

# August 2011

## COR Meeting

Sunday, August 21, 2011

1119C Johnston Street

Lafayette, LA

6:00 PM



### STEP 8:

Made a list of all persons we had harmed, and became willing to make amends to them all.

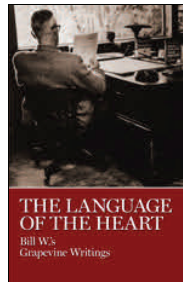
### TRADITION 8:

Alcoholics Anonymous should remain forever non-professional.

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

Bill W. was the Grapevine's most prolific contributor, writing more than 150 articles, from his first in June 1944 to his last in December 1970. Here in one volume are all of Bill's Grapevine articles, including his first thoughts about the Traditions, his battles with chronic depression and spiritual pride, memories of an all-night drinking spree with Ebby, and a vivid description of how he came to organize the Steps (there were six in the first draft).



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### COR MEETING AGENDA

#### Old Business

Nominations and the vote taken from the floor for Central Office Steering Committee Vice Chairman .

The 27<sup>th</sup> Annual

## CAJUN COUNTRY CONFERENCE

September 30 – October 2, 2011

Holiday Inn (Holidome)

Rooms Starting At \$97 (337-233-6815)

2032 NE EVANGELINE THWY, LAFAYETTE, LA US 70505



### 2nd Annual LYCPAA

"Young At Heart"

August 12-14 Monroe, LA

## THE THIRTY FIRST ANNUAL BAYOULAND JAMBOREE

of Alcoholics Anonymous

LABOR DAY WEEKEND September 1, 2, 3, 4, 2011

Quality Hotel \* 210 South Hollywood Road \* Houma, La 70360 \* (985) 868-5851

Houma, LA



### 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  
Primary Purpose



**CONCEPT 8** The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

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Want to contribute an item to the Plug-In-Jug? Email us at [plug-in-jug@aa-acadiana.org](mailto: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](http://www.aa-acadiana.org)

Email the Central Office at [centraloffice@aa-acadiana.org](mailto:centraloffice@aa-acadiana.org)

PLUG-IN-JUG NEWS

### Plug-in-Jug News

Published Monthly  
by:  
Acadiana Area  
Central Office, Inc.  
Located at:  
115 Leonie St.,  
Lafayette, LA 70506  
Phone: 337 991-0830  
(24 Hours)  
Mail all  
Contributions to:  
P.O. Box 52186  
Lafayette, LA 70505  
Office Hours:  
Monday—Friday  
11:00AM-5:30PM  
Sat. 8:30-12:30

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Acadiana Area  
Central Office, Inc.

# What Others Say...

Learning how to live in the greatest peace, partnership and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and un-sparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

*Twelve Steps and Twelve Traditions, p. 77-78*

**8** Made a list of all persons we had harmed, and became willing to make amends to them all



I ask:  
Who did I hurt?  
How can I fix it?

© AAWS, Inc. The Steps Illustrations

## OFFICE HOURS

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

Saturday  
8:30am—12:30pm

**Tradition Eight:** *Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward - even if not money - for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition - How It Developed*?

# Acadiana Central Office

## Acadiana Central Office COR Meeting

Minutes from July 18, 2011

The meeting was called to order by Ruth B. and opened with the Serenity Prayer. She welcomed new COR's, alternates, and visitors. Everyone introduced themselves.

STEERING COMMITTEE		COR & Alt. COR	
Chairman	Ruth B.	Abbeville Area	Tyson P.
Vice Chair	Jeannie D.	Any Lengths	Todd A.
Treasurer	Not Present.	Courage to Change	George R.
Secretary	Kathy A.	Downtown Group	Cathy C.
Activities Chair	Jim W.	Faith Group	Trey H.
Contact Chair	Jeff B.	Kitchen Table	Scott B.
Communications Chair	David C.	Living Sober	Danny W.
OTHERS	Northside Gratitude	Mary C.	
Office Manager	Linda F.	Primary Purpose	Rob C.
13C DCM Alternate	Julia S.	Reflections	David B.
		Scott Group	Guy C.
		Step by Step	Leigh R.
		There is a Solution	Ashley T.
		3 <sup>rd</sup> Street Park	Delana R. (alt)
		12 @ 12 Group	Jan C.

<p><b>Treasurer's Report:</b> Linda read the report:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding-left: 20px;">Starting Bank Balance</td> <td style="text-align: right; padding-left: 20px;"><b>\$3000.00</b></td> </tr> <tr> <td style="padding-left: 20px;">Total Income</td> <td style="text-align: right; padding-left: 20px;"><b>\$3969.14</b></td> </tr> <tr> <td style="padding-left: 20px;">Total Expenses</td> <td style="text-align: right; padding-left: 20px;"><b>\$4066.58</b></td> </tr> <tr> <td style="padding-left: 20px;">Net Income</td> <td style="text-align: right; padding-left: 20px;"><b>\$1495.91</b></td> </tr> <tr> <td style="padding-left: 20px;">Transferred from Prudent Reserve</td> <td style="text-align: right; padding-left: 20px;"><b>\$93.00</b></td> </tr> <tr> <td style="padding-left: 20px;">New Prudent Reserve Balance</td> <td style="text-align: right; padding-left: 20px;"><b>\$7110.34</b></td> </tr> </table> <p>Report accepted as read.</p>	Starting Bank Balance	<b>\$3000.00</b>	Total Income	<b>\$3969.14</b>	Total Expenses	<b>\$4066.58</b>	Net Income	<b>\$1495.91</b>	Transferred from Prudent Reserve	<b>\$93.00</b>	New Prudent Reserve Balance	<b>\$7110.34</b>	<p><b>Office Manager's Report</b> Linda F. reported:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding-left: 20px;">12-Step Calls (Office)</td> <td style="text-align: right; padding-left: 20px;">3</td> </tr> <tr> <td style="padding-left: 20px;">12-Step Calls (Answer Svc.)</td> <td style="text-align: right; padding-left: 20px;">0</td> </tr> <tr> <td style="padding-left: 20px;">Meeting Info Calls (Office)</td> <td style="text-align: right; padding-left: 20px;">63</td> </tr> <tr> <td style="padding-left: 20px;">Meeting Info Calls (Answer Svc.)</td> <td style="text-align: right; padding-left: 20px;">35</td> </tr> <tr> <td style="padding-left: 20px;">Walk Ins</td> <td style="text-align: right; padding-left: 20px;">61</td> </tr> <tr> <td style="padding-left: 20px;">Office Information</td> <td style="text-align: right; padding-left: 20px;">6</td> </tr> <tr> <td style="padding-left: 20px;">AI-Anon Info</td> <td style="text-align: right; padding-left: 20px;">5</td> </tr> <tr> <td style="padding-left: 20px;">Meeting Lists Mailed</td> <td style="text-align: right; padding-left: 20px;">3</td> </tr> <tr> <td style="padding-left: 20px;">Meeting Lists Faxed</td> <td style="text-align: right; padding-left: 20px;">2</td> </tr> <tr> <td style="padding-left: 20px;">Internet Inquiries</td> <td style="text-align: right; padding-left: 20px;">5</td> </tr> <tr> <td style="padding-left: 20px;">Sales of Merchandise</td> <td style="text-align: right; padding-left: 20px;">65</td> </tr> <tr> <td style="padding-left: 20px;">Saturday Sales</td> <td style="text-align: right; padding-left: 20px;">8</td> </tr> <tr> <td style="padding-left: 20px;">PIJ Subscriptions</td> <td style="text-align: right; padding-left: 20px;">1</td> </tr> <tr> <td style="padding-left: 20px;">PIJ Mailed</td> <td style="text-align: right; padding-left: 20px;">88</td> </tr> </table> <p><b>51 Paid Subscribers/ 37 COR's</b> Linda read a letter she sent to groups reminding them of the 7<sup>th</sup> Tradition. Report accepted as read.</p>	12-Step Calls (Office)	3	12-Step Calls (Answer Svc.)	0	Meeting Info Calls (Office)	63	Meeting Info Calls (Answer Svc.)	35	Walk Ins	61	Office Information	6	AI-Anon Info	5	Meeting Lists Mailed	3	Meeting Lists Faxed	2	Internet Inquiries	5	Sales of Merchandise	65	Saturday Sales	8	PIJ Subscriptions	1	PIJ Mailed	88
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**Kathy A. read the minutes from the June COR meeting. Minutes were accepted as read.**

**Activities Report:** Jim W. met with the Activities Committee. Dale T. will be the speaker for the BBQ. The deposit for the Christmas Party has been paid to the Shrine Club. Members wishing to donate items for the BBQ raffle can email Jim at [activities@aa-acadiana.org](mailto:activities@aa-acadiana.org). Report accepted as read.

**Communications:** David reported:

1067 visitors made 1619 visits to the website in June 2011  
Meeting Lists were downloaded 852 times  
Plug-In-Jug issues were downloaded 37 times  
The Events/Calendar page was viewed 268 times  
Total visits year-to-date: 9869

David met with his committee. He is looking for a vendor who will accept Acadiana Central Office's tax exempt status to purchase Adobe X. The *Plug-n-Jug* is in a different format.  
Report accepted as read

**Contact:** Jeff is trying to get a committee together and is planning a meeting the 1<sup>st</sup> week of August.  
Report accepted as read.

**District 13A:** Inactive district

**District 13C:** Julia S reported the Dist. is planning a workshop on the 12 Steps, Traditions and Concepts Jan.21 &22 at the Clifton Chenier Center. PI/CPC will have a 1 day workshop in Oct. or Nov. At the last meeting they discussed becoming a unified district. Delana reported the Crowley 3<sup>rd</sup> Street Park meeting time has changed from 8:00 to 7:00pm.

**District 13D:** Inactive district

**District 13E:** No report

**District 2:** No report

**District 9:** No report

**New Business** Jeannie has resigned from her position as Vice Chair. Ruth asked the CORs to go to their groups for nominations for Vice Chair. The position requires two years of sobriety. *Next month nominations will be taken from the floor.*

Guy thanked Linda for emailing new 12 Step Call forms to CORs. He's condensed the form to make it one page. He will email the template to Central Office.

## Letting Go of Old Ideas

Chicago "Here's How" Newsletter Aaron F. April-May 2008

First off, I would like to say that if this piece is meaningless to you or you don't relate, that's fine. I'm not sure if I would have read it several years ago that I would have related. As a matter of fact I might have thought the guy writing it was some kind of new-age incense and corduroy slippers type. The type of guy who owns multiple cats wears elastic banded samurai pants and sits Indian style as an adult. However, I am not that guy, although I do own a cat now. The fact is that when I first came into AA I would have written off someone like that; someone who did not share my exact ideas about God. I feared people like that. Thought that somehow they were going to infect me with their own crazy ideas. They would say things like "I made up my own God that works for me," and I would think. *No kidding. It looks like you are about as far from God as possible.* I think that there are different types of people that come into AA. Some of us don't believe in God at all, others of us believe but the beliefs we had were actually hurting us and not helping. I am definitely the latter. To make matters worse, I was so afraid of God that I felt changing any of my beliefs would really piss the big guy off and I would be seriously punished. That's a hard place to be in, somewhere where the old ways aren't working but you are too afraid to let go of the things that are in your path. My ideas about God stayed that way for my first few years in AA. It was hard for me to trust people who didn't believe the exact same stuff as me and I had so much spiritual pride that I thought I knew better than everyone. I was suspicious of any new advice that came my way. I went through that for a while and things inside of me got worse. I had made some progress going through the steps but the inside of me was still eaten up with self-centered fear. The God I believed in back then only would help me if I was a perfect soldier. I felt like I was always walking on eggshells, trying to keep an angry God satisfied with me. My sponsor, who had watched me struggle for some time, finally suggested that I go back through the 2nd Step and that I do it using a worksheet format that his wife actually used with her girls. I felt a little like whoa, he really must not know what to do with me if this is what it has come to" but I was willing to try anything so I did the sheets. These worksheets had me going through chapter four "we agnostics" word for word picking the chapter apart and looking at what it was saying more in depth. The result of doing that was that I noticed some things in that chapter that I had never seen before. Probably one of the biggest things that stuck out to me was the line "Is not our age characterized by the ease with which we discard old ideas for new, by the complete readiness with which we throw out the theory or gadget that does not work for something new that does?" I could see that the God I had was not working. He was not a God that made me more loving, in fact my beliefs often made me more intolerant and judgmental of others. I was never calm, nor could I rest in knowing everything was going to be ok. I was in constant fear looking for the wrong turn or decision the game for good. The ending to this story is not something like a quick snap of the finger or a revelation that came to me in one moment, like I often think it will happen. Rather, what has happened is slowly I have been willing to see that maybe just maybe God is different than what I think he is. Slowly my old ideas about God are changing. Slowly, like a man holding with a death grip to a blanket being pulled away by a car going 1 mph, these ideas are going away. I do not have a God today that is totally 100 percent a new God. Instead, the God that I've always believed in is still there. It's just that I'm starting to see there is some stuff about him that I've made up that I need to be willing to think "well maybe I'm wrong about that one

**For July 2011 Central Office had:**

12 Step Calls (office)	5
12 Step Calls (ansv)	2
Meeting Info (office)	70
Meeting Info (ansv)	50
Walk-Ins	86
Office Information	11
Al-Anon Information	
Meeting List Mailed	3
Meeting List Faxed	0
Internet Inquires	2
Sales of Merchandise	79
PIJ Subscriptions	0
PIJ Mailed	89
52 Paid Subscribers/ 37 COR's	

**Sick Bay**

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

**Groups:** Please submit changes for **Sick Bay & In Memoriam** to the Central Office.  
*Thank you!*

## Office Manager's Corner



Keeping Central Office open is important to everyone- it's how **WE CARRY THE MESSAGE** Please volunteer or Central Office hours will change for lack of volunteers.  
**It's your Central Office !**



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

**Volunteer Workdays for  
July 2011**

Janet H.	6, 13, 20, 27
Laurel L.	13
Bill S.	16
Charlene B.	22
Gilbert W.	23
Jim O.	25

**Your service is appreciated!**

**Things We Cannot Change  
(In Memoriam)**

Chad N.	Primary Purpose
Clay B.	Northside Gratitude

**Want to contribute to the Plug-In-Jug? Email us at [plug-in-jug@aa-acadiana.org](mailto: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.** 4

# Acadiana Central Office

## 2011 FINANCIAL REPORT

### FINANCIAL SUMMARY — June 2011

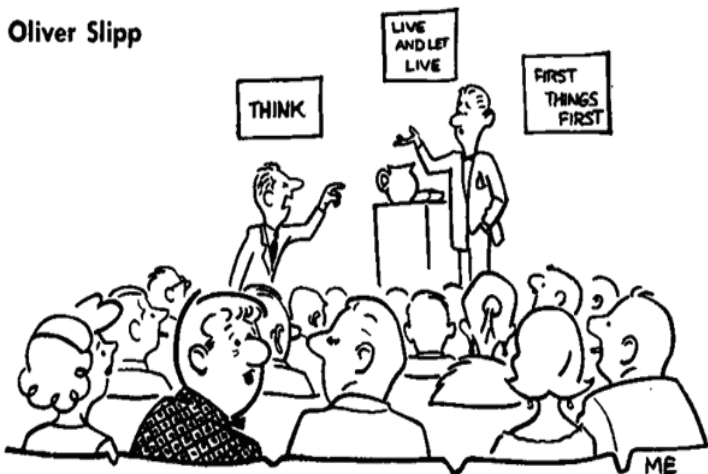
Total Regular Income	\$928.11
Total Sales Income	\$3,041.03
<b>TOTAL INCOME</b>	<b>\$3,969.14</b>
Total Regular Expenses	\$2,424.02
Total Sales Expenses	\$1,642.56
<b>TOTAL EXPENSES</b>	<b>\$4,066.58</b>
<b>NET INCOME</b>	<b>-\$1,495.91</b>
Checkbook Balance	\$2,907.00
Prudent Reserve Transfer Amount	\$93.00
New Checkbook Balance	\$3,000.00
Prudent Reserve Starting Balance	\$7,203.06
Prudent Reserve Transfer Amount	-\$93.00
New Prudent Reserve Balance	\$7,110.34

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.

## TWO BUCKS IS THE NEW DOLLAR!

Group Donations	June	YTD
Abbeville Area	\$0.00	\$0.00
A Design For Living	\$0.00	\$0.00
Acadian Gr.	\$0.00	\$0.00
Alexandria Reflections	\$0.00	\$0.00
Any Lengths	\$0.00	\$0.00
Back to Basics (N.I.)	\$0.00	\$30.00
Big Book Experience	\$0.00	\$80.00
Boulevard Gr. (Opelousas)	\$0.00	\$83.09
Brown Baggers (Morgan City)	\$0.00	\$0.00
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	\$10.20	\$10.20
Hang In There (Scott)	\$0.00	\$0.00
Hub City	\$0.00	\$132.00
Kitchen Table	\$219.13	\$1,112.42
Last Chance Acceptance	\$0.00	\$0.00
Living Sober	\$0.00	\$25.00
New Way (Breaux Bridge)	\$0.00	\$450.00
Newcomers Group	\$0.00	\$0.00
Northside Gratitude	\$38.00	\$38.00
Opelousas Group	\$0.00	\$25.00
Primary Purpose	\$193.80	\$1,747.65
Queen City/ Gratitude (N.I.)	\$0.00	\$0.00
Reflections	\$0.00	\$0.00
S.M.F. Gr	\$0.00	\$0.00
Scott Group	\$84.81	\$397.21
Serenity N.I.	\$0.00	\$200.00
Simply Sober	\$0.00	\$0.00
Sisters In Sobriety	\$0.00	\$75.00
Sobriety & Beyond	\$0.00	\$0.00
Solutions Gr. Ville Platte	\$0.00	\$0.00
Spring Gr. Port Barre	\$0.00	\$0.00
Step By Step	\$0.00	\$70.00
Step Into Recovery	\$0.00	\$50.00
Sun Up	\$114.22	\$1,311.22
Surrender	\$98.01	\$263.21
The Gulf Coast Group	\$0.00	\$80.00
3rd Street Park	\$124.74	\$513.05
Truman Gr.	\$0.00	\$0.00
12 at 12 Group	\$0.00	\$0.00
We Agnostics	\$0.00	\$0.00
Willing To Believe (Duson)	\$0.00	\$10.28
<b>Total Group Donations</b>	<b>\$882.91</b>	<b>\$7,693.04</b>

Oliver Slipp



"I could tell them the difference between surrender and acceptance if I didn't have this hangover!"

Reprinted with permission from the Grapevine — August 1961

# SEPTEMBER BIRTHDAYS 1427 YEARS OF SOBRIETY



Adrienne	9/20/09	Back To Basics New Iberia	2	yrs
Allen G.	9/22/07	Primary Purpose	4	yrs
Annette B.	9/30/85	Freedoms Choice	26	yrs
Antonio W.	9/14/02	Opelousas Group	9	yrs
Arthur S.	9/6/97	3rd Street Park Crowley	14	yrs
Berry R.	9/29/89	A Design for Living		yrs
Berry R.	9/29/89	Hub City	22	yrs
Beryl C.	9/25/83	New Way	28	yrs
Bill Mc	9/21/72	Old Timers Group	39	yrs
Bill U.	9/29/98	North Side Gratitude	13	yrs
Bob W.	9/18/95	Downtown Group	16	yrs
Bobby Ray R.	9/16/88	A Design for Living	23	yrs
Brandi S.	9/11/01	Surrender	10	yrs
Brent B.	9/27/04	Queen City/Gratitude	7	yrs
Brian R.	9/1/99	Liberty Group	12	yrs
Bryan L.	9/7/97	Courage To Change	14	yrs
Carl S.	9/30/07	Last Chance Acceptance	4	yrs
Carol H.	9/2/10	The Gulf Coast Group	1	yr
Carol H.	9/3/10	Primary Purpose		yrs
Carol J.	9/21/01	Abbeville Area	10	yrs
Chad R.	9/4/02	Courage To Change	9	yrs
Charles L.	9/11/90	Queen City/Gratitude		yrs
Charles L.	9/11/90	Serenity Group N.I.	21	yrs
Chris S.	9/23/04	Truman Group	7	yrs
Cynthia B.	9/2/10	Primary Purpose	1	yrs
Cynthia W.	9/6/03	Courage To Change	8	yrs
Dale B.	9/3/01	A Design for Living	10	yrs
David C.	9/13/99	Liberty Group	12	yrs
David S	9/10/05	New Way	6	yrs
David T.	9/27/09	Hub City	2	yrs
Dee H.	9/5/99	Area Group Of BB	12	yrs
Doug	9/26/80	Primary Purpose		yrs
Doug J.	9/26/80	Hub City	31	yrs
Ed F.	9/11/08	Primary Purpose	2	yrs
FR Bill R.	9/10/83	Hub City	27	yrs
Frank M	9/3/03	Courage To Change	8	yrs
Fred S.	9/15/85	Hub City	26	yrs
George A.	9/3/93	Courage To Change	18	yrs
Horace D.	9/1/04	A Design for Living	7	yrs
Jackie R.	9/15/05	Sun Up	6	yrs
Jackie G.	9/12/03	Abbeville Area	8	yrs
James B.	9/9/03	Abbeville Area	8	yrs
Jason H.	9/25/90	Abbeville Area	21	yrs
Jason L.	9/11/07	Hub City	3	yrs
Jeannie F	9/10/10	New Way		yr
Jeannie F.	9/10/10	Step By Step	1	yr
Jeff B.	9/16/98	A Design for Living	13	yrs
Jeff B.	9/21/10	Scott Group	1	yr
Jerry B.	9/19/08	Hub City	2	yrs
Jim Bob M.	9/29/06	Hub City	4	yrs
Jim Van E.	9/7/86	Dry Dock	25	yrs
Jo Ann V	9/9/89	Sun Up	22	yrs
John C.	9/11/02	Courage To Change	9	yrs
Johnny L.	9/4/97	Serenity Group N.I.	14	yrs
Jonathan M.	9/3/03	Courage To Change	8	yrs
Julie O.	9/6/08	Area Group Of BB		yrs
Julie O.	9/6/08	New Beginnings Henderson	3	yrs
Ken S.	9/27/90	Abbeville Area	21	yrs
Kevin B.	9/22/10	Scott Group	1	yr
Kim R.	9/7/03	Courage To Change	8	yrs
Laura D.	9/15/97	Faith Group	14	yrs

Lester F.	9/17/04	A Design for Living	7	yrs
Lester W.	9/6/03	Courage To Change	8	yrs
Lewi H.	9/9/03	Primary Purpose	8	yrs
Linda F.	9/4/09	Scott Group	2	yrs
Linda L.	9/3/88	Courage To Change	23	yrs
Lon L.	9/7/02	Courage To Change	9	yrs
Luke F.	9/9/10	Primary Purpose	1	yr
Lynette W	9/29/09	Primary Purpose	2	yrs
Madeline G.	9/3/82	Sobriety & Beyond	29	yrs
Margaret M.	9/6/80	Back To Basics New Iberia	31	yrs
Marian L.	9/12/95	Simply Sober	16	yrs
Mark D.	9/15/06	Sun Up	5	yrs
Mary Lee M.	9/5/88	Willing To Be Willing	23	yrs
Mary M.	9/9/00	Abbeville Area	11	yrs
Matt R.	9/13/05	Primary Purpose	6	yrs
Michael I.	9/23/01	Abbeville Area	10	yrs
Michael Z.	9/27/01	Courage To Change	10	yrs
Michelle B.	9/29/89	Surrender	22	yrs
Mike D.	9/13/76	Sun Up	35	yrs
Moe S.	9/13/08	Hub City	2	yrs
Monte T.	9/20/92	In Step	19	yrs
Nancy C.	9/4/89	Downtown Group	20	yrs
Nicole D.	9/18/01	Courage To Change	10	yrs
Nicole W-A	9/11/07	Primary Purpose	4	yrs
Nornas L.	9/13/02	Abbeville Area	9	yrs
Patrick M.	9/20/07	We Agnostics of Acadiana	4	yrs
Paul D.	9/22/01	Duson Willing To Believe	10	yrs
Penny C.	9/17/94	Courage To Change	17	yrs
Phil	9/15/94	Faith Group	17	yrs
Phil M.	9/15/86	SMF Group	25	yrs
Rachel S.	9/25/08	Downtown Group	2	yrs
Randy B.	9/7/08	Area Group Of BB	3	yrs
Rhett N.	9/20/98	Faith Group	13	yrs
Ricky B.	9/22/97	Abbeville Area	14	yrs
Ricky D.	9/23/85	Abbeville Area	26	yrs
Roderick W.	9/4/09	Downtown Group	1	yrs
Rodney A.	9/11/79	Faith Group	32	yrs
Ron G.	9/10/06	3rd Street Park Crowley	5	yrs
Ronnie B.	9/18/87	Old Timers Group	24	yrs
Ronnie H	9/2/10	Sun Up	1	yr
Russel B.	9/4/95	Brown Baggers-Morgan City	16	yrs
Russell R.	9/4/84	North Side Gratitude	27	yrs
Ryan D.	9/10/94	Simply Sober	17	yrs
Sandy H.	9/1/02	Courage To Change	9	yrs
Scott	9/16/01	Abbeville Area	10	yrs
Seth B.	9/3/03	Courage To Change	8	yrs
Sid D.	9/26/82	Sun Up	29	yrs
Sid D.	9/27/90	Back To Basics New Iberia	21	yrs
Steve F.	9/20/85	Primary Purpose	26	yrs
Steve F.	9/20/85	Opelousas Group		yrs
Susan R.	9/27/04	Last Chance Acceptance	7	yrs
Teddy B.	9/25/97	Scott Group	14	yrs
Teddy R.	9/23/03	Abbeville Area	8	yrs
Teresa H.	9/8/87	Sun Up	24	yrs
Tommy M.	9/23/07	Living Sober	4	yrs
Tony T.	9/13/97	Opelousas Group	14	yrs
Van B.	9/30/02	Acadian	9	yrs
William "Ted" B.	9/25/97	Freedoms Choice		yrs
William "Ted" B.	9/25/97	We Agnostics of Acadiana	14	yrs
William J	9/21/10	Reflections	1	yr

Want to update your sobriety date? Email us at [plug-in-jug@aa-](mailto:plug-in-jug@aa-)

# Notes From All Around...

## East to Joshua Tree

### Criss-crossing the 150-degree Mojave can be hellish if you're hung-over



For the past twenty years (fifteen drunk, five sober), my workplace has been the Mojave Desert. Unbelievably, I used to walk around under a blazing, 115-degree sun, enduring killer hangovers. I spent many a night in bars, motels, and campsites, always working toward tomorrow's hangover. I've frequented bars in every town from Lancaster to Landers, Barstow to Banning, and Palmdale to Palm Springs. I usually didn't drink in the morning or during the day, but "O-beer-thirty" came every afternoon and I typically didn't taper off until the wee-wee-hours of the morning. While camping, of course, I drank liquor all afternoon, took sink baths in rest stops, dismissing anxious looks from suspicious rest stop patrons. Dinner often included a six-pack (or two), a bag of corn chips, and a candy bar (or two) for dessert. I stayed in roach motels, rubbing elbows with the scum of the earth, hookers and drug dealers knocking on my door at all hours of the night. My brain cells that weren't baked in the sun like gooseberry pie I pickled in the evening with alcohol.

In the Mojave, ground temperatures can climb up to 150 degrees, and if you're not wearing sunglasses, the sun bouncing up off the reflective white sand can sunburn your corneas. My eyelids were habitually scratching up and down over bloodshot, alcohol-soaked eyeballs. On a typical August day in the Coachella Valley, you can drink two gallons of water and (maybe) urinate once, losing most of your water through evaporation. I was so dehydrated, often times I could not drink enough water to either evaporate or eliminate. I'd need to stop a dozen times, huffing and puffing my way up the steep, boulder-strewn mountainsides of southern California deserts, hangovers getting heavier with each step.

During the day, I harassed employees in the office for failing to achieve my overachieving work (so-called) ethics. I was short-tempered and directed temper tantrums at employees, surreptitiously criticizing them for failing to meet unrealistic standards which fluctuated from high to low because of my cyclical superiority and inferiority complexes. In the field, I surrounded myself with drinking buddies who walked with me all day and drank with me all night. I had home-bars-away-from-home in every town, where I'd drink with strangers whom I confused for friends, sharing my misery with old drunks getting older by the drink, habitually occupying the same designated barstools. They'd wave me over and we'd sing along to country music lyrics celebrating adultery.

My outdoor workplaces typically required that I drive 100 miles east to Joshua Tree or 100 miles north to Ridgecrest. My favorite destination was east to Twenty-nine Palms where, after a day of walking the desert, I'd get a fat blue quart of beer, followed by another in Yucca Valley 30 miles to the west, then a quick stop at the Mule Lip Saloon in Lucerne Valley 30 miles further west for several icy cold schooners of beer, and finish with a cold fatty for the final 30-mile drive to my mountain home. The fact that I was drinking and driving never occurred to me, except when I saw police cars. I spent half my time looking in the rearview mirror. My favorite form of consumption, though, was the "beer-and-a-bump" method. Shooting bumps (shots of liquor) got me where I wanted to be while sipping beer allowed me to hang out all night. But that, as they say, was then, and this is now. I still walk 15 miles each day in oppressive heat. At 52, I still keep up with a 22-year-old employee (who also happens to be a sponsee), even in August. I've come to realize, in the absence of pain these last five sober years, that most of the suffering I endured during fifteen long, hot years getting drunk in the sun, was self-induced. I've learned that there is no virtue, whatsoever, in enduring self-inflicted pain that can be completely avoided by not drinking. I haven't taken a sink-bath in years, nor have any hookers or drug dealers recently knocked on the doors of the motels I frequent these days. I've exchanged a thousand barroom happy hours for thousands of truly happy hours.

In working several Fourth Steps with two different sponsors, I've come to believe that, then and now, I tend to surround myself with people who provide me with what I need. That used to be drinking buddies, who provided familiar company and substances. Now, it's you guys in Alcoholics Anonymous meetings who provide solutions to problems and demonstrate how to live life on life's terms. In working my Ninth Step, I apologized to several former employees and made living amends to three by continuing to employ them under very different, much improved conditions. I (mostly) keep my temper and (mostly) allow them to work out their issues amongst themselves, rather than butting in. Where I used to take advantage of friends, I now try to engender an advantageous workplace that is beneficial to us all.

Today, I have a home-away-from-home group in Ridgecrest and a mobile-home group at the 6:30 p.m. men's stag, "It's a Better Deal," in Yucca Valley. Twenty-nine Palms is still a favorite eastern destination. In fact, I just had a business meeting there the other day at 10 a.m. I left at 4:45 a.m. and fellowshipped with alcoholics at the Joshua Tree Fellowship Hall at their daily 7 a.m. Attitude Adjustment meeting. On my way home at 5:30 p.m., I made happy hour at the HUG (Hesperia Umbrella Group). On any given day, there are dozens of meetings in the 30 miles between Lucerne Valley and Wrightwood, including Apple Valley, Hesperia, and Victorville. This is where I've spent some of the happiest hours of my life. An antiquated, traditional spiritual says, "I'm using my Bible for a road map. The Ten Commandments tell me what to do." In truth, for me these days, "I'm using my meeting schedule for a road map. The Big Book tells me what to do."—Ed L., *Wrightwood, Calif.*

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#### Acadiana Area District and Conference Business Meetings

<b>Central Office Representatives (COR) Meeting</b>	3rd Sunday	6:00pm	1119C Johnston St.
<b>District 13E Business &amp; Gen. Svc. Meeting</b>	2nd Wednesday	6:00pm	300 E. Martial Ave.
<b>District 13C Business Meeting</b>	4th Sunday	4:00pm	210 8th St. - Turning Point
<b>District 13C General Service Meeting</b>	4th Sunday	3:00pm	210 8th St.—Turning Point
<b>District 9 Business Meeting</b>	1st Wednesday	6:00pm	206 N. Liberty - Opelousas
<b>District 2 Bus Meeting</b>	2nd Saturday	5:30pm	613 1st St. - Morgan City
<b>[NOTE: In EVEN Numbered Months, Dist. 2 meets at the Charenton Fire Station!!]</b>			
<b>F.O.T.S. South Planning Meeting</b>	1st Sunday	4:00pm	210 8th St. - Turning Point
<b>C. C. C. Planning Meeting</b>	3rd Sunday	3:00pm	210 8th St.—Turning Point
<b>Area 27 Corrections Conference Planning Meeting</b>	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	8/16/1991	8	1991	20	Reflections Group	Lafayette
9	8/25/1994	8	1994	17	Pass It On Group	Arnaudville
13-E	8/3/2004	8	2004	7	Primary Purpose Group	Lafayette

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

# August

2011

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3 Dist 9 Bus Mtg 206 Liberty 6pm Opelousas	4	5	6
7 FOTS South Mtg Turning Point 4:00 Lafayette	8	9	10 Dist 13E Bus/ Gen. Serv. Mtg 6pm 300 E.Martial Ave	11	12	13 Dist 2 Business Mtg 5:30 Charenton Fire Station
14	15	16	17	18	19	20  Area Assembly Baton Rouge
21 Area Assembly Baton Rouge <u>COR 6:00 pm</u> <u>1119C Johnston</u>  CCC Planning 3pm Turning Pt	22	23	24	25	26	27
28  Dist13C Gen.Svc 3pm, Bus. 4pm @ T.P	29	30	31			

# September

2011

				1 <i>Bayouland</i>	2 <i>Jamboree Houma, LA</i>	3
4 <i>Bayouland Jamboree</i>  FOTS South Mtg Turning Point 4:00 Lafayette	5	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	19	20	21	22	23	24
25  Dist13C Gen.Svc 3pm, Bus. 4pm @ T.P	26	27	28	29	30  <b>CAJUN COUNTRY CONFERENCE</b> <i>Holidome, Lafayette, LA</i>	