

# The Reservoir Group

2<sup>nd</sup> Presbyterian Church  
Cantrell & Pleasant Valley  
Little Rock, AR 72212

No cash  
out

Chips recognizing early sobriety  
(30, 60, 90 days, 6 and 9 months)  
are given out each Friday at the 5:30  
PM and 8:00 PM meetings.

Reservoir Birthday Night is the 1<sup>st</sup>  
Wednesday of each month at 5:30  
PM. Coins are given to recognize  
years of sobriety and cake is served!

The Reservoir Group holds its  
regular business meeting on the 2<sup>nd</sup>  
Wednesday of each month at 6:45  
PM.

For times and locations of other  
meetings, see the daily paper or  
contact the AA Central Office at  
664-7303

## MEETING ABBREVIATIONS

C = CLOSED O = OPEN

D = DISCUSSION

ALL MEETINGS ARE NON-  
SMOKING

## THE RESERVOIR GROUP

### SCHEDULE OF MEETINGS

Sunday	5:30 PM	CD 12X12
Monday	5:30 PM	CD
Tuesday	5:30 PM 7:00 PM	CD Women OS ?
Wednesday	5:30 PM	CD Back to Basics Service, Sponsorship, Steps 1 <sup>st</sup> Wed. Birthday OD
Thursday	5:30 PM	CD husband attending
Friday	5:30 PM 7:00 PM	CD OD 1-2-3
Saturday	5:30 PM	CD BB

We've  
been  
doing  
open  
husband attending

## THE TWELVE SUGGESTED STEPS OF ALCOHOLICS ANONYMOUS

1. WE ADMITTED WE WERE POWERLESS OVER ALCOHOL - THAT OUR LIVES HAD BECOME UNMANAGEABLE.
2. CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.
3. MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.
4. MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.
5. ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.
6. WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.
7. HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.
8. MADE A LIST OF ALL PERSONS WE HAD HARMED AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.
9. MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.
10. CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.
11. SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVED OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR THE KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.
12. HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

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~~DON'T DRINK AND GO TO  
MEETINGS.~~

~~LET GO AND LET GOD~~

## ANONYMITY

Members of Alcoholics Anonymous make a point of carrying the message about their own recovery in AA on a person-to-person basis - but never disclose the membership of others. In this way, they may serve as examples of recovery and thus stimulate active alcoholics to seek help. Your attendance at AA meetings is your business, and no one is going to say they saw you here, or repeat anything they heard you say. Who you see here and what you hear here, stays here.

Anonymity in public media guards the unity of AA members and preserves the attraction of the program for the millions who still need help.

## ~~KEEP IT SIMPLE~~

### One of Our Prayers:

God, grant me the serenity  
to accept the thing I cannot change,  
Courage to change the things I can,  
And the wisdom to know the  
difference.

## FIRST THINGS FIRST

Get lots of numbers and use the

phone when you  
need help not  
(mistaking a drink)  
or have a  
question

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## IS AA FOR YOU?

### 12 QUESTIONS

1. Have you ever decided to stop drinking for a week or so but lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking - stop telling you what to do?
3. Have you had to have an eye-opener upon awakening during the last year?
4. Have you ever switched from one kind of drink to another in the hope this would keep you from getting drunk?
5. Do you envy people who can drink without getting drunk?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get "extra" drinks at parties because you do not get enough?
9. Do you tell yourself you can stop drinking anytime you want to, even though you keep getting drunk when you don't mean to?
10. Have you missed work days or school because of drinking?
11. Do you have blackouts?
12. Have you ever felt that your life would be better if you did not drink?

### WHAT'S YOUR SCORE?

Did you answer YES four or more times? If so, you are probably in trouble with alcohol. Why do we say this? Because thousands of people in AA have said so for many years. They found out the truth about themselves the hard way.

ONLY YOU CAN DECIDE IF AA IS FOR YOU!

## ~~ONE DAY AT A TIME~~

## ALCOHOLICS ANONYMOUS

The Reservoir Group

2<sup>ND</sup> PRESBYTERIAN CHURCH

CANTRELL & PLEASANT  
VALLEY

LITTLE ROCK, AR 72212

ALCOHOLICS ANONYMOUS IS A FELLOWSHIP OF MEN AND WOMEN WHO SHARE THEIR EXPERIENCE, STRENGTH AND HOPE WITH EACH OTHER THAT THEY MAY SOLVE THEIR COMMON PROBLEM AND HELP OTHERS TO RECOVER FROM ALCOHOLISM. THE ONLY REQUIREMENT FOR AA MEMBERSHIP IS A DESIRE TO STOP DRINKING. THERE ARE NO DUES OR FEES FOR AA MEMBERSHIP; WE ARE SELF-SUPPORTING THROUGH OUR OWN CONTRIBUTIONS. AA IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS, ORGANIZATION OR INSTITUTION; DOES NOT WISH TO ENGAGE IN ANY CONTROVERSY; NEITHER ENDORSES NOR OPPOSES ANY CAUSES. OUR PRIMARY PURPOSE IS TO STAY SOBER AND HELP OTHER ALCOHOLICS TO ACHIEVE SOBRIETY.

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Wheelchair Access

Office Door

(Sun. - Fri.)