



# Nameless Newsletter



Published by: *Your*Arkansas Central Office

**Fall 2016**

## God Uses Character Defects (LOL)

When I got sober a little over 16 months ago I was terrified to go back to drinking. I made a commitment to stay as busy for AA as I had to hide, steal and lie about my drinking. I was **never** too tired or busy to drink.

I immediately became involved in "service work", although I didn't know that was what it was at the time. I only knew I was helping AA and hopefully another alcoholic.

I had the opportunity to answer the hotlines at the AA Central Office one Sunday and received a call from a lady needing a ride to a meeting that night. I told her

I would be happy to pick her up. We met, went to a meeting and hit it off from the beginning. She later told me what she had told a friend before calling the hotline. "Some lady a hundred years old will answer that I can barely understand. I will have to yell into the phone. Then, she will pick me up and tell me her life story on the way to the meeting. Why can't it be someone I get along with? Someone more my age, that curses a little and smokes cigarettes with me...and is from New Jersey!!!" Yes, these were her exact requests. I answered the phone that day and in doing so I know I was right where I was

supposed to be in order to meet her need. I do smoke, curse a little (more than I should) and lived in New Jersey before moving here to Little Rock. Some may see this as a huge coincidence but for me, it's just more reassurance that when I say yes to AA, I'm saying yes to my higher powers will for me. He knows my character defects and just maybe even uses them sometimes for the suffering alcoholic to feel comfortable. The brightest point in my life is helping another alcoholic and living this program one day at a time.

Melanie R



### Inside this issue:

God Uses Character Defects (LOL)	1
Name the Nameless Newsletter	2
Quapaw House	3
Central Office Job Opening - Liaison	4 & 5
CPC and Pamphlets	6
Events	7
12 Tips on Keeping Your Holidays Sober & Joyous	8
Financials	9 & 10
Sometimes Quickly Sometimes Slowly	11

### Board Members

Bob F. Chairman  
Meeting on the Boulevard  
12-31-17 (Chair ends 12-31-16)

Jeannie S. Secretary and  
Chairman Elect  
F Street 12-31-18  
(Secretary ends 12-31-16)

Nancy C.  
Rock Group 12-31-17

Matt H.  
Pig Pen 12-31-17

David W.  
Reservoir 12-31-18

Bob W. Treasurer, Director  
Reservoir

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

**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 [aaeventsnewsletter@gmail.com](mailto:aaeventsnewsletter@gmail.com). Or call us at 501-664-6042.



## Name the Nameless Newsletter!

We have some great suggestions for the name of the newsletter. The person that submits the winning name will receive a \$20 gift certificate to the Arkansas Central Office bookstore. BTW, A gift certificate would be a great present for a Sponsor or Sponsee. We have them for any amount you would like.

Several people came up with some really good suggestions. We did drop a couple of them that

seemed a little inappropriate. One of the best things about AA is the individual member is in control. Your opinion is what matters. Your voice to *Your* Arkansas Central Office is normally voiced through your groups Central Office Representative (COR). We have CORs meetings the 4<sup>th</sup> Wednesday of every month.

Cast your vote for the name you prefer by emailing us at [aacoar@gmail.com](mailto:aacoar@gmail.com) or calling @ 501-664-6042. Each AA member has one vote.

The name nominations are:

1. Promises
2. Traditions
3. Solutions
4. Strange Camels
5. Nameless Newsletter
6. COR News

We will announce the winner in the next newsletter

**What ever you do - Vote!!**



## We need writers!

We need articles! Our goal is to put the newsletter out once a month. 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.

It seems that there is always something we have never heard before. This can be general knowledge or something one of us is going through. Maybe the way we are working through that new situation for us. 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 225 and 350 words. Please submit by email to [aaeventsnewsletter@gmail.com](mailto:aaeventsnewsletter@gmail.com).

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](http://arkansascentraloffice.org)  
Email: [aacoar@gmail.com](mailto:aacoar@gmail.com)

Group Representatives  
meet every month  
4th Wednesday @ 5:30

The Board meets  
Jan, Apr, Jul, Oct on the  
3rd Monday @ 5:30 pm

**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 [aaeventsnewsletter@gmail.com](mailto:aaeventsnewsletter@gmail.com).

## Bookstore Special!



One of the first  
books used by AA

Twenty Four  
Hours a Day  
Regular price \$16.00

**Now only  
\$13.50**

Sale is good through 1-30-17



## Quapaw House

Quapaw House is assisting the State of Arkansas with a new program that takes male inmates out of the prison system

and allows them to live at Hidden Creek. Hidden Creek is located at Markham and Shackleford in Little Rock. These men live here for five months. Then they are paroled out to the free world. Hidden Creek needs the help of the recovery community.

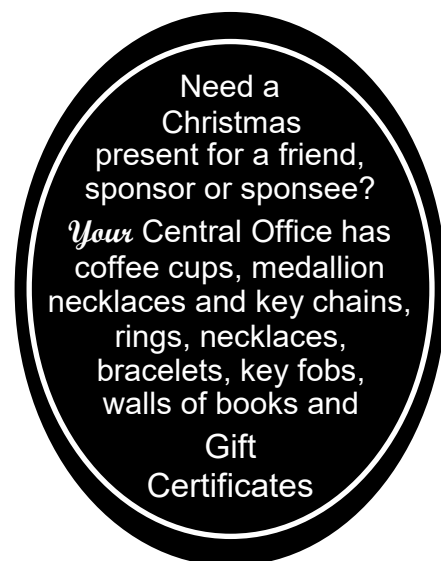
## WORDS OF AA



ABNORMAL	AMAZING	CURE
BROTHERHOOD	DISEASE	EXERT
FAITH	GRATEFUL	GROW
HONEST	JOY	MEETING
MIND	PATH	RELY
RESOLVE		TRUTH

1. We need volunteers to drive our vans to AA meetings any night of the week you choose.
2. We need to find jobs for these men while they are at Hidden Creek. They are required to find a job or they go back to prison. An employer can receive a federal tax credit up to \$2400 for each person they hire.
3. We need clothes. Some of these men only have their prison whites.
4. These men need sponsors.
5. When they leave Hidden Creek after 5 months we need to find them a place to rent.

If you are interested in helping or have questions call Jim Bell at 501-680-5130 and I will give you a tour and explain how you can help. If you come at meal time you can join us at the table. The goal of this program is to reduce the recidivism rate in Arkansas which is now above 50%.  
Jim B.





## *Your* Central Office has a job opening

Please pass this information on to anyone that might be interested.

Those interested can send their resume to [aacoar@gmail.com](mailto:aacoar@gmail.com).

If you have questions please call Bob at 920-6360

### **JOB DESCRIPTION CENTRAL OFFICE LIAISON ARKANSAS CENTRAL OFFICE, INC.**

#### **General**

The Central Office Liaison works closely with and in conjunction with the Central Office Director as the focal point of A.A. contact and communication for Area 4-Arkansas of Alcoholics Anonymous and must be responsive to the needs of A.A. groups and members. The Central Office Liaison functions under the direct guidance and supervision of the Arkansas Central Office Board of Directors.

The Central Office Liaison must have the ability to effectively represent A.A. when contacted by those seeking general information about A.A., including media, schools, churches, industry and professionals, and those working in the field of alcoholic rehabilitation.

#### **Required Qualifications**

Be a member in good standing of the fellowship of Alcoholics Anonymous, with a sponsor and a home group.

#### **Desired Qualifications**

A minimum of 5 years of continuous sobriety.

Familiarity with A.A. Service in such positions as secretary, treasurer, Central Office Representation, General Service Representative and other Area positions.

Ability to perform basic computer operations and standard office software, internet browsing and e-mail operations.

Familiarity with the A.A. structure, ranging from the home group to the General Service Office (GSO) and familiarity with Central Office (intergroup), District and Area functions, relations and operations.

Familiarity with the A.A. Service Manual, Twelve Concepts of AA Service and A.A. Guidelines for Central or Intergroup Offices.



## **Liaison Director Cont.**

Willingness to be of service to the A.A. Fellowship according to the principles outlined in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, as well as the A.A. Service Manual/Twelve Concepts for World Service.

Supervisory and/or volunteer coordination experience.

### **Job Duties**

Work with the Board in representing Central Office. Visit at least two different group meetings per week until all the meetings in Central Arkansas have been visited. Continue to visit the groups by repeating the rotation. Encourage groups to send a Central Office Representative to the CORs Meeting, as well as participation in various Central Office activities. Insure the groups know you are the Central Office Liaison and are representing the Central Office, distribute applicable fliers, promote upcoming events and show cohesion with the A.A. community.

Assist in maintaining in-house volunteers by making requests in meetings and leaving applications at meetings attended.

Spend at least one shift or time each week in the office to work with the Central Office Director to coordinate the exchange of information regarding A.A. matters between groups and members.

Write and enlist others to write articles for the newsletter. Supply information for the monthly newsletter and assist the Central Office Director to set up the newsletter for e-mail distribution.

Work with the Central Office Director in maintaining an up-to-date schedule of A.A. meetings to be posted on the website and printed for groups and members.

Work closely with the Activities Committee in planning and informing the A.A. community of all events and services offered, and assist with getting groups involved in planned events.

Represent the Central Office at all conventions, events, Area Assembly and District. Request that hosts of the convention/event allow a mini bookstore and cooperate with the Winter Holiday Committee for assistance assembling baskets for speakers. Give a report to District outlining Central Office activities for the quarter and promote upcoming events.

Attend quarterly meetings of the in-house volunteers.

Attend all Board Meetings and Central Office Representatives meetings and provide a general report.

Participate in the operation of Central Office in the spirit of service as reflected in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous.

Perform any duties involving communication or coordination with Central Office and be willing to perform other duties as assigned or needed.





### Thank You

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



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

Used by permission of the Grapevine

### 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!

### 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!

### CPC and Pamphlets

I am serving as your District 3 CPC Chair which covers northeast Arkansas. Our District is small so we didn't have a lot of participation with our professional communities here locally in the beginning of 2016. As I volunteered to help complete one simple task in our District everyone including my higher Power has pushed me into what our fellowship would call a CPC Chair including GSO. By simply laying my pride down to count our Pamphlet's it is a true honor to count our Inventory. We are currently involved in our local court systems with DWI Courts and migrating into our school systems as well. I have met with several Judges and Sherriff's on allowing us to keep our AA Pamphlets in the local jails to help carry AA's message where we need them the most. It all began with one city which is Jonesboro to help cover the basics of what was not getting done. Now we have churches up in Piggott that are asking for our cooperation as well. My goal as your CPC Chair which needs to be a realistic one is to meet with every District Judge in our entire District to help begin carrying the message of AA into our jails again, our schools, and even our Church's. This Service work has not only inspired me in my recovery but I'm learning through the action of faith that our professional communities want to cooperate as well with our Fellowship.

In Loving Service  
Raymond. H.

Central Offices were in operation before the AA conference. *Your* Arkansas Central Office was established in 1975!

### 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! Krey, Melanie, Billy O., Rusty, Cecilie O., Ruth,

Perry D., Matt H., Joe O., Jim B., Donna S., Peter M., and several alternates.

Did we miss anyone?

### *Your* Bookstore

accepts credit cards!





# Arkansas Events of Interest

More information and downloadable flyers for these events can be found at

Your website, [arkansascentraloffice.org](http://arkansascentraloffice.org) or their own websites.

Event Dates	Sponsor Email	Website Contact #	Address City
BEEBE GROUP Dec 12 2016	Beebe Group	Hot Chocolate will be provided!	907 W. College Street Beebe
Christmas Eve Potluck Dec 24 2016	Your AR Central Office <a href="mailto:aacoar@gmail.com">aacoar@gmail.com</a>	<a href="http://arkansascentraloffice.org">arkansascentraloffice.org</a> 501-664-6042	7509 Cantrell Rd Suite 106 Little Rock, AR 72207
Las Vegas Roundup Nov 24 - 27 2016	For Flyer come to Central Office	<a href="http://www.LasVegasRoundup.org">www.LasVegasRoundup.org</a>	PO Box 14743 Las Vegas, 89114-4743
60th Annual Coon Supper Jan 27-29 2017	Lee H. 314-229-2891 Charles A. 870-214-8339	Peggy K. 870-763-2523 Hotel - 870-763-5800	Holiday Inn Blytheville Hwy 18 at I-55
Winter Holiday 2017 Feb 10th -12th 2017	District 9		Doubletree Little Rock
Oscar Gala ????	Wolfe Street <a href="mailto:wolfestreetlr@gmail.com">wolfestreetlr@gmail.com</a>	<a href="http://www.wolfestreet.org">www.wolfestreet.org</a> 501-372-5662	Robinson Auditorium
6th 12 Steps to Freedom Feb 24 & 25 2017	<a href="mailto:stepstofreedom@live.com">stepstofreedom@live.com</a>	Cindy G 479-629-2059 Daniel B 479-430-1070	St. Paul's Methodist Church 4100 Grand Ave, Fort Smith
Service Auction April 1st 2017	Your AR Central Office <a href="mailto:aacoar@gmail.com">aacoar@gmail.com</a>	<a href="http://arkansascentraloffice.org">arkansascentraloffice.org</a> 501-664-6042	Burns Pk Hospitality House Military & Joe Poch Drive, NLR
Founders Day Indoor Picnic June 10th 2017	Your AR Central Office <a href="mailto:aacoar@gmail.com">aacoar@gmail.com</a>	<a href="http://arkansascentraloffice.org">arkansascentraloffice.org</a> 501-664-6042	Burns Pk Hospitality House Military & Joe Poch Drive, NLR
SWRF (SWRAASA) Oct 20-22 2017	AAWS/Area 68 SW Texas	Hotel - 210-377-3900	3233 NW Loop San Antonio, TX 78213.
3rd Annual Chili Challenge Oct 7th - 2017	Your AR Central Office <a href="mailto:aacoar@gmail.com">aacoar@gmail.com</a>	<a href="http://arkansascentraloffice.org">arkansascentraloffice.org</a> 501-664-6042	Burns Pk Hospitality House Military & Joe Poch Drive, NLR
SWRAASA Oct 5-7 2018		<a href="http://WWW.SWRAASA2018.ORG">WWW.SWRAASA2018.ORG</a>	Branson Hilton Branson, MO

**Add Events:** Email or bring us a flyer and we will see about adding the flyer to the website and adding it to our event list.

**Arkansas Central Office** 7509 Cantrell Road, Suite 106, Little Rock, AR 72207

501-664-6042 Hot Line 501-664-7303 [aacoar@gmail.com](mailto:aacoar@gmail.com) [arkansascentraloffice.org](http://arkansascentraloffice.org)

**Opt Out:** If you don't wish to receive these emails send an email to [aaeventsnewsletter@gmail.com](mailto:aaeventsnewsletter@gmail.com) with 'opt out' of



## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** 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.



**2** 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.



**3** 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.



**4** 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.



**5** 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.



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



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



**8** Worship in your own way.



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



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



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



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





Donations	YTD	Nov-15	Nov-16
Donations:**Activity Donations	768.14	0	0
Donations:**Change Donations	454.88	66.78	36.11
Donations:**Conv Jar Donations	24.83	0	0
**Drink Donations	663.04	85.56	0
**Individuals	2,992.57	47	26
**Memorials	800	0	0
**Raffle	691	0	0
**Recurring Donations	425	0	5
**SOS Sharing Our Sobriety	42	30	0
*120 & Half Little Rock	170.83	0	0
*4th Dimension North Little Rock	239.64	0	66
*A.A. Grp #1 Ark Co. Stuttgart	50	0	0
*Alexander Group	75	100	75
*Anonymous Groups	3,099.04	196	303
*Back to Basics Benton	86.82	0	0
*Barely Legal Little Rock	143.57	0	0
*Beebe Group Beebe	227.5	0	0
*Before & After Benton	218.1	0	0
*Bridging the Gap North little Rock	1,764.37	0	0
*Brown Bag Little Rock	50	50	0
*Cabot Local	288.93	0	0
*Cabot Local Chapter #1	325.79	71.45	65.37
*Clinton Group Clinton	50	0	0
*Cosmopolitan Little Rock	3,297.96	250	797.96
*District 6 Batesville	179.16	66.62	0
*Easy Does It	29.35	0	0
*F Street North Little Rock	2,142.68	0	97.41
*Foxhall Sherwood	197.1	0	0
*Gas Light Little Rock	500	0	0
*Grace Womens Grp Conway	203.47	50.58	0
*Gravel Ridge Sherwood	181.07	0	0
*Greers Ferry Grp	14	0	0
*HALT Little Rock	7,459.62	830.4	598
*Happy Hour Conway	200	0	100
*Happy Hour Little Rock	202.5	0	0
*Hill Group Little Rock	50	0	0
*Hope Grp North Little Rock	346	0	0
*Jacksonville AA	0	25	
*Meeting on the Blvd Little Rock	75	0	0
*Mid Day Play Grp Little Rock	24	0	0
*New Hope Heber Springs	150	0	0
*New Perriyville Grp	60	60	0
*Nooners Conway	829	0	0
*Northside Sobriety North Little Rock	247	67.5	71.5
*Pig Pen Young People's Grp Little Rock	15	0	0
*Pinnacle Mtn Little Rock	44.54	0	0
*Rebos Little Rock	163.77	0	0
*Reservoir Little Rock	2,383.39	0	0
*Rock Bottom Benton	74.47	0	0
*Rock Group Little Rock	439.5	0	0
*Saints We Ain't Little Rock	159.1	68	0
*Salem AA	50	0	0
*Searcy AA Group	107	0	0
*Sherwood, Sherwood	470.8	22.54	36.5
*Taproot Little Rock	461.92	0	0
*The Better Way England	75	0	0
*Unknown	281.77	0	0
*Welcome Grp Hot Springs Village	30	0	0
TOTAL Donations	34,795.22	2,087.43	2,277.85



## Central Office Financials November 2016

	YTD	Nov-15	Nov-16
TOTAL Donations	34,795.22	2,087.43	2,277.85
Sales			
Sales:Sales Cash-Check	23,759.71	4,010.12	1,388.93
Sales:Sales Credit Card	14,468.26	893.2	890.11
Sales:Sales Non-Taxable	6,229.48	832.88	1,481.75
TOTAL Sales	44,457.45	5,736.20	3,760.79
TOTAL INCOME	79,252.67	7,823.63	6,038.64
EXPENSES			
Cost of Goods Bought	28,818.26	3,267.01	3,035.27
Overhead			
Overhead:Accountant	1,650.00	150	150
Overhead:Activities & Events	2,337.76	63.77	400
Overhead:Bank Charge	414.91	53.78	25.96
Overhead:Business Meeting - Food	41.98	0	0
Overhead:Conventions	720.7	0	198.15
Overhead:Insurance Work Comp & Property	1,082.00	544.5	0
Overhead:Internet ISP	661	25	75
Overhead:Meeting Supplies	779.81	96.82	0
Overhead:New Equipment	790.86	0	453.99
Overhead:Office Supplies	1,392.65	146.84	20.08
Overhead:Refund Debit Card	-58.11	0	0
Overhead:Rent Building	9,658.00	878	878
Overhead:Repair-Maintenance	403.16	0	0
Overhead:Sales Tax & Penalties	3,240.00	265	265
Overhead:Telephone	1,771.01	153.6	165.21
TOTAL Overhead	24,885.73	2,377.31	2,631.39
Wages			
Wages:Federal Withholding Deposit	6,733.08	181.1	0
Wages:Salary-Paychecks	12,264.25	556.45	2,248.15
Wages:State Withholding	816	16	0
TOTAL Wages	19,813.33	753.55	2,248.15
TOTAL EXPENSES	73,517.32	6,397.87	7,914.81
OVERALL TOTAL	5,735.35	1,425.76	-1,876.17

Sales were down but have been up the last 2 months

We had to buy a new Volunteer computer

### Banking Balances

General Checking: Beginning Balance \$10040.27 Ending Balance \$9543.10 Fees \$ 0  
(Accrued Payroll Included in the General Checking Account ending balance \$5500.00)

Reserve Account Beginning Balance \$599.99 Ending Balance \$599.99 Fees \$0

PayPal Account Beginning Balance \$1916.76 Ending Balance \$2803.36 Fees \$25.96

(Note: The accrued payroll is stored in, and is part of, balances of the 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 available anytime.

Please let the director know if you would like to look it over.



## Sometimes Quickly Sometimes Slowly

Sunday, November 24, 1963 was clear and cold. Only two days earlier President John F. Kennedy had been shot and killed in Dallas. I was 13 years old and sitting in the congregation of a Deep South Methodist Church where my father was the pastor. The building was packed with people trying to attach meaning to the horrific event.

I don't know for sure if my dad knew the impact of what he was about to say when he stood to deliver his sermon. I suspect he did. The civil rights movement was in full swing in the cities throughout the south. Nothing happened in our small community but opinions were strong and our white membership had little or no support for this crusade. There were people who were willing to support segregation by any means necessary.

Dad's sermon was entitled "It is Hate That Kills" and addressed the issue of Civil Rights directly. He spoke of the profound hatred that many had for Kennedy because of his support of the movement and dad was clear that he also supported the cause. Even at 13 I knew that this was huge and that I wanted to be the kind of principled man that my father was.

Within a year, I discovered alcohol and the principals I wanted to follow dropped away, sometimes quickly, sometimes slowly.

You know the story. We lose that which we once thought was important. In time I got sober and things began to change; sometime quickly, sometimes slowly.

One of the most wonderful experiences AA has given me is that I am able to live more like the man I wanted to be in 1963. For that I am grateful.



### In-House Volunteer?

If you have just 4 hours a week available you might consider the rewards of service work at *Your* Arkansas Central Office. The shifts are from 10 am - 2 pm & 2 - 6 pm Monday through Saturday and 2 - 6 pm on Sunday. Sometimes people alternate with another so they only volunteer every 2 weeks.

### Recurring Donation

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

Use the button

[Donate](#)

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



Used by permission of the Grapevine