



Nameless Newsletter

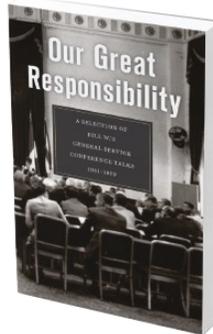


Published by: *Your*Arkansas Central Office

August 2019

AA's New Book!

The first original title released by Alcoholics Anonymous since Daily Reflections, the book ***Our Great Responsibility: A Selection of Bill W.'s General Service Conference Talks, 1951–1970*** is now available at Your Arkansas Central Office. Publication of this important volume culminates years of research and transcription of archived audio recordings of Bill W. addressing the General Service Conference. Complementing the text are more than sixty photographs and other images from the A.A. Archives — some never



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
(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
Interim term ends 12-31-20
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

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To Subscribe
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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. Eric G., Donna S., Susan R., Perry DeJ., Clay C., Perry DeJ., Matt H., Joe O., Jim B., Caroline L., Steve F., Jennifer S., Favia S., and several alternates.

Did we miss anyone?

before published. Timeless and timely, these 16 talks give fresh perspectives on the A.A. Fellowship in our co-founder's own words.

Perry DeJ. Loves this book! It has such great historical information directly from AA's co-founders. He mentioned that Lois's address to the General Assembly in 1966 brought up some questions because it seems to contradict some things that Bill has said.

We have this book in stock at Your Central Office. We can also ship the book directly to you. Come by or call us today at 501-664-6042.



Our Primary Purpose

July was a record! We got thirty 12-steppers involved to help suffering alcoholics. This is the most important reason for having a Central Office - to help the still suffering alcoholic. So many people have helped. There are 20 In-House volunteers counting the alternates and 117 on the After Hours phone answering list. In July most (25) of the 12-steppers were initiated by In-House volunteers. Five came from the After Hours volunteers. Our most important tool is the question, "Are you new in the program?" We ask this question of **Every** caller that calls about a meeting. By using this question, "Are you new in the program?" We get the answer from the caller that starts a dialog that leads to a 12-stepper.

After Hours phone answerers as well as the In-House volunteers have a list of 12-steppers from all parts of the state that are willing to get the still suffering alcoholic his best chance to get started in the program that will make him or her Happy, Joyous and Free. When the person is ready, when the person makes that call to *Your* Central Office, the Hand of AA is ready and Will reach out to pull them up!

We have come a long way from getting 5 or 6 12-steppers per month involved to 30. But our current goal is 60. Sixty is only 2 per day. We can do this. In many cases it means saving a life. The least it means is helping someone get back to a life worth living.

If you would be interested in this opportunity for service work call the office @ 501-664-6042 during our office

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

Activities Committee meets every month
4th Tuesday @ 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



hours. *Your* Central Office is open 10 am Monday through Saturday and 2 pm to 6 pm on Sunday. Of course the phones are answered 24/7 by alcoholics to help the still suffering alcoholic and any other questions.

The qualifications for After Hours phone answering is one year in AA. For an In-house volunteer it is your sponsor knowing you are ready and giving their approval. We need your name, email, phone number and city. If you would like to use a form to pass around your meetings you can download it from the website. Go to arkansascen-traloffice.org and click on the VOLUNTEER tab.

An update - we have helped 32 suffering alcoholics as of the 24th of August!



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

Wolfe Street Memories

Joe McQuany, along with “Geno” Walter, both recovering alcoholics and Bert Jones formed the Wolfe Street Foundation Inc. in 1982. In the fall of that year, the newly formed Foundation leased 1210 Wolfe Street, which had served most recently as a nurse’s residence for Baptist Medical Systems Inc., and before that as a funeral home. The men gave it a new life-affirming purpose, which was to provide rooms for AA and Al-Anon meetings.

It was and remains a major resource for AA's and Alanons alike.

I was two years sober when Wolfe Street opened its doors, and served as chairman for two years in the 1990's.

McQuany and Walter were also the principal carriers of the recovery message contained in the 12 Steps of Alcoholics Anonymous. McQuany did it mainly with his step study and Walter with his unforgettable Hour of Power meetings.

“They are simple, basic tools of change,” Joe would say of the steps. “And they are based on one of the oldest laws of human nature—whatever you practice, you become good at.”

When the hour was up, the audience departed both enlightened and amused. Joe took his message, but never himself, seriously. I myself went through the steps four times, partly for the jokes.

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 Friday, Saturday 10 - 2pm 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!

Your Bookstore

accepts cash, checks and credit cards!



Joe, who died in late October of 2007, was revered, but he never bought into the idea that he was some kind of saint. At his funeral at Little Rock's Pulaski Heights United Methodist Church, Joe's nephew, Pastor Mark Norman, recalled in his sermon a conversation with his famous uncle.

"I had just graduated from seminary and was rather full of myself," Pastor Norman said, "and I said to my uncle Joe, 'You and I are really in the same business.'"

Resisting the idea that the two shared some sort of lofty spiritual vocation, Joe took a long and reflective pull on his pipe, Norman recalled, and replied simply, "You save souls, and I save butts."

Joe saved my butt, and he also, I am convinced, helped put me on the path to saving my soul. And that process with Joe began even before Wolfe Street opened.

I came to Little Rock from Colorado, newly sober, in the late spring of 1979 and at some point shortly after, I began attending Joe's weekly lunch speaker meeting at Serenity House at 2500 Roosevelt Road. Awed by his wisdom and dignified presence, I became a disciple. So when Wolfe Street opened its doors, I began attending meetings there.

I also joined Fellowship Bible Church and became a Christian.

David P.

The Hour of Power

I met Geno Davis and began to attend what would soon become his famous Wolfe Street Sunday morning Hour of Power meetings in 1982.

Geno's basic text was the 11th Step, which states, "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

I wrote an article about the Hour of Power for the fall 1990 issue of the *Wolfe Street Journal* under the headline: "God Goes to Work During a Spiritually Packed Meeting," and these are some of my notes about the people who shared:

- "Hazel speaks of a new intimacy with her husband and a closeness with her children, and she weeps with gratitude for God's answers to her prayers."
- "Steve says he is working on humility but with mixed success. He says his sponsor gave him a button because of his humility but then took it away because he wore it. Everybody laughs."
- "John, his voice cracking, says he has had a slip and has proven to himself and others that alcoholism is, indeed, a progressive disease. He says he is back in the program, and he thanks God for His grace. The applause is deafening."



•“Cecil says goodbye. Tough but oh so tender, Cecil, a man who found AA when he was sixty and became its most ardent servant, is dying of cancer. Weak and laboring for breath, he says he is grateful to God for the program of Alcoholics Anonymous and the life of sobriety it gave him. There are gentle smiles and tears.”

At the close of the article, I wrote:

“On any given Sunday morning, some take the stairs up to the meeting room two at a time and others trudge. For some, as Geno puts it, the lights are on, and for others they are off. But virtually all leave refreshed by the love they find.

“It is their church on Sunday morning—not the kind of church where the people show God how good they are, but rather the kind where the people show how good God is.”

David P.



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Your Arkansas Central Office was established in 1975!

In-House Volunteer

Service Opportunity

Your Arkansas Central Office has two openings for In-House volunteers. Every other Saturday from 10 to 2 pm and every other Sunday from 2 to 6 pm. On the weekends volunteers share a shift so they only volunteer every other weekend as a rule. Volunteering at the Central Office is such a rewarding opportunity. Recently a volunteer shared how originally they didn't want to give up 4 hours every other week. He had just had a call that he had been disconnected from. He did the research and called them back. After asking the caller our standard question, “Are you new in the program,” it was determined that he was. Then he explained that we have people that will answer all the many questions he must have about AA and even help them get started in the program. The man was a typical newcomer and went on about all his problems and that he just wanted some help to keep from drinking too much. You know how we are! Again he approached the man about having a 12-stepper call him. When the caller agreed the volunteer made several calls until a 12-stepper in the caller's area answered. After giving the 12-stepper the suffering alcoholic's phone number the volunteer reflected on what he had just accomplished. You see the job of the Central Office is to connect people with the people that can help them. And that is just what the volunteer had done. He had just given a fellow human an opportunity to become happy, Joyous and Free. That, as opposed to going down a



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!



**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!

A MAN WALKS INTO A BAR carrying an alligator and a chicken. He sets them down on a stool next to him and says to the bartender, "I'll have a Scotch and soda." Then the alligator says, "I'll have a bourbon on the rocks."

The bartender says, "That's incredible! I've never seen an alligator that could talk!"

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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

miserable road that will lead to an early, unhappy, death is the best gift one can give another. There aren't many opportunities in life that can help a person as much as this. The deep feeling he felt from making this connection was all he needed to know he had given up 4 hours of his time for the right reason. This is a great service opportunity for anyone. Think also about a sponsee that needs the reward and accomplishment that can come from volunteering. There is not a time in the program requirement. The only requirement is that your sponsor saying you are ready. Come by or give us a call, 501-664-6042, today!



Sponsorship Workshop

There's a new workshop being offered by *Your* Central Office on Sponsorship. Any group that would like this workshop at their meeting site can call the Central Office, 501-664-6042. Let us know meeting date and time options. A panel of AA volunteers would be willing to come to your meeting site and present a one or one and a half hour discussion about the Sponsorship Tools they have used with Sponsees. And to answer questions about Sponsorship. If someone in your group would like to be on the panel have them contact Central office.

Topics may include:

1. Is there any one way to sponsor?
2. What do I do on my first visit with a sponsee?
3. How fast do I move through the steps?
4. What do I do if the person relapses?
5. How do I know if I need to let a Sponsee go?
6. What do I tell someone who wonders why they need a sponsor?
7. Is it ever okay to break your Sponsee's anonymity?

Ex: tell your sponsor specific details about your Sponsee

8. Do you have to be sober a certain length of time before you Sponsor?
9. What do you do when asked to sponsor but don't feel a connection with someone? Is it ok to introduce them to someone that you feel would be a better fit?

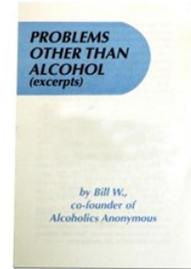
Donna S.





Volunteers look for people who require a strong position and to have a sense of purpose who have a true respect of being a helper. Most of all, a volunteer needs a sense of a team effort. AA is a team.

**Information on
Alcoholics Anonymous**
For More On Central AA
For more things, please call.



Bookstore Offerings

Most of you know *Your* Arkansas Central Office carries virtually all the books AA publishes. Did you know the bookstore also has the Steps and Traditions wall hangings? Also in stock is the rack that will hold 16 different kinds of pamphlets. Our newest addition is a clear plastic 4 tier pamphlet holder. As you can see from the picture it is very nice looking and would go well in a Dr.'s office, your meeting room or anywhere. This is available for \$6.75 each.

We stock 5 free pamphlets that go well in the 4-tier pamphlet displays and our card or your own business style card. In the front you can put the short "Problems Other Than Alcohol" Pamphlet with a taller pamphlet behind it. In front of that you can put a business style card or you can use ours. On the front of the display we put a sticker to give them a number they can call to find people to refill the rack. You can of course put your own sticker on top of it. If they call us we will then call someone in your committee. This means that filling and refilling the pamphlet displays can be done at my favorite price - Free! Of course you can put any pamphlets you would like to purchase in them.

These items would go well for use by Public Information Committees, Cooperation with the Professional Community Committees or for use in your own meeting room.. Thanks to George H. for finding these pamphlet displays.



After Hours Phone Answering

Service Opportunity

A big part of *Your* Arkansas Central Office is our 117 volunteers that answer the phone when the office is closed. That's 365 days per year. Yes, the hand of AA is here to help the suffering alcoholic even in the middle of the day on Christmas or New Years. The average number of calls received is 2.3. But sometimes as many as 10 and sometimes the phone doesn't ring. Our goal in answering the phone 24/7 is to always be here for the suffering alcoholic when he reaches out for help. It's best to help the still suffering alcoholic immediately when he is ready which many times is when he is a little drunk. He might change his mind when he sobers up. I know I did many times. But after he has made that call and



talked to another alcoholic he or she is more apt to continue. This is where our After Hours volunteer comes in. His first question is usually where can I find a meeting? While the After Hours person finds the caller a meeting he or she always asks, "Are you new in the program?" We find out then if they are new, coming back, passing through town or maybe just moved here. If they are new, coming back or passing through we get them a 12-stepper. We say something like, "We have people in the program that can answer all the many questions you must have about AA. Could I have someone call you?"

Sometimes they say they don't need anyone to help them. After all, their best thinking has gotten them where they are today: drunk and calling for help! You know how we are. So we get them the information on the meetings closest to them and mention the phone app. Then we again mention that we have people in his/her area that know more about the meetings and could help them get started in AA. If they still don't want a 12-stepper we might then talk a little about our own story. After that we might mention to them again that people that have gone through the same things as they have might be great for them to talk to. Can I have someone call you? I learned from being a salesman to always "ask for the sale!" We ask if someone can call them. We don't wait for them to ask us.

Obviously the After Hours person has to work differently with each caller. Each person is different. Sometimes you can't push much. Most times we can.

I just found out that the After Hours person that was answering the phones from his house while I was writing this article got four 12-stppers! I'm not going to mention he is Matt H. but this guy has got the program!



**TAKE
ME
TO
YOUR
SPONSOR**

Best Jokes & Cartoons
from AA Grapevine

DONATIONS						
YTD18	YTD19	Diff		18-Jul	19-Jul	Diff
2390	1971	-419	*Activity Donations	0	25	25
391	334	-58	*Change Donations	45	61	16
0	4	4	*Conv Jar Donations	0	4	4
227	0	-227	*Drink Donations			
1877	1795	-82	*Individuals	5	143	138
795	50	-745	*Memorials	25	0	-25
665	610	-55	*Recurring Donations	95	80	-15
404	283	-121	*SOS Sharing Our Sobriety	188	146	-42
573	182	-391	120 & Half Little Rock	219	0	-219
0	27	27	164 Club Paragould			
50	50	0	A.A. Grp #1 Ark Co. Stuttgart			
0	15	15	AA Arkadelphia 1			
0	75	75	Alexander Group			
1995	2019	24	Anonymous Groups	81	448	367
147	0	-147	ARKYPAA			
75	52	-23	Back to Basics Maumelle	0	52	52
91	294	203	Barely Legal Little Rock			
235	0	-235	Beebe Group Beebe			
1701	1481	-221	Bridging the Gap North little Rock	589	305	-284
0	50	50	Brown Bag Little Rock	0	50	50
467	355	-111	Cabot Local Chapter #1	74	16	-58
0	80	80	Clinton Group Clinton			
1775	2280	505	Cosmopolitan Little Rock			
116	172	56	District 6			
0	473	473	District 9			
390	390	0	Downtown Nooners little Rock			
500	0	-500	Dunbar Little Rock	200	0	-200
0	163	163	East End Group Little Rock			
0	161	161	East Gate Grp HS Village	0	54	54
75	0	-75	England Better Way			
1423	1772	349	F Street North Little Rock	201	204	3
165	125	-40	Foxhall Sherwood	60	29	-31
5	0	-5	Gaslite Little Rock	5	0	-5
345	0	-345	Grace Womens Grp Conway	150	0	-150
0	27	27	Gravel Ridge Sherwood	0	27	27
4251	3518	-733	HALT Little Rock	590	470	-120
240	0	-240	Happy Hour Little Rock			
103	75	-28	Hill Group Little Rock	25	0	-25
926	583	-343	Hope Grp North Little Rock	240	200	-40
7	178	171	Keep it Simple Benton			
22	171	149	L.O.L.	0	30	30
100	0	-100	Meeting in the Middle Little Rock	50	0	-50
75	150	75	New Hope Heber Springs	25	50	25
35	0	-35	New Perryville Grp			
312	482	170	Nooners Conway	0	155	155
206	102	-104	Northside Sobriety North Little Rock	66	0	-66
25	60	35	Open Door Grp W. Helena			
110	0	-110	Paragould Club Paragould			
55	13	-43	Pig Pen Grp Little Rock			
38	149	110	Pinnacle Mtn Little Rock			
38	0	-38	Primary Purpose Little Rock			
161	0	-161	Rebos Little Rock			
1562	1170	-392	Reservoir Little Rock	575	0	-575
53	61	8	Rock Bottom Benton	53	0	-53
436	182	-254	Rock Group North Little Rock	151	0	-151
525	258	-267	Saints We Ain't Little Rock	118	0	-118
102	74	-28	Searcy AA Group			
100	0	-100	Seeking Serenity Conway			
209	88	-121	Sherwood, Sherwood	57	60	3
125	125	0	Solutions Little Rock			
300	0	-300	Sterling Men's Group	300	0	-300
382	135	-247	Taproot Little Rock	206	0	-206
0	30	30	The Journey Grp Clinton			
58	46	-12	Tue-Thur Group Conway			
0	375	375	Unknown	0	190	190
345	0	-345	Wed Night Hap Hour Conway			
300	769	469	Wednesday Night B.B. Little Rock	0	300	300
120	100	-20	Welcome Grp Hot Springs Village	55	50	-5
658	0	-658	YES Little Rock			
28855	24182	-4673	TOTAL Donations	4448	3150	-1298

Arkansas Central Office Financials for July 2019

TOTAL INCOME = Donations + Sales

TOTAL EXPENSES (OUTGO) = Bookstore Purchases + Overhead + Wages

OVERALL TOTAL = DIFFERENCE BETWEEN INCOME/EXPENCES (OUTGO)

YTD18	YTD19	Diff		18-Jul	19-Jul	Diff	
28855	24182	-4673	TOTAL Donations	4448	3150	-1298	Donations down, sales up but overall income was still down 530.
27373	28001	628	TOTAL Sales	3562	4330	769	
56228	52183	-4045	TOTAL INCOME	8010	7480	-530	
			EXPENSES				
17383	18274	-892	Bookstore Purchases	1667	2560	-892	Bookstore purchases are up but so are sales
			Overhead				
1050	900	150	Overhead:Accountant	150	0	150	Reservation for founders day BDay made in a diff month
932	811	121	Overhead:Activities & Events	0	460	-460	
373	429	-57	Overhead:Bank Charge	33	42	-9	
26	0	26	Overhead:Business Meeting - Food				
1336	540	796	Overhead:Conventions	0	147	-147	Trip to Area
86	0	86	Overhead:Insurance Work Comp & Property				
350	604	-254	Overhead:Internet ISP	50	179	-129	Bought 9 more months of ISP when they had a sale
578	484	94	Overhead:Meeting Supplies	168	34	134	
319	395	-76	Overhead:New Equipment				
452	530	-78	Overhead:Office Supplies	12	0	12	
6146	6234	-88	Overhead:Rent Building	878	922	-44	
598	353	244	Overhead:Repair-Maintenance	37	35	2	
2314	2215	99	Overhead:Sales Tax & Penalties	278	327	-49	
1305	739	566	Overhead:Telephone	110	99	11	
15864	14235	1629	TOTAL Overhead	1716	2245	-529	Total Overhead is up
			Wages				
5391	5648	-257	Wages:Federal Withholding Deposit	962	493	468	
9778	12671	-2893	Wages:Salary-Paychecks	3453	2112	1341	
573	695	-123	Wages:State Withholding	0	59	-59	
15741	19014	-3273	TOTAL Wages	4415	2664	1751	Total Expenses were down
48988	51523	-2535	TOTAL EXPENSES	7798	7469	329	
YTD18	YTD19	Diff		18-Jul	19-Jul	Diff	
7240	659	-6580	OVERALL TOTAL	211	11	-200	The month is Positive - Barely!
							We are positive for the first 7 months!

Banking Balances

General Checking:	Beginning Balance \$7918.81	Ending Balance \$21498.09	Fees \$0
Reserve Account	Beginning Balance \$17105.49	Ending Balance \$5105.49	Fees \$0
PayPal Account	Beginning Balance \$1655.71	Ending Balance \$15.91	Fees \$42.14

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.

Narrative

2018 was the best year we have ever had. We may not be able to do that again.

Compared to July of 2018:

Income: Donations were down \$1298 and sales were up by \$769 This put income down \$530.

Expenses (Outgo): Total Expenses were less than last year \$329

Overall: This put July \$200 less than last year. But overall we spent less than we took in by \$11! Even more important for the year we are ahead by \$659.