

Nameless Newsletter V



Fall 2018

Needed: IPhone 4s or later

Your Arkansas Central Office desperately needs two 4S or later I-Phones.

I, Bob Watt, made a mis... Ok, it was a mistake. Well, it really wasn't that bad. Ok, it wasn't that good.

To avoid the cost of the landline that had just increased from \$129 to \$155 per month I made a decision to go with Straight Talk for \$48 per month to replace the landline. At the same time the I-Phone 4S on the other line died. So we needed 2 cell phones and fast. I bought cheap cell phones from Walmart that were made for Straight Talk. All was well, or so I thought.

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Thank You

To all the groups for your donations to keep the phones open for the suffering alcoholic.

Board Members

Joe R. Chairman- F Street Interim term ends12-31-18 (Chair ends 12-31-18)

Matt H. Secretary - Pig Pen 2nd term ends12-31-19 (Secretary ends 12-31-19)

Charlie H. - Beebe Group 1st term ends 12-31-19

Nancy C. - Rock Group 2nd term ends12-31-19

Jacklyn P. Reservoir Interim term ends 12-31-18

Bob W. Treasurer, Office Dir. Reservoir

Perry D. Liaison Cosmopolitan

> Date is when their term ends. Terms are 2 years long with a maximum of 3 terms.

Bob/Perry are employees

To Subscribe

If you would like to

receive this newsletter by email just send us an email at aacoar@gmail.com or call us at 501-664-6042.

Opt Out: If you would like to opt out of these emails reply 'to sender only' or send an email with "Opt out Newsletter" in the subject line to aacoar@gmail.com. Or call us at 501-664-6042.



A great big Thank You to all our In House Volunteers

These are the people that man the phones, clean the carpets, price the books, and a thousand other things daily in the Bookstore! Marc C., Melanie, Billy O'B., Brenda F. F. Nancy W., Molly C., Perry D., Casey D., Matt H., Joe O., Jim B., Donna S., Charlie H., Caroline L., Jerry A., Stephen C., Joel M., Terry H., Jordon, Ruth H., Sarah R., Mary W. and several alternates.

Did we miss anyone?

Published by:

Your Arkansas Central Office

Bookstore Open Mon-Sat 10am - 6pm Sun 2 - 6pm

Hot Line 501-664-7303 Business 501-664-6042 Website: arkansascentraloffice.org Email: aacoar@gmail.com

Activities Committee meets every month 3rd Sunday @ 2:00

Group 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 AA is welcome at all meetings

Opt Out If you would like to opt out of these emails reply 'to sender only' or send an email with "Opt out Newsletter" in the subject line to aacoar@gmail.com (continued from page 1)

Although the audio is clear they are very complicated to use. Every day we text the next days After Hours volunteers to remind them that the next day is their turn. That is a 15 step process. It is so complicated I have put a laminated, multicolored, numbered, step by step instruction list on the bulletin board for the volunteer to use.

But that is not the big problem. There are 2 very different ways to answer the phone and we don't know which one the phone will decide to pop up next! If you aren't careful it even hides any way to answer while it is still ringing! We have an instruction sheet on the bulletin board with 7 pictures of the phone to help you know what to do to answer the phone! Can you picture someone with ringing phone in hand studying the pictures so they can answer it?

One might learn these processes if they used this phone every day. But our volunteers work one 4 hour shift or less per week. This causes problems answering the phone. Sometimes we are calling people back because we can't figure it out fast enough.

We are hoping that out in the AA community someone has an Iphone that was on the Verizon system they are no longer using that they would donate. This is a problem we must fix.



Sponsorship Workshop

The word "sponsorship" is not in the Big Book. There is no official way to sponsor, but we have enough history, enough experience, to know what works.

The Alcoholics Anonymous pamphlet, "Questions & Answers On Sponsorship, (p. 7 Pamphlet Questions and Answers on Sponsorship), says that Alcoholics Anonymous began with sponsorship. Bill W., when stricken with a powerful urge to drink, thought to himself: "You need another alcoholic just as much as he needs you." (p. 7 Pamphlet Questions and Answers on Sponsorship) So he found Dr. Bob, who had been trying desperately and unsuccessfully to stop drinking and out of their common need, A.A. was born." The word, "sponsor," was not used then. The Twelve Steps had not been written but Bill carried the (continued on page 3)



(continued from page 2)

message to Dr. Bob, who in turn safeguarded his own sobriety by sponsoring countless other alcoholics.

In the earliest days of the First One Hundred as members who would go to a prospect's home and visit to see if he understood Step 1. (See Big Book Chapter 12, "Working With Others") There would be a few more visits to see about his belief in God and whether he admits to being an alcoholic and powerless.

Then, the "sponsor" would take him to the Oxford Group.

They would then start on Step 3. Two or three members would take him upstairs in Dr. Bob's house, get him on his knees and help him take the Third Step. Alcoholics could not join the Oxford Group until they were "qualified." (See How It Works, Chapter 12, Big Book).

Now days there is no requirement in order to join A.A.. Anyone can just show up as long as they have a desire to stop drinking. A person does not have to talk to anyone. Does not have to admit he/she is an alcoholic. Does not have to get a sponsor.

Treatment centers and rehab centers as well as detox centers and courts have already intervened long before a person gets to A.A. Many have no concept of sponsorship and its purpose to their lives.

Bill W. does not use the word "assignment" in the Big Book but he does give many directions. Suggestions which have to be followed if we expect to receive the benefits of a Spiritual Experience or Awakening sufficient enough to help us stop drinking and lead a better life. Some directions or guidelines are as imperative today as they were for the older drunks of Bill's day. But sponsorship is not only the responsibility of each individual member, but also can be the responsibility of the group as a whole such as it was in the early days of A.A. For newcomers arriving at their first A.A. meeting and having no prior contact with A.A.; with no contact ever with any central office or referral; with no 12th step call; the group needs to be aware of newcomers needing guidance and direction. Now more and more groups are recognizing the need to provide some form of structured sponsorship help, both for potential new prospects and for new sponsors as well.

(continued on page 4)

Need
a special
present for a friend,
sponsor, sponsee or
yourself? Your Central
Office has coffee cups,
medallions AA necklaces
and AA key chains, AA
rings, 3D printed AA
items, AA bracelets
and walls of
books.

Articles needed!

We want to send out our newsletter more often. But we are limited by a lack of articles. There is a tremendous amount of knowledge that AAs have to help each other. We hear it in every meeting. This can be general knowledge or something one of us is going through. Maybe the way we are working through that new situation. Whatever the case we need to pull that information out of us and share it with others in an article for the newsletter. Articles are between 300 and 800 words. Please submit by email to aacoar@gmail.com.



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 Saturday and 2 - 6 pm on Sunday.

Sometimes people alternate with another so they only volunteer every 2 weeks.

Central Offices were in operation before the AA conference.

Your Arkansas
Central Office was established in 1975!

(continued on page 3)

In many successful groups, sponsorship is one of the most planned activities of the group. One such group here in Arkansas is the Cabot Local Chapter #1. That group has taken on the responsibility of sponsorship head on. They asked earlier in this year if the Arkansas Central Office would present a workshop on sponsorship. The Central Office has put together a team of recovered alcoholics to help out and have put together such a presentation. This team has been meeting since June and July, about every other week, and is made up of 5 to 7 members. The purpose has been to put together information from the Big Book, the pamphlet Questions and Answers on Sponsorship and the 12 & 12, as well as our combined experiences of sponsorship in our lives what we think would be help others better understand the role of the prospect and sponsorship. The Cabot group asked the Team to present material for the newcomer and the newcomers beginning to sponsor. The team hopes to give structured directions to those wanting to know what is sponsoring and for those just now beginning to sponsor others.

The team is now ready to start finalizing guidelines and ideas to put presentation in its final form. If you are interested in joining the team call the Central Office, 501-664-6042, and let Bob W. know. Also if other groups are interested in this presentation please let the Central Office know.

The sponsorship Team is chaired by Donna S. of the 6:30 am Cosmo Group and Bob T. of the 5:30 pm Happy Hour of Wolfe St.



Your Bookstore accepts cash, checks and credit cards!









Meeting Chair Needed

Service Opportunity

There is a new opportunity for service work in Pulaski County. The ADC Prison at Wrightsville needs volunteers to chair a meeting at 8:00, 9:00 or 10:00 am Monday through Thursday at both the men's and the women's prisons. Formal training is not required. These meetings are for a select group of inmates who are participating in a program at the facility. The program is called First Legacy. The same inmates will be at your meeting week after week which makes it easy for you to witness their progress. A great way to help people grow and see the progress of your work! Call Jim B. at 501-680-5130.





Alcoholics Anonymous Reward

One of the things I love most about Alcoholics Anonymous is the opportunity I've been given to help the person who still suffers. Being both a witness and participant to carrying our message, I am continuously humbled by the self-sacrifice that goes into helping others. Recently, a sponsee had relapsed, and in spite of his efforts, was unable to stay sober. One evening, as things worsened and he was going in and out of consciousness, his family took him to the emergency room. Once stable, he was admitted into the hospital to detox.

Unfortunately, my grandfather had passed away the day prior and I had to leave town, so I was unable to be with him and his family. I had been keeping my sponsor and other group members informed as his situation changed. On his third day of detox, before traveling back to town, my sponsor and I made plans to visit him; my sponsor also mentioned that several group members might join us. Being late on a Sunday evening, I didn't anticipate many group members showing up.

The weekend had already been long, especially after burying my last living grandparent. After arriving back in town, I dropped my wife off at home and drove to the hospital. While driving, I was overcome with deep gratitude for the opportunity to see my friend. I knew my grandpa had lived a full life of ninety-one years and undoubtedly touched more lives than just mine. But as members of Alcoholics Anonymous, we have been given the gift of sharing our experience and having the ability to touch life after life.

I pulled in to the hospital, parked and walked into the waiting room. As I turned the corner I was met by eleven, ELEVEN, other home group members. I was speechless. We all rode the elevator up and after getting a few very awkward and suspicious looks from the staff, we were allowed in. They did mention that no one had ever received so many visitors at once. Our beaten up friend was sitting alone at the back of the room and when he saw me round the corner, he stood up to greet me. Unexpectedly, the rest of the group began to enter the room and our friend was overcome with emotion, speechless, he wept on my shoulder. We each shared the hopelessness and suffering from our past, but also the unending peace and joy we'd been given.

The power of Alcoholics Anonymous in the room that night consumed each one of us. We were instruments of our living God, offering the hand that we were once offered ourselves. The cry ball in my throat never went away. I walked out alone because I stayed a bit longer than everyone else, and as the cold night air hit my facetears began to flow. My heart was full that night. Even though I had laid my grandfather to rest that morning, by evening, I had participated in a rebirth. Joe R.



Your Arkansas Central Office was established in 1975!



"I had a layover in Omaha that led to a hangover in Des Moines!"

Used by permission of the Grapevine

After Hours Volunteers

This you can do from your home. We will forward the phones to you anywhere in the state when we close. A great way to give back!

Give us a call @ 664-6042 to sign up!



Twelve Tips on Keeping Your Holiday Season Sober and Joyous



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



Don't think you have to stay late. Plan in advance an "important date" you have to keep.



Don't sit around brooding. Catch up on those books, museums, walks, and letters.



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



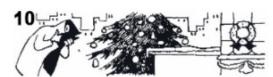
Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



Worship in your own way.



Don't start now getting worked up about all those holiday temptations. Remember— "one day at a time."



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

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A Great Big Thank You to all the After Hours Volunteers.

These folks come from all over the state and unselfishly answer the Central Office phones when we are closed. Some times at 3 am. I think that is when I did my best drunk dialing!



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12-Stepping Suggestions Service Opportunity

Your Arkansas Central Office is putting together a committee to come up with suggestions for what a 12-stepper might do (or not do) when they receive a call from the Central Office about someone who is reaching out for help.

This was Paul M.'s (Downtown Nooners) idea and he will be coordinating the committee. We hope to come up with a page or two of suggestions— as much from the Big Book as possible, with our own experience added in. These suggestions could be posted on the website as a source for 12-steppers who are unsure how to respond, what can be expected, and how to go about it. We are looking for people with 12-stepping experience to join this committee. We have many people asking what a 12-stepper is and what is expected. We think these suggestions would be very useful in explaining what one might do on a 12-step call and what to expect.

We are looking for 3-4 people that would be willing to share their knowledge of the Big Book and their experience 12-stepping to be part of this committee. If you would like to be part of this project please call your Arkansas Central Office at 501-664-6042, email us at accoar@gmail.com, or contact us thru the website at@ arkansascentraloffice.org.

If you know someone who would be good for the committee please ask them to contact us.



Recurring Donation

Can you give back to AA with a recurring donation from a credit card or your checking account?

Use the button



on *Your* Website, arkansascentraloffice.org, or call Bob at 501-664-6042

Printing? Copies?

Did you know Your Arkansas Central Office does light printing and copies? Recently an AA member came by that had just picked up her home group's fliers for an upcoming event. She had paid 30¢ each for the black and white copies and 80¢ each for a few color copies. I was going Wow! If we had printed them for her she could have them all in color with money left over!

Our prices for each side printed is 10¢ for black and white and 30¢ for a color copy with 30% or less coverage. Most flyers would be 30% or less coverage unless they have a large (continued on page 8)

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background. This would be on letter or legal size paper. This also keeps your groups funds within AA. If you need 50 or more copies please call for a quote.

When your flyer is printed we will also upload it to the website and post it to the bulletin board of upcoming AA events.

You can bring in the flier on paper, USB drive or email it in. If you are out of town or if it would be more convenient you can email us your flier or booklet as a word, publisher, excel file or scanned and we can mail the prints back to you.

We can also bind booklets and print on special papers. We have a 'comb' style binder that does professional work and we should be cheaper.

This is an excellent service that makes it easier and cheaper for us all!



4th annual Chili Challenge

On October 27th we had the 4th annual Chili Challenge. Ninety-two people came to hear Mark B. from Bridging the Gap speak and have some great chili. The attendance was a record for the Chili Challenge. More tables and chairs had to be added to accommodate every one.

We had 2 bands this year. Baxter and the Lurking Notions which was made up of Baxter K., Chance S., Matt C., from 120 $\frac{1}{2}$ and David A. from The Table Group. The second band consisted of Matthew S and Michael M. both from Barely Legal.

The 50/50 was won by Laura B.'s sponsee, Amber D. from Bridging the Gap. Laura must have loaned her some of her own good luck. The Chili Challenge trophies were awarded at 9:30. Third place went to George H. of Pinnacle. The second place trophy went to Jason S. from Cosmo and first place – drum roll—Sandy S. of Bridging the Gap! With Amber winning the 50/50 and Sandy winning first place in the Chili Challenge it was a clean sweep for Bridging the Gap. Even the speaker, Mark B., was from the Gap.

Happy Heather H. of Saints We Ain't came from outside the committee and did a great job as our spokesperson. We needed someone with a strong voice and a great personality and she certainly filled the bill!

Charlotte C. from the Hope Group took care of reservations while Jeremy S. from Bridging the Gap and Matt B. from the Rock Group were arresting people. Many people were put in jail and had to sing for their freedom. Some of this singing was good but most was, well, OK! Anyone could have someone arrested for \$1 and many folks took advantage of it. They either went to jail with the microphone to sing or bribed the Sherriff not to go.

Other members of the Activities Committee Tammy A. from the Sherwood Group, Desere B. from The Rock Group and Michael W. from Bridging the Gap were running several activities. Many other

volunteers joined the Activity Committee as we got started.

This was the last event with Linda S. from The Rock group as chairman. She has done a great job as Chairperson of the

Activities Committee over the last couple of years. We will miss her. She will continue to decorate for the events.

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(continued From page 8)

The Activities Committee needs new members! This committee has so much fun and is really a great experience. If you or your sponsee would like to join call Your Arkansas Central Office, 501-664-6042, send an email to aacoar@gmail.com or send us a message on the website arkansascentraloffice.org.



			October Donation Compri	sons		
/TD 17	YTD18	Diff	Donations	Oct 17	Oct 18	Diff
1068	3109	2041	*Activity Donations	0	719	719
389	505	116	*Change Donations	29	20	-9
182	0	-182	*Conv Jar Donations			
379	227	-152	*Drink Donations	44	0	-44
723	2101	1378	*Individuals	271	202	-69
955	945	-10	*Memorials			
576	0	-576	*Raffle & 50-50			
730	980	250	*Recurring Donations	90	105	15
77	827	750	*SOS Sharing Our Sobriety	32	114	82
612	777	165	120 & Half Little Rock	0	205	205
0	56	56	164 Club Paragould			
50	50	0	A.A. Grp #1 Ark Co. Stuttgart			
0	50	50	Alexander Group			
2892	2913	21	Anonymous Groups	369	273	-96
0	147	147	ARKYPAA			
107	75	-32	Back to Basics Maumelle	107	0	-107
32	280	248	Barely Legal Little Rock			
314	300	-14	Beebe Group Beebe			
209	0	-209	Before & After Benton			
1581	2029	448	Bridging the Gap North little Rock	0	327	327
442	736	294	Cabot Local Chapter #1	0	91	91
50	40		Clinton Group Clinton			
850	1775	925	Cosmopolitan Little Rock			
0	116	116	District 6 Batesville			
390	390	0	Downtown Nooners little Rock			
200	500	300	Dunbar Little Rock			
0	200	200	East End Group Little Rock	0	200	200
62	75	13	England Better Way			



YTD 17	YTD18	Diff	October Donation Com Donations	•	Oct 18	Г
1031	1896		F Street North Little Rock	0	236	2
275			Foxhall Sherwood	116	0	
0	8		Gaslite Little Rock	110		- • •
114	345		Grace Womens Grp Conway			
24	113		Gravel Ridge Sherwood	0	113	113
0	25		Greers Ferry Grp		110	110
6576			HALT Little Rock	615	622	7
330	0010		Happy Hour Conway	010	ULL	
220	240		Happy Hour Little Rock			
0	103		Hill Group Little Rock			
849	1144		Hope Grp North Little Rock	0	218	218
049	7		Keep it Simple Benton	0	210	210
0	22		L.O.L.			
150	150		Meeting in the Middle Little Rock	0	50	50
	125		_	0	50	50 50
75 40	35		New Hope Heber Springs	0	50	50
40 717			New Perriyville Grp	^	106	106
717	519 251		Nooners Conway	0	46	46
126	251		Northside Sobriety North Little Rock	0	40	40
0	110		Open Door Grp W. Helena			
			Paragould Club Paragould			
169	55		Pig Pen Grp Little Rock			
0	38		Primary Purpose Little Rock			
0	38		Primary Purpose Little Rock			
19	161		Rebos Little Rock	EEO	^	EEO
2148	1562		Reservoir Little Rock	558	0	-558
38	53 546		Rock Bottom Benton	129	79	-49
525	516		Rock Group North Little Rock			
0	50		S.O.S. Women's Meeting Cabot			
301	525		Saints We Ain't Little Rock			
25	10		Salem AA			
71	102		Searcy AA Group			
0	100		Seeking Serenity Conway	07	25	
273	244		Sherwood, Sherwood	27	35	9
200	125		Solutions Little Rock			
240	300		Sterling Men's Group			
350	398		Taproot Little Rock			
50	58		Tue-Thur Group Conway	07		^=
195	0		Unknown	27	0	-27
16	0		We are Not Saints			
0	345		Wed Night Hap Hour Conway	202		200
300	300		Wednesday Night B.B. Little Rock	300	0	-300
150	120		Welcome Grp Hot Springs Village			
0	90		Wye Mountain	0	90	90
0	658		YES Little Rock	0744	0004	440=
28467	36350	7882	TOTAL Donations	2714	3901	1187



Arkansas Central Office Financials for October 2018

TOTAL INCOME = Donations + Sales

TOTAL EXPENSES (OUTGO) = Cost of Goods Bought + Overhead + Wages
OVERALL TOTAL = DIFFERENCE BETWEEN INCOME/EXPENCES (OUTGO)

	YTD18		Category		Oct 18		
28467	36350	7882	TOTAL Donations	2714	3901	1187	Donations
			Sales				are up &
18924	23131	4207	Sales:Sales Cash-Check	1410	1555	145	Sales are
14434	17456	3022	Sales:Sales Credit Card	1317	2085	768	also up so
1734	0	-1734	Sales:Sales Non-Taxable				Income is
35092	40587	5495	TOTAL Sales	2727	3640	913	up by - \$2100!
63560	76937	13377	TOTAL INCOME	5441	7541	2100	Ψ2100.
YTD 17	YTD18	Diff	Category	Oct 17	Oct 18	Diff	
			EXPENSES				Cost of goods
19939	24008	-4070	Cost of Goods Bought	1306	1461	-154	
			Overhead				
1350	1500	-150	Overhead:Accountant	150	150	0	increase
931	992	-61	Overhead:Activities & Events				
404	544	-141	Overhead:Bank Charge	38	53	-14	
76	26		Overhead:Business Meeting - Food				Had to make
777	1556		Overhead:Conventions	0	16	-16	a meeting
1143	1260	-117	Overhead:Insurance Work Comp & Propert	1143	1174	-31	supply run
740	536		Overhead:Internet ISP	50	50	0	
579	765	-186	Overhead:Meeting Supplies	15	174	-159	Nothing
493	541	-48	Overhead:New Equipment	0	33	-33	broke!
599	529	71	Overhead:Office Supplies	32	26	6	
8780	8780	0	Overhead:Rent Building	878	878	0	Sales are up
253	607	-354	Overhead:Repair-Maintenance	200	0	200	which
2792	3367	-575	Overhead:Sales Tax & Penalties	359	465	-106	increases our
1697	1601	96	Overhead:Telephone	177	99	79	sales tax
20614	22603	-1990	TOTAL Overhead	3042	3118	-76	Wages are up
			Wages				due to We
6464	6618	-154	Wages:Federal Withholding Deposit	132	962	-830	
13794	14665	-871	Wages:Salary-Paychecks	718	3451	-2734	month after
841	595	246	Wages:State Withholding	11	0	11	we work now - & Bob is paid -
21099	21878		TOTAL Wages	861		-3552	guarterly
61652	68489	-6838	TOTAL EXPENSES	5209	8992	-3783	4
YTD 17	YTD18	Diff		Oct 17	Oct 18		The month
1908	8448	6539	OVERALL TOTAL	232	-1451	-1683	'Looks' poor because of
							the
	We	are hav	ring a great year. We will be able to build				accounting
		τη	e much needed prudent reserve				change
Banking Balances General Checking: Beginning Balance \$10514.65 Ending Balance \$7511.52 Fees \$0 (Accrued Payroll Included in the General Checking Account ending balance \$6000.00) Reserve Account Beginning Balance \$6605.49 Ending Balance \$6605.49 Fees \$0 PayPal Account Beginning Balance \$8182.16 Ending Balance \$9905.93 Fees \$52.69 (Note: The accrued payroll is stored in, and is part of, balances of the general checking account.) The bank balances are the actual in the bank and are unaffected by outstanding checks Note: The master information and all the Central Office information is a vailable a nytime. Please let the director know if you would like to look it over.							
	rieasele	t the aire	ector know ir you would like to rook it over.				