



How Rigorous Must Honesty Be

Devoid of All Motives to Deceive

By Rick R.

Is there a difference between *being honest* and *being rigorously honest*, and if not, why add the word rigorous, unless to imply that honesty comes in degrees? I know that when I first was faced with the challenge of being honest, (where it is mentioned three times in the first paragraph of How It Works in the Big Book), I wasn't against being honest and I was willing to give it my best shot. *Could I attain perfect honesty? I think not.* I could, however, reign in my lying about things that mattered, but that still left me with, what I felt was, a half measures approach and that did not sit well with me. If I was willing to be dishonest about anything, I was leaving myself opened to rationalizing and still I was conflicted. If I could lie once, wouldn't that be like taking just one drink? The second lie comes easier. Was I dishonest if I embellished the size of the fish, I caught last weekend? All these questions ran through my mind, and many more before I came upon an approach that worked for me, and it all seems to rest upon what my motives are.

I was attending a discussion meeting one evening and the topic was RIGOROUS HONESTY, and many of these questions were discussed without resolution until a gentleman defined the word *HONEST, as DEVOID OF ALL MOTIVES TO DECEIVE.* That meaning of the word gave me the latitude to practice that principle in the spirit that I believe the founders of AA would approve of. If you read the Big Book and the 12X12 you will find some overriding principles concerning these dilemmas. One that comes to mind immediately is: We cannot buy our own peace of mind at the expense of others. (Step 9 in the 12X12) and I would add "*my own self-righteousness at the feet of my loved ones.*"

If the definition of honesty is "devoid of all motives to deceive" it leaves me with room to be kind during those innocent moments when my wife returns from the hair dresser and asks me if I like her new hair-do. I always like her new hairdo. *The being kind clause trumps the rigorous clause and I am not trying to deceive anyone.* What are hairdos supposed to look like anyway?

There is one area where I must be rigorously honest, and that is, with Myself. I must not let, what I refer to as, *overriding principles get stretched out of proportions* to the degree that I start to *rationalize and become deceptive again.* The *trust and respect* we gain when we follow these principles does not come easy and if we compromise it, we may never get it back. In step 9, it also makes exceptions where full disclosure would cause actual harm. When in doubt, I can enlist the help of a trusted advisor and, I can be *rigorously honest with him*, live in the spirit of these principles and still have *honest integrity.*

AA Central Office of Shreveport

24 Hr Hotline
(318) 865-2172

office@aa-shreveport.org

www.aa-shreveport.org

New Office Hours

Mon & Thurs 10am-5pm
Tues, Weds, & Fri 10am-4pm

Groups Responsible for

HOT LINE

Sept 2020

Personal Recovery Aug 31-Sept6

Grace Sept 7-13

5:30 Highland Sept 14-20

High Noon Sept 21-27

Maverick Sept 28-Oct 4

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

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!

We need the help of your group and individuals to keep the 24 hour Hotline open for the still suffering alcoholic!

We need you!

I Don't Understand Thermodynamics

I Still Enjoy the Warmth of the Sun

By Rick R.

I came into A.A. Bankrupt in every department. When I started to work the steps, my first big challenge was to find a power greater than myself that could solve my problems. What an order for a guy who they describe in step two in the 12x12 as the one who "had tried religion and found it wanting." I could see the examples of people around me that seemed to have it figured out and I became a nuisance trying to corner them to get them to explain to Me how they do it and they had as much trouble explaining it as I did. One day I confronted my friend, Jim, and asked him to let me in on the secret. Frustrated, He asked, "Do you want to drink right now"? My answer was "NO". He then asked me, "Did you want to drink a year ago"? And my answer was "YES". Next, he asked me "what made the difference"? My answer was that I was influenced by the A.A. program. His next question was, "Do you have any Problem calling that God?" WOW! What a concept.

I have never wanted a drink since I entered the program and the only answer, I could come up with was the influence of A.A in my life. For a guy who couldn't conceive of a day without alcohol, to a guy that has never wanted a drink since, was all I needed to know about God. I wish I could tell you who or what God is, but I can't. I can, however, tell you what God does for me, but I'll get to that later.

The 2nd appendage in the big book, Spiritual Experience, implies that there are many examples of spiritual experiences, and they come in different forms. They can be of the burning bush variety or a psychic change enough to bring about recovery from alcoholism. Or, as I like to believe, my spiritual experience came in the form of "a profound change of perception". When it occurred to me that all of my thinking was flawed and that I was finally in an environment where I could, with the help of the group, start to follow simple unselfish guidelines that would restore my self-esteem and put me at peace with myself and others, I started this wonderful journey and I've never had it so good. These universal truths are common in all philosophies and I must seek them out if I want to heal.

I pray to God every day, even though I don't know who or what God is. My mind is not sophisticated enough to understand God and I'm not sure that God hears my prayers, but I HEAR MY PRAYERS and that, I believe, puts me in the best possible attitude I can have about the issue I pray for. My prayers are always the same. I pray for knowledge of his will for me and strength to carry it out. i.e. God, please show me what to do and give me the strength to do it, I don't do to well on my own. I often knew what to do but wasn't always strong enough to do what was right. Today I'm stronger.

Who or what is God? I'm not sure anyone can define God. As a friend of mine (Will) explained, "You don't have to understand thermodynamics to enjoy the warmth of the sun", I do, however, know what God does. When I ask for guidance, I become a better receiver and I hear the answers that used to pass right over my head when I Thought I had all the answers. I thank God for an open mind.

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.

7 Cardinal Rules For Life

- 1) **Make peace with your past**
so it won't disturb your present.
- 2) **What other people think of you**
is none of your business.
- 3) **Time heals almost everything.**
Give it time.
- 4) **No one is in charge**
of your happiness. Except you.
- 5) **Don't compare your life to others**
and don't judge them, you have no idea what
their journey is all about.
- 6) **Stop thinking too much.**
Its alright not to know the answers.
They will come to you when you least expect it.
- 7) **Smile.**
You don't own all the problems in the world.



Meeting

It Is What It Is!

Mondays 7:00pm
Open Discussion

Highland Club

1711 Tulane Ave.
Shreveport 71103

What is Secular AA?

So, I suppose by now a lot of you have seen the new meetings listed with the Central Office and are saying “What the heck is AA Agnostica?” What goes on in a meeting without God?

Well simply said, AA Agnostica is just an AA meeting. Same principles, similar steps, same awesome help. The difference is, there are no prayers. So now you are thinking - the idea of a higher power is the central principle that AA is based on. As World Services states “It’s important to remember that A.A. is not a religious organization; we have a simple idea that there is a power greater than us as individuals.” The main purpose of AA is to get sober, stay sober and help the new person still suffering to get sober and stay sober.

Consider this: [A.A.— A Kinship of Common Suffering](#)

“Newcomers are approaching AA at the rate of tens of thousands yearly. They represent almost every belief and attitude imaginable. We have atheists and agnostics. We have people of nearly every race, culture, and religion. In A.A. we are supposed to be bound together in the kinship of common suffering. Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for all of us. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way to the light. Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of AA, so long as he or she so declares.”

People around the world of all beliefs, or lack of beliefs, get and stay sober living the program of Alcoholics Anonymous. If you have been “zooming around the world” you surely have noticed a big difference in the way people practice the program and stay in recovery. I know I have. My recovery has truly expanded these last 5 months. I have made friends all over the world with many different takes on recovery. But one thing remains the same, they live the fact that if you don’t take the first drink, you can’t get drunk.

Is this real AA? Yes, this is real AA, recognized by the GSO. We meet in person and on Zoom on Sunday evening at 7 at the Koala Club, and Thursday at 4 at the Central Office. There is also a Zoom only meeting on Monday at 5. All of the meetings and passwords are included in the Central Office listings. If you want to know what goes on, drop by and see. All are welcome.

Sharon H., Sept 2020

Thanks to all the **Central Office Backers** contributions for the month of **July 2020**. 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.

July 2020 \$305.46

July 2020 Personal Donations...\$6,672.38

Thanks to all the **Group Contributions July 2020...\$428.90**

Lunch Bunch...\$250.00

No Guarantee...\$59.90

On the Way Home...\$100.00

Sobriety 101...\$9.00

Twin City...\$10.00

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

Thanks for helping your Central Office be responsible.

Addresses for Group Contributions for 2020:

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. (ADDRESS CHANGE!!!)

7350 Jefferson Hwy., Suite 485-179

Baton Rouge, LA 70806 (10%)

The General Service Office

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

(Percentages are suggested based on support of four service entities)

(Use your group conscience)

August 2014 updated

STEP NINE: “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Twelve Steps and Twelve Traditions pg . 83 Reprinted with permission of A.A. World Services

TRADITION NINE: “ A.A., as such ought never be organized but we may create service boards or committees directly responsible to those they serve.”

Twelve Steps and Twelve Traditions pg.
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TRADITION NINE: (The Long Form)

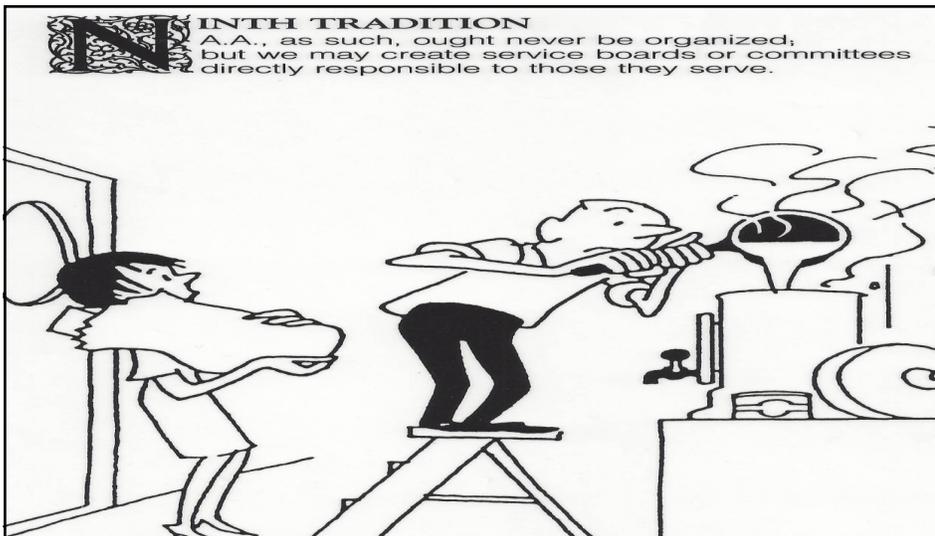
“Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect a secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine . All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.”

The A.A. Group...Where it all Begins Pg. 45

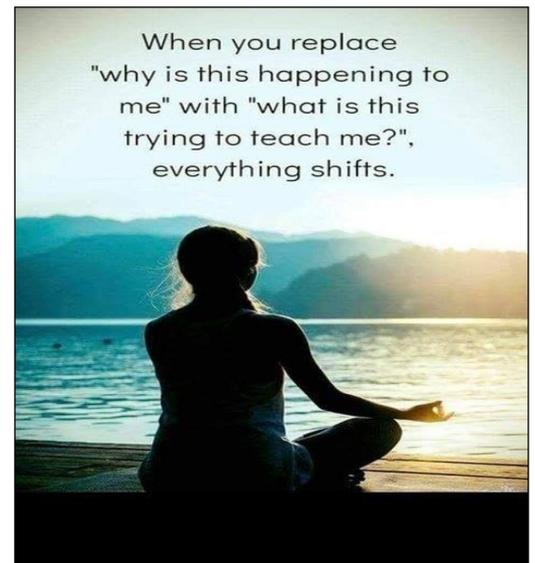
Reprinted with permission of A.A. World Services

AA as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program — even if no one makes me do so — with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully — and profit thereby — when the time comes?
8. What has rotation to do with anonymity? With humility?



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CONCEPT NINE:

“Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholic Anonymous.

Twelve Concepts for World Services

By Bill W. Page 36

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Intergroup at the Highland Club

Come join us for this in-person event and dinner. Hear special guest speaker **Sonny C.** speak at this month's Intergroup meeting at the Highland Club. We will be serving fish dinners with sides and drinks included.

Dinner will start being served at 6:00 P.M. and Sonny will speak at 7:30 P.M.

**Saturday September 5th,
2020 6:00 P.M.**

Highland Club
1711 Tulane Ave, Shreveport, La
71103



GOD PRESENTS



*What It Was Like
What Happened*

The Tulane Group

Tuesday Night Speaker Meeting

*What It Is Like
Now*

SEPTEMBER

1	8	15	22	29
LOU I.	MIKE L.	BOBBY E.	HARRY P.	DARIN B.

★ **8:00PM**

THE HIGHLAND CLUB ★

1711 TULANE AVENUE
SHREVEPORT, LA 71103

• Alcoholics Anonymous •



Virtual

5th Annual Unity & Service Conference

of Concord, California

"Applying our 12 Traditions & 12 Concepts to Real Life"



Labor Day Weekend - All Times PDT



ASL Interpreted For The Deaf

Saturday, September 5

Sunday, September 6

8:45 am

Welcome!
Serenity Prayer & Kickoff

9:00 am

Memoirs of a Judge that Nudged

*Rogelio Flores, Santa Barbara, CA
Retired Judge & Past Class A Trustee*

Contempt Prior to Investigation?

The 12 Concepts -
"A Spiritual Experience"
Jennifer D., Wilmington, NC

10-Minute Tradition or Concept Vignette Before Each Main Speaker

10:30 am

Service Panels

- Panel 1 - Young People
- Panel 2 - Bridging the Gap
- Panel 3 - Corrections (H & I)
Q&A

Service Panels

- Panel 1 - Public Info & Cooperation with Professionals
- Panel 2 - Intergroup/Hotline
- Panel 3 - General Service
- Panel 4 - Sponsorship
Q&A

12:00 pm

Break

12:30 pm

Finance & Romance in AA's Digital Age

Jennifer D., Wilmington, NC

Anonymity and Outside Issues: Rights vs. Responsibilities

Roger W., Vine Grove, KY

10-Minute Tradition or Concept Vignette Before Each Main Speaker

2:00 pm

The Three Legacies and Relationships

Chuck & Beth H., Cary, NC

10-Minute Tradition or Concept Vignette from an Al-Anon Speaker

This 2 Hour and 15-Minute Session Includes a 15-Minute Break at 3 pm Before Concluding at 4:15 pm

Ask It Basket with Speakers

Rogelio, Jennifer, Don, Roger, Chuck & Beth

3:00 pm

Break

Close with Responsibility Statement

4:30 pm

Unity vs. Conformity in the Home Group

Don L., Bellingham, WA

10-Minute Tradition or Concept Vignette to Open

6:00 pm

Close with Responsibility Statement

Online Event!

Space is Limited.....

Pre-Register Today!



Registration Link & Contact Info: Unityandserviceconference.org

925.222.5639

National AA Technology Workshop 2020 Virtual Gathering

Theme:
AA Technology Comes of Age



The National AA Technology Workshop is a group of AAs who gather and work together to share about carrying the message of AA through technology.

When:

September 12, 2020

11am - 7pm Eastern | 8am - 4pm Pacific

Where:

Zoom Platform

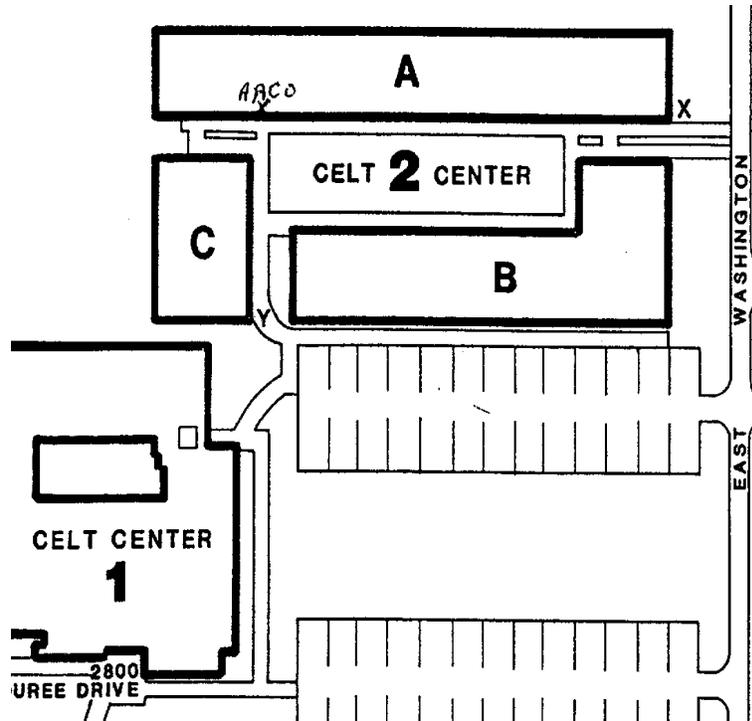
Registration:

naatw.org/reg

For more information about NAATW visit naatw.org

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

