

No Booze News

March 2026

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



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March reminds us that before there was a Big Book in our hands, there was a message being put to paper. In March 1938, the manuscript began — turning shared experience into a written lifeline for alcoholics everywhere. This issue carries that same spirit forward, with 38+ pages of meetings, events, and workshops to help us grow and stay connected— together. (See pages 12+.)

If reading this in paper form, all of the flyers can be found at www.aabatonrouge.org under newsletters.



A Word on Anonymity

Anonymity is the guardian of all our Traditions. Experience tells us that anonymity before the public is just as vital to the life of AA as sobriety is to the life of the individual.

Our name Alcoholics Anonymous assures you that your anonymity will be respected. In return, we ask that any names, or stories, that you hear here today be kept in confidence when you leave the premises.

What you hear here,
Whom you see here,
Let it remain here,
When you leave here!

Please remember that AA is a Fellowship of men and women who want to do something about their drinking. The word “anonymous” is an integral part of our name. The Fellowship is not a social club, nor a garden gathering, in order to exchange gossip or other tidbits of “news” about who is or who is not present. In order to ensure our noble purpose, it is absolutely essential that strict confidentiality be maintained for the good of the entire Fellowship.

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 and Thursday, 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

New

Gutter Bravado, Saturday, 8 PM, Club 12, 1695 Beaumont Dr, Baton Rouge 70806

Baton Rouge Humanists, Wednesday, 7 PM, Unitarian Church, 8470 Goodwood Blvd, Baton Rouge 70806

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

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

Wedgewood Group, Currently 6:30 PM, was 7 PM, Our Savior Lutheran Church, 3555 Jones Creek Rd, Baton Rouge 70816

The First Step, Currently 4:30 PM, was 4 PM, Counter Space, 5621 Gov't St, Baton Rouge 70806
On Awakening extended time by 15 min and is now a step study, Friday, 7-7:45 PM, First Baptist Church, 4200 Main St, Zachary 70791

EBR Mens Meeting, Currently 7 PM, Was 8 PM, Broadmore 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

3/2 - 3/8..... Come As You Are
3/9 - 3/15..... Cortana Group
3/16 - 3/22 Carry the Message
3/23 - 3/29 EBR Men's Group
3/30 - 4/5..... Free Again To Choose

🔥 *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.*



Area 27 Assembly Schedule



- March 28th-29th, 2026
- August 15th-16th, 2026
- November 7th-8th, 2026

Visit <https://aa-louisiana.org/area 2/>



February 2026 Contributions

Capital Avenue Group	\$25.00
Farmers Market	\$91.00
Freedom From Bondage	\$25.00
Freedom of Choice	\$124.72
Get'er Done	\$100.00
Happy Hour Group	\$100.00
Individual AA Members	\$200.04
Into Action	\$40.00
Old Hammond Group	\$100.00
Open Heart Meeting	\$186.00
Singleness Of Purpose	\$8.00
South 19th Street	\$50.00
St. Francisville Group	\$117.00
The Nooner	\$33.86
TOTAL	\$1200.62

Birthday Lists

Have you ever wondered how the birthday listings in the *No Booze News* are put together? They come directly from the information your group submits to the Central Office. At this time, 69 groups are included in the birthday list. However, some of the lists currently on file have not been updated in several years. There are also a lot of groups not included. We are especially grateful to the groups that consistently keep their information current — your efforts help us keep the newsletter accurate and up to date for everyone!



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.**



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

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.

The Toy Store Illusion

I came into the rooms like a kid in a toy store,
eyes wide, heart racing,
wanting every promise on the shelf.

I saw serenity in the window display,
peace of mind stacked in bright boxes,
and a shiny badge labeled “Step Twelve”
that I was certain I could reach by Christmas.

“Why wait?” I thought.
“I’ll take patience, humility, and
wisdom—
all in one bundle, please.”



But this is not a grab-and-go
program.
There is no fast pass to freedom,
no overnight shipping for spiritual growth.

The Steps are not toys to collect—
they are tools to live.
They are sandpaper for rough edges,
a mirror for honest reflection,
a doorway I must walk through
again and again.

I learned that “taking it easy”
doesn’t mean sitting still in a recliner
watching the clock.
It means trusting the process,
doing today’s work today,
and leaving tomorrow on the shelf.



In A.A., I don’t have to rush to Step
Twelve
to be useful.
I just have to be willing—
to listen,
to clean my side of the street,
to practice these principles
in all my affairs.

The toy store is still bright.
The promises are still real.
But now I understand—

This is a lifelong workshop,
not a quick shopping trip.

And one day at a time,
with patience I never thought I’d have,
I learn to take it easy
and let God set the pace.



-Submitted by Kristy B.

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:



A LIFELONG TASK

March 5

"But just how, in these circumstances, does a
fellow 'take it easy?' That's what I want to
know."

-TWELVE STEPS AND TWELVE TRADITIONS, p. 26

I was never known for my patience. How
many times have I asked, "Why should I wait,
when I can have it all right now?" Indeed,
when I was first presented the Twelve Steps, I
was like the proverbial
"kid in a candy store." I
couldn't wait to get to
Step Twelve; it was
surely just a few months'
work, or so I thought! I
realize now that living
the Twelve Steps of A.A.
is a lifelong undertaking.



AA GRAPEVINE

March AA & Families



LA VIÑA

March/April Young People
Marzo / Abril Jóvenes



Subscribe at <https://www.aagrapevine.org>

A Child Too Young to Realize the Gift She Was Given

She took her first drink at eight years old. It was not rebellion or experimentation — it was inheritance. Alcohol lived in her home long before she understood what it did to people. Her mother was an alcoholic, loudly and repeatedly, moving through four marriages that began with hope and ended in chaos. Her father drank too, but he worked hard as a truck driver and was gone more than he was home. He was not cruel; he was simply absent. And absence leaves its own imprint on a child. The story stretched back generations. Drinking was not unusual in her family. It was woven into the fabric of everyday life.

By eleven, she was in treatment. It was called help, but it felt like exposure. Her mother wanted to save face. It sounded better to say, “My daughter has a problem,” than to admit the household itself was unraveling.

At twelve years old, during a three-day pass from treatment, she was required to attend an AA meeting. It was 7:00 p.m. on a Saturday night in downtown New Orleans. The streets were alive — neon lights glowing, music spilling from open doors, laughter echoing through the humid air. Her mother barely slowed the car as she turned onto a dim side street on the outskirts of the French Quarter. It was not the main entrance and it was not well lit. It was simply close enough. The door opened, she stepped out, and the car pulled away before she had fully closed it. Her mother had been drinking.

For a moment she stood there alone while the city pulsed around her — music in the distance, heels clicking on pavement, people laughing in groups. Every instinct told her she could disappear into that noise. She could run. She could avoid walking into another room where she would be labeled and monitored. But she couldn't. In her hand

“For sixty minutes she listened to people much older than her speak about wreckage, surrender, and something called serenity.”

was a wrinkled piece of paper that had to be signed as proof she had attended. She had been warned that without signatures there would be no more passes and possibly even juvenile detention. The paper felt heavier than it should have. So she turned away from the street and walked toward a small church hall just off the corner.

Inside, the air was thick with coffee and old wood polish. Smoke hung low beneath the ceiling — back when smoking was still allowed indoors — and ashtrays overflowed on folding tables while thin gray ribbons curled upward from cigarettes held between restless fingers. Metal folding chairs were arranged in a circle and a box fan hummed in the corner, pushing around the

heavy Louisiana heat mixed with tobacco and caffeine. The meeting lasted one hour. For sixty minutes she listened to people much older than her speak about wreckage, surrender, and something called serenity. No one questioned why she was there. No one told her she was too young. They simply welcomed her. When they asked if there were any newcomers, she stood and accepted a small medallion, cool and unfamiliar in her palm.

“She only knew that for one hour she had felt safe.”

After the meeting, they placed pamphlets in her arms and scribbled phone numbers on scraps of paper. Someone carefully opened the front cover of a large book and tucked the numbers inside before handing it to her — a book so big it nearly swallowed her hands. She did not understand what she had been given. She only knew that for one hour she had felt safe.

When the chairs were folded and the coffee was poured out, she waited near the door holding the signed paper. The hour of safety ended, but her ride did not return. For nearly five more hours she wandered the streets near the Quarter. The city was crowded — music blaring, tourists celebrating, drinks raised high in careless joy. She moved through the noise unnoticed, surrounded by people yet entirely alone.

Around midnight, after waiting for her mother for hours, she made a decision. She was not stupid. She had been drinking since she was eight and she understood how this worked. She did not have to be back at the treatment facility for two more days, and no one was watching her now. She stepped into one of the bars. No one asked her age. She placed a single dollar on the counter and was handed a shot of whiskey. It burned going down — sharp, familiar, steadying. The warmth spread quickly through her chest, softening the edges of fear and loneliness. For a moment she felt less twelve, less abandoned, less exposed. It felt like control. It felt like relief. It felt like something she understood.

“She wanted sobriety, but she also wanted control.”

It was close to 1:00 a.m. when her mother finally returned.

She went back to treatment, and then another, and another. For the next twenty-three years she circled in and out of treatment centers and meeting rooms across five different states. She learned the language of recovery. She

could explain powerlessness and describe the allergy and the obsession. She understood the physical craving and the mental twist that convinced her she would be different this time. She wanted sobriety, but she also wanted control.

“She was not trying to destroy her life; she was trying to drink normally.”

At sixteen she gave birth to a child — a child raising a child. She loved fiercely and promised herself she would not repeat the story she had inherited. She went to college, earned degrees, secured good jobs, and paid her bills. From the outside her life often appeared steady. She learned to camouflage the allergy. She did not drink in the mornings — until she did. She did not drink alone — until she did. She did not break promises — until she did. She could stop for weeks at a time, but one drink would awaken something physical and undeniable. Once alcohol touched her lips, something inside demanded more, and once she began she could not reliably predict when she would stop.

She was not trying to destroy her life; she was trying to drink normally.

And yet something quietly guarded her future. She never forgot that smoke-filled room. She never forgot that for one hour she had belonged somewhere. She never forgot that phone numbers were tucked inside the cover of a book she could barely carry. That memory followed her through every treatment center, every failed attempt at control, and every return to the rooms.

“The meeting did not stop her drinking, but it made it impossible for her to say she had never been shown another way.”

That was the gift. Not early sobriety. Not instant transformation. Not even understanding. The gift was introduction. The gift was exposure. The gift was knowing — long before she was willing — that a solution existed and that she had already seen it.

Over the years she would sit in hundreds of meetings across five different states. She heard the Steps read more times than she could count. She collected chips, lost chips, and started again. She knew the language. She knew the promises. She knew what surrender sounded like in other people. But no meeting ever erased the first one.

Because of that night, she was never fully convinced she was hopeless. No matter how far she drifted, some part of her knew there was a room somewhere with folding chairs, coffee, smoke in the air, and people who would not require her to lose more before she could belong. The

meeting did not stop her drinking, but it made it impossible for her to say she had never been shown another way.

The gift had been given to a child too young to recognize it.

And when she was finally ready — not forced, not threatened, not complying for a signature, but willing — she walked back into a room very much like that first one. She had been to many meetings before.

But this time, she came to stay.

-Submitted by Kristy B.

DEADLINE MARCH 31, 2026
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:



**12 CONCEPTS FOR
WORLD SERVICE
VIDEO**



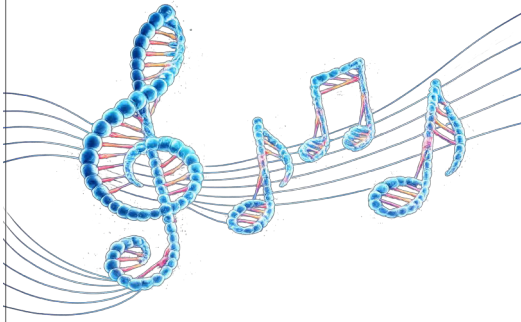
Freedom Of Choice is currently reading Experience Strength, Hope Every Monday at 7 PM at:

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



The music of you...

There are things being accomplished at this moment in time of which we are not aware. In perfect, divine timing God is working out the details, arranging and designing His perfect will for our lives. You don't have to believe that this second now, but just for a moment act as if it were true.



Picture this: God's will, His plan for your life is like a score of music. The piece is perfectly written. The sheet of music is representative of your life song, your journey.

Some believe that our very DNA is a strand that represents a musical chord. Therefore, every one of us carries a unique spiritual song in our soul.

So we go along and hit all the notes as written and God's will and our will are aligned as one. We know this when things flow, doors open and acceptance is present. Then suddenly, we decide to take our will back and sing some random note or maybe several random notes. We are no longer in the flow of life but have taken a stance of opposition to our highest good. We know this because we become fearful and controlling producing a cacophony of discord. But, because God is God; the moment we turn back to His sheet of music harmony is restored.....He instantaneously rearranges the musical score to include our random note of self will and it is still a masterpiece of musical genius.

The musical score of your life may have started in the lowest notes of the scale. I don't know that we get to pick the sheet of music; that one is still out for debate by more learned minds than mine. There may have been many pauses (silences) as tragedy seemed to prevail and life seemed at best unjust.

But like the greatest musical scores ever written, they

usually originate from a place of heartache, desperation and fear into a crescendo of victory and love. The notes carry us from tragedy to triumph. Perhaps this is why it is stated that "pain is the pathway to peace".

God's work in us is being manifested moment by moment in this plane. He uses EVERYTHING to His glory, yes, even the bad stuff; yes, even other people's stuff to accomplish His purpose. He is God after all!! God is in the details. He resides in the nano-seconds and millimeters of life.

Each day, each moment, in each and every circumstance we, you and I have the opportunity to choose His will over our own. Every day, every moment, every circumstance we make a decision and then act by aligning our will with God's or not. It is a choice by which we can experience the perfect peace that passeth understanding and the serenity that comes with surrender even in the storm.

God alone knows your heart, your past, your future. If you or I could have learned these lessons on the spiritual plane as spirit we would have. But the understanding is there are spiritual lessons that can only be learned in the physical and that is why we are here. Our perfect self has always been in the Mind of God.

Give Him permission to conduct the most beautiful musical score ever written. The music of you....



-Submitted by Anonymous

Heard At A Meeting:

“Life is not a search for happiness. Happiness is a by-product of living the right kind of a life, of doing the right thing. Do not search for happiness, search for right living and happiness will be your reward.”

ALCOHOLICS ANONYMOUS



Meeting Guide App



The Myth of the Perfect Meditation



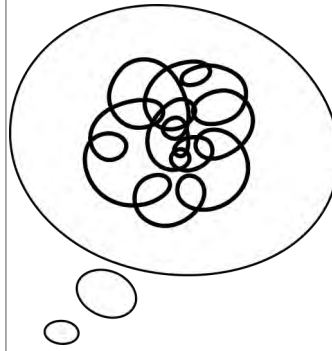
Meditation has become a buzzword in modern wellness culture. Apps promise calm in ten minutes. Influencers post photos of perfect sunrise rituals. As a result, meditation often feels polished, mysterious, or out of reach. In Alcoholics Anonymous (AA), however, meditation is something much simpler and more practical. It appears in Step Eleven: “Sought through prayer and meditation to improve our conscious contact with God as we understood Him.” Despite its modest place in the program, meditation is surrounded by myths that can discourage newcomers or confuse long-time members. Clearing up these myths is important, because in AA, meditation is not a luxury. It is a steady, grounding tool for daily sobriety.

One of the most common myths is that meditation requires emptying the mind completely. Many people sit down, close their eyes, and within seconds notice a flood of thoughts: grocery lists, resentments, worries, memories. They assume they are doing it wrong. This belief can be especially strong for people in recovery, whose minds may feel loud or restless after years of numbing feelings with alcohol. But meditation in AA is not about achieving silence in the brain. It is about learning to observe thoughts without being controlled by them. When the mind wanders, the practice is to gently bring attention back to a prayer, a phrase, or the breath. The wandering is not failure. The returning is the practice.

Another widespread myth is that meditation belongs to a specific religion or spiritual tradition. Some AA members worry that meditation conflicts with their church teachings. Others fear it is secretly tied to beliefs they do not share. This concern can create resistance before a person even tries. Yet AA’s language is intentionally broad. “God as we understood Him” leaves room for many interpretations. For one person, meditation might



mean listening for guidance from a traditional God. For another, it may mean reflecting on spiritual principles such as honesty, humility, or service. For someone who struggles with the word “God,” meditation can simply be quiet reflection and an intention to live better today than yesterday. In AA, meditation is adaptable. It is not about adopting a new theology. It is about cultivating awareness and willingness.



A third myth is that meditation is optional or secondary compared to meetings, sponsorship, and service work. Meetings feel active and social. Sponsorship involves direct accountability. Service keeps people engaged. Meditation, by contrast, is quiet and private. It can

seem less urgent. But the program describes prayer and meditation as a way to improve conscious contact with a Higher Power, which influences every other action. Without some form of daily reflection, it is easy to drift back into old habits of thinking. Resentments grow. Fear builds. Self-centeredness creeps in. Meditation helps a person notice these shifts earlier. That awareness can prevent a sharp comment, a rash decision, or the slow build toward relapse. In that sense, meditation quietly supports all the visible parts of recovery.

There is also a myth that meditation must be long, elaborate, or impressive. Images of hour-long sessions, incense, and perfect posture can intimidate newcomers. Someone juggling work, family, and meetings may feel they simply do not have the time. In AA, meditation does not need to be complicated. Five minutes in the morning can be enough. A person might sit at the kitchen table before the day begins, read a short passage from AA literature, say the Serenity Prayer, and ask for help staying sober just for today. At night, they might review the day: Where was I resentful? Where was I kind? Do I owe anyone an apology? This simple routine aligns closely with Step Eleven and Step Ten. It is practical. It fits into ordinary life.



Another myth is that meditation should produce immediate peace or dramatic insight. Many people expect a clear answer, a rush of calm, or a spiritual breakthrough. When that does not happen, they

conclude that meditation does not work for them. In reality, the effects are subtle and gradual. The benefits often show up indirectly. A person may notice they pause before reacting in anger. They may feel less overwhelmed by small frustrations. They may recover more quickly from a bad mood. These shifts can be easy to miss because they do not feel dramatic. Yet over months and years, they represent real change. Just as sobriety is built one day at a time, so is the practice of meditation.

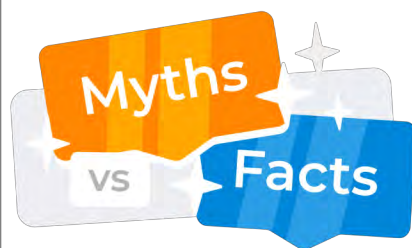
Some also believe they must feel spiritually “worthy” before they can meditate. Shame is common in early recovery. People look back at past behavior and feel unqualified to seek guidance or peace. Meditation can feel like something reserved for the spiritually advanced. In truth, meditation in AA is meant precisely for imperfect people. It is not a reward for good behavior. It is a tool for growth. Sitting quietly, even with discomfort, is an act of willingness. That willingness is at the heart of recovery.

Another misunderstanding is that meditation is passive or weak. In a fast-paced world, doing nothing can seem unproductive. For someone used to chaos or crisis, stillness may feel uncomfortable or even threatening. Yet meditation is not about withdrawal from life. It is about preparing to engage with life more thoughtfully. By creating a small pause each day, a person strengthens the ability to respond rather than react. In recovery, that difference can be life-changing. A pause before picking up a drink. A pause before sending an angry text. A pause before isolating. Meditation builds that muscle.

Finally, some think meditation must look the same for everyone. In AA, diversity of practice is normal. One member may kneel beside their bed in prayer. Another may take a quiet walk and reflect. Someone else may journal each morning, writing out fears and asking for guidance. What matters is consistency and honesty, not style. The goal is improved conscious contact, however a person understands that phrase.

When stripped of myths, meditation in AA is simple. It is a daily habit of pausing, listening, and reflecting. It requires no special talent. It does not demand perfection. It asks only for willingness. Over time, that small daily practice becomes a steady anchor. In a program built on one day at a time,

meditation helps a person live that day with greater clarity, humility, and awareness.



-Submitted by Nital P.

A Manuscript of Miracles

Before there was a cover,
Before the book was bound,
Before the world would call it “Big,”
Or pass its wisdom ‘round—

There sat a few in quiet rooms
With coffee, ashtrays, prayer,
And all the wreckage of their past
Still heavy in the air.

No polished saints, no scholars grand,
No promises of fame—
Just drunks who’d found a way to live
And dared to share the same.

In March a pen was lifted,
Not steady, yet sincere;
Each line was born of desperation,
Each sentence carved from fear.

They wrote of powerlessness plainly,
Of pride brought to its knees,
Of making peace with God as known,
Of inventories, amends, and pleas.

They wrote because they had to write—
For silence meant a grave;
They wrote to reach the one still out
No human hand could save.

And somehow from those fragile sheets
A fellowship took flame;
From manuscript to meeting room,
From whispered shame to name.

Now every March we turn again
To where those pages start—
Not ink alone, but living proof
Of a Higher Power’s part.

The Steps still read the same today,
The message still rings clear:
One drunk who’s been restored to life
Can calm another’s fear.

So when we gather, share, and serve,
When newcomers walk in,
We carry forward what began
With paper, hope, and pen.

And somewhere still a pen is raised,
A story being told...
Another life reclaimed from night,
Another miracle unfolds.

-Submitted by Kristy B.

Twelve Warnings

The book Alcoholics Anonymous contains a series of propositions and proposals, the successful outcome of these depends upon the actions of the reader. The book directs us as to what we must start doing, what we must stop doing, what happens when we fulfill the propositions and proposals and what will happen if we fail to fulfill them.

These are Twelve Warnings as to what will happen if we fail to heed the directions.

1. For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. (p14)

2. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined. (p17)

3. Above everything, we alcoholics must be rid of this selfishness, we must, or it kills us! God makes that possible. (p62)

4. Though our decision (Step 3) was a vital and crucial Step, it could have little permanent effect unless at once followed by a strenuous effort to face and be rid of, the things in our lives which had been blocking us. (p64)

5. It is plain that a life, which includes deep resentment, leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the spirit. The insanity of alcohol returns and with us to drink is to die. (p66)

6. Concerning sex. Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth. It depends on us and our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned a lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts

about our experience. (p70)

7. If we skip this vital Step (5), we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. (p.72)

8. We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them. (p78)

9. We feel that a man is unthinking when he says that sobriety is enough. (p.82)

10. It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. (p.85)

11. Our rule is not to avoid a place where there is drinking, if we have a legitimate reason for being there. That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties. To a person who has had experience with an alcoholic, this may seem like tempting Providence, but it isn't. You will note that we made an important qualification. Therefore, ask yourself on each occasion, "Have I a good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?" If you have answered these questions satisfactorily, you need have no apprehension. Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it. But if you are shaky, you had better work with another alcoholic instead! (p.101)

12. The head of the house ought to remember that he is mainly to blame for what befell his home. He can scarcely square the account in his lifetime. But he must see the danger of over-concentration on financial success. Although financial recovery is on the way for many of us, we found we could not place money first. For us, material well-being always followed spiritual progress, it never preceded. (p127)

~Anonymous

THIRD STEP PRAYER

GOD, I OFFER MYSELF TO THEE- TO BUILD WITH ME AND TO DO WITH ME AS THOU WILT. RELIEVE ME OF THE BONDAGE OF SELF, THAT I MAY BETTER DO THY WILL. TAKE AWAY MY DIFFICULTIES, THAT VICTORY OVER THEM MAY BEAR WITNESS TO THOSE I WOULD HELP OF THY POWER, THY LOVE, AND

No Booze News

Published by Baton Rouge Central Office

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



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

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

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



OPENINGS

Zachary Group, Alt GSR, Please come to the next meeting on March 20, 2026 at 6 PM at Zachary United Methodist Church in Zachary if interested.

District 10 Elections, March 20 elections will be held for ALL District 10 positions. Please come to the next meeting on March 20, 2026 at 6 PM at Zachary United Methodist Church in Zachary if interested.

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

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:**



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



No Booze News

Published by Baton Rouge Central Office

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



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

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



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, 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



Do you attend AA
meetings virtually
on Zoom or have a
virtual home group?

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 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

ZOOM ID: 373 884 7070

PASSCODE: Access27

LOUISIANA AREA 27

ALCOHOLICS ANONYMOUS



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

AREA 27

TREATMENT COMMITTEE

Monthly Zoom



Every 1st Sunday



6:30PM CST



ID: 373 884 7070



PW: Access27

Visit our website @

aa-louisiana.org

email: 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



Ready to Grow in Sobriety?

Service Strengthens Recovery

Join District 10 for group elections and be part of how A.A. makes decisions. We rotate service positions regularly so others can grow in service and keep our Fellowship healthy.

All Positions Open

DCM • Alternate DCM • Treasurer • Secretary • Committee Chairs

March 20, 2026 at 6 PM

IN PERSON

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

ZOOM

**Meeting ID: 872 8468 9096
Passcode: AccessD10 (No Spaces)**



**Join us for
District 10's
monthly
meeting**



*West
Feliciana*

*East
Feliciana*

*Picite
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 52003
Baton Rouge, LA 70803**



South 19th 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

Club 12

1695 Beaumont Dr.
Baton Rouge, LA 70806

No Attendance
Card

No Chips

For More Info:
(203) 305-8336

One Breath at a Time Speaker Meeting

Club 12: March 29, 2026
8:00 PM – 9:00 PM

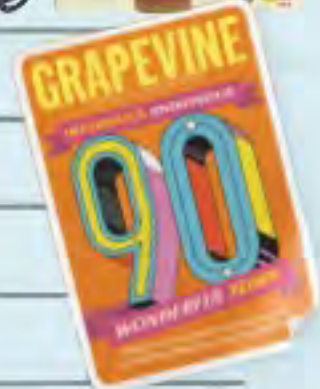


Eddy T. and his Step 11 Story

**Lunch
Served**

Capital Area Service Committee

Grapevine Writing Workshop



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

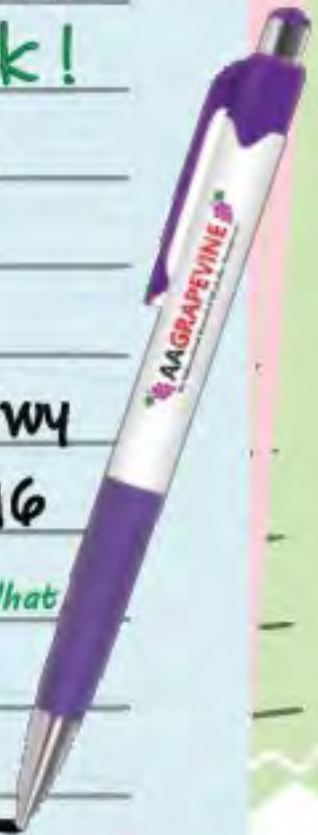
**MARCH
7, 2026
10AM-2PM**

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?



District 15D Hosts

GSRs *Get a Bad Rap!*

*—let's talk about why,
and what really matters*

- No experience required—just willingness
- Thinking about becoming a GSR someday? Start here!
- From the group to the area—and back
- Informed groups are stronger groups
- Participation is how we stay connected
- Ask questions. Get clarity. Leave better informed

 **SAVE THE DATE**

Unitarian Church

8470 Goodwood Blvd
Baton Rouge, LA 70806

April 4, 2026
12 ~ 4 PM

*Join us for fellowship
conversation, and lunch*



GREATER BATON ROUGE AA CENTRAL OFFICE

GOLF SCRAMBLE EVENT

FRIDAY, APRIL 24TH, 2026 8:00 AM SHOTGUN START

WEBB PARK GOLF COURSE

1351 COUNTRY CLUB DR.

BATON ROUGE, LA. 70806

NAME (PRINT): _____

PHONE #: _____

*PLAYERS: _____

*SPECIFY IF AA MEMBER OR NON AA MEMBER

\$75 FOR AA MEMBERS/ \$50 FOR NON- AA MEMBERS (PER PLAYER)

____ HOLE SPONSOR AT \$100.00 PER HOLE

GROUP NAME ON SIGN: _____

**PLEASE ENCLOSE CHECK MADE PAYABLE TO AA CENTRAL OFFICE OR VENMO
TO @AABATONROUGE TOTAL AMOUNT DUE \$ _____

COMPLETE THIS ENTRY FORM AND RETURN WITH YOUR PAYMENT:

AA CENTRAL OFFICE
10319 OLD HAMMOND HWY SUITE C-2
BATON ROUGE, LA. 70816
(225) 930-0026

**WILL HAVE BOTH A MEN'S AND WOMEN'S DIVISION AND TEAM
WINNERS

**JAMBALAYA LUNCH WILL BE SERVED

DISTRICT 16

SAFETY IN AA & GROUP RESPONSIBILITY

WORKSHOP



+



CRAWFISH BOIL

SAT, MAY 16TH | 10^{AM} - 2^{PM}

• SPEAKERS •

JEANETTE C. | BECKY L. | KARL S.

STEPPING STONES
1027 N BURNSIDE AVE
GONZALES, LA 70737

***** PLEASE BRING YOUR OWN CHAIRS! *****

save **THE** *date*



*Road of
happy destiny*



CROWNE PLAZA • 4728 CONSTITUTION AVE BR, LA 70808



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**

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**



Raise The Bottom
Speak & Eat



Crawfish Boil

2333 Tchoupitoulas Street
New Orleans, LA 70130

Friday, April 3 2026

Food at 6:30pm

Speaker at 7:30pm

Speaker is Shane J. from
Moving Forward



Please come fellowship with us!



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

Registration Fee Options:

- 1) Lodge Ticket (Two Beds per Room) \$300.00 per person or
 - 2) Bunkhouse Ticket (Multiple Bunk Beds) \$160.00
(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

Limited Space Available

Please Register By

February 14, 2026

Questions? Contact us at 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

**33RD
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.)

YOU CAN REGISTER ONLINE AT
WWW.FOTSSOUTH.COM

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

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

- 6:00 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

- 9:00 AM Registration and Hospitality Room Opens
- 9:00 AM AA Meeting (Main Ballroom); Al-Anon Meeting (Shrine 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)
- 6:00 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)

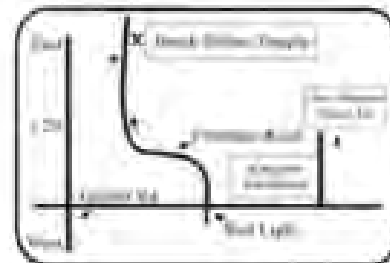
39th Annual NELA Roundup AA Convention

In cooperation with Al-Anon



Half measures
availed us
nothing.

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



BARAK SHRINE TEMPLE

6620 FRONTAGE ROAD, MONROE, LOUISIANA 71202

39th 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: <small>(Guest Name)</small>	Mailing Address: <small>(Guest Name)</small>	Ad.	Al-Anon	Other	Homework
_____	_____	<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 LA.District4.com

Total Enclosed _____

Sponsorship Contributions: \$ _____ Send a hand to those unable to afford registration.

Pre-Registration \$25 per person until May 1st, 2026

There will be one drawing Saturday night for pre-registered guests - \$25 cash prize awarded
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 Led 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

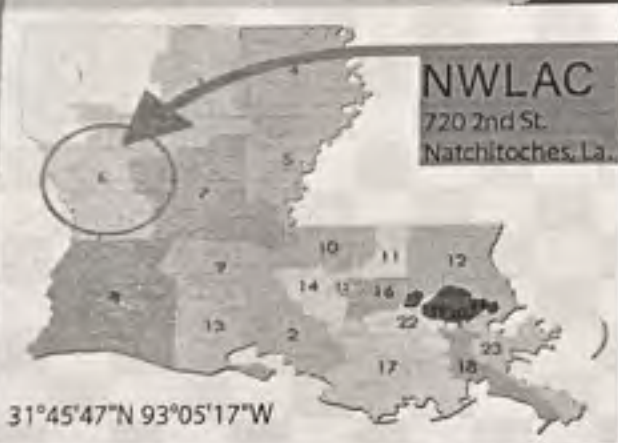
720 2nd Street, Natchitoches, La. 71457

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. / Olathge, C.

Pre-register at
www.nwlac.com



SCAN ME

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

✉ 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

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 (<i>Livestock tickets – purchase below</i>)
	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 9th** will be entered in a special raffle

Registration Online: springroundupla.com AA and Al-Anon: \$35.00 each received by **May 9th**
AA and Al-Anon: \$40.00 each after **May 10th** 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

OR brought to our November

5th committee meeting.

2026 theme:

The Road of Happy Destiny

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

Upcoming business for Big Deep South:

November 1st: Scary-Okey Fundraiser!

November 5th: Committee Planning Meeting

(Artwork will be voted on)

December 3rd: 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!

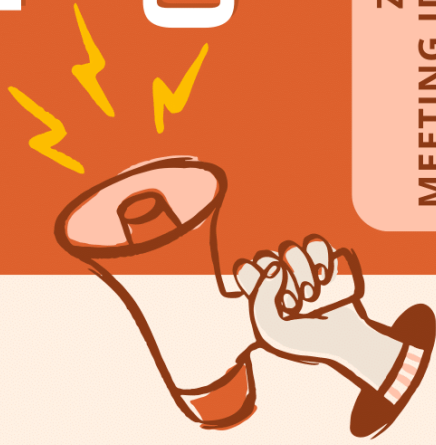
If you or someone you know is interested in being the Voice of the 2026 Big Deep South Convention, please attend our Dec. 3rd meeting!

*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)

AI-Anon Speaker TBA

Workshops!

Bingo!

Socials!

Meditation!

50/50!

Marathon Meetings!

Entertainment!

Hospitality Room!

Raffles!

...and more!

Committee Planning Meetings
Every 1st Wednesday of the Month

6:30pm Central Office

638 Papworth Ave A, Metairie

For more information, visit
aaneworleans.org

*Find Big Deep South
in the drop down menu*



2026 BIG DEEP SOUTH CONVENTION

JUNE 5-7, 2026 | AIRPORT HILTON KENNER, LA
901 AIRLINE HIGHWAY KENNER, LA 70062

\$39

PRE-REGISTER TODAY!
COVERS THE WHOLE WEEKEND
\$45 REGISTRATION AT CONVENTION

NEW This Year:
Saturday Fellowship Meal
Southern Comfort Dinner Buffet!

SPEAKERS:

Drew E. (Atlantic Heights, NJ)

Vann D. (Destrehan, LA)

Jane L. (Tallahassee, FL)

James L. (Tallahassee, FL)

Cathy R. - Al-Anon (New Orleans, LA)

WORKSHOPS:

Practical Experience with Prayer and Meditation

The Road of Happy Destiny

Transformation Through Service

Fixed Ideas/Theater of the Lie

Bingo!

Meditation!

50/50!

Live Auction!

AA & Al-Anon Meetings!

Entertainment!

Hospitality Room!

Raffles!

...and more!



BOOK A HOTEL ROOM
\$149/NIGHT
CODE: BDS26

FOR MORE INFO OR TO GET INVOLVED,
VISIT BIGDEEPSOUTH.ORG OR 638 PAPWORTH AVE. STE. A, METAIRIE, LA

PRE-REGISTRATION FORM 2026 BIG DEEP SOUTH CONVENTION

NAME: _____ EMAIL: _____

PHONE NUMBER: _____ BADGE NAME: _____

ADDRESS: _____ CITY/STATE/ZIP: _____

AFFILIATION: AA _____ AL-ANON _____ ALATEEN (\$10) _____

SATURDAY SOUTHERN COMFORT DINNER BUFFET (\$25) _____

2026 CONVENTION T-SHIRT (\$25) SIZE: S _____ M _____ L _____ XL _____ 2X _____ 3X _____

2026 CONVENTION HAT (\$25): OPTION 1 _____ OPTION 2 _____ OPTION 3 _____

SCHOLARSHIP CONTRIBUTION \$ _____

PAYMENT METHOD: ONLINE - BIGDEEPSOUTH.ORG
IN PERSON - CENTRAL OFFICE - 638 PAPWORTH AVE STE. A, METAIRIE, LA

REGISTER ONLINE!





Our Common Welfare

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

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.



Registration:
Early \$ 35.00
At Door \$40.00

Short & long
sleeve shirts \$30.00

Conference Committee meets the 3rd Sunday@3PM
We meet at the Turning Point, 210 8th St, Lafayette
chair@cajunaa.org or co-chair@cajunaa.org