



PLUG-IN-JUG NEWS



Step 5: “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Tradition 5: “Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.”



May 2024

COR Meeting
May 19th, 2024
Turning Point, 210 8th 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!) | ¡También disponible! | • 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 | |

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Office Hours:

Mon - Fri 11:00 - 4:00

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Want to contribute an item to the Plug-In-Jug? Email us at 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

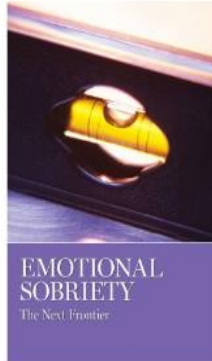
Email the Central Office at: centraloffice@aa-acadiana.org

GRAPEVINE DAILY QUOTE

March 31, 2024

"What I've had to figure out is that I can't figure anything out."

"Winners and Whiners," Port Townsend, Washington, October 1994, Emotional Sobriety: The Next Frontier



"I'm a problem drinker. Every time I have a problem, I drink."

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

ACADIANA CENTRAL OFFICE PRESENTS:

⚡ **FOUNDER'S DAY** ⚡

CHILI COOK-OFF

SATURDAY JUNE 8TH, 2024

6PM

To register your homegroup for the cook-off:

- Call Central Office: (337)-991-0830
- Visit www.aa-acadiana.org
- Scan the QR code

Evening schedule:
DOORS OPEN: 6pm
JUDGING: 6:30pm
FELLOWSHIP & FOOD: 7pm
SPEAKER: 8pm

Hot prizes for the best chili!

Comeaux Rec Center
411 West Bluebird Drive
Lafayette, LA 70508

**GUEST
SPEAKER
HOLLY P.**



**Gulf Coast Group
14th Anniversary Celebration**
Saturday, May 18, 2024


Vineyard Church -705 Bonin Road; Lafayette, La
Workshop on Steps 6 & 7
10:00 a.m. to 1:00 pm
donuts and coffee will be served

Food and Fellowship

4:30 pm Cajun Potluck
Main dish (last names from A – M)
Dessert (last names from N – Z)

Speaker Meeting
6:00 – 7:30 pm
Peter M
Boca Raton, Florida
Home group "Alcoholic and God"

For more information or to be of service
contact Mary B @ 337-552-7068 or Lacey @ 337-322-7000



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

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

June 28 @ 4:00 pm - June 30 @ 5:00 pm

64th Louisiana State Convention Baton Rouge, LA

July 19 @ 12:00 pm - July 21 @ 12:00 pm

LASCYPAA XXXVIII Lafayette, La



A Question of Sanity

By: Robert P. | Amity, Oregon

A newcomer gets a little Higher Power logic to help him find his way to Step Two.

I came into AA as the prototypical agnostic. I didn't know if there was a God or there wasn't, and I didn't care. Not that I gave the matter much thought. I had my priorities, don't you know. I was a religious mongrel, a little Jewish, some Lutheran, with a heavy dollop of Southern Baptist. So my concept of God was quite confused. Right away it was obvious that I couldn't go far into the Steps without addressing this Higher Power issue. That turned out not to be a problem as there was a whole chapter in the Big Book just for me: We Agnostics.

I like how the chapter starts with as accurate a definition of an alcoholic as you will find anywhere in the Big Book: "If, when you honestly want to, you find that you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic." Yep, that's me.

But then comes the veiled threat. "If that be the case, you may be suffering from an illness which only a spiritual experience will conquer." Followed by the absolute threat, "But after a while we had to face the fact that we must find a spiritual basis of life—or else." Oh no, I thought, I'm doomed. I shared my dismay in a meeting and afterward this oldtimer came up to me. "Not so fast," he said. "If you have honestly taken the First Step, you already have a power greater than yourself."

"Huh?" I replied.

"You admitted that you're powerless over alcohol, right?" he said. "So, alcohol is a power greater than yourself. Simply call alcohol your 'lower power.' Do you suppose there could be anything higher than a lower power?"

"Yeah, well, I guess so," I replied. "There," he said. "That's all you need to get started. Turn your will and your life over to whatever that is and you are on your way." I thought about that. "So now I'm on Step Three?" I asked. "Not so fast," he said. "You still have to come to believe that this power greater than yourself could restore you to sanity. Do you think you're insane?"

"No problem there, dude," I replied. "I have a certifiable mental illness, with suicide attempts and stays in the psych hospital."

"Wrong!" replied the oldtimer. "Read the story of Jim in Chapter Three. What does it say about the definition of insanity?"

"I don't know," I replied, puzzled. "Well, of course you don't," he said. "Go read those pages." So I went home and read about Jim. He had been Twelfth Stepped and was sober for a few months when he stopped at a restaurant for a sandwich and milk. Still hungry, he ordered another sandwich and milk, but this time he decided to put an ounce of whiskey in his milk as it "couldn't hurt me on a full stomach." The experiment went so well that he ordered another and another. This started one more trip to the asylum for Jim. However, the sentence that really jumped out at me is on the next page: "Whatever the precise definition of the word may be, we call this plain insanity." I returned to that oldtimer and told him what I found, and he said, "So, where drinking is concerned, do you think you're insane?"

"Well, when I was drinking back in the 1980s, I had a lot of stomach problems," I explained. "And I read that taking an ounce of antacid every two hours would help. That seemed like a lot of antacid, and I was kind of busy, so I mixed an ounce of vodka in my antacid and drank it every ... well, not that I really timed myself."

"You're kidding?" the oldtimer said. "No," I replied. "That's the God's honest truth."

"Sheesh, and I thought I was bad," he said and walked away.

The [AA Grapevine online store](#)

has a variety of books, ebooks and other publications full of inspiring stories of fellow AAs on their journey to recovery.



The Road to Joy

By: Harold I. | Marietta, Georgia

Though he got a late start, he luckily made the right turn. Boy, is life better now

Where's the road to true joy and how do I find it? I would ask myself. That road was staring me in the face for nearly 20 years before I saw it. And it took a few more years before I actually got on it. Dr. Bob pointed us all toward it when he summed up our program in three words—love and service.

It wasn't that I was unhappy in my sobriety or that I wasn't doing service. I've actually been sober since 1982, and my life in AA has been a vast improvement over my drinking years.

An early mentor of mine in AA once told me that I could have a slice of the joy in sobriety, or I could have the whole pie—the choice was mine. Much depends on whether I decide to commit to be a person of service or a person who gets by on performing just a little. Both paths improve my life, but one gets me a bigger piece of joy.

One of the founders of my home group always talked about our Twelve Steps. It took me forever to figure out what he was saying. This guy was all about action. Our group had a plaque on the front of our podium that read "Gratitude is An Attitude" and he used to tell me all the time that it didn't apply to guys like us. "Gratitude is an action," he'd say. "Don't tell me you're grateful—show me." He showed his gratitude by being of service in AA and out in his community. The Steps aren't just for me to study or to work, he told me. They are there for me to take into my soul, to become part of me and shape the very essence of my existence.

I believe now that the Steps are the soul of the program and meetings are the heart. I balked at taking the Steps early in sobriety. I was afraid of what they might change me into. Even though I was pretty miserable back then, at least my misery was familiar. I was fearful of entering into unknown territory, even if it might benefit me. When the gift of desperation became too much for me, I relented and began taking the Steps in earnest.

Finally I realized taking the Steps was not work. The Steps are my admission ticket back into society. The process of taking the Steps prepares me to fulfill my purpose of being of maximum service. And eventually, that work turns into joy.

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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 and complete the "Sobriety Date

Submitted Form!





**JUNE 2024
BIRTHDAYS**



NAME	BIRTHDAY	HOME GROUP	YEARS	NAME	BIRTHDAY	HOME GROUP	YEARS
Nicole J.	6/29/2019	A Vision for You	4	Dan B.	6/9/2017	Primary Purpose	6
Troy G.	6/23/2022	Abbeville Area	1	Mark W.	6/26/2017	Primary Purpose	6
Will G.	6/14/1981	Back to Basics NI	42	Nick J.	6/28/2017	Primary Purpose	6
BO-BOY	6/22/2001	Back to Basics NI	22	Sharon O.	6/10/2017	Primary Purpose	6
Debbie O.	6/21/2002	Back to Basics NI	21	Nancy O.	6/12/2018	Primary Purpose	5
Nick S.	6/28/2010	Back to Basics NI	13	Todd B.	6/3/2018	Primary Purpose	5
Jared L.	6/15/2016	Back to Basics NI	7	John C.	6/29/2021	Primary Purpose	2
Emilie	6/23/2017	Back to Basics NI	6	Jim B.	6/30/1989	Scott Group	34
Abby K.	6/1/2018	Candlelight Group	5	Debi V.	6/13/2015	Sisters in Sobriety	8
Rex L.	6/21/2018	Candlelight Group	5	Kelly Y.	6/20/2018	Sisters in Sobriety	5
Tanner T.	6/4/2018	Candlelight Group	5	Pat A.	6/1/1983	Sun Up	40
Pam B.	6/25/2000	Circle & Triangle	23	John H.	6/1/1986	Sun Up	37
Jeff B.	6/11/2001	Circle & Triangle	22	Al L.	6/2/1990	Sun Up	33
Ronnie L.	6/13/2008	Dry Dock	15	Clay A.	6/8/1997	Sun Up	26
Joseph R.	6/28/2015	Dry Dock	8	Jon N.	6/15/2006	Sun Up	17
Casey S.	6/29/2016	Dry Dock	7	Kirk W.	6/6/2007	Sun Up	16
Dave B.	6/21/2018	Dry Dock	5	Robin N.	6/1/2007	Sun Up	16
Herman J.	6/17/2015	Freedom's Choice	8	Warren B.	6/13/2011	Sun Up	12
Curtis H.	6/1/1980	Keys to the Kingdom	43	Erica R.	6/28/2012	Sun Up	11
Francis L.	6/3/2008	New Way Group	15	Scotty R.	6/4/2013	Sun Up	10
Iris V.	6/2/1983	Primary Purpose	40	Jacqueline S.	6/2/2014	Sun Up	9
Sue McD.	6/23/1986	Primary Purpose	37	Derek D.	6/1/2016	Sun Up	7
Vinny B.	6/27/1988	Primary Purpose	35	Felix E.	6/13/2016	Sun Up	7
Kay F.	6/25/2000	Primary Purpose	23	Coy D.	6/24/2017	Sun Up	6
Marcelle T.	6/3/2001	Primary Purpose	22	CJ O.	6/14/2018	Sun Up	5
Jacqueline S.	6/2/2014	Primary Purpose	9	Jan S.	6/16/2018	Sun Up	5
Donna L.	6/16/2015	Primary Purpose	8	Kimmy B.	6/2/2018	Sun Up	5
Dale S.	6/6/2016	Primary Purpose	7	Mitch B.	6/2/2018	Sun Up	5
Jeff L.	6/6/2016	Primary Purpose	7	Larry W.	6/15/2019	Sun Up	4
Mark W.	6/6/2016	Primary Purpose	7	Jeanette	6/11/2020	Sun Up	3

829 YEARS!

Don't see your name?

Go to aa-acadiana.org and complete the "Sobriety Date Submittal" 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

Update GSR contact info at:

district13e.org/gsr