



PLUG-IN-JUG NEWS



Published Monthly by:

Acadiana Area
Central Office, Inc.

Located at:

115 Leonie St.,
Lafayette, LA 70506

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337-991-0830
(24 Hours)

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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.

Step 9: "Made direct amends to such people wherever possible, except when to do so would injure them or others."

Tradition 9: "A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."



September 2026

COR Meeting
September 20th 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						
Group Donations	08/05/2026	Sales Receipt	180606-3315	A Vision for You Group	Donations (Not Taxable):Group Donations	200.00
Group Donations	08/13/2026	Sales Receipt	180606-3334	Glum Nots	Donations (Not Taxable):Group Donations	33.60
Group Donations	08/14/2026	Sales Receipt	180606-3343	There Is A Solution Gueydan Ck # 2560	Donations (Not Taxable):Group Donations	15.00
Group Donations	08/21/2026	Sales Receipt	180606-3355	Primary Purpose Group	Donations (Not Taxable):Group Donations	207.68
Group Donations	08/23/2026	Sales Receipt	180606-3359	Sun Up Group	Donations (Not Taxable):Group Donations	206.24
Group Donations	08/23/2026	Sales Receipt	180606-3360	The New Way Group	Donations (Not Taxable):Group Donations	336.00
Group Donations	08/23/2026	Sales Receipt	180606-3361	Kitchen Table Group	Donations (Not Taxable):Group Donations	696.90
Group Donations	08/23/2026	Sales Receipt	180606-3362	Back to Basics New Iberia Group	Donations (Not Taxable):Group Donations	25.00
Group Donations	08/27/2026	Sales Receipt	180606-3376	Freedom's Choice	Donations (Not Taxable):Group Donations	50.00
Total for Group Donations						\$1,770.42

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

Español **337-298-9762**

DONATE



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



Friday September 25th
5:00 pm Registration Opens
6:30 pm Dinner
8:00 pm Speaker - Sean Mc.
10:00 pm Meeting



Registration:
Information
in QR

Short & long
sleeve shirts \$30.00

Conference Committee meets the 3rd Sunday@3PM
We meet at the Turning Point, 210 8th St, Lafayette
chair@cajunaa.org or co-chair@cajunaa.org

Saturday September 26th
7:00 am Coffee & Donuts
8:00 am Meditation
9:30 am Speaker - Micki B.
11:00 am Workshop
12:00 pm Lunch
1:30 pm Workshop
3:00 pm AI-Anon Speaker -
- Becky Mc.
4:30 pm Workshop
6:00 pm Dinner
7:30 pm Raffle
7:45 pm Sobriety Countdown/up
8:00 pm Speaker - Terri K.

Acadiana City Wide
September 12, 2026
5:30 – 8:00 pm

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

Guest AA Speaker

Claudia H. – Mansfield, Texas



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



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

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



Completely Present

BY: JOHN L. | HERNANDO, FLORIDA

Where's my car? Who is this person next to me? Today he knows what he did last night. Today he enjoys a peaceful life



Gone are the days of being unable to remember hours or entire days. These were times during which I could have committed any number of embarrassing or illegal acts without remembering a second of it.

Had I said something that I needed to apologize for? Did I need to inspect my car for new dents, or God forbid, blood? Could I even find my car?

Just about every time I regained consciousness after a blackout, the thought would come to mind: I will never drink like that again. But thinking didn't mean I could keep myself from blacking out again in a few days or even on the same day. During some of my worst blackouts, I would open my blurry eyes with some frightening stranger by my side. Did they have a name? What had happened? Then, to my surprise, they'd roll over and wonder who I was! Today, if I were told that I would lose recall of large blocks of time and that I'd be unable to know what I had done or said, I'd say there's no way I could engage in such activity.

Being a senior citizen, I now often forget what I did 10 minutes ago or where I last saw my coffee cup. But I always know what's happening in the present moment. If I do have trouble remembering what happened on a certain day, I'm at least reasonably sure that I didn't hurt anyone or do something illegal.

For me, blackouts are a thing of the past, but I know they will come flooding back if I ever drink again. We are taught in AA to "think the drink through." Another saying I like is, "It's not the caboose that kills you." I know that if I never pick up that first drink, for any reason, I won't have to experience a blackout ever again.

I made a solemn promise many years ago to not drink, *no matter what*. On more than one occasion, I've come close to breaking that promise, but I made a phone call instead and talked with a fellow AA member about what I was feeling. We call it sharing our problem. The idea of a drink fades back to where it belongs when we share about it. For me, the secret to overcoming my harmful thoughts is to shine a light on them.

For now, I see no purpose in dredging up the past. I've already asked for God's forgiveness and applied his mercy to all areas of my life. I found through experience that self-forgiveness is crucial in finding a peaceful life. If I'm willing to do the work, I will reap the benefits. The only thing I know for sure is how grateful I am for blackouts being a thing of the past for me. And with God's help, my past will never become my future.



Keeping Faith in the Driver's Seat
BY: MARY C. | EUGENE, OREGON



Whether it's money, politics, or the latest internet drama, when it comes to fear, she lets someone else take the wheel

In my six-plus years of sobriety, I've learned a lot about fear, faith and the delicate balance between the two. Early on, I believed that letting go and trusting my Higher Power would make fear take a backseat. But here's the thing—fear doesn't ride in the back. It prefers shotgun, and it has a playlist of worst-case scenarios it loves to crank up. My job is to keep faith in the driver's seat, a day at a time.

When the pandemic hit, I had two years sober. It was a scary time for everyone, but I was surprised by the overwhelming fear I saw among some of my fellows in recovery. People with decades of sobriety seemed consumed by worry.

Meanwhile I thought, Aren't we all supposed to turn this stuff over? For me, the approach was clear: wear a mask, wash my hands and leave the rest to my Higher Power. If I got COVID, I'd fight it. And if the worst happened? Well, I figured I'd finally get to meet my Higher Power in person. Oh, how that trust kept me grounded—and slightly amused—during a time when so many of us were spinning out in fear.

Today my fears have shifted, but fear still finds a way to sneak into conversations. Whether it's politics, the economy or the latest internet drama, there's always something new to worry about. Even in recovery, fear, anger and resentment can creep in faster than a thoughtless share at a meeting. But sobriety has taught me that I can't control the chaos around me—I can only control how I respond. My job is to keep my program front and center, to maintain conscious contact with my Higher Power and to be of service to others. Everything else is above my pay grade.

Recently I heard concerns about a new plain language version of the Big Book. Some worried it might divide the Fellowship. At first, I felt a flicker of unease—it's easy to fear the unknown. But then I remembered: AA has weathered coffee feuds, ashtray debates and group conscience meetings that felt like hostage negotiations. A new book won't sink us. My responsibility is to stay sober and carry the message. My Higher Power can handle the rest and honestly, I think the Fellowship's been through worse (like running out of coffee!).

One of the greatest lessons sobriety has given me is that fear and faith can't coexist. It's like trying to mix oil and water—or coffee and orange juice (trust me, don't try it). When I lean into fear, my faith fades. But when I choose faith, fear loses its grip. Faith tells me that I don't have to have all the answers or control every outcome. It reminds me that I'm not in charge—my Higher Power is. If I keep doing the next right thing everything else will fall into place. Faith gives me peace, knowing that whatever happens, I'll be OK.

Sobriety isn't about being perfect; it's about being willing. Willing to trust, to let go and to show up every day, no matter what. When I focus on those simple actions, fear doesn't stand a chance. Recovery gives me too much joy, serenity and gratitude to waste time worrying about the uncontrollable.

Let me close with what I call the "Gratitude Serenity Prayer," because it reflects how I try to live today: "God, as I understand you, thank you for granting me the serenity to accept the things I cannot change; thank you for granting me the courage to change the things I can; and thank you for granting me the wisdom to know the difference." This prayer reminds me that gratitude is a choice, just like faith. And as long as I live in gratitude, fear has no place in my life. That's the gift of recovery—and I'll take that over fear any day, with a hot cup of coffee on the side.



September 2026 BIRTHDAYS



NAME	BIRTHDAY	HOME GROUP	YEARS	NAME	BIRTHDAY	HOME GROUP	YEARS
Allison B.	9/22/2016	A Vision for You	10	Jennifer B.	9/17/2016	Primary Purpose	10
Jay P.	9/18/2023	A Vision for You	3	Lance L.	9/2/2021	Primary Purpose	5
Lance L.	9/27/2022	A Vision for You	4	Lisa P.	9/14/2016	Primary Purpose	10
Gina R.	9/1/2009	Abbeville Area	17	Luke F.	9/9/2010	Primary Purpose	16
Maddie B.	9/24/2017	Abbeville Area	9	Melody P.	9/16/1997	Primary Purpose	29
Kirk L.	9/15/2013	Abbeville Area	13	Michelle S.	9/11/2016	Primary Purpose	9
James B.	9/9/1993	Abbeville Area	33	Mike T.	9/7/2014	Primary Purpose	12
Carl L.	9/2/2025	Abbeville Area	1	Parrish B.	9/5/2014	Primary Purpose	12
Margaret M.	9/6/1980	Back to Basics NI	46	Ava J.	9/17/2024	Reflections	2
Dakota B.	9/21/2018	Candlelight Group	8	Karen L.	9/13/2023	Reflections	3
Verity K.	9/15/2021	Gulf Coast Group	5	Phil M.	9/15/1986	Reflections	40
Anthony T.	9/21/2024	Hub City	2	Linda F.	9/4/2009	Scott Group	17
John J.	9/29/2020	Hub City	6	Beau G.	9/19/2019	Sun Up	7
Amy B.	9/22/2023	Keys to the Kingdom	3	Elliott B.	9/17/2016	Sun Up	10
Heidi H.	9/3/2025	Keys to the Kingdom	1	Gerald B.	9/15/2024	Sun Up	2
Kelly R.	9/12/2025	Keys to the Kingdom	1	Jackie H.	9/15/2005	Sun Up	21
Russell R.	9/4/1984	Keys to the Kingdom	42	John B.	9/25/2024	Sun Up	2
Cecile T.	9/14/2018	Kitchen Table Group	8	Martin L.	9/13/2018	Sun Up	8
Chris J.	9/26/2023	Kitchen Table Group	3	Matthew G.	9/12/2024	Sun Up	1
Dan B.	9/13/2024	Kitchen Table Group	2	Mike D.	9/13/1976	Sun Up	50
Jack C.	9/18/2024	Kitchen Table Group	2	Rick R.	9/27/1982	Sun Up	44
Jill Y.	9/21/2019	Kitchen Table Group	7	Roy R.	9/15/2018	Sun Up	8
Joe H.	9/1/2023	Kitchen Table Group	3	Evan G.	9/27/2015	There is a Solution	11
Kevin L.	9/3/2024	Kitchen Table Group	2				
Meg D.	9/11/2018	Kitchen Table Group	8				
Ronald S.	9/18/2024	Kitchen Table Group	2				
Scott B.	9/26/2023	Kitchen Table Group	3				
Shawnessy B.	9/2/2022	Kitchen Table Group	4				
Tosha P.	9/18/2024	Kitchen Table Group	2				
Dave P.	9/11/2008	New Way Group	18				
George D.	9/13/2017	New Way Group	9				
George H.	9/18/1990	New Way Group	36				
Neal L.	9/1/2015	New Way Group	11				
					KEEP COMING BACK!!!		



761 YEARS

Don't see your name?

Go to <https://aa-acadiana.org/contact/> and complete the "Sobriety Date Submittal" form!



October 2026 BIRTHDAYS



NAME	BIRTHDAY	HOME GROUP	YEARS	NAME	BIRTHDAY	HOME GROUP	YEARS
Kipper M.	10/15/2013	A Vision for You	13	Denise G.	10/27/2015	New Way Group	11
Lonnie F.	10/18/2018	A Vision for You	8	Kyle D.	10/15/2016	New Way Group	10
Ryan C.	10/20/2024	Abbeville Area	2	Paula A.	10/10/2005	New Way Group	21
Tommy A.	10/7/2025	Abbeville Area	1	Wendi	10/21/2019	New Way Group	7
Caroline S.	10/10/2025	Abbeville Area	1	Aaron G.	10/14/2004	Primary Purpose	22
Chad T.	10/17/1999	Back to Basics NI	27	Beth G.	10/16/2017	Primary Purpose	9
Craig N.	10/1/2001	Back to Basics NI	27	Betsy B.	10/24/2017	Primary Purpose	9
David F.	10/2/2016	Back to Basics NI	10	Brett D.	10/22/2023	Primary Purpose	3
David J.	10/4/2005	Back to Basics NI	21	Casie S.	10/26/2017	Primary Purpose	9
Greg D.	10/25/2005	Back to Basics NI	21	Ed D.	10/26/2011	Primary Purpose	15
Harvey L.	10/1/2001	Back to Basics NI	25	Gerald A.	10/15/2017	Primary Purpose	9
Jeffery H.	10/15/2013	Back to Basics NI	13	Jamie T.	10/4/2010	Primary Purpose	16
Joel B.	10/21/2014	Back to Basics NI	12	Janie G.	10/1/2021	Primary Purpose	5
Louis (Smurf)	10/1/2008	Back to Basics NI	18	Jude L.	10/7/1997	Primary Purpose	29
Jennie P.	10/5/2009	Circle & Triangle	17	Margaret D.	10/10/2013	Primary Purpose	13
Tom H.	10/31/1987	Dry Dock	39	Mike F.	10/11/2011	Primary Purpose	15
Deana V.	10/22/2015	Faith Group	11	Mike S.	10/8/2017	Primary Purpose	8
Adam H.	10/9/2024	Hub City	2	Monique P.	10/4/2015	Primary Purpose	11
Andrew P.	10/31/2024	Hub City	2	Ramon "RJ" F.	10/26/2007	Primary Purpose	18
Blake D.	10/1/2024	Hub City	2	Robert F.	10/11/2016	Primary Purpose	10
Harlen N.	10/2/2024	Hub City	2	Colby M.	10/31/2024	Reflections	2
Alicia H.	10/16/2024	Keys to the Kingdom	2	Herb C.	10/28/1984	Reflections	42
Cindy B.	10/7/2023	Keys to the Kingdom	3	Tony M.	10/8/2024	Reflections	2
Nicole K.	10/14/2013	Keys to the Kingdom	13	Ann P.	10/18/2004	Sisters in Sobriety	22
Paula P.	10/18/1982	Keys to the Kingdom	44	Judith P.	10/9/2018	Step by Step	8
Clay A.	10/10/2023	Kitchen Table Group	3	Art K.	10/31/1982	Sun Up	44
Dennett R.	10/4/2005	Kitchen Table Group	21	Gayle D.	10/6/1985	Sun Up	41
Evan T.	10/6/2019	Kitchen Table Group	7	Herb C.	10/27/1984	Sun Up	42
Greg H.	10/22/2023	Kitchen Table Group	3	Jessica L.	10/25/2023	Sun Up	3
Jeremy F.	10/10/2023	Kitchen Table Group	3	Mark P.	10/14/2015	Sun Up	11
Kelli S.	10/9/2019	Kitchen Table Group	7	Morgan F.	10/6/2019	Sun Up	7
Kristin B.	10/26/2012	Kitchen Table Group	14	Patrick C.	10/18/2018	Sun Up	8
Meagan L.	10/17/2018	Kitchen Table Group	8	Richard H.	10/21/1988	Sun Up	38
Michelle A.	10/5/2024	Kitchen Table Group	2	Scott M.	10/26/1986	Sunday Morning Fellowship	40
Robert C.	10/28/2024	Kitchen Table Group	2	Dana H.	10/4/2020	Surrender	6
Terry F.	10/21/1983	Kitchen Table Group	43	Donnie R.	10/29/2013	There is a Solution	13
Anne H.	10/18/2009	New Way Group	17				
Billy W.	10/8/2017	New Way Group	9				
Bob L.	10/3/2015	New Way Group	11				

KEEP COMING BACK!!!

1065 YEARS

Don't see your name?

Go to <https://aa-acadiana.org/contact/> 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 4th St, Alexandria, LA 71301

Update COR contact info at:

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

Update GSR contact info at:

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