

No Booze News

July 2026

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July Highlights

TABLE OF CONTENTS

- 1 District/Committee/Service Meeting Times & Locations, Link to Flyers PDF

2 Meeting Changes

3 Contribution Addresses, This Month in AA History, Central Office Venmo, June Contributions, Heard in a Meeting

4 GSO Reopens, Regional Forums, Joyce H. - 35 Years!, Daily Reflection, Responsibility Statement

5 Article - "Just Look at Me Now"

6 Grapevine Subscription Offers, GSO Podcast "Our Primary Purpose", AA YouTube

7 Article - "The Whole Truth" 7th Step Prayer, District 11 Newsletter & Website

8 Article - "The Whole Truth" Cont. International Women's Conference to LA?, Theme Suggestions for 2030 International

9 State Convention Marathon Meeting Info, Twelve Steps for World Service Video, How to Submit Birthday Lists, Area 27 Assembly Schedule

10 Record Message for aa.org, Choka - "The Humility to Change", Article - "GAO Acquires the Everything AA App"

11 Plain Language Now in Audio, Homegroup Highlights - Freedom of Choice, AA Meeting Group APP

12 In Remembrance of Marty V. & Russell S.

13 Coloring Page

14 July's Crossword Puzzle, Answers to June's Fill in the Blank

15 July 2026 Birthday

18 August 2026 Birthdays



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



Flyers

DISTRICT/COMMITTEE/SERVICE MEETINGS

CASC (Capital Area Service Committee) 1st Tuesday of each month 6:30 pm Central Office, BR	COC (Central Office Committee) 2nd Monday of each month 6:30 pm Central Office, BR	COR (Central Office Representatives) 3rd Thursday of each month 6:30 pm Central Office, BR
District 10 3rd Friday of each month 6:00 pm Zachary United Methodist Church 4205 Church St., BR	District 11 1st Sunday of each month 5:00 pm Serenity Club, 7519 Amite Church Rd., Denham Springs 70706	District 15C 2nd Saturday of each month 12:00 pm Al-Anon Room, Club 12, 1695 Beaumont Dr., BR
District 15D 3rd Sunday of each month 5:30 pm Ingleside United Methodist Church 4264 Capital Heights Ave., BR	District 16 2nd Sunday of each month 3:30 pm Stepping Stones, 1027 N Burnside Ave., Gonzales	State Convention Committee—Area 27 4th Sunday of each month 3:00 pm Central Office, BR
PI/CPC (Public Information/Cooperation with Professional Community) Last Thursday of each month 6:30 pm Central Office, BR	The Grapevine Committee 3rd Sunday of each month 4:15 pm Central Office, BR	Red Stick Roundup Committee 2nd Sunday each month 5:00 pm Central Office, BR (except February/May)
LASCYPAA 1st Sunday of every month 3:00 pm Central Office, BR	T&C (Treatment & Corrections Committee) 2nd Thursday of each month 6:30 pm Al-Anon Room, Club 12, 1695 Beaumont Dr., BR	

Meeting Changes

DAY	TIME	GROUP NAME	LOCATION	CHANGE
 Wednesday	8:00 PM	Last Chance	Club 12, 1695 Beaumont Dr., Baton Rouge, LA 70806	Canceled
 Tuesday	10:00 AM	Women's 12X12 Study Group	Stepping Stones, 1027 N Burnside Ave., Gonzales, LA 70737	Canceled
 Sunday	4:00 PM	The Next Frontier	Chapel of the Cross Lutheran Church, 3235 Dalrymple Dr., 70802	Canceled
 Monday	7:00 PM	There is a Solution	Broadmoor UMC, 10230 Mollylea Dr., Baton Rouge, 70808	Canceled
 Wednesday	Noon	224 Group	Serenity Club, 7519 Amite Church Rd., Denham Springs, LA 70726	New meeting
 Friday	9:30 PM	224 Group Candlelight	Serenity Club, 7519 Amite Church Rd., Denham Springs, LA 70726	New meeting
 Saturday	12 Noon	Common Solutions	New Life Church, 365 Staring Lane, Baton Rouge, LA 70816	Moved location
 Wednesday	6:30 AM	Highland Rd Women's Group	Highland Presbyterian Church, 10024 Highland Rd., Baton Rouge, LA 70810	Moved location
 Saturday	7:00 PM	Saturday Night Speaker Meeting	Highland Presbyterian Church, 10024 Highland Rd., Baton Rouge, LA 70810	Moved location
 Monday	6:30 PM	Stray Cats	St. Margaret's Episcopal Church, 12663 Perkins Rd., Baton Rouge, LA 70810	Moved location
 Wednesday	6:30 PM	The Morganza Group	Morganza High School, 752 Louisiana 1 #3050, Morganza, LA 70759	Moved location
 Monday	6:00 PM	224 Group Ladies Meeting	Serenity Club, 7519 Amite Church Rd., Denham Springs, LA 70726	Changed from 6:30 PM
 Tuesday	8:00 PM	HP Step Study	Highland Presbyterian Church, 10024 Highland Rd., Baton Rouge, LA 70810	Moved location & Changed time from 7:30

ZOOM

ADDITIONAL CHANGES - ZOOM ONLY ON THESE DATES:


Friday, July 24th
Zachary Group - 7:30PM


Saturday, July 26th
Zachary Group - 7:30PM


Monday, June 15th
Zachary Group - 7:30PM



<http://lf~2web.zoom.us/j/4891473855?pwd=nnaa86j2590f2n>



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: 926128544#

NEED HELP WITH THE ZACHARY OR BROWNSFIELD GROUPS ZOOM?

Contact: Greg C. (856) 238-8488 | ghc01@comcast.net

..... 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 1407, James A Farley Station
New York, NY 10116-2407

The Greater Baton Rouge
AA Central Office accepts
groups via **Venmo**



THIS MONTH IN AA HISTORY



The first International Convention of Alcoholics Anonymous was held **July 2-8, 1950**, at the Cleveland Public Auditorium in Cleveland, Ohio. Hosted by the General Service Board, it brought together more than 1,500 AAs from the U.S. and 37 other countries.

The theme, **"Every Day a New Beginning,"** reflected the spirit of recovery and unity. Speakers included Dr. Bob, Bill W., and other early leaders. The Convention strengthened AA's fellowship worldwide and set the stage for future international growth.

JULY 2-8, 1950

"Our unity is our strength—together we can carry the message to every corner of the world."

Sources: BarefootsWorld.org • PracticeThesePrinciplesTheBook.com

Heard in a Meeting

Fear
is
another word for
procrastination.



JUNE 2026 CONTRIBUTIONS

A Design For Living	\$200.00
By the Book Study Group	\$158.92
COR (7th Tradition Basket)	\$32.00
Defective Characters	\$56.00
Early Birds	\$100.00
Farmers Market	\$91.00
Freedom of Choice	\$107.77
Happy Hour Group	\$50.00
Individual AA Members	\$589.22
Into Action	\$40.00
Monday Night Speaker Group	\$100.00
Old Hammond Group	\$1.80
Old Perkins Group	\$299.89
Open Heart Meeting	\$100.00
PICPC	\$11.00
Port & Burgundy Group	\$329.00
Sanity Break	\$500.00
Solution Group	\$400.00
The Simple Way	\$300.00

TOTAL CONTRIBUTIONS:
\$3,466.60

GSO REOPENS for Tours!



The General Service Office

475 RIVERSIDE DRIVE, 11TH FLOOR, NEW YORK CITY



Reopened in April after the successful completion of a retrofit project.



On April 24, GSO welcomed its first visitors, including groups of A.A. members, area delegates, and board members in town for the 76th General Service Conference.



The A.A. meeting at the office has also resumed and is held every Friday at 11 a.m.



The 11th floor office space was retrofitted to accommodate all GSO employees on one floor. The new space is designed to better support collaboration and our ongoing work serving the Fellowship.



This milestone was made possible through the patience, flexibility, and hard work of everyone involved. We are grateful for your understanding and support throughout the project.

**WELCOME
BACK
TO THE
Revitalized
GSO!**



LEARN MORE & SCHEDULE A VISIT
gsotours@aa.org • 212-870-3430

ATTEND A 2026 REGIONAL FORUM

Regional Forums provide unique opportunities for A.A. members across the U.S. and Canada to connect with people throughout the A.A. service structure. At forums, members can exchange information with representatives of the General Service Board, AAWS, AA Grapevine and the GSO.

UPCOMING REGIONAL FORUMS IN 2026 INCLUDE:



EASTERN CANADA

AUGUST 21-23, 2026

Hôtel Mortagne, Boucherville, QC



SOUTHEAST

SEPTEMBER 18-20, 2026

Hilton Raleigh North Hills, Raleigh, NC



PACIFIC

DECEMBER 4-6, 2026

Wyndham San Diego Bayside, San Diego, CA



QUESTIONS? Contact the Regional Forums desk at GSO, regionalforums@aa.org.



Do you want to see your group featured in *No Booze News*?

Just contact the editor at bmboozenews@gmail.com

Thank You

for letting us celebrate



Joyce H.

May 13, 1991

**35 YEARS
OF SOBRIETY** *with you!*



We're grateful you shared this journey with us and continue to inspire others.



Capital Avenue Group

We are stronger together. One day at a time.

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



JULY 25

THOSE WHO STILL SUFFER

For us, if we neglect those who are still sick, there is unrelenting danger to our own lives and sanity.

TWELVE STEPS AND TWELVE TRADITIONS, p. 151

I know the torment of drinking compulsively to quiet my nerves and my fears. I also know the pain of white-knuckled sobriety. Today, I do not forget the unknown person who suffers quietly, withdrawn and hiding in the desperate relief of drinking. I ask my Higher Power to give me His guidance and the courage to be willing to be His instrument to carry within me compassion and unselfish actions. Let the group continue to give me the strength to do with others what I cannot do alone.



Read today's reflection.
Let it guide your day.



Just Look at Me Now

*The funny thing about image control
is that it rarely controls the image at all.*

For most of my life, I believed that if I could just present myself correctly, people would see me the way I wanted to be seen. I thought success was partly about managing perceptions—looking competent, sounding intelligent, appearing put together. What I didn't realize was that I was spending an enormous amount of energy trying to direct a movie that was only playing in my own head.

I learned this lesson in a particularly memorable way.

I had just earned my librarian degree and landed my first professional position. After years of hard work, I finally felt like I had arrived. One day, I walked back into my old workplace wearing a sharp business suit, feeling confident and accomplished. As I walked through the building, I noticed people looking at me. Some stared. Some seemed amused. Others looked surprised.

Naturally, I assumed they were impressed.

In my mind, they were thinking, "Look at her. She made it."

My ego was soaring.

Then I walked into the restroom and caught a glimpse of myself in the mirror.

Stuck prominently in my hair was a giant piece of moss.

Not a tiny leaf. Not a subtle speck of dirt. A giant piece of moss.

Suddenly, the mystery was solved.

*My ego deflated faster than you can say
"Dewey Decimal System."*

Nobody had been admiring my success. Nobody had been marveling at my professional achievement. They were all wondering why a grown woman in a business suit appeared to have lost a fight with a shrub.

When I stop trying to control my image, I become free to be authentic. I can admit mistakes. I can laugh at myself. I can be imperfect. I no longer have to spend my energy maintaining an illusion.

The moss-in-my-hair moment has become a perfect metaphor for recovery. Before AA, I would have been embarrassed for weeks. I would have replayed the incident endlessly, wondering what everyone thought. Today, I see it differently. The moss was always there. The only thing that changed was my willingness to see it.

That's what recovery has done for me. It hasn't made me perfect. It has made me more honest. It has helped me see reality instead of my projections. It has taught me that humility isn't thinking less of myself; it's thinking about myself less. And perhaps most importantly, it has taught me that life gets a lot lighter when I'm willing to laugh at the moss.

“Because the truth is, we're all walking around with something in our hair.
The miracle isn't removing it before anyone notices.
The miracle is being able to smile when we finally see it ourselves.”

Nital P.



Today I can laugh about that moment, but it reveals something important about how I used to see the world. I wasn't actually seeing reality. I was seeing my projection of reality. I assumed everyone was looking at me through the same lens I was looking through myself.

That is the essence of image control.

We create a story about how others see us, then react emotionally to that story as if it were true. We imagine admiration, criticism, rejection, approval, or judgment, often with very little evidence. We become actors performing for an audience that exists mostly in our imagination.

For me, alcoholism amplified this tendency. I was constantly concerned with what people thought of me. I wanted to appear successful, intelligent, funny, spiritual, or in control. Even when I wasn't consciously managing my image, I was deeply invested in how I believed others perceived me.

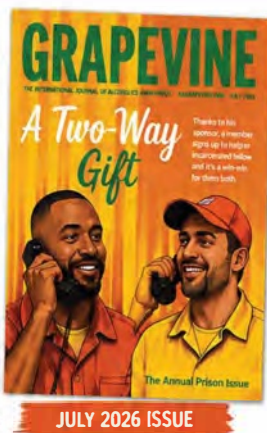
*The problem was that this obsession
kept me disconnected from reality.*

In Alcoholics Anonymous, I've learned that my point of view shapes everything. The world I experience is often filtered through fear, pride, insecurity, and self-centeredness. The Big Book talks about self-centeredness being the root of our troubles. I used to think that meant arrogance. Now I understand that it also means being excessively focused on myself—how I look, how I'm perceived, and what others think.

Recovery has taught me something liberating: most people aren't thinking about me nearly as much as I imagine they are. They're busy dealing with their own fears, hopes, dreams, and pieces of moss.

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hope from AA members like you.



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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



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featured in *No Booze News*?
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just a click
away.*

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6 of 20 NBN July 2026

The Whole Truth

For much of my life, I lived as though my mind and my body were two separate things. It felt like there was a “me” living inside my head, trying to control this troublesome body with all its cravings, emotions, fears, and impulses. My mind made promises; my body broke them. My thoughts raced ahead into tomorrow while my body carried the stress of yesterday. I was constantly at war with myself



Step Eleven has slowly begun to heal that division.

Through prayer and meditation, I have stopped trying to dominate myself and have started learning how to listen. Instead of treating my body like a machine that should obey my thoughts, I have become curious. I notice my breathing. I feel my feet on the floor. I become aware of tension in my shoulders, anxiety in my stomach, or sadness sitting quietly in my chest. These are no longer enemies I need to conquer. They are messages that help me understand myself.

Looking back, I realize I had become disconnected from myself long before I ever picked up a drink. I escaped uncomfortable emotions by living almost entirely in my head. I analyzed everything, replayed old conversations, rehearsed future ones, worried about things that hadn't happened, and told myself endless stories about what other people were thinking. Meanwhile, my body carried the cost. It held the stress, the fear, the resentment, and eventually the addiction.

Meditation has begun to reverse that process.

When I sit quietly and simply follow my breath, I begin to experience myself as one whole person. Thoughts come and go, but I don't have to chase them. Emotions rise and fall, but I don't have to become them. My body breathes without me having to control it. Gradually, I stop believing that I am just the voice

inside my head. Instead, I discover a deeper awareness that gently holds both my thoughts and my bodily experience without judgment.

That has changed what “Know thyself” means to me.

Today, knowing myself isn't just understanding my personality, my defects, or my past. It means becoming familiar with my whole experience. I notice how fear first shows up as tightness in my chest before it becomes anger. I recognize resentment before it becomes an argument. I feel exhaustion before it turns into irritability. I begin to see the early warning signs instead of only noticing the damage afterward.

That is one of the gifts Step Eleven has given me.

The Big Book tells me to seek “through prayer and meditation to improve our conscious contact with God.” I've come to believe that conscious contact also includes becoming conscious of myself. The quieter my mind becomes, the more clearly I can hear the wisdom that has always been there beneath all the mental noise. Instead of reacting automatically, I gain the freedom to choose my response.

This has also changed what “To thine own self be true” means to me.

Before recovery, I thought being true to myself meant following whatever I happened to think or feel. But my thinking was driven by fear, ego, and self-centeredness. What I called authenticity was often just impulse. Through meditation, I have discovered a deeper self—not the frightened ego that wants to control everything, but the quieter, wiser self that is already connected to my Higher Power.

7th
STEP

• PRAYER •

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows.

DISTRICT 11
NOW HAS A
NEWSLETTER & WEBSITE!

NEWSLETTER | **WEBSITE**

Scan Here! (pointing to the Newsletter QR code)

Scan Here! (pointing to the Website QR code)

*Being true to that self doesn't mean getting my way.
It means living in alignment.*

The more my mind and body work together instead of fighting each other, the less conflict I experience inside. I don't have to force serenity because I'm no longer divided against myself. Decisions become clearer because they come from awareness instead of anxiety. My relationships improve because I'm actually present instead of trapped inside my own mental commentary. Even my character defects lose some of their power because I notice them before they take over.

One of the greatest discoveries I've made is that my brain isn't some detached commander trying to control a reluctant body. It is part of my living, breathing, feeling self. When I stop fighting that reality and simply become aware of it, something remarkable happens. The battle quiets. My mind and body begin working together. My spirit naturally has room to emerge.

Meditation hasn't helped me escape from myself. It has helped me come home to myself.

Today, "Know thyself," "To thine own self be true," and Step Eleven all point me in the same direction. They remind me that peace doesn't come from controlling every thought, every feeling, or every wrinkle in life. Peace comes from no longer being separated from myself. It comes from becoming whole.

For me, that wholeness begins with one simple breath. I breathe gently through my nose and place my attention on the tiny runway between my nostrils and my upper lip. I feel the coolness of the air as I inhale and the warmth as I exhale. That little stretch of skin has become sacred ground. Every time my mind wanders into the past or races into the future, I return to that runway. It brings me back to this moment, back to my body, back to my Higher Power. It is simple, almost ordinary, yet it has become the magic that has kept me here and now—awake, aware of my surroundings, and grateful for the life that is unfolding one breath at a time.

Submitted By Nital P.



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

CALL FOR THEME SUGGESTIONS

for the

2030 INTERNATIONAL CONVENTION *in St. Louis, Missouri* JULY 4–7, 2030

Believe it or not, it's time to start thinking about a theme for the 2030 International Convention celebration of A.A.'s 95th Anniversary in St. Louis, Missouri, July 4–7, 2030.

We invite you to send in suggestions that will be reviewed and selected by the trustees' International Conventions/Regional Forums Committee.

NEED SOME INSPIRATION?

Here are a few themes from past A.A. International Conventions:

1965
"I Am Responsible"

1990
"Fifty-Five Years — One Day At a Time"

2015
"80 Years — Happy, Joyous and Free"



SHARE YOUR IDEA!



Send your ideas to:
2030ictheme@aa.org



**SUBMIT BY
OCTOBER 9, 2026**

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 for more information.



TWELVE CONCEPTS FOR WORLD SERVICE

Video

NOW AVAILABLE

IN
THREE LANGUAGES!



This lively tour through the Twelve Concepts offers a wonderful introduction to A.A. service, with roles and responsibilities illustrated in an easy-to-understand "whiteboard animation" style.



Follow along to see how wide participation in the "inverted triangle" of the Fellowship enables us all to work together to carry the A.A. message of hope and recovery.



Based on the A.A. pamphlet
"The Twelve Concepts for World Service Illustrated"
P-8.

VIEW THE TWELVE CONCEPTS VIDEO HERE



ENGLISH:

<https://www.aa.org/twelve-concepts-for-world-service-video>



FRENCH:

<https://www.aa.org/fr/les-douze-concepts-des-services-mondiaux-video>



SPANISH:

<https://www.aa.org/es/los-doce-conceptos-para-el-servicio-mundial-video>

Together we carry the message of hope and recovery—around the world.



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/>



THE POWER OF OUR SEVENTH TRADITION

An Opportunity to Share Your Stories about the Impact of Self-Support

Your General Service Office is inviting members to share their stories about the ways the Seventh Tradition has had a positive impact on your sobriety and the Fellowship. You can participate by recording a brief (about one minute) message telling us how GSO/AAWS essential service, supported through your contributions, have touched your recovery or helped you or your group to carry the message.



**RECORD A
1-MINUTE
VOICE MESSAGE**

*Your story
can inspire
others!*

EXAMPLES OF STORIES MIGHT INCLUDE:

- How a piece of literature helped you get or stay sober
- How service material produced at GSO aided your sobriety or helped you to carry the message
- Finding much-needed help and a meeting via the Meeting Guide app
- Experience with the *Loners Internationalist Meeting (LIM)* or Corrections Correspondence Service
- How the newsletters, *Box 459*, *About A.A.*, or *Sharing from Behind the Walls*, helped you carry or receive the message of A.A.
- Assistance you received from the General Service Office

*We want
to hear
your story!*

SEND YOUR VOICE MEMOS TO:

selfsupportfinance@aa.org



Watch and share the video about this initiative:
<https://www.youtube.com/shorts/tw06Zl2S3R0>

SUBMISSION FORM



*Scan to
access!*

AUDIO RELEASE FORM



*Scan to
access!*

The Humility to Change

Chōka by Kristy B.

I carried my pride,
Thinking I walked on my own.
Fear held tight within.
God waited patiently.
I finally knelt.
My heart became willing.
The anger grew still.
The selfishness lost its grip.
I reached for His hand.
He carried what I could not.
One day at a time.
One prayer at a time.
One Step at a time.

Humbly I now ask,
And humbly I walk.



“God doesn’t expect us to be perfect. He simply asks us to be willing.”
— Alcoholics Anonymous

**Do you want to see
your group
featured in
No Booze News?**

**Just contact the editor at
brnobozenews@gmail.com**

GSO Acquires the Everything AA App



Alcoholics Anonymous World Services (AAWS) has officially acquired the **Everything AA** app, bringing one of the Fellowship’s most popular digital resources under the care of the General Service Office. The move reflects AAWS’s commitment to making Conference-approved literature and A.A. resources more accessible as more members and newcomers turn to smartphones and digital tools.



AAWS also expressed its appreciation to **Ben S.**, the app’s creator, for years of dedicated service. In a message to the Fellowship, Ben shared his gratitude to the many members who used, supported, and helped improve the app over the years. He said he believes AAWS is well-positioned to continue developing the app and encouraged members to be patient and supportive during the transition.



Members can expect updates to roll out gradually as AAWS reviews existing content, adds new resources, and ensures the app aligns with A.A.’s Twelve Traditions and established AAWS and GSO policies. The app will continue to evolve, with future enhancements designed to better serve both longtime members and those seeking help for the first time.



As new features are introduced, users may notice opportunities to **subscribe** in support of the app’s ongoing development. According to AAWS, subscriber support may help fund maintenance, accessibility improvements, digital resources, Conference-approved content, and other services provided through the General Service Office.

Source: General Service Office of Alcoholics Anonymous (aa.org),
“A Message to the Fellowship about the Everything AA App,” June 18, 2026

Now in! **AUDIO!**

Same life-changing message,
— now easier to listen to. —

The Plain Language Big Book:
A Tool for Reading Alcoholics
Anonymous is now available
in audio format.



Listen anytime,
anywhere.



Clear, straightforward
language.



Designed so the A.A.
Twelve Step program
may be easily understood
by all.



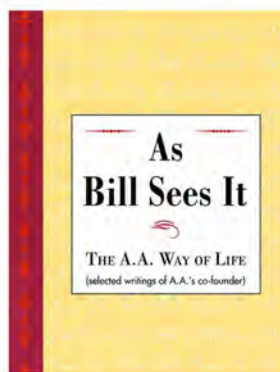
Keep a look out in the
A.A. WORLD SERVICES WEB STORE

<https://onlineliterature.aa.org/products/audio?page=1>

Do you want to see your group
featured in *No Booze News*?
Just contact the editor at brnobozenews@gmail.com



Have You
Called
Your
Sponsor
Today?



FREEDOM OF CHOICE
is currently reading
**"AS BILL
SEES IT"**



**MONDAYS
AT 7 PM**



UNITARIAN CHURCH OF BATON ROUGE
8470 Goodwood Blvd, Baton Rouge, LA 70806

THE A.A. MEETING GUIDE APP



Meeting Guide is a free app for iOS and Android that helps you find meeting information for Alcoholics Anonymous groups near you. Over 100,000 weekly meetings are currently listed and the information is updated twice daily.

Learn more about the app and where to download



In Loving Memory **Marty V.**

Passed Away July 1, 2026

50 Years of Sobriety

A long-time member of Alcoholics Anonymous, Marty's sobriety began in Huntsville, Alabama on Christmas Day 1975.

About 20 years ago, she moved to Baton Rouge to be near her son and his family.

For many years, Marty was a faithful member of Dealers Choice before becoming a home group member of Shivering Denisons.

Marty lived a life of service, generosity, and love within the fellowship. She gave so much of herself to AA and to so many others, leaving a lasting impact on all who knew her.

*Her spirit, strength, and dedication will
always be remembered with gratitude.*

In Loving Memory of **Russell A.**

Passed Away June 9, 2026

39 Years of Sobriety

A devoted member of Alcoholics Anonymous, Russell's presence, wisdom, kindness, and quiet strength touched many lives.

His example of recovery, service, and love will continue to inspire us all.

Russell was a faithful member of the Chimes Street Group.

*We are grateful for the time we shared with Russell
and for the many ways he made a difference.
He will be deeply missed and fondly remembered.*



☆ ☆ ☆ We'd Love to See Your **COLORED PAGE!** ☆ ☆ ☆



Turn in by the 25th of July to see your page
in August's Issue of NBN!



Email your colored page to:
brnobozenews@gmail.com

12 of 19 NBN July 2026

THE EVENING POST

Founded by Franklin D. Roosevelt
Weekly
Franklin

March 1, 1941

Volume 213, Number 22

5c. the Copy

7c. IN CANADA

MORE THAN 3,300,000 NET PPS

MRS S SMITH
3725 12th AVE
S.W. ALBANY, N.Y.

BEGINNING
SING FOR
A PENNY
A FOUR PART NOVEL
By CLIFFORD DOWDEY

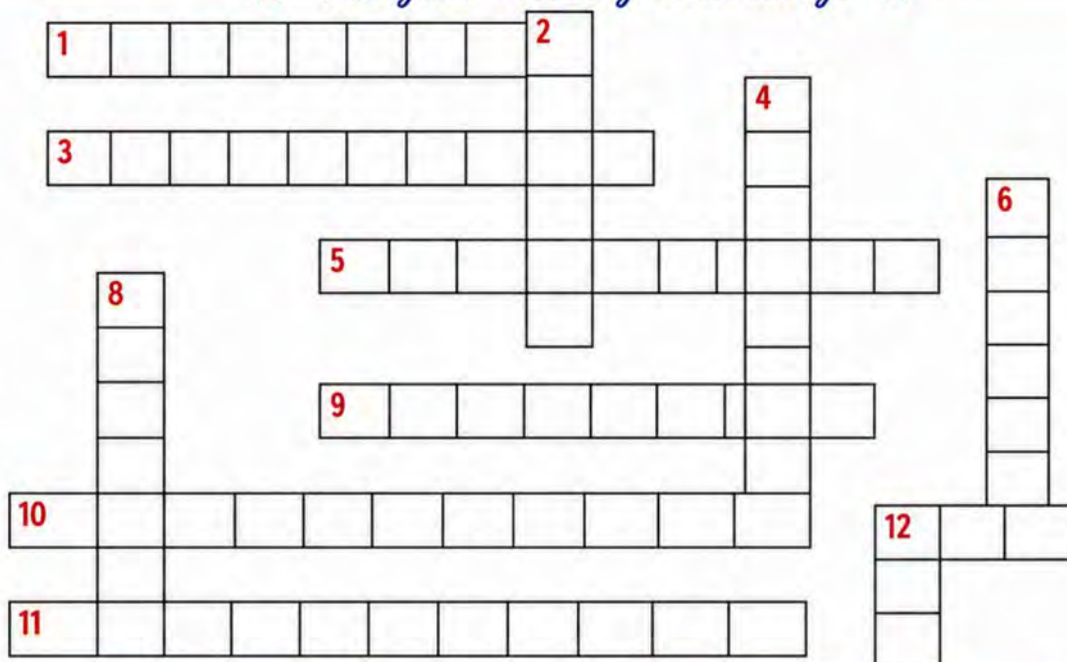
ALCOHOLICS ANONYMOUS
By JACK ALEXANDER

Norman
Rockwell



Recovery CROSSWORD

★ Test your recovery vocabulary! ★



★ ACROSS ★

1. Thankfulness for the life we've been given. (9)
3. The person who shares their experience and guides another member through the Steps. (7)
5. The calm that comes from acceptance rather than control. (9)
7. What we freely give to help AA continue. (7)
9. Living truthfully with ourselves and others. (6)
10. A quality that reminds us we don't have all the answers. (8)
11. A quality that reminds us we don't have all the

★ DOWN ★

2. The gift many alcoholics find one day at a time. (8)
4. Faith that tomorrow can be better than today. (4)
6. The process of rebuilding our lives without alcohol. (8)
8. "_____, not perfection." (8)
12. It isn't the absence of fear—it's doing the next right thing anyway. (7)

SUBMITTED BY KRISTY B.

KEEP COMING BACK

★ IT WORKS IF YOU WORK IT

One Day At A Time

★ TOGETHER WE CAN



ANSWERS TO THE

June Fill in the Blank



1 "Easy does it, but **DON'T TAKE YOURSELF TOO SERIOUSLY**"

2 "One day at a **TIME**"

3 "Progress, not **PERFECTION**"

4 "We admitted we were **POWERLESS**
that our lives had become **UNMANAGEABLE**"

5 "This too **SHALL PASS**"



Keep Coming Back - It Works!



thank you
to everyone that
contributed to the
July 2026 issue of
No Booze News.
- The Editor.

If you are looking for the birthday list, please call or email. The birthday list is not Published on the web version.

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



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!* ⇐

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