



PLUG-IN-JUG NEWS



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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Contributions
to:

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Lafayette, LA
70596

Office Hours:

Mon - Fri
11:00 - 4:00

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Acadiana Area
Central Office, Inc.

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 nonprofessional, but our service centers may employ special workers."



August 2026

COR Meeting
August 16th 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:

- | | | |
|-----------------------------------|---------------------------------|-------------------------|
| • 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 | |

Want to contribute an item to the Plug-In-Jug? Email us at <https://aa-acadiana.org/contact/> 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.

Central Office Donations

Group Donations	07/01/2026	Sales	180606-	A Vision for You Group	Donations (Not	100.00
		Receipt	3230		Taxable):Group Donations	
Group Donations	07/06/2026	Sales	180606-	Glum Nots	Donations (Not	34.00
		Receipt	3246		Taxable):Group Donations	
Group Donations	07/09/2026	Sales	180606-	Experience Strength &	Donations (Not	236.00
		Receipt	3254	Hope	Taxable):Group Donations	
Group Donations	07/12/2026	Sales	180606-	A Design For Living	Donations (Not	140.00
		Receipt	3258	Group	Taxable):Group Donations	
Group Donations	07/12/2026	Sales	180606-	Kitchen Table Group	Donations (Not	376.45
		Receipt	3259		Taxable):Group Donations	
Group Donations	07/16/2026	Sales	180606-	Any Lengths Group	Donations (Not	70.00
		Receipt	3270		Taxable):Group Donations	
Group Donations	07/17/2026	Sales	180606-	Primary Purpose Group	Donations (Not	1,772.38
		Receipt	3272		Taxable):Group Donations	
Group Donations	07/20/2026	Sales	180606-	There Is A Solution	Donations (Not	15.00
		Receipt	3275	Gueydan	Taxable):Group Donations	
Group Donations	07/22/2026	Sales	180606-	Back to Basics New	Donations (Not	25.00
		Receipt	3279	Iberia Group	Taxable):Group Donations	
Group Donations	07/22/2026	Sales	180606-	Sun Up Group	Donations (Not	200.29
		Receipt	3280		Taxable):Group Donations	
Group Donations	07/23/2026	Sales	180606-	Acadian Group	Donations (Not	11.28
		Receipt	3288		Taxable):Group Donations	
Group Donations	07/29/2026	Sales	180606-	The Rayne Group	Donations (Not	50.00
		Receipt	3300		Taxable):Group Donations	
Group Donations	07/29/2026	Sales	180606-	The Rayne Group	Donations (Not	25.00
		Receipt	3301		Taxable):Group Donations	
Total for Group Donations						\$3,055.40

Thank you again for being part of the City Wide event. We appreciate your support and look forward to future events.

ABBEVILLE AREA
 A DESIGN FOR LIVING
 A VISION FOR YOU
 ACADIAN GROUP
 ANY LENGTHS
 CANDLELIGHT
 DAA
 DRY DOCK
 EXPERIENCE STRENGHT & HOPE
 FREEDOM'S CHOICE
 GULM NOTS
 GULF COAST GROUP
 HIGH NOON
 HUB CITY

JAYWALKERS 2
 KEYS TO THE KINGDOM
 KITCHEN TABLE
 LADIES NITE
 OBVIOUSLY GROUP
 PRIMARY PUPOSE
 REFLECTIONS
 SIMPLY AA
 SISTERS IN SOBRIETY
 STEP BY STEP
 SUNDAY MORNING FELLOWSHIP
 SUNUP
 THERE IS A SOLUTION
 WHY NOT GROUP
 YOUNG AT HEART

Drinking problem?

Call **337-991-0830** 24/7

DONATE

Español **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



AA TWELVE TRADITIONS

Our common welfare should come first;
personal recovery depends on AA unity.

TWELVE TRADITIONS WORKSHOP

Hosted by District 13E

📅 Saturday, August 8, 2026
🕒 10:00 AM - 12:00 PM
📍 St Barnabus Church, 400 Camellia Blvd, Lafayette, LA

“ A.A.'s Twelve Traditions apply to the life of the Fellowship itself. They outline the means by which A.A. maintains its unity and relates itself to the world about it, the way it lives and grows. ”
- Twelve Steps and Twelve Traditions page 13

Strengthening Group Unity in Efforts to Support Recovery

Basic understanding of **The Twelve Traditions** of AA and how they apply to us as a whole and to the fellow still suffering alcoholic. Directed by district 13e members of Alcoholics Anonymous in efforts to help better educate our sober community on **The Twelve Traditions** - the spiritual principles that guide AA groups in unity, service, and purpose.

Workshop Highlights

- Introduction and Welcome
- Traditions 1-3 Presented by Heidie M (Design for Living) 10:05-10:30
- Traditions 4-6 Presented by Mindy H (Sun Up) 10:35-10:55
- 5 Minute Break
- Traditions 7-9 Presented by Hunter H (Glum Nots) 11:00-11:25
- Traditions 10-12 Presented by Trey H (Kitchen Table) 11:25-11:50
- 10 Minutes Q&A



All AA Members Are Welcome

No registration is needed. Drinks and snacks provided. Questions? Contact your GSR or District 13E Workshop Chair, Joey T, 337.517.9704 or Co Chair, Maddie L, 337.501.6024 for more information.
BONUS! - Stick around the area after the workshop for Reflections' Anniversary Celebration beginning at St Barnabus at 4PM.

Acadiana City Wide

September 12, 2026

5:30 – 8:00 pm

Guest AA Speaker

Claudia H. – Mansfield, Texas

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



5:30 PM
Food, Fun & Fellowship
6:30 PM
Event Start Time
6:45 – 7:45 PM
AA Speaker



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

Location: Parish Church

1400 W. University Ave.

Lafayette, Louisiana

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.

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

save THE date



LOUISIANA STATE CONVENTION

66TH ANNUAL

ROAD OF happy destiny

AUG 21-23 2026

CROWNE PLAZA • 4728 CONSTITUTION AVE BR, LA 70808

Future Events- Flyers can be accessed on the Central Office Website:
<https://aa-acadiana.org/events>



To Egg or not to Egg

BY: BRIDGET K. | BALLWIN, MISSOURI

Her pockets are full, she's ready to go. Target? Her ex-husband's friend's house. Luckily, she checked with her sponsor first



When I first got sober, I thought the hardest part of quitting drinking would be putting down the bottle. But as the fog lifted, I was left with an unexpected challenge—anger. Anger at the people who had wronged me, at the world for being so unfair, and most of all, at myself for the wreckage I caused.

Anger clung to me like a heavy coat that I couldn't take off. At first I justified it. I told myself I deserved to be angry. That feeling wasn't new to me—it had always been there, but alcohol amplified it. A favorite hobby of mine was to get drunk by myself and think about bad things happening to people who had hurt me. It gave me a twisted sense of satisfaction, but it also left me feeling alone and hollow.

I remember reading about justified anger in my Big Book early in sobriety. I wrote in the margin, "Will this ever go away?" I couldn't imagine life without the constant weight of resentment and bitterness.

One night at three years sober, I had a moment that put things in perspective. I was standing outside my house with the pocket of my hoodie full of eggs. My plan was to drive to someone's house and throw the eggs at it. The reason? The people who lived there were friends with my ex-husband. I had chosen sobriety over my marriage, and while I knew it was the right decision, I was still angry.

That night, standing there clutching those eggs, I realized how ridiculous I was being. I may have been sober, but I wasn't acting like a sober person. Right then, I knew I had work to do. With help from my sponsor and the program, I began to unpack my anger. Much of it came from my expectations—wanting people to act a certain way or life to go according to my plan. When those expectations weren't met I lashed out or withdrew, fueling my resentment. Slowly I learned to let go.

It didn't happen overnight, but the anger did start to fade. These days anger doesn't feel like my coat anymore. It feels like someone else's coat—heavy, itchy and uncomfortable. When it creeps in I notice how wrong it feels. I remind myself to let go, to accept what I cannot change and to focus on what I can. Sobriety has taught me how to find peace. I no longer live in the shadow of my anger. Neither do I let it define me. The miracles that have unfolded since getting sober are beyond anything I could have imagined. I've learned to trust the process, and life feels so much lighter now.



Safe at 30,000 Feet

BY: BRIAN E. | SCOTTSDALE, ARIZONA

Newly sober, he was high in the air and the drinks were looking good. The thing that really saved him may surprise you



I came into AA as an agnostic—and I was more than willing to prove it, even though I didn't fully understand what an agnostic was. I would have even been willing to resort to fisticuffs to settle the matter if necessary. I was an angry young man. But I also knew something was wrong in my life, and maybe it was time to address that too.

In my early days in AA, I heard and saw some things that must have resonated with me enough to give AA a chance, even if it was just a small one. I did what I was told and found a sponsor who took me through the Steps using the Big Book.

At about nine months sober I had the opportunity to go back home to South Africa for the Christmas holidays. I was born and raised there, and that's where most of my family and many of my friends still lived. It was also where much of the wreckage of my past had occurred, so part of the purpose of the trip was to make some amends.

I was living in Los Angeles at the time, so the journey to South Africa involved a series of very long flights. I was still far from convinced about the "God stuff," but I followed my sponsor's directions on prayer and meditation from Step Eleven anyway. I was also quite nervous. This would be my first time leaving the "nest" of early sobriety.

When the time came to leave, I went to the airport armed with my sobriety kit: My Big Book, some willingness and a copy of the international meeting directory. What I didn't know then—and what I would soon discover—is that God has a sense of humor I wasn't yet familiar with.

To start, I was flying on an airline with the same initials as AA, of course. My first flight was from Los Angeles to New York, and in those days, alcohol was still complimentary on many flights. I sat down next to a couple of young guys like me and overheard them planning out all the drinks they were going to order once we were in the air. My mouth began to water. What I now know as the "insanity of the first drink" was starting to creep back in—and pretty strong. For a moment I thought about joining these guys in the "fun."

My thinking was not too sound back then. I was convinced one of their drinks might just end up in my hand—or even down my throat—despite not wanting to drink anymore. Thankfully, my sanity returned, and I did what I had been trained to do: I pulled out my Big Book (with the cover turned inside out so no one could see what I was reading) and said a quick, semi-sincere, bush-league, pinch-hitter type prayer.

And then came a life-changing moment—one that has stayed with me to this day. I looked up and across the aisle I recognized a flight attendant from the sober clubhouse where I had been going to AA meetings! I was overwhelmed with emotion. In that moment, I knew everything was going to be OK. I felt the strong presence of a loving God who had my best interests at heart. I knew that staying sober in AA was my life's path.

As soon as the plane got up in the air, I went over to talk to her. I've since forgotten her name—and, sadly and ironically, I later learned she died from alcoholism. But I'm forever grateful she was there that day. She called over another flight attendant, and before they began their service, we had a quick, impromptu AA meeting in the galley I'll never forget. I made it through that trip sober, and I've stayed sober ever since. It's been almost 40 years now. What I learned that day is this: God is in charge around here—even at 30,000 feet. If I live this program to the best of my ability, I will stay sober and all will be well. That choice is mine.

A small, stylized cartoon bee character with a yellow body, black stripes, and a smiling face. It has two antennae and is positioned in the bottom right corner of the page.



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 4th St, Alexandria, LA 71301

Update COR contact info at:

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

Update GSR contact info at:

<https://district13e.org/gsr/>