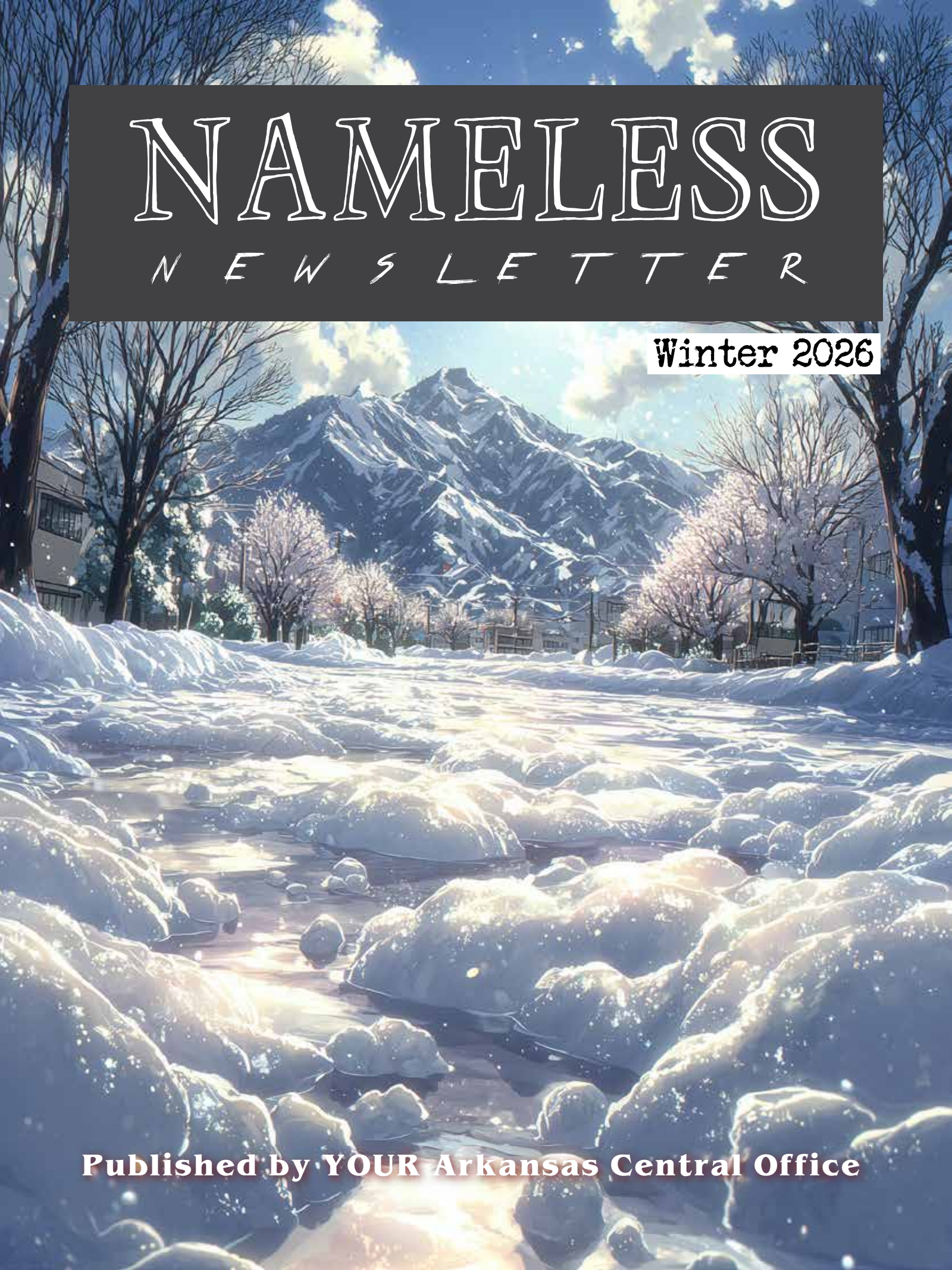


NAMELESS

NEWSLETTER

Winter 2026

Published by YOUR Arkansas Central Office

Arkansas Central Office Board Members

Brian C. - Chair -
Meeting in the Middle,
Little Rock
Board Member ends 12-31-27

Jaimie W.
120½, Little Rock
Board Member ends 12-31-26

Topher K.
Downtown Nooners,
Little Rock
Board Member ends 12-31-26

Melissa N. - Secretary -
Bridging the Gap,
Little Rock
Board Member ends 12-31-27

Terms are 2 years long with a maximum of 3 elected terms

Employee Board Members

Steve M. - Office Director
Pacific Group

James S. - 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 Closed
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

Anyone in A.A. is invited to attend the CORs or Board meeting.

CONTENTS

4 From the Central Office

5 What God's Will May Involve

7 Hillbilly Homegroup

8 Area 4 Ask-it-Basket

9 Why We Keep Coming Back

10 The Stranger in the Mirror

11 Events Calendar

12 Central Office Financials

23 Event Flyers

From The CENTRAL Office

Greetings fellow alcoholics! We hope you had a great holiday season. Here's a recap of the activities at your Central Office:

Our annual Chili Challenge, held upstairs at Wolfe St on October 25th, was a great success. Congratulations to the 120 1/2 Group for taking 1st Place and F St for taking 2nd and 3rd Places. A big thank you to all who helped out and attended!

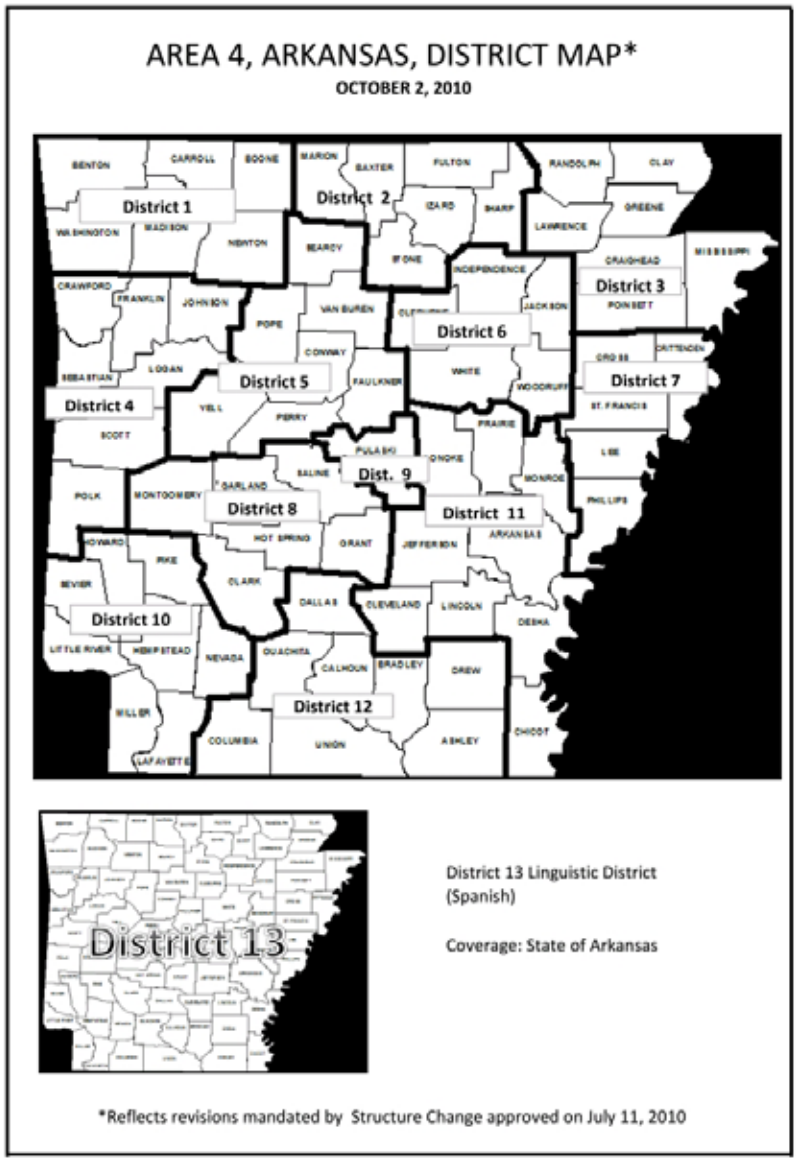
We took Central Office on the road setting up tables at Area Assembly, Autumn in the Ozarks and Jonesboro.

Our next for fun and for free event will be the It's Saturday Night talent show at Wolfe Street on March 14th, 6-8:30 pm. Book your act today: 501-664-6042.

In addition to our recovery themed jewelry, keyrings and book covers, we have added recovery themed hats and coffee mugs to the Drunk Junk at the bookstore. They make great gifts for your sponsors/sponsees and friends! We have an opening for a volunteer in the Bookstore 10am-2pm on the 1st Saturday of every month.

GSO Literature Update: AA World Services has shared that, beginning February 1, 2026, prices for AA literature will increase modestly. Most books will see a $3 per-item increase, while other literature items will increase by 15%. These changes reflect ongoing increases in production and distribution costs and are part of careful planning to help ensure AA literature remains available to carry the message. Our pricing will be reflected when the changes take effect, so stock up on books for your group before the end of the month!

Brian C. was elected as the new Board Chairman of the Central Office in January.



Area 4 Officers:

Alternate Delegate - Jason Chandler
Chair - Rasa Myers
Co-Chair - Bryan Rupar
Secretary - Tiffany Horton
Registrar - Carrie Guarino
Treasurer - Rudy Vazquez
Delegate - Stacy Shilling

What God's Will May Involve

First of all, let's get the limitation statement down: I don't know God's will for me or any one else. However, here are some descriptions of a general nature of what His Will may involve (please feel free to add your own!):

It will probably...

1. ...involve another person or persons
2. ...not involve somebody else's loss, if their loss is to my advantage
3. ...involve me learning something
4. ...not support my selfish behavior
5. ...not be very comfortable
6. ...not be a guarantee that I won't screw up again
7. ...involve me paying more attention in the future
8. ...involve me realizing that the universe is much more interrelated than what I thought
9. ...involve me not taking myself so damn seriously.

-Phil B.

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." ©

Prayer of Self-Surrender

Please take what doesn't serve you and give me what I need to meet this day to do your will. Remind me that your will is for me to be kind, understanding, generous, loving, and support-ive --
to others and myself. Help me to see that in investing in my spiritual, physical, emotional and financial well being I align myself with your will and help make myself more fit in all those areas. You really are unlimited, everywhere, and perfect love, and right here with me.

Arkansas AA Websites

Arkansas Conference by Young People in Alcoholics Anonymous – (ARKYPAA)
http://www.arkypaa.org/

Fort Smith Central Office
http://www.aafsig.org

Hot Springs Intergroup Council of West-Central Arkansas
http://www.aawcar.org/

Arkansas Central Office
http://arkansascentraloffice.org

Northwest Arkansas District 1
http://nwarkaa.org

Northeast Central Arkansas District 6
http://www.araadist6.org

Arkansas District 13
Distrito 13 Lingüistico en Arkansas
http://www.distrito13arkansas.com/

Gratitude

Some days, when we awaken, our soft life path is littered with joy like glittering gems along our way. All we have to do is breathe in and we have it, joy is ours for the taking. On other days, our gaze is met with dull jagged rocks that make our feet ache as we trudge the very same path. Make no mistake about it, this is still the Day that God has made. We must learn to be grateful, even if for nothing more than having had the strength to make it through. We must believe that there is a God given purpose for each day as we travel our life journey and learn from both the joy and the pain. We can surely use the wisdom we gain to help another.

By: Kevin B.

2026

The new year comes, as it always does
with a simple tic of the clock

One singular, solitary moment designed
to erase all that was

To celebrate the potential of all that can be

But what can be isn't always what is
and what is is not always comfortable or desired

But rather, what is needed to release
that which, like the black and white
balloons suspended above our heads
I am superficially tethered to

-Tracy S.

Hillbilly Homegroup

A woman fondly remembers her meeting in the Ozarks, made up only of men

I got sober in a large city, but at five months sober, I did what was suggested that I not do: I quit my job, sold my house, and moved to a small town in the Ozarks of Missouri, where I knew absolutely nobody. The land was cheap, and it was pretty there—that's all I needed to know.

A few days after I got there, I found out where the AA meeting was, and I showed up in the basement of this church. There I saw a bunch of old hillbilly men, and no women. I went in anyhow, attended the meeting, and really enjoyed it. There was only this one meeting in town, so I became a regular.

I'd only been there a few weeks when they gave me the key to the church. I was so honored! (Little did I know that they were thrilled to find somebody to give it to.) I proudly opened that meeting, and eventually became treasurer for the eight years that I lived there. I came to love those guys. There were three of them that I thought of as the core group: Jerry Mc., Jim L., and Pat A. (he designated me Pat #2). They taught me how to work the program and to live a sober and happy life. They taught me about service, and I listened to them. They had many good things to say, and I listened to it all.

One day I told Jim how much I liked the things he had to say. He responded by saying that he just said the same things over and over. After I'd been there a while, I realized that was true, but that's just what I needed. The repetition really helped me. I couldn't get things the first time, it seemed.

I worked the Steps on my own, just using the meeting as a sort of sponsor. When I got to the Fifth Step, I drove down to Arkansas where there were some sober women. Eventually women showed up at our meeting and, much to my amazement, I was the woman with the most sobriety time. I continued to grow in the program and began to be active in sponsorship. After eight years, I left Missouri and moved back to Oregon.

It's 10 years later now, and I live in a small town in Oregon. But I never forgot those guys. I find myself talking about them and quoting them a lot in meetings. Last Saturday, I told two stories about them in one meeting. When I got home, I thought that I would write Jerry a letter. I knew that Pat had died a few years ago, and I didn't know how to reach Jim. So I wrote a letter to Jerry telling him how much he, Jim and Pat had meant to my early sobriety, and how often I think of them and tell their stories. I told him that I have 18 years of sobriety now, and I do my best to pass along to my sponsees what was given to me. I thanked him very much for everything he taught me.

I put the letter in an envelope and googled him to find his address. Instead of finding his address, I found his obituary. He had died less than two months before in an auto accident. I was hit hard. Why had I waited so long to tell him how much he meant to me? So that's why I am writing this story in Grapevine and telling you about these guys who taught me how to live sober. I hope that I can affect someone else half as much as they affected me. And so I do what they taught me to do: I pass it on.

—Pat C., Sweet Home, OR

REPRINTED FROM AA GRAPEVINE

The Ask-It-Basket is a feature of every Area Assembly. It involves a panel of past delegates answering anonymous questions from the participants. The answers are not gospel - just the experience of trusted servants in Area 4. Here is an excerpt from the October 2025 Assembly Ask-It-Basket (All names have been removed):

Question: On the agenda, could there be a small blurb about noting who are eligible voting members?
Answer: I think it's a great suggestion. The other suggestion is your chairperson. If she doesn't, prior to a vote, it's always good to remind who the voting members are before we take a vote. There are always different people and we have many newcomers, which is awesome.
Question: Our group has been meeting at a clubhouse for the last 50 plus years. The club collects all the money, makes no contributions to GSO, District, Area, and the building is falling apart. What should my group do?
Answer: A couple of things jump out. One of them would be I guess it would be associated with tradition 6, which i association versus affiliation or cooperation versus affiliation and that could be an issue. Is the club actually collecting all the money that's donated by the group? So you know, I don't know if they're controlling all that or not. The other thing, of course, would be is that each group is autonomous. One thing the group could do about it is that they don't have to continue meeting there.
Question: I love how area officers start off by explaining their positions. Or what their positions do out of the area structure. Could they also include requirements to be eligible for the position?
Answer 1: I think the easiest way is to suggest it to the chair. I don't think we need to have a vote on it or, any major discussion. Just say, hey, could you guys throw this in when you were talking about what your responsibilities are.
Answer 2: Sometimes our reports go long anyway, and you can easily find the information in your service manual and by reading the area structure. Traditionally, you know, our elections are every two years and when we have our Election Assembly. Hopefully everyone will be here for that when we have that assembly. We generally review what the position entails and the and if there's a particular suggested length of sobriety.
Question: We have people who remain outside during a meeting being loud and disruptive. Who can tell them to pipe down, who can call the police? Help. No respect.
Answer: My first trip out of town when I sobered up, the group was having this discussion and they were going on. It was about some election thing that was happening there in town. Finally some old timer slammed his hand down on the table and said that's an outside issue. Let's get on with the meeting. I thought about what gave him the power to do that. Nobody elected him to that deal. And the what dawned on me was anyone. Anyone has the power to go out and tell them shut the up? We can't hear in here, even if it's me.
Question: Are drugs an outside issue or is it OK for a district to debate removing someone from service for having a drug slip?
Answer 1: That is an outside issue.
Answer 2: I take sobriety very seriously. It means that when medication is prescribed to me. I take it as directed. I usually have somebody else administer it to me out of caution. Sobriety means that I am free and clear. Most of us were in this room that were born from, 1960 onward, alcohol is not the the only thing that we came across. We used some non conference approved dry goods. My sobriety for me means that I'm not under the influence of anything other than my higher power.
Answer 3: We had a DCM one time who did that and I went and counseled him. I asked him a series of questions about what he was doing, how he was doing it, and what that meant to the program of Alcoholics Anonymous? After our discussion, He elected to step down as DCM. I think that's one of the most effective things somebody can do. You have to get someone they respect to councel them and not call them out. Someone to walk them through a process where they come to the conclusion that they need to come to.
Answer 4: Most everyone in the room is familiar with the word slip. Sobriety has lost its priority, right, so for me. I think it's sort of a no brainer and what I come up with is the question I would pose to each of you. If that were you, what would you do? I would go to my Home group. I would pick up a desire chip. I would call my sponsor on my hands and knees and beg her to still keep me and we would start the steps again because something went awry.

Why We Keep Coming Back

By Timothy P.

I used to think AA was something you graduated from. Early on, I imagined a future version of myself: steady, healed, "done," who would no longer need folding chairs and coffee pots. I thought the meetings were scaffolding: useful while the building was going up, unnecessary once it stood on its own.

That idea didn't last long.

What I've learned, slowly and sometimes unwillingly, is that I don't keep coming back because I'm failing. I keep coming back because this is where my life stays honest.

At first, I came back because I was afraid. Afraid of drinking. Afraid of myself. Afraid of what would happen if I stopped paying attention. Fear got me through the door, and gratitude followed later. But somewhere along the way, fear loosened its grip, and I was surprised to find myself still showing up.

Not because I had to. Because I wanted to.

I keep coming back because AA is the one place where I don't have to pretend I'm finished. Out there, people expect improvement to be linear. In here, we know better. We know that progress zigzags. We know that a good week doesn't cancel a hard one. We know that being sober doesn't mean being serene all the time.

In meetings, I hear people say things out loud that I thought only lived in my head. Resentments. Doubts. Small, petty thoughts. Big, scary ones. Hearing them spoken without judgment reminds me that I'm not uniquely broken; I'm just human, and alcoholic.

I keep coming back because memory is unreliable. Time smooths the edges. The mind edits the past. Meetings are where the truth gets retold, not dramatically, but accurately. When someone shares about the quiet despair of their last drunk, it jogs something loose in me. Not panic. Perspective.

I don't come back to relive the pain. I come back to remember the cost.

But more than that, I come back for the present tense. For the now. AA isn't just a place where we talk about drinking; it's a place where we talk about living. Jobs. Relationships. Aging parents. Grief. Boredom. Joy. Fear that doesn't have a name yet.

Life keeps happening whether I'm sober or not. AA is where I learn how to meet it without numbing out.

I keep coming back because I need to be useful. Early sobriety was about survival. Later sobriety, I've learned, is about contribution. There's something stabilizing about setting up chairs, making coffee, listening closely when someone new speaks. It pulls me out of myself. It gives my sobriety weight and direction.

I don't always feel inspired. Some nights I'm tired. Some mornings I'd rather stay home. But I've noticed that the days I don't want to go are often the days I need to be there the most.

I keep coming back because AA is one of the few places where anonymity levels the room. No résumés. No titles. No hierarchy of success. Just first names and shared experience. That equality does something quiet and corrective to the ego. It reminds me that sobriety isn't about standing out; it's about staying connected.

And I keep coming back because this program grows with me. What I needed in my first year isn't what I need now. The Steps read differently. The Traditions make more sense. The slogans soften. AA doesn't shrink as my life expands; it expands with it.

I don't come back because I'm afraid to leave. I come back because this is where I stay awake.

Years ago, I thought the goal was to outgrow AA. Now I understand that the gift is growing into it: more fully, more honestly, more humbly. Not clinging, not coasting. Just showing up, again and again, to the simple practice of listening and telling the truth.

That's why I keep coming back.
Not because I haven't changed.
Because I have.

The Stranger in the Mirror: Mourning the Person I Used to Be

For nearly two decades, I didn't have a personality; I had a brand.

If you had asked anyone in my circle who I was, the adjectives would have tumbled out with practiced ease. I was the "Life of the Party." I was the one who could close down any bar in the city and still be the first one to suggest a liquid brunch the next morning. I was the guy with the quick wit, the endless reservoir of "you won't believe it" stories, and the uncanny ability to make a room feel electric just by walking in with a 12-pack under my arm.

Alcohol wasn't just something I consumed; it was my scaffolding. It was the armor I wore to protect myself from the terrifying realization that, underneath the bravado, I didn't actually know who I was. When I finally walked into the rooms of Alcoholics Anonymous and put the plug in the jug, I expected to feel a sense of immediate triumph. Instead, I felt like I had attended my own funeral.

The Death of the "Cool"

In those first few months of sobriety, the physical cravings were a beast, but the existential silence was a monster.

I realized very quickly that I had spent my entire adult life building a character. I had curated a version of myself that was fueled entirely by ethanol. Without it, I didn't just feel sober; I felt invisible. I sat in meetings, looking at my hands, and felt a profound sense of grief for the "Cool Me."

I missed the version of myself that felt brave enough to talk to strangers. I missed the guy who didn't care about tomorrow. I even missed the chaos, because at least the chaos felt like something. In sobriety, I felt like a hollowed-out tree. I didn't know what I liked to eat when I wasn't nursing a hangover. I didn't know what to do with my hands at a wedding. I didn't even know if I was actually funny, or if people had just been laughing for years because they were as loaded as I was.

The Great Silence

There is a specific, quiet agony in losing your identity as a drinker. It's a mourning process for a person who, quite frankly, was a liar; but he was the only friend I had.

I remember a Saturday night about three months in. I was sitting on my couch, the TV was off, and the silence in the room was deafening. I realized I had no idea how to spend a Saturday. For twenty years, Saturday was a foregone conclusion: the hunt, the high, the blackout. Without that mission, I was a ship without a rudder.

I felt boring. I felt like the "unflavored" version of a human being. I mourned the loss of:

- **The Social Safety Net:** Knowing exactly how to "fit in" (just keep drinking).
- **The Illusion of Confidence:** That warm glow that made me feel like the smartest person in the room.
- **The Community:** The "bar friends" who felt like family until the booze ran out.

I told my sponsor, "I feel like a ghost. I'm walking through my life, but I don't inhabit it." He looked at me with a terrifying amount of peace and said, "Good. The person you were was a character in a movie that went off the rails. Now it's time to find out who the actor really is."

The Excavation of the Self

What I've learned in the years since is that recovery isn't a transformation into someone new; it's an excavation of the person who was buried under the debris of addiction.

The grief eventually began to lift when I stopped trying to find the "Old Me" and started being curious about the "Current Me." I had to learn to sit in the discomfort of not knowing. I had to learn that it was okay to be quiet. I had to learn that "boring" was often just another word for "peaceful."

Through the steps, I began to find fragments of a real human being:

- **I discovered a genuine love for the morning.** The "Life of the Party" never saw a sunrise he didn't hate. Today, it's my favorite time of day.
- **I discovered I'm a better friend.** I'm no longer the loudest person at the table, but I'm the one who remembers what you said twenty minutes ago.
- **I discovered my values.** I don't have to wonder if I'm a "good person" anymore because I'm actually present enough to make choices based on principles rather than impulses.

A Message to the Newcomer

If you are sitting in a meeting today feeling like a stranger in your own skin, please know that it's okay to grieve. It's okay to feel lost when the only identity you've ever known, the one that kept you "safe" for so long, is stripped away.

You aren't "losing" yourself; you are clearing the wreckage so the real you can finally breathe. The "Life of the Party" had to die so that I could finally live. It was the most painful loss of my life, and the most beautiful gain I have ever experienced.

Keep coming back. The person you are becoming is much more interesting than the person you used to pretend to be.

-Gary S.

UPCOMING EVENTS

FEBRUARY 6-8
Winter Holiday
Embassy Suites
11301 Finacial Center Pkwy
Little Rock, AR

FEBRUARY 13
The LR Bid Presents: Emo Night
924 Main St
Little Rock, AR

MARCH 14
It's Saturday Night
Wolfe Street
1015 S Louisiana
Little Rock, AR

APRIL 11-12
Area Assembly
Holiday Inn
300 East Harrell Dr
Russellville, AR

APRIL 16-19
Springtime in the Ozarks
Best Western Inn of the Ozarks
207 W Van Buren
Eureka Springs, AR

JULY 31- AUGUST 2
Old Grandad Convention
Arlington Hotel
239 Central Ave
Hot Springs, AR

Overheard in a Meeting...

"I didn't come here to stop drinking. I came here because stopping didn't work."

"I have a PhD in self-sabotage, but I'm still a beginner at honesty."

"My problem isn't alcohol. Alcohol was my solution."

"I kept waiting to feel ready. Turns out I had to act ready."

"I thought I was terminally unique. Turns out I'm just alcoholic."

"Sobriety didn't give me my life back; it gave me a life I never had."

"I don't miss drinking. I miss the fantasy of drinking."

"I wanted relief, not recovery."

"The steps didn't change my personality. They introduced me to it."

"My rock bottom had a basement."

"I came in for my drinking and stayed for my thinking."

"I was always afraid of letting go; turns out I was the one hanging on too tight."

"AA didn't make me boring. I was boring when I was drunk."

"I don't have to believe in God. I just have to stop playing God."

"I used to drink at people. Now I talk to them."

"Nothing changes if nothing changes, especially me."

"I thought surrender meant losing. It turns out it meant surviving."

CENTRAL OFFICE FINANCIALS

Income & Expense Report

Deposits

	2-Dec-25	TRANSFER PAYPAL	$ 198.87
	4-Dec-25	TRANSFER PAYPAL	$ 237.99
	4-Dec-25	Deposit	$ 1,426.99
	8-Dec-25	TRANSFER PAYPAL	$ 186.53
	8-Dec-25	TRANSFER PAYPAL	$ 426.24
	11-Dec-25	TRANSFER PAYPAL	$ 399.53
	11-Dec-25	Deposit	$ 3,772.71
	12-Dec-25	TRANSFER PAYPAL	$ 200.19
	15-Dec-25	TRANSFER PAYPAL	$ 223.50
	15-Dec-25	Amazon Refund	$ 39.59
	15-Dec-25	TRANSFER PAYPAL	$ 72.52
	16-Dec-25	TRANSFER PAYPAL	$ 72.36
	17-Dec-25	Amazon Refund	$ 459.81
	18-Dec-25	TRANSFER PAYPAL	$ 168.71
	18-Dec-25	Deposit	$ 771.00
	19-Dec-25	TRANSFER PAYPAL	$ 749.60
	22-Dec-25	TRANSFER PAYPAL	$ 223.38
	24-Dec-25	TRANSFER PAYPAL	$ 139.74
	26-Dec-25	TRANSFER PAYPAL	$ 424.35
	29-Dec-25	TRANSFER PAYPAL	$ 271.45
	29-Dec-25	Deposit	$ 2,257.73
	29-Dec-25	Relationship Rewards/Bank	$ 5.00
	30-Dec-25	TRANSFER PAYPAL	$ 160.17
			$ 12,887.96

Accounting	15-Dec-25	Intuit	$ 115.00
bank	5-Dec-25	Bank Charge	$ 5.00
Book store	2-Dec-25	AAWS	$ 2,223.68
Book store	5-Dec-25	Amazon (Came to Believe-book)	$ 707.40
Book store	9-Dec-25	Check 5429)Kelly Foundation Books)	$ 188.30
Book store	14-Dec-25	Personalization Mall (Volunteer Gifts)	$ 145.38
book store	23-Dec-25	BILL PAYMENT CHECK 600766	$ 225.50
Bookstore	17-Dec-25	AAWS (BOOKS)	$ 64.00
event	17-Dec-25	Wal-Mart (open House)	$ 28.32
event	22-Dec-25	Edwrds	$ 60.91
Event	31-Dec-25	Gifts for Volunteers	$ 10.00
insurance	5-Dec-25	State Farm	$ 49.00
IRS	15-Dec-25	IRS	$ 668.56
Misc	5-Dec-25	TRANSFER FROM X1294 TO X1286	$ 74.17
office	4-Dec-25	Edwards	$ 7.22
office	4-Dec-25	Edwards	$ 36.08
office	10-Dec-25	Amazon (computer mouses)	$ 36.49
office	19-Dec-25	Amazon	$ 53.40
office	29-Dec-25	TRANSFER FROM X1294 TO X1286	$ 155.34
Office	29-Dec-25	Edwards (Sodas)	$ 35.63
Painting	8-Dec-25	Lowes	$ 93.81
Phone	9-Dec-25	ATT	$ 70.30
phone	15-Dec-25	zoom	$ 18.45
phone	25-Dec-25	Straight Talk	$ 79.87
post office	5-Dec-25	USPS	$ 78.00
rent	2-Dec-25	BILL PAYMENT CHECK 600758	$ 1,092.00
Salary	16-Dec-25	Salary- Accountant	$ 250.00
Salary	16-Dec-25	Check 700760	$ 1,172.59
Salary	17-Dec-25	Check 600761	$ 1,107.52
Salary	19-Dec-25	BILL PAYMENT CHECK 600763	$ 250.00
Salary	22-Dec-25	BILL PAYMENT CHECK 600762	$ 175.00
Salary	22-Dec-25	BILL PAYMENT CHECK 600765	$ 1,107.52
Salary	23-Dec-25	BILL PAYMENT CHECK 600764	$ 1,172.59
Tax	9-Dec-25	DFA	$ 264.00
Tax	9-Dec-25	DFA	$ 434.13
Tax	9-Dec-25	DFA	$ 588.50
Utilities	15-Dec-25	Entergy	$ 81.21
Utilities	18-Dec-25	Water	$ 30.82
Utilities	30-Dec-25	Gas	$ 164.51
			$ 13,120.20

Positive or negative	$ (232.24)
General Account	
Last statement balance	$27,656.96
Current statement balance	$ 27,424.72
Reserve Account	$32,104.07
In-Store Stock	$ 22,582.42
Total Assets	$ 82,111.21

4th Quarter 2025

Oct-25	
Accountant	$ 500.00
Intuit	$ 99.00
Bank Charges	$ 5.00
Bonus	$ -
Book Store	$ 3,886.33
Insurance	$ 2,406.75
Conference	$ 463.40
DFA	$ -
Events	$ 407.68
Federal Taxes	$ 668.56
Office Supplies	$ 401.62
Phone & Zoom	$ 168.62
Post Office	$ 24.19
Rent	$ 1,060.00
Salaries	$ 3,452.80
Utilities	$ 48.34
Total	$ 13,592.29
General Account	
Last statement balance	$27,747.90
Current statement balance	$24,969.45
Reserve	$31,948.73
Inventory	$21,358.62
Total Assets	$78,276.80

Nov-25	
Accountant	$ 250.00
Intuit	$ 99.00
Bank Charges	$ -
Bonus	$ -
Book Store	$ 920.62
Insurance	$ -
Conference	$ 195.30
DFA	$ -
Events	$ -
Federal Taxes	$ 668.58
Office Supplies	$ 292.54
Phone & Zoom	$ 168.62
Post Office	$ 10.47
Rent	$ 1,060.00
Salaries	$ 3,562.63
Utilities	$ 362.15
Total	$ 7,589.91
General Account	
Last statement balance	$24,969.45
Current statement balance	$27,656.96
Reserve	$31,948.73
Inventory	$21,358.62
Total Assets	$80,964.31

Dec-25	
Accountant	$ 250.00
Intuit	$ 115.00
Bank Charges	$ 5.00
Bonus	$ 2,530.11
Book Store	$ 3,554.26
Insurance	$ 49.00
Conference	$ -
DFA	$ 1,286.63
Events	$ 99.23
Federal Taxes	$ 668.56
Office Supplies	$ 492.14
Phone & Zoom	$ 168.62
Post Office	$ 78.00
Rent	$ 1,092.00
Salaries	$ 2,455.11
Utilities	$ 276.54
	$ 13,120.20
General Account	
Last statement balance	$27,656.96
Current statement balance	$ 27,424.72
Reserve Account	$32,104.07
In-Store Stock	$ 22,582.42
Total Assets	$ 82,111.21

CENTRAL OFFICE FINANCIALS

Donations

Dec-25

HALT Lunch Bunch	Donation	$	172.45
Donation Change	Donation	$	31.24
Donation Cash	Donation	$	227.81
Bridging The Gap Group	Donation	$	1,159.01
More Will Be Revealed	Donation	$	537.00
Back to Basics LR	Donation	$	268.75
West Little Rock Group	Donation	$	255.86
F Street Group	Donation	$	234.21
Donation Miscellaneous	Donation	$	10.62
District 9	Donation	$	150.00
Hope Group	Donation	$	315.00
Cosmo	Donation	$	253.00
District 9 Threshold	Donation	$	150.00
Tontitown	Donation	$	150.00
Beebe Group	Donation	$	109.95
Wye Mtn	Donation	$	100.00
Grant County AA	Donation	$	84.00
Pavilion of Recovery	Donation	$	63.00
Famous Western City Group	Donation	$	60.00
Shipwreck group -donation	Donation	$	55.00
Pinnacle Mountain Group	Donation	$	50.50
Meeting in the Middle	Donation	$	50.00
Journey Group	Donation	$	40.00
Seeking Serenity	Donation	$	25.00
Group Donation	Donation	$	20.00
120 1/2 Group	Donation	$	13.00
CO Tuesday Night	Group Donation	$	10.00
		$	4,595.40

PayPal Individual Donations

[redacted]	Donation	$	25.00
	Donation	$	5.00
	Donation	$	15.00
	Donation	$	10.00
	Donation	$	20.00
	Donation	$	5.00
	Donation	$	25.00
	Donation	$	50.00
	Donation	$	110.00
	Donation	$	100.00
		$	365.00

Individual Donations

[redacted]	Donation	$	100.00
	Donation	$	52.09
	Donation	$	43.00
	Donation	$	10.00
	Donation	$	30.00
	Donation	$	75.00
	Donation	$	100.00
	Donation	$	1,000.00
		$	1,410.09

Total $ 6,370.49

The Invisible Service

Why AA works best when you don't notice the machinery...

Most of what keeps Alcoholics Anonymous functioning is easy to overlook.

When meeting information is correct, no one stops to admire it.

When a phone rings and someone answers, the moment passes quickly.

When a door opens, the lights are on, and a chair is waiting, it all feels ordinary, almost automatic.

But none of it is accidental.

Behind the scenes, there is a steady current of work that rarely announces itself. It doesn't seek recognition. It doesn't ask for applause. Its success is measured by absence, by the lack of confusion, by the smoothness of small moments, by things simply being where they're supposed to be when someone needs them.

This is the kind of service the 7th Tradition makes possible.

Because AA supports itself, the work remains simple and unencumbered. There are no outside expectations shaping priorities, no funding sources steering decisions, no obligations beyond the fellowship itself. What exists does so for one reason only: to make it easier for one alcoholic to reach another.

When the system is working, most members never think about it. And that's exactly how it's meant to be.

Self-support allows AA to remain quiet, dependable, and free. It keeps the machinery running in the background, out of the way, doing its job without drawing attention to itself. The work is there whether anyone notices or not, especially when no one does.

The 7th Tradition isn't flashy.
It doesn't make speeches.
It doesn't ask to be seen.

It simply holds the structure in place, so the message can continue to move, uninterrupted, unowned, and freely given.

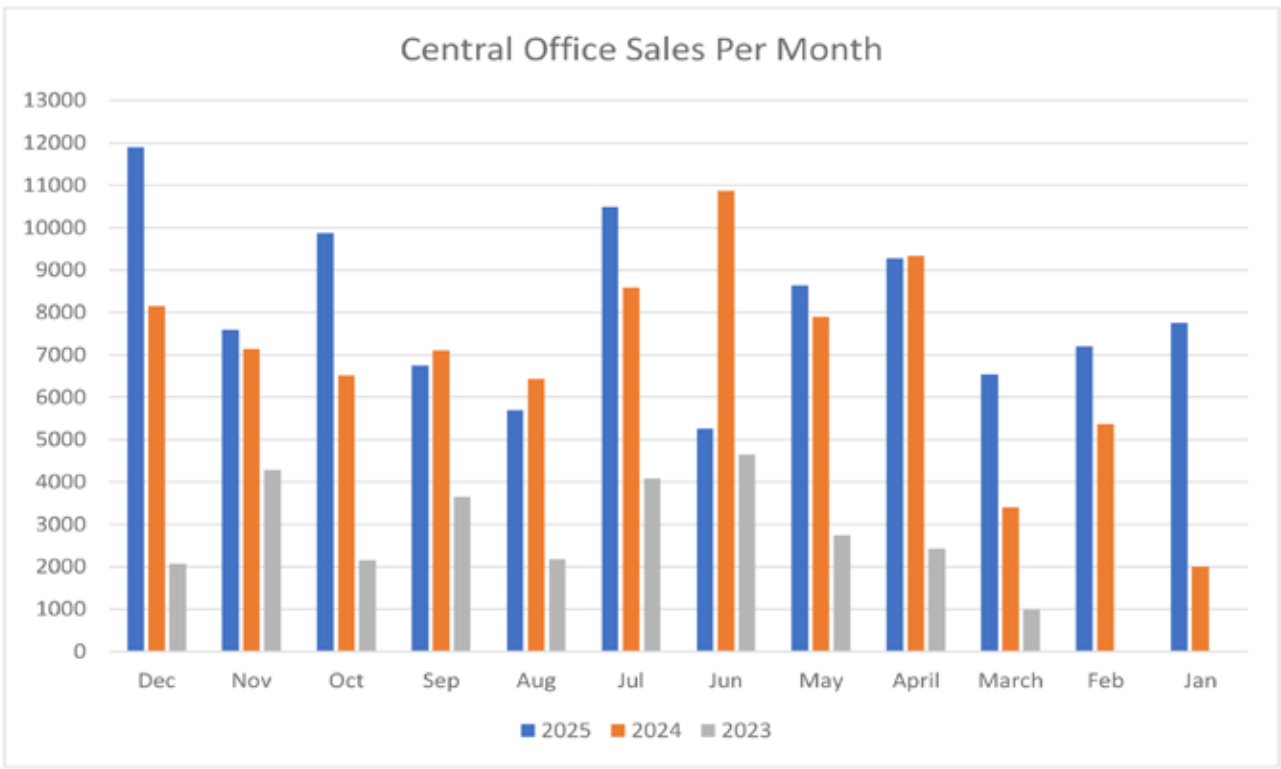
Budget remaining 2025

Estimated	Spent	2025	Remaining	Jan	Feb	March	April	May	June	July	Aug	Sep	October	Nov	Dec
Accountant	$ 3,000.00	$ 4,000.00	$ 1,000.00	$ 250.00	$ 250.00	$ 250.00	$ 250.00	$ 250.00	$ 250.00	$ 250.00	$ 250.00	$ -	$ 500.00	$ 250.00	$ 250.00
Accounting Program	$ 1,105.00	$ 1,300.00	$ 195.00	$ 99.00	$ 99.00	$ 99.00	$ -	$ 99.00	$ 99.00	$ 99.00	$ 99.00	$ 99.00	$ 99.00	$ 99.00	$ 115.00
Bank Charges	$ 55.00	$ 120.00	$ 65.00	$ 5.00	$ 5.00	$ 5.00	$ 5.00	$ 5.00	$ 5.00	$ 5.00	$ 5.00	$ 5.00	$ 5.00	$ 5.00	
Bonus's	$ 4,952.70	$ 2,472.59	$ (2,480.11)	0	$ 2,422.59	$ -	$ -	$ -	$ -	$ -	$ -	$ -	$ -		$ 2,530.11
Book Store	$ 37,137.11	$ 44,000.00	$ 6,862.89	$ 4,031.16	$ 6,114.11	$ 1,897.90	$ 1,289.47	$ 5,266.39	$ 1,218.60	$ 1,441.93	$ 4,901.71	$ 1,640.67	$ 3,886.33	$ 1,059.18	$ 4,389.66
Building Insurance	$ 3,091.75	$ 850.00	$ (2,241.75)	$ 22.00	$ 614.00	$ -	$ -		$ -	$ -	$ -	$ -	$ 2,406.75		$ 49.00
Conference	$ 2,318.89	$ 2,000.00	$ (318.89)	$ 233.20	$ -		$ -		$ -	$ 1,127.11	$ -	$ 300.00	$ 463.40	$ 195.18	$ -
DFA Sales Tax	$ 5,413.87	$ 4,600.00	$ (813.87)	$ 1,029.02	$ -	$ 778.91	$ -		$ 1,105.67	$ 223.00	$ -	$ 990.64	$ -	$ -	$ 1,286.63
Events	$ 1,263.81	$ 1,600.00	$ 336.19	$ 68.18	$ 62.28	$ 324.82	$ -	$ 65.00	$ 152.62	$ -	$ -	$ 84.00	$ 407.68		$ 99.23
Federal Taxes	$ 7,279.76	$ 5,600.00	$ (1,679.76)	$ 479.96	$ 479.96	$ 529.96	$ 441.32	$ 668.58	$ 668.56	$ 668.58	$ 668.56	$ 668.58	$ 668.56	$ 668.58	$ 668.56
Office Supplies	$ 5,006.12	$ 6,000.00	$ 993.88	$ 250.65	$ 308.32	$ 132.75	$ 151.70	$ 769.07	$ 444.12	$ 985.66	$ 248.32	$ 632.10	$ 401.62	$ 283.48	$ 398.33
Painting Office	$ 268.14	$ 150.00	$ (118.14)	$ -	$ -	$ 174.33	$ -		$ -	$ -	$ -	$ -			$ 93.81
Phone & Zoom	$ 2,192.79	$ 2,300.00	$ 107.21	$ 209.01	$ 174.33	$ 101.72	$ 176.12	$ 176.12	$ 177.20	$ 177.19	$ 336.50	$ 177.19	$ 168.62	$ 168.62	$ 150.17
Post Office	$ 274.66	$ 450.00	$ 175.34	$ 16.76	$ 12.77	$ -	$ 61.27	$ 15.13	$ 11.35	$ 101.50	$ 14.12	$ 7.10	$ 24.19	$ 10.47	$ -
Rent	$ 12,768.00	$ 12,800.00	$ 32.00	$ 1,044.00	$ 1,060.00	$ 2,120.00	$ 1,060.00	$ 1,060.00	$ -	$ 1,060.00	$ 1,060.00	$ 1,060.00	$ 1,060.00	$ 1,092.00	$ 1,092.00
Safety Inspection	$ -	$ 112.00	$ 112.00	$ -	$ -				$ -	$ -	$ -				
Salaries	$ 28,014.36	$ 32,000.00	$ 3,985.64	$ 2,222.59	$ 1,122.59	$ 2,572.59	$ 2,455.21	$ 2,280.21	$ 2,630.21	$ 2,280.21	$ 2,630.21	$ 175.00	$ 3,452.80	$ 3,737.63	$ 2,455.11
Utilities	$ 2,090.74	$ 1,900.00	$ (190.74)	$ 293.99	$ 30.35	$ 169.40	$ 153.95	$ 131.33	$ 203.91	$ 198.83	$ 221.95	$ -	$ 48.34	$ 362.15	$ 276.54
Expenses	$ 116,232.70	$ 122,254.59	$ 6,021.89	$ 10,254.52	$ 12,755.30	$ 9,156.38	$ 6,044.04	$ 10,785.83	$ 6,966.24	$ 8,618.01	$ 10,435.37	$ 5,839.28	$ 13,592.29	$ 7,931.29	$ 13,854.15
Sales				$ 7,752.34	$ 7,204.06	$ 6,537.09	$ 9,276.06	$ 8,631.65	$ 5,263.06	$ 10,490.74	$ 5,692.09	$ 6,754.24	$ 9,874.17	$ 7,592.84	$ 11,897.78
Donations				$ 3,923.03	$ 3,335.14	$ 1,488.59	$ 5,398.91	$ 3,949.34	$ 1,803.88	$ 2,610.40	$ 1,391.75	$ 2,890.05	$ 1,557.95	$ 15,515.36	$ 13,854.15
*Positive or negative cash flow				$ 1,420.85	$ (2,216.10)	$ (1,130.70)	$ 8,630.93	$ 1,795.16	$ 100.70	$ 4,483.13	$ (3,351.53)	$ 3,805.01	$ (2,160.17)	$ 15,176.91	$ 11,897.78

* Does not include cost of goods sold

Past sales summary by month and year

	2025	2024	2023
Dec	11897.78	8148.3	2074.61
Nov	7592.84	7137.36	4284.49
Oct	9874.17	6520.59	2147.72
Sep	6754.24	7105.61	3647.94
Aug	5692.09	6424.47	2178.88
Jul	10490.74	8582.55	4081.48
Jun	5263.06	10869.48	4648.83
May	8631.65	7900.37	2743.27
April	9276.06	9334.2	2433.93
March	6537.09	3395.5	987.17
Feb	7204.06	5364.66	0
Jan	7752.34	2000.68	0

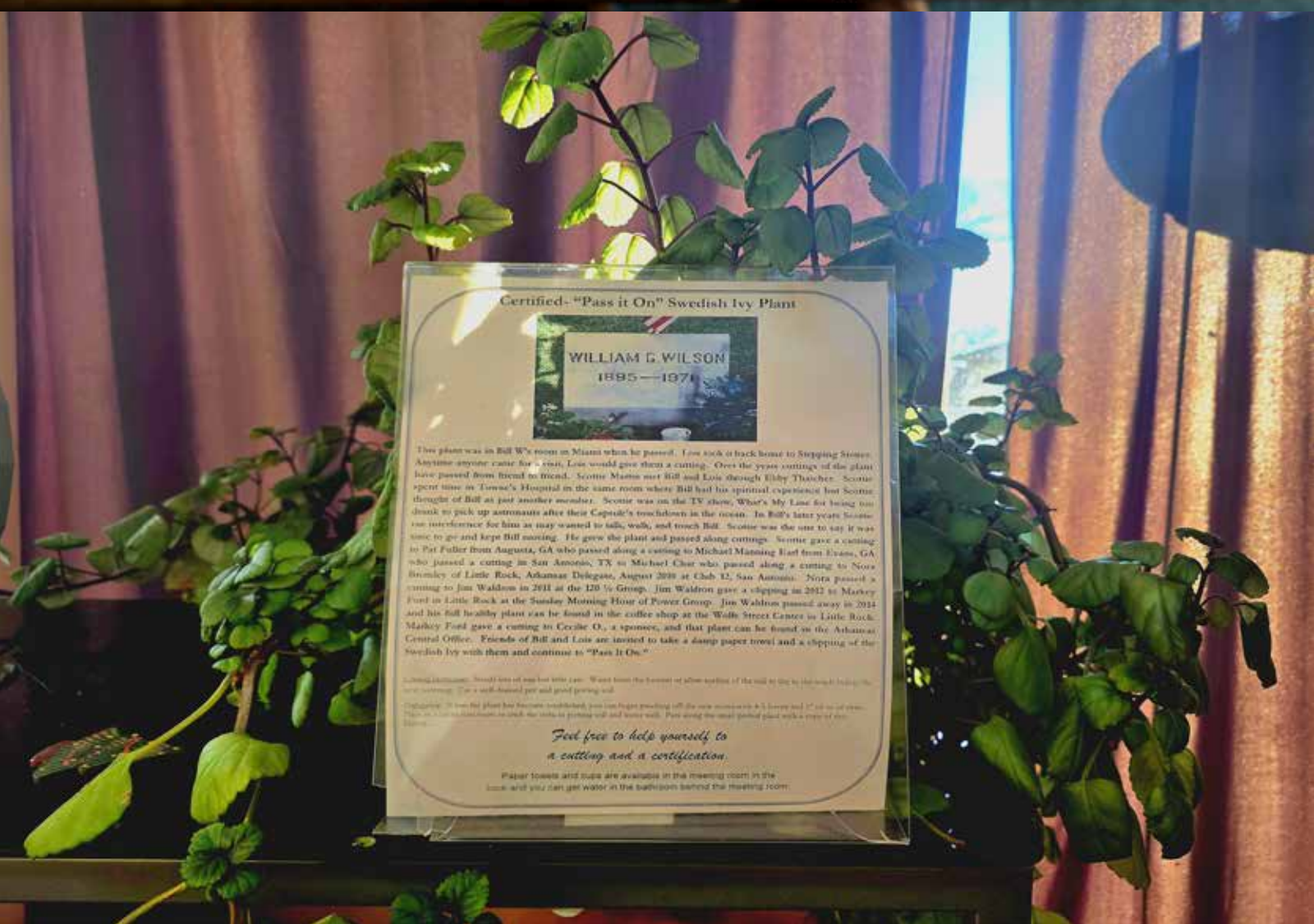


YOUR CENTRAL OFFICE SELLS MORE THAN BOOKS

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

Central Office Has New Bookmarks With New Designs!

STILL JUST $1



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 Mary J.
Tuesday - Bob W. And Matt R.
Wednesday - Clay C. and Woody T.
Thursday - Kathy Y. and Jeremy C.
Friday - Clay C. and Darlene L.
1st Saturday - OPEN
2nd Saturday - Caroline L.
4th Saturday - Steven C.
3rd and 5th Saturday - Susan H.
Alternates: Melanie R., Tara, Shawn C., Brenda F., Topher K.,
Matt H., Cary T., Stephanie K., Woody T., 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 and Saturday 10 - 2 pm. 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 **O**ffice **R**epresentatives 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!!

Accessibilties Committee

Is your homegroup accessible to people with disabilities?

SCAN THE QR CODE AND TAKE OUR SURVEY!

JOIN THE

LR BID

MONTHLY BUSINESS MEETINGS

4th Sunday 230PM

UPSTAIRS AT WOLFE STREET

Service -Fellowship -YPAA

Quinton C 501-515-2109

Kat B 870-613-7770

Tim R 501-349-6309

ATTENTION PLEASE!

WE ARE TRANSITIONING TO A NEW LOGIN ID AND PASSCODE

ATTENTION PLEASE!

Meeting held every other Thursday @ 6:30pm central

A.A. SERVICE MANUAL
IN DEPTH BOOK STUDY

Virtual (via Zoom)

Area 4 Arkansas
Area 10 Colorado
Area 25 Kansas
Area 38 Eastern Missouri
Area 39 Western Missouri
Area 46 New Mexico
Area 57 Oklahoma
Area 65 Northeast Texas
Area 66 Northwest Texas
Area 67 Southeast Texas
Area 68 Southwest Texas

Curious A.A. members from the SW Region getting together for an in depth study of the A. A. Service Manual.

Learn More

We want You!

A most effective way for us to learn is to hear from those who have the experience. We welcome you to join us and share!

Share with us

Upcoming Meeting Dates:
January 15th and 29th, 2026

New E-mail Contact as of January 2026

To be added to our e-mail reminder list:

ThirdLegacyService@Outlook.com

New Login Information
As of January 2026

ATTENTION PLEASE!

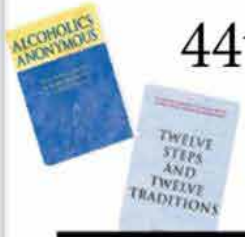
via Zoom

Meeting ID: 861 7405 9702

Passcode: service

"The Simple Kit of Spiritual Tools"

WINTER HOLIDAY



44th Annual District 9 AA Convention

February 6-8, 2026

SCHEDULE

FRIDAY, February 6th

4:00 PM - 8:00PM	Registration
7:30PM	Cyndi M., Cincinnati, OH
10:00PM	A Night at the Theatre

SATURDAY, February 7th

8:00AM - 8:00PM	Registration
8:30AM - 9:30AM	Workshop–Lyle P., Bainbridge, GA
10:00AM	Danny B., Spring, TX
1:00PM	Lori G., Oklahoma City, OK (AFG)
3:00PM	Panel Discussion
7:30PM	Lyle P., Bainbridge, GA
10:00PM	Dance

SUNDAY, February 8th

10:00AM	Jennifer K., Plano, TX

AA Open Discussion Meeting - Sat 5:00PM
Al-Anon Open Discussion Meeting
Sat & Sun 8:30AM

MAIL REGISTRATION COUPON BELOW TODAY OR GO TO
www.winterholidayconvention.com to register

EMBASSY SUITES

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

SPECIAL CONVENTION RATES

GUARANTEED if reserved before JAN 23, 2026
1-2 people/$125 + tax per night

Please make hotel reservations directly at

https://www.hilton.com/en/attend-my-event/winterholidayannualdistrict9aaconvention2026/
BY JAN 23, 2026
The code is C 933 for call-in reservations at 1-800-EMBASSY.

E-mail: district9winterholiday@gmail.com

OPEN HOSPITALITY ROOM
(closed 15 minutes before/during meetings)
No Food Outside the Hospitality Room
Should you need accommodations
for the Deaf/Hard of Hearing, **PLEASE LET US KNOW BY DEC 17, 2025.**

EARLY REGISTRATION!!!
2 Pre Registration Drawings for Winter Holiday 2027 from registrations received through JAN 23, 2026

First Name and Last initial on Badge *District 9 Winter Holiday Scholarship Fund assists those who may or may not be in treatment to attend.* *Make check payable to: Convention Treasurer PO BOX 26135, LR, AR 72221 (your check is your receipt)*	AA $30	Al-Anon $30	Al-ateen $3	Amount
1				
2				

Name_____ Address_____ City_____ State_____ Zip _____ Email_____ Phone_____	Scholarship Donation	
	Total	$
	After Jan 23, 2026, Registration $35	

THE LITTLE ROCK BID PRESENTS

EMO NIGHT

FRIDAY THE 13TH

PRICE: $10

924 Main Street
Little Rock, AR

035416•9

Gate
12

Row
07

Seat
35

YOUR MEMORY WILL CARRY ON

FRIDAY THE 13TH

PRICE: $10

924 Main Street
Little Rock, AR

March 14, 2026
6PM-8:30PM
Wolfe Street

THE STAGE

Is waiting
For you

Comedy, Music, Skits, all are welcome

THE ARKANSAS CENTRAL OFFICE PRESENTS:

IT'S SATURDAY NIGHT

Call James at Central Office to book your Act. 501-664-6042

You are invited to attend the 49th annual

Springtime in the Ozarks

APRIL 16, 17, 18 & 19, 2026

Best Western Inn of the Ozarks
Eureka Springs, Arkansas

"The Age of Miracles"

Speakers:

Thursday 8:00 pm: Convention Center— Sarah J., Eureka Springs, AR
Friday 9:00 am: Convention Center "Big Book Study"
Ron B. & TJ B., Riverview, FL
Friday 8:00 pm: City Auditorium – Candice M., Los Angeles, CA
Friday 8:00 pm: Convention Center – Paul McQ., Rockaway Park, NY
Saturday 9:00 am: Convention Center – Al-Anon Family Groups
Catherine K., Dallas, TX
Saturday 10:30 am: Convention Center — Jane L., Tallahassee, FL
Saturday 1:00 pm: Convention Center — District 1 AA Skit Players
Saturday 8:00 pm: City Auditorium — Cyndi M., Cincinnati, OH
Saturday 8:00 pm: Convention Center — Rachel F., Coral Gables, FL
Sunday 9:30 am: Convention Center – James L., Tallahassee, FL

Ice Cream Social After Thursday Speaker

- Bingo Friday & Saturday Night
- Brown Gravy DJ Saturday Night

For Lodging Information Contact:

Eureka Springs Chamber of Commerce
Website: eurekaspringschamber.com
Phone: 800-638-7352

Eureka Springs Transit System

Website: eurekatrolley.org
Phone: 479-253-9572

EUREKA SPRINGS ARKANSAS