

NAMELESS

N E W S L E T T E R

FALL 2022

VOICES OF WOMEN IN AA BOOK REVIEW

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OUT OF THE DARKNESS

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THE 'PASS IT ON' SWEDISH IVY PLANT

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Published by **YOUR** Arkansas Central Office

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CENTRAL OFFICE REPRESENTATIVES
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WEDNESDAY @ 5:30

THE BOARD MEETS JAN, APR, JUL,
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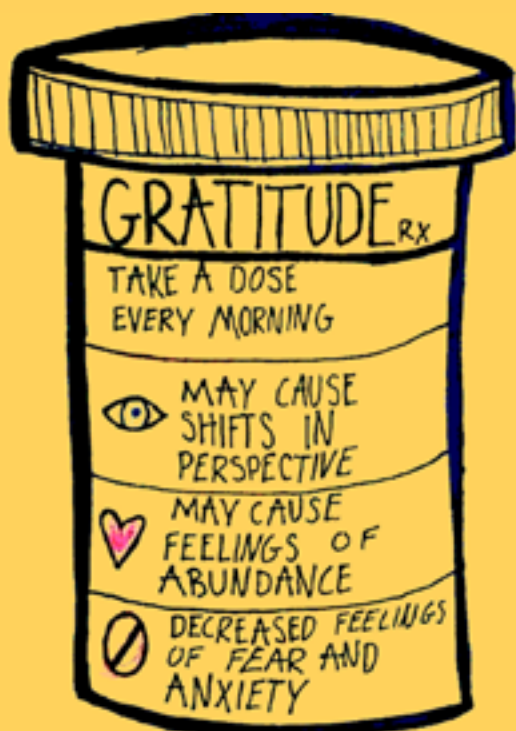
THE ABOVE MEETINGS ARE ON ZOOM AT
THIS TIME. ANYONE IN A.A. IS
INVITED TO ATTEND THE CORS OR
BOARD MEETING. PLEASE CALL THE
OFFICE FOR MEETING NUMBERS.



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MISSION STATEMENT



THE ARKANSAS CENTRAL OFFICES' STAFF AND VOLUNTEERS WILL STRIVE TO CARRY THE A.A. MESSAGE TO THE STILL SUFFERING ALCOHOLIC.

IT IS OUR MISSION TO SUPPORT ARKANSAS' A.A. MEETING GROUPS BY KEEPING THEM INFORMED OF THE NEWS AND ACTIVITIES OF ALCOHOLICS ANONYMOUS THROUGH OUR WEBSITE AND NEWSLETTER. TO PROVIDE CURRENT CONFERENCE APPROVED LITERATURE AND OTHER RECOVERY RELATED MATERIALS, AND TO OFFER INDIVIDUAL SUPPORT TO THE STILL SUFFERING ALCOHOLIC THROUGH OUR 12 STEP AND AFTER HOURS ON CALL SERVICE.

WE ARE ACCOUNTABLE TO THE ARKANSAS A.A. GROUPS WE SERVE THROUGH THE CENTRAL OFFICE REPRESENTATIVES (CORs) SELECTED BY THE VARIOUS A.A. GROUPS AND SHALL FUNCTION WITHIN THE PURVIEW OF THE 12 TRADITIONS OF ALCOHOLICS ANONYMOUS AND THE GUIDELINES FOR INTERGROUP AND CENTRAL OFFICES AS SET FORTH BY THE GENERAL SERVICES OFFICE OF ALCOHOLICS ANONYMOUS.

THE STAFF AND VOLUNTEERS AT ARKANSAS CENTRAL OFFICE EMBRACE A.A.'S RESPONSIBILITY STATEMENT AS STATED. "I AM RESPONSIBLE... WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP, I WANT THE HAND OF A.A. ALWAYS TO BE THERE. AND FOR THAT, I AM RESPONSIBLE." ©

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Voices of Women in AA

Book review by Liz R.

Though women have been deeply involved in Alcoholics Anonymous since the very beginning, most of their work was in supporting roles. Women made the coffee as they baked cakes and cookies to serve men who attended AA. AL ANON began as groups of women stayed in the kitchen and talked about how alcoholism affected theirs and their children's lives. Women who came to AA to stop drinking were something of a rarity and many were treated with indifference. Eventually, women came and stayed, claimed their seats in meetings, and though often in the very back rows, they came to stay.

Voices of Women in AA delivers stories of experience, strength and hope from thousands of pieces submitted by women and accepted for publication by the *Grapevine* staff. All stories published in the *Grapevine* have been reviewed by the General Service Board of AA, Inc.

These voices relate sad tales, happy memories, and dangerous brushes with disaster, along with struggles coping with early sobriety, lessons in working with other women to achieve sobriety, and ways to come back to AA after relapse.

They are sometimes funny, sometimes tragic, oftentimes a mixture of sad and happy. Mostly, these stories are triumphant, excellent reminders of staying the course in sobriety. Others' stories

remind us not to take ourselves so seriously, remind us how vital it is to help others and how vital to help ourselves by reaching out to other women in AA.

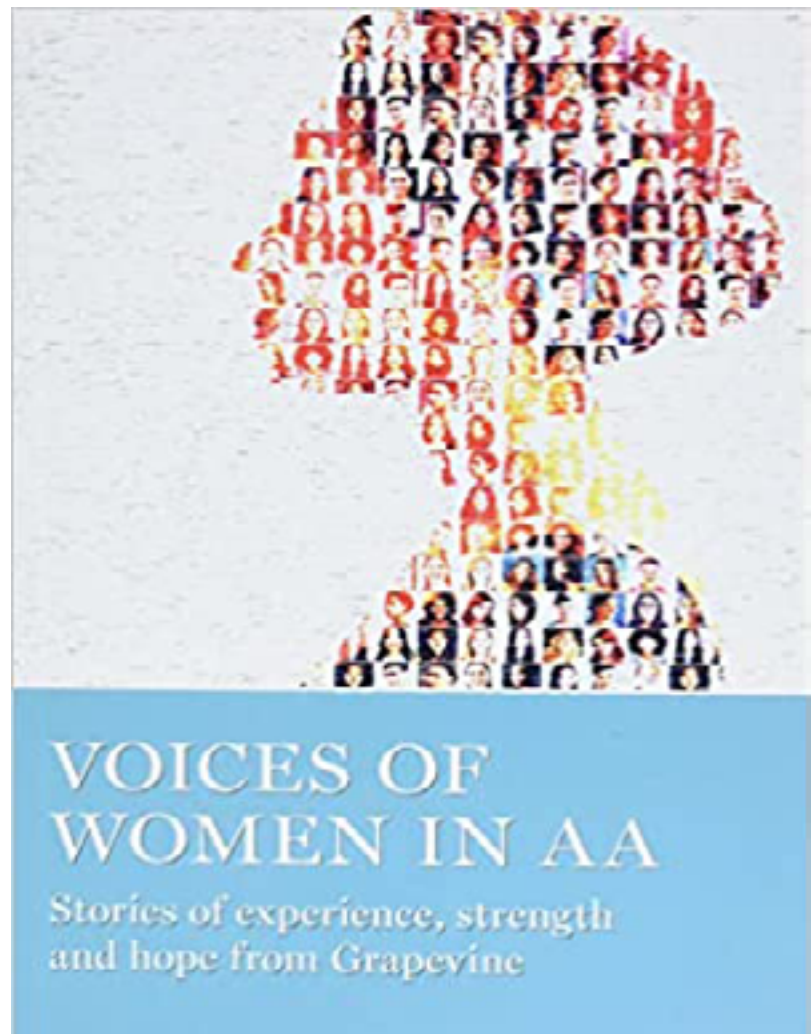
Grapevine has compiled stories submitted by AAs all over the US and Canada. Entries are collected in common interest groups and cover the gamut in each area. *Voices of Women in AA* focuses, naturally, on the experiences, strengths, and hopes of the female species in her search for sobriety.

Other books appeal to different segments of the AA population: *Young & Sober*, *Emotional Sobriety*, *Happy, Sober & Out*, *In the Military*, etc... Still others focus on the comedy in AA (we are not a glum lot). Their Tables of Contents look

like recipe books for laughter. *Happy, Joyous & Free* covers the "lighter side of sobriety" without which we might all want to check out some days. The stories are good for a laugh or three.

These Grapevine compilations make great gifts for people in AA and Al Anon. The entries in all books are short, easy reading and a good pick-me-up before or after a long day. The books are 5"x 8" and easily tossed in a purse or briefcase.

Arkansas Central Office carries Grapevine Publications, most versions of Alcoholics Anonymous, Daily Reflections, and other volumes helpful to anyone's sobriety. Many books are also available in Spanish.



The Grapevine Half-Hour Variety Hour

Each week Don and Sam will interview a different member about their experience, strength and hope, in a casual "meeting after the meeting" manner. Special features will enhance each episode. A new podcast episode will be available in English every Monday

[Listen to the podcast here](#)

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

■ GV45 — FUN IN SOBRIETY \$11.50

Fun in Sobriety features 50-plus inspiring stories by members of Alcoholics Anonymous about the many ways they've learned to have a good time after putting down the drink. Chapters include travel, outdoor activities, arts & hobbies, social entertainment, fun-filled AA activities and sober events. The stories were previously published in Grapevine, the International Journal of Alcoholics Anonymous. Full of passion and humor, this book shows how, by working the program and developing a sober network, life can begin to take on new, exciting adventures.



To order this item or any other product from our collection, visit us at www.aagrapevine.org and click on Store or call (800) 631-6025 US/Canada, (847) 559-7327 International or fax us at (847) 564-9453.

November is
National Gratitude Month
Remember to share your "Gratitude Attitude!"

WE ARE NOT A GLUM LOT

WHEN YOU FINISH STEP STUDY



AND GOD SHOWS YOU A NEW AREA TO WORK ON

When your dad drives you to the AA meeting to make sure you actually go



MY FACE WHEN SOMEONE SAYS



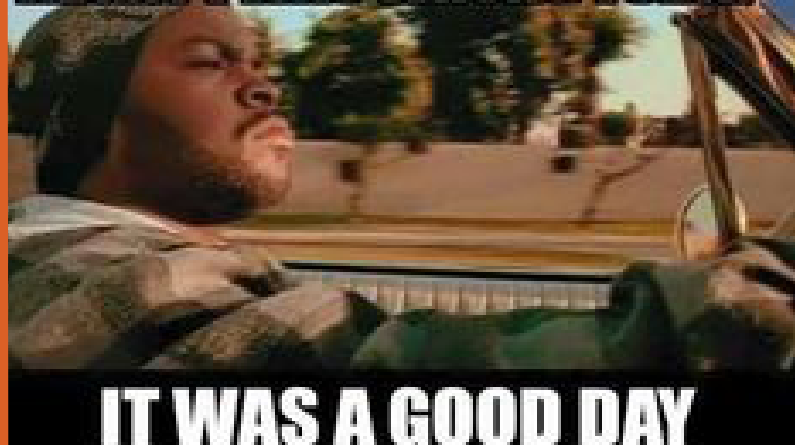
YOU CAN'T HAVE FUN SOBER



Me judging everyone at the meeting who has less time sober than me



DIDN'T NEED TO PROMPTLY ADMIT I WAS WRONG TODAY



IT WAS A GOOD DAY



Central Office



T H E C O R S E X P E R I E N C E :

more than note-takers

by melissa p.

When I was first appointed to the position of Central Office Rep (COR) for my home group, I was still relatively new to the program. I was told 'go to the COR meetings, take notes, and report back to the group what was said'. I did as I was told, but after a few meetings grew frustrated with 'taking notes' as my purpose for being there. I couldn't understand why there needed to be a whole room full of people in there all taking the same notes!

When I complained to my sponsor, she impressed upon me what an honor and privilege it is to be able to do service in AA at all. I had been personally selected and appointed to do this service for my group, and my group was counting on me to be the one to do it. And I was learning and connecting with

some pretty darn awesome people along the way. But most importantly -- I was staying sober! I hadn't thought of all that, and my bad attitude changed to one of gratitude.

I later learned that as a COR, I was there for so much more than note-taking. Keeping my group in the loop was certainly part of it. But instead of sitting in 'a room full of people taking notes' I realized I was a member serving on a committee. As a COR, I learned it was OUR meeting, and we were there for specific and active purposes -- to elect the Board Members, oversee the actions of the Board, and determine their duties. There are no bosses in AA, but the CORs are kinda the 'bosses' for the Board of Directors. CORs ultimately decide

how the Board can best carry the AA message to the still suffering alcoholic. So much more than note-taking!

If you are new to being a COR, I want to welcome you to this great service opportunity. I encourage you to read the mission statement and bylaws for Central Office and familiarize yourself with the Twelve Traditions and Concepts of AA. As a COR, you are an integral and active part of Central Office carrying the message to still-suffering alcoholics all over Arkansas. Thank you for your service!

In Loving Service,

melissa p



1935

FORGING FRIENDSHIPS IN AKRON

Bill joins the Smiths at the weekly Oxford Group meetings held in the home of T. Henry Williams and his wife Clarace, both particularly sympathetic to the plight of alcoholics. Soon, at the suggestion of Dr. Bob's wife Anne, Bill moves to their home at 855 Ardmore Avenue.

1958

SIGNING ON IN SINGAPORE

Dick D., who regularly corresponds with G.S.O. New York, writes in March 1958 that the Singapore group, founded in 1957, now has 12 members and two likely prospects.



1970

A NEW HOME FOR G.S.O. NEW YORK

In April 1970, the G.S.O. takes an 11-year lease on new quarters at 468 Park Avenue South in New York City, gaining more space and saving rent money in the process. The office occupies the entire sixth floor.



1991

EUROPEAN SERVICE MEETINGS

Meeting in Frankfurt, 32 A.A. delegates from 18 countries attend the 1991 European Service Meeting (ESM), the zonal conference that has been held biannually in the German city since 1981. The ESM gives delegates from European groups the opportunity to present progress reports and share their respective countries' problems in the hope of finding solutions.





ASL, Deaf/Hard of Hearing www.aa-intergroup.org

Experience Strength & Hope ESH Group

This is a real time open discussion meeting in ASL using Zoom.

It is suggested you have a high speed internet connection.

Wednesday 7:PM CST

Thursday 6 PM CST

<https://us02web.zoom.us/j/525383420?PW=eUVKOWRSUFBkWhm5TDR6Unp4R9hXUT09>

Monday ASL Group

This is a real time open discussion meeting in ASL using Zoom.

It is suggested you have a high speed internet connection.

Monday 7:PM CST

<https://zoom.us/j/525940332>

ZOOM Meeting Code: 525940332

Communication mode is ASL only. (no Audio)

FoxHall Speaker Group

This is a real time open speaker meeting in ASL using Zoom.

It is suggested you have a high speed internet connection.

Monday 7:PM CST

<https://us02web.zoom.us/j/525383420?PW=eUVKOWRSUFBkWhm5TDR6Unp4R9hXUT09>

Questions: email meetingskypoe@hotmail.com



ASK YOUR GROUP TO
COLLECT A SPECIAL
DONATION FOR THE
CENTRAL OFFICE AND
SEND IT TO:

ARKANSAS CENTRAL OFFICE
7509 CANTRELL ROAD SUITE 106
LITTLE ROCK, AR 72207

NOVEMBER

IS...

**NATIONAL
GRATITUDE
MONTH**

UPCOMING EVENTS

October 1-2, 2022

[Area 4 Assembly](#)

Holiday Inn Express & Suites
Russellville, AR

October 2, 2022

[Rock Bottom's Annual Picnic](#)

Mary Kennely Park
Haskell AR

October 6-9, 2022

[ARKYPAA XXXVIII](#)

Camp Mitchell
Morrilton, AR

October 8, 2022

Wye Mountain Fish Fry
Wye Mountain Church
Bigelow, AR

October 29, 2022

Central Office Chili Challenge
Crystal Valley Baptist Church
North Little Rock, AR

November 4-6, 2022

[37th Annual Border City Roundup](#)

Wyndham, 700 Rogers Ave
Fort Smith, AR

November 11-13, 2022

Jonesboro Thanksgiving Convention
Holiday Inn
Jonesboro, AR

December 24, 2022

Central Office Open House
7509 Cantrell Road, suite 106
Little Rock, AR



STAY OUT OF THOSE JEDI MIND TRICKS...

With my sponsor, I stick to Steps, Traditions, Concepts, and spiritual principles and how to apply these to particular problems arising in my life. When tempted to abase myself, self-deprecate, self-criticize, or express other forms of insecurity or self-loathing, I recognize this is a character defect raised to the level of a hobby: the pig wallowing in mud. Instead, I say the Step Seven prayer, for instance, affirm the presence of God within me enabling me to do what ever is required, and get on with it.

When reluctant, resistant, half-hearted, or avoidant with regard to the suggested actions, I shake myself up, recall my active alcoholism and other addictions, recall the gift of sobriety and abstinence, reaffirm my Step Three decision, and assemble myself fully on the side of serving God, totally and unequivocally. The 12 x 12 contains the instruction, 'Just resign from the debating society'. Once Step Three has been taken, these questions are settled in perpetuity.

My speculations about my sponsor's thoughts, feelings, and internal world are out of bounds and none of my business, particularly with regard to me. They are not a topic for conversation with my sponsor. What he shares with me is at his behest and discretion.

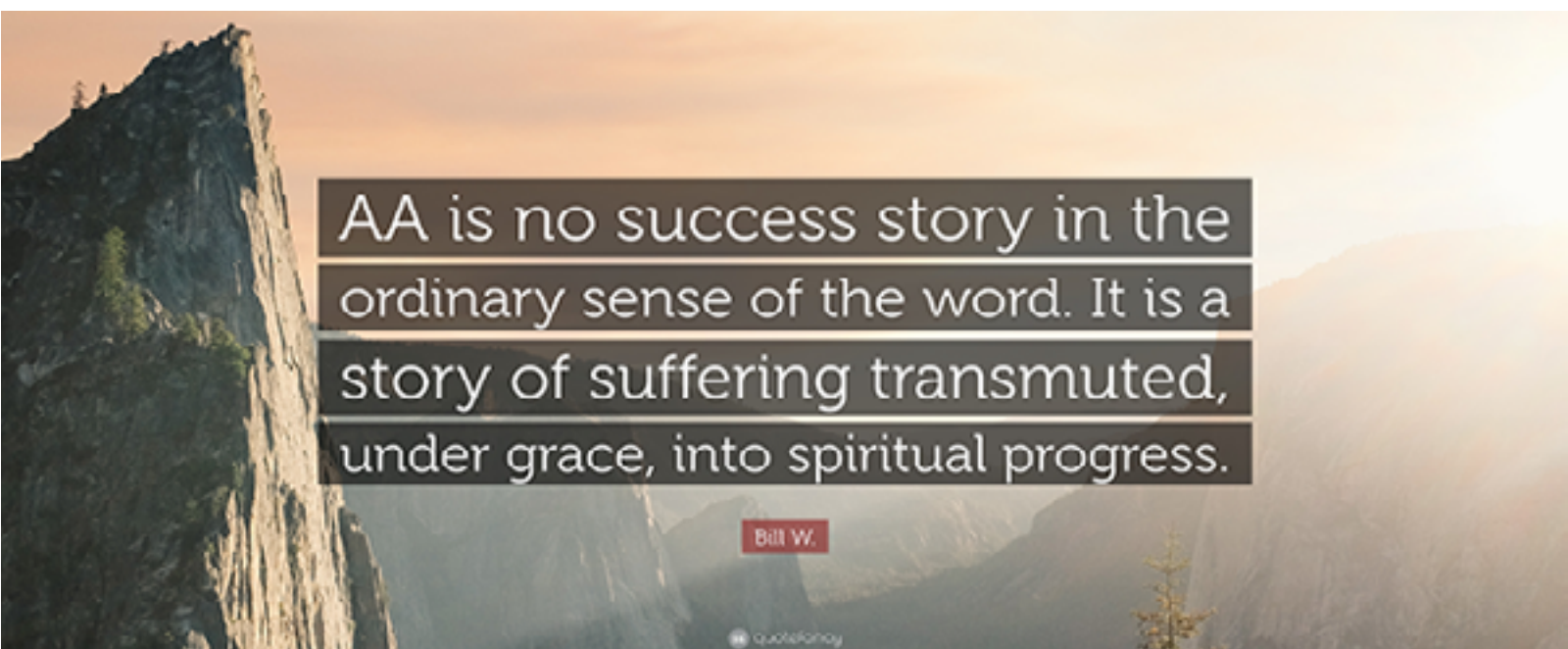
The same goes for my thoughts and feelings about my sponsor, positive and negative. They're probably unnecessary even for me, and certainly inappropriate subject matter for the relationship. Whatever I wouldn't (wisely) say to a policeman, border immigration officer, or high court judge, I don't say to a sponsor.

When I feel negative feelings, I use the various solutions on pages 84 to 88 to resolve these and do inventory and pray before discussing. I don't leak, spray, pump, or aerial-bomb them in unprocessed form into the relationship with my sponsor. There may be cause to discuss these, but only once I've done my homework.

I think before I react. When my

sponsor gives me a suggestion or input, unless a question is asked, my response is 'Thank you', a thumbs up, something similar or just quietly taking the suggestion or input on board. If I need time to think, I say I will take time to think. If I feel the desire to react, I stuff it and consider the question quietly on my own after the phone call or interaction. If a response is necessary, it'll still be necessary in a few hours or a day or so, so I consider what question I have (if any), by taking it to the materials and principles of the program rather than just digging myself in further or randomly shooting about my ego like a ball in a pinball machine. I avoid justification, explanation, defense and (the expression of past or present) intentions (JEDI mind tricks). When I stick to the above, the relationship with my sponsor is effective, cordial, and boundaried.

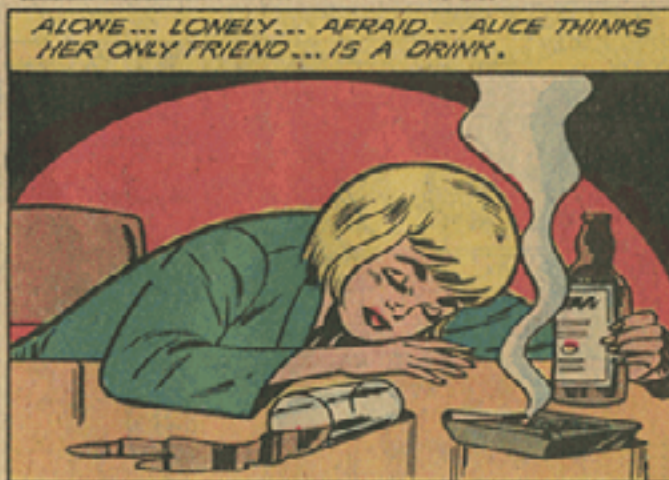
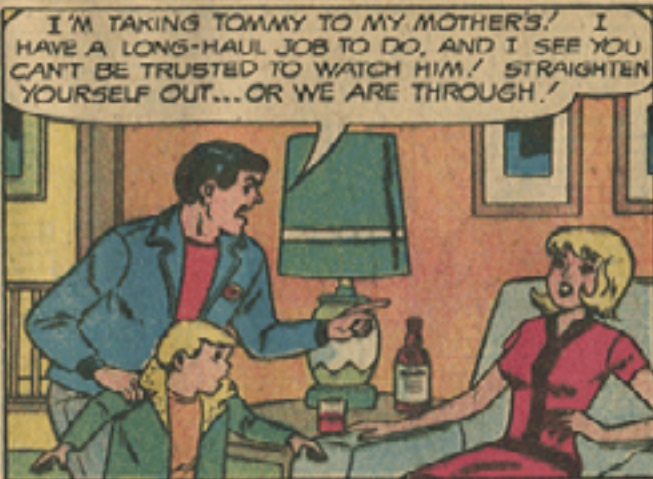
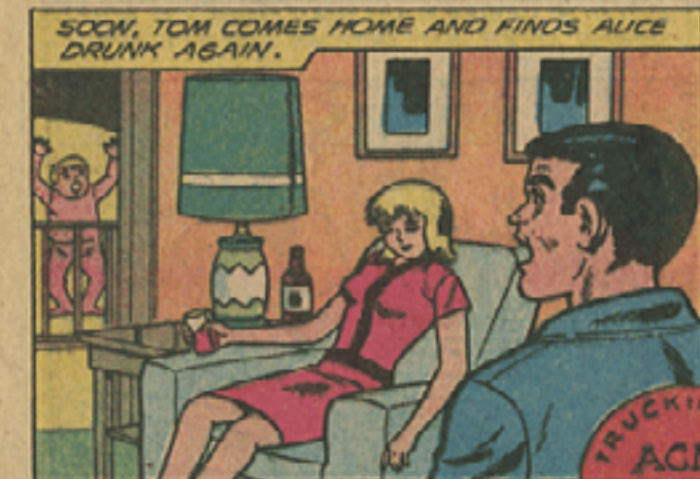
-Tim M. (reprinted from
Denver Central Office Newsletter:
The Last Drop, September 2022)



AA is no success story in the
ordinary sense of the word. It is a
story of suffering transmuted,
under grace, into spiritual progress.

Bill W.

IT HAPPENED TO ALICE



...TO BE CONTINUED

— CALL FOR STORIES —

Fifth Edition Big Book

Deadline for submissions: October 31, 2022 The trustees' Literature Committee is delighted to invite A.A. members to contribute stories of recovery to the Fifth Edition of the Big Book, *Alcoholics Anonymous*, through the new story submission section on the G.S.O. website.

The new page features:

- Guidelines and suggestions on how to write your story;
- Automatic copyright signing process;
- Acknowledgment receipt (**Note:** The anonymity of all authors will be observed whether their story is selected for publication or not).

If you have any questions,
please email 5BBStory@aa.org.

ONEDAYATATIME

ALCOHOLICAS ANONIMAS

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Out of the DARKNESS

BY
ROBERT M.
(Chicago, IL)

I started drinking at age 14. The first time I got drunk, I invited about 12 guys from my grammar school over my house. I had told them to come over after my parents were out for the night and also that there was a bunch of OLD booze in the basement.

I lied to my folks and told everyone to get there after they left. I grabbed a bottle of vodka and a bottle of Sunny-Delight we had in the fridge. I poured out about half of it and filled the rest up with vodka. I replaced the vodka with water thinking my parents wouldn't ever check since they didn't drink liquor at home anymore at that point.

We then went up to the park and I drank a big chug of that stuff and boom! - I swear I felt like Popeye with spinach! I was laughing, feeling part of these guys' crew that I really didn't know outside of school. I later came home and puked my guts out in the tub and got screamed at by my folks, but for once I had a bunch of friends and it felt great!

As the years went on, I got myself expelled from high school. I barely graduated from another high school and got expelled from a community college. I basically drifted through life till I was 21 making pizzas, living off my parents. I finally got a real job in construction that summer, got my first real girlfriend, but drinking was still there. I lived to party! I was called "Fun Bobby" by my friends. I was the clown but I was happy and had not had any real bad

consequences yet.

Then in 1998, my girlfriend broke up with me and I really started hitting it hard. I ended up totaling my truck on the Dan Ryan and, not only was I ok, but received no DUI. But in 1999, I received my 1st DUI. I was parked blocking traffic with the lights off. The officers woke me up and took me to jail. I got a good lawyer and received a slap on the wrist. In 2002, I received my 2nd DUI. This time, at Western Illinois University, I came to from a black out, smashing into a steel gate with glass flying all over my Ford Bronco. When the officers pulled me over a minute or so later, I said some kids had smashed my windows and I was looking for them. One of them then told me he saw me drive through the steel gate! I once again was charged with a DUI but for the grace of God got out of it again. This time, though, I had to complete 100 hours of alcohol classes and attend AA meetings.

I never bought into being an alcoholic. I was 26 and thought you just gotta slow down. Then, on October 8, 2005, I found myself at a bar in the Near West Side for my girlfriend's, at that time, birthday party. \$20 all you can drink! I was miserable. I was living away from my neighborhood, away from my family and in a relationship that was on life support. I got hammered and, after the bartender cut me off, I smashed the glass on the floor and told him where to go. Shortly after, I was being dragged out

the front door by a bouncer. I elbowed him, broke his nose, and was sent to the 1st district at 18th and State.

My life changed forever that night. As I looked around the graffiti covered walls of the holding cell I was in, I read "Out of the Darkness and into the Light!" It was a lightning bolt from God. I saw those words and committed to AA right in that cell, no matter if I got out of it again or not. I had a phone number from a guy I had met in AA three years prior, so I called him and he told me to meet him at Oak Lawn Big Book on Thursday. I asked him to be my sponsor and did everything that was "suggested." We all know what that means!

If you really want this, you have to do It! "There ain't no easy way out," as Tom Petty says. I have a life beyond my wildest dreams. I was making amends not looking for anything and walked out with an incredible job. I met my wife at an AA New Year's dance and we support each other's sobriety. It is a struggle sometimes when I take my life back from God, but when I let him be in control, "I can do all things through Him who strengthens me," a quote my Mom pounded into my head and means even more now with her passed away.

"As long as I remain teachable," I will be ok, definitely words to live by.

- Robert M.
(reprinted from "Here's How,"
Chicago Area Service Assembly,
Volume LXVIII, Issue No. 4)

Wording Context of the Big Book

After several months of sobriety and several marbles spinning in the same direction, it was suggested that I read the Big Book all the way through, stories and all. Then, go back and begin a serious study of the directions offered in the first 164 pages. After so doing, I began to develop a better understanding of the Big Book wording context that Bill W. was trying to convey, rather than my oft-mistaken previous conceptions - case in point:

The word 'sanity':

At first, I considered this term in context of the confused mental state of my early sobriety, or those seemingly bipolar rollercoaster emotions, etc....or perhaps the legal definition of being a danger to self or others. But today I realize that Bill used this word more in the context of drinking booze. He speaks of the insanity of "Jim" pouring whisky in his milk (pp. 35- 37), or the opposite: Fitz Mayo's sanity, who "seemingly he could not drink even if he would" (p. 57). I now think of alcoholic insanity as the inability to see and act on the truth in drink, and sanity as the ability to do so. Although, this is not always the case, this new insight serves as a handy learning tool.

The word 'cured':

A bit of confusion arose when I read Dr. Bob's Nightmare and he wrote: "...but had been cured" (p. 180), or where Bill D. wrote: "...curing me of this terrible disease." (p. 191) There are other examples in the "Story Section" of the Big Book. Confusion arose when I read on page 85: "We are not cured of alcoholism." A contradiction! But by studying this book I learned (p. 29) that the clear-cut directions are in the first 164 pages, but the story section is of a different ilk. It does not contain the clear-cut directions! These members' words are not necessarily in conjunction with the instruction pages.

Page 85 tells me: "The problem has been removed." Does this infer that I can now drink like a gentleman?

Well, not if I have studied the Big Book! If so, I will but realize the physical allergy is chronic - it will never go away. Consequently, this is not the mentioned problem...so, what is left? Of course, it is the mental obsession which has been removed. But, hold the phone! It has not been destroyed, eradicated or beamed to outer space. It will be ever lurking just waiting for me to exit from my fit spiritual condition. I maintain that I am a fully recovered alcoholic. This means that if I throw AA and God under the bus, I would likely be drunk by next Thursday, or sooner.

- Bob S., Richmond, IN.



The Insanity of Alcoholism

The insanity of alcoholism is NOT the goofy behavior that people exhibit when they are drunk. Everyone who ingests enough alcohol will act goofy. The insanity of alcoholism is the alcoholic's persistent return to alcohol in the face of overwhelming evidence that it is destroying his or her life, over and over again.

There are some in our fellowship of AA who have serious mental problems, but most of us joke about how "insane" or crazy or "goofy" we are or have been, when what we really are talking about is our emotional immaturity, our impulsiveness, our lack of self discipline...our character defects if you will. Most of us would have a hard time describing many of our thoughts and actions as being insane. In fact, in some areas of life, we may exhibit a high degree of sanity. However, there is something about the way we perceive the world around us that has always caused us a great deal of discomfort in simply living our lives.

Our general discomfort with living has much to do with the way we perceive the effects of alcohol. Our falling short of what is called "well adjusted" is definitely a part of our makeup as an alcoholic. However, that alone does not separate us much from the general population. It is our physical as well as our mental response to alcohol that is insane, and that is what separates the alcoholic from the non-alcoholic. There are two problems alcoholics have with alcohol: 1. The obsession of the mind, and 2. the compulsion of the body - an incomprehensible craving. Somewhere along the line, early or late, we develop obsession with the idea that alcohol eases our minds and solves our problems. Then, our physical response to alcohol manifests in what the "Big Book" calls an allergy. Our alcoholic insanity of our minds tells us that it is a good idea to drink to relieve our stress and to have fun. Once we start, our alcoholic bodies tell us we must drink more to satisfy the craving.

As every alcoholic should know, that is where the well known cycle begins and continues over and over again, leading to death, incarceration, or "wet brain" insanity. What Dr. Silkworth called the phenomenon of craving, manifesting as an allergy, is so overpowering that all else comes second to our primary concern of getting the next drink, even life itself takes second place. That, my friends is the "INSANITY OF ALCOHOLISM." It is only relieved and arrested by total abstinence, and as we have found, by and through the application of the 12 Steps of AA in our lives, in all our affairs, to achieve a psychic change, a "spiritual awakening," leading to growth and maturity, and a firm grasp of the reality of life and the world about us.

As a young man (with tears in his eyes) in his first AA meeting said, "I'm here because I just want to live. That's it. I just want to live." It is as simple as that.

- Barefoot Bob, Denver CO.
(By The Way Newsletter, Sacramento, CA. May 2017)

Certified- "Pass It On" Swedish Ivy Plant

This plant was in Bill W.'s room in Miami when he passed. Lois took it back home to Stepping Stones. Anytime anyone came for a visit, Lois would give them a cutting. Over the years, cuttings of the plant have passed from friend to friend. Scottie Martin met Bill and Lois through Ebby Thatcher. Scottie spent time in Townes Hospital in the same room where Bill had his spiritual experience but Scottie thought of Bill as just another member. Scottie was on the TV show, What's My Line for being too drunk to pick up astronauts after their capsule's touchdown on the ocean.

In Bill's later years Scottie ran interference for him as many wanted to talk, walk and touch Bill. Scottie was the one to say it was time to go and kept Bill moving. He grew the plant and passed along cuttings. Scottie gave a cutting to Pat Fuller from Augusta, GA who passed along a cutting to Michael Manning Earl from Evans, GA who passed a cutting in San Antonio, TX to Michael Char who passed along a cutting to Nora Bromley of Little Rock, Arkansas Delegate, August 2010 at Club 12, San Antonio. Nora passed a cutting to Jim Waldron in 2011 at the 120 ½ Group.

Jim Waldron gave a clipping in 2012 to Markey Ford in Little Rock at the Sunday morning Hour Of Power Group. Jim Waldron passed away in 2014 and his full healthy plant can be found at the Wolfe Street Center in Little Rock. Markey Ford gave a cutting to Cecilie O., a sponsee, and that plant can be found in the Arkansas Central Office. Friends of Bill and Lois are invited to take a damp paper towel and a clipping of the Swedish Ivy with them and continue to "Pass It On."

Growing Instructions: Needs lots of sun but little care. Water from the bottom or allow the surface of the soil to dry to the touch before the next watering. Use a well-drained pot and good potting soil.

Propagation: When the plant has become established, you can begin pinching off the new stems with 4-5 leaves and 1"; or so of stem. Place in a jar to start roots or stick the stem in potting soil and water well. Pass along the small potted plant with a copy of this history (available at Arkansas Central Office).



SHOUT OUT TO OUR PHONE VOLUNTEERS!

Our lists of volunteers for both 12th Steppers and After-Hours are very fluid and the numbers fluctuate in response to life's challenges. We are always looking for interested A A'ers for both our lists. Currently we have only 86 volunteers on the After-Hours list, making the times they are asked to cover around every 48 days. If you are interested in giving it back! please consider volunteering in these areas. Give us a call at 501-664-6042 and let us know which list, or both, you would like to be on! We have an education packet to help you get started. To our 12th Steppers and After-Hours Volunteers; Thank You for Your Service!!

APRIL:

TOTAL CALLS: 76
12 STEP: 12
AFTER HOURS: 37

JUNE:

TOTAL CALLS: 111
12 STEP: 18
AFTER HOURS: 42

MAY:

TOTAL CALLS: 77
12 STEP: 16
AFTER HOURS: 26

2ND QUARTER 2022

TOTAL CALLS: 264
12 STEP: 46
AFTER HOURS: 105

DOWNLOAD THE
MEETING GUIDE APP



Central Office Financial Report-Board Of Directors 2nd Quarter

Income/Expense Comparison by Category 1/1/2021-6/30/21 vs 1/1/22-6/30/2022

Category	JAN21-JUN21	JAN22-JUN22	Difference
INCOME DONATIONS			
Donations:**Activity Donations	0	67	67
Donations:**Change Donations	575.19	479.94	-95.25
Donations:**Conv Jar Donations	0	100	100
TOTAL Donations:**Individuals	7,526.69	7,111.76	-414.93
Donations:**Memorials	0	320	320
Donations:**Recurring Donations	1,895.00	1,755.00	-140
Donations:**SOS Sharing Our Sobriety	70	61	-9
Donations:*120 & Half Little Rock	536.84	189.31	-347.53
Donations:*A.A. Grp #1 Ark Co. Stuttgart	50	0	-50
Donations:*AA Camus Grp Fayetteville	0	36.56	36.56
Donations:*Alexander Group	75	0	-75
Donations:*Anonymous Groups	160	0	-160
Donations:*Area4	290	0	-290
Donations:*Back to Basics Russelville	201	60	-141
Donations:*Barely Legal Little Rock	177.48	43.34	-134.14
Donations:*Beebe Group Beebe	380	80	-300
Donations:*Benton Onliners	0	60	60
Donations:*Benton Round Table	0	174	174
Donations:*Big Meeting	0	84.72	84.72
Donations:*Bridging the Gap North Little Rock	1,633.65	1,671.21	37.56
Donations:*Cabot Local Chapter #1	259.28	267.63	8.35
Donations:*Clinton Group Clinton	40	25	-15
Donations:*Cortez Pavillion Grp	90.5	0	-90.5
Donations:*Cosmopolitan Little Rock	3,012.51	4,877.66	1,865.15
Donations:*District 12	50	0	-50
Donations:*District 6	0	406.2	406.2
Donations:*District 8	0	1,549.65	1,549.65
Donations:*Downtown Nooners Little Rock	570	240	-330
Donations:*East Gate Grp HS Village	364	192.4	-171.6
Donations:*F Street North Little Rock	141.4	2,417.32	2,275.92
Donations:*Founders Day Activity	0	-300	-300
Donations:*Foxhall Sherwood	168.85	138	-30.85
Donations:*Friends Group Jonesboro	0	200	200
Donations:*Grace Womens Grp Conway	63.75	64.55	0.8
Donations:*Gravel Ridge Sherwood	51.9	148.21	96.31
Donations:*HALT Little Rock	189	319.07	130.07
Donations:*Hi Nooners Fayetteville	100	500	400
Donations:*Hope Grp North Little Rock	569.7	366	-203.7
Donations:*Hope Jonesboro	390	144	-246
Donations:*Jonesboro Group	175	100	-75
Donations:*Keep it Simple Benton	305.8	0	-305.8

Donations:*Meeting in the Middle Little Rock	50	650	60C
Donations:*Monticello AA	0	100	10C
Donations:*More Shall Be Revealed Little Rock	0	300	30C
Donations:*Nooners Conway	340.85	0	-340.85
Donations:*Pig Pen Grp Little Rock	0	50.29	50.25
Donations:*Pinnacle Mtn Little Rock	176.51	191.25	14.74
Donations:*Pocohantas	258.5	0	-258.5
Donations:*Rebos Little Rock	53.75	0	-53.75
Donations:*Reservoir Little Rock	0	789.25	789.25
Donations:*Rock Group North Little Rock	170.01	149	-21.01
Donations:*Rock House Hot Springs	0	560	56C
Donations:*Rogers Group	0	853.38	853.38
Donations:*Rule 62 Jacksonville	0	120	12C
Donations:*S&JM	1,000.00	0	-1,000.0C
Donations:*Saints We Ain't Little Rock	0	437.4	437.4
Donations:*Searcy AA Group	157	196	35
Donations:*Seeking Serenity Conway	0	50	5C
Donations:*Stanley Phillips	0	106.6	106.6
Donations:*Taproot Little Rock	0	191.25	191.25
Donations:*The Journey Grp Clinton	60	0	-6C
Donations:*Tontitown Group	200	900	70C
Donations:*Tue-Thur Group Conway	157	333.02	176.02
Donations:*Unknown	0	40	4C
Donations:*Wednesday Night B.B. Little Rock	0	35	35
Donations:*Woman's Serenity Grp Mtn Home	50	0	-5C
Donations:*YANAFekkowship	50	0	-5C
Donations:Arkansas County 1	0	50	5C
Donations:SistersOfSobriety Russellv	0	25	25
TOTAL Donations	22,836.16	30,352.97	7,516.81
Interest Inc	37.34	1.44	-35.5
INCOME SALES			
Sales:Sales Cash-Check	8,901.35	13,088.99	4,187.64
Sales:Sales Credit Card	11,892.62	12,886.75	994.13
TOTAL Sales	20,793.97	25,975.74	5,181.77
TOTAL INCOME	43,667.47	56,330.15	12,662.68
EXPENSES			
Resolved PayPal dispute	0	20.22	-20.22
Bookstore Purchases	14,627.26	6,325.88	8,301.38
Donations to AA Entities	0	1,000.00	-1,000.0C
Overhead			
Overhead:Accountant	900	375	525
Overhead:Activities & Events	572.98	500.13	72.85
Overhead:Bank Charge	426.97	589.75	-162.78
Overhead:Business Meeting - Food	46.95	0	46.95
Overhead:Conventions	0	377.77	-377.77
Overhead:Insurance Work Comp & Property	0	-278	278

Overhead:Internet ISP	850	1,233.31	-383.31
Overhead:Meeting Supplies	68.43	36.02	32.41
Overhead:New Equipment	45.77	42.64	3.13
Overhead:Office Supplies	1,077.50	1,167.26	-89.76
Overhead:Rent Building	5,532.00	5,904.80	-372.8
Overhead:Repair-Maintenance	14.71	1,105.29	-1,090.58
Overhead:Sales Tax & Penalties	1,449.00	1,803.00	-354
Overhead:Telephone	635.78	632.52	3.26
TOTAL Overhead	11,620.09	13,489.49	-1,869.40
Personal use Debit Card	67.85	0	67.85
Wages			
Wages:Federal Withholding Deposit	3,122.82	3,264.13	-141.31
Wages:Salary-Paychecks	11,160.95	11,870.67	-709.72
Wages:State Withholding	774	816	-42
TOTAL Wages	15,057.77	15,950.80	-893.03
TOTAL EXPENSES	41,372.97	36,786.39	4,586.58
OVERALL TOTAL	2,294.50	19,543.76	17,249.26

Current Balances and Possible Prudent Reserve Proposal to the Board

	Checking
Simmons Checking Current Available Balance.....	33,346.05
Simmons Checking Current Quicken.....	32,187.17
	Prudent Reserve Accounts
Simmons Reserve Available and Quicken Balance.....	5,480.00
First Financial Bank CD #1 Balance.....	N/A
First Financial Bank CD #1 Quicken Balance.....	4,259.69
First Financial Savings Available and Quicken Balance.....	8,319.23
Prudent Reserve Accounts Total.....	18,058.92
	Prudent Reserve Settings
Based On 4 Months of Operating Expenses.....	30,000.00
	Funds Needed To Attain Prudent Reserve
	11,941.08
	Possible Proposed Currency Transfer
From Simmons Checking.....	-11,941.08
	Balance After Possible Proposed Currency Transfer
	21,404.97

CENTRAL OFFICE **Book Prices**

Regular Prices

Taxes NOT included

Big Books

Hard Cover\$9.50
Spanish\$9.50
Soft Cover\$9.25
Large Print\$10.75
Pocket Abridged \$6.50

**10 % Discount
Prices**

**Prices per book with
10% discount for
Buying 10 or more.**

Taxes not included

Hard Cover \$8.55
Spanish \$8.55
Soft Cover \$8.33
Large Print \$9.68
Pocket Abridged \$4.95

**Mix and Match 10 books
and get 10% discount.**

12x12

Hard Cover \$9.00
Soft Cover \$9.00
Large Print \$9.00
Gift, HC \$9.00
Pocket Complete \$6.50

**10% Discount
Prices**

Hard Cover \$8.10
Soft Cover \$8.10
Large Print \$8.10
Gift, HC \$8.10
Pocket Complete \$5.85

Daily Reflections

Regular \$10.25
Large Print \$11.50

**10 % Discount
Prices**

Regular \$9.23
Large Print \$10.35

**Note : Wallet cards are
NOT included in 10%
discount!**



YOUR
CENTRAL
OFFICE
SELLS
MORE
THAN
BOOKS



We offer
magnets,
stickers, CD's,
pens,
bookmarks,
jewelry,
t-shirts, and
much more!





NAMELESS

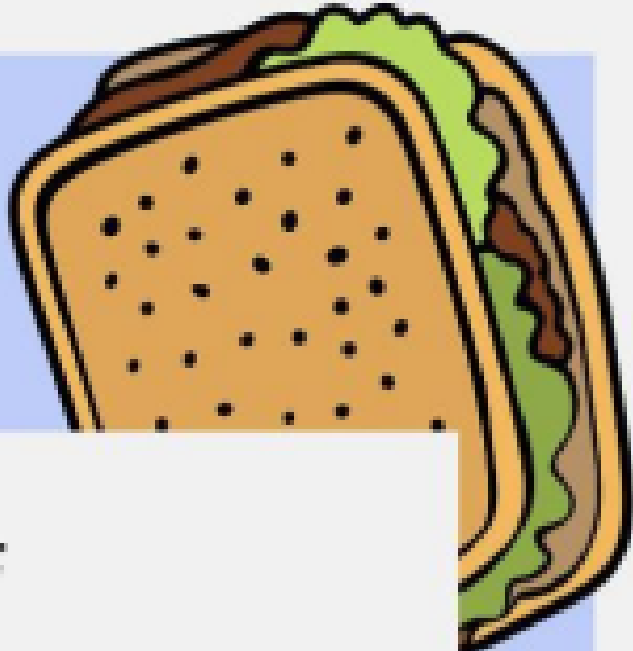
N E W S L E T T E R

A great big Thank You to all our In House Volunteers These are the people that work the phones, clean the carpets, price the books, and a thousand other things daily in the Bookstore!

Billy O., Carolyn M., Mary M., Jim B., Jeremy C., Terri T., Perry DeJ., Bob W., Woody T., Mark F., Caroline L., Clay C., Stephen Caw., Steve F., Susan R., Malise, P. , Daisie M., Brandon, Chris, and several alternates.

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 - 2 pm and 2 - 6 pm on Sunday. Sometimes people alternate with another so



Please join us for

Rock Bottom's Annual Picnic

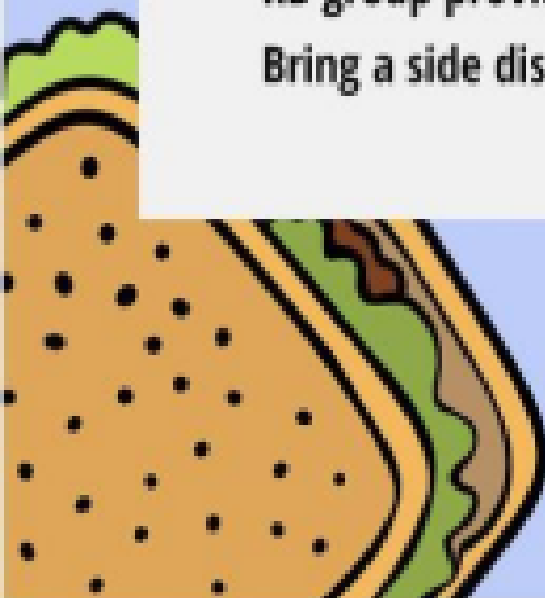
October 2nd @ 2 PM

Mary Kennely Park | Haskell, AR

Family and Friends Welcome!

RB group provides hamburgers/hotdogs

Bring a side dish, dessert or just yourself



WYE MOUNTAIN FISH FRY

10/8/2022

MEET AT 10

SPEAKER, SERENA, AT 11
FISH FRY, BINGO, 50/50 &
FELLOWSHIP TO FOLLOW

WYE MOUNTAIN CHURCH
22300 HIGHWAY 113, BIGELOW, AR 72016

PLEASE BRING A DISH &
BINGO PRIZE TO SHARE

THIS IS AN OPEN MEETING,
ALL ARE WELCOME.



ARKYPAA XXXVIII

BACK FROM THE GATES OF DEATH

October 6-9, 2022

CAMP MITCHELL, 10 CAMP MITCHELL ROAD,
MORRILTON, AR, 72110

www.arkypaa.org

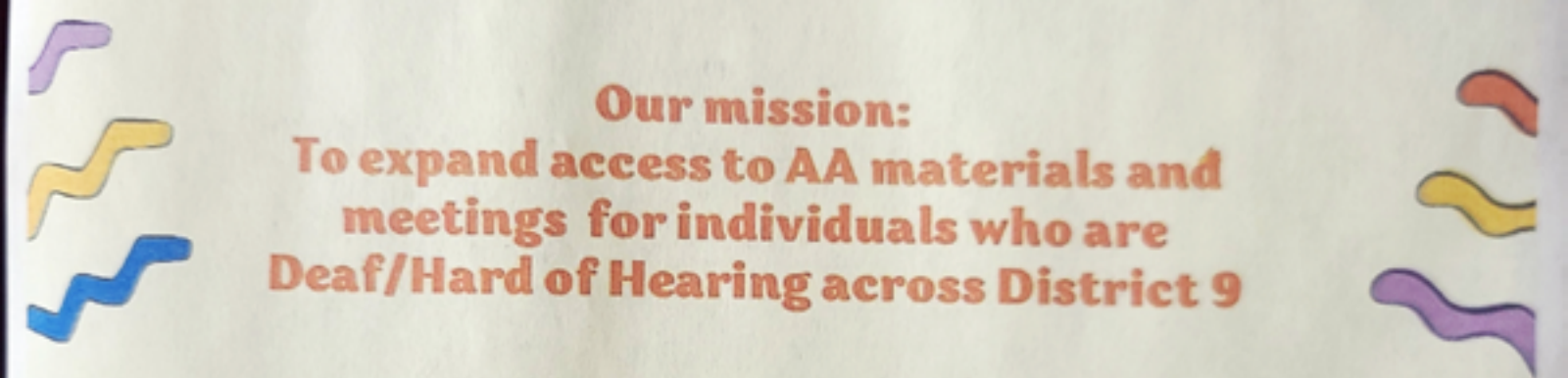
CORY H. 501.658.4902 SYDNEY V. 501.350.0562
GILLY Q. 870.370.7639



**District 9
D.A.C.**

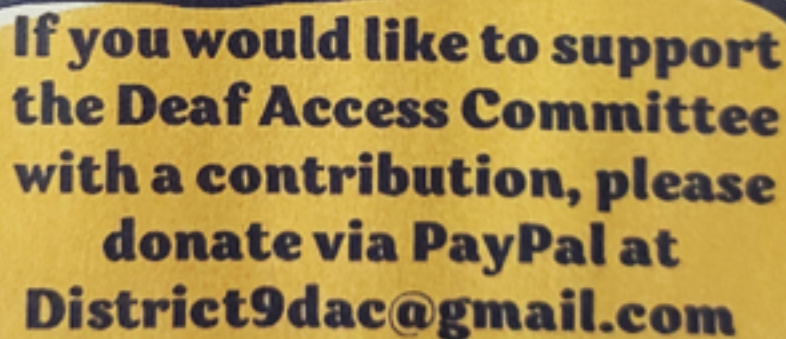
DEAF ACCESS COMMITTEE

HOW CAN YOU HELP?

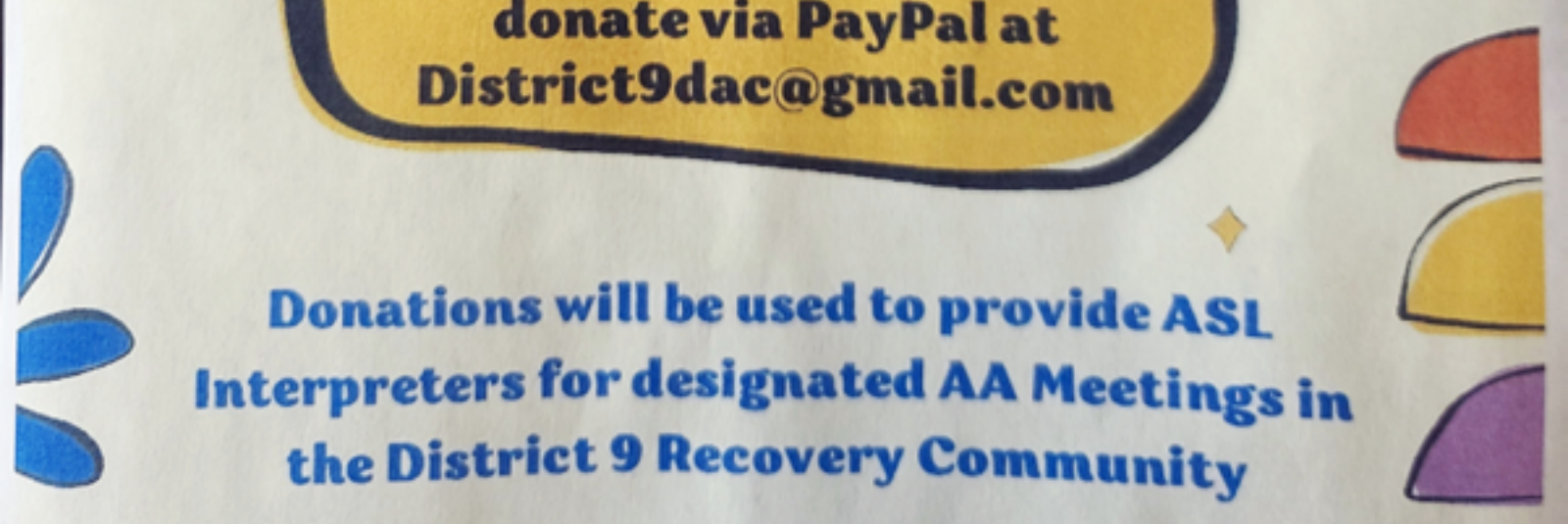


Our mission:


**To expand access to AA materials and
meetings for individuals who are
Deaf/Hard of Hearing across District 9**



**If you would like to support
the Deaf Access Committee
with a contribution, please
donate via PayPal at
District9dac@gmail.com**



**Donations will be used to provide ASL
Interpreters for designated AA Meetings in
the District 9 Recovery Community**



AR CENTRAL OFFICE

CHILI CHALLENGE

OCT 29
2022

CRYSTAL VALLEY BAPTIST CHURCH
5507 CRYSTAL HILL ROAD
NORTH LITTLE ROCK AR 72118

7:00 PM TIL WHENEVER · **SPEAKERS:**
MAGGIE A. & FRANK A. (CONWAY)

CHILI DINNER WITH FIXINS · LIVE
MUSIC · DRAWING FOR 50/50 AND
GIFTS · TROPHY PRESENTATIONS!

**\$10 CHILI
ENTRANCE FEE
\$20 FOR GROUPS**

Register By October 15th

PAY WHAT YOU CAN
COSTUMES ENCOURAGED!

**THE JAIL WILL BE OPEN
THE SHERIFF WIL BE ARRESTING
THOSE IN VIOLATION OF TRADITIONS!**



70TH ANNUAL JONESBORO AA

THANKSGIVING CONVENTION

FRI. NOV. 11TH 8:00PM———LACIE B. LITTLE ROCK

SAT. NOV. 12TH 10:00AM—AL-ANON MARTI P. LITTLE ROCK

SAT. NOV. 12TH 1:00PM———AUBREY B. JONESBORO

SAT. NOV. 12TH 3:00PM———REPERTORY THEATRE

SAT. NOV. 12TH 8:00PM———BILL Z. ROSELLE, IL

SUN. NOV. 13TH 10:00AM———SHARON S. PARAGOULD

AT THE HOLIDAY INN

REGISTRATION \$20.00 AT THE DOOR

ALL SPEAKER MEETINGS ARE OPEN AND EVERYONE IS WELCOME!

FOR MORE INFO. CONTACT BOBBY C. 870-897-2128

ICE CREAM SOCIAL FRIDAY 9:00PM

SATURDAY NIGHT MEAL 5-6:30PM GOLDEN CORRAL

HOSPITALITY ROOM AND MORE TO COME

COME EXPECTING A GREAT TIME!

You are invited to attend The 37th Annual

Border City Roundup Fort Smith, Arkansas



November 4, 5, & 6 2022



"...this spirit among us..."

The Big Book (page 103)

Location:

Wyndham
700 Rogers Ave
Fort Smith, AR
(479)783-1000
Special room rates-
book by
October 28th

AA Speakers

Al-Anon speaker &
meeting
Hospitality Room
2 Workshops
Friday night movie

Speakers

Ben B, Waynoka, OK
James L, Tallahassee, FL
Jane D-L, Tallahassee, FL
Rosie P, Fayetteville, AR
Danny B, Spring, TX
Convention Voice - Cindy S

REGISTRATIONS RECEIVED BY OCTOBER 28th, 2022 WILL BE ELIGIBLE TO WIN
FREE REGISTRATION FOR THE 2023 CONVENTION



THE
**59TH INTERNATIONAL
WOMEN'S CONFERENCE**
WILL BE IN
DALLAS, TEXAS!

SAVE THE DATE!

FEBRUARY 16-19, 2023

DETAILS TO FOLLOW – LEARN MORE:

International Womens Conference. org

**INTERESTED IN VOLUNTEERING, PROVIDING AUCTION ITEMS, OR
MAKING SCHOLARSHIP CONTRIBUTIONS? PLEASE CONTACT:**

CHAIR, TERRI O: CHAIR59IWCDALLAS@GMAIL.COM
FUNDRAISING CHAIR, DEBBIE L: TSF59IWCDALLAS@GMAIL.COM



CENTRAL OFFICE

Arkansas Central Office - 7509 Cantrell Road, Suite 106, Little Rock, AR 72207
on the back side of Tanglewood Shopping Center
Hotline (501) 664 7303 - Office (501) 664 6402
aacoar@gmail.com - arkansascentraloffice.org

COME BY
AND VISIT

WHAT CAN
WE DO
FOR YOU?

HOW CAN YOUR GROUP
HAVE A SAY AT THE
CENTRAL OFFICE?

Each group elects a representative to attend the central office meetings. Group representatives (CORs) meet every month on the 4th Wednesday at 5:30 PM. Zoom ID: 879 658 7165 Password: 55555

EVENTS

Christmas Eve open house and potluck
Yearly Chili Challenge Event
Annual Founders Day Picnic



SERVICES

- Working with/at conferences
- Handling phone, internet, and email inquiries
- Maintaining a list of A.A. speakers and 12-steppers for the entire state
- Producing a quarterly newsletter
- Maintaining a website with the A.A. meetings in Arkansas
- Emailing a list of upcoming A.A. events to hundreds
- Maintaining a list in the phone book for Alcoholics Anonymous
- Providing a place to do 12-step work
- Ordering, selling, and distributing A.A. conference-approved and related literature
- Compiling and printing the statewide A.A. meeting directory
- Answering phones 24/7 by alcoholics (no answering service)

 Did you know your Arkansas Central Office has been in service for 45+ years?
Central offices preceded the A.A. General Service Conference