

AA and Al-Anon Pre-registration \$30; after Jac	n 13, 20	22, \$35; /	Mateen \$3	3	
First Name and Last Initial on Badge	AA	Al-Anon	Alateen	Amt	
		Scholarshi	p Donation		
			Total	\$	
Name	Make check payable to:				
Address	(Your check is your receipt)				

Make hotel reservations directly to the Embassy Suites by Jan 13, 2023.



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

The Embassy Suites is pleased to host the 41st 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 hotel and the Winter Holiday Convention:

All areas inside the hotel are Smoke Free. The smoking areas outside the hotel will be designated by smoking urns 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 unless 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 hotel directly to privately rent a public meeting room for their exhibits.

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



# 59TH INTERNATIONAL WOMEN'S CONFERENCE

DALLAS, TEXAS



# FEBRUARY 16-19, 2023

RENAISSANCE HOTEL ADDISON/DALLAS InternationalWomensConference.org

TO JOIN THE VOLUNTEERS OR PROVIDE SILENT AUCTION OR SCHOLARSHIP CONTRIBUTIONS, CONTACT:

#### VOLUNTEERS

✓ VOLUNTEERS59IWCDALLAS@GMAIL.COM

#### FUNDRAISING

M FUNDRAISING591WCDALLAS@GMAIL.COM

**GET OUR NEWSLETTER** 







# CALLING ALL MUSICIANS DANCERS COMEDIANS

FOR MUSICAL GROUPS, SOLO ARTISTS, DANCE TROUPES, COMEDIC SKITS, COMEDY STAND UP & COMMERCIALS, AND POETRY READING

WE'LL HAVE LOTS OF COFFEE & POPCORN

# WHAT'S YOUR TALENT?



BROUGHT TO YOU BY YOUR ARKANSAS CENTRAL OFFICE 7509 CANTRELL RD #106 LITTLE ROCK, AR 72207 501-664-6042

CONTACT MARKEY F.
TO REGISTER YOUR ACT
501-231-3557
MARKEYFORD@GMAIL.COM

