

Plug-in-Jug News
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Monday—Friday 11:00AM-5:30PM
Sat. 8:30-12:30

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 Acadiana Area

Step 9 Made direct amends whenever possible except when to do so would injure self or others
Tradition 9 A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

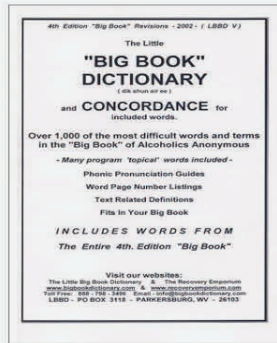
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September, 2011
COR Meeting
Sunday, September 16, 2011
 1119C Johnston Street
 Lafayette, LA

Visited the Central Office lately?
 Come check out the Bookstore
 Now in Stock!

Big Book Dictionary



A dictionary created expressly for the primary text of Alcoholics Anonymous. It fits neatly in the back of an AA BIGBOOK with over 2,200 words and phrases included.

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Big Book Thumper Trivia Contest
September 24, 2011
 Twin City Club 3416 Maclee Dr. Alexandria, LA



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COR Meeting Agenda—September 18, 2011
Old Business:

- Volunteers needed to work Monday, Tuesday and Friday from 11:00am to 12:30pm to cover Linda's lunch, and also needed for Saturday, from 8:30am to 12:30pm.
- COR's must submit flyers, Plug-n-Jug articles, notices etc by the 15th of each month.

The 27th Annual
CAJUN COUNTRY CONFERENCE

September 30 – October 2, 2011
 Holiday Inn (Holidays)
 Rooms Starting At \$97 (337-233-6815)
 2032 NE EVANGELINE THWY, LAFAYETTE, LA US 70505



Speakers

- Friday Night
Jon S. (AA) Gulf Breeze, FL
 - Saturday Morning
Kerry C. (AA) Washington, NJ
 - Saturday Night
Ralph W. (AA) Los Angeles, CA
 - Sunday Morning
Marcell F. (AA) Alexandria, LA
- ALA-TEEN Speaker to be announced.

WORKSHOPS AND ACTIVITIES
 throughout ENTIRE weekend!
SUPER RAFFLES
 (Including a Flat Screen TV)

Original Stained Glass
 by Oliver M. to be Auctioned



FOR MORE INFORMATION:
 LAUREN K. 337-297-0395
 JOHN S. 337-286-5148

Central Office Barbecue

Saturday, Oct 8, 2011

Girard Park Pavilion-Lafayette

Don't miss the 50/50 Raffle!

- 8:00 Setup**
- 10:00 Begin**
- 11:00 Fellowship & Lunch**
- 1:00 Speaker:**
Dale T.-Lafayette



Concept 9 Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

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Want to contribute an item to the Plug-In-Jug? Email us at plug-in-jug@aa-acadiana.org, or send it to the Central Office, by the 4th Friday of the month. To include a flyer with the Plug-In-Jug mail-out, please provide 130 copies and a \$15.00 donation to defray postage expense to the Central Office.

MISSION STATEMENT

It is the goal of your Central Office Steering Committee to monitor and improve upon the quality of services provided by the office and its workers. The Steering Committee meets regularly to review Policies and Operations in order to improve its services to our A.A. Community.

www.aa-acadiana.org

Email the Central Office at centraloffice@aa-acadiana.org

What Others Say...

HOW TO MAKE AMENDS

Let's start with me. Everybody's cashing in on the new craze for "How To" books which run the gamut from "How to Play the Zither" to "How to Pickle a Herring." I fell for it, too. Last summer, while on my vacation, I bought one on "How to Become a Bird Watcher." And I used it-much to the consternation and amusement of my fine feathered friends. It just goes to show what a few years of sobriety will do to some of us. Never in my DTs, did I ever imagine I would de-scent so low as to disturb defenseless little birds while they were playing, feeding, nesting or romancing. You should have seen me in the heavy scrub and tangled undergrowth, book in hand and wearing bifocals, trying to tell a grosbeak from a hummingbird. Brother, that's really living it up in AA! It's a long way from a pastime like bird-watching to something so important to all of us as "How To Make Amends"-now that we're sober-but both have one thing in common. Each re-quires application and effort before results can be achieved or enjoyed. One of the quickest and most inspiring examples of this sub-ject is told by an AA friend of mine whose wife said to him after eight months of sobriety: "By your kindness, consid-eration and cooperation at home, you have more than made up to me for the year of heartaches I suffered during your alco-holism." That generally doesn't happen so easily. And it didn't in my case, either at home or with relatives, friends or business people. Donning my penitential garments (which didn't fit well at the begin-ning of my AA membership) and mounting my white Arabian charger, I galloped hither and yon to explain to all and sundry that I was heartily sorry for my previous alcoholic defects of character and personality which had harmed, of-fended, betrayed or defrauded them. All my efforts were not successful. The hurt or damage I had inflicted was too painful-or too deep-for a few of them, and they received (or rejected) me frigidly. Know-ing the key word in the Eighth Step is the *willingness* to make amends, I accepted those unpleasant situa-tions as well as I could. Later on, after quite a period of sobriety, I again offered my apologies and explana-tions to them and, in practically all cases, they were accepted. From those experiences I have learned that some injured Individuals are "from Missouri." Sometimes actions speak louder than words and they had to be shown I was sincere by a continuation of my sobriety. There are no hard-and-fast suggestions for everybody on "How to Make Amends." Circumstances and Individuals vary. But there should be, I think, one necessary requisite for all of us. The success of our efforts, with respect to ourselves or those we've harmed, or both, ought to be predicated on our absolute *honesty* and *sincerity* of purpose. Making amends will not properly work for us if we use them merely as lip service to get off a hook, to placate someone whose good opinion we only want to cultivate, or who might be in a position to do us a good turn in the future. Neither do we gain much, nor anything, by discharging such a duty to ourselves and as an obligation to others if it's just a me-chanical action resulting from another AA member telling us it is the thing to do. We should *want* to make amends because we are sincerely convinced we were at fault and honestly desire to right a wrong. There is no substitute for this essential attitude or state of mind. One of my difficulties in trying to put myself right with other people was how to know the difference between a real desire on my part to do the right thing and a phony attempt to ease my guilty conscience. On the other hand, it is never advisable to try to make direct amends when to do so would injure those we've harmed, or others. In my considered opinion, our home should be the first place to start. Our families bore the brunt of our alcoholism through the years and general-ly are the last to receive the benefits of our personal rehabilitation program Amends with the alcoholic, as well as charity, begin at home. If we put our own habitation in order first, we are better able, mentally and emo-tionally, to try to rectify conditions created in the outside world by our uncontrolled drinking. This is also true when we want to make spiritual amends. There is a better chance of attaining that goal after we have straightened out our home life. Then the "decision to turn our will and our lives over to the care of God as we understood Him" will bear quicker fruit. Making amends can, be a rich and rewarding experience in humility, tolerance and understanding of the other fellow.

Ed. note: the author says-"This isn't an analysis of the Eighth and Ninth Steps on making amends. Rather, it suggests an attitude towards them that might help to make them work more easily.

Anonymous, New York

Grapevine Reprinted with permission

9 Made direct amends to such people wherever possible, except when to do so would injure them or others.



I try to fix things if I can.

© AAWS, Inc. The Steps Illus.

OFFICE HOURS

Monday - Friday
11:00am-5:30pm

Saturday
8:30am—12:30pm

Tradition 9— AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program - even if no one makes me do so - with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully - and profit thereby - when the time comes?
8. What has rotation to do with anonymity? With humility?

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Acadiana Central Office

August 21, 2011 COR Meeting

STEERING COMMITTEE		COR & Alt. COR	
Chairman	Ruth B.	Abbeville Area	Brent R. (alt)
Vice Chair	Not Present	A Design for Living	Janssen C.
Treasurer	Not Present	Any Lengths	Todd A.
Secretary	Not Present.	Courage to Change	George R.
Activities Chair	Jim W.	Downtown Group	Cathy C.
Contact Chair	Jeff B.	Faith Group	Paul D.
Communications Chair	David C.	Hub City	Eric S.
		Kitchen Table	Scott B.
		Living Sober	Danny W.
OTHERS		New Way Group	Christopher C.
Office Manager	Linda F.	Primary Purpose	Rob C.
13C DCM	Todd D.	Reflections	Tamara B.
Across the Tracks	Jon M.	Scott Group	Guy C.
A Design for Living	David S.	Simply Sober	Kevin M.
		Sisters in Sobriety	Cathryn U.
		Step by Step	Leigh R.
		Sun-Up	Robin N.
		The Gulf Coast Group	Jeannie D.
		There is a Solution	Ashley T.
		3 rd Street Park	Gilbert W.

Treasurer's Report: Linda read the report:

Starting Bank Balance	\$3000.00
Total Income	\$5324.37
Total Expenses	\$4561.10
Net Income	\$ 763.27
Transferred from the Prudent Reserve	\$ 562.28
New Prudent Reserve Balance	\$7672.28

Danny W. caught a error in the financials and Linda F. corrected her mistake and will prepare an explanation for September's meeting.

Office Manager's Report Linda F. reported:

12-Step Calls (Office)	5
12-Step Calls (Answer Svc.)	2
Meeting Info Calls (Office)	70
Meeting Info Calls (Answer Svc.)	50
Walk Ins	86
Office Information	11
Al-Anon Info	5
Meeting Lists Mailed	3
Meeting Lists Faxed	0
Internet Inquiries	2
Sales of Merchandise	79
PIJ Subscriptions	0
52 Paid Subscribers/ 37 COR's	

Report accepted as read.

Activities Report: Jim W. is planning to meet with his Activities Committee to discuss the BBQ set-up and the collection of raffle items from the fellowship and asked the COR's to go back to their groups for raffle items. Please email Jim at activities@aa-acadiana.org. **Report accepted as read.**

Communications: David reported:

1054 visitors made 1548 visits to the website in July 2011

Meeting Lists were downloaded 619 times

Plug-In-Jug issues were downloaded 239 times

The Events/Calendar page was viewed 211 times

Total visits year-to-date: 11,417

David met with his committee and developing a plan to make the necessary web site improvements. The total visits are up 5% from last please contact him at this new email address: comcom@aa_acadiana.org. David is working with a fellow AA friend that is willing to print The *Plug-n-Jug*, as long as we supply the paper. His team is also making format changes. **Report accepted as read**

Contact: Jeff has a couple of people to help him travel to other groups meetings. Report accepted as read.

District 13A: Inactive district

District 13C: Todd D. reported that the Dist. has a new web site www.ladistrict13c.org and working on mapping for the 27 groups listed.

District 13D: Inactive district

District 13E David C. reported that they are working on keeping up with the literature requests. AOC(Three Graces) has closed.

District 2: Todd D. Planning for November workshop

District 9: No report

Old Business Ruth asked for Vice Chair nominations from the COR's and John M. from Cross the Tracks in Franklin group was nominated, and approved unanimously by the 19 COR's present at the meeting. Ruth reported that we changed our bank account, because Chase bank fee's were ridiculous, and ended up moving to Iberia bank.

New Business

Ruth asked for help to recruit additional volunteers to work Monday, Tuesday and Friday from 11am to 12:30pm to help cover Linda's lunch and also need volunteers for Saturday, 8:30am to 12:30pm
David C. asked that the COR's submit their flyers, Plug-n-Jug articles, notices etc... by the 15th of each month.

Motion made and carried to adjourn the meeting. The meeting closed with the Lord's Prayer.



COME TO GATE 12

Sometime in the early 1990's I was treating a woman in an intensive outpatient chemical dependency group. Let's call her ' Grace. Grace was a flight attendant and had been suspended from her job with a major airline due to her untreated alcoholism. She had been stealing the little miniature liquor bottles and drinking in airport bars in uniform, etc. Her employer, realizing she needed treatment sent her to us. After the eight week program, I suggested to her it might be a good idea to solidify her foundation in recovery before returning to work as she would be working in a high-risk environment (serving alcohol, being out of town alone, etc.). Grace did, however, return to work shortly after completing outpatient treatment. One day, while she was departing from a plane at the end of long day in the Los Angeles International Airport pulling her roller-bag behind her, a massive craving to drink came over her. She tried to just think through it 'or' just for-get about it,' but it was way too powerful. It was so powerful, in fact, that she had resigned to herself that she would just go drink. Grace thought, Oh, heck with it, I'll get another job or maybe no one will find out anyway. But deep down inside Grace did not want to drink. She truly had wanted to stay sober, but she was in trouble. On her way to the bar in the airport, Grace had a moment of sanity. She stopped, picked up the airport paging phone and said, 'Will you please page friends of Bill W., "she paused, quickly looking around for an empty gate "to come to Gate 12?' Within minutes, over the paging system in the LA International Airport came, 'Will friends of Bill W. please come to Gate 12. Will friends of Bill W. please come to Gate 12?' Most people in recovery know that asking if you are a friend of Bill W. is an anonymous way to identify yourself as a member of AA. In less than five minutes there were about fifteen people at that gate from all over the world. That brought tears of amazement, relief and joy to Grace. They had a little meeting there in that empty gate, total strangers prior to that moment. Grace discovered that two of those people had gotten out of their boarding lines and missed their flights to answer that call for help. They had remembered what they had seen on many walls of meeting rooms: 'When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible. 'Grace did not drink that day. would venture to guess that none of the people who came to Gate 12 drank that day either. Instead Grace had a moment of sanity, realized she could not do it on her own, took the action of asking for help and received it immediately. This help is available to all of us if we want it and sincerely ask for it. It never fails.

Richard C. "The COIN" Sept 2008 The Santa Clara County Intergroup Newsletter

Office Manager's Corner

For September 2011 Central Office had:

12 Step Calls (office)	6
12 Step Calls (ans)	6
Meeting Info (office)	61
Meeting Info (ans)	58
Walk-Ins	80
Office Information	10
Al-Anon Information	5
Meeting List Mailed	1
Meeting List Faxed	1
Internet Inquires	4
Sales of Merchandise	74
PIJ Subscriptions	1
PIJ Mailed	89
52 Paid Subscribers/37 COR's	



Volunteer Workdays—August 2011

Janet H.	3, 10, 17, 24, 31
Jim O.	8, 10, 17, 31
Bill S.	13, 20
Charlene B.	9, 5
Debbie C.	18, 26
Virginia R.	23
Mary Ann H.	4
Gilbert W.	27

Your service is appreciated!

HOW ARE WE DOING?

Ruth E.
337-281-7915
chair@aa-acadiana.org

Things We Cannot Change (In Memoriam)

Chad N. Primary Purpose
Clay B. Northside Gratitude

Sick Bay

Keith C.	Area Group of Breaux Bridge
Pete R.	Bienvenue
Sam J.	Freedom's Choice
Claire W.	Hub City
Ola B.	Last Chance Acceptance
Susan C.	Primary Purpose
David B.	Reflections
John H	Sun Up
Jo C.	Sun Up
Eddie P.	Sun Up
Charlie H.	Sun Up
Milton 'Cuz' A.	Willing to Believe



TO VOLUNTEER AT
CENTRAL OFFICE
CALL LINDA
(337) 991-0830

Want to contribute to the Plug-In-Jug?
Email to plug-in-jug@aa-acadiana.org
or send it to the Central Office by the 4th Friday of the month.

To include a flyer with the Plug-In-Jug mail-out, please provide 130 copies and a \$15 donation to de-fray postage.

Groups, please submit changes for Sick Bay/In Memoriam to Central Office.
Thank You

Acadiana Central Office 2011 FINANCIAL REPORT

Total Regular Income	\$3,132.37
Total Sales Income	\$2,192.00
TOTAL INCOME	\$5,324.37
Total Regular Expenses	\$2,772.65
Total Sales Expenses	\$1,788.45
TOTAL EXPENSES	\$4,561.10
NET INCOME	\$763.27
Checkbook Balance	\$3,562.28
Prudent Reserve Transfer Amount	-\$562.28
New Checkbook Balance	\$3,000.00
Prudent Reserve Starting Balance	\$7,110.34
Prudent Reserve Transfer Amount	\$562.28
New Prudent Reserve Balance	\$7,672.28

Group Donations	July	YTD
Abbeville Area	\$0.00	\$0.00
A Design For Living	\$0.00	\$0.00
Acadian Gr.	\$0.00	\$0.00
Any Lengths	\$0.00	\$0.00
Back to Basics (N.I.)	\$20.00	\$20.00
Big Book Experience	\$65.00	\$95.00
Boulevard Gr. (Opelousas)	\$0.00	\$80.00
Brown Baggers (Morgan City)	\$0.00	\$83.09
By the Book	\$45.00	\$45.00
Courage To Change (N.I.)	\$0.00	\$0.00
Downtown Gr. (Opelousas)	\$0.00	\$267.29
Dry Dock	\$0.00	\$100.00
Eunice Solutions Gr.	\$0.00	\$20.00
Faith	\$0.00	\$602.42
Freedoms Choice	\$10.00	\$20.20
Hang In There (Scott)	\$0.00	\$0.00
Hub City	\$540.00	\$672.00
Kitchen Table	\$284.15	\$1,396.57
Last Chance Acceptance	\$0.00	\$0.00
Living Sober	\$25.00	\$50.00
New Way (Breaux Bridge)	\$532.00	\$982.00
Newcomers Group	\$0.00	\$0.00
Northside Gratitude	\$25.00	\$63.00
Opelousas Group	\$0.00	\$25.00
Primary Purpose	\$256.23	\$2,003.88
Queen City/ Gratitude (N.I.)	\$0.00	\$0.00
Reflections	\$0.00	\$0.00
S.M.F. Gr	\$200.00	\$200.00
Scott Group	\$44.00	\$441.21
Serenity N.I.	\$0.00	\$200.00
Simply Sober	\$0.00	\$0.00
Sisters In Sobriety	\$0.00	\$75.00
Sober Chicks	\$10.00	\$10.00
Solutions Gr. Ville Platte	\$0.00	\$0.00
Spring Gr. Port Barre	\$0.00	\$0.00
Step By Step	\$140.00	\$210.00
Step Into Recovery	\$0.00	\$50.00
Sun Up	\$438.28	\$1,749.50
Surrender	\$0.00	\$263.21
The Gulf Coast Group	\$0.00	\$80.00
3rd Street Park	\$30.96	\$544.01
Truman Gr.	\$25.00	\$25.00
12 at 12 Group	\$45.00	\$45.00
We Agnostics	\$0.00	\$0.00
Willing To Believe (Duson)	\$0.00	\$10.28
Total Group Donations	\$2,735.62	\$10,428.66

TWO BUCKS IS THE NEW DOLLAR!

Sobriety — freedom from alcohol — through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that *there is no possible way to make nonalcoholics into A.A. members.* We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.



The Acadiana Area Central Office, Inc. is a 501(c)(3) nonprofit corporation. Your donations are tax deductible up to \$3,000 per AA member per year. Individual donations are accepted *only* from AA members.

October Birthdays-1986 years of Sobriety



I'm A Friend Of
Bill III

Aaron G.	10/14/04	Kitchen Table Group	7	John S.	10/24/10	Sun Up	1
Abby J.	10/26/03	Scott Group	8	Jon C.	10/31/00	Courage To Change	11
Ali L.	10/15/04	Truman Group	7	Joseph S	10/29/10	New Way	1
Ann P.	10/18/04	The Gulf Coast Group	7	Jude L.	10/7/97	Primary Purpose	14
Anne H.	10/18/09	New Way	2	Julia F.	10/23/03	Primary Purpose	8
Art K	10/31/82	Sun Up	29	Justin P.	10/18/05	A Design for Living	6
Ben T.	10/28/86	Step by Step	25	Kate K.	10/31/04	Downtown Group	7
Bernice R.	10/26/87	SMF Group	24	Kathy H.	10/26/79	Abbeville Area	32
Bill G.	10/10/02	Brown Baggers-Morgan City	9	Kay B.	10/6/85	Step By Step	26
Bob C.	10/8/87	North Side Gratitude	24	Kevin P.	10/20/87	A Design for Living	24
Bob R.	10/10/92	Abbeville Area	19	Kim M.	10/13/10	3rd Street Park Crowley	1
Brenda H.	10/12/02	Duson Willing To Believe	9	Kim N	10/25/08	New Way	3
Brian H.	10/2/07	Hub City	4	Kit Q.	10/1/01	We Agnostics of Acadiana	10
Brook B.	10/23/10	Reflections	1	Kyle B.	10/18/09	Living Sober	2
Brooke W.	10/29/09	Primary Purpose	1	Larry T	10/16/08	Sun Up	3
Buddy C.	10/22/98	Courage To Change	13	Leonard P.	10/11/09	New Beginnings Henderson	2
Calisa H.	10/19/95	Downtown Group	16	Libby G.	10/10/02	Solutions Gr. Ville Platte	9
Caroline W,	10/6/02	Courage To Change	9	Lisa M.	10/3/06	Primary Purpose	5
Chad T.	10/17/99	Serenity Group N.I.	13	Louie L.	10/4/03	Faith Group	8
Chris N.	10/1/01	Courage To Change	10	Louis F.	10/1/08	Back To Basics New Iberia	3
Claire W.	10/29/72	Hub City	39	Mary A.	10/23/08	Downtown Group	3
Claude H	10/13/75	New Way	36	Mary Ellen O.	10/10/83	Kitchen Table Group	28
Cliff P.	10/10/06	Opelousas Group	5	Mary F.	10/30/09	Any Lengths	2
Clyde L.	10/7/06	Last Chance Acceptance	5	Matt M.	10/21/98	Courage To Change	13
Cody S.	10/27/10	Any Lengths	1	Matthew B.	10/8/02	Courage To Change	9
Corey D.	10/17/03	A Design for Living	8	May P.	10/21/85	Abbeville Area	26
Cory M.	10/17/10	Living Sober	1	Michael L.	10/5/02	Courage To Change	9
Craig N.	10/1/01	Courage To Change	10	Michele D.	10/1/03	Sisters In Sobriety	8
Craig S.	10/7/10	The Gulf Coast Group	1	Michelle G.	10/31/09	Primary Purpose	2
Cris B.	10/27/88	Courage To Change	23	Mike M.	10/1/90	Any Lengths	21
David B.	10/4/98	Primary Purpose	12	Mike M.	10/18/09	Kitchen Table Group	2
David D.	10/25/10	Kitchen Table Group	1	Mike W.	10/19/86	SMF Group	24
David M.	10/29/10	Sun Up	1	Mitch J.	10/1/99	Courage To Change	12
Dean L.	10/25/07	Scott Group	4	Monica C	10/6/09	3rd Street Park Crowley	2
Debbie C.	10/15/87	Faith Group	24	Monique B.	10/3/85	New Way	26
Deborah B.	10/26/88	Liberty Group	23	Pat H.	10/15/87	Downtown Group	24
Dennett R.	10/4/05	Kitchen Table Group	6	Pat S	10/2/08	Kitchen Table Group	3
Don O.	10/1/07	Kitchen Table Group	4	Peter S.	10/28/10	Living Sober	1
Donna P.	10/8/10	3rd Street Park Crowley	1	R B	10/15/84	Kitchen Table Group	27
Donny A.	10/6/09	Living Sober	2	Ramon John(RJF)	10/26/07	Living Sober	4
Earl M.	10/28/08	Dry Dock	3	Raquel W.	10/12/09	Brown Baggers-Morgan City	2
Eddie B.	10/10/07	A Design for Living	4	Richard H	10/21/88	Sun Up	23
Elizabeth R.	10/3/93	Faith Group	18	Robynne F.	10/20/95	Abbeville Area	16
George M.	10/18/01	Abbeville Area	10	Russell R.	10/10/10	New Way	1
Grace K.	10/19/02	Faith Group	9	Russell H.	10/23/83	Abbeville Area	28
Herb C.	10/28/84	Sun Up	27	Scotty R.	10/25/10	Any Lengths	1
James D.	10/29/85	SMF Group	26	Stanly	10/2/04	Area Group Of BB	7
Jason D.	10/20/10	Living Sober	1	Steve M.	10/14/08	Sun Up	3
Jayme L.	10/22/07	Hub City	4	Suzanne A.	10/25/99	Courage To Change	12
Jeff B.	10/6/01	Courage To Change	10	Terry F.	10/21/83	Kitchen Table Group	28
Jerrad B.	10/20/01	Abbeville Area	10	Tim R.	10/5/09	3rd Street Park Crowley	2
Jill H.	10/11/05	A Design for Living	6	TJ L	10/2/06	New Way	5
Jimmie B.	10/10/10	New Way	1	Tom H.	10/31/87	Hub City	24
Jodie P.	10/19/07	Any Lengths	4	Travis W.	10/5/09	Living Sober	2
John A.	10/10/04	Faith Group	7	Wilson S.	10/21/86	Truman Group	25
John D.	10/11/08	Hub City	3				6

Notes From All Around...

An Entire Psychic Change..... Cliff B.-

What is the Solution to Alcoholism? Dr. Silkworth stated that the chronic alcoholic must “experience an entire psychic change” if he is to survive this fatal malady. And he further stated, “One feels that something more than human power is needed to produce the essential psychic change” Something more than human power must indicate the need for a Higher Power. Then Bill W., writing for the 1st 100, wrote, “*There is a Solution.*” What is it? “That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God’s universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves” A self-help program? Of course not! It is a God Help Program. On page 569 we learn the difference between a “spiritual experience” and a “spiritual awakening”. The difference is in the time it takes for us to have that personality change from a selfish, self-seeking person to a selfless, loving and giving person. A “spiritual experience” is sudden as was experienced by Bill W in Townes Hospital. The “spiritual awakening” comes about over a period of time as it was with Dr. Bob. So how do we know if we have had this “deep and effective spiritual experience”? They tell us on page 83 & 84 where they report that: When they had been pain-staking in following the clear-cut directions for taking the first nine of the Twelve Steps of Alcoholics Anonymous, they were amazed. The Promises came true for everyone of them when they took the action required by the Twelve Steps and learned to apply them in their lives, one day at a time. Why is it so important that we have this spiritual event occur in our lives? Well Dr. Silkworth said “we drink essentially because we like the effect produced by alcohol”. With a few drinks, we alcoholics are amazed at the change in the way we think and feel. A few drinks that produce an “entire psychic change”. “In the early days of my drinking, when I had a few drinks I knew a new freedom and a new happiness. Did you? (I sure did). I didn’t regret the past nor wish to shut the door on it. Did you ever come out of a blackout in a place you hadn’t planned on visiting with people you hadn’t planned on being with and learned you had done some things you sure wish you hadn’t done? Because of the guilt and remorse, it was to be a secret? Then go into a bar and have a few drinks and tell some stranger the whole story? (I certainly did). I comprehended the word serenity and I knew peace. Did you too find that serenity and peace of mind replaced the turmoil with a few drinks? (Oh yeah). I didn’t regret the past nor wish to shut the door on it. How willing were you to share your life’s story with a poor drunk who had just had a really bad experience? (Talked about how bad my life was) That feeling of uselessness and self-pity would disappear. With a few drinks, did you feel that you just might have a purpose in this world and feel sorry for those critters that didn’t have what you had although you just weren’t too sure what it was you had? (Almost every time). I lost interest in selfish things and gained interest in my fellows. Did a few drinks make you a little more interested in people. (Can I buy you a drink honey?). Self-seeking slipped away. Did a few drinks make you generous? (Drinks for everyone!) My whole attitude and outlook upon life changed. Did a few drinks take you from a gray, gloomy day to one that was bright and hopeful? (From black to rosy pink with just a couple) Fear of people and financial insecurity left me. Did you enjoy being in the company of people sober? (Leave me alone!) Did a few drinks diminish your concern for your financial difficulties? (How the hell am I going to pay these bills, think I better have couple of drinks). I intuitively knew how to handle situations that used to baffle me. Did you too find that you were able to think much more clearly and wisely with a few drinks? (Yep, I had answers to questions that hadn’t been asked.) Well, we normally won’t suddenly come to realize that alcohol was doing for us what we could not do for ourselves or come to realize that alcohol was really our solution for living. But as we learn to apply our Program to our lives, that fact becomes very clear. Drinking alcohol produced that “entire psychic change” that made us feel a part of rather than apart from. It gave us the confidence to be and do what we otherwise could not be or do. It was our solution for living. Unfortunately, our mind will always be able to remember that sense of ease and comfort (entire psychic change) that comes by taking a few drinks. It will insist that it be treated to those promises that come with a few drinks or the Promises that come by taking our Twelve Steps. That is precisely why the Big Book was written and published. To give us the clear-cut directions for taking the actions that will produce the needed personality change so we may live with a deadly condition of mind and body and do it very comfortably. And that, of course, is the Promise of the Twelve Steps, “Having had a spiritual awakening/experience, entire psychic change, as the result of these Steps...” How many PTA Meetings must a person attend to become a parent? How many Alcoholics Anonymous Meetings must an alcoholic attend to become a re-covered alcoholic? Neither of these events can possibly take place by going to meetings. They can only occur when the person has taken the appropriate action. Following a precise course of action is necessary to become a parent and then they can go to PTA meetings with a purpose. Following a precise course of action is necessary to become a recovered alcoholic and then we’ll have something worthwhile to contribute to the meetings. So when should a chronic alcoholic take the prescribed course of action to produce the spiritual experience/awakening so they will recover from that seemingly hopeless condition of mind and body? The alcoholics who participated in writing the Basic Text for Alcoholics Anonymous, which is titled, Alcoholics Anonymous, took that action within a few days following their last drunk, by taking the Twelve Steps of Alcoholics Anonymous, not just talking about them. When we have had a spiritual awakening, we enter the world of the Spirit. Our next function is to grow spiritually. We do this through working Steps Ten, Eleven and Twelve all day, every day.

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Central Office Representatives (COR) Meeting	3rd Sunday	6:00pm	1119C Johnston St.
District 13E Business & Gen. Svc. Meeting	2nd Wednesday	6:00pm	300 E. Martial Ave.
District 13C Business Meeting	4th Sunday	4:00pm	210 8th St. - Turning Point
District 13C General Service Meeting	4th Sunday	3:00pm	210 8th St.—Turning Point
District 9 Business Meeting	1st Wednesday	6:00pm	206 N. Liberty - Opelousas
District 2 Bus Meeting	2nd Saturday	5:30pm	613 1st St. - Morgan City
[NOTE: In EVEN Numbered Months, Dist. 2 meets at the Charenton Fire Station!!]			
F.O.T.S. South Planning Meeting	1st Sunday	4:00pm	210 8th St. - Turning Point
C. C. C. Planning Meeting	3rd Sunday	3:00pm	210 8th St.—Turning Point
Area 27 Corrections Conference Planning Meeting	2nd Wednesday	7:00pm	300 E. Martial Ave.

Acadiana Groups Celebrating Anniversaries This Month

District	History Date	Month	Year	Anniv. Yrs.	Group Name	City
13-C	10/3/1966	10	1966	42	Acadian Group	Lafayette
13-A	10/7/1980	10	1980	28	New Way Group	Breaux Bridge
2	10/3/1989	10	1989	19	Serenity Group	New Iberia
13-B	10/29/2005	10	2005	3	We Agnostics of Acadiana Group	Lafayette

Anniversaries are based on group registration dates as recorded by the A.A. General Service Office (GSO) in New York.

September

2011

October

2011

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 <i>Bayouland Jamboree Houma, LA</i>	2	3
4 <i>Bayouland Jamboree</i> FOTS South Mtg Turning Point 4:00 Lafayette	5 Labor Day <i>Central Office Closed</i> 	6	3 Dist 9 Bus Mtg 206 Liberty 6pm Opelousas	8	9	10 Dist 2 Bus Mtg 5:30 Morgan City 613 1st St.
11	12	13	14 Dist 13E Bus/ Gen. Serv. Mtg 6pm 300 E.Martial Ave Lafayette	15	16	17
18 <u>COR 6:00pm</u> <u>1119C Johnston</u> CCC Planning Turning Pt 3pm	19	20	21 	22	23	24 <i>Big Book Trivia Contest Alexandria</i>
25 Dist13C Gen.Svc 3pm, Bus. 4pm @ T.P	26	27	28	29	30 <u>CAJUN COUNTRY CONFERENCE</u> <i>Holidome, Lafayette, LA</i>	
30 	31					1 <u>CAJUN COUNTRY CONFERENCE</u> <i>Holidome, Lafayette, LA</i>
2 <u>CAJUN COUNTRY CONFERENCE</u> <i>Holidome, Lafayette, LA</i> FOTS South Mtg Turning Point 4:00 Lafayette	3		5 Dist 9 Bus Mtg 206 Liberty 6pm Opelousas	6	7	8 <i>Central Office BBQ Lafayette</i> Distr. 2 Mtg Charenton
9	10		12 Dist 13E Bus/ Gen. Serv. Mtg 6pm 300 E.Martial Ave	13	14	15
16 <u>COR 6:00pm</u> <u>1119C Johnston</u> CCC Planning Turning Pt 3pm	17	18	19	20	21	22
23 Dist13C Gen.Svc 3pm, Bus. 4pm @ T.P	24	25	24	27	28	29 

Want to add an A.A. event to the Central Office Calendar? Email us at plug-in-jug@aa-acadiana.org, or visit the Events/Flyers page at <http://www.aa-acadiana.org/calendar.htm>