



# PLUG-IN-JUG NEWS



**Step 6:** "Were entirely ready to have God remove all these defects of character."

**Tradition 6:** "An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."



**June 2026**

**COR Meeting  
June 21<sup>st</sup> 2026  
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!)
  - 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
- ¡También disponible!
- 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
- 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

**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 61144  
Lafayette, LA  
70596

**Office Hours:**

Mon - Fri  
11:00 - 4:00

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Acadiana Area  
Central Office, Inc.

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)

## Central Office Donations

Group Donations	05/07/2028	Sales Receipt	180808-3121	A Vision for You Group	Donations (Not Taxable):Group Donations	250.00
Group Donations	05/07/2028	Sales Receipt	180808-3122	A Vision for You Group	Donations (Not Taxable):Group Donations	300.00
Group Donations	05/12/2028	Sales Receipt	180808-3129	Glum Nots	Donations (Not Taxable):Group Donations	27.00
Group Donations	05/15/2028	Sales Receipt	180808-3138	There Is A Solution Gueydan	Donations (Not Taxable):Group Donations	15.00
Group Donations	05/20/2028	Sales Receipt	180808-3149	Acadian Group	Donations (Not Taxable):Group Donations	4.74
Group Donations	05/28/2028	Sales Receipt	180808-3163	Sun Up Group	Donations (Not Taxable):Group Donations	329.19
Group Donations	05/28/2028	Sales Receipt	180808-3164	Reflections Group	Donations (Not Taxable):Group Donations	654.00
Group Donations	05/28/2028	Sales Receipt	180808-3165	Back to Basics New Iberia Group	Donations (Not Taxable):Group Donations	25.00
Group Donations	05/28/2028	Sales Receipt	180808-3168	The New Way Group	Donations (Not Taxable):Group Donations	380.00
Group Donations	05/28/2028	Sales Receipt	180808-3167	Kitchen Table Group	Donations (Not Taxable):Group Donations	707.27
<b>Total for Group Donations</b>						<b>\$2,672.20</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

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



## 2026 BIG DEEP SOUTH CONVENTION

JUNE 5-7, 2026 | AIRPORT HILTON KENNER, LA  
901 AIRLINE HIGHWAY KENNER, LA 70062

**\$39** PRE-REGISTER TODAY!  
COVERS THE WHOLE WEEKEND  
\$45 REGISTRATION AT CONVENTION

**SPEAKERS:**  
Drew E. (Atlantic Heights, NJ)  
Vann D. (Destrehan, LA)  
Jane L. (Tallahassee, FL)  
James L. (Tallahassee, FL)  
Cathy R. - Al-Anon (New Orleans, LA)

**NEW This Year:**  
Saturday  
Fellowship Meal  
Southern  
Comfort Dinner  
Buffet!

**WORKSHOPS:**  
Practical Experience with Prayer and Meditation  
The Road of Happy Destiny  
Transformation Through Service  
Fixed Ideas/Theater of the Lie



BOOK A  
HOTEL ROOM  
\$149/NIGHT  
CODE: BDS26

- Bingo!
- Meditation!
- 50/50!
- Live Auction!
- AA & Al-Anon Meetings!
- Entertainment!
- Hospitality Room!
- Raffles!
- ...and more!

FOR MORE INFO OR TO GET INVOLVED,  
VISIT [BIGDEEPSOUTH.ORG](http://BIGDEEPSOUTH.ORG) OR 638 PAPPWORTH AVE. STE. A, METAIRIE, LA

### PRE-REGISTRATION FORM 2026 BIG DEEP SOUTH CONVENTION

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ BADGE NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY/STATE/ZIP: \_\_\_\_\_

AFFILIATION: AA \_\_\_\_\_ AL-ANON \_\_\_\_\_ ALATEEN (\$10) \_\_\_\_\_

SATURDAY SOUTHERN COMFORT DINNER BUFFET (\$25) \_\_\_\_\_

2026 CONVENTION T-SHIRT(\$25) SIZE: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2X \_\_\_\_\_ 3X \_\_\_\_\_

2026 CONVENTION HAT (\$25): OPTION 1 \_\_\_\_\_ OPTION 2 \_\_\_\_\_ OPTION 3 \_\_\_\_\_

SCHOLARSHIP CONTRIBUTION \$ \_\_\_\_\_

PAYMENT METHOD: ONLINE - [BIGDEEPSOUTH.ORG](http://BIGDEEPSOUTH.ORG)  
IN PERSON - CENTRAL OFFICE - 638 PAPPWORTH AVE STE. A, METAIRIE, LA

**REGISTER  
ONLINE!**



## Acadiana City Wide

Saturday June 6, 2026

5:30 – 8:00 pm

Reminder:  
Don't forget to bring  
Savory Snacks &  
Desserts

Guest AA Speaker  
Stuart R. from Irving, Texas



Location: Parish Church  
1400 W. University Ave.  
Lafayette, Louisiana

5:30pm - Food, Fun & Fellowship

6:30 - Meeting Start Time

6:45 - 7:45 - AA Speaker



This is an Open AA Speaker Event. All are welcome. This event is designed to bring all AA members & all AA groups together for fellowship and fun. Coffee, water & serving necessities will be provided by Acadiana Central Office.

We ask that Savory Snacks are brought by those with a last name starting with A-M And that Desserts be brought by those with a last name starting with N-Z This is a free admission Quarterly Central Office Event. We are asking for contributions and donations to help cover expenses.

Acadiana Central Office  
115 Leonie Street  
Lafayette, Louisiana 70503  
(337)991-0630  
[www.aa-acadiana.org](http://www.aa-acadiana.org)

Questions?  
Chair - Heidi M. - (512)415-9648  
Co-Chair - Mark D. - (337)322-2471

SAVE THE DATE

**REFLECTIONS  
GROUP  
ANNIVERSARY**

AUGUST 8TH  
4-7 PM  
ST. BARNABAS

WORKSHOP  
PANEL, FOOD  
AND  
FELLOWSHIP,  
SPEAKER

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

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



YOUNG & SOBER

## Yets & Agains

BY: TOM M. | WOODSTOCK, GEORGIA



I grew up in Shreveport, Louisiana. Just across the Red River was Bossier City, a place where you could get most anything you wanted. I had my first drink there at age 14. The only buzz I got was for doing something forbidden. Four years later in college I got drunk for the first time. From that day forward I drank to get drunk. My college was located in a dry parish. The nearest liquor store was 30 miles away. I had very little money and no car.

At the end of my third year in college, I married my high-school sweetheart, and she decided to drink with me. After college I joined the Air Force, where I got to drink with the pros. I tried to match the guy's drink for drink. After four more years of partying, a good friend pointed out to me that I didn't drink like other people. He was right. So, I began hiding my drinking. Years went by and it became harder to hide it from my family.

When I turned 60, I retired from work but not from drinking. My wife had retired from drinking several years before me. She is not one of us. But me? I never missed a day of drinking. Soon I began fearing that I would become an all-day drinker. This was a "yet" I had always worried about. But that fear led me to try to find a solution to my drinking.

Anything but AA was my original goal. So instead, I went to rehab. And guess what? There was AA! At my first meeting in the rehab, I completely changed my opinion of AA. I soon learned about the yets, the things that hadn't happen to me yet while I was actively drinking.

Despite 47 years of drinking, I have a lot of yets still. I never got a DUI or totaled a car. I don't know why that never happened. I drove drunk more times than I can count, but I was never caught. I never had a divorce, but I married a woman who doesn't believe in divorce. I also never lost a job.

There are many more yets, but that's not what scares me. It's the "agains." A yet is a maybe, the agains for me are guaranteed. I can still recall that look on my wife's face when she caught me drinking, the hangover the next morning, the guilt and remorse for getting drunk again. Worst of all was the shame knowing I would do it again. I can avoid the yets if I avoid the agains. I just have to stay away from that first sip.



A Happy Father's Day

**BY: MICHAEL P. | SAN DIEGO, CALIFORNIA**

He was separated from his family, his dad had just died, he had two months sober and was living alone. Happy what?



In May of 1990 my dad died unexpectedly. He was 77, and I was 38 with about two months sober. When Father's Day came around the following month I had a rough time. I was living alone, separated from my soon-to-be ex-wife and my two stepsons, and miles away from my other family members. I was really feeling sorry for myself.

After picking a fight on the phone with my ex-wife about the Father's Day cards I didn't get, I got around to calling my sponsor. His name was Art. He listened patiently as I told my tale of woe and then quietly sympathized with my situation.

"I understand how you feel," he said. "You're without your father and your sons, and it's Father's Day." Then a few seconds later he added, "But you're probably not the only one feeling that way today, right? What if you go down to the sober clubhouse? It's usually open 24/7. Newly sober people hang out there. Maybe you'll find another dad without his kids there, or a son who's missing his father. Or maybe you'll find a guy who hasn't eaten yet today. Offer to go get him a burger."

I considered his suggestion for a minute. "I'll probably feel better," I admitted.

"And try to remember" Art said, "whenever you feel bad, instead of finding someone who's got what you need, find someone who needs what you have, something you can give away." Art waited a few minutes to let that sink in, then he added "It'll always help you feel better."

I found out Art was right. A year later at a noon meeting on Father's Day, I was called on and I shared this very story with the group. Afterward, a tired-looking man walked up to me and thanked me. He was missing some teeth. "Have you eaten yet today?" I asked him. He said no, so we went down the street to a burger place. And for the price of a burger and fries, I got to hear how much worse my life could have been if I had continued down the road I had been on.

Many years have gone by since then, and my life has gotten immeasurably better. But I've found that the world has many fatherless sons or just folks who are hurting and hoping for someone to listen and care. So, if you are a son who's missing his father today or a dad who's missing his kids, I pass along this gift to you as freely as it was given to me from Art. I understand how you feel because I've felt that way too. It helps; it really does.



# June 2026 BIRTHDAYS



NAME	BIRTHDAY	HOME GROUP	YEARS	NAME	BIRTHDAY	HOME GROUP	YEARS
Chance M.	6/1/2016	A Vision for You	10	Dan B.	6/9/2017	Primary Purpose	9
BO-BOY	6/22/2001	Back to Basics NI	25	Donna L.	6/16/2015	Primary Purpose	11
Debbie O.	6/21/2002	Back to Basics NI	24	Iris V.	6/2/1983	Primary Purpose	43
Emilie	6/23/2017	Back to Basics NI	9	Jacqueline S.	6/2/2014	Primary Purpose	12
Jared L.	6/15/2016	Back to Basics NI	10	Jeff L.	6/6/2016	Primary Purpose	10
Nick S.	6/28/2010	Back to Basics NI	16	John C.	6/29/2021	Primary Purpose	5
Will G.	6/14/1981	Back to Basics NI	45	Kay F.	6/25/2000	Primary Purpose	26
Abby K.	6/1/2018	Candlelight Group	8	Marcelle T.	6/3/2001	Primary Purpose	25
Rex L.	6/21/2018	Candlelight Group	8	Mark W.	6/6/2016	Primary Purpose	10
Tanner T.	6/4/2018	Candlelight Group	8	Mark W.	6/26/2017	Primary Purpose	9
Jeff B.	6/11/2001	Circle & Triangle	25	Nancy O.	6/12/2018	Primary Purpose	8
Pam B.	6/25/2000	Circle & Triangle	26	Nick J.	6/28/2017	Primary Purpose	9
Casey S.	6/29/2016	Dry Dock	10	Sharon O.	6/10/2017	Primary Purpose	9
Dave B.	6/21/2018	Dry Dock	8	Sue McD.	6/23/1986	Primary Purpose	40
Ronnie L.	6/13/2008	Dry Dock	18	Todd B.	6/3/2018	Primary Purpose	8
Herman J.	6/17/2015	Freedom's Choice	11	Vinny B.	6/27/1988	Primary Purpose	38
Ray J.	6/16/2015	Freedom's Choice	11	Abbie H.	6/24/2013	Reflections	13
Crystal W.	6/25/2022	Hub City	4	Casey C.	6/11/2023	Reflections	3
Matthew C.	6/17/2018	Hub City	8	Eric W.	6/24/2016	Reflections	10
Noah M.	6/9/2023	Hub City	3	Gina B.	6/21/2025	Reflections	1
Jason F.	6/25/2024	Keys to the Kingdom	2	John B.	6/20/2020	Reflections	6
Kristy W.	6/30/2025	Keys to the Kingdom	1	Phillip D.	6/14/2012	Reflections	14
Cheryl C.	6/17/2024	Kitchen Table Group	2	Jim B.	6/30/1989	Scott Group	37
Deborah M.	6/22/2024	Kitchen Table Group	2	Al L.	6/2/1990	Sun Up	36
Eric P.	6/27/2017	Kitchen Table Group	9	Alice T.	6/1/2024	Sun Up	2
Erin H.	6/17/2022	Kitchen Table Group	4	Don R.	6/1/2006	Sun Up	20
Jamie C.	6/11/2024	Kitchen Table Group	2	Erica R.	6/28/2012	Sun Up	14
Janice R.	6/16/2021	Kitchen Table Group	5	Pat A.	6/1/1983	Sun Up	43
Lori F.	6/2/2022	Kitchen Table Group	4	Robin N.	6/1/2007	Sun Up	19
Teddy E.	6/11/2024	Kitchen Table Group	2	Warren B.	6/13/2011	Sun Up	15
Tony P.	6/9/2013	Kitchen Table Group	13	Wayne F.	6/5/1989	Sun Up	37
Francis L.	6/3/2008	New Way Group	18	Will G.	6/14/1981	Sun Up	45
Dale S.	6/6/2016	Primary Purpose	10				

KEEP COMING BACK!!!

948 YEARS



Don't see your name?

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



# July 2026 BIRTHDAYS



NAME	BIRTHDAY	HOME GROUP	YEARS	NAME	BIRTHDAY	HOME GROUP	YEARS
Judson D.	7/3/2024	A Vision for You	2	Paul L.	7/4/2009	New Way Group	17
Stephen M.	7/1/2020	A Vision for You	6	Anthony D.	7/2/2016	Primary Purpose	10
Tommy T.	7/12/2024	A Vision for You	2	Ben H.	7/28/2017	Primary Purpose	9
Charles M.	7/16/1988	Abbeville Area	38	Bryan E.	7/22/2018	Primary Purpose	8
Larry L.	7/23/1989	Abbeville Area	37	Carol Bl.	7/18/2005	Primary Purpose	21
Charleen	7/15/1984	Back to Basics NI	42	Cindy C.	7/18/2018	Primary Purpose	8
Christine K.	7/26/2007	Back to Basics NI	19	Debbie C.	7/10/2017	Primary Purpose	9
Claire S.	7/3/2018	Back to Basics NI	8	James M.	7/11/1981	Primary Purpose	45
Doody D.	7/15/1984	Back to Basics NI	42	Jamie C.	7/10/2018	Primary Purpose	8
Douglas F.	7/23/2015	Back to Basics NI	11	Jeff K.	7/13/2018	Primary Purpose	8
Fred H.	7/15/2009	Back to Basics NI	17	Jill Y.	7/4/2018	Primary Purpose	8
Jaimie	7/25/2009	Back to Basics NI	17	John P. S.	7/4/1997	Primary Purpose	29
Joey S.	7/11/2013	Back to Basics NI	12	Katona B.	7/4/1994	Primary Purpose	32
Malcomn	7/7/1989	Back to Basics NI	37	Kenneth G.	7/10/2018	Primary Purpose	8
Nick M.	7/27/2015	Back to Basics NI	11	Lea Ann B.	7/14/2020	Primary Purpose	6
Sara B.	7/9/2008	Back to Basics NI	18	Malcolm G.	7/19/1987	Primary Purpose	39
Tim L.	7/7/2018	Candlelight Group	8	Megan M.	7/25/2011	Primary Purpose	15
Bill S.	7/7/1989	Dry Dock	37	Michael H.	7/21/2010	Primary Purpose	16
Chip W.	7/21/1995	Dry Dock	31	Mira L.	7/12/2018	Primary Purpose	8
Lee P.	7/3/2018	Faith Group	8	Shanda H.	7/25/1990	Primary Purpose	36
Kurt L.	7/10/1991	Franklin Goup	35	Susan S.	7/27/1986	Primary Purpose	40
Hunter M.	7/11/2024	Hub City	2	Toby P.	7/26/2015	Primary Purpose	11
Johnny B.	7/8/2024	Hub City	2	Travis M.	7/16/2018	Primary Purpose	8
Connie H.	7/13/1993	Keys to the Kingdom	33	Virginia R.	7/4/1984	Primary Purpose	42
Alex V.	7/16/2022	Kitchen Table Group	4	Will C.	7/17/2018	Primary Purpose	8
Allen C.	7/5/2023	Kitchen Table Group	3	Will T.	7/12/2016	Primary Purpose	10
Amber G.	7/16/2024	Kitchen Table Group	2	Emily M.	7/16/2012	Rayne Group	12
Cameron G.	7/20/2024	Kitchen Table Group	2	Tony M.	7/16/2012	Rayne Group	14
Dodd D.	7/21/2017	Kitchen Table Group	9	Edward S.	7/11/2023	Reflections	3
Erin M.	7/8/2024	Kitchen Table Group	2	Renee S.	7/21/2021	Sisters in Sobriety	5
Greg T.	7/14/2014	Kitchen Table Group	12	Ben H.	7/28/2017	Sun Up	9
Jon B.	7/11/2024	Kitchen Table Group	2	Justin H.	7/24/2020	Sun Up	6
Michael C.	7/17/2023	Kitchen Table Group	3	Sasha B.	7/16/2022	Sun Up	4
Sean T	7/14/2016	Kitchen Table Group	10	Vince N.	7/4/1984	Sun Up	42
Yvette G.	7/14/2014	Kitchen Table Group	12	Doug A.	7/4/2008	There is a Solution	18
Beau B.	7/16/2016	New Way Group	10				
Jared G.	7/3/2017	New Way Group	9				

KEEP COMING BACK!!!

1127 YEARS

Don't see your name?

Go to [aa-acadiana.org](http://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  
301 W Farrel Rd. (First Lutheran 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**

August 15-16, 2026  
Holiday Inn Alexandria, LA  
701 4<sup>th</sup> St, Alexandria, LA 71301

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)