



Nameless Newsletter



Published by: *Your*Arkansas Central Office

Spring? 2019

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 recently increased from \$129 to \$155 per month, I made a decision to go with Straight Talk for \$48 per month. 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.

(continued on page 2)

Thank You

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

Board Members

Joe R. Chairman-

Bridging the Gap
1st Term ends 12-31-20
(Chair ends 12-31-20)

Matt H. Secretary - Pig Pen

2nd term ends 12-31-19
(Secretary ends 12-31-19)

Charlie H. - Beebe Group

1st term ends 12-31-19

Nancy C. - Rock Group

2nd term ends 12-31-19

Jessica J. Hour of Power

1st term ends 12-31-20

Bob W. Treasurer, Office Dir. Reservoir

Perry D. Liaison

Cosmopolitan

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

Bob/Perry are employees

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AA EVENT!

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**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! Billy O'B., Brenda F. Heather H., Kathy L., Eric G., Susan, Clay, Perry D., Matt H., Joe O., Jim B., Donna S., Caroline L., Heather E., Terry H., Terri T. and several alternates.

Did we miss anyone?

(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 another 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 I-phone that was on the Verizon system they are no longer using that they would donate. This is a problem we must fix.



Published by: **Your Arkansas Central Office**

Bookstore Open

Mon-Fri 10am - 6pm
Sat 10am - 2pm
Sun 2 - 6pm

Hot Line 501-664-7303
Business 501-664-6042
Website:

arkansascentraloffice.org
Email: aacoar@gmail.com
Phone App Meeting Guide

Activities Committee meets every month

4th Thursday @ 5:30

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

Service Auction This Saturday March 2nd!

Wow! Time flies. The Service Auction is this Saturday. It will be at our regular venue the Burns Park Hospitality House from 10am to 2pm this Saturday. First off we will have a 3 member panel do a sponsorship workshop. The 3 panelists will share their methods for 'getting to know' the prospect up thru the first 3 steps. An ask it basket will follow and there will also be a handout created from suggestions from the Big Book about sponsoring. With the 5 page Big Book suggestions that the Sponsorship Committee gleaned from the Central Office Ad-Hoc committee each person that wants it will also get the GSO's pamphlet 'Questions and Answers on Sponsorship'.

After the panel and ask it basket we will have lunch of home made soup and build your own Hero.

We will have a professional auctioneer talking fast and furious to auction off the many items available.

We will have a great professional musician as well.

Come and enjoy!





Book prices went down?

It's hard to believe but there has been a Central Office roll back on prices of Big Books, 12 & 12's and Daily Reflections. That is in all 11 different styles and types of these 3 books. That is regular print, large print, soft cover, hard cover and all the other varieties. On top of that you can now mix or match these books to get 10 or more and get an additional 10% off!

How is this possible?

It wasn't that long ago that the Central Office was hurting. We took steps to lower our costs and live within our means. We cut payroll but actually have 2 employees now instead of just one. We eliminated a \$300 per month copier and a \$105 per month answering service. The answering at night is now done by you, the AA community, all over the state with people that know and understand the suffering alcoholic instead of a paid service. We eliminated the two landlines and use Straight Talk cell phones for a savings of \$186 per month. We even cut our Internet service provider costs almost in half. Not counting the payroll savings that is a total of \$7236 per year!

While lowering costs we have improved our service to the AA community. We have 4 activities per year now. Besides the Founders day birthday event and the Christmas Eve Open House we also have The Service Auction and the Chili Challenge. We use to go to 3 AA Conventions in Arkansas and set up our Bookstore to support them. Now we go to 6 AA Conventions. All this at no additional cost.

Donations have also been increasing. All this means that *Your* Arkansas Central Office can live within its means. We are now concentrating on improving our help to the AA Community and the suffering alcoholic. Isn't this the way it should be?



The Sponsorship committee

The sponsorship committee has produced their workshop. They have gleaned 5 pages of information on sponsorship from the Big Book and 12 & 12. The first presentation will be at the Service Auction this weekend. The panelists for this event will be Donna S., Matt H., and Perry D. Bob T., who was a co-chair of the sponsorship committee with Donna S., will be the moderator at the first event. The Cabot Group has also expressed an interest and it will be scheduled shortly. *Your* Arkansas Central Office hopes to offer this to meetings around the state. Their were 13 meetings held to format this workshop. A lot of time and work has gone in to developing something that will be useful to the AA Community. Both current sponsors and future sponsors as well as sponsees will get a lot from this. There is also another member of AA giving a talk on sponsorship. In Little Rock

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 estab-
lished in 1975!

Your Bookstore
accepts cash, checks
and credit cards!



there is a meeting that works on sponsorship weekly. We haven't asked their permissions so we won't mention the names.



Your CO needs

Service Opportunity

In-House volunteers

This is a great service opportunity. The CO is open 7 days a week. We are open Monday through Friday from 10am to 6pm. Saturdays from 10am to 2pm and Sunday from 2pm to 6pm. Why the strange hours? What can I say - we're drunks?. But they do seem to work out well.

Each volunteer shift is 4 hours long. There are 2 qualifications. One is you have to be an AA in good standing. The other is your sponsors approval. We currently have 2 openings. Monday and Thursday from 2 to 6pm. The Thursday is for the 2nd, 3rd, 4th and 5th Thursdays only. We have a person for the 1st Thursday. If you have someone to share your days with you we are open to any plan. If you would like to work the first 2 Mondays and have a friend that would work the 3rd 4th and 5th that would be great! Besides a great service opportunity for seasoned AAs this is very good for your sponsee that has some time on their hands or maybe needs to regain some self esteem. As long as her sponsor feels they are ready.



12-stepper suggestions

Your CO has also had another ad-Hoc committee suggested and headed up by Paul M. This committee came up with a list of suggestions for 12-stepping. Many people have asked what a 12-stepper does. Of course it does change depending on the person and their situation that is being 12-stepped. Paul rather than having meetings did everything by email. This worked well for the committee. The suggestions are almost ready. They are written in a question and answer format which really serves the purpose. In the next couple of weeks we will send them to our current 323 male and 246 female 12-steppers. Yes, that is a lot. And yet we still need more in many places around the state. Hopefully we will also publish the 12-stepper suggestions in our next newsletter.





The still suffering alcoholic

Some time ago we noticed that we weren't getting many 12-steppers involved from the calls we get here at *Your* CO. Actually through our documentation we got only 4 one month and 5 the next. We set out to improve that number. A little study led to the question, "Are you new in the program." This is the perfect question to ask anyone interested in a meeting time. When this question is asked we will find out if they are new in to AA, new to the area or passing through and just need a meeting. Then we know how to handle it. If they are passing through we can let them know about our list of meeting on the website and of course the phone app. The phone app is so great it even gives them GPS directions! But if they are new in the AA program or new to the area we can try to get them a 12-stepper. I say try because many of us AAs think we don't need any help getting going in the program. After all look where our best thinking has gotten us so far. Right!

We put our question, Are you new in the program, as the screen saver on the volunteer computer. It was also mentioned to the In-house volunteers many times. So many times some may have heard it in their sleep! But the statistics show we have gone from the 4 or 5 per month to 20 plus every month. Last month we had 35! Did I mention we have gone from 4 or 5 12-steppers to 35 last month? Yes, we are proud. Our primary purpose at *Your* CO is to help the suffering alcoholic. The best way to help the suffering alcoholic is get him or her in touch with another AA that will help them get involved with AA.

We have found that the After Hour Volunteers seem to get more alcoholics calling that could use a 12-stepper than we get in-house. In the CORs meeting it was suggested that we put a video on the website talking about our question, Are you new in the program. We are going to take it a step further. I have a friend that does videos professionally. He is going to make some videos for us and we will send the video, if we can, or a URL to the After Hours person every day before they take the phones.



One last thing

Please take it easy on this newsletter. I know I can't write or spell. Thank goodness there is spell check that catches most of it. I sat down and wrote this in one Sunday. We need articles. You can submit an article about your story, how you handled a problem, about your group activities or anything AA. Your help is desperately needed.

If we don't get articles I will threaten you with more poorly written newsletters!



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!

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

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!



Donations	Sep 18	Oct 18	Nov 18	Dec 18	Jan 18	Jan 19	Diff
*Activity Donations	0	719					
*Change Donations	48	20	30	39	70	83	12
*Drink Donations			0	291			
*Individuals	22	202	3091	2331	25	1176	1151
*Memorials	100	0	425	54			
*Recurring Donations	105	105	105	105	95	105	10
*SOS Sharing Our Sobriety	21	114	12	43	59	8	-51
AA Arkadelphia 1			10	0			
120 & Half Little Rock	0	205			0	67	67
A.A. Grp #1 Ark Co. Stuttgart					50	50	0
AA Arkadelphia 1					0	15	15
Anonymous Groups	317	273	258	195	331	360	29
Back to Basics Maumelle			93	0			
Beebe Group Beebe	65	0	0	55			
Bridging the Gap North little Rock	0	327	0	141	387	626	239
Cabot Local Chapter #1	141	91	18	0	101	58	-43
East End Group Little Rock	0	200			0	19	19
Cosmopolitan Little Rock		236	2000	50			
District 9		0	0	229			
East Gate Grp HS Village		113	56	0			
England Better Way		622	25	0			
F Street North Little Rock	0	218	9	0	0	8	8
Foxhall Sherwood			69	0	21	0	-21
Gaslite Little Rock	3	50					
Grace Womens Grp Conway					195	0	-195
Gravel Ridge Sherwood	0	50					
HALT Little Rock	473	106	662	564	683	612	-71
Hill Group Little Rock			50	0	38	25	-13
Hope Grp North Little Rock	0	46					
Keep it Simple Benton					7	0	-7
Jacksonville AA			0	94			
L.O.L.			25	0			
Meeting in the Middle Little Rock	0	79	0	6			
New Hope Heber Springs	0	0			25	50	25
Nooners Conway	0	35			108	87	-21
Northside Sobriety North Little Rock	0	90			60	0	-60
Open Door Grp W. Helena			0	50			
Pig Pen Grp Little Rock			0	75			
Pinnacle Mtn Little Rock			0	22	0	24	24
Primary Purpose Little Rock			0	50			
Rebos Little Rock			120	0	132	0	-132
Reservoir Little Rock			0	660			
Rock Group North Little Rock	0				109	75	-34
Rule 62 Jacksonville			0	26			
Saints We Ain't Little Rock					0	258	258
Seeking Serenity Conway					100	0	-100
S.O.S. Women's Meeting Cabot	50						
Sherwood, Sherwood	0				0	28	28
Solutions Little Rock					125	125	0
Taproot Little Rock					176	0	-176
The Journey Grp Clinton			25	0			
Tue-Thur Group Conway					58	46	-12
U Turn Grp Arkadelphia			0	50			
Unknown			0	88	0	110	110
Wednesday Night B.B. Little Rock					0	469	469
Welcome Grp Hot Springs Village					65	50	-15
Wye Mountain	0						
YES Little Rock					658	0	-658
TOTAL Donations	1345	3901	7082	5219	3678	4633	955



Arkansas Central Office Financials for January 2019

TOTAL INCOME = Donations + Sales

TOTAL EXPENSES (OUTGO) = Cost of Goods Bought + Overhead + Wages

OVERALL TOTAL = DIFFERENCE BETWEEN INCOME/EXPENSES (OUTGO)

	Sep 18	Oct 18	Nov 18	Dec 18	Jan 18	Jan 19	Diff
TOTAL Donations	1345	3901	7082	5219	3678	4633	955
Sales:Sales Cash-Check	3798	1555	1871	2227	1700	2591	891
Sales:Sales Credit Card	1922	2085	1920	1884	2241	2059	-182
Sales:Sales Non-Taxable			63	0	0	54	54
TOTAL Sales	5721	3640	3855	4110	3941	4704	763
TOTAL INCOME	7066	7541	10937	9330	7619	9337	1718
EXPENSES							
Cost of Goods Bookstore	4533	1461	2522	1459	1085	2517	-1432
Overhead							
Overhead:Accountant	150	150	150	150	150	150	0
Overhead:Activities & Events			-200	572	0	27	-27
:Bank Charge	59	53	65	59	66	66	0
:Business Meeting - Food			0	148			
:Conventions	204	16	32	0	169	393	-224
:Insurance Work Comp & F	0	1174	0	-2	86	0	86
:Internet ISP	50	50	185	50	50	50	0
:Meeting Supplies	0	174	0	27	222	159	62
:New Equipment	108	33	0	130	319	34	285
:Office Supplies	0	26	350	287	140	148	-8
:Rent Building	878	878	878	878	878	878	0
:Repair-Maintenance			0	99	8	254	-247
:Sales Tax & Penalties	300	465	289	334	385	338	47
Overhead:Telephone	99	99	99	99	177	148	30
TOTAL Overhead	1847	3118	1848	2831	2650	2580	70
Wages							
Wages:Federal Withholding Deposit	132	962	132	132	3157	2628	529
Wages:Salary-Paychecks	718	3451	718	8562			
Wages:State Withholding	11	0	11	11	441	400	41
TOTAL Wages	861	4414	861	8706	3598	3028	570
TOTAL EXPENSES	7242	8992	5231	12995	7333	8292	-959
OVERALL TOTAL	-176	-1451	5706	-3666	286	1045	759

If you would like more information about your Central Office you can talk to your COR (Central Office Representative) or you are welcome to come to the meetings every month on the fourth Wednesday yourself.