

# No Booze News February 2026

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10319 Old Hammond Hwy Suite C-2  
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Open -Friday 10 am-6 pm



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February gives us Groundhog Day, recovery reminds us that even if the days feel the same, each one is a new chance to choose better. This issue features **40 pages** of meetings, events, and workshops to support our sobriety and keep us moving forward—together. (See pages 11+.)



If reading this in paper form, all of the flyers can be found at [www.aabatonrouge.org](http://www.aabatonrouge.org) under newsletters.

## 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



**GSO has put a call out for stories for the pamphlet “A.A. For the Asian & Asian-American Alcoholic”**

Read more and submit stories here:



## DISTRICT/COMMITTEE/SERVICE MEETINGS

**CASC (Capital Area Service Committee)** 1st Tuesday of each month at 6:30 pm at the Central Office

**COC (Central Office Committee)** 2nd Monday of each Month at 6:30 pm at the Central Office

**COR (Central Office Representatives)** 3rd Thursday 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. Meeting ID: 872 8468 9096 Passcode: AccessD10 (No Spaces)

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

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

**District 15D** meets the 3rd Sunday of each month at 5:30 pm at the Central Office

**District 16** meets the 2nd Sunday of each month 3:30 pm at the Stepping Stones, Gonzales

**The Grapevine Committee** 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 Professional Community)** meets the last Thursday each month at 6:30 pm at the Central Office

**Red Stick Roundup Committee** meets the 2nd Sunday each month, 5:00 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



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



## Meeting Changes

### Canceled

We Surrender, Monday, 7 PM, Luke 10:27, 536 Centerville St, Denham Springs 70726

Singleness of Purpose, Friday & Saturday, 12 PM, Luke 10:27 536 Centerville St., Denham Springs 70726

Tuesday Night Mens Meeting, Zachary 70791

Chimes Street Group, Tuesday & Thursday, 12 PM, The Wesley Center, 333 E Chimes St, Baton Rouge 70802

Friends of Bill, Sunday, 9 AM, First Baptist Church of BR, 529 Convention St, Baton Rouge 70802

Daily Reflections, Sunday-Saturday, 7 AM, Life Center, 10473 Old Hammond Hwy, Baton Rouge 70816

### New

Geaux Recovery, Thursday, (Changed from Friday), 12 PM, Coates Hall, 167 Coates Hall, Baton Rouge 70802

12 & 12 @ 12, Sunday, 12 PM, Stepping Stones, 1027 N Burnside Ave, Gonzales 70737

Last Call, Friday, 10 PM, Stepping Stones, 1027 N Burnside Ave, Gonzales 70737

Friday Night GAAy, Friday, 6:30 PM, Saint Margret's Episcopal Church, 12663 Perkins Rd, Baton Rouge 70810

Walking the Walk, Tuesday & Thursday, 3 PM, 1-12 Club, 1955 Scenic Hwy, Baton Rouge 70802

A New Freedom, Monday, 7 PM, Broadmore UMC, 10230 Mollylea Dr, Baton Rouge 70815

The Morganza Group, Wednesday, 6:30 PM, The Cultural District, 131 Hwy 1, Morganza 70759

Spiritual-ish, Saturday, 4:30 PM, Counter Space, 5621 Gov't St, Baton Rouge 70806

### Name Change

An Honest Desire Club changed name from First Things First, Saturday, 12 PM, Club 12, 1695 Beaumont Dr., Baton Rouge 70806

### Time and/or Day Change

EBR Mens Meeting, Currently 7 PM, Was 8 PM, Broadmoor Methodist, 10230 Mollylea Dr., Baton Rouge 70815

Sober Connections, Currently 5:30 PM, Was 7 PM, Church of Addis, 6781 LA Hwy 1, Addis 70710

Progress Not Perfection, Friday 7:30 PM, Was Monday, Woodlake, 24655 Plaza Dr, Plaquemine 70764

Now (No Other Way), Currently 7 PM, Was 7:30 PM, Francis Asbury UMC, 15477 Old Hammond Hwy, Baton Rouge 70816

### Reopened

New Light Recovery, Monday & Thursday, 6 PM, New Light Missionary Baptist Church 650 Blount Rd., Baton Rouge 70807

Walking the Walk, Wednesday, 6 PM, 1-12 Club, 1955 Scenic Hwy, Baton Rouge 70802

### Moved

Stepping Out, Wednesday, 7:30 PM, First Baptist Church, Zachary 70791

### Location and Time Change

Gracie Street Group, Tuesday, 7:30 PM, 1-12 Club, 1955 Scenic Hwy, Baton Rouge 70802

## Hotline Schedule

2/2 - 2/8..... Between Drinks  
2/9 - 2/15.....Burnside Recovery  
2/16 - 2/22 ..... By the Book  
2/23 - 3/1.....Capital Ave  
3/2 - 3/8..... Come As You Are  
3/9 - 3/15..... Cortana  
3/16 - 3/22 .....Carry the Message

 *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 the Central Office.*

## Deadline March 21, 2026

GSO has put a call out for stories for a pamphlet on transgender alcoholics in A.A.

More information and submit stories here:



## Area Assembly Schedule

- 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

## OPENINGS

**Zachary Group**, Alt GSR, Please come to the next meeting on November 21, 2026 at 6 PM at Zachary United Methodist Church in Zachary if interested.

**Saturday Meeting Room**, Club 12 has an opening for a meeting at 8 PM on Saturdays. Drop by on Saturday 9-10am to discuss.

If you have an opening in your District, Group, or Committee and want to advertise please email the Editor at: [brnoozenews@gmail.com](mailto:brnoozenews@gmail.com)

## January 2026 Contributions

417	\$22.00
Capital Avenue Group	\$25.00
Defective Characters	\$40.00
Free Again to Choose	\$100.00
Freedom of Choice	\$31.78
Hang In There	\$388.00
Incognitos	\$50.00
Individual AA Members	\$151.39
Into Action	\$80.00
Old Perkins Group	\$250.03
Port Allen Group	\$100.00
Saturday Speakers Group	\$100.00
Shivering Denizens	\$25.00
Stray Cats	\$50.00
The First Step	\$10.00
The Next Frontier	\$10.00
The Nooner	\$50.74
Tuesday LIT Group	\$23.00
University Drunks	\$401.50
University Drunks—Zoom	\$131.25
Wedgewood Group	\$100.00
Women's Journey	\$45.00
You Doin' Good	\$299.00
Zachary Group	\$50.00
<b>TOTAL</b>	<b>\$2533.69</b>

## AA Archives Work Days

Do you want to help with organizing and saving the history of AA in Louisiana? Join us at the AA Archives on Saturdays, Spring 2026, **8 am — noon**:

January 31  
February 21  
March 14

April 18  
May 16

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

For more info contact: [Archives@aa-louisiana.org](mailto:Archives@aa-louisiana.org)



## Your 7th Tradition Contributions to Central Office Help Carry the Message

Contributions from you and your home group to the Central Office directly support the day-to-day services that connect still-suffering alcoholics to Alcoholics Anonymous in our local community.

Central Office is often the first place a newcomer, family member, hospital, court, or professional calls when they need help finding A.A.

Your support keeps these services running every single day.

### 24-Hour Phone Line & Twelfth Step Calls



Central Office maintains the local A.A. hotline so that anyone, at any hour, can speak to a sober member. Volunteers coordinate Twelfth Step calls, connecting newcomers with A.A. members willing to meet, talk, or take them to a meeting. This is often the first human contact a suffering alcoholic has with A.A.

### Meeting Schedules & Accurate Information



Central Office prints, updates, and distributes meeting schedules and maintains accurate listings for websites, apps, and printed materials so newcomers, professionals, and members can always find a meeting. Without this, people show up to locked doors.

### AA Books & Other Literature Distribution



Central Office stocks and distributes A.A. literature to groups, treatment centers, professionals, and newcomers. Groups rely on Central Office to keep books, pamphlets, and friendship folders available locally. This ensures the message is always in print and in reach.

### Information for the Public & Professionals



Courts, hospitals, counselors, clergy, and family members regularly contact Central Office for help finding meetings or getting A.A. information. Central Office provides accurate materials and directions to A.A. for the public. They are the front door of A.A. for the community.

### Chips, Medallions & Group Supplies



Central Office keeps sobriety chips, medallions, and group supplies available so groups don't have to order from far away or wait weeks. This supports celebrations of recovery every day.

## Your Contributions Make This Possible

Rent. Phone lines. Printing. Literature inventory. Volunteer coordination. Website updates. Supplies.

Central Office is not an office building —it is a **service hub that helps carry the message locally, every single day**. When your group contributes to Central Office, you are helping the alcoholic who hasn't found us yet. Your Contributions Make This Possible.

-Developed by Kristy B.

**3:07 a.m.**

The bathroom light was too bright. It always is at 3 a.m. Maya knelt on the cold tile floor, hugging the porcelain bowl like it was the only thing in the world that could understand her. Her stomach heaved, her throat burned, and her head felt stuffed with wet cotton. The flu had moved in like an unwanted houseguest—loud, messy, and determined to stay longer than invited.

She retched again. Nothing left. Just dry, bitter air. When it passed, she slumped back against the tub, forehead slick with sweat, body shaking like a leaf in a storm. Less than a month from now, she would have three years sober. Three years since she'd last tried to drown discomfort instead of feeling it. Three years since she'd promised herself she would stop running. And here she was—curled up on the bathroom floor, sick as a dog.

That's when the thought came. You know what would fix this? A drink. It slid into her mind as smoothly as if someone else had whispered it. Not loud. Not dramatic. Just... casual. Almost kind.

A drink would settle your stomach. A drink would quiet the shaking. A drink would make this stop. Then the second part of the lie arrived. You wouldn't even have to drive. The gas station is only two blocks away. Maya pictured it instantly — the empty street, the hum of the fluorescent lights, the quiet aisle with the bottles lined up like they were waiting for her. No one would know. No big decision. Just a short walk in the dark and it would all be easier.

Her mouth twisted into a tired, crooked smile. "Wow," she whispered. "You're really trying tonight." Three years sober and her brain was still capable of this kind of nonsense. Flu, fever, dehydration — and suddenly alcohol was being marketed like medicine, and convenience was part of the sales pitch.

She leaned her head back against the tub. "Because nothing says 'get well soon' like poisoning yourself," she muttered.

Another wave of nausea rolled through her. She barely made it back to the bowl. When it passed, she stayed there, shaking, breath shallow, heart pounding. She could almost feel the memory of it — the burn going down, the fake warmth spreading, the temporary hush in her thoughts. That false promise of relief.

But she also knew what followed. The spiral. The shame. The sickness on top of sickness. She wiped her



mouth and looked at herself in the mirror. Pale. Fevered. But still here. Still sober. "This is what three years looks like," she said quietly. "Not pretty. Just honest."

She filled a glass of water at the sink and took slow, careful sips. The urge softened, exposed for what it was — a sick brain making sick suggestions in the middle of the night.

Back in bed, wrapped in blankets, she felt the fever settle a little. She wasn't strong because she felt good. She was strong because even when she felt awful, she didn't go those two blocks.

Three years was almost here. And at 3:07 a.m., with her head in a toilet and her body on fire, she was still choosing it.

-Submitted by Kristy B.

## THE GIFT OF LAUGHTER FEBRUARY 3

At this juncture, his A.A. sponsor usually laughs.

-TWELVE STEPS AND TWELVE TRADITIONS, p. 26

Before my recovery from alcoholism began, laughter was one of the most painful sounds I knew. I never laughed and I felt that anyone else's laughter was directed at me! My self-pity and anger denied me the simplest of pleasures or lightness of heart. By the end of my drinking not even alcohol could provoke a drunken giggle in me.

When my A.A. sponsor began to laugh and point out my self-pity and ego-feeding deceptions, I was annoyed and hurt, but it taught me to lighten up and focus on my recovery. I soon learned to laugh at myself and eventually I taught those I sponsor to laugh also. Every day I ask God to help me stop taking myself too seriously.



**AA GRAPEVINE**  
February Getting Through  
Thouh Times

**LA VIÑA**  
January/February  
Nuevos/New to AA

# Germs Don't Work the Steps



When north winds blow across  
the bayou slow,  
And everybody's got a sinus  
flow,  
The sniffles start by the coffee  
bar,  
Spread quicker than rumors at  
the crawfish boil afar.

You'll hear a cough from the back row seat,  
A sneeze that makes the moment complete,  
Someone says, "It's just allergies, chill!"  
While grabbing donuts against their will.

Now listen up, my AA crew—  
Here's how to dodge that swampy flu.

Bring sanitizer, bold and quick,  
Pass it around like a newcomer  
chip.  
Shake hands if you like—but be  
smooth silk,  
Sanitize faster than the coffee gets  
spilt.



Beware the sacred coffee spoon,  
That's been in that pot since early noon.  
Half the district done stirred that thing,  
With chicory, sugar, and everything.



If you must stir, be smart, be  
cool—  
Use your finger if you must,  
break the rule.  
Don't reuse spoons folks  
already used,

You don't know what germs they've accrued.

And Lord, them pens on the signup sheet—  
They've touched more hands than Bourbon  
Street.

Bring your own pen, you'll thank me later,  
Keep yourself from being a germ trader.

When Sister Sue comes in for  
hugs,  
But sounds like she swallowed a  
sack of bugs,



Give her a wave and a loving  
smile,  
From six feet back for just a  
while.

At the cookie table, show some grace—  
Don't rummage through like it's your place.  
Use a napkin, be polite, be sound,  
This ain't a mayhaws that fell on the ground.

And if you wake with  
fever and chills,  
And sinus meds and  
vapor rub thrills,  
Don't "push through"  
like a meeting hero—  
Hop on Zoom and stay  
home, zero.



Because nothing spreads a virus faster  
Than "I didn't want to miss the workshop,  
sponsor!"

At roundups, workshops, gatherings tight,  
Where sober folks pack in just right,  
Wipe the mic before you speak—  
That's simple service for the week.

Sanitize tables, chairs, and rails,  
You're helping more than sobriety tales.  
Call it Step Twelve with a disinfecting wipe—  
Carrying the message without the extra hype.



And wearing those gloves  
don't make you immune,  
You still touch the coffee,  
the table, the spoon.  
Then rub your eyes or  
scratch your nose,  
And carry those germs  
wherever you goes.

So be smart, my friends, be sharp, be witty,  
Keep your germs out the recovery committee.  
We trudge the bayou, side by side,  
With clear heads, clean hands, and sober pride.

-Submitted by Kristy B.

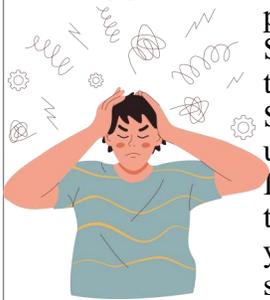
## Step Two: Finding Hope (and Letting It Find You)

If Step One felt like losing the argument, Step Two feels like realizing you don't have to sit alone afterward.

“Came to believe that a Power greater than ourselves could restore us to sanity.” — *Big Book*, p. 59



“Restore us to sanity” can sound dramatic—especially if you don't feel insane. Most of us were going to work, paying bills, and showing up for life while quietly repeating the same drinking patterns that kept landing us in the same painful places. That's the kind of insanity Step Two talks about: doing the same thing and hoping for different results. Step Two doesn't ask you to understand or define a Higher Power. It simply asks you to become willing to believe that maybe—just maybe—your way hasn't been working, and something else might.



In Louisiana terms, Step Two is like standing over a pot of roux and admitting you don't really know when it's “just right”—so you listen to the one who's burned a few batches before and learned the hard way.

“Do I now believe, or am I even willing to believe, that there is a Power greater than myself?” — *Big Book*, p. 47

Notice the wording: *willing to believe*. Not convinced. Not certain. Just willing. That's good news for newcomers and old-timers alike. For some, that Power is God. For others, it's the group, the steps, or simply the experience of people who have stayed sober longer than we have. Step Two says you don't have to have it all figured out—you just have to stop insisting that you are the highest authority in the room. Because if we were, we wouldn't be here.



Step Two is where hope quietly enters. We look around and realize, “These people used to drink like I did... and now they don't.” AA doesn't run on theory; it runs on proof sitting in metal folding chairs. When we hear laughter before the meeting, see someone pick up a chip with tears in their eyes, or watch a newcomer get surrounded by phone numbers and handshakes—that's Step Two in action. That's sanity being restored in real time.



Step Two also relieves a burden we didn't know we were carrying: the pressure to fix ourselves. If a Power greater than us can restore us to sanity, then we don't have to. Our job is to show up, listen, and stay open. If Step One says, “I can't,” Step Two says, “Maybe something can.” And sometimes, “maybe” is enough to keep us coming back.



Here in Baton Rouge and the surrounding areas, Step Two looks like coffee being poured, chairs being set up, and stories being shared by people who once swore nothing would work for them either. It looks like one alcoholic telling another, “Hang in there. This worked for me.” You don't have to define it today or understand it tomorrow. You just have to be willing to believe recovery

is possible—because you can see it sitting right in front of you.

Step Two is where hope takes a seat at the table. Just keep coming back.

-Submitted by Kristy B.

### Heard At A Meeting:

“I began to find ... a more centered, purposeful life, at least in the sense that my body, mind, emotions, and soul were all more or less heading in the same direction. I was riding one horse instead of four.”

ALCOHOLICS ANONYMOUS



Meeting Guide App





## Laughter is the Best Meditation

Laughing meditation may sound strange at first, especially to people who associate meditation with silence, stillness, or solemn reflection. But at its core, laughing meditation is a simple practice: intentional laughter used as a way to relax the body, quiet the mind, and open the heart. When viewed through the lens of Alcoholics Anonymous, laughing meditation can be a surprisingly effective support for Step Eleven, which asks members to improve their conscious contact with a Higher Power through prayer and meditation.

Step Eleven is not about perfection or mystical experiences. It is about building a living relationship with something greater than ourselves. For many people in recovery, this step can feel intimidating. Meditation may seem inaccessible, too serious, or emotionally heavy.

Laughing meditation offers a different doorway. It meets people where they are, including those who struggle with traditional forms of meditation.



Laughter changes the body almost immediately. It relaxes tense muscles, slows stress hormones, and increases oxygen intake. From a practical standpoint, this physical shift helps quiet the mental noise that often blocks conscious contact. When the body softens, the mind often follows. In this way, laughter becomes a bridge into meditation rather than a distraction from it.

Emotionally, laughing meditation encourages humility and surrender. Early sobriety can be filled with self-judgment, fear, and the pressure to “do recovery right.” Laughter gently



breaks that rigidity. It reminds us that we are human, imperfect, and still worthy of connection. AA literature itself supports this spirit, reminding us that “we’re not a glum lot.” Recovery is not meant to be a punishment or a life of grim endurance. Joy is not only allowed, it is part of healing.

Now you can see what's inside.



Laughing meditation can also soften resistance to prayer. For those who struggle with the concept of a Higher Power, laughter lowers defenses. It shifts the focus from

intellectual understanding to felt experience. In laughter, many people experience a moment of release, gratitude, or openness. That moment can become a form of prayer, even if no words are spoken. It is a way of saying, “I am here, I am open, and I don’t have to carry everything alone.”

Another benefit is perspective. Addiction thrives on isolation and seriousness of self. Laughing meditation helps shrink problems down to human size. When we laugh, even intentionally, we step outside our obsession with self. That shift aligns directly with Step Eleven’s purpose: to move away from self-centered thinking and toward guidance, awareness, and trust.

Importantly, laughing meditation does not replace traditional prayer or meditation. It complements them. It can be used at the beginning of meditation to loosen tension or at the end as a reminder that recovery includes lightness. For some, it may be the first meditation practice that feels safe and accessible.



In the end, laughing meditation supports Step Eleven by making conscious contact feel less like a duty and more like a relationship. It reminds us that spirituality does not have to be heavy to be real. Sometimes, connection begins with a breath, a smile, and a laugh shared with ourselves, our Higher Power, and the path we are walking one day at a time.

-Submitted by Nital P.

# Sober Through Adversity

## A Personal Account...

I have moved through different sober livings, and no matter where I go, the same challenge continues to present itself. I am often the only LGBT person in a straight-dominated house, and that difference carries a quiet but constant weight.

There are moments when I feel singled out, when I feel as though I don't quite belong. Over time, it becomes easy to internalize that discomfort and wonder if I am the problem simply because I am different. No one needs to say it directly. I sense it in the pauses, in the way I hesitate before speaking, and in how carefully I choose my words just to avoid standing out.

That feeling does not stay contained within the walls of the house. It follows me to work. It follows me into conversations with friends. It even follows me into AA meetings.

AA meetings are meant to be a place of safety, yet they can also reflect the same feelings of separation. Still, they are where I lean the most. When everything else in my life feels uncertain, I continue to show up. I take a seat even when I feel uncomfortable. I listen when I am unsure how to speak. I share when my voice trembles.



I lean into the meetings because they remind me that honesty matters. They remind me that I am not alone in my struggles. More importantly, they connect me with people in the program who refuse to let me drift away—people who check in, who reach out, and who remind me that recovery is not about conformity, but about staying sober and staying present, one day at a time.

At times, my struggle is not about a lack of willingness. It is about the desire to heal while still being allowed to exist fully as myself.

From an outside view, frequent moves between sober livings can appear chaotic or resistant. What is often unseen is the isolation that can come from being the only person who feels different in a space meant to provide support.

When that fuller picture is considered, it becomes clear that this is not a matter of unwillingness, but of connection. AA works best when people feel accepted, when they are able to relate, and when they are given room to be authentic.

The Twelve Steps teach that recovery begins with honesty, humility, and a willingness to keep showing up—even when life feels uncomfortable. They remind us that progress is made not through perfection, but through continued effort and self-awareness. In practicing these steps, I am learning that staying sober sometimes means sitting with discomfort rather than running from it.

The Twelve Traditions emphasize unity, reminding us that our common welfare comes first and that principles must come before personalities. They ask us to practice tolerance, patience, and love so that everyone who seeks recovery can find a place to belong. These traditions make room for difference and remind us that inclusion is not optional—it is essential to survival.

The Big Book speaks often about the need for connection, understanding, and identification. It reminds us that we recover best when we see ourselves in one another's stories and when we extend the same compassion we once needed ourselves. It teaches that no one stays sober alone, and that shared experience is what turns isolation into hope.

Taken together, the Steps, the Traditions, and the message of the Big Book offer a clear path forward. Remaining sober through adversity does not mean adversity disappears. It means continuing to show up anyway. It means trusting that even when you feel different, there is still a seat for you, a voice that matters, and a reason to stay. In that space, recovery becomes more than abstinence—it becomes belonging.

-Drawing & Story Submitted by Deveraux E.

## SECOND STEP PRAYER

**HIGHER POWER, I KNOW IN MY HEART THAT ONLY YOU CAN RESTORE ME TO SANITY. I HUMBLY ASK THAT YOU REMOVE ALL TWISTED THOUGHT AND ADDICTIVE BEHAVIOR FROM ME THIS DAY. HEAL MY SPIRIT AND RESTORE IN ME A CLEAR MIND.**

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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: [brnoozenews@gmail.com](mailto:brnoozenews@gmail.com)

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

## **An Alcoholics Anonymous Prayer**

Almighty God, I humbly pray,  
Lead me, guide me through this day.  
Cast out my selfishness and sin,  
Open my heart to let You in.  
Help me now as I blindly stray  
Over the pitfalls along the way.  
Let me have courage to face each task,  
Invest me with loving patience, I ask.  
Care for me through each hour today,  
Strengthen and guard me now, I pray.

As I forgive, forgive me too,  
Needing Your mercy as I do.  
Oh, give to me Your loving care,  
Never abandon me to despair.  
Yesterday's wrongs I would seek to right,  
Make me more perfect in Your sight.  
Oh, teach me to live the best I can,  
Use me to help my fellow man.  
Save me from acts of bitter shame,

-- I humbly ask it in Your name.

~Anonymous

## 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



## Color Me



Coloring Page Submitted by Kristy B.

Submit completed coloring pages to be featured in next months publication. No identifying information in coloring. Submit to: [brnoozenews@gmail.com](mailto:brnoozenews@gmail.com)



Even If Today Repeats,  
I Choose Recovery.

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In 2024, there was a General Service Conference advisory action  
*"that a pamphlet on the transgender alcoholic in A.A. be developed",*

In response, the A.A. trustees' Literature Committee is seeking personal stories of recovery from transgender and gender-diverse A.A. members in the U.S. & Canada.

## A Call for Stories from Transgender Alcoholics in A.A.

**Format:** 500–1,000 words (typed, double-spaced, 12 pt) or 5–8 pages handwritten. Include your full name, address, and phone/email on first page. Anonymity protected.

**Deadline: March 31, 2026**

**To submit:** Email: [pamphletstories@aa.org](mailto:pamphletstories@aa.org), or  
Mail: Literature Assignment, General Service Office, Box 459, Grand Central Station, New York NY 10163. (write "Pamphlet" on lower right of envelope), or  
Online: <https://www.aa.org/submit-story-aa-for-the-transgender-alcoholic-pamphlet>, or use the QR code. ↵



**Stories of recovery may include, but not limited to:**

Experience, Strength & Hope  
Steps, Traditions & Concepts  
Sponsorship & Service  
Experience in A.A. meetings  
Safety & Belonging  
Sobriety & Mental Health  
Transitioning in Sobriety

Gender Diversity  
Ethnic, cultural & geographical  
backgrounds  
Atheist/Agnostics  
Newcomer Experiences  
Diverse Abilities  
YPAA/Older Alcoholics

Capital Area Service Committee

# Grapevine Committee



**YOUR  
GRAPEVINE  
NEEDS YOU  
NOW!**

**3rd Sunday of  
Every Month**

**4:15 PM**

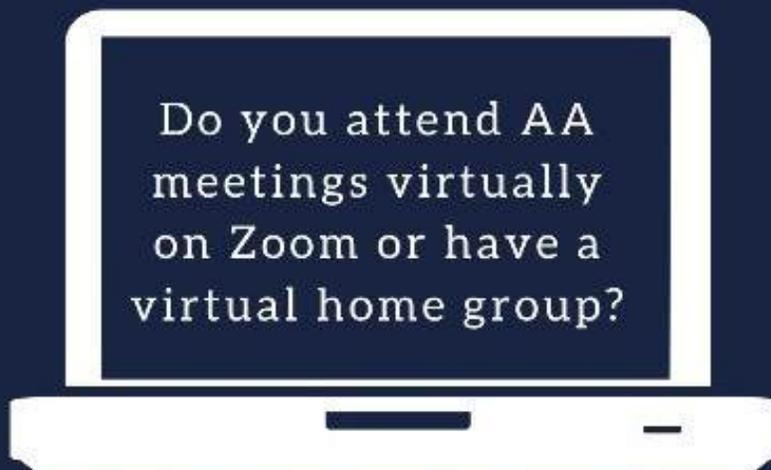
**AA Central Office**

**10319 Old Hammond Hwy  
Baton Rouge, LA 70816**

*Experience the excitement—discover all  
that Grapevine has in store and make sure  
you're part of the action!*

**For further info, please contact  
Michelle P. at (713) 851-6163 or  
[grapevine@aacasc.org](mailto:grapevine@aacasc.org)**





## **AREA 27 LOUISIANA ONLINE DISTRICT 25**

Area 27 of Alcoholics Anonymous (Louisiana) recently launched a virtual district (District 25) so that virtual home groups can have their voices represented in our general service structure. Online District will meet temporarily as a breakout room of Area 27's monthly Accessibility Committee meeting.

JOIN US: FIRST SUNDAY OF THE MONTH AT 2 PM CST ON ZOOM

ZOOM MEETING ID: 373 884 7070 PASSWORD: Access27

CONTACT: LONNIE - 337-296-0006

## REGIONAL AND SPECIAL FORUMS 2025–2026 CALENDAR

### Have you ever attended a Regional, Local or Special Forum?

We welcome and encourage first time forum attendees to come! These Forums provide a unique opportunity for A.A. members and local trusted servants throughout Canada and the U.S. to exchange information and share experience with representatives of the General Service Board, AAWS, Inc., AA Grapevine, Inc. and the General Service Office.

**There is NO registration FEE! • Hope to see you there!**

November 14-16, 2025	SOUTHWEST	Marriott Albuquerque, Albuquerque, NM
December 5-7, 2025	NORTHEAST	Omni Providence Hotel, Providence, RI
January 17, 2026	SPECIAL FORUM FOR DEAF A.A. MEMBERS	Online Only
June 12-14, 2026	WESTERN CANADA	Travelodge Saskatoon, Saskatoon, SK
August 21-23, 2026	EASTERN CANADA	Hôtel Mortagne, Boucherville, QC
September 18-20, 2026	SOUTHEAST	Hilton Raleigh North Hills, Raleigh, NC
December 4-6, 2026	PACIFIC	Wyndham San Diego Bayside, San Diego, CA

<https://www.aa.org/regional-local-and-special-forums>

# AREA 27 WINTER STORM MEETINGS

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As part of the Area 27 Accessibilities Committee's commitment to ensuring access to meetings during weather emergencies that impact access to in-person meetings, we will be hosting Zoom meetings during the winter storm this week.

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GO TO [TINYURL.COM/AREA27WS26](https://tinyurl.com/Area27WS26)  
TO VIEW EMERGENCY MEETING TIMES  
BEGINNING FRI. JAN 23, 2026

ZOOM: 846-0978-5541  
PASSCODE: AAArch62

Schedule also viewable at  
[AA-louisiana.org](https://aa-louisiana.org) events tab



## VOLUNTEER TO HOST A FUTURE EMERGENCY MEETING

Homegroups and individuals can sign up as volunteers to host meetings to serve impacted locations in the event of a major hurricane or displacing weather event at the link below

[tinyurl.com/HurricaneSeasonAA](https://tinyurl.com/HurricaneSeasonAA)

# 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/>



Learn more about

# 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@aneworleans.org](mailto:office@aneworleans.org)

ZOOM ID: 373 884 7070

PASSCODE: Access27

# LOUISIANA AREA 27

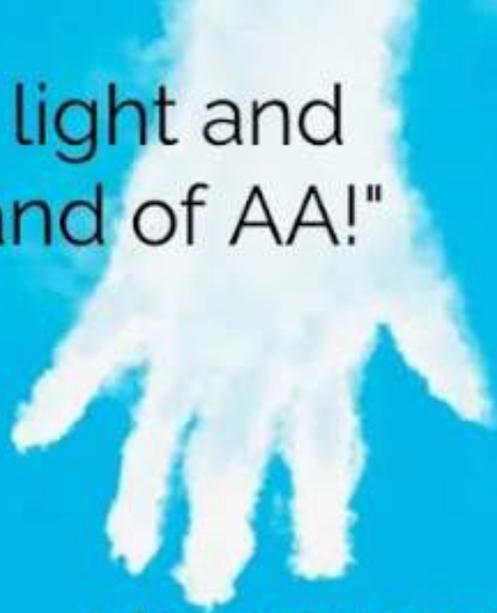


**ACCESSIBILITIES COMMITTEE**

# AREA 27 OUTREACH



"A light and  
hand of AA!"



MONTHLY ZOOM

MEETING:

1ST SUNDAYS

4PM CST

ID:797702530

PW:731380

[Outreach@aa-louisiana.org](mailto:Outreach@aa-louisiana.org)



**AREA 27**

# **TREATMENT COMMITTEE**

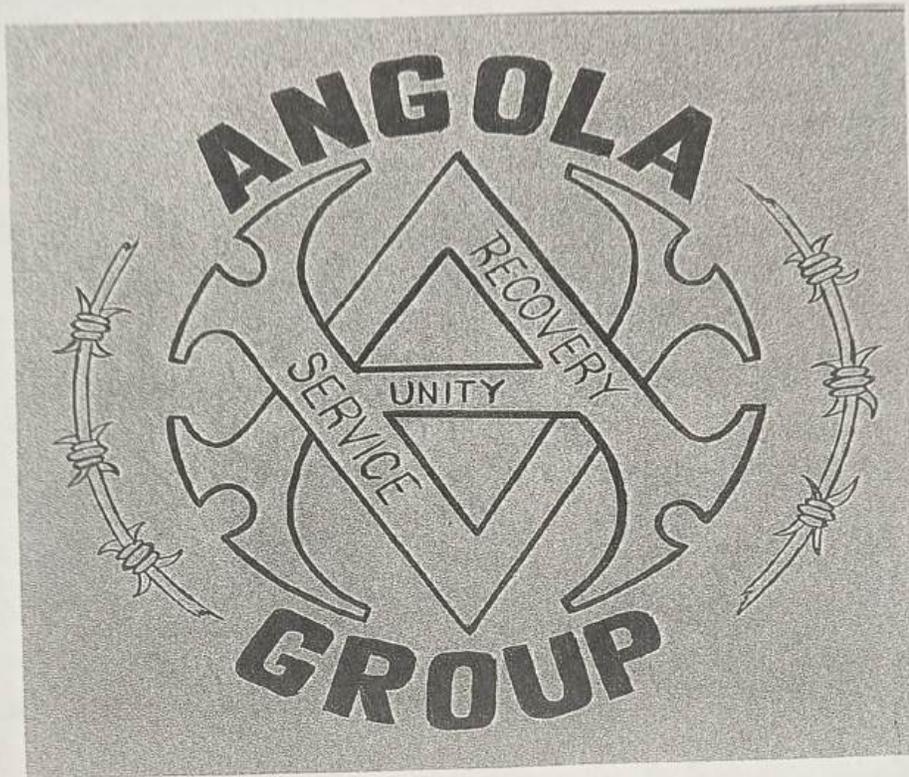
Monthly Zoom

- ✓ **Every 1<sup>st</sup> Sunday**
- ✓ **6:30PM CST**
- ✓ **ID: 373 884 7070**
- ✓ **PW: Access27**

Visit our website @

**[aa-louisiana.org](http://aa-louisiana.org)**

**email: [treatment@aa-louisiana.org](mailto:treatment@aa-louisiana.org)**



IS LOOKING FOR VOLUNTEERS..

WE'RE LOOKING FOR SERVICE MINDED MEN WITH OVER A YEAR OF SOBRIETY AND ARE WORKING THE STEPS WITH A SPONSOR. CRIMINAL RECORDS ARE OKAY, JUST CAN'T CURRENTLY BE ON PROBATION OR PAROLE.  
NO CAPITAL OFFENSES.

IF INTERESTED, FOR MORE INFORMATION CONTACT:  
LORI A. 419-806-9735  
PATRICK G. 945-217-5858

# **SOBER LADIES, IT'S TIME TO SAY "YES" TO SERVICE.**



---

*Service requirements:*

*Are you strong enough to offer your AA service?*

*Area 27 is calling all wonderful, beautiful, knowledgeable and sober AA women to pass on the AA message to ladies who are unfortunately incarcerated. These sister of ours need to hear our stories of experience, faith and hope. They need to know there is a solution to their alcoholism and a better spiritual way of living. We need to spread the message of Alcoholics Anonymous to these ladies. A few hours of your time can help other women know the serenity and peace you have found in your sobriety.*

**Contact your local district for more  
information about correctional  
centers in your area.**



*Area 27*  
*Louisiana*

**AA GRAPEVINE**

*Committee*

Zoom ID: 373 884 7070

Passcode: Access27

*First Wednesday*  
*of the month*

*6 PM*



Join us for  
District 10's  
monthly  
meeting



*West  
Feliciana*

*East  
Feliciana*

*Pointe  
Coupee*

*East  
Baton Rouge*



**3rd Friday  
of the Month  
@ 6PM**

**Everyone is welcome  
as we come together  
to share ideas and  
strengthen our district**

**ZOOM**

Meeting ID: 872 8468 9096

Passcode: AccessD10 (No Spaces)

**IN PERSON**

**Zachary United Methodist Church  
4205 Church Street  
Zachary, LA 70791**



**Contribution  
Address**

District 10  
PO Box 52963  
Baton Rouge, LA 70892



# *South 19<sup>th</sup> Street Group Big Book Study*

*First  
Monday of  
each  
month*

*7PM*

*House Of  
God  
Church*

*254 South 19th Street  
Baton Rouge, LA.*

*"The spiritual life is not a theory.  
We have to live it."*

# **The Honest Desire Group**

**Closed Meeting**

**Open Literature**



**12 Noon  
Every Saturday**

**No Attendance  
Card**

**No Chips**

**Club 12**

**1695 Beaumont Dr.  
Baton Rouge, LA 70806**

**For More Info:  
(203) 305-8336**

# Next we Launched... **Redstick Roundup 2026**

When: February 6th - 8th

Where: Holiday Inn South

9990 Airline Highway,  
Baton Rouge, La 70816

Visit [redstickroundup.com](http://redstickroundup.com) for  
discounted room rates



Register now!

## Food, Fun, Fellowship

Contact Info:

ERIN D. 985-974-0775  
CHEV P. 985-278-7523

**Group Code: RSR**  
Discounted Special Rates

### **Tickets**

Pre-register  
for \$20  
\$30 at the  
door

### **Speakers**

JULIUS S. / THE VOICE  
DOUG V. / NEW YORK  
LAURA B. / TEXAS  
PAM R. / BATON ROUGE  
BRAD B. / BATON ROUGE  
(A) JENNIFER W. / BATON ROUGE



# Spring into Spirituality



Exploring **LGBTQ+** Pathways to  
Spirituality in Sobriety

**Lunch  
Provided**

**DIY Arts  
& Crafts**

**February 21, 2026  
10 AM - 3 PM**

**Unitarian Church  
8470 Goodwood Blvd  
Baton Rouge, LA 70806**

**Main Speaker Reflecting on Their  
Spiritual Journey**

**Laying a Spiritual Foundation  
Panel**



# *One Breath at a Time*

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**Speaker Meeting**

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**Club 12**

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**February 22**

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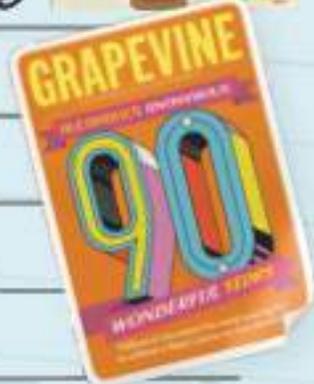
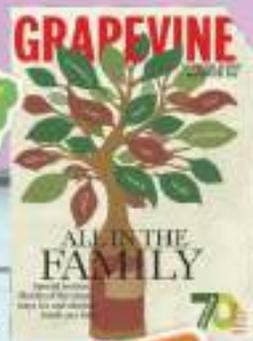
**8:00 PM**

*Say Say's Meditation Journey*

**Lunch  
Served**

Capital Area Service Committee

# Grapevine Writing Workshop



Have you thought about reading  
YOUR story in AAGrapevine?  
It's easier than you think!

**MARCH  
7, 2026  
10AM-2PM**

Have your questions  
answered at the:

LIFE Center

10473 Old Hammond Hwy  
Baton Rouge, LA 70816

Questions answered include: What to write about • What editors look for • How to submit your story • Do you have to be a pro? • Crayon and paper bag submissions—why not?



*save* **THE** *date*



*Road of  
happy destiny*



CROWNE PLAZA • 4728 CONSTITUTION AVE BR, LA 70808



# INTERNATIONAL WOMEN'S CONFERENCE

For those with a desire to stop drinking.

JOIN US ONLINE!  
FEBRUARY 12-15, 2026

Just \$20 USD to attend online.  
Includes 4 days of experience,  
strength and hope – modern  
to modern! Sign up today.



SCAN HERE TO REGISTER AND  
LEARN MORE!



[www.internationalwomensconference.org](http://www.internationalwomensconference.org)



# “FINDING ZEN AFTER THE MADNESS”

BY BIG DEEP SOUTH

**\$10**  
suggested  
donation

***PANEL (3-4pm) | MEDITATION (5-6pm)***

***Lauren S, Jonathan K, & Jessica B***

***FEB 21ST | 2:30pm - 6:30pm***

***583 Broadway Street New Orleans, LA***

# Speaker Event



## SPIRIT OF THE DEAL

— FEBRUARY 27-28, 2026 —

Friday Evening 6PM-9PM · Saturday 9AM-4PM

— FEATURING: —

**A JOURNEY THROUGH THE STEPS  
AND SPONSORSHIP**

LED BY CHAD P. & JULIE A.

FROM OCEAN GROVE, NJ

7805 DeSiard Street, Monroe, LA 71203

**PRICE: \$25**

✓ SNACKS INCLUDED

✓ ONSITE LUNCH INCLUDED

Sponsored by the Monroe Men's Group —

for more information and tickets, go to

[www.spiritofthedeal.org](http://www.spiritofthedeal.org)

All Are Welcome

*District 19 Presents*

*Discover*

**AA** **GRAPEVINE**

The International Journal of Alcoholics Anonymous

*and Writing*

*Workshop*

SATURDAY, FEBRUARY 28, 2026 ~ 1:00-3:00 P.M.

Parkway Presbyterian Church

6200 Camphor St, Metairie, LA 70003



**SNACKS, COFFEE & FELLOWSHIP**

**WRITING SESSION**

**FREE 1 YEAR SUBSCRIPTION RAFFLE**

**GRAPEVINE LITERATURE FOR SALE**

**BACK ISSUES AVAILABLE**

**AREA 27 GRAPEVINE CHAIR VISITING**



**PUBLISHED AUTHORS: TARA C & RONNIE**



## Lake Area Roundup 2026

March 6 - 7

Prien Lake Park

3700 W Prien Lake Rd, Lake  
Lake Charles, LA 70905

### Rocketed Into A Fourth Dimension

#### Schedule

##### Friday

4:00 PM - Registration/Appetizer Social  
6:00 PM - Dinner  
7:00 PM - Jacob B (Lafayette, LA, AA)  
8:00 PM - Raffle  
8:30 PM - Ice Cream Social  
9:00 PM - Late Night Meeting

##### Saturday AM

7:00 AM - Morning Meditation with Kerry H  
7:30 AM - Donut Social  
8:30 AM - "We are not a glum lot" Panel  
9:45 AM - Raffle  
10:00 AM - The Three Legacies Q&A Workshop  
11:30 AM - Lunch

##### Saturday PM

12:30 PM - Entertainment  
2:30 PM - Diana A (Nashville, TN), Al-Anon  
3:45 PM - Raffle  
4:00 PM - Spiritual Experiences Workshop,  
(Breakout Session)  
5:30 PM - Dinner  
6:30 PM - Sobriety Countdown  
7:00 PM - Mike A (Nashville, TN), AA  
8:00 PM - Raffle & Split the Pot

Use QR Code  
to submit questions  
for workshop



*Hotel Information: Wingate by Wyndham, 1731 W Prien Lake Rd, Lake Charles, LA 70605*

*Block Rate (Lake Area Roundup): \$140/night by Feb 7, phone (337) 426-0366*

**REGISTRATION IS \$35 IN ADVANCE, \$45 AT THE DOOR**  
**INCLUDES ENTRY FOR THE ENTIRE WEEKEND, ALL MEALS, AND SOCIALS**

**T-SHIRTS ARE AVAILABLE FOR \$25 ORDER BY FEB 1 TO GUARANTEE SIZE**

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Homegroup \_\_\_\_\_

T-shirt Size: S M L XL XXL XXXL XXXXL \_\_\_\_\_

(Circle your size)

Mail form, with check, to:

Lake Area Roundup

PO Box 113

Lake Charles, LA 70602



venmo

Call David R for any questions or to pay with credit card. 337-442-7244

Please mark payment method used:

Cash  Check  Credit Card  Venmo

# *Save the Date* **Emerald Auction**

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*A fresh twist on our beloved Sweets Auction*



**Saturday, March 7**  
**6pm - American Legion Hall**

---

**This year the Emerald Auction is replacing the Sweets Auction as we add a special ART component.**

**BE OF SERVICE!!**

**Planning to attend or help? Scan here**

## **We Need:**

- **Homemade Baked Goods (as always!)**
- **Original AA- Created Artwork**
- **Volunteers prior, during and post event**





# Louisiana Men's Workshop

A weekend of workshops and speakers concentrated on the AA recovery program from the Big Book of Alcoholics Anonymous.

GOD BOX WILL BE AVAILABLE FOR ANYTHING YOU WOULD LIKE TO LET GO OF AND BE BURNED AT SATURDAY NITE BONFIRE



Join Us March 13 - March 15, 2026

Register on our website:

[www.LAMensWorkshop.com](http://www.LAMensWorkshop.com)

Registration Fee Options:

- 1) Lodge Ticket (Two Beds per Room) \$300.00 per person or
- 2) Bunkhouse Ticket (Multiple Bunk Beds) \$150.00  
(plus 3.12% credit card fee if paid online) (Please note: You will need to bring, linens, blanket, towels & toiletries for bunkhouse)

Both ticket options include two nights' stay at The Wesley Center, three meals on Saturday, and breakfast on Sunday.

All attendees must be registered and may only stay in the facility. The Wesley Center will not allow RV's or tents on the premises.



Located at the Wesley Center  
2350 Methodist Parkway  
Woodworth, LA. 71485

[www.thewesleycenter.com](http://www.thewesleycenter.com)

**Limited Space Available**

Please Register By

**February 14, 2026**

Questions? Contact us at [LAMensworkshop@gmail.com](mailto:LAMensworkshop@gmail.com) or call James  
Broussard 337-452-5458

## Schedule

### FRIDAY, March 13, 2026

- 4:00pm to 7:00pm - Check In
- 7:00pm - Meet and Greet
- 8:00pm - Speaker: Josh C. Gonzales, LA
- 9:30pm - Ending Our Day from Big Book Meeting; Evening Inventory

### SATURDAY, March 14, 2026

- 6:00am - 6:30am - Meditation Back Patio
- 7:00am - 8:00am - Walking Meditation
- 8:00am - 9:00am - Breakfast
- 10:00am - 11:00am - Workshop - Step 6
- 11:00am - Fellowship
- 12:00pm - Lunch
- 1:30pm - 2:30pm - Workshop - History of AA
- 3:30pm - 4:30pm - Workshop - Step 10
- 5:30pm - 6:30pm - Dinner
- 7:30pm - 8:30pm - Speaker: Matthew M. Santa Paula, CA
- 9:30pm - 10:30pm - Meeting and Bonfire

### SUNDAY, March 15, 2026

- 6:00am - 6:30am - Meditation Back Patio
- 7:00am - 8:00am - Walking Meditation
- 8:00am - 9:00am - Breakfast
- 9:30am - 10:30am - Speaker: Tony P. Lafayette, LA
- 11:00am - 12:00pm - Checkout; early registration for following year

# **PRINCIPLES INVENTORY WORKSHOP!!!**

***PRACTICAL APPLICATION FOR PERSONAL GROWTH***

**...and YES we will have Coffee, Donuts and Snacks...**

**SPONSORED BY DISTRICT 17, PRESENTED BY BELINDA F.**

**PERHAPS THERE IS A BETTER WAY!!!**



**WE KNOW SO!!!**

SATURDAY MARCH 14, 2026

9:00AM – 12:00PM

ST. JOHN EPISCOPAL CHURCH HALL

718 JACKSON STREET, THIBODAUX, LA

**WHAT TO BRING??**

**A BIG BOOK, A NOTEPAD/PAPER, AND HONESTY, WILLINGNESS & HUMILITY**

**33<sup>RD</sup>  
ANNUAL**

# UPSTATE

*Convention*

**RUSTON, LA**

**March 26th-29th, 2026**

**CHAIR-CHAD W. VOICE-CALEB S.**

### *Kick-Off*

**THURS., MARCH 26TH**  
Gratitude House  
1501 White St. Ruston  
6:00 PM Dinner  
8:00 PM Caleb S-Ruston, LA

**PRE-REGISTRATION: \$25**  
RECEIVED BY MARCH 8TH  
REGISTRATION \$30  
AFTER MARCH 8TH

**HOTEL**  
HAMPTON INN-RUSTON-  
\$112.00/PER NIGHT  
BOOK BY 3/11/26

*Ruston Civic Center*  
401 N Trenton St. Ruston

### **FRIDAY**

**7:45 PM Sobriety Count- Up**  
**8:00 PM Gene A**  
Alexandria, LA

### **SATURDAY**

**7:30 Guided Meditation @**  
212 W. Mississippi  
**10:00 AM David R- Memphis, TN**  
**2:00 PM Diane A- Nashville, TN**  
(AL-ANON)  
**8:00 PM Holly D- Jacksonville, FL**

### **SUNDAY**

**10:00 AM Rachel R- Memphis, TN**

**MAKE CHECKS PAYABLE TO RUSTON AA CONVENTION PLEASE PRINT CLEARLY**

NAME \_\_\_\_\_

CIRCLE AA AFG ALT

NAME \_\_\_\_\_

CIRCLE AA AFG ALT

MAILING ADDRESS \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

Preregister to be entered into drawing for \$50.00 cash.  
Mailing Address: PO BOX 505-Ruston, LA 71273-0505

**REGISTER @ RUSTONAA.ORG**

BROUGHT TO YOU BY THE PRODUCERS OF  
ПОСХУРАА & ЛАСЦУРАА 40

# LASCYPAA PROJECT XL

## Camp Living Waters

21133 Living Waters Rd  
Loranger, LA

COMING APRIL 10-12, 2026



Pre-Register

# JOIN US FOR THE 20TH ANNUAL *Fellowship of the Spirit South* APRIL 17TH - 19TH, 2026

CHAIR: ALLISON C.      CO-CHAIR: STEPHANIE S.  
CHAIR@FOTSSOUTH.COM      COCHAIR@FOTSSOUTH.COM

## SPEAKER LINE UP:

Sarah I.  
Philadelphia, Pa  
7:30 pm Friday's AA Speaker

Hannah B.  
Santa Rosa Beach, Fl  
2:45 pm Saturday's Al-Anon Speaker

Chad P.  
Ocean Grove, NJ  
7:00 pm Saturday's AA Speaker

Kurt Z.  
Redondo Beach, Ca  
9:30 am Sunday's AA Speaker

## LOCATION:

### Home 2 Suites

#### by Hilton

1909 Kaliste Saloom Road,  
Lafayette, LA 70508  
337-706-8610

## PRICING:

\$35 per person  
(if paid by 3/28/26)

\$40 per person  
(if paid after 3/28/26)

### Room rate:

1 King bed \$159  
2 Queen beds \$169  
see link on website

## SHIRTS FOR SALE:

\$25 SHORT SLEEVE  
\$30 LONG SLEEVE



## REGISTRATION:



## SCHEDULE:

### Friday, April 17

12:00 pm Registration  
1:00 pm Workshop (Step 1 & 2)  
2:15 pm Workshop (Step 3)  
3:30 pm Workshop (Step 4 & 5)  
4:45 pm Workshop (12 Concepts)  
5:45 pm Dinner & Fellowship (included)  
7:30 pm AA Speaker (Sarah I.)  
9:00 pm Prayer & Meditation

### Saturday, April 18

7:00 am Prayer & Meditation  
8:30 am Workshop (Steps 6 & 7)  
9:45 am Workshop (Steps 8 & 9)  
11:00 am Workshop (Steps 10 & 11)  
12:00 pm Lunch & Fellowship (included)  
1:30 pm Workshop (12 Traditions)  
2:45 pm Al-Anon Speaker (Hannah B.)  
4:30 pm Workshop (Step 12)  
5:30 pm Dinner & Fellowship (included)  
7:00 pm LIVE auction  
7:30 pm Speaker (Chad P.)  
9:00 pm Prayer & Meditation

### Sunday, April 19

7:00 am Prayer & Meditation  
8:00 am Conscience of the Conference  
9:30 am AA Speaker (Kurt Z.)

\*PRICE INCLUDES ENTRY  
FOR THE ENTIRE WEEKEND,  
FRIDAY DINNER, & BOTH LUNCH  
& DINNER SATURDAY.\*

YOU CAN REGISTER ONLINE AT  
[WWW.FOTSSOUTH.COM](http://WWW.FOTSSOUTH.COM)

# Thursday May 14th

- 5:00 PM Registration Begins at Barak Shrine Temple
- 6:30 PM Hospitality Room Opens
- 8:00 PM Kickoff Meeting  
AA Speaker: Barbara C (Monroe, LA)

# Friday May 15th

- 4:00 PM Registration
- 6:00 PM Hospitality Room Opens
- 7:30 PM Opening Ceremony: Sobriety Count Up
- 8:00 PM AA Speaker: Scott S (Ten Mile, TN)

# Saturday May 16th

- 8:00 AM Registration and Hospitality Room Opens
- 9:00 AM AA Meeting (Main Ballroom), Al-Anon Meeting (Shriner Room)
- 10:30 AM Bingo (Main Ballroom)
- 12:00 PM Hospitality Room Opens
- 1:30 PM Al-Anon Speaker: Allison M. (Birmingham, AL)
- 3:00 PM Sponsorship Workshop (Led by speakers)
- 5:00 PM Hospitality Room Opens (Fish Fry)
- 6:45 PM Prize Raffle and 50/50 Raffle
- 8:00 PM AA Speaker: Scott L. (Nashville, TN)
- 9:30 PM Talent Show (Following Speaker)

# Sunday May 17th

- 8:00 AM Hospitality Room Opens
- 9:45 AM Sobriety Count Down
- 10:00 AM Love Meditation: Scott L. (Nashville, TN)

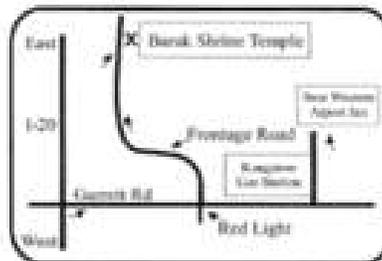
# 39<sup>th</sup> Annual NELA Roundup AA Convention

In cooperation with Al-Anon



Half measures  
availed us  
nothing.

Voice: Darren J. (Monroe)  
Convention Chair: Diamonique G.  
(318) 692-8213  
nelaroundup@gmail.com



BARAK SHRINE TEMPLE  
6620 FRONTAGE ROAD, MONROE, LOUISIANA 71202

## 39<sup>th</sup> ANNUAL NELA ROUND UP 2026 – Half Measures Availed Us Nothing– REGISTRATION

The convention Hospitality Room will open Thursday at 6:30 p.m. and close during each meeting

**Registration: \$30 each \*\*Please wear badges at ALL times\*\***

Name: (Print Clearly)	Mailing Address: (Print Clearly)	AA	Al-Anon	Other	Homogroup
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____



Checks payable to: NELA Roundup  
Mailing address: P.O. Box 5063  
Monroe, LA 71210

Register online at [LADistrict4.com](http://LADistrict4.com)

Total Enclosed: \_\_\_\_\_

Sponsorship Contributions: \$ \_\_\_\_\_ Lend a hand to those unable to afford registration.

Pre-Registration \$25 per person until May 1<sup>st</sup>, 2026

There will be one drawing Saturday night for pre-registered guests - \$25 cash prize awarded  
[www.LADistrict4.org](http://www.LADistrict4.org)



AA Area 27 District 6 Presents ...  
**The Northwest Louisiana Conference**



# NWLAC

8:00 A.M.  
UNTIL  
6:00 P.M.

\*RAFFLE, RAFFLE  
MORE RAFFLE!

\*GUEST SPEAKERS (6) TOTAL

\*WORKSHOP Lead By Ann L. Complete History of the A.A. Big Book

\*Rehab Game Olympics!  
Ping-Pong, Cornhole, Darts, and More.

\*LUNCH SERVED- NATCHITOCHES STYLE!!!



*Natchitoches*  
Events Center

720 2nd Street, Natchitoches, La. 71457

TICKETS

\$25

MAY

30



GUEST SPEAKERS

- 9:00-10:00 A.A. Jamarcus W. / Natchitoches, La.
- 10:15-11:15 A.A. Jim L. / Shreveport, La.
- 11:30-12:30 A.A. Rae Lynn F. / Orange, Tx.
- 2:00-3:00 A.A. Marjorie G. / Shreveport, La.
- 3:15-4:15 A.A. Helena H. / Shreveport, La.
- 4:30-5:30 A.A. Chuck J. / Olathe, C.

Pre-register at  
[www.nwlac.com](http://www.nwlac.com)



SCAN ME

If you have any questions or concerns please call or email us at...

[info@nwlac.com](mailto:info@nwlac.com)

318-529-8761



36th Annual

# "We Are Not A Glum Lot"

Sponsored by: The AA Groups of "District 12 on the Northshore"  
St. Tammany, Tangipahoa & Washington Parishes of LA Area 27

For Info, Map & Online Registration: [www.SpringRoundupLa.com](http://www.SpringRoundupLa.com)

## May 22, 23, & 24, 2026

Courtyard by Marriott 101 Northpark Blvd. Covington, LA

(800) 321-2211 - Mention: Spring Roundup (North of I-12, Exit 63-B)

Friday, May 22nd	5:00 pm	Registration & Hospitality Open
	6:00 pm – 7:00 pm	Marathon Meeting
	7:45 pm	AA Speaker: <i>Paul G. (Akron, OH)</i>
	9:15 pm	Ice Cream Social / Bingo
	10:00 pm – 11:00 pm	Marathon meeting
Saturday, May 23rd	8:00 am	Meditation Meeting
	8:00 am – 9:00 am	Marathon Meeting
	9:15 am	AA Speaker: <i>Ali H. (Toronto, CA)</i>
	10:30 am – 11:30 am	Marathon Meeting
	12:00 pm – 1:00 pm	Lunch (On your own: Many local eating places)
	1:15 pm	Al-Anon Speaker: <i>Rick A. (Boca Raton, FL)</i>
	3:15 pm	Workshop: <i>Traditions in Relationships</i>
	5:30 pm	Dinner (Limited tickets – purchase below)
	7:00 pm	Announcements & Raffle Drawings
	7:45 pm	AA Speaker: <i>Amanda B. (Montgomery, AL)</i>
9:15 pm	Ice Cream Social / Entertainment	
10:00 pm – 11:00 pm	Marathon Meeting	
Sunday, May 24th	8:00 am	Meditation Meeting
	8:00 am – 9:00 am	Marathon Meeting
	10:00 am	AA Speaker: <i>Christine G. (Akron, OH)</i>



Roundup Chair: Harry L.

Recordings: James M. ~ Literature: New Orleans Central Office Literature

AA and Al-Anon Pre-Registrations received by **May 9<sup>th</sup>** will be entered in a special raffle

Registration Online: [springroundupla.com](http://springroundupla.com) AA and Al-Anon: \$35.00 each received by **May 9<sup>th</sup>**  
AA and Al-Anon: \$40.00 each after **May 10<sup>th</sup>** Teens: \$10.00 12 and under: Free  
**Saturday Dinner: price \$25.00 (100 dinner tickets available)**

Name: \_\_\_\_\_ (Circle One)\* AA\*\*Al-Anon\*\*Teen \*

Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Scholarship Donation: \$ \_\_\_\_\_ Registration: \$ \_\_\_\_\_

Dinner: \$ \_\_\_\_\_ Total Enclosed: \$ \_\_\_\_\_ \* Checks payable to: Spring Roundup

\* Mail To: S.E. LA. Spring Roundup, P.O. Box 4150, Covington, LA 70434

Pre-Registration \$35.00 After **5/10** & At Door \$40.00



# 2026 BIG DEEP SOUTH CONVENTION THE ROAD OF HAPPY DESTINY

## Committee Planning Meeting

Wednesday, November 5th

6:30PM Central Office

638 Papworth Ave.

Metairie, LA

Zoom access:

Meeting ID: 839 5846 4391

Passcode: deepsouth

Artwork submissions can be

sent to [marydsh@yahoo.com](mailto:marydsh@yahoo.com)

OR brought to our November

5<sup>th</sup> committee meeting.

2026 theme:

The Road of Happy Destiny

\*\*Please provide colors on artwork,  
minimal colors preferred.

Upcoming business for Big Deep South:

November 1<sup>st</sup>: Scary-Okey Fundraiser!

November 5<sup>th</sup>: Committee Planning Meeting

(Artwork will be voted on)

December 3<sup>rd</sup>: Committee Planning Meeting

(Voice will be voted on)

# 2026 BIG DEEP SOUTH CONVENTION COMMITTEE PLANNING MEETING

**DECEMBER 3RD  
6:30PM  
CENTRAL OFFICE**

638 PAPWORTH AVE, METAIRIE

ZOOM  
MEETING ID: 872 5716 6261  
Passcode: deepsouth

**ALL ARE  
WELCOME!  
COME GET  
INVOLVED!**

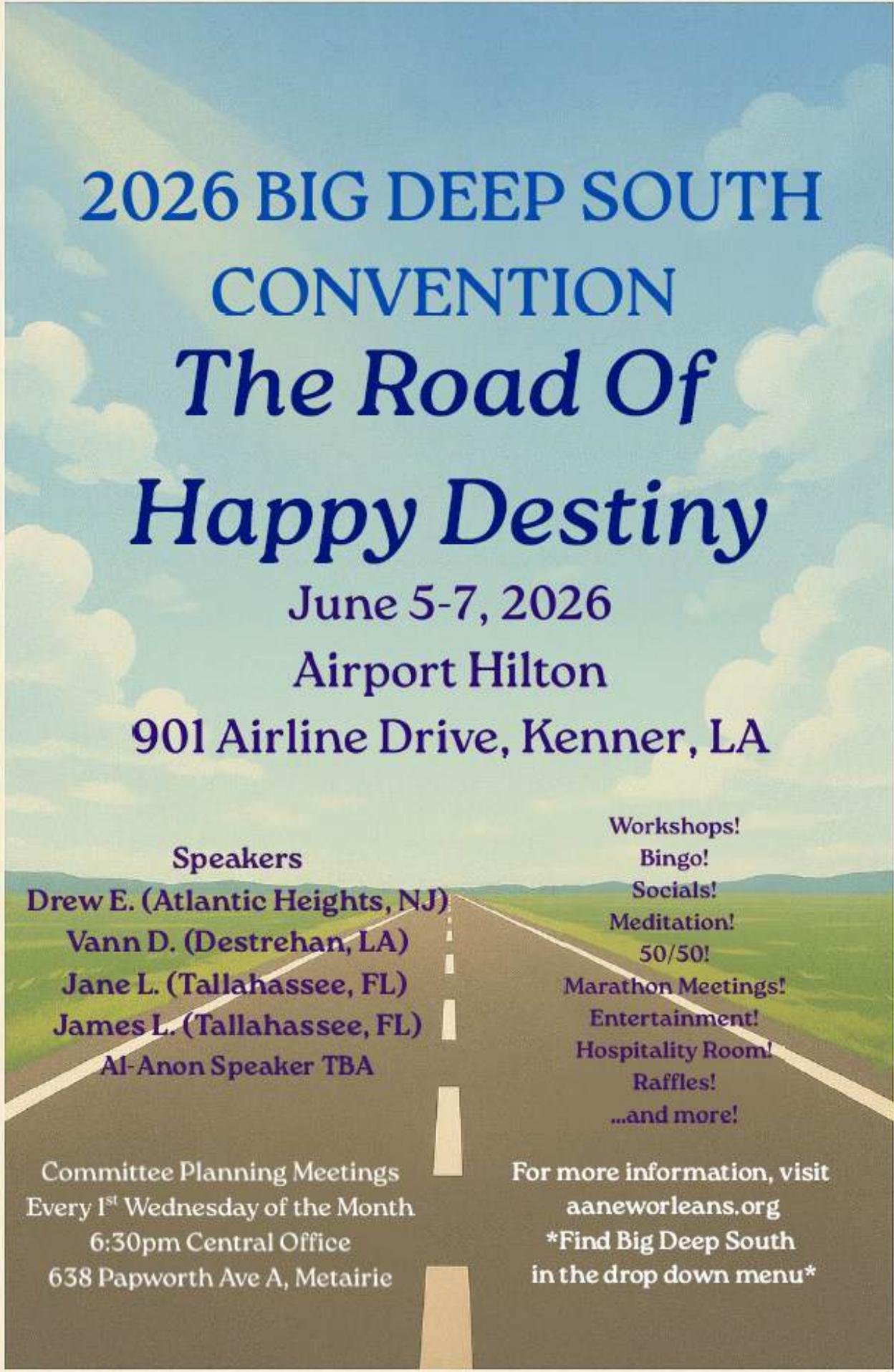
## Convention Voice Selection!

If you or someone you know is interested in being the Voice of the 2026 Big Deep South Convention, please attend our Dec. 3<sup>rd</sup> meeting!

\*2026 Voice is to be a male with a minimum of 1 year of sobriety as of 12/3/2025

Questions?  
Mary - marydsh@yahoo.com  
Scott - sbowers2017@outlook.com





**2026 BIG DEEP SOUTH  
CONVENTION**  
*The Road Of  
Happy Destiny*

June 5-7, 2026

Airport Hilton

901 Airline Drive, Kenner, LA

**Speakers**

**Drew E. (Atlantic Heights, NJ)**

**Vann D. (Destrehan, LA)**

**Jane L. (Tallahassee, FL)**

**James L. (Tallahassee, FL)**

**Al-Anon Speaker TBA**

**Workshops!**

**Bingo!**

**Socials!**

**Meditation!**

**50/50!**

**Marathon Meetings!**

**Entertainment!**

**Hospitality Room!**

**Raffles!**

**...and more!**

Committee Planning Meetings  
Every 1<sup>st</sup> Wednesday of the Month

6:30pm Central Office  
638 Papworth Ave A, Metairie

For more information, visit  
[aaneworleans.org](http://aaneworleans.org)

**\*Find Big Deep South  
in the drop down menu\***

# 2026 BIG DEEP SOUTH CONVENTION THE ROAD OF HAPPY DESTINY

JUNE 5-7, 2026 - AIRPORT HILTON KENNER, LA

## HAPPY AND JOYOUS SPECIAL

REGISTER FOR THE  
2026 BIG DEEP  
SOUTH CONVENTION  
AT THIS DISCOUNTED  
RATE FOR  
**DECEMBER &  
JANUARY!**

# \$34

COVERS THE  
WHOLE WEEKEND!



HOTEL ROOMS  
AVAILABLE!  
\$149/NIGHT

**PRE-REGISTRATION CAN BE DONE ONLINE OR IN PERSON AT CENTRAL OFFICE  
FOR MORE INFO VISIT [BIGDEEPSOUTH.ORG](http://BIGDEEPSOUTH.ORG) OR 638 PAPWORTH AVE. STE. A, METAIRIE, LA**

## 2026 BIG DEEP SOUTH CONVENTION PRE-REGISTRATION FORM

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ BADGE NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY/STATE/ZIP: \_\_\_\_\_

AFFILIATION (AA/AL-ANON/ALATEEN: \_\_\_\_\_

PAYMENT METHOD: ONLINE - [BIGDEEPSOUTH.ORG](http://BIGDEEPSOUTH.ORG)  
IN PERSON - CENTRAL OFFICE - 638 PAPWORTH AVE STE. A, METAIRIE, LA



**CAJUN** *Our Common Welfare*  
**COUNTRY** **CONFERENCE**  
2025

**Homes2Suites**  
**1909 Kaliste Saloom Rd.**  
**Lafayette, LA 70508**  
**337-706-8610**

**Friday September 26th**  
5:00pm Registration Opens  
6:30pm Dinner  
8:00pm Speaker –Ry B.  
10:00 pm Meeting



Registration:  
Early \$ 35.00  
At Door \$40.00

Short & long  
sleeve shirts \$30.00

**Saturday September 27th**  
7:00am Coffee & Donuts  
8:00am Meditation  
9:30am Speaker – Rose E.  
11:00am Workshop  
12:00pm Lunch  
1:30pm Workshop  
3:00pm Al-Anon Speaker Eileen C.  
4:30pm workshop  
6:00pm Dinner  
7:30pm Raffle  
7:45pm Sobriety Countdown/up  
8:00pm speaker - Rick B.

Conference Committee meets the 3<sup>rd</sup> Sunday@3PM  
We meet at the Turning Point, 210 8<sup>th</sup> St, Lafayette  
[chair@cajunaa.org](mailto:chair@cajunaa.org) or [co-chair@cajunaa.org](mailto:co-chair@cajunaa.org)