



PLUG-IN-JUG NEWS



Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity."

Tradition 2: "For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."



February 2026

COR Meeting
Feb 15th 2026
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:

- | | | |
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| <ul style="list-style-type: none"> • Big Books (all formats!) • 12 Steps & 12 Traditions • As Bill Sees It • Dr. Bob and the Good Old-Timers • AA Comes of Age • Language of the Heart • Daily Reflections • Pass It On • Living Sober • Came To Believe | <p><u>¡También disponible!</u></p> <ul style="list-style-type: none"> • Alcohólicos Anónimos "Libro Grande" • Doce Pasos y Doce Tradiciones • Reflexiones Diarias • Como Lo Ve Bill • AA Manual de Servicio • Living Sober • AA Service Manual • Big Book Dictionary • 12&12 Dictionary | <ul style="list-style-type: none"> • AA Service Manual • AA Pamphlets • Newcomer Packets • Sobriety Chips • Meeting Lists • Event Flyers • Drop The Rock • DTR Ripple Effect • 24 Hours A Day • A New Pair Of Glasses |
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Published Monthly by:

Acadiana Area Central Office, Inc.

Located at:
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Lafayette, LA
70506

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(24 Hours)

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P.O. Box 61144
Lafayette, LA
70596

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

Central Office Donations

Group Donations	01/09/2026	Sales Receipt	180606-2876	Experience Strength & Hope	Donations (Not Taxable):Group Donations	277.00
Group Donations	01/09/2026	Sales Receipt	180606-2877	Holiday Alcathon	Donations (Not Taxable):Group Donations	389.00
Group Donations	01/13/2026	Sales Receipt	180606-2886	Ladie's Night 4th quarter	Donations (Not Taxable):Group Donations	50.00
Group Donations	01/14/2026	Sales Receipt	180606-2888	Hub City Group	Donations (Not Taxable):Group Donations	634.80
Group Donations	01/16/2026	Sales Receipt	180606-2894	There Is A Solution Gueydan	Donations (Not Taxable):Group Donations	15.00
Group Donations	01/22/2026	Sales Receipt	180606-2903	Any Lengths Group	Donations (Not Taxable):Group Donations	75.00
Group Donations	01/22/2026	Sales Receipt	180606-2904	Morgan Avenue Group	Donations (Not Taxable):Group Donations	100.00
Group Donations	01/28/2026	Sales Receipt	180606-2912	Acadian Group	Donations (Not Taxable):Group Donations	43.65
Total for Group Donations						\$1,584.45

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

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

Next we Launched... Redstick Roundup 2026

When: February 6th - 8th
Where: Holiday Inn South
9990 Airline Highway,
Baton Rouge, La 70818
Visit redstickroundup.com for
discounted room rates



Register now!

Food, Fun, Fellowship

<p>Contact Info: ERIN D. 985-974-0775 CHEV P. 985-278-7523</p> <p>Group Code: RSR <i>Discounted Special Rates</i></p>	<p>Tickets Pre-register for \$20 \$30 at the door</p>	<p>Speakers JULIUS S / THE VOICE DOUG V. / NEW YORK LAURA B. / TEXAS PAM R. / BATON ROUGE BRAD B. / BATON ROUGE (A) JENNIFER W. / BATON ROUGE</p>
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JOIN US FOR THE 20TH ANNUAL
Fellowship of the Spirit South
APRIL 17TH - 19TH, 2026

CHAIR: ALLISON C. CO-CHAIR: STEPHANIE S.
CHAIR@FOTSSOUTH.COM COCHAIR@FOTSSOUTH.COM

SPEAKER LINE UP:

Sarah I.
Philadelphia, Pa
7:30 pm Friday's AA Speaker

Hannah B.
Santa Rosa Beach, Fl
2:15 pm Saturday's AA Speaker

Chad P.
Ocean Grove, NJ
7:00 pm Saturday's AA Speaker

Kurt Z.
Redondo Beach, Ca
9:30 am Sunday's AA Speaker

PRICING:

\$35 per person
(if paid by 3/28/26)

\$40 per person
(if paid after 3/28/26)

Room rate:
1 King bed \$159
2 Queen beds \$169
see link on website

SCHEDULE:

Friday, April 17
12:00 pm Registration
1:00 pm Workshop [Step 1 & 2]
2:15 pm Workshop [Step 3]
3:30 pm Workshop [Step 4 & 5]
4:45 pm Workshop [2 Concepts]
5:45 pm Dinner & Fellowship [Included]
7:30 pm AA Speaker [Sarah I.]
9:00 pm Prayer & Meditations

Saturday, April 18
7:00 am Prayer & Meditations
8:30 am Workshop [Steps 6 & 7]
9:45 am Workshop [Steps 8 & 9]
11:00 am Workshop [Steps 10 & 11]
12:00 pm Lunch & Fellowship [Included]
1:30 pm Workshop [2 Traditions]
2:45 pm AA Speaker [Hannah B.]
4:30 pm Workshop [Step 12]
5:30 pm Dinner & Fellowship [Included]
7:00 pm LIVE caecilia
7:30 pm Speaker [Chad P.]
9:00 pm Prayer & Meditations

Sunday, April 19
7:00 am Prayer & Meditations
8:00 am Convocation of the Conference
9:30 am AA Speaker [Kurt Z.]

SHIRTS FOR SALE:

\$26 SHORT SLEEVE
\$30 LONG SLEEVE



LOCATION:

Home 2 Suites
by Hilton
1808 Kaliste Saloom Road,
Lafayette, LA 70508
337-706-8610

REGISTRATION:



YOU CAN REGISTER ONLINE AT
WWW.FOTSSOUTH.COM

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

2026 BIG DEEP SOUTH CONVENTION THE ROAD OF HAPPY DESTINY JUNE 5-7, 2026 - AIRPORT HILTON KENNER, LA

GRATITUDE SPECIAL

EARLY BIRD DISCOUNT

\$28

COVERS THE
WHOLE WEEKEND!

REGISTER FOR THE
2026 BIG DEEP SOUTH
CONVENTION AT THIS
DISCOUNTED RATE FOR
NOVEMBER 2025 ONLY!

**HOTEL ROOMS AVAILABLE!
\$149/NIGHT**



PRE-REGISTRATION CAN BE DONE ONLINE OR IN PERSON AT CENTRAL OFFICE
FOR MORE INFO VISIT BIGDEEPSOUTH.ORG OR 638 PAPWORTH AVE. METAIRIE, LA

2026 BIG DEEP SOUTH - PRE-REGISTRATION FORM

NAME: _____ EMAIL: _____

BADGE NAME: _____

PHONE NUMBER: _____ AFFILIATION (AA/AL-ANON/ALATEEN: _____

ADDRESS: _____ CITY/STATE/ZIP: _____

PAYMENT METHOD: ONLINE - BIGDEEPSOUTH.ORG
IN PERSON - CENTRAL OFFICE - 638 PAPWORTH AVE, METAIRIE, LA



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

[https://aa-
acadiana.org/events](https://aa-acadiana.org/events)



We Can Stay Sober Through Anything
BY: SUSAN D. | CATSKILL, NEW YORK
Her battle with mental health at 17 years sober was super tough, but luckily, she got help and stayed close to AA



I never thought I'd be sober for 17 years and then find myself in a psychiatric ward. Yet, there I was. In 2015, I was a successful business owner living in New York City. I was active in AA, married and owned my apartment. Everything on paper looked great, but inside I continued to sink deeper and deeper into despair.

My business had gotten bigger than I could manage, and I was terrified to do anything to take some of the pressure off. My expenses were so high that I felt I had no other choice but to keep going. I was unhappy living in New York City, my home of 15 years, but I was terrified to leave and start over somewhere else. Where would I go? How would I make a living? Would my partner resent me for wanting to leave the city he loved?

We tried moving to a different, quieter neighborhood, but the construction was really bad there. The noise never stopped. Real or imagined, I heard sirens all the time.

I sought out therapists and doctors, and began begging for help. They kept switching my medications to no avail. I got to the point where I couldn't stop crying, couldn't leave the apartment, couldn't get out of bed. When the terrifying suicidal thoughts wouldn't stop, I was admitted to the psych ward.

I was completely powerless. Where was God in all of this? I asked myself. I felt that my prayers for help were going unanswered. I felt utterly abandoned by my Higher Power despite the support I got in the rooms of AA. I'm so grateful that drinking never seemed like an option, because I knew it would only make things worse and likely drive me to actually kill myself.

The cycle of medication changes and side effects landed me in and out of the hospital several times, and a decision was made for me to try electro convulsive therapy (ECT). I had 14 treatments over several weeks, which left my memory shot and my total being shaken. During this time, I did what I had been taught for so many years in AA. I read my Big Book, tried to carry the message and held meetings for sick and suffering patients inside the hospital. I reached out to my support network and prayed my butt off. There were angels along the way, nurses who were in AA, members, friends and family who continued to visit me, take my calls and pray for me.

Eventually, over time my suicidal thoughts began to subside. I got out of the hospital and continued to go to meetings. As soon as I was able to drive again, I tried to be of service, walking dogs at a local animal shelter. I knew service was the only thing that was going to get me out of my self-centered fear.

Next, I sold my business, and my partner and I moved up to the Hudson Valley. God showed up for us, giving him a new, full-time job just when we needed it. Eventually I recovered and was able to start a new career myself. I still haven't reconciled some of the anger I have toward my Higher Power for the hardships I had, but I know it will subside eventually if I keep working the program. I'm now able to see my part in things—fear, control and self-will run riot—that paired with my mental illness. I'm starting to feel a new freedom and happiness. I'm immensely grateful for AA. I often wonder how people who are struggling with mental issues get by without the program.

Two things that stick with me through all these experiences are these: If we stay sober, the one thing we are guaranteed is change. And whatever hardship we are currently dealing with will pass if we just hang onto our seat, don't drink, reach for help and try to be of service. We can stay sober through anything.



GETTING THROUGH TOUGH TIMES

Dealing With Loss

BY: TOMMY V. | PLOVER, WISCONSIN



I was sober for three and a half years when my husband of 46 years, Robert, died from cancer. He was diagnosed in November of 2013 and died in March of 2014—just 5 months.

As a gay man in recovery, I was fortunate to be living in California. My home group was the Sunny Dunes Group in Palm Springs. Without a doubt, my AA family saw us through my dear Robert's initial diagnosis, treatment and subsequent death.

This was my first test of going through a traumatic event without medicating myself with alcohol. I attribute this to the AA program and my home group. When I joined AA in 2010, my first sponsor told me, "You don't need to drink over anything!"

After Robert's death I relocated back to my hometown in Wisconsin. All my friends were aghast that I could leave California and the support of my large LGBTQ AA community and come back home to Wisconsin. I have always been very comfortable in my own skin in sobriety however, and I knew intuitively that Wisconsin would be good for me.

With a strong recovery program under my belt, I took a leap of faith. Was it a tough transition? Yes! I was filled with fear. Along the way, I found out there was no need to let fear get the best of me. I could get through tough times because of AA and the spiritual foundation that the program gave me.

My feeling today is that I can get through anything because of AA. AA interrupted my death several years ago. Although bad things happen, today I'm alive. And each day I stay sober I try my best to carry with me the sunlight of the spirit in everything I do.



February 2026 BIRTHDAYS



NAME	BIRTHDAY	HOME GROUP	YEARS	NAME	BIRTHDAY	HOME GROUP	YEARS
Alaina P.	2/7/2025	Kitchen Table Group	1	Joy B.	2/7/1975	Last Chance Acceptance	51
Andrew M.	2/27/2012	Gulf Coast Group	14	Julie C.	2/15/2024	Sisters in Sobriety	2
Ashley B.	2/13/2018	Kitchen Table Group	8	Justin T.	2/16/2013	New Way Group	13
Beryl B.	2/24/2014	Reflections	12	Kevin B.	2/25/1997	Faith Group	29
Bill B.	2/19/2010	Reflections	16	Kim P.	2/17/2014	Kitchen Table Group	12
Bonnie H.	2/14/2024	Kitchen Table Group	2	Lance M.	2/17/2023	Kitchen Table Group	3
Brenda B.	2/28/2024	Sun Up	2	Lisa G.	2/20/2011	A Design for Living	15
Brett C.	2/17/2016	Primary Purpose	10	Lisha H.	2/25/2016	Primary Purpose	10
Caitlin M.	2/13/2018	Glum Nots	8	Matt V.	2/11/2014	Surrender	12
Carissa T.	2/9/2006	Faith Group	20	Mike W.	2/13/2002	Keys to the Kingdom	24
Celeste L.	2/6/1980	Sun Up	46	Monique L.	2/28/2013	A Design for Living	13
Chad G.	2/25/2009	New Way Group	17	Neil P.	2/13/1984	Sun Up	42
Chad T.	2/10/1987	Sun Up	39	Nelda H.	2/2/1997	New Way Group	29
Charlene B.	2/14/2012	Primary Purpose	14	Nikki F.	2/19/2013	New Way Group	13
Chasity	2/4/2018	New Way Group	8	Norman B.	2/3/1998	Candlelight Group	28
Chestin C.	2/13/2018	Kitchen Table Group	8	Penn T.	2/2/2022	Sun Up	4
Chris D.	2/2/2016	Candlelight Group	10	Pete L.	2/26/2018	Back to Basics NI	8
Christy H.	2/22/2018	Sun Up	8	Phil S.	2/21/2016	Faith Group	10
Christy L.	2/27/2019	Kitchen Table Group	7	Randy H.	2/15/1985	Reflections	41
Craig C.	2/16/2008	New Way Group	18	Ray D.	2/9/2024	Kitchen Table Group	2
Dane B.	2/4/2024	Kitchen Table Group	2	Richard B.	2/12/1993	Back to Basics NI	33
Dane G.	2/12/2020	Kitchen Table Group	6	Richard W.	2/21/2015	Primary Purpose	11
David B.	2/28/2005	Sun Up	21	Sam C.	2/23/1987	Eunice Solutions	39
David D.	2/20/2018	Primary Purpose	8	Sam T.	2/12/1990	Primary Purpose	36
Dennis H.	2/11/1987	Keys to the Kingdom	39	Scott U.	2/14/2011	Surrender	15
Don B.	2/4/1989	New Way Group	37	Scottie D.	2/26/2012	Primary Purpose	14
Donna C.	2/9/2012	Gulf Coast Group	14	Shawn A.	2/6/1998	Surrender	28
Duane B.	2/28/2022	Reflections	4	Shon A.	2/26/2015	A Design for Living	11
Ernie D.	2/10/2014	Dry Dock	12	Stephanie S.	2/13/2021	A Vision for You	5
Ford F.	2/3/1987	Step by Step	39	Stephen M.	2/12/1990	Hub City	36
Gary P.	2/3/2022	A Vision for You	4	Steve M.	2/5/2022	Sun Up	4
Glen D.	2/4/1993	Sun Up	33	Suzanne D.	2/22/2005	Sisters in Sobriety	21
Jad C.	2/8/2018	Back to Basics NI	8	Terry C.	2/1/2011	New Way Group	15
Jake T.	2/22/2016	There is a Solution	10	Todd S.	2/24/2001	A Design for Living	25
Jan M.	2/6/2011	New Way Group	15	Tracy B.	2/14/2022	Sisters in Sobriety	4
Jan Marie	2/6/2011	Sun Up	15	Travis M.	2/29/2024	Kitchen Table Group	1
Jeanne F.	2/14/2006	Sisters in Sobriety	20	Trey H.	2/14/2010	Faith Group	16
Jeannie H.	2/7/2012	New Way Group	14	Vicky B.	2/14/2015	Primary Purpose	11
Jerry N.	2/1/2003	Primary Purpose	23	Whitney B.	2/24/2006	Gulf Coast Group	20
Joan B.	2/11/2002	New Way Group	24	Winnie D-B.	2/13/2010	Primary Purpose	16
John D.	2/17/2020	Reflections	6	Yvonne D	2/5/2006	Primary Purpose	20
John H.	2/18/2016	Primary Purpose	10	Yvonne D.	2/5/2006	New Way Group	20
Jon D.	2/17/2020	Primary Purpose	6				
Jonno F.	2/17/2004	Sun Up	22				
Joshua F.	2/14/2003	Eunice Solutions	23				
Joy B.	2/28/1974	Circle & Triangle	52				



1497 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

Nov 9-10, 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