

No Booze News

Intergroup Council of West Central Arkansas

Volume LXLIII Number 1

January- February- March 2025

OUR DISTRICT 8 MEETING IN PRINT!

NEXT MEETING

The Intergroup Council's next meeting is Sunday, January 26, 2025, at 2:00 p.m., 411 Sellers, Hot Springs, Arkansas

INTERGROUP COUNCIL

John K., Chairperson
Kaycee R., Secretary
Paul K., Treasurer
Ty W., Webmaster
Amber B., Answering Service
Mara M., Editor, "No Booze News"
Amie Michelle R., Volunteer Coordinator & Chair, Autumn Picnic
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Bob S., Green House Group
MaryAnne L., Hot Springs AA
Terry T., Rock House

Having had a spiritual awakening as a result of these steps, *we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*

John's Story...

The Twelfth Step gives us specific directions, *we tried to carry this message to alcoholics, and to practice these principles in all our affairs.* We carry the lessons and principles we've learned in Alcoholics Anonymous to others who want our help and need it. Connecting with alcoholics, reminds us of our own struggles with alcoholism and why we've worked so hard to get sober. But to keep it, we must give it away.

Serving others brings a sense of purpose and fulfillment in our lives. Think back to when you began the Twelve Steps with a sponsor and how instrumental AA members were in helping you feel welcome, safe and valued. Sharing your own experience can help another, suffering alcoholic obtain sobriety or you plant the seed of recovery. And you stay sober and grow in sobriety.

As we stand at the threshold of a brand-new year, we want to extend our warmest wishes to you and your loved ones. May this year bring you the strength to overcome any challenges, the wisdom to make the right choices, and the joy that springs from the love and support of those around you.

John K. and The Intergroup Council Members



INTERGROUP ANSWERING SERVICE, 24 HOURS-7DAYS A WEEK: 501-623-6328

Check out the Intergroup Council's outstanding website! <https://aawcar.org/>

Find all District 8 meetings, locations, days & times with contact information; Check District 8 events; Purchase literature online at the Intergroup Bookstore; Read current & past No Booze News issues.

BOOKSTORE: 411 Sellers Street, Hot Springs; Open before & after the 8:00 a.m., Noon, & 8:00 p.m. meetings. If you need to purchase books at other times, send John K. a text at [501-282-9838](tel:501-282-9838) or order on our website.

GIVE UP OR GET UP

Somewhere around the age of 10, I began to feel anxious, fearful of irrational thoughts. I seemed to always think that the absolute worst was just over the horizon. Though this never materialized. I continued to believe that it would. My home life as child was happy and safe. Yet I still always felt this feeling of dread.

I never told a soul about how I felt. I remember clearly the first time I felt the relief and warm comfort that alcohol provided. I drank as a teenager and through high school. In college I began bartending and working in liquor stores. I never once thought that the amount I drank was a problem. I was just having fun. I didn't understand that I was self medicating.

After college my reckless behavior and drinking became so out of control it was nearly impossible today to believe that was me. Eventually I was drinking around the clock and consuming over a half gallon per day.

I tried repeatedly to quit on my own. I had begun having seizures and hallucinations if I wasn't drinking. I had reached my jumping off point that the **Big Book** talks about.

I sat on the front step of my home and pondered my options:

1. Leave everyone I loved behind and finish drinking myself to death.
2. Get help because I can't do this alone.

I chose number two, I chose to get up and fight. I went to the ER for detox. An ER doctor broke his anonymity to talk about his struggles and AA. He told me to find a meeting as soon as I left the hospital. I did. In AA I got a sponsor and began step work.

Continued page 7

NICE TO MEET YOU, SIT BACK AND RELAX.

IDENTIFY DON'T COMPARE.

I was born in New York City a long time ago. I have two siblings.

Sobriety has been quite the journey. All my consequences arrived after I started attending Alcoholics Anonymous. My spouse left and we eventually divorced in my first year of recovery (he suffered great emotional abuse during my active drinking years). I lost custody of my stepchildren, 12 and 16, because of the divorce.

During my drinking I harmed people with my tongue, the emotional impact of my behavior was quite painful for the people closest to me.

I am eternally grateful that I was already right in the middle of AA when my consequences arrived. I had a home group, a sponsor, and service commitments in my group. During the process of the steps, I developed a precious relationship with my God, personal to me that I don't try to explain to anyone.

During the process of facing the truth about who I was and how I harmed people during my drinking my faith in God and steps of AA helped me to honestly attempt to repair the damage I caused others. With my father I became the daughter I should have been instead of focusing on his behavior. Consequently, I was able to be his primary caretaker during his battles with alcoholism and cancer. There were also the blessing of rebuilding relationships with my brother and sister.

Being sponsored and sponsoring others has

Continued page 7

A.A. TRUISM

Alcoholics Anonymous is often referred to as an education in the art of living.

VOLUNTEER

IT'S EGO DEFLATION
FRIENDLY

&

YOU ARE NEEDED

Alcoholics Anonymous service committees work to ensure the A.A. message reaches people who may need it. A.A. can be found in approximately 180 nations. In the United States, A.A. consists of an estimated 61,900 groups and nearly 1.3 million members (as of January 2018).

Every member of Alcoholics Anonymous somehow learned about A.A.. Many first hear A.A.'s message of hope thanks to one of the service committees through which volunteers reach out to people who need it

District 8 Committees need Chairs and Volunteers! Only 10% of members volunteer, Be part of that 10%! Look over the committees and see if one or more interests you. Come to District and learn more about the Committees, find one that interests you! Be a part of carrying the message in District 8:

- **Archives Committee** collects, preserves, and shares the history of A.A. in District 8. Volunteers record the stories of alcoholics from Arkansas with 20 or more years of sobriety.
- **Bridging the Gap:** A.A.s serve as temporary contacts for newcomers leaving treatment. Helping them get to A.A. meetings and meet other members.

Continued, next column

- **Cooperation with the Professional Committee (CPC)** helps establish communication with professionals who may come into contact with problem drinkers, about A.A., like physicians, attorneys, police, social works, and judges. Volunteers clearly explain what A.A. does and doesn't do, provide literature and speakers. Help make A.A. literature readily available in hotels, offices, teaching hospitals, and other professional sites.
- **Corrections Committee** Volunteers carry the A.A. message of recovery to incarcerated alcoholics by taking meetings and literature. Help individuals in custody have literature and work the Steps, beginning to live sober. Also, volunteers help alcoholics transition to local A.A. communities.
- **Group Relations** effects and improves communications, activities, and services among all the District 8 members and groups. The committee sponsors events, like Bake at the Lake, and workshops.
- **Grapevine Committee** develops awareness of the many benefits the Grapevine. AA members are encouraged and helped to contribute articles, stories, photographs, or illustrations to for publication. Also helps ensure the importance of A.A. literature is understood.
- **Treatment Committee:** Carry the A.A. message into treatment settings for alcoholics trying to recover and live in sobriety.

Each Committee is unique in the way it carries the message of Recovery from the disease of Alcoholism. No doubt you will find at least one that interests you.

TEN PRINCIPLES FOR PEACE OF MIND

1. Do Not Interfere In Other's Business

Unless Asked: Most of us create our own problems by interfering too often in others' affairs. We do so because somehow we have convinced ourselves that our way is the best way, our logic is the perfect logic and those who do not conform to our thinking must be criticized and steered to the right direction, our direction.

This thinking denies the existence of individuality and consequently the existence of God. God has created each one of us in a unique way.

No two human beings can think or act in exactly the same way. All men or women act the way they do because God within them prompts them that way.

Mind your own business and you will keep your peace.

2. Forgive And Forget: This is the most powerful aid to peace of mind. We often develop ill feelings inside our heart for the person who insults us or harms us. We nurture grievances. This in turn results in loss of sleep, development of stomach ulcers, and high blood pressure.

This insult or injury was done once, but nourishing of grievance goes on forever by constantly remembering it. Get over this bad habit. Life is too short to waste in such trifles.

Forgive & Forget, and march on. Love flourishes in giving and forgiving.

3. Do Not Crave For Recognition: This world is full of selfish people. They seldom praise anybody without selfish motives. They may praise you today because you are in power, but no sooner than you are powerless, they will forget your achievement and will and will start finding faults in you. Why do you wish to kill yourself in striving for their recognition? Their recognition is not worth the aggravation.

Do your duties ethically and sincerely.

4. Do Not Be Jealous: We all have experienced how jealousy can disturb our

peace of mind.

You know that you work harder than your colleagues in the office, but sometimes they get promotions; you do not. You started a business several years ago, but you are not as successful as your neighbor whose business is only one year old. There are several examples like these in everyday life.

Should you be jealous? No.

5. Change Yourself According To The Environment: If you try to change the environment single-handedly, the chances are you will fail.

Instead, change yourself to suit your environment.

As you do this, even the environment, which has been unfriendly to you, will mysteriously change and seem congenial and harmonious.

6. Endure What Cannot Be Cured: This is the best way to turn a disadvantage into an advantage.

Every day we face numerous inconveniences, ailments, irritations, and that are beyond our control. If we cannot control them or change them, we must learn to put up with these things. We must learn to endure them cheerfully.

Believe in yourself and you will gain in terms of patience, inner strength and will power.

7. Do Not Bite Off More Than You Can Chew: This maxim needs to be remembered constantly.

We often tend to take more responsibilities than we are capable of carrying out. Know your limitations. Why take on additional loads that may create more worries? You cannot gain peace of mind by expanding your external activities. Reduce your material engagements and spend time in prayer, introspection and meditation. This will reduce those thoughts in your mind that make you restless.

An uncluttered mind will produce greater peace of mind.

Continued, next column

Continued, page 9, first column

SERIOUSLY?!

March 12, 2012 **Four young Amish adults charged with illegal possession of alcohol after their buggy collided with a police car.** The Chautauqua County Sheriff's Office reports the crash occurred around 7:15 a.m. Sunday in the rural town of Sherman, NY.

Officials say deputies were responding to reports that people were drinking in several Amish buggies on a country road. As a patrol car arrived on the scene, one of the Amish buggies changed lanes, colliding with the police vehicle. The buggy flipped onto its side, causing minor injuries to one of the people on board.

Police say several other buggies fled the scene.

Paul Hutton of Essex, UK, was stopped by police for driving a bright pink Barbie Convertible, a toy car. The vehicle has a top speed of 4 mph. Mr Hutton, was found to be twice the drink-drive limit. Appearing before magistrates last week, he admitted driving the toy car while drunk. Hutton is not allowed to drive for three years.

Alison Whelan, 51, was on a 2-day bender drinking Lambrini and chewing hallucinogenic plants, when she suddenly decided to steal a ferry, shouting "I'm Jack Sparrow!" She hijacked the Dart Princess, a 45 foot ferry, on ***Talk Like a Pirate Day***. After untying the mooring ropes, Mrs. Whelan and a friend ran up the estuary shouting "I'm a pirate." Whelan was so drunk she dialed 999 and officers raced to the scene arriving after the ferry left the dock.

The boat began hitting other vessels "like a pinball machine" – including a £70,000

Seriously?, continued bottom, next column

An alcoholic wakes up in jail. He asks the first police officer he sees, "Why am I here?"

"For drinking," replies the officer.

"Great," says the man, "when do we start?"

GROAN

Why did the alcoholic buy a mirror?
Doctor said to watch her drinking.

An alcoholic goes to the the store to buy some whiskey. He tucks the bottle under his jacket and stumbles out the door. As he is stumbling down the street he gets hit by a car. He falls to the ground and feels something wet on his side. He puts his hand inside his jacket to see what it is. He pulls his hand out of his jacket and exclaims, "Thank God it's only blood!"

I read an article saying that you might be an alcoholic if you drink everyday.
Thank God I only drink every night.

I'm not an alcoholic. Alcoholics go to meetings. I'm a drunk, I go to parties!

Seriously?! continued previous column
catamaran and then hit a moored vessel called Tomcat. Over 30 ambulances, police, coastguard and RNLI officers saw the ferry collide with a number of boats, causing hundreds of pounds worth of damage.

The boat finally came to a rest an hour

Seriously?, continued page 7

DOWNSTAIRS BOOKSTORE

GUIDELINES:

A.A. TRADITIONS AND THE INTERNET (MG-18)

Download at https://www.aa.org/sites/default/files/literature/MG-18_0623.pdf

“The Traditions are of the utmost importance for the survival of AA as a whole, but they were written in an era when methods of communication were fairly limited, consequently leaving some holes for the AAs of today to fill in...” (Dave S., Grapevine October 2010.)

Facebook, Twitter, Rumble, ZOOM, podcasts, YouTube, and television did not exist in 1939. In less than a generation, social media evolved from a direct electronic information exchange, to a virtual gathering place, retail platforms, a vital 21st-century marketing tool. In the 1980s and '90s,” the internet’s growth enabled the introduction of online communication services and introduced users to digital communication through email, bulletin board messaging, and real-time online chatting. Consider the earliest social media network began in 1997.

How do we observe and practice A.A.’s principles and Traditions on the Internet and social media. “A.A. Guidelines” are compiled from the shared experience of A.A. members in various service areas. They also reflect guidance given through the Twelve Traditions and the General Service Conference.” (a.a.org)

This guideline is incredibly complete, covering: Anonymity, Self-Support, Social Media, and Websites; included is how our Spiritual life is impacted. This A.A. Guideline tries to address all these questions and far more. It is an amazing pamphlet utilizing the Traditions and A.A. principles applied to a relatively new method of communication.

CONTEMPLATE:

Simplicity — life by the numbers. I don’t know about anybody else, but I missed the life instruction book growing up. It wasn’t till I got to A.A. that I finally received one that has worked for me. It is a follow the numbers pattern of One to Twelve in Recovery (Steps), Unity (Traditions), and Service (Concepts). Amazing how well it works when I work it. When I experience troubles I usually just need to back up till I find the number I am really on instead of the number I try to convince myself that I am on. Fortunately I don’t have to do it alone and I keep my sponsor on speed dial. He can uncannily spot the resurgence of my ego faster than I can, Thank God. Simple but not necessarily easy.

Conley B.

When everything seems like an uphill struggle,

Words Matter

just think of the view from the top.

Anonymous A.A. member

SIMPLE

A group, in its simplest form, is a collection of individuals sharing a common goal or interest. It's a social unit where interactions, relationships, and a sense of belonging are fostered.

An A.A. Group is a collection of alcoholics sharing two goals and interests: Getting and Staying Sober; and, second, carrying the message to the alcoholic who still suffers.

Participating in an A.A. group helps ensure that when a person reaches out for help, A.A. is there. Helping each other and carrying the message are the keys to staying sober.

In AA I got a sponsor and began step work.

Working with my sponsor and a therapist, I began to sort through the noise in my head. There is a way to deal with that noise, to heal in a way that allows you to be free of the need to drink. This isn't magic. It's work, it's hard unpleasant work. Most great things are on the other side of hard work.

Today I have revived my career; I am involved in service work in recovery centers. I am back in college pursuing a Masters in psychology, to use that degree to help others.

My son was looking at my AA chips. He asked which one was the most important to me. My response was the 24 hour chip. Without it, there aren't any others.

That's what I do, get through 24 hours, then another 24 hours. I started by stacking days. I get up everyday and do it again. Never stop the fight. I fell in love with the process and the results came.

Terry W.
October 27, 2022
Arkadelphia Group

later, a mile upstream. When arrested Mrs. Whelan claimed that she "would have ended up in St Tropez" if she hadn't been caught.

For her maritime crimes, Whelan received 122 days in jail for "aggravated vehicle taking." According to the police, she eventually admitted she didn't even think of stealing the ferry until she had untied three of the docking ropes because she kept tripping over them. Eventually she just said, "ARRRRRRRRGH! F*ck ye!" and untied the rest of the ropes.

But every stolen ferry story has a silver lining. With this latest arrest, Mrs. Whelan may finally get the help she needs to battle her alcoholism. She is now on the waiting list for a new liver.

allowed me to continue maturing spiritually and emotionally over my years of recovery. How sober I thought I was at 90 days as a recovered alcoholic, then I certainly had it together by 5 years and the journey continues; and I have learned to acknowledge there is always room for growth on this wonderful journey. So many people have touched my life during my recovery. People inside and outside of AA have taught me lessons about acceptance and forgiveness. Acceptance of the things I could change and the things I am powerless over, forgiveness of myself and others.

The question I asked frequently was, "How do I know it is Gods will". The response I was given was so simple it nearly escaped me. "Do no harm to yourself or to others".

Can it be this simple, yes. Prayer and meditation are essentials of growing in my recovery. A simple prayer that helps me in the morning is:

Please God, take me where you want me to go; have me meet who you want me to meet; have me say what you want me to say. Please God move me out of the way. Amen

Only for the Grace of God am I sober this day.

In Love and Service,
MaryAnne L.
April 15, 1980
Hot Springs A.A. Group

When everything seems like an uphill struggle,

Words Matter

just think of the view from the top.

Anonymous A.A. member

SERVICE SPONSOR, WHY HAVE A ONE?

A.A. service is anything that a sober alcoholic does to reach another alcoholic, to plant the seed of sobriety. Whether working on a committee or being the home group's GSR or answering the after hours phone, this is carrying the message to the still suffering alcoholic. The goal of all is to carry our message of life, spirituality, and freedom from alcohol to the still suffering alcoholic.

A service sponsor is an alcoholic who has made progress in recovery and in service, who is able to share this experience with another alcoholic who is just starting this journey or possibly with someone that has been around a while. Service sponsors are experienced and knowledgeable about A.A. history and the service structure. They know AA principles; and the Twelve Traditions and Twelve Concepts. They help teach how they apply to service.

One consideration when selecting a Service Sponsor is if you respect their recovery and adherence to the Traditions. Also try to find someone whose service attitudes, experience and style are respected. It is useful to keep in mind that we have three legacies, and that recovery through the Twelve Steps and unity through the Twelve Traditions are equal sides to the AA triangle. Service in conformity with the Twelve Concepts, the third equal side to the triangle, should be seen as closely connected to recovery and unity.

Individuals may feel that they have more to offer in one area of service than another. A service sponsor presents the various aspects of service to the sponsee, for example: setting up a meeting (Home Group); working on committees (District and Area); participating in conferences (Area, Forums). and assists the sponsee in making informed decisions. Whatever level of service one

Sponsorship, Continued from previous column

performs, all are toward the same goal – sharing the overall responsibilities of Alcoholics Anonymous.

Also, the Service Sponsor helps their sponsee navigate the sometimes controversial District and Area Assembly. They, help the sponsee to listen with an open mind; to represent the group or committee not himself; and learn how to show up and work with others.

WHAT IS AN AA SPONSOR?

A sponsor is an alcoholic who has made some progress in the recovery program, shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A.

When we first begin to attend A.A. meetings, we may feel confused, sick and apprehensive. Although people at meetings respond to our questions willingly, that alone isn't enough. Many other questions occur to us between meetings; we find that we need constant, close support as we begin learning how to "live sober."

So we select an A.A. member with whom we can feel comfortable, someone with whom we can talk freely and confidentially, and we ask that person to be our sponsor.

For further information, read the official A.A. "**Questions and Answers on Sponsorship**" (PDF). This pamphlet uses shared A.A. experience to answer 34 questions likely to be asked by persons seeking sponsors, persons wanting to be sponsors, and groups planning sponsorship activity.

The pamphlet is available from Intergroup Bookstore or the AA.org website.

8. Meditate Regularly: Meditation calms the mind and gets rid of disturbing thoughts.

This is the highest state of peace of mind. Try and experience it yourself. If you meditate earnestly for half an hour everyday, your mind will tend to become peaceful during the remaining twenty-three and half-hours. Your mind will not be easily disturbed as it was before. You would benefit by gradually increasing the period of daily meditation. You may think that this will interfere with your daily work.

On the contrary, this will increase your efficiency and you will be able to produce better results in less time.

9. Never Leave The Mind Vacant: An empty mind is the devil's workshop.

All evil actions start in the vacant mind. Keep your mind occupied in something positive, something worthwhile. Actively follow a hobby. Do something that holds your interest. You must decide what you value more: money or peace of mind. Your hobby, like social work or religious work, may not always earn you more money, but you will have a sense of fulfillment and achievement.

Even when you are resting physically, occupy yourself in healthy reading or mental chanting of God's name.

10. Do Not Procrastinate And Never Regret: Do not waste time in protracted wondering "Should I or shouldn't I?"

Days, weeks, months, and years may be wasted in that futile mental debating. You can never plan enough because you can never anticipate all future happenings. Value your time and do the things that need to be done. It does not matter if you fail the first time. You can learn from your mistakes and succeed the next time. Sitting back and worrying will lead to nothing.

Learn from your mistakes, but do not brood over the past.

DO NOT REGRET.
Why cry over spilt milk

Submitted by MaryAnne L.

IF NO ONE VOLUNTEERS...

NO service work will be done. No coffee cups or coffee at the meeting; no chairperson, no readers, no attendees. **NO MEETING.** No reason for an AA meeting list because there won't be any. If no meetings, where do we, who want to be sober, go?

NO service work of those who came before you and me, few of us would be here. Without their work, there would be no no 4th Edition of the Big Book teaching our path of recovery.

NO service work by you and me, no message of recovery will be carried forward. If no message is carried, there will be no new incoming alcoholics, the life blood of AA. No need for sponsors, meetings or...

NO Service work, NO Alcoholics Anonymous. There is then no need for the Responsibility Statement tatement:

**I am responsible, when anyone,
anywhere reaches out for help,
I want the hand of AA always to be there,**



**Duality of Alcoholism
Dr. Jekyll & Mr. Hyde**

UPCOMING EVENTS



Happy New Year
2025

→ **AREA 4 ASSEMBLY, Saturday and Sunday, January 4 - 5, 2025; Holiday Inn Express & Suites- Russellville 300 East Harrell Drive, Russellville, Arkansas**

Area 4 Assembly is a hybrid meeting.

Link to Area Assembly ZOOM:

Meeting ID: 931 0896 7121 Passcode: Box459

Area 4 Meeting 2025 dates: April 5 & 6; July 12 & 13, October 18 & 19

→ **INTERGROUP COUNCIL OF WEST CENTRAL ARKANSAS, Sunday, January 26, 2025, 2:00 P.M., at 411 Sellers, Hot Springs. Intergroup meets quarterly on the last Sunday of the month. Meeting dates 2025: April 27; July 27; October 26.**

→ **DISTRICT 8 COMMITTEE, Sunday, March 2, 2025; 411 Sellers, Hot Springs, AR; Committees meet at 1:30, District Committee starts at 2:00 p.m. District 8 meeting dates: March 2; June 1; September 7; and December 7. Bake at the Lake, June 14, 2025.**

2025 EVENTS

WINTER HOLIDAY: 43rd Annual Winter Holiday Convention, February 1-3, 2025; Little Rock

BAKE AT THE LAKE! JUNE 14, 2025, DISTRICT 8 ANNUAL PICNIC, Arlie Moore Pavilion, Corp of Engineers on Lake DeGray.

THE INTERNATIONAL A.A. CONFERENCE: Language of the Heart, Vancouver, British Columbia, Canada, July 3-6, 2025

16TH OLD GRANDDAD: Oldest AA Conference West of the Mississippi, July 25-26, 2025; Hot Springs; <https://www.oldgranddadconvention.com/registration>

SOUTHWEST REGIONAL FORUM, Albuquerque, New Mexico, November 14-16, 2025

NO BOOZE NEWS is a quarterly newsletter published the first week of January, April, July and October. It is privately emailed to all Intergroup Representatives, District 8 Officers and General Service Representatives, and A.A. member subscribers. It is posted on <https://aawcar.org/> Subscribers' anonymity is protected with each issue emailed privately.

THREE WAYS TO SUBSCRIBE: first, on our Intergroup Council website at <https://mailchimp/894744bb91f5/sign-up-for-the-no-booze-news>; email Mara M. at louandmara@icloud.com or text her at 501-984-3556.

Is there something you'd like to see in this newsletter? Please let me know! Send a story, an idea about AA, trivia, pun or history item or a joke! You will be greatly appreciated!

"We Will Know A New Freedom"

WINTER HOLIDAY

43rd Annual District 9 AA Convention
February 7-9, 2025



SCHEDULE	
FRIDAY, February 7th	
4:00 PM - 8:00PM	Registration
8:00PM	Tommy T., Staten Island, NY
10:00PM	Game
SATURDAY, February 8th	
8:00AM - 8:00PM	Registration
8:30AM - 9:30AM	Workshop—Stephanie B., Moore, OK
10:00AM	Karl M., Covina, CA
1:00PM	Sue L., Newtown Square, PA (AFG)
3:00PM	Panel Discussion
8:00PM	Stephanie B., Oklahoma City, OK
10:00PM	Dance
SUNDAY, February 9th	
10:00AM	Jeremy S., Alexander, AR
	
Scan QR Code to Register ----->	
AA Open Discussion Meeting - Sat 5:00PM Al-Anon Open Discussion Meeting Sat & Sun 8:30AM	

EMBASSY SUITES
 11301 Financial Centre Parkway
 Little Rock, AR 72211
 Phone: (501) 312-9000

SPECIAL CONVENTION RATES
GUARANTEED if reserved before Jan 12, 2025
 1-2 people/\$125 + tax per night

Please make hotel reservations directly to
 Embassy Suites Little Rock using Code WHC
 or mention "Winter Holiday"
BY JANUARY 12, 2025
 to guarantee discounted rate when registering

E-mail: district9winterholiday@gmail.com

OPEN HOSPITALITY ROOM
 (closed during meetings)
No Food Outside the Hospitality Room
 Should you need accommodations
 for hearing impaired, **PLEASE LET US**
KNOW BY December 20, 2024.

MAIL REGISTRATION COUPON BELOW TODAY OR GO TO www.winterholidayconvention.com
 TO REGISTER
 AA and Al-Anon Pre-registration \$30, after January 12, 2025, \$35; Alateen \$3

The District 9 Winter Holiday Scholarship Fund assists others that may or may not be in treatment centers to attend the convention. Our wish is for everyone to enjoy sobriety.

**EARLY
REGISTRATION
PRIZE!!!!**

2 Pre-Registration Drawings for Winter Holiday
 2026 from registrations received through
 January 12, 2025

First Name and Last initial on Badge	AA	Al-Anon	Alateen	Amt
Name _____	Scholarship Donation			
Address _____				
City _____ State _____ Zip _____	Total		\$	
Email _____ Phone _____	Make check payable to: (Your check is your receipt) Convention Treasurer PO Box 26135 Little Rock, AR 72221			
Make hotel reservations directly to the Embassy Suites by Jan 12, 2025				