

THE MESSAGE

Manager's Moment

Happy New Year!!!

WOW!!! January, 2017

17 - My lucky Number!! Umm...

I am looking forward to a good year and a better year for all us, and a better year for Your AACO. 2016, and 2015, for that matter, have been tough years for many of our members, with downsizing and layoffs. It's hard to be generous when you don't know how many hours you might work next week or if you'll get to work at all. I understand, my family has experienced that this winter.

It's hard to put that extra change into the "HAT" when it is passed if there are not enough dollars to cover expenses. It's hard for your meeting group to share their percentage of contributions to The Central Office, The GSO and World Services if there are not enough dollars to cover expenses. It's hard for the Central Office to keep its bills paid, if there are not enough dollars to cover expenses. It's hard to give volunteer time, if there are not enough dollars to cover expenses. It's Hard. It is a down ward spiral.

We can stop that!! Just a little bit at a time. A little bit more at a time. A little bit more next time. We can do it and still be able to make our commitments. Just like the Little Engine That Could, he had a load to pull and it was all up hill. He thought about it, encouraged himself about it, and pulled that load right over the hill. "I think I can, I think I can, I think I can....." The other Big Book tells us that as we give so shall we receive.

Alcoholics Anonymous, as Bill W. & Dr. Bob had so painstakingly planned and set down in the Concepts, Traditions, Steps, etc. are being kicked to the curb. It is very important for each member to school him/herself in the Principles of Alcoholics Anonymous, so that our meetings remain AA Meetings and not be mixed up with other recovery genre. If we are not careful, we are going to lose our way. And in so doing, lose our sobriety...

Thanks for letting me share,

Elizabeth P, Manager
Your AACO

*AA Central Office
of Shreveport*

24 Hr Hotline

(318) 865-2172

aahelp@bellsouth.net

aa-shreveport.org

Central Office Hours

Monday thru Friday

9 AM to 5:00 PM

Groups Responsible for

HOT LINE

January 2017

Bossier Group Jan 2-8

Lunch Bunch Jan 9-15

Faithful Few Jan 16-22

Grace Group Jan 23-29

Half Past Five Jan 30-Feb5

*This is a great service
that you do for
the person
that is still suffering.*

BOOK OF THE MONTH SALE

January 2017

Let's Start the New Year off Right by Re-Viewing

The 12 Steps of Alcoholics Anonymous

A PROGRAM FOR YOU

**A GUIDE TO THE BIG BOOK'S
DESIGN FOR LIVING**

Regular price - \$14.95

Sale price - \$11.00



CONTINUING THE JOURNEY

Step 1: *"We admitted we were powerless over alcohol and that our lives had become unmanageable."*

Twelve Steps and Twelve Traditions pg. 21
Reprinted with permission of A.A. World Services

Step one reads,

'We admitted we were powerless over alcohol-- that our lives had become unmanageable.' The principle of step one is honesty and honest, I was not. I got here in 1993 and my life was very unmanageable. The abnormal had become my normal. My best way of looking at unmanageable is to look at its opposite --- what does a manageable life look like? If one is living a manageable life that person is succeeding in accomplishing a purpose; she has a sense of purpose and is moving in that positive direction. Also, a manageable life is a life treated with care and my life was like a rat in a maze, going very fast getting nowhere. At the end of my drinking, I stayed overwhelmed, confused, anxious, and tired.

From 1985 to 1993 I took a prescribed drug that was to enable me not to drink. If I took a drink while using this drug, I could even die. At that time, I didn't want AA but knew I couldn't stop on my own. Taking a pill seemed the easier, softer way. Today, I am grateful for the years on and off this drug because of what they taught me. I would go months between drinks before stopping the drug, and once again picking up my drink. Toward the end of my drinking I couldn't make myself take the drug. I knew that I had taken a turn in my drinking and felt hopeless and helpless. In those months that I would not drink, I would physically feel better but remained restless, irritable, and discontent. I was full of resentments, fears, and guilt, remorse and shame. Unmanageable-drinking or not drinking! So my problems were not all about alcohol, alcohol being just a symptom of my disease! I knew that AA had to be more than just the fellowship, however wonderful and necessary to recovery! What a discovery!!

My sponsor told me that she was not my answer, that my answers were in the 12 steps as outlined in our Big Book, that if I worked those steps, took the action suggested, that my thinking would change and that life would take on a new meaning, a meaning that would have depth and a sense of purpose. The 12 steps anchor us, connect us, with our Higher Power, ourselves, and others. Yes, I wanted to follow her suggestions because I knew I couldn't live the way I was living anymore.

Dr. Silkworth says that the alcoholic finds himself in a vicious cycle, a cycle which perpetuates itself and progresses. Let's say that I have given in to my drug of choice because I see it as lifeboat to my survival. Well, I am alcoholic so something happens to me when I take that drink because I am allergic to alcohol, Dr. Silkworth says. I have this abnormal desire which takes me on a spree, an unrestrained indulgence. I would emerge from this spree, and the next phase in the cycle is right on- I would make promises to myself and others that I would not drink like that again, I believed what I was saying. When not drinking, says Dr. Silkworth, the alcoholic feels restless, irritable and discontent. This is when the obsession pops its head and promises relief. It's like the obsession has a life of its own. This is a lie, but we believe the lie, and are thrown back into our addiction. And this cycle will continue until we have a complete psychic change, which is a whole change in our attitude and outlook, and is spiritual in nature. And that change, tapping into an unexpected inner resource that most identify with their Higher Power, is what brings freedom from our addiction and from our self-centeredness, which is at the very foundation of our drinking. So, just going to meetings, in my view, cannot relieve us of the alcoholic obsession. The essence of this program, what grounds us and sets us in the direction of happy and usefully whole, is the action taken in each of the 12 steps. Just not drinking was not my answer because I was left with my wrong thinking. And, my wrong thinking kept me in this vicious cycle.

The worse thing I could ever think of was to be an alcoholic woman! I fought alcoholism tooth and nail-- I read books on alcoholism, sought psychiatric help, etc. but it was when I took step one 100% that my life started changing from being rudderless to a life now full of purpose and meaning, anchored to my Higher Power and connected to myself, treating myself with care, and connected with others.

Carol O'Brien

October 1, 1993. Sobriety date

A.A. LAUNCH PAD

I was sitting at a meeting recently when I heard a very young, and very sincere, single mother of two, sharing that her first experience in A.A. was the thought of having to do all this stuff for *the rest of her life* and she *didn't find it too comforting*. It sounded to me that, from her perspective, *she knew that she had to do it, but it wasn't going to be easy or fun*. I admired her for her *courage and conviction* and I tried to encourage her by explaining things that I had experienced when I was faced with the life changing challenges of sobriety. I was the father of a boy, I was in the Navy at the time, and was divorced. It was a difficult time but I had to go through it, drinking or not. I began the process of recovery in a slow, methodical and thorough way, and I came out a stronger person for it. I likened it to the first *Apollo space mission to the moon*. *It goes something like this:*

When you first see the size of this space craft and consider the amount of energy it would take to put it into space, it is hard to fathom. After the countdown is complete, the engines fire and a tremendous amount of flame and smoke engulf the entire area, and in a few moments, it slowly starts to lift off. As it lumbers its first few hundred feet, it is expending a tremendous amount of fuel. Slowly it starts to gain momentum and pick up speed, still shuddering along. Soon the booster tanks are depleted and they are ejected and the main tanks begin to propel it further along the flight path with even more thrust as it is reaching for orbit. Next, the main tank is depleted just before orbit and is ejected. What is left is a very small portion of what left the launch pad. Soon the craft leaves orbit and heads toward the moon and *something else happens that sometimes goes unnoticed*. Somewhere between the earth and the moon, the gravitational pull of the moon has more influence on the craft than the earth's has, and it is gently drawn along its path. Very little energy is needed at this point except for minor course corrections.

In A.A; when we first get started, it appears to be an insurmountable task and it requires a tremendous amount of effort just to get off the launch pad. Not every launch is successful and some of us don't make it the first time, and we have to exert all that energy in each successive attempt. As we do get on our way, it starts to get easier as we increase our momentum. Much of the burden falls away as we make progress, and the going gets easier as we head for our objective. When we go through the *twelve steps*, we finally reach orbit.

After we are satisfied that everything is in order, we can now set out for the moon. If we stay on course, the spiritual gravity of values we have adopted in the A.A. program will far outweigh the negative gravity of the past as long as we eject all of the dead weight that held us down. As we continue to adjust the day to day, mistakes that we make, and adopt an unselfish approach to life, somewhere along the flight path, we will cross that line where we are drawn towards a life of peace and serenity that is hard to imagine when we are setting on the launch pad. The most important part of the journey is the lift off. If we can get through that most difficult time, it does get easier, and then we need only to stay the course.

RICK R.

TRADITION ONE: “Our common welfare should come first; personal recovery depends on A.A. unity.”

*Twelve Steps and Twelve Traditions pg. 129
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TRADITION ONE: (The Long Form)

“Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

*The A.A. Group...Where it all Begins Pg. 44
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Tradition One:

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

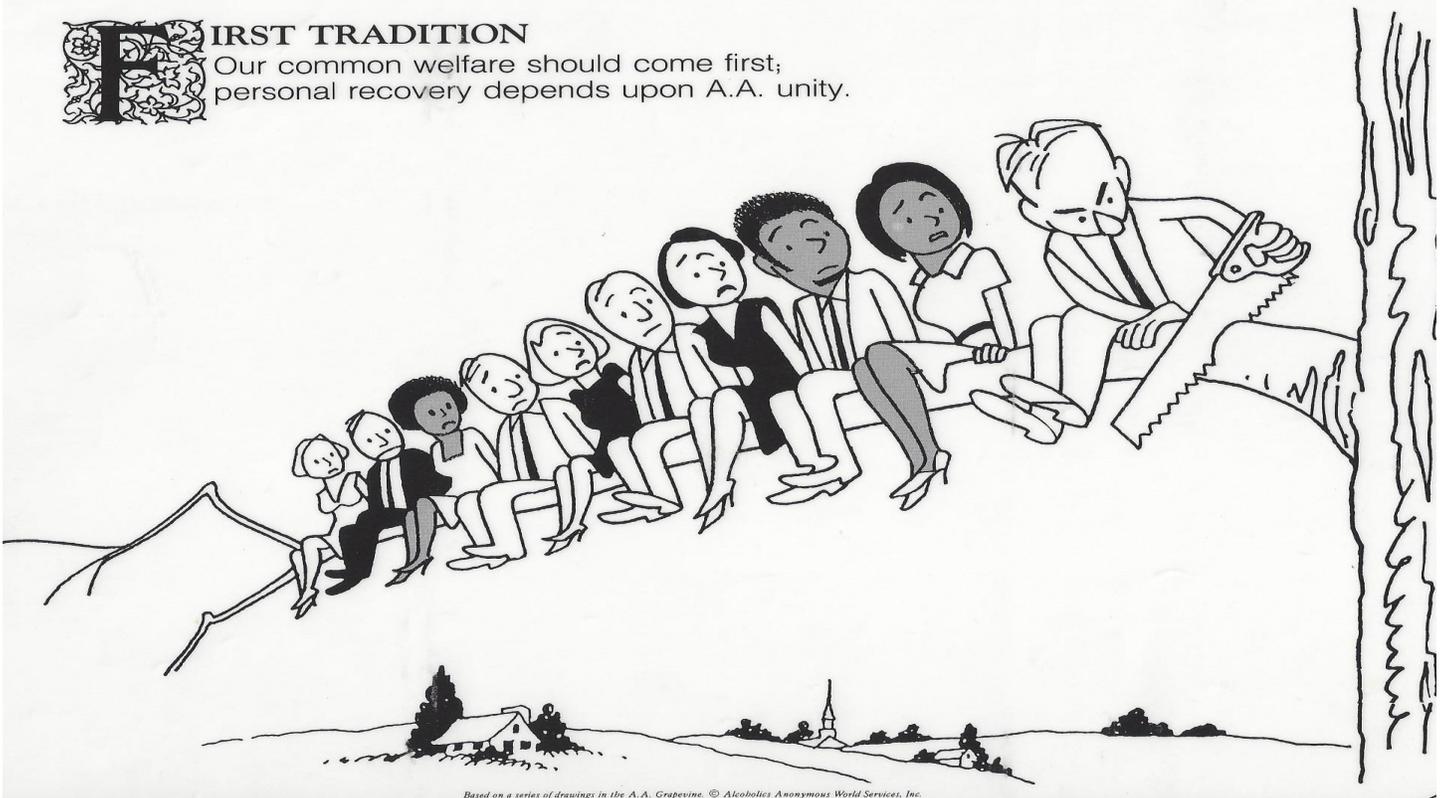
1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as “just for the sake of discussion,” plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving help of fellowship?

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FIRST TRADITION

Our common welfare should come first; personal recovery depends upon A.A. unity.



Based on a series of drawings in the A.A. Grapevine. © Alcoholics Anonymous World Services, Inc.

CONCEPT ONE: “The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscious of our fellowship.”

*Reprinted with permission from World Services
Twelve Concepts for World Services, pg.6*

January Intergroup
Saturday, January 7, 2017
At the Koala Club
Hosted by South Shreveport

CHILI

Come in and warm up!
6:30 – Dinner
7:30 – Speaker, Alex W.

Please Bring Deserts

Central Office Intergroup- 1st Saturday every month; generally the even numbered months at Highland Club, odd numbered months at Koala Club

Central Office Intergroup Meetings- 1st Tuesday of every month, 6PM at the *Central Office*, 2800 Youree Drive, Suite 362, Bldg A, Shreveport 71104

Treatment & Corrections Committee Meetings (old H & I Committee) **AND**

PI & CPC (*Public Information & Cooperation w/ Professional Community*) 2nd Tuesday of every month 6:00 PM at *Central Office*

COI Steering Committee Meetings- last Tuesday of every month, 6PM at *Central Office*

District 1 - Area 27- General Service - (**Ryan R., DCM 318-751-0017 and Joe K., DCMC 318-402-3909**)
 6:30 PM 2nd Wednesday of every month at the *Highland Club*, 1711 Tulane, Shreveport

Come join us and be a part of service! Clip and save this information for future reference.

CENTRAL OFFICE SHREVEPORT NEEDS YOUR GROUP

to send a representative to attend a workshop on
service work at the group level to a meeting

AT SHREVEPORT CENTRAL OFFICE

Date:

January 14, 2017 • 12 PM

Location:

Shreveport AA Central Office

Celt Center, 2800 Youree Dr # 362, Shreveport, LA 71104

Due to a decline in attendance on service committees in the
Shreveport area, Central office is hosting a workshop on
service to provide information and direction to groups to get
involved in service.

Food will be provided (pizza lunch)

A group name: _____

A representative attending: _____

Winter Jammies Chili Cook-Off

Koala Club – January 14th

***Food, Fun, & Fellowship
6pm-9pm***

Speaker @ 8pm

Maurice M.

- ❖ ***\$5 Chili Entry/ \$5 Chili Judging***
- ❖ ***Music by DJ Tall Mike: 6pm-8pm***
- ❖ ***50/50 Raffle***

***Intergroup Fundraiser
Hosted By Basic Training***

Come get you Jam on in you Jammies

Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility - one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and AA as a whole will not function unless our services are sufficient and their bills are paid."

AA Co-Founder, Bill W., November 1957
 "Respecting Money", *The Language of the Heart*

A **Great Big AA Hug** to all the Volunteers that helped out at your AACO this past year. We couldn't have done it without YOU. Your help is invaluable.

And another **Great Big AA Hug** to all the COBs and Groups that gave so freely to the AA Central Office. Your loving support helped make it possible for this office to extend the hand of AA to those who reached out for help. Your help, also, is invaluable. Your contribution help pay the bills. Thank You!

As you give, so shall you receive, pressed down and running over. That's a promise.

As we go into 2017, it is our prayer that each of you will feel the blessings of the GOD (of your understanding) and walk in the Sunlight of the Spirit throughout the year.

Thanks for all you do,
 Elizabeth, Lisa & Jeane

Thanks to all the **Central Office Backers** contributions for the month of **November 2016**. If you would like to be a Central Office Backer (COB) just give us a call (318-865-2172) and we will happily email, fax or mail the application to you.

November 2016 \$585.00

Thanks to all the **Group Contributions November 2016 \$868.80**

AACO Gratitude Box \$6.83	Saturday Nite Live \$50.00
Broadmoor Awareness \$100.00	Shreveport Young People \$186.00
First Things First \$20.00	We're Not Saints \$29.25
Keystone \$12.00	Winners Group \$334.92
Man to Man \$100.00	Misc. \$29.80

Bill W. said "I am responsible. When anyone reaches out for help, I want the hand of A.A. to always be there. And for that I am responsible."

Thanks for helping your Central Office be responsible.

The Message is published to improve communications between local A.A. Groups and encourage the participation of A.A. members in services and activities that promote sobriety. Opinions expressed in letters and articles are those of the authors and do not indicate endorsement by Central Office of Shreveport Intergroup or Alcoholics Anonymous.



THE HOT LINE –OUR MISSION:

“When anyone anywhere reaches out I want the hand of A.A. to be there. For that I am responsible.” BW

If your group is not currently taking the hot line at least one week a year, please call us to add your group!
Call the Central Office for the schedule!

INTERGROUP FUNCTIONS

2017

**January 7.....South Shreveport
@ KOALA CLUB
(See Flyer Pg. 6)**

February 4.....Outlaws

March 4.....Rise-N-Shine

Addresses for
Group Contributions for 2015:

Central Office of Shreveport
2800 Youree Dr., #362A, Shreveport, LA 71104 (50%)

District 1, Area 27
P. O. Box 3924, Shreveport, LA 71133 (10%)

Louisiana Area Assembly, Inc.
721 Government St., Ste. 103-127,
Baton Rouge, LA 70802 (10%)

The General Service Office
P. O. Box 459, Grand Central Station,
New York, NY 10163-0459 (30%)

The Message Subscriptions– Happy 72st Birthday AA Central Office

The Message is mailed, free of charge, to the people who serve on the Steering Committee and to Members who are Central Office Backers (COBs). If you would like to have The Message mailed to you, you can subscribe for only \$15.00 for one (1) year. We would love to have you on our list.

Name _____ Phone _____

Address _____

City _____ Zip _____

\$15.00__cash__Check__Credit Card

WE SHIP LOCALLY, TOO

Sometimes, it's just not convenient to go across town to pick up a couple of items. I have even ordered things from the drug store On-Line, and it's only 2 blocks from my house. TIME!! There's just not enough of it.

When you get books and supplies from your AACO, you save on the cost of the item. We absorb the freight and do not charge sales tax. AND your support helps to Carry The Message.

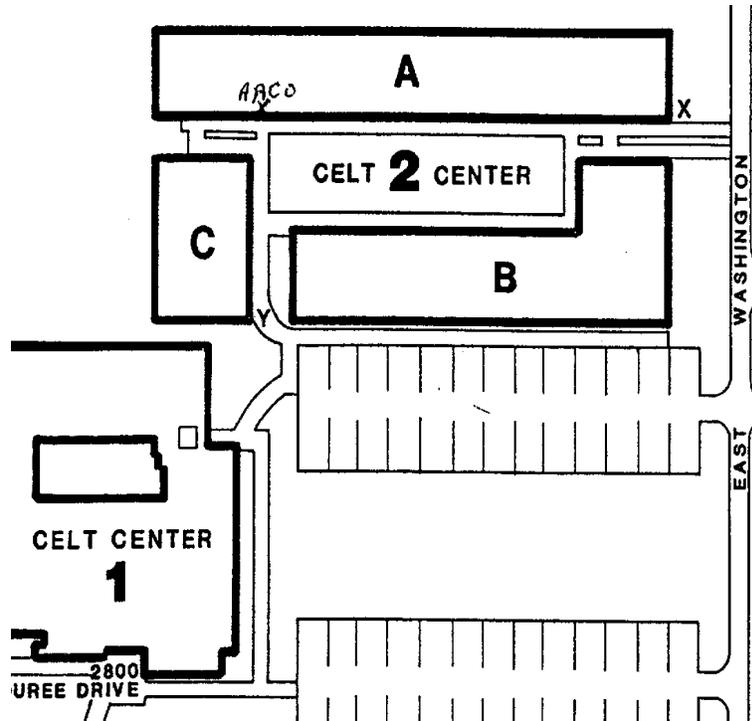
We will be glad to mail your orders and you can save on gas. We only charge \$1.00 handling cost over the cost of postage. Try it, you'll like it. It's cheaper than gasoline.

Thanks! We appreciate your support!!

Central Office

Please come by to check out our selection of approved AA World Services Books, Step workbooks, daily meditations, Bill W.'s Autobiography, Al-Anon books and workbooks and more. Colorful tri-plate medallions, recovery jewelry and greeting cards that make *our anniversaries memorable*.

If you don't see what you are looking for we will order it for you **upon** availability.



The Central Office Intergroup

The Central Office of Shreveport
2800 Youree Dr., Suite #362 Bldg A
Shreveport, LA 71104-3646

