

# NO BOOZE NEWS

June 2026

## Committee of Members

Chairperson: Chris W.  
Vice Chairperson: Celeste H.  
Financial Officer: Gary O.  
Record Keeper: Kate B.

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# June Highlights

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All flyers are now in a separate PDF document that can be found at <https://aabatonrouge.org> or scan the following QR Code.



## DISTRICT/COMMITTEE/SERVICE MEETINGS



### CASC (Capital Area Service Committee)

meets 1st Tuesday of each month at 6:30 pm at the Central Office



### District 10

meets the 3rd Friday of each month, at 6:00 pm, at the Zachary United Methodist Church, 4205 Church St., 70791. Meeting ID: 872 8468 9096 Passcode: AccessD10 (No Spaces)



### District 15D

meets the 3rd Sunday of each month at 5:30 pm at Ingleside United Methodist Church, 4264 Capital Heights Ave., Baton Rouge



### PI/CPC (Public Information/ Cooperation with Professional Community)

meets the last Thursday of each month at 6:30 pm at the Central Office



### LASCYPAA

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



### COC (Central Office Committee)

meets 2nd Monday of each month at 6:30 pm at the Central Office



### District 11

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



### District 16

meets the 2nd Sunday of each month at 3:30 pm at Stepping Stones, 1027 N Burnside Ave, Gonzales



### The Grapevine Committee

meets the 3rd Sunday of each month at 4:15 pm at the Central Office



### T&C (Treatment & Corrections Committee)

meets 2nd Thursday of each month at 6:30 pm in the Al-Anon Room, Club 12, 1695 Beaumont Dr., Baton Rouge



### COR (Central Office Representatives)

meets the 3rd Thursday of each month at 6:30 pm at the Central Office



### District 15C

meets the 2nd Saturday of each month at 12:00 pm at Al-Anon Room, Club 12, 1695 Beaumont Dr., Baton Rouge



### State Convention Committee—Area 27

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



### Red Stick Roundup Committee

meets the 2nd Sunday each month, 5:00 pm, Central Office, except in February/May

# THIS MONTH IN AA HISTORY



The founding of Alcoholics Anonymous (AA) on June 10, 1935, marked a pivotal moment in the history of addiction recovery. Bill Wilson, a New York stockbroker, and Dr. Bob Smith, an Akron surgeon, met in May 1935 in Akron, Ohio, and found a shared understanding of their disease. They pledged to work to bring Bill W.'s principles to other alcoholics, one day at a time.

Shortly after, Dr. Bob attended the American Medical Association convention in Atlantic City, where he relapsed and suffered a 24-hour blackout, requiring detoxification. When he returned to Akron, he was scheduled to perform surgery. Bill gave him a small bottle of beer to steady his hands for the operation. Dr. Robert Holbrook Smith's last drink took place on June 10, 1935. The next day, Bill and Anne learned he had returned home and was making amends—sober and happy.

This event is recognized as the official founding date of Alcoholics Anonymous.

## ———— JUNE 10, 1935 ————

The date that is celebrated as Dr. Bob's last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually June 17.

### CONTRIBUTION ADDRESSES

- **AA Central Office**  
10319 Old Hammond Hwy,  
Suite C-2  
Baton Rouge, LA 70816
- **Louisiana Area Assembly**  
7350 Jefferson Hwy, Suite 485-179  
Baton Rouge, LA 70806  
(Please include District number or  
GSO number with LAA check)
- **Capital Area Service Committee**  
P.O. Box 14304  
Baton Rouge, LA 70898
- **General Service Board (AAWS)**  
P.O. Box 2407, James A Farley Station  
New York, NY 10116-2407

# MAY 2026 CONTRIBUTIONS

CASC .....	\$25.00
Defective Characters .....	\$60.00
Farmers Market .....	\$89.00
Freedom From Bondage .....	\$15.00
Freedom of Choice .....	\$62.11
Gonzales Lunch Bunch .....	\$200.00
Happy Hour Group .....	\$50.00
Individual AA Members .....	\$9,847.32
Into Action .....	\$60.00
New Vieux .....	\$4.10
PICPC .....	\$28.00
Shivering Denizens .....	\$190.00
Stray Cats .....	\$60.00
Tuesday LIT Group .....	\$125.00
Women's Journey .....	\$130.00

**TOTAL CONTRIBUTIONS:  
\$10,945.53**

The Greater Baton Rouge  
AA Central Office accepts  
donations by members &  
groups via [Venmo](#)



### *Heard at a Meeting*



# Meeting Changes

DAY	TIME	GROUP NAME	LOCATION (with ZIP)	CHANGE
4-Wednesday	8:00 PM	Last Chance	Club 12, 1695 Beaumont Dr, Baton Rouge, LA 70806	Canceled
3-Tuesday	10:00 AM	Women's 12X12 Study Group	Stepping Stones 1027 N Burnside Ave, Gonzales, 70737	Canceled
1-Sunday	4:00 PM	The Next Frontier	Chapel of the Cross Lutheran Church 3235 Dalrymple Dr, 70802	Canceled
2-Monday	7:00 PM	There is a Solution	Broadmoor UMC 10230 Mollylea Dr. Baton Rouge, 70808	Canceled
2-Monday	6:00 PM	224 Group Ladies Meeting	Serenity Club 7519 Amite Church Rd., Denham Springs, LA 70726	Time changed from 6:30
4-Wednesday	Noon	224 Group	Serenity Club 7519 Amite Church Rd., Denham Springs, LA 70726	New meeting
6-Friday	9:30 PM	224 Group candlelight	Serenity Club 7519 Amite Church Rd., Denham Springs, LA 70726	New meeting
7-Saturday	12 Noon	Common Solutions	New Life Church 365 Staring Lane Baton Rouge, LA 70816	Moved location
4-Wednesday	6:30 AM	Highland Rd Women's Group	Highland Presbyterian Church 10024 Highland Rd. Baton Rouge, LA 70810	Moved location
7-Saturday	7:00 PM	Saturday Night Speaker Meeting	Highland Presbyterian Church 10024 Highland Rd. Baton Rouge, LA 70810	Moved location
2-Monday	6:30 PM	Stray Cats	St. Margarets Episcopal Church 12663 Perkins Rd Baton Rouge	Moved location
3-Tuesday	8:00 PM	HP Step Study	Highland Presbyterian Church 10024 Highland Rd. Baton Rouge	Moved location & Changed time from 7:30



**PLEASE NOTE:**  
On June 8th,  
North Blvd Group  
will not be meeting.

### ADDITIONAL CHANGES – ZOOM ONLY ON THESE DATES:

- Monday, June 16th  
Zachary Group – 7:30PM
- Thursday, June 19th  
Brownfield Group – 7:30PM
- Thursday, July 22nd  
Brownfield Group – 7:30PM
- Friday, July 25th  
Zachary Group – 7:30PM
- Saturday, July 26th  
Zachary Group – 7:30PM



**TO JOIN THE ZACHARY & BROWNSFIELD GROUPS ON ZOOM:**  
Meeting ID: 489 147 3855  
Passcode: AccessAA (no spaces)



Dial In By Phone: 1 646 931 3860  
Meeting ID: 489 147 3855#  
Passcode: 92612854#



<https://www.zoom.com/>

### NEED HELP WITH THE ZACHARY OR BROWNSFIELD GROUPS ZOOM?

Contact: Greg C. (856) 238-8488 | [gbc01@comcast.net](mailto:gbc01@comcast.net)

### HOTLINE SCHEDULE – JUNE 2026

GROUP NAME	DATES
Old Perkins Group	6/1 – 6/7
Paradoxes of AA	6/8 – 6/14
Prairieville (Oakgrove)	6/15 – 6/21
Sanity Break	6/22 – 6/28
Seeking Solutions	6/29 – 7/5



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.

June 2026  
AA Grapevine

Read it!  
Share it!

Share it!  
Read it!

Read it!  
Live it!

Share it!  
Live it!

Read it!  
Share it!  
Live it!

# The Porch Light Stays On

• Blackout Poem Submitted By Kristy B. •

~~For ten long years~~ John  
~~woke up early~~ ~~went to work~~  
~~paid bills~~ attended meetings  
 sober  
~~one day at a time~~

~~Sabatons~~  
 grew taller ~~every year~~  
 sixteen  
 John explained  
~~consequences~~ responsibility  
~~honesty~~ recovery

~~"You don't understand."~~  
 door slammed  
 John remembered  
 his own youth  
~~same disease~~  
 different years

Then came the smell  
 alcohol  
 on his son's breath  
 John prayed ~~John pleaded~~  
 John worried ~~John searched~~  
 What do I do?  
 What do I do?  
 What do I do?

At a meeting ~~someone shared~~

Step Six  
~~entirely ready~~  
 John thought about fear  
~~about control~~ about fixing  
~~about forcing~~  
 let go  
~~months passed~~  
 Father  
 waiting  
 listening  
 loving

One evening  
 "Dad..."  
 silence  
 "I need help."  
 No lecture No speech  
 No argument  
 just listening  
 Father  
 Son  
 Hope



Ten years sober  
~~had taught him~~  
 Love  
 Patience  
 Willingness  
 Step Six



Recovery  
 is a  
 Lifelong Choice.  
 Every Day Counts.



I WILL REMAIN  
 THE SAME PERSON  
 UNTIL THE PAIN  
 OF REMAINING  
 THE SAME BECOMES  
 GREATER THAN  
 THE PAIN OF CHANGE.



## ALCOHOLICS ANONYMOUS



## Meeting Guide App

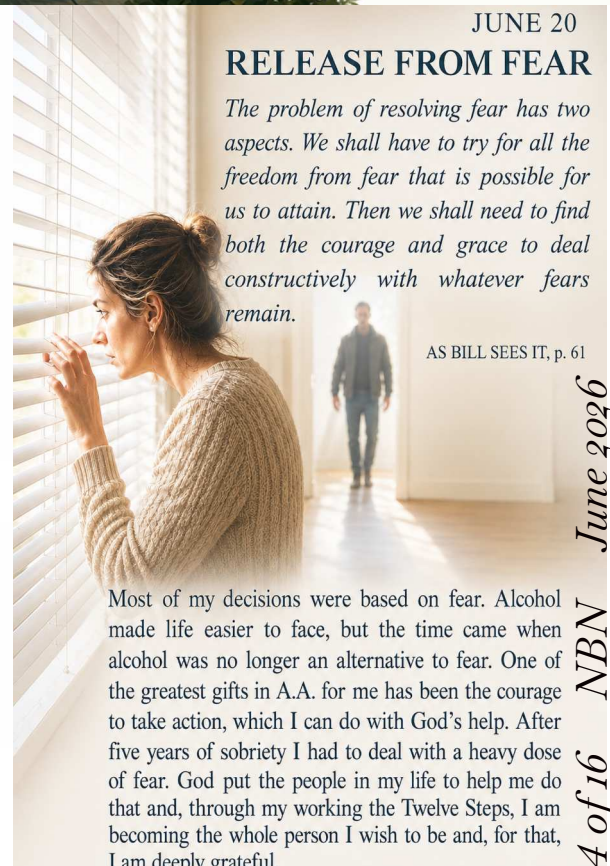


JUNE 20

## RELEASE FROM FEAR

*The problem of resolving fear has two aspects. We shall have to try for all the freedom from fear that is possible for us to attain. Then we shall need to find both the courage and grace to deal constructively with whatever fears remain.*

AS BILL SEES IT, p. 61



Most of my decisions were based on fear. Alcohol made life easier to face, but the time came when alcohol was no longer an alternative to fear. One of the greatest gifts in A.A. for me has been the courage to take action, which I can do with God's help. After five years of sobriety I had to deal with a heavy dose of fear. God put the people in my life to help me do that and, through my working the Twelve Steps, I am becoming the whole person I wish to be and, for that, I am deeply grateful.

# The Only Bad Meditation

Submitted by Nital P.

In the program of Alcoholics Anonymous, people often hear about the importance of prayer and meditation as part of maintaining sobriety and emotional balance. For many newcomers, meditation sounds intimidating. Some imagine they need complete silence, a perfectly clear mind, or years of spiritual training before they can do it “correctly.” That misunderstanding stops many people from even trying. The phrase, “The only bad meditation is the one you don’t do (quote: Henry Shukman),” speaks directly to that fear and reflects an important truth within Alcoholics Anonymous: progress matters more than perfection.

Meditation in AA is not about achieving a mystical experience. It is about building conscious contact with a Higher Power and learning how to pause before reacting to life. Step Eleven encourages members to seek spiritual growth through prayer and meditation, but it does not prescribe one specific method. Some members sit quietly for ten minutes each morning. Others read spiritual literature, focus on breathing, repeat a simple prayer, or take a mindful walk. The form matters less than the willingness to practice.



“ We don’t meditate to get rid of our thoughts. We meditate to stop letting our thoughts get rid of us.

— Unknown ”

“ The only bad meditation is the one you don’t do.

”

Many alcoholics come into recovery with restless minds. Years of addiction often create anxiety, impulsiveness, anger, and fear. Sitting still can feel uncomfortable or even impossible at first. A newcomer may think, “I’m terrible at meditation because my thoughts keep racing.” In reality, that experience is normal. Meditation is not the absence of thoughts. It is the act of gently returning attention whenever the mind wanders. Even a few moments of quiet reflection can interrupt destructive thinking patterns and create space for healthier choices.

The saying also connects deeply with one of AA’s core principles: willingness. Recovery is built on taking action even when feelings are uncertain. Members are encouraged to make meetings, call sponsors, pray, and work the Steps whether they feel inspired or not. Meditation works the same way. Some days it may feel peaceful and meaningful. Other days it may feel distracted and frustrating. Both experiences still have value because the habit itself strengthens spiritual discipline and self-awareness over time.

Another reason this idea fits AA so well is because alcoholics often struggle with perfectionism. Many people in recovery judge themselves harshly and believe they are failing if they cannot perform something flawlessly. Meditation challenges that mindset. There is no scorecard in meditation. There is only the willingness to show up honestly. A person who spends five imperfect minutes trying to quiet their mind is practicing recovery more effectively than someone who avoids meditation entirely out of fear of doing it wrong.

In daily sobriety, meditation can become a practical tool rather than a spiritual performance. It helps members slow down during moments of anger, fear, resentment, or craving. It teaches patience and acceptance. Most importantly, it reminds recovering alcoholics that growth happens through consistent effort, not instant mastery. “The only bad meditation is the one you don’t do” captures the spirit of Alcoholics Anonymous because it encourages action, humility, and persistence. In recovery, imperfect effort is always better than standing still.

I’M PERFECT

“ Progress is not perfection, but the willingness to keep showing up.

— Unknown ”

“The only bad meditation is the one you don’t do” captures the spirit of Alcoholics Anonymous because it encourages action, humility, and persistence. In recovery, imperfect effort is always better than standing still.

# Fear or Love?



Check in with yourself this moment and ask yourself this question. Are decisions being made in your life based on “Fear” or “Love”?

If decisions are being made based on “Fears” you are in the grips of the Ego. The Ego and Fear walk hand in hand in making sure you have no peace of mind.

Stay in close contact with Sponsors and Spiritual Advisors to make sure you are making decisions based on Love.

The Ego does not like you asking for help and bouncing scenarios off your Sponsors or Spiritual Advisors. In fact, it finds it most distasteful.

The ego thrives on self-reliance and isolation. It wants to convince you that you have all the answers and that no one else can understand. But when we reach out, share honestly, and listen with an open mind, we gain perspective and strengthen our spiritual foundation.

When facing a decision, take a breath. Pause and ask: Am I choosing from a place of fear, or from a place of love? Then, talk it over with someone you trust. The fellowship and the wisdom of others can help us see what our own minds cannot.

When we choose love, we choose peace. When we choose love, we grow. When we choose love, we stay free.

*Submitted by Anonymous*



## 6TH STEP PRAYER

“ God, I am ready to have You remove all these defects of character. I ask You to help me become entirely ready for this. ”



### 1. HONESTY

The foundation of recovery is honesty.



### 2. COURAGE

It takes courage to look within and be truthful.



### 3. HUMILITY

We let go of pride and ask for God's help.



### 4. FREEDOM

Each truthful step brings us closer to freedom.



### 5. KEEP COMING BACK!

It works if you work it!



### 6. READY TO CHANGE

We ask God to remove our defects and make us ready for a new way of life.



### KEEP COMING BACK!

It works if you work it!

## Bring the International Women's Conference to Louisiana

Do you love a good women's conference?  
Do you love service work?

Then we need you.

Be part of something historic—join the International Women's Conference (IWC) Bid Committee as we work to bring the IWC to Louisiana for the very first time in 2029.

- ◆ Be of service beyond the group level
- ◆ Connect with women across the fellowship
- ◆ Help carry the message in a powerful and lasting way

All are welcome. All experience levels needed.

Get involved today:

Arielle V.

225-228-8418

ADVaughn84@gmail.com

# God Can't Remove What I Won't Release

Submitted by Kristy B.



I used to believe I had the perfect excuse to drink.

My name is Rick R., and I was born into addiction. Not just my parents—my grandparents, aunts, uncles, cousins, and just about everybody else in my family tree had been touched by alcoholism or drug addiction. Before I ever took my first breath, the odds were stacked against me.

I entered foster care as a newborn and never left. I bounced from home to home across Louisiana. Baton Rouge, Lafayette-New Orleans—it seemed like every time I started getting comfortable somewhere, I was packing my belongings and moving again. I was never adopted and eventually aged out of the system. That became my story, and for years it became my excuse.

By fourteen, I was drinking heavily. I told myself nobody wanted me anyway, so what difference did it make? I ran away from foster homes, slept on friends' couches, stayed in shelters, and spent more than a few nights on the street. I was angry at the world and especially angry at God. Whenever someone tried to help me, I'd tell them they didn't understand. They had families. They had opportunities. They had people who cared about them. I carried resentment, self-pity, and blame everywhere I went.

When I finally came into Alcoholics Anonymous, I discovered something uncomfortable. The problem wasn't just alcohol. Alcohol was only the symptom. The real problem was the collection of character defects I had built my life around. I blamed everyone and everything for the way my life had turned out.

Step Six says, "We're entirely ready to have God remove all these defects of character."

**“ The problem wasn't just alcohol. Alcohol was only the symptom. ”**

That phrase bothered me. I was ready to stop getting arrested. I was ready to stop waking up sick. I was ready to stop living from one crisis to another. But was I ready to let go of my excuses?

For years, I blamed foster care for everything that went wrong in my life. Then my sponsor, Roger R., challenged me to stop focusing on what had happened to me and start looking at what I was going to do about it. The funny thing was that we shared the same initials. Roger used to joke that if I kept following directions, one day people might stop confusing the two of us. I'd tell him that was impossible because he actually had his life together. He'd laugh and say, "Give it time, kid."

Through the encouragement of Roger and my home group, I learned about programs available to former foster youth that could help with education, job training, housing, healthcare, and independent living. They didn't just tell me about the opportunities—they helped me reach them.

Members gave me rides to classes, doctor's appointments, job interviews, training programs, and meetings. They helped me study for my GED, fill out applications, and stay accountable when I wanted to quit. Along the way, I met teachers, counselors, doctors, former foster youth, and other people whose lives looked nothing like mine. Some had grown up in stable homes. Some had struggled like I had. The one thing we all had in common was the desire to build a better life and stay sober one day at a time.

With their support, I earned my GED and entered vocational training. I found stable housing and began learning the life skills I had never been taught growing up. For the first time, I started believing that my future didn't have to look like my past. I realized that opportunities had been available all along, but my resentment and self-pity had kept me from seeing them.

**“ I realized that opportunities had been available all along, but my resentment and self-pity had kept me from seeing them. ”**

Looking back today, I realize my biggest obstacle wasn't foster care. It wasn't Baton Rouge, Lafayette, or New Orleans. It wasn't aging out of the system. It wasn't even alcohol.

**My biggest obstacle was my unwillingness to let go of the defects that kept me trapped in my past.**

I had become comfortable with resentment because it gave me someone to blame. I held onto self-pity because it excused my behavior. I carried anger because I thought it protected me from being hurt again. Those defects had become part of my identity. The thought of letting them go was frightening because I didn't know who I would be without them.

**“ My biggest obstacle was my unwillingness to let go of the defects that kept me trapped in my past. ”**

Step Six didn't magically remove those defects overnight. What it gave me was willingness. It taught me that God can't remove something I'm still holding onto. As long as I clung to resentment, blame, anger, and self-pity, they continued to shape my life. When I became willing to release them, God was finally able to begin changing me.

Today, I'm grateful for where I've been because it allows me to help others who feel forgotten or left behind. When I meet someone who thinks their past has ruined their future, I can tell them what was once told to me: your history may explain you, but it does not define you.

The foster kid who slept on the street became a productive member of society. The angry young alcoholic found a Higher Power. The man who believed nobody cared found a family in Alcoholics Anonymous. And the man who spent years blaming the world became willing to change himself.

Roger still likes to joke that there are two Rick R.'s now—the one who showed up blaming everyone else, and the one who finally became willing to change. Thankfully, today people are a lot less likely to confuse me with the first one.

**“ Your history may explain you, but it does not define you. ”**

God couldn't remove what I wouldn't release. Once I became willing to let go, everything began to change.

*That's what Step Six did for me.*



◆ ◆ ◆ Gratitude, Honesty, Willingness, Service ◆ ◆ ◆

# 66TH ANNUAL LOUISIANA STATE CONVENTION

AUGUST 21–23, 2026

As we look ahead to this year's Louisiana State Convention, I wanted to pass along an opportunity for groups to be part of something bigger than ourselves.



## HOST A MARATHON MEETING

Groups are invited to host a Marathon Meeting during the weekend. It's a great way to carry the message, get involved beyond the home group, and be of service—no special requirements, just willingness.



## BE PART OF SOMETHING BIGGER

Whether your group is big, small, or somewhere in between, this is a chance to show up, share experience, and be part of what makes A.A. in Louisiana so strong.



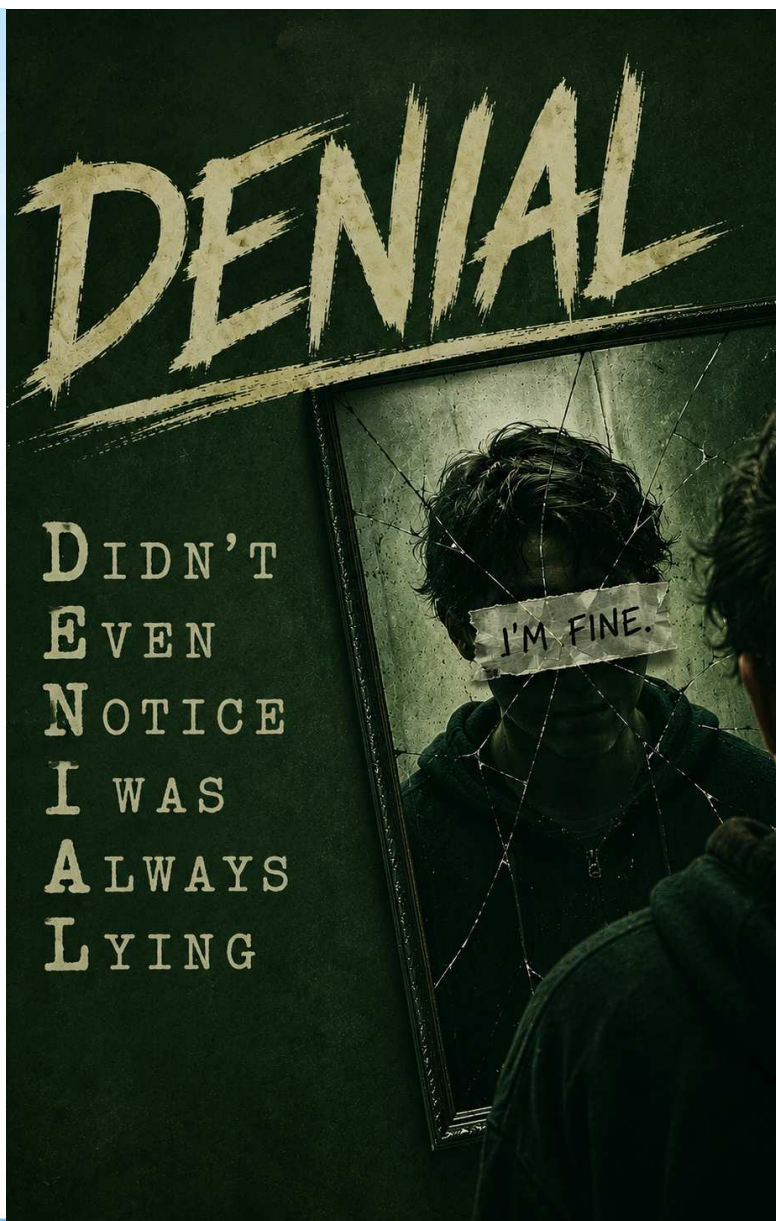
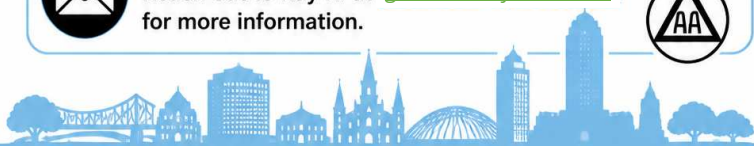
## TOGETHER, WE MAKE A DIFFERENCE

Let's show up the way we always do—together, willing, and maybe a little early... or right on time (progress, not perfection).



## INTERESTED IN HOSTING A MARATHON MEETING?

Reach out to Ray R. at [godchuax@yahoo.com](mailto:godchuax@yahoo.com) for more information.



DIDN'T  
EVEN  
NOTICE  
I WAS  
ALWAYS  
LYING

## 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!



**PLEASE CHECK YOUR GROUP'S INFORMATION AND HELP US KEEP THE BIRTHDAY LISTS CURRENT!**

⇒ Thank you for helping us celebrate recovery! ⇐

## Area 27 Assembly Schedule



- August 15th-16th, 2026
- November 7th-8th, 2026

[https://aa-louisiana.org/area 2/](https://aa-louisiana.org/area27/)

# Sober Activities

Submitted by Kristy B.

One of the biggest fears many of us had before getting sober was that life would become boring. The truth is often the exact opposite. Once alcohol is removed, we discover something we may have forgotten along the way—there is an entire world waiting to be experienced.

Recovery gives us the opportunity to try new things, reconnect with old interests, and build friendships based on genuine connection rather than shared drinking. Whether it's camping, gardening, photography, reading, volunteering, exercising, learning a new skill, or simply spending time with family, sober activities help fill our lives with purpose and meaning.

A.A. teaches us that sobriety is more than not drinking—it is learning how to live. Many members find that service work, sponsorships, workshops, conventions, and fellowship events become some of the most rewarding activities they have ever experienced. If you're looking for something to do this month, try one new activity from the list below. You may discover a new passion, make a new friend, or find a new way to strengthen your recovery.



## 1 Mindfulness and Self-Care



- Start a daily meditation or mindfulness practice to help with focus and emotional balance.
- Try journaling or poetry writing to explore your thoughts and emotions.
- Practice deep breathing or yoga to improve mental clarity and reduce stress.

## 2 Creative Pursuits



- Learn a new skill like painting, pottery, or photography.
- Take an online course in a subject you've always wanted to explore.
- Try cooking or baking—even alcohol-free cocktails or mocktails can be fun to make.

## 3 Outdoor and Nature Activities



- Go camping, even in your backyard or on a patio.
- Take a hike, bike ride, or visit a local park.
- Join a community garden or urban farming project.

## 4 Social and Community Engagement



- Attend a coffee party or book club—these are popular sober social events.
- Volunteer for a cause you care about; it builds connections and gives purpose.
- Join a local sports team, fitness class, or cultural event.

## 5 Games and Entertainment Without Alcohol



- Play board games, card games, or trivia nights.
- Host a movie night with friends, focusing on conversation and shared experiences.
- Try escape rooms or escape-style games that don't require drinking.

## 6 Travel and Exploration



- Plan a trip to a new city or country—even a weekend getaway can be refreshing.
- Explore local art galleries, museums, or farmers' markets.
- Take a cooking class in a different city.



## 7 Mindful Socializing



- Bring a non-alcoholic drink to gatherings—sparkling water, mocktails, or alcohol-free beer/wine can make you feel included.
- Focus on quality conversations rather than alcohol-fueled banter.

## 8 Wellness and Fitness



- Join a gym, dance class, or martial arts class.
- Try meditation apps or guided retreats.
- Practice mindful walking or nature walks.



**TIP:** The key is to replace alcohol with activities that bring you joy, connection, and mental clarity. Over time, these new habits can make your sober life feel more fulfilling and sustainable.





Submitted by  
Jimmy W.

### Give the gift of joy with Greeting Cards

Each card includes a cartoon about life in sobriety, created by AA members.

A special gift for a sponsor, sponsee, or friend, to celebrate an anniversary or share a smile.



AAGrapevine



## FILL IN THE BLANK

Popular AA Quotes

- 1 "Easy does it, but
- 2 "One day at a
- 3 "Progress, not
- 4 "We admitted we were  that our lives had become
- 5 "This too

Keep Coming Back - It Works!



All are Welcome  
to visit the table  
**PI/CPC** and  
**FREEDOM OF CHOICE**  
HAS AT



## BATON ROUGE PRIDE

JUNE 27, 2026 | 11:30 AM - 5:00 PM

RAISING CANE'S RIVER CENTER  
275 RIVER ROAD SOUTH, BATON ROUGE, LA 70802

A.A. • UNITY • SERVICE • RECOVERY

# Father's Day

IS AROUND THE CORNER!

Find the Perfect Gift  
AT CENTRAL OFFICE

Mark Your Calendar!  
FATHER'S DAY IS  
JUNE 21,  
2026

Looking for something meaningful this Father's Day?

We've got:

- AA Books
- Plain Language Books
- Big Book Covers
- Stickers
- Chips
- And Much More!



Stop by the Central Office and pick out a gift that truly speaks from the heart.

Great gifts that carry the message!

From the heart. For the journey. For the ones who matter.

Gifts that give back.

Whether it's for a sponsor, a sponsee, a friend in the program, or a father who walks this path with you—there's something here that carries the message.

Come visit us and find a gift that gives back.

Father's Day 2026

thankyou

to everyone that contributed to the June 2026 issue of No Booze News.

- The Editor.