## No Booze News August 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.
Treasurer: Greg P.
Secretary: Kate B.
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Peter C.
Michelle D.
Christina Z.

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## Get Up, Stand Up, Come on Throw Your Hands Up..Jump Around!

These Flyers are Jump Jump Jumping off the Screen, So Many to List! 36!!!



Read to the very end 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

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

### **COR (Central Office Representatives)**

3rdThursday of each month at 6:30~pm on Zoom

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

<u>District 11</u> meets the 1st Sunday of each month at 5:00 pm, at the Serenity Club, 7519 Amite Church, Denham Springs 70706

<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

<u>PI/CPC (Public Information/Cooperation with the Professional</u>

<u>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, 5:00 pm, Central Office, except in February/May

<u>State Convention Committee—Area 27</u> meets 4th Sunday of each month at 3:00 pm at the Central

Office T&C (

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

### **Meeting Changes**

### Canceled

<u>A Design for Living Big Book Study,</u> 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 <u>By The Grace of God</u>, 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 Walking the Walk, Tuesday and Thursday, 3 PM, 1-12 Club, 1955 Scenic Hwy, Baton Rouge 70802

Zachary Mens' Meeting, Tuesday, 7:30 PM, St. John the Baptist Catholic Church, 4727 McHugh Rd, Zachary LA 70791

 $\underline{Stepping\ Out\ on\ Wednesdays}, 7:30\ PM, St.\ John\ the\ Baptist\ Catholic\ Church, \\ 4727\ McHugh\ Rd, Zachary\ LA\ 70791$ 

### Time and/or Day 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 Christian Center, 1771 Lobdell Ave, Baton Rouge 70806

A Simple Solution, Was Wednesday and Now is on Tuesday, 7 PM, 7742 Office Park Blvd #C2, Baton Rouge 70809

### New

<u>Woodville AA</u>, Wednesday, 6 PM, St. Paul Episcopal Church, Church Street, Woodville MS.

Sober Connections, Friday, 7 PM, Church of Addis, LA Hwy 1 South, Addis 70710

 $\underline{\mathrm{Om~Sweet~Om}},\mathrm{Sunday},\,7:30~\mathrm{AM},\,\mathrm{Leela~Lifestyle~Yoga},\,7215~\mathrm{Highland~Rd},\,\mathrm{Baton~Rouge}\,70808$ 

### Moved

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

### Name Change

More Will Be Reveled, Name changed to Gonzales Lunch Bunch, Sunday, 2 PM, Stepping Stones, 1027 N Burnside Ave, Gonzales 70737

## **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.

### **Hotline Schedule**

8/4 - 8/10	Free Againn to Choose
8/11 - 8/17	Freedom Of Choice
8/18 - 8/24	Galvez Group
8/25 - 8/30	
	In The World Outside

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.



July Contributions					
224 Group	\$400.00				
515 Women's Meeting	\$87.00				
Defective Characters	\$71.00				
Early Birds	\$100.00				
Freedom of Choice	\$80.30				
Hang In There	\$237.00				
Happy Hour Group	\$50.00				
Individual AA Members	\$96.23				
Into Action	\$40.00				
Open Heart Meeting	\$182.00				
Perkins Road Group	\$67.00				
Southside Stag Group	\$50.00				
St. Francisville Group	\$200.00				
Stepping Out	\$125.00				
Stray Cats	\$110.00				
The Nooner	\$72.00				
Tosspots	\$120.39				
University Drunks Live	\$900.00				
Wednesday Night ASBI	\$65.35				
Women In Recovery	\$130.00				
You Doin, Good	\$171.00				
TOTAL	\$3,354.27				

**Jump into Service** 

You are not alone when trying to find service opportunities. Ask at a meeting, call the Central Office, show up at a committee meeting, or read the flyers attached to this newsletter. If reading in print, go to https://aabatonrouge.org/ to see attachments.



## 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.

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

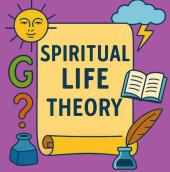


## LIVING IT

**AUGUST 1** 

The spiritual life is not a theory. We have to live it. ALCOHOLICS ANONYMOUS, p. 83

When new in the program, I couldn't comprehend living the spiritual aspect of the program, but now that I'm sober, I can't comprehend living without it. Spirituality was what I had been seeking. God, as I understand Him, has given me answers to the whys



that kept me drinking for twenty years. By living a spiritual life, by asking God for help, I have earned to love, care for and feel compassion for all my fellow men, and to feel joy in a world where, before, I felt only fear.

## 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**

August Atheist and Agnostic



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

Subscribe at https://www.aagrapevine.org



## A Global Fellowship: My Unforgettable Journey to the 2025 AA International Convention

My journey to the 2025 AA International Convention in Vancouver began long before boarding a plane—it started in December 2024 at the AA Regional Forum in Biloxi, MS. Attending my first Regional Forum was eye-opening, and the excitement of being surrounded by so many eager alcoholics planted a seed that would blossom over time. During a workshop titled "2025 International Convention Q&A," I met Patrick C., the International Convention Coordinator. Members asked all sorts of questions, and although I had been unsure about attending, that workshop became the catalyst. Before the year ended, I had already registered, booked my flight and hotel, and began the process of getting my passport.

"...a beautiful blue ribbon that read "90 Years Vancouver 2025 Language of the Heart" in multiple languages."

By June 2025, a package arrived in the mail that made everything feel real: a souvenir book, a Grapevine journal, my transit pass, and a name

badge. I couldn't wait. I landed in Vancouver on Wednesday, July 2—two days before the official start of the convention. The energy in the city was already electric.

That first day, Wednesday, I headed straight to the Vancouver Convention Centre's East Building. I picked up my lanyard, a beautiful blue ribbon that read "90 Years Vancouver 2025 Language of the Heart" in multiple languages. I wore it throughout the convention and used it to collect commemorative pins from participants across the globe. Some pins had clever slogans, others were customdesigned by home groups. Though I missed out on the coveted pickle pin, I happily traded the ones I bought on Amazon. I even began planning my own pin design for the 2030 convention in St. Louis, MO.

Inside the East Building, I explored the "G.S.O. Archives" and booths

such as "International Visitors Hospitality", and the "Oldtimers Big Meeting sign-up." One especially important booth was Accessibilities, which ensured that all attendees—regardless of physical or mental limitations—could participate fully. I also visited the West Building, where attendees could pre-order panoramic photos of the first stadium meeting, purchase souvenir books, and order official recordings of the workshops and large stadium meetings.

One of my favorite stops in the West Building was the "Carry the Message Pavilion," where someone could find out about the many service opportunities available during the convention. Many took up that opportunity and as volunteers in coral-colored shirts, they guided visitors by



navigating them around the convention; transit services, to workshops, and even places to eat. Seeing people so willing to help inspired me and reminded me how service keeps us connected and sober. Other booths included La Vigne (the French Grapevine) and the Anonymity Booth, which addressed concerns around media and digital presence.

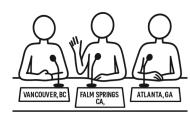
That evening, I explored "Sober City," a vendor village just down the street, filled with independent merchants selling everything from jewelry and medallions to t-shirts and mugs. There were a lot of people there trying to sell me "Sober Vacations." I got some business cards and will be looking into that in the near future. While not officially affiliated with the convention, it was a festive place to shop and meet fellow AAs.

"...It was a joyous, come-as-youare celebration of sobriety, laughter, and friendship."

Thursday kicked off with marathon meetings and hospitality suites—25 in total, each offering something unique. I visited just a few: GAL-AA, the Online Intergroup, Technology in AA, and the National AA Archives Workshop Board. I also joined two marathon meetings: "Welcoming Newcomers" and "Acceptance," both of which offered heartfelt shares and welcoming fellowship.

That night, a block party spread across four different locations and featured music from the 60s to the 90s. It was a joyous, come-as-you-are celebration of sobriety, laughter, and friendship. My evening ended with dinner alongside fellow Louisiana AA members—an anchor of familiarity in a sea of new faces.

Friday offered nearly 100 workshops and 12 more marathon meetings. Since sessions overlapped and popular ones filled up quickly, I learned to plan ahead and have backups. Some rooms held up to 1,200 people, while others were more intimate. They must have known those large rooms were the most popular, because they were always full with people waiting.



I managed to attend multiple powerful workshops, including "LGBTQ+: Being a Part of A.A. as a Whole." Cindy C. from Vancouver BC, CA

shared their story of relapse and redemption. One quote stayed with me: "I didn't drink—I didn't give up five minutes before that miracle." Jim D. from Atlanta, GA made us laugh and reflect with lines like, "God grant me the serenity to accept the sea of people, the courage to speak from the heart, and the wisdom to know when to shut up." I really need to remember that next time I speak. Shay T. from Palm Springs, CA reminded us of the importance of the 9th Step and the healing it brings. Hearing these stories affirmed my belief in the diversity and strength of AA members.

Later, I attended the "AA Grapevine Writer's Workshop." Jon W., Senior Editor & Chief, explained the submission process for the magazine and website. We heard from published contributors and even wrote short pieces ourselves. Jon shared that the Grapevine receives about 150 submissions a month, and that the editorial team groups them into themes like Amends, Sponsors, and Humor. He emphasized being detailed, 300-1500 words, and following submission guidelines. Upcoming themes included are "AA & Family," "Young and Sober," and "Sober Travel."

Another workshop, "Satisfactions of Right Living," included a talk from Eban B., our Area 27 (Louisiana) Chair. His honesty about spiritual struggle and surrender was deeply moving. "It was

me versus the world," he said of his drinking days, but now, he said, he sees his Higher Power in everything. That line stayed with me.

Friday evening brought one of the convention's signature moments: the "Opening Flag Ceremony & Big Meeting". As 34 thousand AAs filled the stadium and the Preamble was read aloud, a hush fell over the crowd. Then came a powerful wave of color as flags from nations around the world swept the stage. I can't describe the unity and emotion I felt—except to say that I'll never forget it.

Saturday brought more meetings and workshops, including "In All Our Affairs," "LGBTQ+: Focus on Our Primary

Purpose," and "AA Websites." Again, I had to get in line early to attend my top picks. The



evening's "Oldtimers & Big Meeting" at the stadium featured stories from sober members with over 50 years in the program. The wisdom they shared lit a path of hope for all of us.

At 10 PM, I headed to the GaL-AA Dance Party. Sober fun at its finest—it was second only to the Flag Ceremony in terms of energy and joy. Music, laughter, and community filled the room. It was a beautiful reminder that recovery isn't just about survival; it's about living fully.

Sunday morning began with breakfast alongside friends from Louisiana. Together, we walked to the "Closing Ceremony & Big Meeting," where speakers once again offered hope, gratitude, and unity. The event ended with a heartfelt thank-you to all who made the convention a success. It's still remarkable to me: no fights, no arrests, no drama—just peace, joy, and healing.

I had the honor of doing service work with the G.S.O. at the "Why We Pay Our Own Way" booth, helping people understand AA's tradition of self-support. I even assisted a few attendees in navigating their registration needs. One convention member said Louisiana (Area 27) was the most helpful state they'd ever seen. That made me proud beyond

Vancouver itself was incredible—temperatures in the 60s and 70s, clean streets, kind people, and excellent shopping. The currency exchange worked in my favor, and I was fascinated by how stores

words.

used portable card readers instead of taking your card. My card was never touched. I left with a deep appreciation for the city and hope to return someday.

The Vancouver 2025 Convention was more than just an event—it was a spiritual milestone. I departed with a heart full of gratitude, inspired by new friends and voices, and more committed to service than ever. Though words can only capture part of it, I'm so glad to share this story with you. And yes—I've already marked my calendar for the 2030 International Convention in St. Louis. Want to rent a bus? Count me in!



Do you want to feel like you went to the International Convention too? The Louisiana State Convention will have a basket in the Silent Auction filled with items that you could only get if you were there; an International Convention

2025 coin, Grapevine journal, a souvenir book, lanyards, coffee cup, snacks from Vancouver, maple syrup, coffee, and much more. All in a nice metal basket.

Submitted by NBN Editor

## **OPENINGS**



<u>District 15D</u>, Alt DCM. Please come to the next meeting on August 17, 2025 at 5:30 PM at the Central Office if interested.

If you have an opening in your District, Group, or Committee and want to advertise please email the

Editor at: brnoboozenews@gmail.com

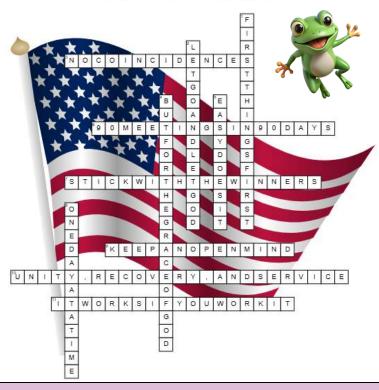


Did you Jump into Service Yet? Keep Reading. You are right where you belong.



Handmade Ring Submitted by Ransom S.

## Answers to July's Puzzle AA SLOGANS



Area 93, District 22 has created videos about, "Safety in AA." These videos are not official GSO service material. If you are interested in seeing these videos, please scan the QR Code below.

Área 93, Distrito 22 ha creado videos sobre "Seguridad en AA". Estos videos no son material oficial de servicio de la OSG. Si estás interesado en ver estos videos, por favor escanea el código QR que aparece a continuación.





**ENGLISH** 

**SPANISH** 



## Breath by Breath: Controlled Breathing and Step 11

In the quiet space between inhale and exhale lies a doorway—one that leads us away from the emotional chaos of our past and into the steady stillness of the present moment. For those of us in recovery through Alcoholics Anonymous, this doorway is not theoretical. It is real, practical, and accessible. It is offered through Step 11: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him..." and finds tangible support through the ancient practice of controlled breathing.



Controlled breathing is more than just slowing your breath down or "taking a deep breath" when you're upset. It's an intentional, meditative practice that engages the body, calms the nervous system, and creates

space between stimulus and response. When integrated with the spiritual principles of A.A.'s Eleventh Step, it becomes a powerful bridge to serenity—one that carries us out of emotional reactivity and into spiritual receptivity.

For many of us, emotional upheaval was as addictive as alcohol. Anger, fear, guilt, shame, or grief—these states often seemed to control us, pulling us down like undertows. Even after we put the bottle down, emotional sobriety lagged

far behind physical sobriety. Step 11 doesn't promise that all our emotions will vanish. What it offers is a new relationship to them—rooted in conscious contact with a Higher Power, achieved through daily disciplines of prayer and meditation.

But meditation often feels intimidating or vague to those newly sober. The mind races. The body twitches. The past intrudes. This is where controlled breathing becomes a useful spiritual tool—an anchor in the storm of thoughts and feelings.



What Is Controlled Breathing?

Controlled breathing refers to various techniques of intentionally slowing and deepening the breath to engage the parasympathetic nervous system—the part of the body responsible for rest, recovery, and calm.

Common examples of controlled breathing include:

- Box Breathing (Four-Part Breath): Inhale for 4 counts, hold for 4, exhale for 4, hold for 4.
- **4-7-8 Breathing:** Inhale for 4, hold for 7, exhale for 8.

**Extended Exhale Breathing:** Inhale slowly, exhale for twice as long.

Why does it work? Because breath is one of the few autonomic processes we can consciously control. By adjusting the breath, we indirectly calm the mind. The emotions quiet. We are no longer flailing inside them—we are observing them.

Bill W. describes in the *Twelve Steps and Twelve Traditions* how Step 11 leads us to a place where we are no longer "lost and

frightened and purposeless." Through prayer, we align with the will of God; through meditation, we open ourselves to spiritual quidance.



Controlled breathing is a doorway into this meditation. It slows the monkey mind. It allows the heart rate to drop. It puts space between us and our emotional surges. In that

space, something divine can speak.

Step 11 is not about escaping life or numbing ourselves to reality. It's about developing the tools and willingness to *face life with clarity*. Controlled breathing helps us detach from emotion—not by ignoring or repressing it, but by learning not to identify with it.

When practiced regularly, it teaches us:

- **Emotions are impermanent.** Like the breath, they arise and pass.
- We are not our thoughts or feelings. Just as we are not our breath, we are the awareness of breath.

Spiritual guidance arises in stillness. Not in emotional drama.

Controlled breathing becomes a form of mini Step 11s throughout the day. Before a hard conversation. After receiving criticism. When craving surfaces. When sadness returns. Each time we pause and breathe with intention, we are remembering that we are not the emotion—we are the one witnessing it. And in that witnessing, there is power, peace, and freedom.

One of the most profound effects of controlled breathing in recovery is the shift from *reaction* to *reflection*. Bill W. says that "prayer and meditation are our principal means of conscious contact with God." But we cannot make contact if we are always reacting. We cannot hear guidance if the static of emotion is too loud.

Controlled breathing trains us to create stillness on demand. It gives us a spiritual reflex. Instead of snapping back in anger or running away in fear, we *breathe*. And then respond.



Even in the Big Book, this principle is hinted at: "We pause, when agitated or doubtful, and ask for the right thought or action." Controlled breathing is that pause. It is the invitation to wisdom before ego takes the wheel.

Submitted by Nital P.



August 8-10

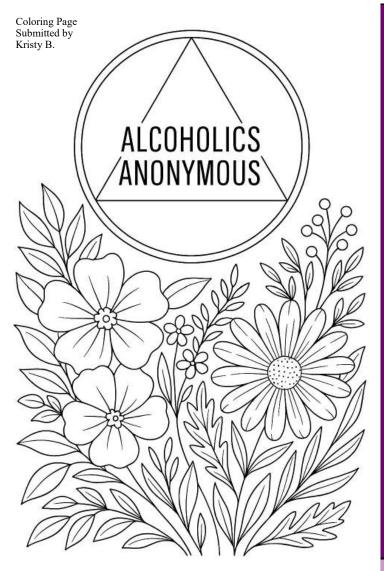
Marriott Hotel—Baton Rouge Book a Room or Register at AA-LASTATECONVENTION.ORG



A child full of love and of grace, Found comfort in Mom's warm embrace. Through AA that she attends, She's my hero, my friend— Her strength lights up every dark place.

Limerick submitted by Kristy B.



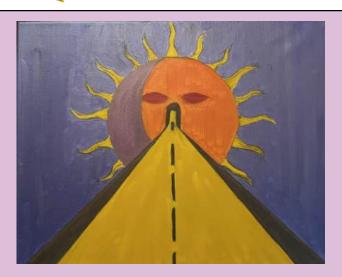


## Color Me!



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

brnoboozenews@gmail.com



Painting Submitted by Todd P.



### 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.

## 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

# LOUISIANA STATE CONVENTION

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

Twice a year, the Capitol Avenue Group, Baton Rouge's oldest continuous AA Group, celebrates the sobriety birthdays of its members over the past 6 months. On June 29 about 100 people joined in that celebration.



Submitted by Michael G.

Freedom Of Choice is currently reading Experience Strength,
Hope Every Monday at 7 PM at Unitarian Church
8470 Goodwood Blvd
Baton Rouge LA, 70806



## **SILENT AUCTION**

The Silent Auction for Louisiana State Convention will start on August 8th and end on August 9th, some of the items included are:

- ⇒ Huffy 26" Bicycle
- ⇒ 2nd Edition Big Book
- ⇒ Basket w/ items from the 2025 International Convention
- ⇒ Kitchen Items, AA Books
- **⇒** Cooking Pot with Louisiana Items
- ⇒ Spanish AA Book Basket
- ⇒ Beauty/Bath Basket
- ⇒ Painting
- ⇒ LSU Basket
- **⇒** Saints Basket
- ⇒ Purses, Jewelry
- $\Rightarrow$  TV, Tools
- ⇒ Nespresso Machine
- ⇒ Custom 2025 State Convention Yeti Cups

MUCH

- ⇒ Baby/Toddler Basket
- ⇒ 6 in 1 Record Player

## **Meeting Topics**

T A E S S E R E C I V R E S T I E H T R E D N E R R U S T S E U O A D I T I S R L E S I N S N N V F T P G B S S T O P A E I E Y O L F R S P O P T R I T T S R R R R A E I R T E E S R Y T I G B O T N R A A C C P A A N Y P I S S I N I W T N O T D S O L V S N T P T A T A V R I U L N E E O U P U K Y T E O T T T E E N R P D V A E R P R P R P O I G I S O T E C I I G C S U N O W V S R E I E L N Y E Y P S L P I A P I S P Y G I A N L

gratitude honesty unity recovery

steps forgiveness awakening progress surrender service Bill

support

acceptance spirituality traditions sponsor

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## 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.

## **Area Assembly Schedule**

- November 1st-2nd, 2025
- August 16th-17th, 2025
- January 24th-25th, 2026
- March 28th-29th, 2026
- August 15th-16th, 2026
- November 7th-8th, 2026

## **Hotel Information**

The booking link is provided below. Alternatively, you can call the hotel and use our group code ("AAM") for Louisiana Area Assembly to obtain our group rate. Our room rate is \$105 per night pre-tax (post-tax = \$122.80 per night / \$245.60 for 2 nights).





Registration

## What are the GSR (General Service Representative) Duties

- Attend District Meetings, CASC, and Area Assemblies.
- Make regular reports to your group that inform them of what is happening in A.A. General Service.
- Bring Information about events, workshops, conferences, and District and Area activities to your group and invite them to participate.
- Serve as email and mail contact with your District Committee Member (DCM) and the General Service Office.
- Provide up-to-date group information through the area registrar or the General Service Office directly.
- Study and learn about the Twelve Traditions and Twelve Concepts and become familiar with the General Service Manual.

## A.A. Groups

**Group G.S.R.** 

### **Districts**

**Area Assemblies** 

Delegates to the General

Service Assembly

A.A. World Services A.A. Grapevine



## How to Register as a New GSR & Alt GSR

Download and fill out the Group Information Change Form. Your area is Area 27. Email the completed form to memberservices@aa.org, registrar@aa-louisiana.org, and your DCM or Central Office if possible.

USE THIS
GSO CHANGE ———
FORM



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NEW FROM GSO

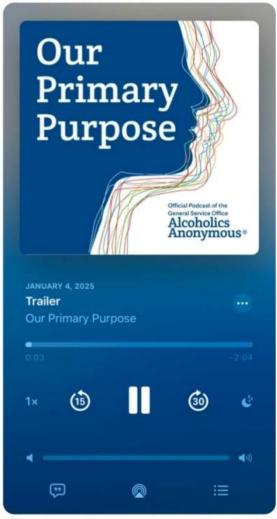
## Our Primary Purpose Podcast Our

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



## BUSINESS MEETING

## WHO ARE WE?

District 11 is a committee of Alcoholics Anonymous groups, represented by General Service representatives (GSRs).

### PURPOSE:

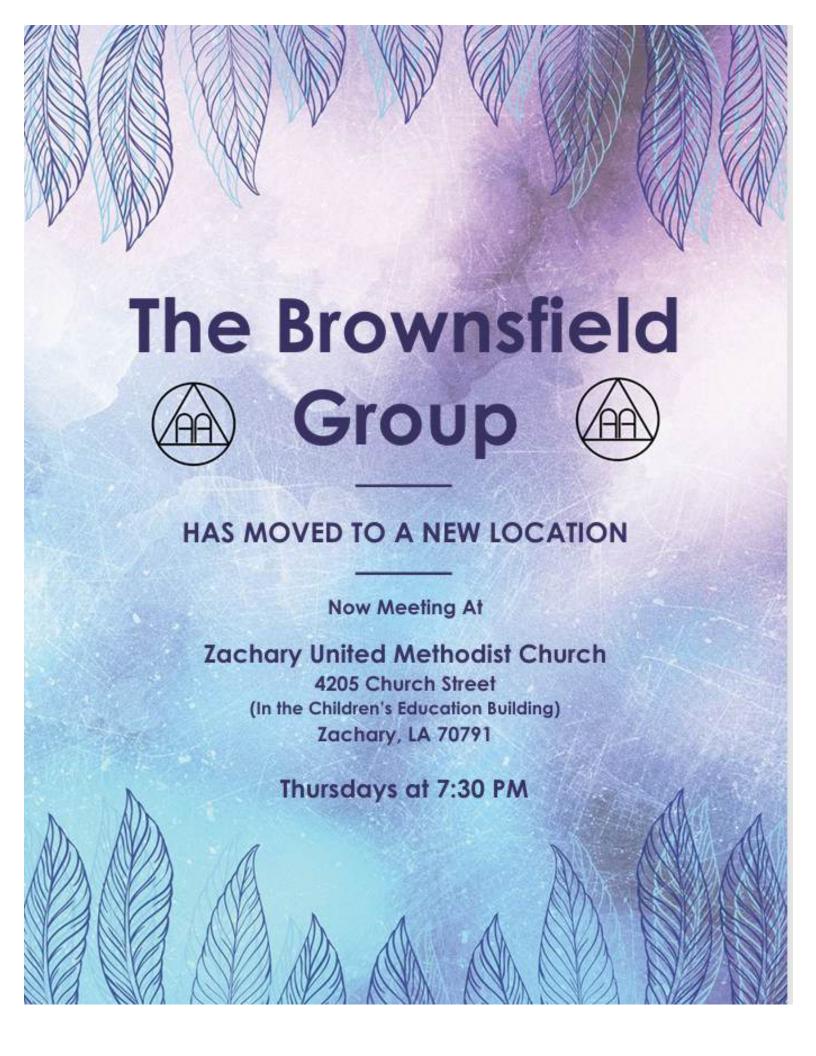
District 11 will be assisting local groups in expressing their group conscience at LA Area Assembly, where they help make decisions that affect AA as a whole.

We plan to host workshops and need your input.

- Meet 1st Sunday of each month @ 5pm.
- Place: Serenity Club
- Location: 7519 Amite Church Road
   Denham Springs, LA 70706
- Groups located north of US-61 in EBR, Livingston and St. Helena Parishes.
- Needed: All GSRs and/or representative from your group.

Plan to attend

For more information email: secretaryd11la@gmail.com



Speak & Speak & Meeting

LAST SAT OF EACH MONTH

Bring Covered Dish & Serving Utensil

6PM Potluck

7PM Speaker Anderson Hall

50/50 Raffle







HITTHE

404 EAST THOMAS ST. HAMMOND (ACROSS FROM LEE'S DINER)



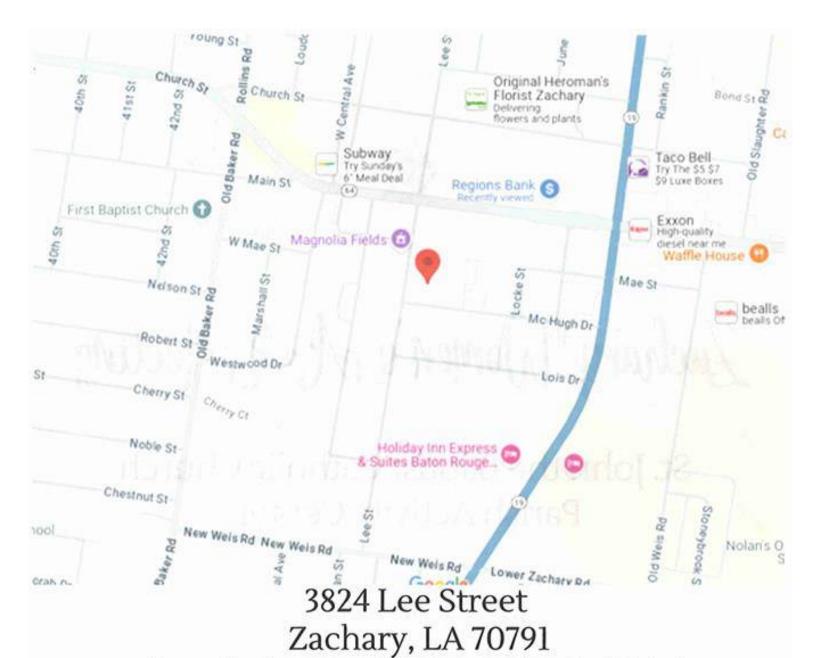
## Zachary Women's AA Meeting

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

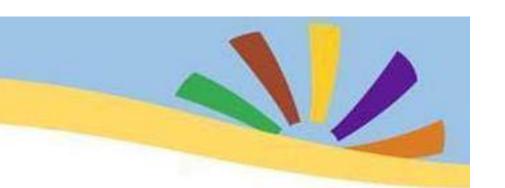
3rd Sunday of the Month - "Delicate Discussions"

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.

## 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**

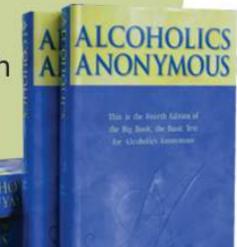
Friday August 1 7 PM - 9 PM 9 AM - 4 PM

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







\* Workshop \*

Come get a deeper understanding of the Plain Language Big Book!!!

Rolando W. - Personal Experience Kristy B. - Similarities & Differences TBA - PLBB in connections

TBA - PLBB in Treatment Centers

10.18.2025

PLAIN LANGUAGE BIG BOOK

A Tool for Reading
Alcoholics Anonymous

This is A.A. General Service Conference-approved literature

Refreshments provided

10AM-2PM

FREE ENTRY

250 NORTH BLVD BR, LA 70801

Organized by District 15D

## RED GOLF STICKUP GOLF TOURNAMENT OCTOBER 19, 2025

- 8:30 A.M. TEE TIME
- 7 A.M. REGISTRATION
- 1ST 72 PLAYERS
- FREE RANGE BALLS
- \$100 PER PERSON
  - 4 PERSON TEAMS
  - SCRAMBLE FORMAT
- \$100 HOLE SPONSORSHIP

## DOOR PRIZES

CLOSEST TO THE HOLE LONGEST DRIVE \$3 MULLIGANS

For More Information Contact

TROY BURTON (P)225-588-1256

(E)troyburton80@gmail.com

THE ISLAND GOLF COURSE 23550 MYRTLE GROVE ROAD PLAQUEMINE, LA 70764

VENMO

CASHAPP



Redstick RoundUpAA @RedstickRoundup23

Redstick Roundup

Code: 2723

Other Way To Pay: CHECKS PAYABLE TO REDSTICK ROUND UP

PLAYER 1 H'CAP PLAYER 2 H'CAP

PLAYER 3 H'CAP PLAYER 4 H'CAP

## 11th Annual National A.A. Technology Workshop

## November 7-9, 2025

Registration is Now Open for our Hybrid Workshop!

Join us in person at
The Hilton at the
Cincinnati/Northern
Kentucky International
Airport (CVG)

Or register to attend online via Zoom



https://naatw.org/2025-naatw-workshop/

2025 Theme
Adapt | Connect | Protect:
Building the A.A. Technology Toolbox



Scan Here for 2025 Event Page



Kenner Group's 54th Anniversary "Recovery Through Involvement" Speak & Eat, Sat., August 23, 2025, 6pm doors, 7pm potluck, 8pm speaker, Williams Boulevard Baptist Church, 3000 Williams Blvd, Kenner. Enter at rear of church on Idaho St. Join us for speaker Molly E., along with food, Fun, fellowship, and a 50/50 raffle. Please bring a dish, dessert, or soda.

A Walk Through Early AA History, Sat., August 30, 2025, 11am food, 12pm presentation, American Legion Post 397, 1225 Hickory Ave, Harahan. More details and flyer coming soon



## 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

2025

ALCOHOLICS ANONYMOUS

BRIDGING

Spring Newsletter GAR
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.
Idress		City	State	e Zip	
reakout 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