PLUG - IN - JUG NEWS

Step 11: **"Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out. "**
Tradition 11: **"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films. "**

Acadiana Unity Service Recovery Central Office

November 2026

COR Meeting
November 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:

- 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:
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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 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	10/08/2026	Sales Receipt	180606-3459	Surrender Group	Check # 148	Donations (Not Taxable):Group Donations	113.17
Group Donations	10/15/2026	Sales Receipt	180606-3468	Sun Up Group		Donations (Not Taxable):Group Donations	34.05
Group Donations	10/15/2026	Sales Receipt	180606-3469	Reflections Group		Donations (Not Taxable):Group Donations	520.00
Group Donations	10/19/2026	Sales Receipt	180606-3473	There Is A Solution Gueydan		Donations (Not Taxable):Group Donations	15.00
Group Donations	10/21/2026	Sales Receipt	180606-3479	Primary Purpose Group	Annual Picnic in the Park	Donations (Not Taxable):Group Donations	500.00
Group Donations	10/22/2026	Sales Receipt	180606-3481	Back to Basics New Iberia Group		Donations (Not Taxable):Group Donations	25.00
Group Donations	10/23/2026	Sales Receipt	180606-3483	Primary Purpose Group	Check #2951	Donations (Not Taxable):Group Donations	556.68
Group Donations	10/29/2026	Sales Receipt	180606-3493	Sun Up Group		Donations (Not Taxable):Group Donations	309.67
Total for Group Donations							$2,073.57

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

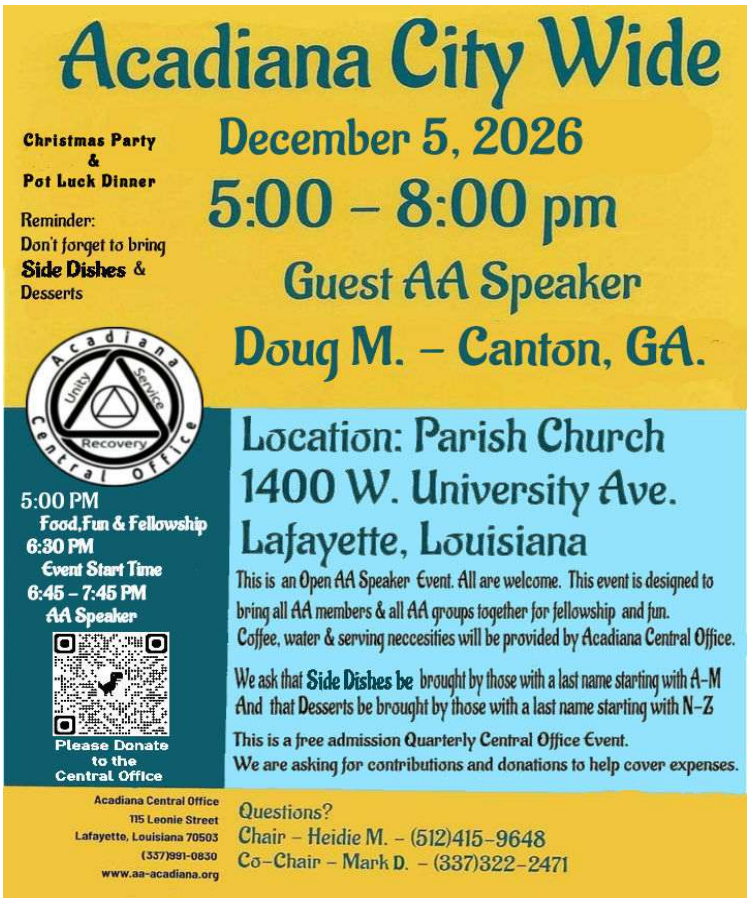
Acadiana Central Office

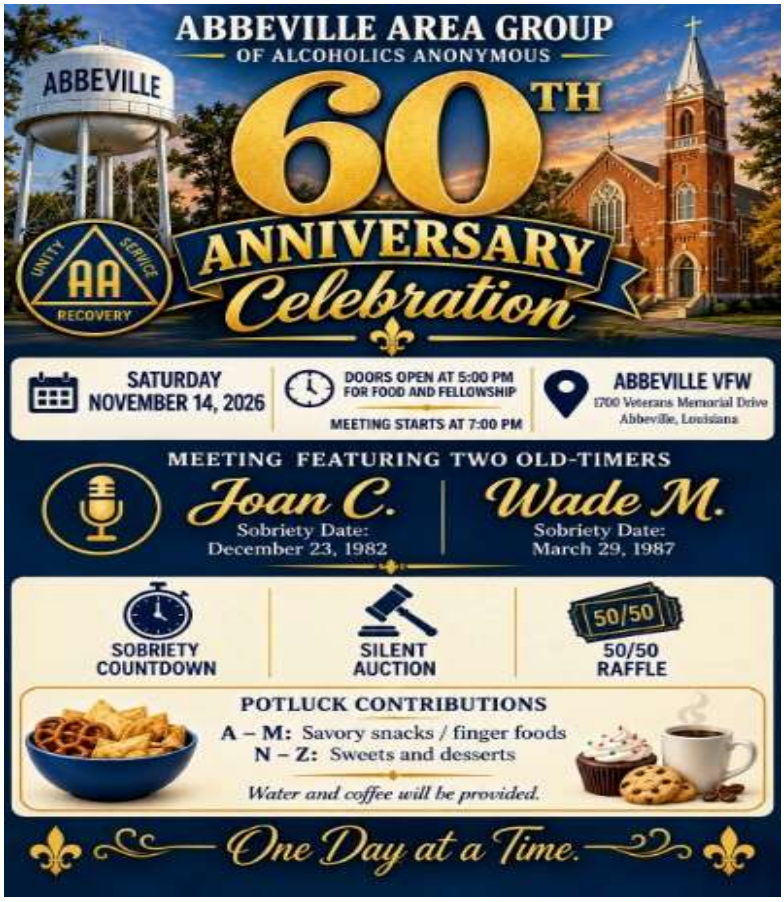
Alcoholics Anonymous in the Acadiana Area

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







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

Acadiana Area
Central Office

Plug-in-Jug

November 2026



Living Proof

BY: DOROTHY W. | LONG ISLAND, NEW YORK

A GSR for her group works the program, does service and takes good care of her mental health. It can be done



My sobriety journey began in a psychiatric unit. I never thought I would end up there. A breakup of my marriage had sent me over the edge. I didn't know what else to do with my time, so after work I would go to the bar, aptly named "Cloud Nine," so I would not have to drink alone.

Let me backtrack a little. I grew up in an alcoholic family. My dad was the alcoholic, while my mom and a brother also had psychiatric issues. My mom went to Al-Anon, and I went to Alateen. Al-Anon gave my mom the strength to divorce my dad. One day she came into my room and told me about her decision, and I understood it logically but not emotionally.

I also experienced sexual abuse in my teenage years and wished my father had been there to protect me. I didn't see my father for 10 years. During that time he was still struggling with his alcoholism and was living in a sober house. He passed away from leukemia. I'm glad I got to spend time with him before he passed away.

I believe there's a genetic component to alcoholism. I accepted that I was an alcoholic, but I did not want any other label, such as borderline personality disorder. Despite that, I was diagnosed with bipolar disorder and put on medication, which I continue to take today.

I have been sober now for 27 years, but during that time I have been in the psychiatric hospital several times. I have experienced mania and psychosis. The pandemic sent me into a deep depression, although I did attend online AA meetings.

In 2023, I was in and out of the hospital. I fell into such a deep psychosis that I became catatonic and was bedridden for almost three months. I had 12 electroconvulsive therapy treatments before I woke up. I have had to learn to walk again.

This experience has taught me to be patient with myself. I went to online AA meetings until I was ready to go to in-person ones. I'm grateful that my current husband stood by me throughout this time.

For my mental health, I take medication and go to individual as well as group therapy. To treat my alcoholism, I attend AA meetings, and I have a support group of sober women I can depend on. They are only a phone call or text away. I'm currently the GSR for my home group. I'm living proof that you can maintain sobriety and be dual diagnosed.

Acadiana Area Central Office

Plug-in-Jug

November 2026





Grapevine's First Anniversary

BY: BILL W. | NEW YORK, NEW YORK

In 1945, our cofounder wrote this beautiful essay about a little magazine that's still going strong

The Grapevine has just completed the first year of its existence. Scores of enthusiastic letters are coming in. They are written from all parts of the United States and some from foreign countries. They congratulate the Grapevine staff and ask them to keep up their good work.

To these felicitations I'd like to add my own. A grand job has been done by the volunteer staff, who gave freely a vast amount of time and labor. And some gave money too; you don't start a paper on hay. To the retiring volunteers, I want to say, along with every Grapevine subscriber, "Congratulations and thanks."

How did the Grapevine start, and where does it go from here?

Last summer several New York AAs decided it was about time the groups in our metropolitan area had a monthly publication. At first there was some discussion about getting it suitably endorsed by the local groups, The Alcoholic Foundation or somebody. But no one could endorse a magazine that hadn't yet appeared. The Grapeviners went ahead anyway on the theory that if their sheet was good enough it would take on; if it proved too corny or dull it would flop automatically—and quickly! People could, the Grapeviners said, "take it or leave it alone."

In a burst of local pride the Grapevine staff mailed the first printing to all the groups in the United States. No pressure or soliciting. They just mailed it. Subscriptions began to filter in from everywhere. No longer a trickle, they are today a stream. The Grapevine now has subscribers in every one of the 48 states and even abroad.

Foreseeing a broader activity, members of the Grapevine staff were good enough to ask me a few months ago if I would take an interest in the venture for the coming year. They told me they thought the magazine might be enlarged to national dimensions; that ultimately it should be incorporated, and finally, perhaps, hooked up with The Alcoholic Foundation, which, as nearly every AA knows, is the sponsor of our Central Office and all our national undertakings.

This conversation made it abundantly plain that while rotating squads of volunteers might always continue to procure and edit pieces for the Grapevine and participate in setting its policy, there could be no doubt that continuous paid help and enlarged working facilities would soon be necessary. They asked if I would help with these arrangements and perhaps contribute a piece occasionally. These things, health permitting, I agreed to do.

Besides the volunteer staff, we now boast one part-time paid secretarial worker to help handle details. This work, however, continues to mount, as does the volume of potential editorial content. More paid help will probably become necessary and the size of the magazine may have to be expanded, all of which would require a slight increase in the subscription rate. The Grapevine is self-supporting now and should be kept that way always, rather than be dependent on subsidies or gratuities, to insure its continuity, quality and service.

Though the Grapevine is young, it is commencing to have its own tradition. Every member of the staff aspires to make the paper a true voice of AA. All of us are very sensitive to the thought that it ought never to be sectional in its appeal nor should it take sides on any controversial question. While it must constantly talk of people, in its news and views, it ought never to glorify or belittle anyone, nor lend itself to a commercial undertaking, nor become a mere mouthpiece for any of us, even the Central Office or The Alcoholic Foundation. Of course, everybody will see pieces in the Grapevine now and then with which he will not agree. So it must always be understood that these pieces reflect the thoughts and feelings of their authors but not necessarily those of the Grapevine. To crystallize these traditions and principles we ask for more contributions from all parts of the country.

Meanwhile please don't expect too much of us too quickly. We are still understaffed; we can't possibly answer all of your letters and inquiries. I am afraid that will have to go for me too. I shall be unable to engage in personal correspondence. I can only write a piece to all of you now and then.

If agreeable to the subscribers I would like to discuss in coming issues such topics as anonymity, leadership, public relations, the use of money in AA, and the like. Upon matters such as these, our tradition and practice is by no means well settled. Like most older AAs I have come to place great reliance on the ability of our groups to work out correct principles, once given sufficient experience. The purpose, therefore, of the forthcoming pieces will be to present the current thought, the pros and cons, on these moot questions. These articles will be suggestive only. Their object will be to promote further discussion rather than to announce any new principle.

We of the Grapevine once more affirm that this is your periodical. It will be the vehicle for your thoughts, your feelings, your experiences and your aspirations—if you care to make it that. While we can only publish a fraction of the material which will come to hand, you may be sure that we shall do our fairest and best in making the selections. Always wishing to reflect AA, and nothing but AA, it will be the ideal of the Grapevine always to serve, never to dictate or command. Please help us make it a true voice.

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
Central Office

Plug-in-Jug

November 2026

December 2026 BIRTHDAYS

NAME	BIRTHDAY	HOME GROUP	YEARS	NAME	BIRTHDAY	HOME GROUP	YEARS
Giles R.	12/28/2024	Abbeville Area	2	Brent L.	12/20/2014	Primary Purpose	12
Nathanail K.	12/28/2024	Abbeville Area	2	Doug B.	12/8/2018	Primary Purpose	8
Tamara M.	12/10/2025	Abbeville Area	1	Michelle F.	12/24/2015	Primary Purpose	11
Joan C.	12/23/1982	Abbeville Area	44	Rusty B.	12/15/2017	Primary Purpose	9
Willis B.	12/6/2006	Abbeville Area	20	Rusty D.	12/6/1983	Primary Purpose	43
Pepper	12/29/2015	Back to Basics NI	11	Shirley R.	12/16/2007	Primary Purpose	19
Rodeney D.	12/5/2012	Back to Basics NI	14	Stephanie C.	12/23/1991	Primary Purpose	35
Nick C.	12/22/2010	Circle & Triangle	16	Allison P.	12/11/2009	Reflections	17
Terry F.	12/5/2008	Circle & Triangle	18	Dakota B.	12/18/2020	Reflections	6
Chris G.	12/11/2019	Dry Dock	7	Angela C.	12/17/1992	Sisters in Sobriety	34
Jerry B.	12/22/2018	Dry Dock	8	Keith H.	12/6/1991	Step by Step	35
Brock T.	12/23/2020	Exp. Strength & Hope	6	Ben S.	12/21/2010	Sun Up	16
Carlos R.	12/7/2012	Freedom's Choice	14	Beth G.	12/26/2014	Sun Up	12
Gay W.	12/31/1976	Freedom's Choice	50	Cathy L.	12/23/1989	Sun Up	37
Noah L.	12/30/2025	Hub City	1	David F.	12/28/2020	Sun Up	6
Ali R.	12/10/2024	Keys to the Kingdom	2	JB M.	12/12/2012	Sun Up	14
Keith F.	12/28/2022	Keys to the Kingdom	4	Julia S.	12/17/2015	Sun Up	11
Alexis B.	12/9/2023	Kitchen Table Group	3	Randy H.	12/16/1985	Sun Up	41
Brandi W.	12/14/2024	Kitchen Table Group	2	Rick W.	12/15/1981	Sun Up	45
Cara G.	12/11/2023	Kitchen Table Group	3	Rob G.	12/27/2004	Sun Up	22
Carolyn F.	12/30/2023	Kitchen Table Group	3	Saul H.	12/7/2022	Sun Up	4
Corin D.	12/9/2024	Kitchen Table Group	2	Nick C.	12/22/2019	There is a Solution	7
David D.	12/12/2001	Kitchen Table Group	25				
Dillon R.	12/18/2024	Kitchen Table Group	2				
Johanna T.	12/19/2019	Kitchen Table Group	7				
Lisa B.	12/17/2017	Kitchen Table Group	9				
Nathalie D.	12/20/2023	Kitchen Table Group	3				
Steven R.	12/15/2024	Kitchen Table Group	2				
Trey H.	12/16/2021	Kitchen Table Group	5				
Paul C.	12/10/2013	Morgan Ave. Group	13				
Annie T.	12/5/2016	New Way Group	10				
Arlene H.	12/14/2014	New Way Group	12				
Brian H.	12/26/1993	New Way Group	33				
Claudia T.	12/12/1984	New Way Group	42				
Linda H.	12/4/2003	New Way Group	23				
Liz H.	12/30/2016	New Way Group	10				
Ron D.	12/21/2011	New Way Group	15				
Annette M.	12/5/2018	Primary Purpose	8				
Beth H.	12/26/2014	Primary Purpose	12	KEEP COMING BACK!!!			

908 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/