#### No Booze News July 2025

Published by Baton Rouge Central Office 10319 Old Hammond Hwy Suite C-2 Baton Rouge, LA 70816 Open Monday-Friday 10 am-6 pm



COC Members
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Co-Chair: Karl M.
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Michelle D.
Christina Z.

AA 24 Hour Hotline 225-930-0026 Business Phone 225-930-0026 Email: brcentraloffice@att.net Website: www.aabatonrouge.org Editor: Kristy B. brnoboozenewseditor@gmail.com

#### We're on target for success!



Too Many Flyers to List! 40!!!

Please read to the very end of No Booze News to see all the fellowship opportunities available.

#### DISTRICT/COMMITTEE/SERVICE MEETINGS

<u>CASC (Capital Area Service Committee)</u>
 1st Tuesday of each month at 6:30 pm, Fairwood Branch Library, 12910
 Old Hammond Hwy. BR LA 70816

<u>COC (Central Office Committee)</u> 2nd Monday of each Month at 6:30 pm at the Central Office, 10319 Old Hammond Hwy

**<u>COR (Central Office Representatives)</u>** 3rdThursday of each month at 6:30 pm on Zoom

<u>District 10</u> meets the 3rd Friday of each month, 6:00 pm, at the Zachary United Methodist Church, 4205 Church St., 70791

<u>District 15C</u> meets the 2nd Saturday of each month at 12:00 pm at Club 12, the Al-Anon Rm

<u>District 15D</u> meets the 3rd Sunday of each month at 5:30 pm at Central Office, 10319 Old Hammond Hwy

<u>District 16</u> meets the 2nd Sunday of each month 3:30 pm at the Stepping Stones, Gonzales

<u>The Grapevine Committee</u> 3rd Sunday of each month 4:15 pm at Central Office

**LASCYPAA** meets 1st Sunday of every month at 3:00 pm at the Central Office

#### PI/CPC (Public Information/Cooperation with the

<u>Professional Community</u>) meets the last Thursday each month at 6:30 pm at Club 12 in the Al-Anon Room

Red Stick Roundup Committee meets the 2nd Sunday



each month, 5 pm, Central Office, except in

February/May

#### State Convention Committee—

Area 27 meets 4th Sunday of each month at 3:00 pm at the Central Office

T&C (Treatment & Corrections Committee) meets 2nd Thursday of each month at 6:30 pm at the Central Office

#### **Meeting Changes**

#### Canceled

 $\underline{A\ Design\ for\ Living\ Big\ Book\ Study}, Friday, 7\ PM, Jefferson\ United\ Methodist, Jefferson\ Hwy, Baton\ Rouge\ 70809$ 

<u>Irma Blvd</u>, Monday, 6:30 PM, Gonzales Library, Irma Blvd Gonzales 70737 By The Grace of God, Sunday, 2 PM, Club 12, 1695 Beaumont Dr, Baton Rouge 70806

St. Amant Group, Saturday, 9 PM, Holy Rosary, Hwy 429, St. Amant, 70774 The Grace of God, Sunday, 2 PM, Club 12, Beaumont Dr, Baton Rouge, 70806 Time Change

 $\underline{\text{Cuffs or Christ}}, \text{Tuesday}, 7 \text{ PM}$  (was 6:30PM), Holy Ground Christian Church, Colorado Street, Baton Rouge 70802

<u>Larger Than Life</u>, Wednesday, 6 PM, Bible World Chrostian Center, 1771 Lobdell Ave, Baton Rouge 70806

#### Nex

 $\underline{\textbf{Woodville AA}}, \textbf{Wednesday}, \textbf{6}$  PM, St. Paul Episcopal Church, Church Street, Woodville MS.

 $\underline{Sober\ Connections},\ Friday,\ 7\ PM,\ Church\ of\ Addis,\ LA\ Hwy\ 1\ South,\ Addis\ 70710$ 

Om Sweet Om, Sunday, 8:45 AM, Leela Lifestyle Yoga, 7215 Highland Rd, Baton Rouge 70808

#### Moved

Zachary Woman's AA Meeting, Sunday, 3:30 PM, St. John the Baptist Catholic Church, 3824 Lee Street, Zachary, 70791

# No Booze News wants to hear from you!

Submit your AA related recovery stories, short stories, paintings, drawings, cartoons, photographs....and other creative works to: brnoboozenews@gmail.com

#### **Hotline Schedule**

	6/30 - 7/6	Capital Ave
		Come As You Are
	7/14 - 7/20	Cortana Group
	7/21 - 7/27	Carry the Message
R/3		EBR Mens' Group

For some recovery starts when they call the Central Office Hotline or maybe they've been around awhile and need to know when's the next meeting. For any reason it's crucial that our fellowship be there when a hand reaches out.

Thank you, to those take the Hotline!
If your group wants to help, contact Central Office.

June Contributions		
Capital Ave Group	\$100.00	
Defective Characters	\$33.00	
Early Birds	\$100.00	
East Baton Rouge Mens' Group	\$287.05	
Farmers Market	\$95.00	
Finding Freedom	\$95.00	
Free Again to Choose	\$100.00	
Freedom of Choice	\$69.03	
Happy Hour Group	\$50.00	
Individual AA Members	\$126.36	
Into Action	\$40.00	
Old Perkins Group	\$277.14	
Paradoxes of AA	\$78.00	
Sanity Break	\$300.00	
Seeking Solutions	\$75.00	
Shenandoah Group	\$450.00	
Shivering Denizens	\$87.00	
Tuesday LIT Group	\$50.00	
TOTAL	\$2412.58	

#### **Responsibility Declaration**

I am responsible.

When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that, I am responsible.

#### THE A.A. MEETING GUIDE APP





#### What is A.A.?

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem.

A.A.'s primary purpose is to help alcoholics to achieve sobriety.

# The Greater Baton Rouge AA Central Office accepts donations by members & groups via Venmo: @aabatonrouge



#### THE BEST FOR TODAY July 01

The principles we have set down are guides to progress.
ALCOHOLICS ANONYMOUS, p. 60



Just as a sculptor will use different tools to achieve desired effects in creating a work of art, in Alcoholics Anonymous the Twelve Steps are used to bring about results in my own life. I do not overwhelm myself with life's problems, and how much more work needs to be done. I let myself be comforted in knowing that my life is now in the hands of my Higher Power, a master craftsman who is shaping each part of my life into a unique work of art. By working my program I can be satisfied, knowing that "in doing the best that we can for today, we are doing all that God asks of us."

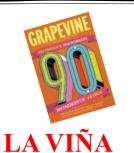
#### Contribution Addresses

AA Central Office 10319 Old Hammond Hwy, Suite C-2 Baton Rouge, LA 70816

Capital Area Service Committee P.O. Box 14304 Baton Rouge LA 70898

Louisiana Area Assembly 7350 Jefferson Hwy, Suite 485-179 Baton Rouge, LA 70806 [Please include District number or GSO number with LAA checks]

General Service Board (AAWS) P.O. Box 2407, James A Farley Station New York, NY 10116-2407



#### **AAGRAPEVINE**

July 90 Wonderful Years



July/August <u>AA En Las Prisiones/</u> AA in the Prisons

Subscribe at https://www.aagrapevine.org



#### Hardwired (3 Pages)

I started smoking weed and drinking somewhere around 8<sup>th</sup> grade. My home-life sucked, my mom and stepfather drank a lot, and my mother started dealing with her terrible childhood about the time I started to hit puberty. Unwittingly I began to seek escape. I don't remember saying to myself "man life sucks right now I really wish I could escape!" What I was thinking to myself was, "man I just wanted to have a good time" and a "good time" back then meant drinking and using drugs.

#### "Life's hard: Drink".

So, the first time someone offered me a beer (church camping trip 13 years old) or put a joint in my face (waiting for the bus, 9th grade) I didn't hesitate because that's just what I thought you did. I spent the next 32 years drinking and drugging and it occurred to me the other day that the whole time I was doing it, I was hard wiring my brain to rely on alcohol and drugs to solve my problems.

This is the way I imagine it happened; I pictured the inside of my brain being hollowed out and a version of me is standing inside. It's lit, but where the light is coming from, I couldn't tell you. I am standing in the center of this hollowed out portion of my head with a never-ending supply of wires hanging from my hand.

Now, for the next 32 years I begin connecting the wires in my brain. The problem is that I am wiring it from the perspective of a person using drugs and drinking to cope, so I'm terrible at it, and I am literally changing the trajectory of my life as I am doing this. I'm wiring myself to seek the easy way out.

"Life's hard: Drink".

That seemed to work! Wire yourself to remember

that drinking fixes a hard life.

"Home-life sucks: Do some coke!"

Bingo, that worked! So hard wire yourself to fix a bad home-life with some good "ole cocaine.

"Schools in the crapper: Smoke a joint."

Another victory! Keep the wires coming and plug in the one that says smoking weed helps you deal with school!

Any psychiatrist looks at this and with the ease of pulling his or her glasses off and looking down their nose at me would diagnose my actions as escapism. Not me though. I was busy plugging wires in that told me I was just having fun. And it worked! Really well! Drunk, stoned or high, meant home life, school life or just life itself was somewhere else. I didn't have to think about it.

What I was doing was *easing* the situation of my life in the *easiest* way I could by getting loaded. I was too young to understand the consequences of what I was doing and how bad I was hamstringing the rest of my existence with each bad connection. At the time I just didn't want to feel like I felt anymore and drinking made it SUPER EASY for me to forget my problems.

#### What in God's name am I supposed to do now????

I continue making these connections in my brain over time. The goal always being to grab the easiest solution to every situation. I wanted to find the thing that required the least amount of effort, which usually meant getting high on something, and sweeping it under the rug never to be looked at again.

I got really good at it! Which was really bad! But by

this time muscle memory had me plugging in the bad wires the second the s@#\$ hit the fan, so I kept on pluggin'!

Things like selfishness, and self-centeredness became important connections to make. The addict in me didn't want this beautiful solution I had found to be in danger so like Sméagol trying to protect his "Precious" I made sure to wire myself to guard against any efforts to change the way I was doing things.

But then things changed...abruptly. At 46, as I am contemplating the prospect of losing my job (again), my wife leaving me and taking the kids with her because I am addicted to drugs and drinking and finally the guy with all the wires in my brain has an epiphany. That version of me that has been working so diligently over three decades to create this system realizes in abject HORROR that the system he (meaning me) has created is literally killing him (me). He now stands at the base of what has become an unwieldly birds nest of wires, like an open-face fishing reel that has just spun its line into a mass of knots that can't be undone. The whole job is wrong, suddenly all these connections that have been made don't make a lick of sense!

#### "Life's Hard" - Pray.

It's an epic failure.... the guy in my head realizes that his insane construction of this massive bird's nest of wiring is completely and totally wrong. The shocking clarity washes over him that every wire he meticulously placed over the last three decades was done so in error!

What in God's name am I supposed to do now???? I do the only thing I could do. I had to get to work. It's as simple as that. I didn't know what the work was going to be, I just knew I had to do something.

What does that even mean though? Get to work?
Those wires and connections I had made took a long time to create. I didn't know how I was going to do it, but I started by doing what people in the rooms told me to do. Slowly, I began the process of rewiring all the bad connections I had been making since I was 14. And this is why the metaphor makes sense to me. It's what helps to me to realize that process is going to take a while, and that is ok.

For 32 years I made these poor connections. Now I feel like, every day I am sober, I get to unplug a wire and put it where it belongs...I started to make new connections.

"Life's Hard" - Pray.

Hey, that worked. Make the connection that praying can help you get through a tough time.

"Work's tough" - Talk to a group of people about it.

Whoa....wait a minute! Did I just make a connection that says if I talk about stuff it gets better?? Plug that wire in.

"Family Life is ROUGH" - Meditate or call a friend you trust and work out a plan.

ARE YOU KIDDING ME!?! This is WORKING MAN! MAKE THAT CONNECTION!!!

Slowly but surely, I started the business of rewiring myself. It's tedious, it takes time but it's working. Working in ways I would have never imagined. I gotta admit, It's not easy! I get frustrated some days. Some days I look at the bird's nest of bad connections that remain and I want to walk away.

It's in those moments that I ask God for help.

Usually that help comes in the form of the realization that I took a very long time to make the mess that is my brain and the poor connections that led to my addiction. Which means it's going to take a while to undo the mess and become the man I was supposed to.

The cool part is I think God...that is my understanding of God...guided my hands to the important wires first. "Willingness to change" being one of them, followed by the "Dad wire", the "Husband wire", to help me start to realize how important those roles are. And while none of these initial rewires fixed the whole of who I am, they gave me enough of a head start to get me ahead of my addiction and on the path to a better life.

# This is a project I know I will never finish, but I sure am enjoying the work!

So, every day I get up and I go to work. It's been seven years since I've started to rewire things and life is better than it's ever been... which is fantastic!! I know I have a lot of work left to do yet, but that's the crazy part... because if life is this good now and I am still staring at the rest of this bird's nest I have to fix...what's it going to be like later?

If it follows its current trajectory, it means I'll be in an even better place...and that doesn't even seem possible. If that's the case, then LETS GO!!! I look forward to knowing that the slow continued effort of rewiring means I'm on the path to being a better man.

This is a project I know I will never finish, but I sure am enjoying the work!

Submitted by Ross R.



Handmade Rings Submitted by Ransom S.

#### **Answer to June's Puzzle**

We admitted we were powerless over alcohol—that our lives had become unmanageable.

Rarely have we seen a person fail who has thoroughly followed our path.

To be doomed to an alcoholic death or to live in a spiritual basis are not always easy alternatives to face.

We have ceased fighting anything or anyone—even alcohol.

Our real purpose is to fit ourselves to be of maximum service to God and the people about us.

Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our self-pity.

The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe.

When the spiritual malady is overcome, we straighten out mentally and physically.

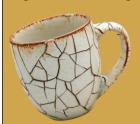


Painting Submitted by Anonymous



#### **Step 7 and Meditation: Letting Go Through Stillness**

Step 7 of Alcoholics Anonymous reads, "Humbly asked Him to remove our shortcomings." At first glance, this might seem abstract or even



passive. However, in practice, this step is about active surrender—letting go of the ego's grip and making space for something better to move in. This is where meditation becomes a powerful tool.

Meditation isn't just sitting quietly. It's training the mind to stop clinging—to thoughts, emotions, self-judgment, control. In Step 7, you're not fixing yourself; you're asking for help to release what's holding you back. Meditation teaches you how to do that, moment by moment.

When you sit in silence, you start to see your patterns more clearly. Maybe it's anger. Pride. Fear. You learn to recognize them without fighting or feeding them. You let them rise, and you let them go. That's humility in action. It's not about being weak or small—it's about being honest and open enough to admit you can't do it all alone.

In meditation, you're not just asking for your shortcomings to be removed—you're creating the mental and emotional space where that change can actually happen. You become more willing. More aware. More grounded.

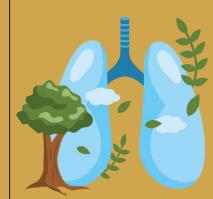
So if you're walking through Step 7, try making meditation part of your daily rhythm. Five minutes. Ten. Just enough time to pause, breathe, and say—not with words, but with presence—I'm ready to let go.

Here's a simple breathing exercise to support Step 7 and help you settle into a mindset of surrender and release: Let-Go Breathing (2–5 Minutes)

- 1. Sit still. Close your eyes or lower your gaze. Rest your hands in your lap.
- 2. Inhale slowly through your nose for a count of 4. Feel your lungs fill.
- 3. Hold your breath gently for a count of 2.
- 4. Exhale slowly through your mouth for a count of 6. Let your shoulders drop. Feel the tension leave.
- 5. As you exhale, silently say the word "Let...";
  As you inhale, say "...go."
- 6. Repeat for a few minutes.

Don't force anything. If your mind wanders, just come back to the breath and the words:

Let... go.



Use this anytime the weight of your thoughts gets too heavy. It's a small practice that supports a bigger truth: You don't have to carry everything alone.

Submitted by Nital P.

#### **Things We Cannot Change**

We are sad to report the death of Roger M. who died June 22, 2025. Roger was a long-time member of the St. Francisville Group. Roger believed that carrying the message of AA to everyone was very important. He was very devoted to his AA family.

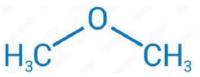
Submitted by Anonymous



Painting Submitted by Todd P.

#### Important Information Pertaining to the Use of AA:

- AA is an allergy relief program commonly used to treat and inhibit the use of alcohol and the common defects caused by alcoholism.
- AA is designed to reduce the symptoms commonly associated with alcoholism.
- When taken as directed AA is known to substantially reduce the negative side effects associated with alcoholism such as:
  - misery, depression, despair, remorse, guilt, shame, physical, mental, and spiritual maladies, a mental obsession and a physical allergy commonly known as alcoholism.
- We do not recommend that you use AA unless you are capable of being honest and completely willing to give yourself to this simple program. AA is available for use by those who have a sincere desire to stop drinking.
- CAUTION: AA will impair your ability to consume alcohol. If you are on any other medications similar to alcohol, or any other mind-altering substance, we suggest that you discontinue use immediately as this will cause a substantial reduction in the effect caused by AA.
- Some of the most common side effects associated with AA are:
- Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly love, Justice, Perseverance, Spirituality, and Service. A spiritual awakening and a psychic change have been reported in most cases.
- If you are experiencing a resurrection lasting more than four hours, you needn't seek medical attention, as you may be experiencing the initial effects of AA.
- AA has no negative side effects on pregnant women or women who are nursing.
- To reduce your risk of chronic relapse, a lifestyle change may be recommended. In 9 out of 10 cases, practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics.
- An increased risk of recovery and long-term spiritual affects have been associated with AA. Consult your sponsor immediately when changes do occur.
- AA should be taken with plenty of open-mindedness and willingness. Do not take AA alone.
  Independent studies have shown that AA is most effective when working with others.
- Always remember it is important that you use AA only as prescribed:
  - Trust in God
  - Clean House
  - Help others



- WARNING: Do not skip doses, or discontinue use, as severe reoccurrence of fatal allergy symptoms may occur.
- AA is recommended for long-term daily use. Prodigious results have been found in those who continue long term use of AA. As with all allergy relief medications some results may vary, sometimes quickly sometimes slowly.
- For more information and to learn more about the AA 12 Step program of recovery and alcoholism we suggest you contact your local AA community directly, retain a sponsor, and read the Big Book of Alcoholics Anonymous.

Gordon R.



### Color Me!



Submit completed coloring pages to be featured in next months publication. No identifying information in coloring.

brnoboozenews@gmail.com

July 1st, 2025 is International Joke Day

I told my AA buddy I'm stressed. He said, "Step it off!"

#### Louisiana Area AA Archives

The Archives Repository is available for visitation, research, and accepting materials to include. The Archives maintains AA history in Louisiana and individual groups. Contact John L., Archives Chair and Archivist, for an appointment to view the archives:

<u>archives@aa-louisiana.org</u>.

Area 27 Archives Repository, 8676 Goodwood Blvd., Suite A Baton Rouge, LA 70806

# International Convention Watch Party

The General Service Board approved a tiered pricing registration option that is now being added for Groups and Informal Gathering Watch parties. Intergroups/Central offices, districts, areas, and local AA groups have requested this option.

A Group and Information Gathering Watch party coordinator must register and pay a 2025 IC Virtual Program Session Track registration fee based on a tiered number of watch party attendees as follows:

1. 6-20 attendees = \$200.00 (USD)

2. 21-30 attendees = \$300.00 (USD)

3. 31-40 attendees = \$400.00 (USD)

4.41-50 attendees = \$500.00 (USD)

If you would like to register to watch just for yourself, in your home, you may do so too. It is \$35.00 (USD)

Registration information can be found at:

https://www.aa.org/international-convention



My world and my lifestyle were ominous, Addiction turned me acrimonious. These rooms welcomed me... AA set me free! This program of love can save all of us!

Limerick submitted by Matt G.



New Meeting Books are at the Central Office



Coloring from June 2025 Newsletter Graphic Redesign Submitted By Kristy B.



#### **Military Veteran Interview Project**

Are you an AA member and a military veteran?



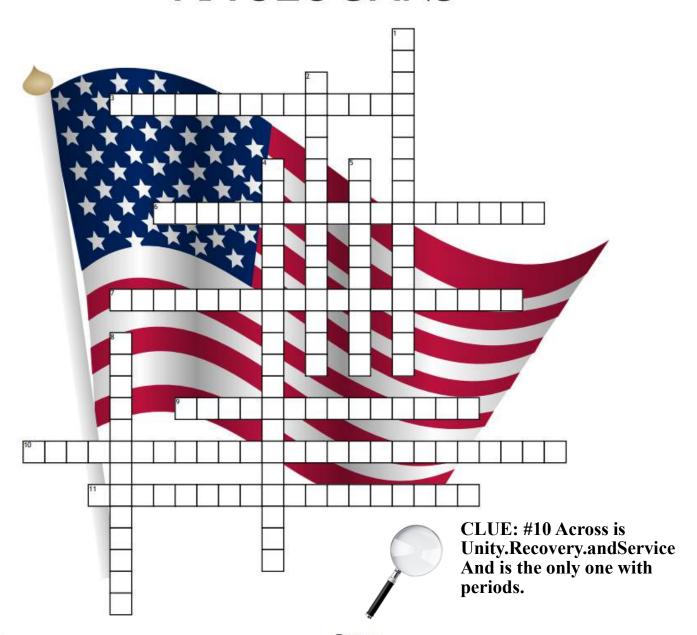
Find out more information about being interviewed for this project at militaryoutreach@aa.org.

# Looking for Service Opportunities?

#### YOU'VE ALREADY FOUND THEM

Just read No Booze News
Get a home group
Ask at a meeting
Call the Central Office

#### AA SLOGANS



#### Across

- 3. Many members find meaning and connection in seemingly chance encounters within the program.
- Early sobriety needs a strong support system.
- Surround yourself with people who actively work their program and inspire you to do the same.
- 9. Be receptive to new ideas and suggestions.
- 10. These are the guiding principles of AA.
- 11. A testament to the program's effectiveness for those who jump in with both feet and embrace it wholeheartedly.

#### Down

- This means prioritizing sobriety at all times.
- 2. Surrender control and trust in a higher power for strength and guidance.
- 4. I wouldn't be here without a little divine help.
- **5.** This phrase reminds recovering alcoholics to take things slowly and avoid unnecessary pressures.
- **8.** This is a core principle in AA, reminding members not to be overwhelmed by the prospect of lifelong sobriety.

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Published by Baton Rouge Central Office

# Please scan this QR code for the current issue in PDF format



Submit your AA related recovery stories, short stories, paintings, drawings, cartoons, photographs....and other creative works to: brnoboozenews@gmail.com

Please submit by the 25th of each month prior to publication.

NEW FROM GSO

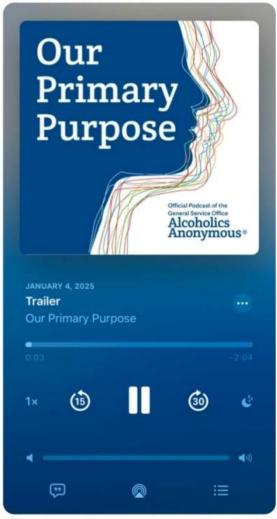
# Our Primary Purpose Podcast Our

Featuring interviews with GSO staff and voices from A.A. history and the Fellowship today — learn how GSO supports A.A. groups and members to carry the message of hope and recovery.

\*Available in English only

Season 1 streaming now and available on podcast platforms





Questions? Contact us at gsopodcast@aa.org or visit the webpage.

#### Capital Area Service Committee

#### **Grapevine Committee**

#### Become a Grapevine (GV) Rep!

It's a great way to slip into AA service.

Just announce GV at meetings and have a few past issues for members to read:

https://www.aagrapevine.org/get-involved

#### Other resources for GV:

https://www.aagrapevine.org/gvr-resources

#### GV has a podcast!!

https://www.aagrapevine.org/podcast

Follow Grapevine & La Viña on Instagram! Grapevine Committee meets at 4:15 p.m. on the 3rd Sunday of the month at Central Office. 10319 Old Hammond Hwy Baton Rouge LA 70816

Apps for iPhone



The Grapevine and La Viña Apps are here! Download the apps for free:

https://www.aagrapevine.org/apps

## **AAGRAPEVINE**



Apps for Android





For further info, please contact Michelle P. at 713/851-6163 or grapevine@aacasc.org



#### **AREA 27 COMMITTEE MEETINGS**

Attend via Zoom to learn more about these committees and service opportunities

#### **ACCESSIBILITIES**

1st Sundays, 2PM



Meeting ID: 373 884 7070

Passcode: Access27

#### CORRECTIONS

3rd Sundays, 6:30PM

## PUBLIC INFORMATION

4th Wednesdays, 7PM

#### LA STATE CONVENTION

4th Sundays, 3PM

#### GRAPEVINE

1st Wednesdays, 6PM

#### TREATMENT

1st Sundays, 6:30PM

Meeting ID: 797 702 530

Passcode: 731380



Most up-to-date Area Service Committees Info available on Area 27 Events Calendar: https://aa-louisiana.org/calendar/



AREA 27

Any service committee meetings that would like to be listed on the Central Office Events calendar and in future Bulletins, please reach out to us: office@aaneworleans.org

ZOOM ID: 373 884 7070

PASSCODE: Access27







"Reaching Into the Darkness"

#### MONTHLY ZOOM INFO:

1st Sundays at

6:30pmCST

ID:797702530

PW: 731380

See aa-louisiana.org for assembly details

EMAIL: TREATMENT.AREA27@GMAIL.COM



BATON ROUGE, LA 70816

#### ONLINE:

ZOOM MEETING ID: 373 884 7070 PASSCODE: Access27

# DISTRICT 11 1ST MEETING + ELECTIONS

ATTN: AA Groups in St. Helena Parish, Livingston Parish, EBR Parish north of US-61, send a group representative to vote!

#### JULY 6, 2025 5 PM

#### **Serenity Club**

7519 Amite Church Rd Denham Springs, LA 70706

District 11 meets the 1st Sunday of each month, 5 PM at the Serenity Club.

#### **OPEN POSITIONS:**

DCM Secretary Treasurer Alternates

MORE INFO: bit.ly/aa-manual





# Zachary Women's AA Meeting

St. John the Baptist Catholic Church Parish Activity Center

> 3824 Lee Street Zachary, LA 70791

(Located at the corner of Lee Street and McHugh Drive)

Sunday 3:30 – 4:30 PM



(Located at the corner of Lee Street and McHugh Drive)

1st Sunday of the Month – "High Heel Stepping" (focus on one of the 12 Steps)

2nd Sunday of the Month - "AA Daily Reflection" discussion

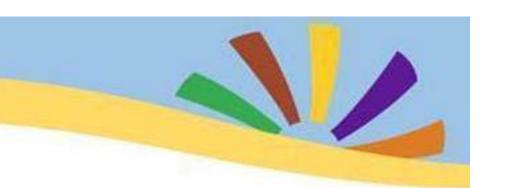
3rd Sunday of the Month - "Delicate Discussions"

4th Sunday of the Month - "Stick to the Topic" (pull sticks with topic & share)

5th Sunday of the Month – Potluck (any topic) Discussion

Please note that discussions are flexible and may change if group seeks another topic.

This is an OPEN meeting.



# Zachary Group

# Meetings

Zachary United Methodist Church 4205 Church Street (in Children's Ministry Building) Zachary, LA 70791

Mondays at 7:30 PM - Step Study
Fridays at 7:30 PM - Open Discussion
(Speaker 2nd Friday, Birthday Last Friday)
Saturdays at 7:30 PM - Big Book Study



ALCOHOLICS ANONYMOUS GROUP

# \*BEYOND & THE BOTTLE

IS MOVING TO DENHAM SPRINGS JULY 1, 2025



BIG BOOK STUDY LITERATURE DISCUSSION SPEAKERS

#### **NEW LOCATION**

ST. FRANCIS EPISCOPAL 726 MAPLE ST, DENHAM SPRINGS, LA 70726



# **Om Sweet Om**

An Open Meeting of Alcoholics Anonymous

Sundays at 7:30am Leela Lifestyle Yoga 7215 Highland Road

Join us for a peaceful start to your Sunday with light yoga, guided meditation, and open discussion.

No experience necessary-

-all are welcome.

\*Mats available for use in limited quantity.

## Unmanagables Presents the 2nd Annual

# **Shooting For Sobriety**

Panel Event and Basketball Tournament

July 12, 2025 11:30 AM

#### **SPEAKERS & TOPICS**

~Grace F~ Missing the Big Shot: Progress Rather Than Perfection ~Brandon T~ Huddle Up: Meetings/Fellowship ~Dean F~ Referees: Importance of Sponsorship

#### CONTACT

Robert O. - Chairman (225) 954-2468 shooting4sobriety@outlook.com

\$30 Registration Per 3-on-3 Team

Please make contributions directly to the group or here:



Cash App



Venmo







AMANDA H.
[BATON ROUGE LA]

Carl C.
[New Orleans, LA]

MITCHELL F.
[RAINBOW CITY, AL]

JOSIE D. - ALANDN
[NEW ORLEANS, LA]

#### PRE-REGISTER TODAY!



FULL NAME:	
ADDRESS:	
CITY:	STATE: ZIP:
PHONE:	EMAIL:
SOBRIETY DATE: //	_ WILLING TO VOLUNTEER: YES ☐ NO ☐
PLEASE LIST ANY SPECIAL NEE	DS:
HOW SHOULD WE CONTACT	YOU? (CHECK ONE): EMAIL: PHONE:
CASH/	VENMO/CASHAPP

# 

JULY 27 8;00 PM CLUB 12

JILL H. & HER STEP 11 JOURNEY

#### Come be a part of Alcoholics Anonymous Fellowship, Fun, & Recovery!

2025 Baton Rouge Central Office

Saturday August 2

#### **Speaker**

Ericka M. from Ceder Rapids, IA

#### **Dates**

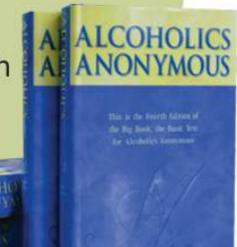
Friday August 1 7 PM - 9 PM 9 AM - 4 PM

Jambalaya will be served for lunch on Saturday

#### Location

Jefferson United Methodist Church 10328 Jefferson Hwy Baton Rouge, 70809

For more information, contact the Baton Rouge Central Office at: 225-930-0026 brcentraloffice@att.net







A STATE CONVENTION MERCHANDISE.

BOOK YOUR ROOM FOR THE 2025 LA STATE CONVENTION BY JULY 25 AND YOU'LL BE ENTERED TO WIN ONE FREE ROOM NIGHT

EACH \$20 SCHOLARSHIP CONTRIBUTION EQUALS AN EXTRA MERCH BUNDLE ENTRY.



AA-LASTATECONVENTION.ORG





SAVE THE DATE

11th Annual National A.A. Technology Workshop

ROYCHDGR 7-9, 2025

NAATW.ORG



# Rainbow Recovery

now on Zoom

(and still in-person)

8pm
Friday nights
The Back Porch
in Covington

Go to

<u>backporchrecovery.com</u>

to join on zoom

at 8pm (CST)

LG3TQ & Friends Meeting of Alcohalics Anonymous



Let's celebrate sobriety together in Vancouver in 2025!



Grapevine is excited to offer A.A. members the opportunity to volunteer at the International Convention.

We have time slots available for you to help Grapevine Carry the Message. Be a:

Booth/Kiosk Attendant Grapevine News Carrier App Ambassador Workshop Facilitator Podcast Participant



We will offer multiple online trainings & in-person support at the event.

Please reach out to us using email address: ic2025outreach@aagrapevine.org to help Carry the Message!

> Grapevine & La Vina International Convention Volunteer Committee

AAGRAPEVINE, Inc.



Box 4-5-9, Spring 2025 7

70 DAYS
(AS OF
4/23/2025)
TO THE 2025
INTERNATIONAL
CONVENTION!

IC25 Chit-Chat





#### There is still time to register and attend A.A.'s 90th Anniversary Celebration!

Did you know our room blocks are constantly being updated? We encourage you to keep checking back to see what becomes available! If you cannot find something that fits your needs in our official block, check out our housing resources flyer!

#### What to expect?

Celebrate 75 years of our General Service Conference with our Archives Exhibit.

#### Convention tales:

My wife had never been on a cruise before, so we agreed to spend Christmas of 2018 on the high seas. We checked the agenda and found that Friends of Bill W met every morning at 8:00. About 10 of us had a meeting each day. I struck up a conversation with one of the guests and discovered that he lived in Barbados. At some point, I mentioned that the two of us were in Atlanta for the 2015 International. His eyes got big and he let us know that he was the guy who had the privilege of carrying the Barbados flag across the stage during the opening ceremony. It's a big ocean but a small world.

#### Do you have a story?

Share it with the 2025 International Convention desk by emailing 2025ic@aa.org.

# 70DÍAS (AL 23/4/2025) PARA LA CONVENCIÓN INTERNACION AL DE 2025

#### IC25 Chit-Chat





#### ¡Todavia hay tiempo para inscribirse y participar de la gran fiesta del 90.o aniversario de AA!

Nuestros alojamientos se actualizan constantemente. ¡No deje de chequear la disponibilidad! ¡Si no encuentra lo que necesita dentro de las ofertas oficiales, busque en <u>nuestro folleto de recursos de alojamiento!</u>

#### QUÉ ESPERAR:

Celebraremos los 75 años de nuestra Conferencia de Servicios Generales con una exposición de los Archivos Históricos.

#### Historias de la Convención:

Mi esposa nunca había viajado en crucero, así que decidimos pasar la Navidad de 2018 en medio del océano. En el itinerario vimos que Los amigos de Bill W se reunían todos los días a las 8 a. m. Éramos alrededor de diez personas. Conversando con uno de los huéspedes, descubri que era de Barbados. En un momento, mencioné que habíamos ido a Atlanta para la Conferencia Internacional de 2015. Se le iluminaron los ojos y nos contó que él había tenido el privilegio de llevar la bandera de Barbados durante la ceremonia de apertura. El océano será enorme, pero el mundo es pequeño.

#### ¿Tiene una historia para contar?

Compártala con el despacho de la Convención Internacional de 2025 enviando un correo electrónico a 2025ic@aa.org.

AA.org/es/International-Convention

2025

ALCOHOLICS ANONYMOUS

BRIDGING

Spring Newsletter GAP
TEMPORARY CONTACTS



#### **Key Discussions & Insights:**

- Presentations
  - Discussions •
- Shared Experiences
  - Breakout Sessions

SHERATON ONTARIO AIRPORT HOTEL 429 N VINEYARD AVE. ONTARIO, CA, 91764 909-937-8000

ROOM RATE \$155+TAX | CODE: BTG

Visit our website www.btgww.org



ALCOHOLICS ANONYMOUS

### 2025 BRIDGING





### **September 5<sup>th</sup> - 7<sup>th</sup> 2025**

# Hosted by Area 5 The Greater Los Angeles Area Sheraton Ontario Airport Hotel

429 N Vineyard Ave Ontario, CA 91764 (909) 937-8000 Room Rates \$155+tax Room Code BTG

The Annual Bridging the Gap Workshop Weekend consists of presentations, discussions, shared experiences and breakout sessions.

Email		Service Position			Area
Name		Phone			8.
dress		City	State	e Zip	
breakout session topics you would like	Registration	Before July 1st \$50	EarlyBird In-Person Weekend I	Penistration	\$50
and an account toleron Jan Trans.				(togisii autori	400
		AfterJuly 1st \$60	In-Person Weekend I		
	935-à		In-Person Weekend I		\$60
	Saturday On	AfterJuly 1st \$60	In-Person Weekend I	Registration	\$60

Register Online at BTGWW.org or Mail this form to and a check to:

BTGWW 10001 E Evans Ave #62D Aurora, CO 80247

In Alcoholics Anonymous Treatment and Corrections service, Bridging the Gap programs connect alcoholics leaving Treatment or Correctional facilities with Alcoholics Anonymous in their home communities by providing them with temporary contacts.

Bridging the Gap Workshop Weekend events are full weekends focused on sharing our experiences, Bridging the Gap, and developing new ideas that enhance our Service to those requesting temporary contacts.

BTGWW Annual Workshops, Newsletters, and Digital Resource Library are tools that help us learn from each other.

Registration fees ensure BTGWW events remain self-supporting.

This Newsletter is confidential and is for use by members of Alcoholics Anonymous.

#### 2025/2026 BTGWW OFFICERS

Coordinator: Rob O.
(303) 887-6141
coordinator@btgww.org
Alt. Coordinator: Amanda S.
(514) 531-2261
altcoordinator@btgww.org

#### NON-ROTATING OFFICERS

Tech Support Cheri J.
(816) 591-2924
webmaster@btgww.org
Archivist Craig B.
(314) 894-9427
archivist@btgww.org



#### A NOTE FROM THE BTGWW COORDINATOR

Greetings to everyone. Rob O here, your 2025 BTGWW Chair. I hope all is going fantabulous in your individual lives, through your continued revelations in the fellowship, and our collective bridging experiences as we continue to work this all-important opportunity of 12th step work in Alcoholics Anonymous via Bridging the Gap. September is fast approaching as we are getting, making, and checking off the to-dos for our next gathering in Area 5 at the Sheraton Ontario Airport Hotel in the greater Los Angeles area. So set your reminders now if you haven't already. History has shown us that each year this event is put on, we meet new and passionate members sharing the ever-evolving tools and how they are used in the bridging process. This year looks to be carrying the same enthusiasm with panels, speakers, food, and everything that gives the opportunity to fellowship. One last mention...... pre-register, reserve your room at the hotel, get in the car, on the plane, bus, or whatever mode of transportation you desire and we will see you in Sunny California.

In love and Service Rob O. 2025/2026 BTGWW Coordinator

#### A NOTE FROM THE BTGWW ALT-COORDINATOR

How's it going there - eh? I am beyond grateful to have the opportunity to bring my Canadian flavour to the BTGWW planning committee. I started getting involved with my local corrections committee when I was newly sober and my passion & drive for helping those who are often over-looked has been unwavering ever since. The connections I have made at these conferences continue inspire me to strive to do better and to continue to be an instrument of change. I am excited to see many familiar faces and to make new connections this year in LA! Please don't wait to sign up for the event, we can't wait to see you all!

Yours in Service, Amanda S. 2025/2026 BTGWW Alt-Coordinator

#### A NOTE FROM GSO

My name is Eileen, and I am the staff member currently on the Regional Forums assignment. I am so looking forward to being with you all at the BTG weekend. I am working with Nick the current staff member on Corrections so that I can provide you all with the most up to date information. Corrections was the first assignment I was on from 2022-2023 and I was spiritually rearranged forever working with all the AA members in and outside the walls. I also enjoyed working on connecting people in the Corrections Correspondence Service (CCS) and helping with Prerelease Contacts. Reading the letters and creating the Sharing from Behind the Walls Newsletter was a highlight. I have a poem written by a member in custody that I still share with others, and I look forward to sharing it with you all soon.

In fellowship,
Eileen A
General Service Office of Alcoholics Anonymous

#### A NOTE FOR THE INTERNATIONAL CONFERENCE

Please join us at the international convention in Vancouver for the Bridging the Gap workshop session! It will be held on Friday, July 4<sup>th</sup> at 3:30pm in the west building [Room 22-224]. There will be 3 panelists and Cheri J will be chairing the session. We hope to see you all there!

#### EAST CENTRAL REGIONAL FORUM

August 22-24, 2025
Marriott Indy Place, Indianapolis, IN

You are invited to the East Central Regional Forum!

#### PURPOSE OF REGIONAL FORUMS

- Regional Forums are hosted by the General Service Board and "open" to all A.A. members or anyone interested in A.A.
- Regional Forums are designed to enhance trust and communication between A.A. members, the General Service Board, Staff, and Directors from the General Service Office and AA Grapevine.

#### **PROGRAM**

- Your East Central Regional Trustee will moderate the event. You will hear from the General Manager of your General Service Office and Staff Members, General Service Board Trustees, AA Grapevine/La Viña Inc. Publisher and Staff, A.A. World Services, Inc. Director, your regional delegates, and past trustees.
- There will be presentations, workshops, panels, and more. There will also be sharing sessions to allow for comments, discussion and questions. A sample program is posted on <u>aa.org/regional-and-local-forums</u>.
- Interpretation will be provided using an Al tool. Please bring your device and headset.
- The event will take place from Friday from 6:30 p.m. through Sunday 12 p.m.

#### REGISTRATION

- Registration is FREE and will open online at www.aa.org on Friday, June 20, 2025.
- We are offering a "live audio only" option for attendees who cannot attend in person.
- Pre-registration is encouraged, and on-site registration will be available.

#### HOTEL INFORMATION

Marriott Indianapolis Downtown 350 W. Maryland Street Indianapolis, IN 46225

- For hotel reservations: <a href="https://book.passkey.com/go/AlcoholicAnonymousWorld">https://book.passkey.com/go/AlcoholicAnonymousWorld</a>
- Phone:(317) 822-8554
  - Please reference the event and group rate when calling to make a reservation.
- Reservations must be made by July 31, 2025.
- Rate: Single/Double Occupancy, \$169 per night US

Please know that hotel rooms are limited and will be allocated on a first-come, first-served basis, subject to availability. We strongly recommend securing your reservation at your earliest convenience to ensure accommodation.

We look forward to seeing you in Indianapolis!

Save The Date
Cajun Country
Conference
September 26<sup>th</sup>27<sup>th 2025</sup>

Home2Suites

1909 Kaliste Saloom Rd

Lafayette, La 70508

MORE INFORMATION COMING SOON!

September 20th 2025 Fordoche Ball Park 10 am to 3 pm

# ति विस्ति।

Join us for a day of fellowship, recovery, family fun & food

10 am Event Kick off

11 am Misty V. (speaker)
12 noon lunch (\$10)

1 pm Paul M. (speaker)

2 pm Raffle Drawing

Money Raised will be donated to Club 12 of New Roads & Red Stick Roundup

DEREK D. 225-718-6655 OR ERIC L. 225-240-9270



## SHREVEPORT-BOSSIER AA PRESENTS... 78TH ANNUAL TRI-STATE CONVENTION 66A VISION FOR YOU?

October 31 - November 2, 2025 LeBossier Hotel & Event Center, Bossier City, LA

#### SPEAKERS - PANELS - MEETINGS - SOCIALS - FOOD - RAFFLE - AND MORE!

#### **Guest Speakers:**

Friday 8:00 PM- Glenda R: New Braunfels, TX
Saturday 11:00 AM - AA Speaker
Saturday 2:30 PM - Al-Anon Speaker
Saturday 8:00 PM - Candice M. Los Angeles, CA
Sunday 11:00 AM - AA Speaker

#### **Hotel Reservations:**

LeBossier Hotel & Event Center 4000 Industrial Drive, Bossier City, LA 71112

Call hotel at 318-747-0711 and mention Tri-State Convention for discounted room rate of \$94 per night plus tax

Register Early! Save \$10 and be entered in a drawing for a set of convention tapes or a Tri-State t-shirt and mug!

#### Convention recording by G & L Tapes

CONTACTS: Chair - Jennifer C. 318-286-1107 or Registration - Amy D. 318-464-9821

#### Register by mail or online at https://aa-shreveport.org/convention/

Detach and mail this form with check or money order payable to:

Tri-State Convention, AA Central Office, 2800 Youree Drive Suite 362 A, Shreveport, LA 71104

Name:	Name printed on Badge:				
Email:	08 11 3				
Physical Address:	- CV32 14 2111				
Phone:	1001W - 1				
<b>Additional Registration</b>	is:				
Name:	Name printed on Badge:				
Name:	Name printed on Badge:				
Pre-Register by 10/17 Register after 10/17 Scholarship Contribution Additional Donation Total	\$ who may not be able to pay the registration fee.	in to register			

Why we have to register: A convention is not a regular AA meeting but a special event that requires a significant amount of money to be successful. The Tri-State Convention is self-supporting and paid for through registration fees plus voluntary contributions from individual members or groups. No baskets are passed at the convention, and attendance is of course voluntary. As responsible AA members we always pay our way.

LOVE & SERVICE AA GROUP PRESENTS

### THREE LEGACIES CONFERENCE STEPS, TRADITIONS, CONCEPTS

-HOPE CENTER CHURCH-

2275 MORELLO AVENUE-PLEASANT HILL CA 94523

#### **SPEAKERS**

KERRY MEYER, (CLASS A TRUSTEE)
LESLIE K., MODESTO, CA
SHARON A., DEPOT BAY, OR
ARISA B., BROOKLINE, MA
DAVID N., SANTA ROSA, CA
JENNIFER B., SANTA ROSA, CA
MIKE S., RIVERSIDE, CA

IN-PERSON REGISTRATION
INCLUDES ZOOM
EARLY BIRD-\$30
ENDS 6/30
STANDARD-\$44
ENDS 10/31
LAST CALL-\$55
ZOOM ONLY - \$25 INCLUDES
FREE SPEAKER DOWNLOAD





#### OVEMBER 7 & 8, 2025 SCHEDULE

FRIDAY, NOVEMBER 7, 2025

4:00PM: REGISTRATION OPEN

6:00PM: EVENT SPEAKER

7:45PM: EVENT SPEAKER

SATURDAY NOVEMBER 8, 2025

8:30AM: FREE CONT. BREAKFAST

9:00AM: EVENT SPEAKER

10:45AM: SERVICE PANEL

12:00PM: FREE LUNCH INCLUDED

1:00PM: EVENT SPEAKER

2:45PM: EVENT SPEAKER

5:00PM: BANQUET

6:15PM: FINAL SPEAKER

3LEGACIESCONFERENCE.ORG