Published by the Baton Rouge Central Office

All Address and E-mails are now hyperlinked See Page 24

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

No Booze News

September 2026

COC Members
Chair: Chris W.
Co-Chair: Celeste H.
Treasurer: Gary O.
Secretary: Kate B.

Members At Large
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Molly A.
Christina Z.

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No tricks. Just the treat of another sober day

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See Page 24 "I can't click the hyperlinks!"

BIRTHDAYS NOT AVAILABLE IN THE WEB VERSION.

Great News!

To make it easier for you to access the Flyers, we have now added Flyers back to NBN 1 PAGE on page 17!

All Flyers are now HYPERLINKED to a Google Drive! No Google account is needed!

Quick. Easy. All in One Place!

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

Meeting Changes

DAY	TIME	GROUP NAME	LOCATION
Canceled			
Wednesday	8:00 PM	Last Chance	Club 12, 1695 Beaumont Dr., Baton Rouge, LA 70816
Tuesday	10:00 AM	Women's 12X12 Study Group	Stepping Stones, 1027 N Burnside Ave., Gonzales, LA 70737
Sunday	4:00 PM	The Next Frontier	Chapel of the Cross Lutheran Church, 3235 Dalrymple Dr., 70802
Monday	7:00 PM	There is a Solution	Broadmoor UMC, 10230 Mollylea Dr., Baton Rouge, 70808
Daily	7:00 AM	Daily Reflections	Life Center, 10473 Old Hammond Hwy., Baton Rouge 70816
Tuesday	7:30 PM	Walker Group	Life Church Walker, 9036 Florida Blvd., Walker 70785
Monday	6:00 PM	Serenity for All	Rosco, 58635 Meriam St., Plaquemine 70764
Thursday	7:00 PM	Serenity for All	Rosco, 58635 Meriam St., Plaquemine 70764
Saturday	6:00 PM	The Lodge	767 S Tinley Dr., Baton Rouge, LA 70815
Tuesday	7:00 PM	Absolute Faith	13719 Hammack Rd., Denham Springs, LA 70726
Friday	12:00 PM	New Roads Group	Club 12 of New Roads, 3448 Mary Dr, New Roads, LA 70760
Wednesday	7:00 PM	Fordoche Group	Club 12 of New Roads, 3448 Mary Dr, New Roads, LA 70760
New Meeting			
Wednesday	Noon	224 Group	Serenity Club, 7519 Amite Church Rd., Denham Springs, LA 70726
Friday	9:30 PM	224 Group Candlelight	Serenity Club, 7519 Amite Church Rd., Denham Springs, LA 70726
Wednesday	6:00 PM	Desire To Stop	Ingleside UMC 4264 Capitol Heights Ave., Baton Rouge 70806
Thursday	6:00 PM	Daily Reprieve	First Methodist of Gonzales, 244 W Constitution, Gonzales 70737
Moved Location			
Saturday	12 Noon	Common Solutions	New Life Church, 365 Staring Lane, Baton Rouge, LA 70810
Wednesday	6:30 AM	Highland Rd Women's Group	Highland Presbyterian Church, 10024 Highland Rd., Baton Rouge, LA 70810
Saturday	7:00 PM	Saturday Night Speaker Meeting	Highland Presbyterian Church, 10024 Highland Rd., Baton Rouge, LA 70810
Monday	6:30 PM	Stray Cats	St. Margaret's Episcopal Church, 12663 Perkins Rd., Baton Rouge, LA 70810
Wednesday	6:30 PM	The Morganza Group	Morganza High School, 752 Louisiana 1 #3050, Morganza, LA 70759
Friday	7:00 PM	Showing Up	2020 Cedarcrest Ave., Baton Rouge, LA 70816



Continued on Next Page

Meeting Changes

DAY	TIME	GROUP NAME	LOCATION
Moved Location and Changed Time			
Tuesday	from 7:30 PM to 8:00 PM	HP Step Study	Highland Presbyterian Church, 10024 Highland Rd., Baton Rouge, LA 70810
Changed Time			
Monday	from 6:30 PM to 6:00 PM	224 Group Ladies Meeting	Serenity Club, 7519 Amite Church Rd., Denham Springs, LA 70726
Monday	from 8:00 PM to 7:30 PM	224 Group	Serenity Club, 7519 Amite Church Rd., Denham Springs, LA 70726
Changed Day			
from Tuesday to Thursday	7:00 PM	Trust the Process	Grace Baptist Church 630 Richland Ave., Baton Rouge, LA 70806
Changed Format			
Monday	5:15 PM	5:15 Womens' meeting *(is now a literature study)*	Grace Baptist Church 630 Richland Ave., Baton Rouge, LA 70806
Name Change			
Monday	7:30 PM	In The Book *(changed name from New Roads Group)*	Club 12 of New Roads, 3448 Mary Dr, New Roads, LA 70760
Name Change & Time Change			
Tuesday	from 6:30 AM to 6:30 PM	AA Humanists *(changed name from Baton Rouge Humanists)*	Highland Presbyterian Church, 10024 Highland Rd., Baton Rouge, LA 70810
Reopened			
Tuesday	7:30 PM	The Walker Group	Life Church Cafeteria, 9036 Florida Blvd., Walker, LA 70785
Thursday	7:30 PM	The Walker Group	Life Church Cafeteria, 9036 Florida Blvd., Walker, LA 70785
Relisted			
Sunday	7:00 PM	Fe Y Esperanza	Suite E, 12333 Jefferson Hwy., Baton Rouge, LA 70816
Monday	8:00 PM	Fe Y Esperanza	Suite E, 12333 Jefferson Hwy., Baton Rouge, LA 70816
Tuesday	8:00 PM	Fe Y Esperanza	Suite E, 12333 Jefferson Hwy., Baton Rouge, LA 70816
Wednesday	8:00 PM	Fe Y Esperanza	Suite E, 12333 Jefferson Hwy., Baton Rouge, LA 70816
Thursday	8:00 PM	Fe Y Esperanza	Suite E, 12333 Jefferson Hwy., Baton Rouge, LA 70816
Friday	8:00 PM	Fe Y Esperanza	Suite E, 12333 Jefferson Hwy., Baton Rouge, LA 70816
Saturday	8:00 PM	Fe Y Esperanza	Suite E, 12333 Jefferson Hwy., Baton Rouge, LA 70816

Thank You for Keeping Us Informed!

LETTER FROM THE EDITOR

Dear AA Family,

After two years of love, learning, and service as your editor of the No Booze News, my time in this position will be coming to an end in January.

It has been an honor to share our stories, celebrate our recovery, and help keep our Fellowship connected.

With gratitude, I am announcing that the Greater Baton Rouge AA Central Office is now in search of a new Editor to continue this important service.

If you feel called to carry this message of hope, unity, and recovery, please contact the Central Office for more information.

Thank you for the trust and support you've shown me throughout this incredible journey.



In love and service,

Kristy B.

Editor, No Booze News

The Greater Baton Rouge AA Central Office Accepts Venmo

THIS MONTH IN A.A. HISTORY



October 3, 1945 – A.A. Grapevine Becomes a National Publication

- Began in June 1944 as a small newsletter by six A.A. members in New York.
- On October 3, 1945, G.S.O. asked groups if it should become A.A.'s national publication.
- The response was overwhelmingly in favor, with only one opposed.
- Grapevine became A.A.'s "meeting in print," sharing experience, strength, and hope.
- Today, it continues to carry the A.A. message through the voices of our members.

SEPTEMBER 2026 CONTRIBUTIONS

Carry the Message	$131.00
Chimes Street Group	$100.00
COR (7th Tradition Basket)	$39.00
Defective Characters	$38.00
Early Birds	$100.00
Farmers Market	$42.00
First Step Group	$77.00
Free Again to Choose	$6.21
Freedom of Choice	$118.59
Hang In There	$159.00
Happy Hour Group	$50.00
Individual AA Members	$314.83
Oak Grove Group	$573.50
On Awakening	$5.00
Open Heart Meeting	$166.00
Safe Haven	$8.20
Sanity Break	$712.00
Shivering Denizens	$171.00
Sober Hearts	$895.00
Spiritualish	$138.45
The Scout Hut	$0.90
The Simple Way	$156.00
Tuesday LIT Group	$165.00
University Drunks Live	$1,344.00

TOTAL CONTRIBUTIONS: $5,510.68

Heard in a Meeting

If all you and I do is share our problems without talking about the solution, then we're just two ticks without a dog.



AREA 27 ASSEMBLY SCHEDULE

- **November 7th-8th, 2026**
  Holiday Inn Alexandria Downtown
  701 4th St, Alexandria, LA
- **2027 & 2028**
  Holiday Inn South
  9990 Airline Hwy, Baton Rouge, LA 70816

VISIT THE AA LOUISIANA WEBSITE

aa-louisiana.org



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
- 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

DISTRICT CONTRIBUTION ADDRESSES

District 10	P.O. Box 52963, BR, 70892
District 11	P.O. Box 85, Watson LA 70785
District 15D	P.O. Box 40302, BR 70835

NEW

Please send any updates to
bmoboozenews@gmail.com

10th STEP PRAYER

God, please help me watch for selfishness, dishonesty, resentment and fear.
When these crop up in me, help me to immediately ask You to remove them from me and help me discuss these feelings with someone.
Help me to quickly make amends if I have harmed anyone, and help me to resolutely turn my thoughts to someone I can help.
Help me to be loving and tolerant of everyone today. Amen.

The Halloween I Got Back

Written by Kristy B.

My name is Daryl Z., and this Halloween, I get to take my daughter trick-or-treating. That probably doesn't sound like much of an accomplishment to most people. Fathers take their kids trick-or-treating every year. They carry flashlights, pull wagons, complain about how far they've walked, and sneak Reese's Cups out of the candy bucket after the kids go to bed. But I had to earn this Halloween. A judge recently gave me weekends and holidays with my daughter. I had to prove that I was sober, responsible, working, and capable of taking care of her. I had to prove that I could be trusted. Three years ago, I couldn't be.

My daughter's name is not really Pepper, but that's what everybody calls her. She got the nickname when she was a toddler because she discovered the pepper shaker on the kitchen table and apparently decided pepper was a food group. Before anybody could stop her, she had dumped it onto her tray and licked it. Then she sneezed about twelve times in a row, cried because she was sneezing, and got mad at us for laughing. Pepper stuck.

She was four years old the Halloween that changed my life. My wife had to work that night. Gas stations never close, not even for Halloween, so taking Pepper trick-or-treating was my job. I had already been drinking. It was a holiday. At least, that was my reasoning then. I had a reason for drinking on holidays, weekends, bad days, good days, football days, stressful days, and days ending in "y."

My wife had decorated Pepper's little red wagon to look like a haunted house. She had black cardboard on the sides, crooked windows, cotton spiderwebs, and little plastic spiders. Pepper was dressed like a ghost. Not just a sheet-with-holes ghost, either. My wife had gone all out. I wore no costume. That would have required effort. Back then, work and drinking were about the most anybody could consistently get out of me. If something wasn't necessary, I probably wasn't doing it.

To be continued on next page...



HOTLINE SCHEDULE

For some recovery starts when they call the Central Office hotline or maybe they've been around awhile and need to know where the next meeting. We try never to miss a call that is looking for help when a hand reaches out.

Thank you, to those take the Hotline!

If your group would like to be a help, call Central Office.

GROUP NAME	OCTOBER DATES
Between Drinks	9/28- 10/4
Beyond The Bottle	10/5- 10/11
Burnside Recovery	10/12- 10/18
By the Book	10/19- 10/25
Capitol Ave.	10/26- 11/1

(continued from previous page)

The neighborhood was full of kids. Porch lights glowed up and down the street. Somebody had a fog machine pouring smoke across their driveway. There were inflatable pumpkins, skeletons hanging from trees, and parents walking behind excited children carrying plastic buckets. Pepper ran from house to house yelling, "Trick or treat!" I stayed closer to the sidewalk and pulled the wagon.

Inside that ridiculous little haunted-house wagon sat a cheap Halloween tumbler my wife had probably bought at one of those dollar stores. It had orange pumpkins and goofy-looking ghosts printed on it. It wasn't fancy, but it still held liquor just fine. Every few houses, I'd stop, pick up that cup, and take a drink while Pepper climbed somebody's steps for another handful of candy.

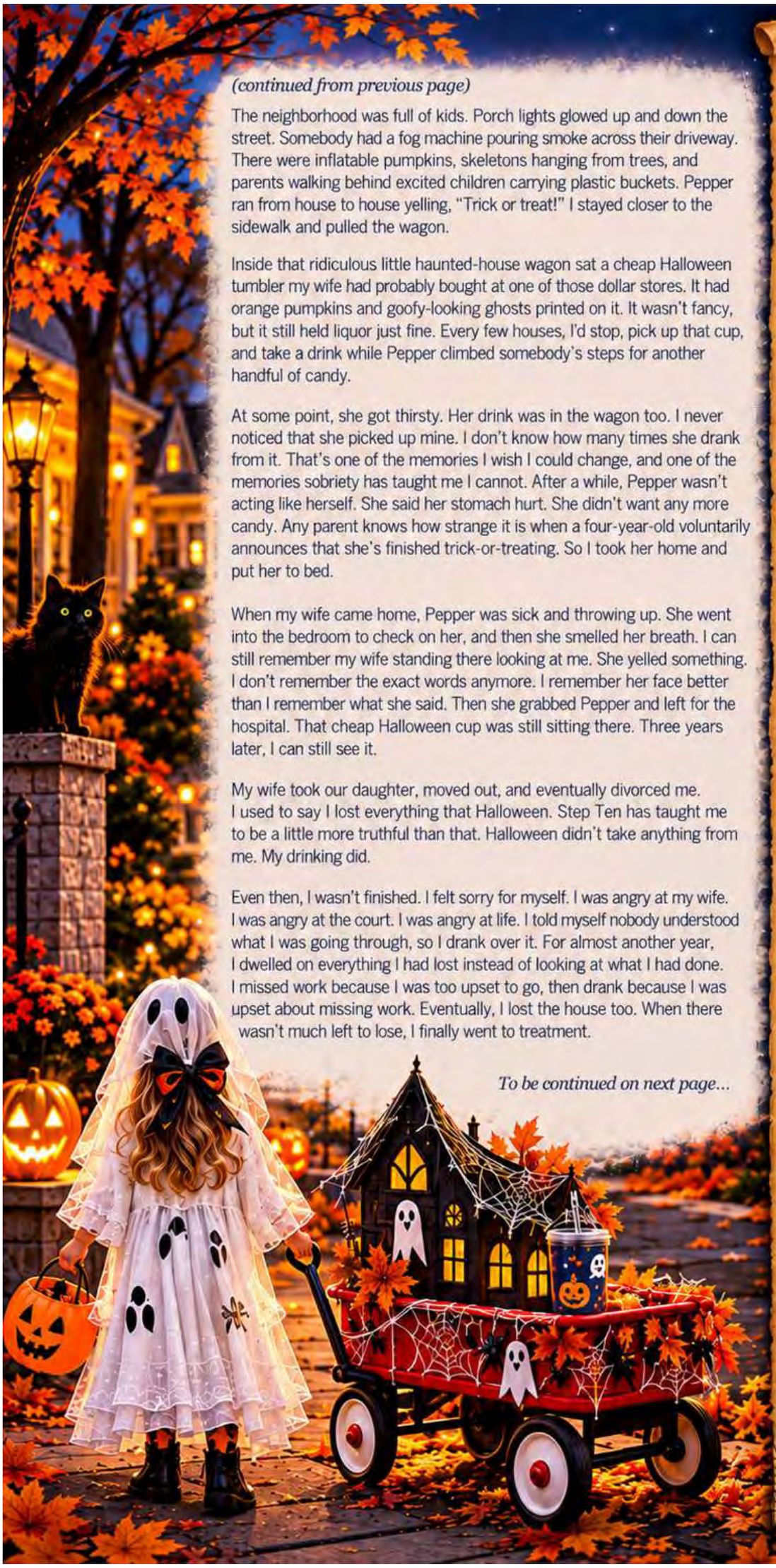
At some point, she got thirsty. Her drink was in the wagon too. I never noticed that she picked up mine. I don't know how many times she drank from it. That's one of the memories I wish I could change, and one of the memories sobriety has taught me I cannot. After a while, Pepper wasn't acting like herself. She said her stomach hurt. She didn't want any more candy. Any parent knows how strange it is when a four-year-old voluntarily announces that she's finished trick-or-treating. So I took her home and put her to bed.

When my wife came home, Pepper was sick and throwing up. She went into the bedroom to check on her, and then she smelled her breath. I can still remember my wife standing there looking at me. She yelled something. I don't remember the exact words anymore. I remember her face better than I remember what she said. Then she grabbed Pepper and left for the hospital. That cheap Halloween cup was still sitting there. Three years later, I can still see it.

My wife took our daughter, moved out, and eventually divorced me. I used to say I lost everything that Halloween. Step Ten has taught me to be a little more truthful than that. Halloween didn't take anything from me. My drinking did.

Even then, I wasn't finished. I felt sorry for myself. I was angry at my wife. I was angry at the court. I was angry at life. I told myself nobody understood what I was going through, so I drank over it. For almost another year, I dwelled on everything I had lost instead of looking at what I had done. I missed work because I was too upset to go, then drank because I was upset about missing work. Eventually, I lost the house too. When there wasn't much left to lose, I finally went to treatment.

To be continued on next page...



September's AA Myth OR Fact? Answers

1. **A.A. was founded in a hospital. — MYTH**
   A.A. traces its beginning to Akron, Ohio, in 1935, with the meeting of Bill W. and Dr. Bob. The hospital was important later in helping alcoholics, but A.A. wasn't founded there.
2. **The Big Book was written by more than two people. — FACT**
   Bill W. was the principal writer, but drafts were reviewed and shaped with input from early A.A. members and others.
3. **There is a Step in A.A. that says we should "pray only for knowledge of His will." — FACT**
   That's from Step Eleven: "...praying only for knowledge of His will for us and the power to carry that out."
4. **The Serenity Prayer is in the Big Book. — MYTH**
   It's strongly associated with A.A. and commonly used at meetings, but it is not part of the Big Book text.
5. **Bill W. and Dr. Bob were both doctors. — MYTH**
   Dr. Bob was a physician. Bill W. was not a doctor; he worked as a stock speculator/securities analyst.
6. **A.A. has always had the 12 Traditions. — MYTH**
   A.A. began in 1935. The Traditions developed later from the Fellowship's early experience.
7. **"One day at a time" appears in the Big Book. — MYTH**
   This is a great trick question. The familiar slogan "One Day at a Time" does not appear as that phrase in the first 164 pages of the Big Book, even though the idea of living sobriety one day at a time is deeply associated with A.A.
8. **A.A. is "religious but not spiritual." — MYTH**
   That's essentially backwards. A.A. describes itself as spiritual rather than religious and is not allied with any sect or denomination.
9. **The founders of A.A. were always against medication. — MYTH**
   A.A. does not tell members to reject legitimate medical treatment. A.A. literature recognizes that members may need treatment and medication prescribed by qualified professionals.
10. **You have to hit bottom before you can come to A.A. — MYTH**
    There is no requirement to reach some particular level of devastation. The only requirement for membership is a desire to stop drinking.
11. **There is a "13th Step" in A.A. — MYTH**
    Officially, A.A. has 12 Steps. "13th Stepping" is an unofficial slang term, generally referring to an established member pursuing a romantic or sexual relationship with a newcomer.
12. **A.A. was only for men when it first started. — MYTH**
    The earliest membership was overwhelmingly male, but co-founder Bill W.'s wife, Lois, was a member. Women became members during A.A.'s early years.

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Getting sober didn't magically rebuild my old life. I had to get a job. I had to find an apartment. I had to show up when I said I would. I had to do what the court asked. I had to accept that my ex-wife had good reasons not to trust me just because I announced that I had changed. Most importantly, I had to learn how to live differently.

Today, Step Ten is part of that. When resentment, fear, dishonesty, or self-pity starts creeping in, I'm supposed to recognize it instead of feeding it. I admit when I'm wrong. I ask God to remove what is getting in the way and direct my attention toward what I can do for somebody else. Some days I do that better than others, but today I get to be Pepper's dad. Not just the man who loves her, but the man she can depend on.

This Halloween, Pepper is going as a pop star. Apparently ghosts are no longer cool. She has glitter in her hair, glitter around her eyes, and somehow glitter already inside my apartment. I'm fairly certain I'll still be finding it when she graduates from high school. I bought too much candy, some little toys, and a bunch of treats she absolutely does not need. I know Halloween isn't supposed to be Christmas, but I have three years' worth of Halloweens in my heart.

Before we leave, she spins around so I can see the whole costume. I just stare at her. She's gotten so big. For a second, my mind goes backward. I see a four-year-old ghost, a red wagon, a cheap Halloween cup, a hospital, and an empty house. That old guilt can still find me, but I don't have to live inside it anymore. I can't change that Halloween. I can't erase what I did. I can't demand that the people I hurt forget it because I'm sober now. What I can do is take responsibility for today.

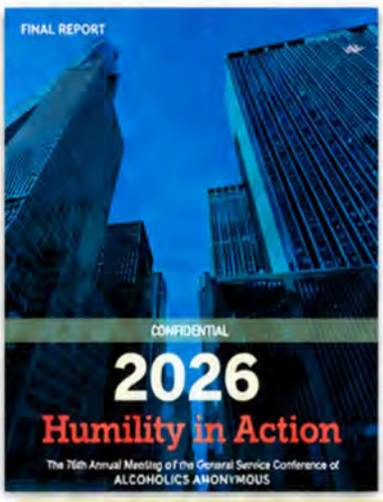
So I ask God to keep me useful, honest, and focused on what is in front of me. What's in front of me is Pepper. "Come on, Dad!" She's already halfway to the door. I grab the candy bag and follow her outside. The street is glowing with orange lights. Kids are running from porch to porch. Somewhere down the block, a plastic witch is screaming every time somebody walks past it. Pepper reaches back and grabs my hand.

Three years ago, I stood at the sidewalk drinking while my little girl walked to those doors alone. Tonight, I walk up every driveway with her. I don't need a drink in my hand. I don't need an excuse. I don't even need a costume, although Pepper informs me that next year I'm wearing one whether I like it or not. That's okay. I've learned there are worse things in life than looking ridiculous for your daughter.

There are also things far better than getting your old life back. Sometimes, if you're willing to do the work one day at a time, you get to build a new one.



Final Conference Report Now Available



The digital Final Conference Report for the 76th General Service Conference is now available and can be accessed at **aa.org/2026-general-service-conference-final-report.** Be sure to select your preferred language at the top of the page.

The print copy will be available soon.
Details on how you will be able to order are included in the report.

2026 General Service Conference Final Report

The 76th General Service Conference was held April 26–May 2, 2026, at the New York Hilton Midtown hotel. Guided by the theme of "Humility in Action," 136 Conference members gathered at the week-long event in the spirit of unity, fellowship and service, prepared to address 70 agenda items critical to the future of A.A. throughout the United States and Canada. The General Service Conference is both a stage for a year's worth of work coming to fruition through spirited deliberation and voting from the Conference body, as well as an opportunity to identify new paths to forge for carrying the message of Alcoholics Anonymous into the future.

SCAN TO READ THE FULL REPORT

MEETING GUIDE JUST GOT BETTER!

Finding a meeting is easy. Saving it just got easier.

MEETINGS. ANYTIME. ANYWHERE.

Meeting Guide

RECENT UPDATES INCLUDE:

Choose Your Email App
Apple users can now choose their preferred email app when contacting meeting organizers.

More Calendar Options (Apple)
Apple users now have new calendar-access options when adding meetings to your calendar.

Easier on Android
Android users can long-press to change the default calendar used when adding meetings.



Same trusted meetings. More ways to stay connected.

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	1990	2015
"I Am Responsible"	*"Fifty-Five Years – One Day At a Time"*	*"80 Years – Happy, Joyous and Free"*

SHARE YOUR IDEA!

Send your ideas to:
2030ictheme@aa.org

SUBMIT BY
OCTOBER 9, 2026

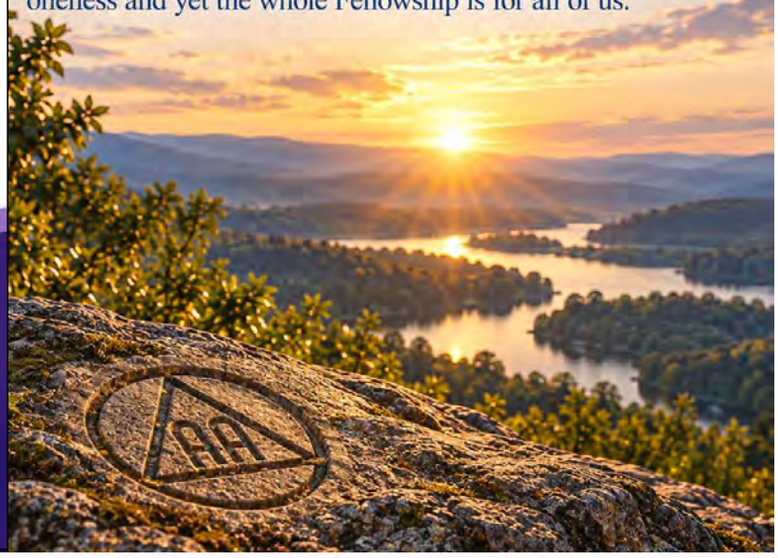
OCTOBER 25

A.A.'s HEARTBEAT

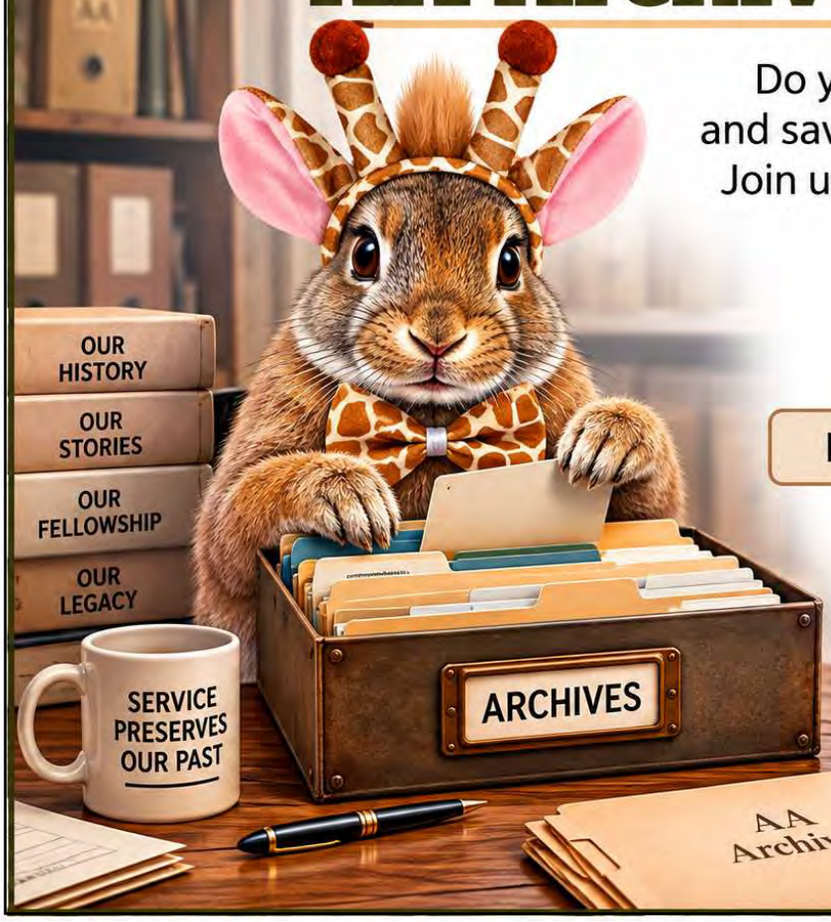
Without unity, the heart of A.A. would cease to beat; . . .

AS BILL SEES IT, p. 125

Without unity I would be unable to recover in A.A. on a daily basis. By practicing unity within my group, with other A.A. members and at all levels of this great Fellowship, I receive a pronounced feeling of knowing that I am a part of a miracle that was divinely inspired. The ability of Bill W. and Dr. Bob, working together and passing it on to other members, tells me that to give it away is to keep it. Unity is oneness and yet the whole Fellowship is for all of us.



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, Fall 2026,

8 am — noon:

October 24

November 21 | December 19

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

For more info contact:
Archives@aa-louisiana.org

Something I Heard Around the A.A. Coffee Pot

From the Editor

I heard a little A.A. news around the coffee pot and thought I would pass it along.

If you use the Everything AA app, there's a new update available. Version 5.0 is the first version released since A.A. World Services took ownership of the app.

Apparently, there has been quite a bit of work going on behind the scenes to get the app working better and prepare it for some changes that are coming. We should start seeing new features and resources added over time.

The Everything AA app is still free to download and use. There is now an optional subscription that costs $1.99 a month or $19.99 a year. The subscription was added to help support the continued development and maintenance of the app. You do not have to subscribe to continue using it, but subscribers will also receive access to additional content. The subscription is separate from Seventh Tradition contributions.

The first bonus for subscribers is "Voices of A.A. Today," which includes material from the 2025 International Convention commemorative book, A Book of Fellowship – 90 Years of Sharing Love and Service.

It sounds like that is only the beginning. More material from A.A.'s publications and archives is expected to be added later, including audio and video recordings.

I'm curious to see what they do with it as it grows. With so many of us using our phones for meeting information, reading, listening, and just about everything else these days, it will be interesting to watch how this little A.A. tool develops.

So, if you already have Everything AA, check your phone and make sure you have Version 5.0.

If you don't have it yet, now you've heard about it around the coffee pot too.



-Kristy
NBN Editor





Carrying the Message Behind the Walls

By Shirley C, District 11 DCM

Walking through the doors of a women's correctional facility to carry the message of Alcoholics Anonymous is humbling. It offers women facing some of life's hardest circumstances a message of recovery.

For that hour, their charges, mistakes, and surroundings do not define them. They are women seeking sobriety who need these meetings, just like those of us across the table.

We share our experience, strength, and hope. We listen, laugh, and sometimes cry. Above all, we remind them that their story does not have to end where they are today.

AA gives us tools for living, even when life feels beyond our control. At one meeting, the discussion became dominated by complaints and frustration. We reminded the women that we cannot control anyone outside our own "hula hoop"; instead, we must examine the defects that influence our feelings. The program teaches us to pause before reacting, ask for help, and focus on what we can change.

Staying focused on the solution can be especially difficult for them. They cannot walk away from their circumstances, change their environment, or control what each day brings.

But they can choose how they respond.

As members of Alcoholics Anonymous, we have the privilege of carrying the AA message to places it might not otherwise reach. We enter correctional facilities because recovery was freely given to us, and we are responsible for passing it on.

Each meeting may plant a seed nor do we know which conversation, reading, shared story, or encouraging word will remain with someone after we leave but we trust the message to do what it always has: give another alcoholic hope that a different life is possible.

The walls may confine them, but the message of recovery has no walls.

Perhaps one day, one of these women will leave the facility sober, grateful, and ready to carry the message to someone else.

That is why we keep going.

We carry the message in—and pray they carry it forward.

"What we have is sustained by giving it away."

Bring the International Women's Conference to Louisiana

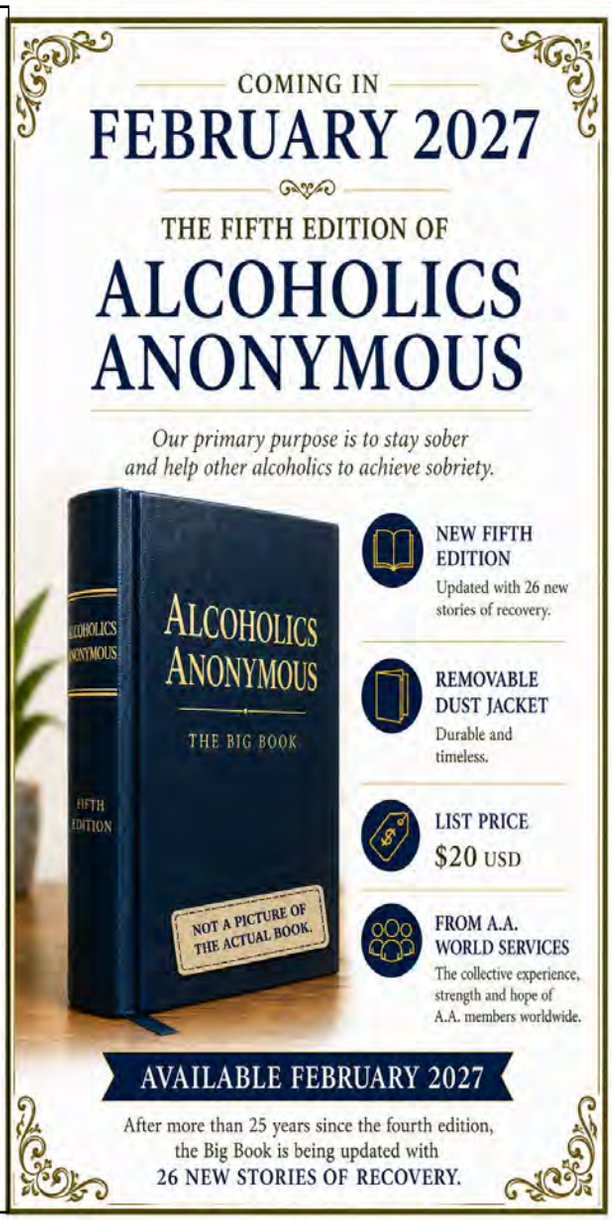
Do you love a good women's conference?
Do you love service work?
Then we need you.

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 2030.

- 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:
Lori
Lori.johnsonadams@yahoo.com



TWELVE CONCEPTS FOR WORLD SERVICE Video

THE TWELVE CONCEPTS for World Service

NOW AVAILABLE IN THREE LANGUAGES!



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

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.

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.

ALCOHOLICS ANONYMOUS ON YouTube

Inspiring stories. Real experience. Hope that works.

Watch AA members share their journey of recovery.



You'll find:

- **Young and Sober in A.A.** And many more videos from A.A. members.
- **Experience, Strength, and Hope** Shared by people, just like you.
- **For Anyone, Anywhere** AA is here—one day at a time.

Hope is just a click away.

Subscribe Today!

@alcoholicsanonymousworldse1373

Alcoholics Anonymous®
Experience. Strength. Hope.

In Loving Memory

Lynthus L. H. Jr. (Butch)

A Life of Service

Easy Does It

Central, Louisiana - Lynthus L. "Butch" H., Jr., passed away peacefully at home surrounded by his family on Friday, August 28, 2026.

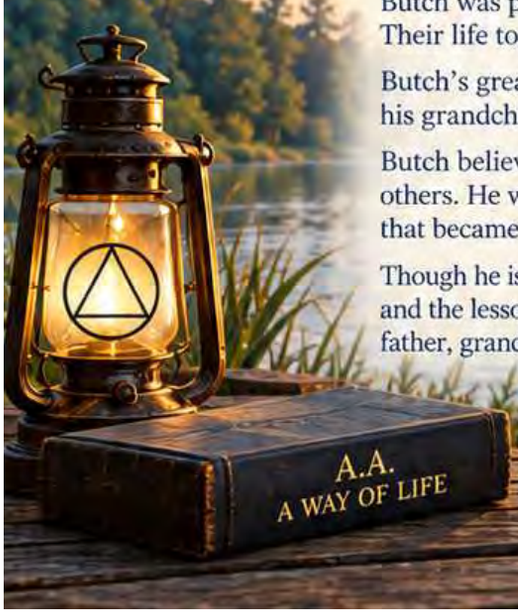
Butch was born in Bienville, Louisiana. Throughout his life, he made their home in several places, including brief stays in New Orleans and Baton Rouge, before finding a place that would become home for the next 27 years: Pass Christian, Mississippi.

Butch was preceded in death by his beloved wife of 64 years. Their life together was a testament to love, devotion, and family.

Butch's greatest joy was his family. He is survived by his three children, his grandchildren, and his great-grandchildren.

Butch believed in the importance of people, fellowship, and sharing life with others. He was a friend of Bill W. and cherished the friendships and fellowship that became such an important part of his life.

Though he is deeply missed, Butch leaves behind a family rich in memories, love, and the lessons of a life well lived. He will forever remain a beloved husband, father, grandfather, great-grandfather, and friend.



Grateful for a Life of Fellowship





One Day At A Time...
and sometimes, one minute!

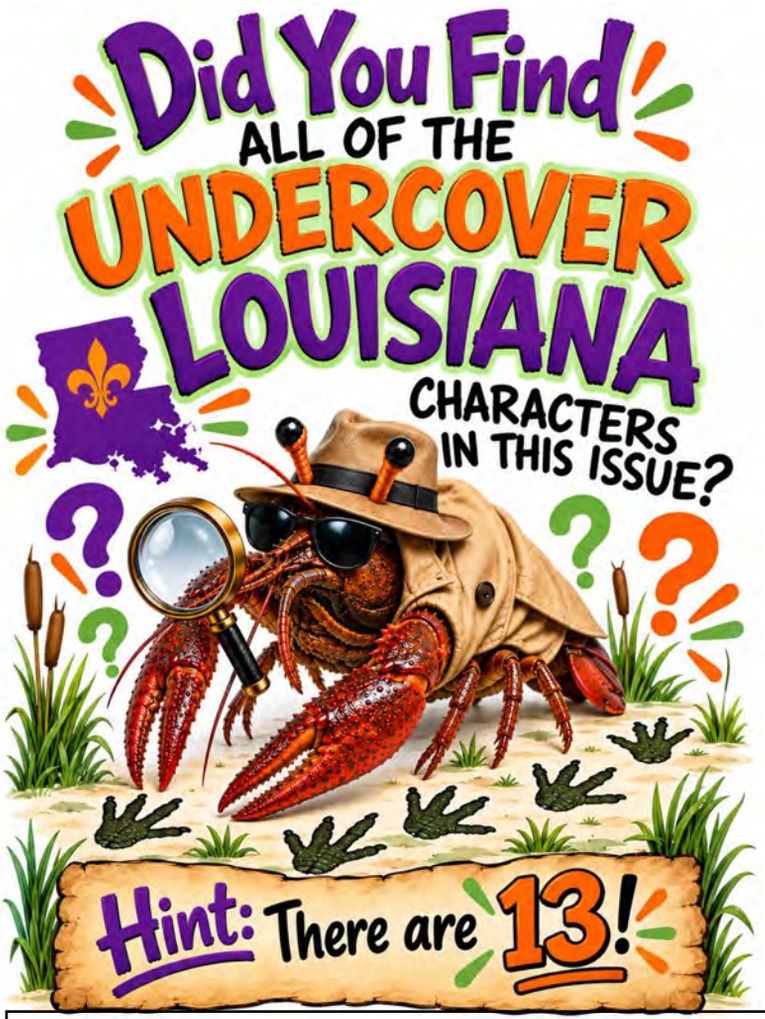
THE A.A. MEETING GUIDE APP





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





Your Experience Matters!

The A.A. General Service Office is conducting a short survey to gather information about the need for a Spanish-language ***Plain Language Big Book*** (or other plain language tools) among Spanish-speaking A.A. members in the U.S. and Canada.

Please share this survey with Spanish-speaking A.A. members in your Area.

Take the Survey!

Survey closes December 31, 2026.

Thank you for helping us carry the message to all A.A. members!

¡Tu Experiencia Importa!

La Oficina de Servicios Generales de A.A. está realizando una breve encuesta para recopilar información sobre la necesidad de un ***Libro Grande en lenguaje sencillo en español*** (u otras herramientas en lenguaje sencillo) entre los miembros de A.A. de habla hispana en EE. UU. y Canadá.

Por favor, comparte esta encuesta con los miembros de A.A. de habla hispana en tu Área.

¡Haz la Encuesta!

La encuesta cierra el 31 de diciembre de 2026.

¡Gracias por ayudarnos a llevar el mensaje a todos los miembros de A.A.!

https://es.surveymonkey.com/r/Libro_Grande_en_lenguaje_sencillo

Step 1: The Nature of the Problem

Powerlessness over alcohol | *Unmanageability in our lives*

The first drink

Alcohol seems like my best idea of a solution.

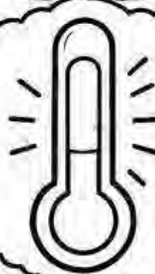


Physical craving

Once I start, I crave more.

Emotional thermometer

My problems build. I feel powerless to solve them.



Mental obsession

I return to the idea that alcohol will give me relief.



No power to solve my problems. Alcohol becomes my best idea of a solution.

Steps 2–12: A "Vital Spiritual Experience"

The Steps are meant to produce a "vital spiritual experience".



Steps 2–3

Find a Power that works and surrender.



Steps 4–9

Clear away the wreckage of our past.



Steps 10–12

Live in connection to our Higher Power and service to others.

An interpretation of A.A. concepts • Not the official Step text

Submitted By: Tracy N.

Color and send to brnoboozenews@gmail.com by October 25th to see in the November issue.

Our purpose keeps us one.

The world has causes, sides, and views,
A thousand roads we're asked to choose.
But in these rooms, we leave outside
The need to argue, prove, or divide.

We come from places far apart,
With different minds and different hearts.
Yet here, one purpose makes us one:
To help the suffering alcoholic come.

A.A. need not take a stand
On every issue across the land.
No public quarrel bears our name;
Our message quietly stays the same.

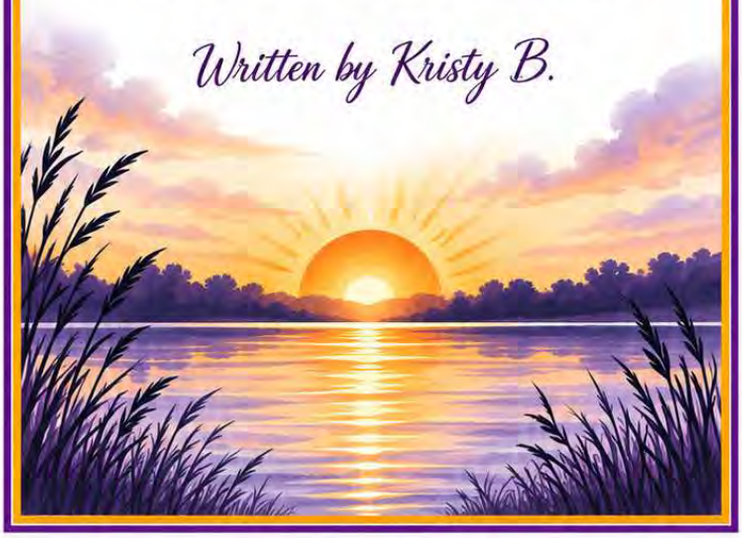
This doesn't mean we cannot care,
Or hold convictions we may share.
Each member's voice remains their own—
But A.A.'s purpose stands alone.

For when the world demands a side,
We neither battle, praise, nor condenm—
We keep the door wide open for them.

No matter what a person believes,
There's room for anyone who needs
The hope that one alcoholic can give
Another who is learning how to live.

So let the world debate and defend;
Our hand is here for the suffering friend.
Our common purpose carries us through—
Not what we think, but what we do.

Written by Kristy B.





Have You Called Your Sponsor Today?

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!

thankyou

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

– The Editor.

October Flyers

TABLE OF CONTENTS

AREA 27 (STATE OF LOUISIANA AA) FLYERS

DATE	FLYER
Informational	Area 27 Committee Meetings
1st Sunday of each month	Area 27 Online District 25 Meeting
1st Sunday of each month	Area 27 Accessibilities Committee
1st Sunday of each month	Area 27 Outreach Committee
1st Sunday of each month	Area 27 Treatment Committee
1st Wednesday of each month	Area 27 Grapevine Committee
October 3, 2026	Area 27 Grapevine Writing Workshop

CASC AA COMMITTEE FLYERS

DATE	FLYER
Informational	What is CASC?
Informational	Baton Rouge CASC Grapevine
District 10	
3rd Friday of each month	District 10 Meeting
October 24, 2026	District 10 Service Elections
November 18, 2026	On-Awakening Service Elections
December 12, 2026	District 10 Holiday Workshop
January 16, 2027	New Roads Pig Roast
Informational	District 10 New Website
District 11	
Informational	District 11 New Contribution Address
District 15C	
1st Monday of each month	South 19th Street Group Big Book Study
2nd Saturday of each month	District 15C Meeting
District 15D	
3rd Sunday of each month	District 15D Meeting
November 15, 2026	District 15D Service Elections
District 16	
October 24, 2026	District 16 Halloween Family Fun

LOUISIANA (OUTSIDE CASC AREA) FLYERS

DATE	FLYER
October 3–4, 2026	The Have No Fear Home Group Garage Sale
October 10, 2026	Eat, Speak, and Be Spooky - Mandeville LA
October 23–25, 2026	Cenla SoberMania 2026 – Faith Without Works - Alexandria LA
October 24, 2026	Football Tailgate & Watch Party - Shreveport LA
October 30, 2026	Halloween Costume Party - Mandeville LA
November 6–8, 2026	79 Tri-State Convention - Shreveport LA
November 13-14, 2026	46th Annual Bayouland Jamboree - Houma LA
November 13-15, 2026	Women in Recovery Fall Retreat - West Monroe LA
March 18–21, 2027	34th Annual Upstate Convention - Ruston LA

MISCELLANEOUS FLYERS

DATE	FLYER
Informational	Your 7th Tradition Contributions to Central Office
Informational	Sober Activities
Informational	No Booze News QR Code & Submissions
Informational	Area 27 Service Triangle
November 1, 2026	Redstick Roundup Golf Tournament
January 22–24, 2027	Redstick Roundup 2027
July 30–August 1, 2027	LASCYPAA XLI

OUTSIDE LOUISIANA FLYERS

DATE	FLYER
October 23-25, 2026	ESCYPAA XII - New York NY
November 6–8, 2026	Women In Recovery Retreat - Marshall TX - Pg 1 of 2
December 4–6, 2026	2026 Pacific Regional Forum - San Diago CA

NOTE: If hyperlinks do not work for you please check your security settings, save NBN file before opening, or change your browser. (See Page 24)

Please send all flyers, events, and announcements to be included in No Booze News to brnoboozenewseditor@gmail.com *by the 25th of the month.*

October 2026 Birthdays

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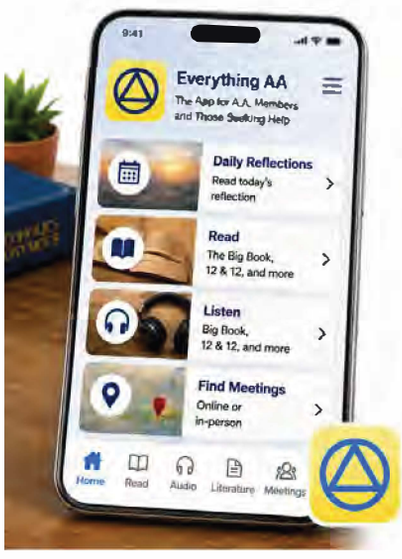
PLEASE CHECK YOUR GROUP'S INFORMATION AND HELP US KEEP THE BIRTHDAY LISTS CURRENT!

Thank you for helping us celebrate recovery!





October 2026 Birthdays



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

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

Just contact the editor at brnoboozenews@gmail.com

Total Years: 2031



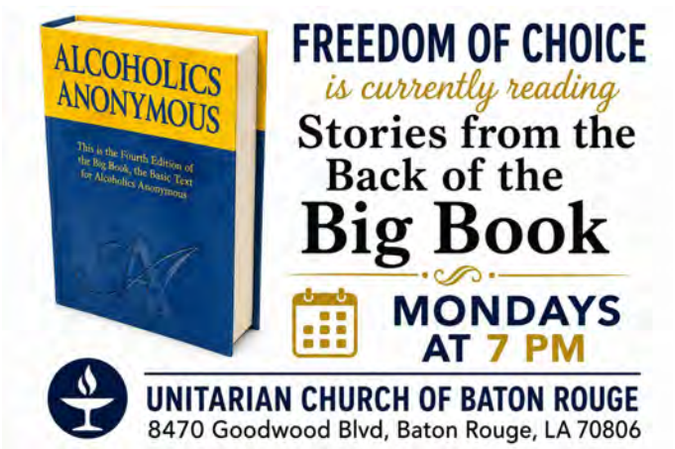
November 2026 Birthdays



November 2026 Birthdays







November 2026 Birthdays



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

— Just contact the editor at brnoboozenews@gmail.com -

Total Years: 1673

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If you click a link in this PDF and nothing happens, your browser, email program, PDF viewer, or security settings may be preventing it from opening. Please try the steps below.

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brnoboozenewseditor@gmail.com

Please include the **page number or name of the link** that is not working so we can check it for you.

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