



PLUG-IN-JUG NEWS



Published Monthly by:

Acadiana Area
Central Office, Inc.

Located at:

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(24 Hours)

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Contributions
to:

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Office Hours:

Mon - Fri
11:00 - 4:00

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Acadiana Area
Central Office, Inc.

Step 10: "Continued to take personal inventory and when we were wrong promptly admitted it."

Tradition 10: "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."



October 2026

COR Meeting
October 18th 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	09/09/2026	Sales Receipt	180606-3396	The Boulevard Group Opelousas	Donations (Not Taxable):Group Donations	451.56
Group Donations	09/16/2026	Sales Receipt	180606-3420	Freedom's Choice	Donations (Not Taxable):Group Donations	50.00
Group Donations	09/17/2026	Sales Receipt	180606-3425	Sisters In Sobriety Group	Donations (Not Taxable):Group Donations	100.00
Group Donations	09/17/2026	Sales Receipt	180606-3426	There Is A Solution Gueydan	Donations (Not Taxable):Group Donations	15.00
Group Donations	09/18/2026	Sales Receipt	180606-3430	Primary Purpose Group	Donations (Not Taxable):Group Donations	933.35
Group Donations	09/21/2026	Sales Receipt	180606-3431	Keys to the Kingdom	Donations (Not Taxable):Group Donations	123.00
Group Donations	09/21/2026	Sales Receipt	180606-3432	Kitchen Table Group	Donations (Not Taxable):Group Donations	1,050.49
Group Donations	09/21/2026	Sales Receipt	180606-3434	Acadian Group	Donations (Not Taxable):Group Donations	97.82
Group Donations	09/28/2026	Sales Receipt	180606-3445	Back to Basics New Iberia Group	Donations (Not Taxable):Group Donations	25.00
Total for Group Donations						\$2,846.22

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



Spirit of the Pines at Camp Olympia on beautiful Lake Livingston in Texas October 16-18, 2026

Pre-registration (online or by mail) closes October 5, 2026, so please make sure your form is received (not postmarked) by that date. You may still register onsite for \$165.00 by cash or check only (no credit card or Venmo, etc.)

Scholarships – **Call** the Registrar, Jan P. at 713-515-7469 to request a scholarship. Scholarship request letters, money and registration form must be received no later than October 5, 2026. **SCHOLARSHIPS WILL NOT BE AVAILABLE ONSITE.**

Refunds – All registrations are non-refundable but transferable. Registrar must be notified of transfers no later than Wednesday, October 14, 2026. Transfers will not be made on site.

For more information on the retreat, or to pre-register online, go to SpiritOfThePines.org
or pre-register with check or money order using the form below ↓

Return this form with pre-registration/scholarship check or money order to:

SPIRIT OF THE PINES | c/o Jan Pilcher | 2503 Rogers Circle | Kerrville, TX 78028

- AMOUNT PER PERSON: \$150 to pre-register by mail, \$155 online, and \$165 for in-person registration.
- Indicate preferred cabin name or number, and PLEASE indicate a second choice. You can refer to the website for the Camp layout, cabin names, and other info.
- Donations for scholarships will be appreciated; please indicate donation amount below.

Name: _____ Women's Cabin: _____ Men's Cabin: _____

Mailing address: _____ Phone# (____) _____

City: _____ Sobriety Date: _____

State: _____ Zip: _____ E-MAIL: _____

Registration amount: \$ _____ Half scholarship amount: \$ _____ Scholarship donation: \$ _____



2nd Annual Primary Purpose Family Picnic

Saturday, October 17 **10 AM - Until** **Girard Park Big Green Pavilion**

AAs gather your family and pack your favorite lawn chairs, footballs, and frisbees!

Enjoy the great outdoors for a day of food, fun, and fellowship!

Have an attitude of gratitude and enjoy the day with Speakers Rick S. & Schanda V.

SS Donations Welcome - See Matt A Food, Utensils, & Time donations are welcome too!

[Excess SS donations go to Central Office]

Come Pass A Good Time!

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



When Loneliness Comes

BY: TRACY A. | SCARBOROUGH, ONTARIO

Getting sober and living alone after a 27-year marriage was tough. In AA, she began to learn who she is and what makes her happy



My alcoholism ended up costing me everything. Because of my poor choices and skewed priorities, my 27-year marriage ended a couple of years ago, right before I found the rooms of AA. For the first time in my life, I found myself single and living alone.

I know people in AA often say we should avoid making any big changes or starting any new relationships in our first year of sobriety, but for me it took more than two years of changing my behaviors, reactions and routines before I was able to even think about doing anything outside of my AA bubble.

When I got sober, I had no idea who I was, what I liked or how to cook and clean for myself. I always became the person that I thought people wanted me to be. But in sobriety the “chameleon” I had become had to go. It took a lot of work to learn who was the real me. Also, the music I had been listening to most of my adult life turned out *not* to be the music that I actually like. I now have a microphone in my room and cool lighting, and I often have a couple of my AA friends over to sing, which I absolutely love. I’ve also discovered a newfound love of acrylic painting on canvas.

Today I actually like the person I am, and I’m starting to do things outside of AA for the first time in over two and a half years. I’m currently taking a stand-up comedy class, which is outside of my comfort zone, and I’m loving it. My life has a new serenity that I never dreamed I’d have. Gone are the multiple lives and secrets, and the need to remember what lie I told to which person.

I live alone, and sometimes, especially in the evenings when I get home from a meeting, I feel the slight ache of loneliness. There are three main things I do now when I feel lonely.

- 1) I remind myself that “this too shall pass.” Every high and every low is temporary, and I’ve learned to take them both in stride. I pray and ask for God’s help to get me through these feelings.
- 2) I have positive affirmations written and posted up around my apartment. This is important because when I get lonely, the devil appears on my shoulder and tries to whisper lies about me being unworthy of love and other nonsense. I read those affirmations and look at the photographs I placed on the wall of me with my sober friends. It really helps.
- 3) Lastly, to get through the lonely times, I sit down, close my eyes and imagine what picking up a drink will bring. I play out the tape. Sure, drinking might be a temporary solution, numbing me out for a short time. But then the obsession begins, and before I know it, I won’t be able to stop. One drink was never one drink for me. It leads to excuses, deception, justifications, selfishness and character defects that emerge five at a time.

I also remind myself of the serenity I now have, the friends I have gained and the service work I do, and then the loneliness passes, and the next day is almost always a really good one.



Laughing Our way to Jail
BY: MARY B. | GREEN BAY, WISCONSIN



For about five years, I helped take AA meetings into the jails of Menominee, Michigan. There were always two of us who brought the meeting in every Monday evening.

One of the ladies who went in with me was Germaine. She was 94 years old and had been sober for 64 years. Germaine was a classy lady with beautiful snow-white hair. She was just a tiny little gal, but quite the pistol. We always had a great time together. She stuck to the format and got the gals inside to be serious about their recovery. But before the meeting was over, she would always get a good laugh out of them by telling one of her drunk or recovery stories.

One evening as Germaine and I pulled up to the curb in front of the jail, I noticed a police car pulling up behind us with lights flashing. We both had the giggles from something we were talking about earlier. Even though there was nothing funny about getting stopped by the police, we had a bad case of the giggles. There were tears running down our cheeks, and we were holding on to our tummies, trying to stop giggling before the policeman got to my window.

As I saw him walking up, I tried hard to stifle my laughing. I tried to hold my face firm. When he leaned over and asked me where I was going, I told him that we were volunteers taking an AA meeting into the jail for some women there. He was grumpy, but I thought he would go easy on me if he knew we were doing a good deed. He stayed grumpy, and he did not go easy on me. He gave me a big fine for having expired plates on my car.

By the time it all ended and we got inside the jail, we were half an hour late. The jail officer smiled a silly grin and said, "We were wondering if that was you two out there." He told us we could stay overtime with the ladies.

When we went in to see the ladies, we did our best to stifle our giggling, but they wanted to know what was so funny. When I told them, one lady said that it would have been fun to have us land in jail with them, because we all could have an AA meeting every night! We all had a good laugh, then got the meeting started.



October 2026

BIRTHDAYS

A cartoon bee character with a yellow body, black stripes, and a smiling face. It has two antennae with small yellow circles at the ends and two small wings.

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



November 2026 BIRTHDAYS



NAME	BIRTHDAY	HOME GROUP	YEARS	NAME	BIRTHDAY	HOME GROUP	YEARS
Bradley M.	11/26/2020	A Vision for You	6	Mary S.	11/13/1995	Primary Purpose	31
Carla D.	11/11/2022	Abbeville Area	4	Meredith J.	11/27/2012	Primary Purpose	14
Kim P.	11/21/2021	Abbeville Area	5	Rico W.	11/6/2018	Primary Purpose	8
Anthony T.	11/1/2005	Abbeville Area	21	Rob F.	11/18/2010	Primary Purpose	16
Theresa F.	11/18/2024	Abbeville Area	2	Rusty R.	11/28/2017	Primary Purpose	9
Ashley B.	11/28/2023	Abbeville Area	3	Shane C.	11/23/2004	Primary Purpose	22
Amy M.	11/27/2025	Abbeville Area	1	Charles B.	11/4/2021	Reflections	5
Randall A.	11/13/2025	Abbeville Area	1	Ivy F.	11/15/2025	Sisters in Sobriety	1
Chris N.	11/30/2012	Back to Basics NI	14	Ray R.	11/29/2004	Step by Step	22
Cindy B.	11/7/2017	Back to Basics NI	9	Drew T.	11/28/2022	Sun Up	4
Fran B.	11/25/2000	Back to Basics NI	26	Jarrod G.	11/28/2024	Sun Up	2
Jude K.	11/30/2016	Back to Basics NI	10	John B.	11/16/2001	Sun Up	25
Tim R.	11/4/2017	Back to Basics NI	9	Luke B.	11/29/2017	Sun Up	9
Curtis S.	11/6/2017	Circle & Triangle	9	Mary R.	11/28/1997	Sun Up	29
David W.	11/18/1988	Dry Dock	38	Tom P.	11/24/1982	Sun Up	44
Adam M.	11/5/2018	Glum Nots	8	Heather M.	11/29/2020	There is a Solution	6
Brit B.	11/24/2021	Gulf Coast Group	5				
Kory D.	11/20/2023	Hub City	3				
Amy B.	11/13/2023	Kitchen Table Group	3				
Angel G.	11/24/2020	Kitchen Table Group	6				
Asa T.	11/15/2024	Kitchen Table Group	2				
Brian F.	11/14/2014	Kitchen Table Group	12				
Jeannie D.	11/5/1993	Kitchen Table Group	33				
Joey T.	11/14/2017	Kitchen Table Group	9				
Laura P.	11/6/2022	Kitchen Table Group	4				
Nicholas G.	11/1/2020	Kitchen Table Group	6				
Samantha G.	11/20/2024	Kitchen Table Group	2				
Stephen M.	11/25/2018	Kitchen Table Group	8				
Russ W.	11/27/1981	Living Sober	45				
Jude K.	11/30/2016	New Way Group	10				
Pierre D.	11/18/2012	New Way Group	14				
Allen B.	11/14/1989	Primary Purpose	37				
Andrea B.	11/1/2015	Primary Purpose	11				
Elizabeth R.B.	11/27/2015	Primary Purpose	11				
Frannie S.	11/4/2015	Primary Purpose	11				
Jack C.	11/27/1990	Primary Purpose	36				
Jim L.	11/30/1987	Primary Purpose	39				
Kerner B.	11/10/1984	Primary Purpose	42				
Mark R.	11/28/2010	Primary Purpose	16				

KEEP COMING BACK!!!

778 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

November 7th – 8th, 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/>