



# PLUG-IN-JUG NEWS



**Published Monthly by:**  
 Acadiana Area Central Office, Inc.  
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 Mon - Fri  
 11:00 - 4:00  
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 Acadiana Area Central Office, Inc.

### Step 4:

“ Made a searching and fearless moral inventory of ourselves.”

### Tradition 4:

”Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”



## April 2024

**COR Meeting**  
**April 21st, 2024**  
 Turning Point, 210 8<sup>th</sup> Street

## VOLUNTEERS NEEDED!

Acadiana Area Central Office is looking for volunteers to answer the “AA Hotline” phone after hours and on weekends.

Call 337-991-0830 to sign up.

### Meeting Guide App:



Scan to install!

### Literature and more available at Acadiana Area Central Office:

- |                                   |                                 |                         |
|-----------------------------------|---------------------------------|-------------------------|
| • Big Books (all formats!)        | • <u>También disponible!</u>    | • AA Service Manual     |
| • 12 Steps & 12 Traditions        | • Alcohólicos Anónimos          | • AA Pamphlets          |
| • As Bill Sees It                 | • “Libro Grande”                | • Newcomer Packets      |
| • Dr. Bob and the Good Old-Timers | • Doce Pasos y Doce Tradiciones | • Sobriety Chips        |
| • AA Comes of Age                 | • Reflexiones Diarias           | • Meeting Lists         |
| • Language of the Heart           | • Como Lo Ve Bill               | • Event Flyers          |
| • Daily Reflections               | • AA Manual de Servicio         | • Drop The Rock         |
| • Pass It On                      | • Living Sober                  | • DTR Ripple Effect     |
| • Living Sober                    | • AA Service Manual             | • 24 Hours A Day        |
| • Came To Believe                 | • Big Book Dictionary           | • A New Pair Of Glasses |
|                                   | • 12&12 Dictionary              |                         |

## **ACO Steering Committee Position Open!**

Acadiana Central Office is seeking candidates for:

**-- Contact Chair --**

Contact us for more information!

Want to contribute an item to the Plug-In-Jug? Email us at [centraloffice@aa-acadiana.org](mailto:centraloffice@aa-acadiana.org) or send it to Acadiana Area Central Office by the 15th of the month to mail out with the following months publication.

### **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.

[aa-acadiana.org](http://aa-acadiana.org)

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



### Monthly Contributions

A Vision For You

100.00	Kitchen Table	
		250.74 Sun Up
228.49	Back To Basics	
		25.00 Circle and Triangle
200.00	Anonymous Donations	
		610.67
		<b>TOTAL</b>
		<b>1414.90</b>

Drinking problem?

Call [337-991-0830](tel:337-991-0830) 24/7

[DONATE](#)

Español [337-298-9762](tel:337-298-9762)



## Acadiana Central Office

Alcoholics Anonymous in the Acadiana Area

A new feature has been added to the Central Office website.

You can now donate to the Central Office via PayPal.

Any donations *from AA members* will be appreciated.

If donating for a group, please include group name in memo.

# Events

**25<sup>th</sup> Annual Serenity by the Sea Retreat**  
*A Weekend of Fellowship, Food, and Fun*  
 Thursday May 2<sup>nd</sup> – Saturday May 4<sup>th</sup>, 2024  
 At Grand Isle High School, 149 Ludwig Lane, Grand Isle, LA 70358  
 Registration \$30.00 at the door starts at 5:00pm Thursday & Friday, 8:00am Saturday  
**\$25.00 if you Pre-Register**

**VOICE:** Katie M. – St. Amant, LA (AA)

Thursday, May 2<sup>nd</sup> Meeting chaired by Mike M. – St. Amant, LA (AA)  
 Location: Annex Building (front of High School) Registration starts 5:00pm  
 Food: Red Beans & Rice with Sausage Eat at 5:30pm  
 Meeting to follow at 7:00pm

**SPEAKERS:**

Fri May 3 <sup>rd</sup> 8:00 pm	Milton H.- Humble, TX (AA)
Sat May 4 <sup>th</sup> 8:00 am	Early Bird Open AA Meeting
Sat May 4 <sup>th</sup> 10:00 am	TBA (Al-Anon)
Sat May 4 <sup>th</sup> 7:00 pm	Donna F.- Splendora, TX (AA)

**FOOD:**

Fri May 3 <sup>rd</sup> 6:00 pm	Jambalaya
Sat May 4 <sup>th</sup> AM	Muffins
Sat May 4 <sup>th</sup> 11:30 am	Hamburgers & Chips
Sat May 4 <sup>th</sup> 5:00 pm	Fish Fry
<b>SATURDAY 6:00 pm</b>	<b>RAFFLE &amp; FUN STUFF BEGINS</b>
Sat May 4 <sup>th</sup>	After Speaker Fellowship w/ a Bonfire on the Beach (weather permitting)

*Soft Drinks, Water, and Coffee Provided*

**LODGING & OTHER INFO:** [www.townofgrandisle.com](http://www.townofgrandisle.com) or **VRBO**

**QUESTIONS:** Call Charlie (225) 413-3055 or Katie (225) 978-3137

**PRE-REGISTRATION – Ends April 22<sup>nd</sup> 2024**  
 Return this Bottom Portion along with \$25 per person -- Children 12 & Under are FREE  
 Payable to Serenity by the Sea, 42643 Hwy 42, Prairieville, LA 70769

Name(s): \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Total Amount Enclosed: \_\_\_\_\_

**Raffle!**  
**T-Shirts New Design**  
**Digital Taping By: Andrew G.**  
*You catch it, We cook it*

JOIN US FOR THE 18TH ANNUAL  
*Fellowship of the Spirit South*  
 APRIL 19TH - 21ST, 2024

**CHAIR: ASHLEY C.**  
 CHAIR@FOTSSOUTH.COM

**CO-CHAIR: LIZ L.**  
 COCHAIR@FOTSSOUTH.COM

**SPEAKER LINE UP:**

**Pat T.**  
 San Diego, CA  
 Friday's 7:30 PM AA Speaker

**Linda J.**  
 Santa Rosa Beach, FL  
 Saturday's 2:45 PM Al-Anon Speaker

**Herb K.**  
 Palos Verdes, CA  
 Saturday's 7:00 PM AA Speaker

**Kate R.**  
 Denver, CO  
 Sunday's 9:30 AM AA Speaker

**REGISTRATION:**  
 You can register online at **FOTSSOUTH.COM**  
 or complete & mail form below:

**Name:** \_\_\_\_\_  
**Street Address:** \_\_\_\_\_  
**City/State/Zip:** \_\_\_\_\_  
**Email:** \_\_\_\_\_

AA ( )      AFG ( )

**SCHEDULE:**

**Friday**  
 12:00 PM Registration Opens  
 1:00 PM Workshop (Step 1&2)  
 2:15 PM Workshop (Step 3)  
 3:00 PM Workshop (Step 4&5)  
 4:45 PM Workshop (12 Concepts)  
 9:30 PM Prayer & Meditation

**Saturday**  
 7:00 AM Prayer & Meditation  
 8:30 AM Workshop (Steps 6 & 7)  
 9:45 AM Workshop (Steps 8 & 9)  
 11:00 AM Workshop (Steps 10 & 11)  
 1:30 PM Workshop (12 Traditions)  
 4:30 PM Workshop (Step 12)

**Sunday**  
 7:00 AM Prayer & Meditation  
 8:00 AM Conscience of the Conference  
*\*Visit website for more in depth schedule.\**

**LOCATION:**  
**Home 2 Suites by Hilton**  
 1909 Kaliste Saloom Road,  
 Lafayette, LA 70508  
 337.706-8610

**PRICING:**  
**\$35 per person**  
 (if paid by 4/7/24)  
**\$40 per person**  
 (if paid after 4/7/24)

**\*PRICE INCLUDES ENTRY FOR THE WHOLE WEEKEND, FRIDAY DINNER, & BOTH LUNCH & DINNER SATURDAY.\***

**Please Mail Form To:**  
 FOTS South  
 P.O. Box 53312, Lafayette, LA 70505-3312  
 \*Please include payment when sending in this form\*

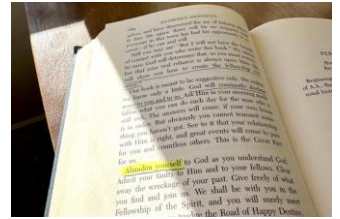
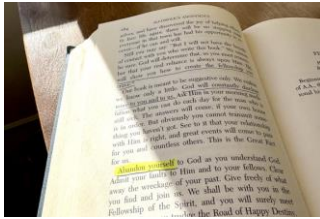
**Future Events- Flyers can be accessed on the Central Office Website:**

<https://aa-acadiana.org/events>

**Gulf Coast Group 14<sup>th</sup> Anniversary Celebration- May 18<sup>th</sup>**

**Founders Day Chile Cook-Off- June 8th**

**Louisiana State Convention- June 28-30<sup>th</sup>**



### Black & Blue & Yellow

By: Judith N. | Marysville, Washington

*Celebrating 50 years of sobriety, she took down her book and marveled at the marks she made that mattered most*

It was my 50th AA anniversary month and time for a good annual house cleaning. So I got down my original Big Book, a sixth printing of the Second edition, to reminisce. I was struck by the fact that there were few highlighted sections throughout its 164 pages. Just some pencil, black pen, blue highlighter and blue pen underlines. The Big Books I see in meetings today seem to be full of highlights everywhere.

I sat down and paged through my book and was intrigued to see the notations I had made. I immediately recalled where my first underline was. It was marked in faint pencil, perhaps as if I wasn't sure the statement pertained to me. You know the one at the beginning of the chapter "More About Alcoholism" about how the delusion that I was like other people had "to be smashed." I then went to look for the black pen underlines, recalling that tough second year of sobriety when I toiled with the Third Step and my disintegrating atheism. In that same chapter, the book suggested that failure was sure to happen if I didn't enlarge my spiritual life and in "We Agnostics" the book begged me not to let any prejudice against spiritual terms keep me from AA's spiritual tools. The black underlines in my old fragile book brought me to tears, mementos of the struggle in those early years to stay sober and become teachable.

Now it was on to my blue highlights. Boy, they sure brought back those early hopeful years of discovering new faith, doing those housecleaning Steps and learning to do a Tenth step every night, even while Steps Six, Seven, Eight and Nine were ongoing. My highlighted passages in "How It Works" reminded me that I must be rid of selfishness above all else. I even singled out a phrase that's still a vital part of my angry mind's mantra today: The grouch and the brainstorm are "the dubious luxury of normal men." I had also marked the sentence, "We avoid retaliation or argument." And on the last page of "A Vision for You" a single blue highlight stands out: "The answers will come, if your own house is in order."

As I reviewed my old book, I became lighthearted. I then sought out my blue pen underlines, knowing that they were made later when I began walking with my new God, sponsoring women as sick as I had been, and hoping to be able to repay what I had been given. My underlines told me that faith had to be accompanied by self-sacrifice. The blue pen-marked phrase I saw in "Working with Others" I hope to take to my grave: "Your job now is to be at the place where you may be of maximum helpfulness to others."

And finally, one blue pen mark in "A Vision for You" underlines two words which I finally came to understand and have since attempted to fulfill in my life. Today I'm making a commitment by marking them again with a new yellow highlighter:

"Abandon yourself."



## Old Faithful

By: Tammie E. | Utica, New York

*The book that just collected dust for months one day became the most important thing in her.*

I first started attending AA in 1997. One of my meetings held a weekly raffle. I never win raffles, and as expected, I didn't. But the member who did won a softcover Big Book. Right away, he walked over and set the prize down in front of me. He mumbled something about already having one, so I was welcome to it. I remember feeling a little embarrassed, but I mumbled back a meek thank you. I took it home and put it on my nightstand, where it sat unopened for several months.

I struggled and drank off and on, sometimes even before meetings and often after leaving. Sometimes when not drinking, I would reluctantly pick up the book and try to read it. The chapters in the front part made no sense to my clouded mind, but I did occasionally identify with the stories in the back. After 14 agonizing months of riding the revolving door in and out of the rooms, I decided a rehab might be the answer. I made the necessary arrangements, packed a bag and tossed in that Big Book on my nightstand.

During the admission process I was offered a hardcover Big Book, which I promptly turned down. I needed them to know I knew what I was doing. I already had one of those books, proudly showing off my clearly unread copy. Two weeks later I left that rehab with my still mostly unread book. It went back home to its place on my nightstand.

I struggled with drinking for a few more months until my bottom drove me to despair and I became willing to take suggestions. But the book still remained on my nightstand unread.

I worked the Steps with a sponsor (not sure how without cracking the book) and she lovingly guided me on my journey. I don't recall her telling me to read the book. But looking back, I'm more inclined to believe I just ignored her directive.

Around the two-year mark I began to fall into despair once again, although I did not pick up a drink. I truly think if I hadn't stumbled across a Big Book study on tape, I very well may have picked up. The tape was recorded by a couple of recovered drunks. Suddenly my interest was sparked. I followed along in my book and a whole new world opened up for me.

I worked the Steps again with a new sponsor and began carrying that book with me everywhere. When struggles confronted me throughout my day, I'd open the book at random and start reading. No matter what my issue, I seemed to find comfort and solace. Often the answer was right there in black and white.

Soon I began sponsoring other women, with a whole new outlook on my sobriety. I'd meet with a sponsee once a week to read out of the book together. I felt like I was working the Steps all over again. I began filling my book with little notes. I wrote all over the margins. I inserted little post-it notes, and pasted things on the front and back covers—all meaningful things I had heard or read. A new level of peace and serenity entered my life.

Over time, my softcover Big Book began to show wear and tear. I purchased a leather cover for it in hopes of preserving it. Whole sections began to separate from the binding and fall out and scatter. I began keeping Old Faithful together with rubber bands until I finally had to retire it. By then the Fourth Edition was available and I wrestled with the idea of replacing it with a sturdier, hardcover version. I purchased a new book and began transferring the more meaningful notes to it. For quite some time it didn't seem the same. But not wanting to do any more damage I placed Old Faithful on the nightstand where it lives.

Old Faithful only comes out now if I'm asked to share my story. I take her along to demonstrate how she falls apart, so I don't have to. She continues to be a comfort each night as I lay my head on my pillow, give her a grateful smile and thank God for another day sober.







**May 2024**  
**BIRTHDAYS**



NAME	BIRTHDAY	HOME GROUP	YEARS	NAME	BIRTHDAY	HOME GROUP	YEARS
Dave B.	5/2/2003	A Vision for You	20	Liz C.	5/30/2017	Primary Purpose	6
Tory H.	5/5/2019	A Vision for You	4	Sean D.	5/7/2018	Primary Purpose	5
Joe H.	5/10/2019	A Vision for You	4	Greg V.	5/11/2018	Primary Purpose	5
Diana L.	5/4/2020	A Vision for You	3	Jose L. B.	5/27/2018	Primary Purpose	5
Travis W.	5/31/2010	Abbeville Area	13	Leslie M.	5/27/2018	Primary Purpose	5
Joe I.	5/15/2013	Abbeville Area	10	Adam H.	5/28/2018	Primary Purpose	5
Mark A.	5/2/2015	Abbeville Area	8	Kingsley H.	5/28/2018	Primary Purpose	5
Bridgette T.	5/21/2018	Abbeville Area	5	Kayla C.	5/20/2020	Reflections	3
John F.	5/15/2011	Back to Basics NI	12	Brenda S.	5/22/2021	Sisters in Sobriety	2
Tommy W.	5/25/2016	Back to Basics NI	7	Donna B.	5/9/1986	Step by Step	37
Kurt I.	5/15/2017	Back to Basics NI	6	Tammy G.	5/12/2018	Sun Up	5
Bobby B.	5/17/1974	Boulevard Group	49	Charles F.	5/1/2019	Sun Up	4
AC B.	5/7/1983	Faith Group	40	Phyllis L.	5/6/2019	Sun Up	4
Ann F.	5/15/1985	Kitchen Table Group	38	Peter F.	5/11/2019	Sun Up	4
Don H.	5/7/2016	New Way Group	7	Tommy G.	5/1/1982	Sun Up	41
Mark T.	5/3/2018	New Way Group	5	Stephen M.	5/10/2018	Sun Up	5
Dale T.	5/21/1981	Primary Purpose	42	Kathleen R.	5/13/1983	Sun Up	40
Lisa O.	5/16/1988	Primary Purpose	35	Brandy R.	5/2/2018	Sun Up	5
Elizabeth Y.	5/2/1999	Primary Purpose	24	Jed C.	5/23/2015	Sun Up	8
Geraldine M. B.	5/16/2008	Primary Purpose	15	Archie H.	5/27/1974	Sun Up	49
Bubba (Wayne) B.	5/21/2008	Primary Purpose	15	Donna D.	5/3/1992	Sun Up	31
Steve M.	5/16/2009	Primary Purpose	14	Tony K	5/3/2009	Sun Up	14
Kay D.	5/4/2012	Primary Purpose	11	Paul D.	5/3/2014	Sun Up	9
Todd S.	5/12/2012	Primary Purpose	11	Kristin P.	5/30/2017	Sun Up	6
Bobby K.	5/21/2013	Primary Purpose	10	JJ F.	5/8/2018	Sun Up	5
Richard G.	5/28/2016	Primary Purpose	7	Norman F.	5/9/2000	Sun Up	23
Robert S.	5/12/2017	Primary Purpose	6				



**752 YEARS!**

Don't see your name?

Go to [aa-acadiana.org](http://aa-acadiana.org) and complete the "Sobriety Date

Submitted Form!



## Acadiana Area Service/Committee Meetings

### **Fellowship of the Spirit South Committee Meeting**

1st Sunday — 4:00 pm  
210 8th St. (Turning Point)

### **Central Office Steering Committee Meeting**

2nd Sunday — 4:00 pm  
115 Leonie St. (Central Office)

### **District 13E Meeting (GSRs)**

2nd Wednesday — 6:00 pm  
300 E Martial Ave (Covenant United Methodist Church)  
Zoom ID: 828 6914 4187      Password: District13

### **Cajun Country Conference Committee Meeting**

3rd Sunday — 3:00 pm  
210 8th St. (Turning Point)

### **Central Office Representatives (COR) Meeting**

3rd Sunday — 4:00 pm  
210 8th St. (Turning Point)

### **LASCYPAA Committee Meeting**

4th Sunday — 9:00 am  
924 Kaliste Saloom Rd. (The DOC)

### **Louisiana State Convention Committee Meeting**

4th Sunday — 3:00 pm  
Baton Rouge Central Office  
10319 Old Hammond Hwy, Baton Rouge, LA

### **Louisiana (Area 27) Assembly**

April 6-7, 2024  
Holiday Inn Baton Rouge  
9990 Airline Hwy, Baton Rouge, LA

Update COR contact info at:

[aa-acadiana.org/cor](http://aa-acadiana.org/cor)

Update GSR contact info at:

[district13e.org/gsr](http://district13e.org/gsr)