



Greetings Fellow Travelers,

The purpose of this message is twofold. Firstly, as a representative of your Central Office I would like to take a moment to express gratitude to the fellowship. 2020 was an unusual year to say the least! The virus introduced many of us to the Zoom utility. I believe that Zoom meetings will be a part of AA for the foreseeable future regardless of the status of the pandemic. I would like to express gratitude to those members who took on the task of hosting Zoom meetings. Those meetings provided and continue provide a pivotal touch point for many of our members. Loneliness, pre and post recovery, is one of the hallmarks of our malady. The Zoom meetings provided a potent antidote to the scourge of loneliness.

I am also very grateful for the support the fellowship lavished upon your Central Office during the past year. I believe that the difficult times demonstrated the value of having a central hub for the dissemination of information. Because of you, the fellowship, your Central Office weathered the storm of 2020 and emerged financially stable. I would be remiss not to express gratitude to The Power Greater than ourselves for Blessing us with the leadership of Central Office Manager Lisa M. Lisa, along with her associates Jeane N., Christine Z., and occasional assistance from the Grand Matriarch of the Central Office Elaine S. have exhibited the highest levels of fiduciary competence!

To the second point, these trying times have highlighted the brevity of our earthly existence. In order to chart a course into the future (one day at a time), we must first recognize, honor, and learn from our past. There are many aging members who played a vital role in establishing AA in general, and particularly the AA Central Office in our area. As we continue to build for the future upon the solid foundation laid by our progenitors, I believe it is important to capture and memorialize the memories of those local founders. To this end, five voice recorders have been donated to your Central Office in order to capture those memories. The long-term goal is to have these memories transcribed by your Central Office Steering Committee Secretary Ryan C, and available to the fellowship as part of our 75th Tristate Convention.

If you are aware of old-timers with twenty or more years sobriety who played a role in the establishment of AA/Central Office in our area please contact Lisa M. at your Central Office to borrow one of the recorders.

Forever Grateful
Maurice W., Jr.,
Shreveport AA Central Office Chairman

**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
Feb 2020**

High Noon Feb 1-7

Blanchard Feb 8-14

White Dove Feb 15-21

Keystone Feb 22-28

**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!

The Evolution of the Alcoholic

The Jigsaw Process

By Rick R.

There's no way of knowing how the life of a new born child is going to turn out, and if there was, we could simply make the adjustments to its environment, education, and other similar needs, as it evolved into adulthood. Providing a safe, loving, and nurturing home life is a good start but even that, is no guarantee of success. In the formative years we develop instinctive drives to protect ourselves from perceived dangers, and how we control these instincts usually is the measure of how well balanced we turn out emotionally. So much of the A.A. program involves the understanding of these instinctive drives and our willingness and our ability to come to terms with these natural impulses when they far exceed their natural purpose.

Each year during the winter months my wife puts out a jigsaw puzzle and as the days go by, we find times we sit around the table and chat and spend time together. As we dump the puzzle out of the box, we first turn all the pieces right side up and spread them out. As we do this, we find some pieces with straight edges that form the perimeter, and they are easy to figure out. The easiest pieces to figure out are the four corners and that is where we start. These pieces form the framework of the puzzle. Next, we find pieces that have numbers on them or other common characteristics such as colors or patterns that make it easy to fit them together. Others have different shades that can be compared to each other and reveal the general location of where it will fit in and soon everything start to develop. When we get to the blue sky part of the picture, things slowdown a bit and these pieces are less obvious but the puzzle isn't finished until all of the pieces are in place and that may be the day we shuffle off this mortal coil.

To me, all of this is like the way the pieces of Alcoholics Anonymous are pictured in my mind. The *desires to stop drinking* and to *come to meetings* are like the cornerstones that start the whole process moving. Next, *getting a sponsor, beginning to take the steps, getting into service, and helping others* and so on, are some of the *framework pieces* that are obvious to most of us. Next, we start to recognize some of the more obvious defect of character that need to be addressed and they are numerous if we are strong enough to admit it. If we are not, the picture will never be complete. As we continue to clear up these issues (wreckage of the past) and put them behind us, it would be easy to rest on our laurels and be satisfied with half measures. If, however, we are diligent about continuing this process of examining our motives for everything we do, until it becomes second nature, our life will become a rewarding adventure and all of those negative emotions are replaced daily with feelings of wellbeing. This is the blue skies portion of the puzzle, as I see it and the part that many of us often miss, simply because of indifference and we may miss out on the freedom and peace of mind we seek.

If you are the one those that finds themselves in that malaise, let me encourage you to consider revisiting those items that you skipped over and let your conscience rather than your EGO win this battle. It may be the best decision you have made since you made the decision to come to AA. Those misguided instincts that fueled those faulty behaviors have had their way far too long. Let's get those pieces of the puzzle into place and see where it takes us. I guarantee that you won't regret it.

STEP 2: “Came to believe that a Power greater than ourselves could restore us to sanity.”

Twelve Steps and Twelve Traditions pg. 25
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TRADITION TWO: “ For our group purpose there is but one ultimate authority– a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

Twelve Steps and Twelve Traditions pg. 132

Reprinted with permission of A.A. World Ser

Tradition Two:

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibilities?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?



SECOND TRADITION

For our group purpose there is but one ultimate authority... a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants...they do not govern.



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

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CONCEPT TWO: “When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference– excepting for any change in the Twelve Traditions or Articles 12 of the Conference Charter– the actual voice and the effective conscience for our whole society..”

Reprinted with permission from World Services
Twelve Concepts for World Services, pg.10

True Humility and an Open Mind

Step Two is the Rallying Point

By Rick R.

When born, most of us come into the world untainted and perfectly innocent. From that time on, we are influenced by everything we experience in life, good and bad. If we are loved and nurtured we may develop a feeling of trust and safety, but if, as it sometimes happens, we get our hand slapped when we pick up something from the coffee table, it may trigger an attitude of defiance and resistance. These two opposites are just examples of the many conflicts we encounter in a lifetime. We are conditioned to think and react in a certain way as the result of the experiences we are exposed to.

Newcomers in *Alcoholics Anonymous*, (A.A.) and even some seasoned veterans, often find it hard to grasp a concept of "a power greater than ourselves." This is probably the biggest hurdle we in A.A. must face in our search for a happy and meaningful life. Once we get past all our resistance to the concept of a Higher Power, it becomes much easier to proceed with the rest of the program. What is meant by the word God and what God can do for us, can mean something different to just about everyone that is having difficulty with it, and if God alone was the answer, why do priests and ministers come to A.A. for treatment; why not just go to church?

Alcoholics Anonymous is here for all alcoholics that want to get sober regardless of their approach to faith. Anyone that thinks that we are trying to convert someone into a religion or out of a religion is simply misguided. The Big book (*Alcoholics Anonymous*) and the 12&12 (*Twelve Steps and Twelve Traditions*) have many comments explaining this, but unfortunately this old conditioning, bolstered by the EGO, seems to block some of us from breaking down the resistance on this subject, or some members may just fake it to appear to be going along with the program, but never getting the results. If we denied the possibility of a God of the different religious groups, they could not have A.A. available to them, and if we made it a requirement that we picked one of those beliefs, atheists would be left out and where would Buddhist stand? If a person believes that he does not have a higher power, I might remind him/her that alcohol was more powerful or else why would he need A.A.? With this in mind, I might suggest that he may only need to find a power greater than alcohol to begin with, then, as it says in Step 2 in the 12&12 "To acquire it, I had only to stop fighting and practice the rest of the A.A. program as enthusiastically as I could." As I look back on it now, I realize that that was exactly the way I found my way through this challenge. I find absolutely no conflict in any approach that one discovers on his own, only that he practices the rest of the program with enthusiasm. What it seems to imply is that if we trust the process and, just do the suggestions, you will find a suitable understanding of a power greater than yourself that you can do business with.

I'm still not sure what or who (if you like) I am asking for guidance from but I'm open minded about these things, and I have to let everyone find their own brand of enlightenment, without prejudging anyone else's approach on this matter. I believe that changing my perception was what put me firmly on the road to recovery. The only thing that I have to resist is my EGO, and the way I do that is by living by sound and unselfish principles many of which are discussed in A.A. meetings, and many are assimilated through osmosis as I continue to put 2 and 2 together. It is not that complicated. If I don't get caught up in the debate and just follow the simplest suggestions, it all works out fine.

MEET YOUR AACO STEERING COMMITTEE

CHAIRPERSON / DIRECTOR

Maurice White Jr., mwhite892010@yahoo.com

VICE-CHAIRPERSON / DIRECTOR

Kim Strahan, kkstrahan@gmail.com

TREASURER/DIRECTOR

Elaine Sample, esamplegayle@netzero.com

SECRETARY/DIRECTOR

Ryan Carter, ryancarterbsl@gmail.com

OFFICE MANAGER/DIRECTOR

Lisa Mumfrey, lisamumfrey@gmail.com

INTERGROUP COMMITTEE

Edward White, white.edward92@yahoo.com

TRI-STATE CONVENTION

Jennifer Angelo, angelorunner22@gmail.com

TREATMENT AND CORRECTION

Eugene Trichell, eugenetrichell@bellsouth.net

PUBLIC INFORMATION / COOPERATION

W/ PROFESSIONAL COMMUNITY

Chris Cypher, ccypher899@aol.com

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

November 2020 \$242.96

November 2020 Personal Donations...\$355.85

Thanks to all the **Group Contributions November 2020...\$849.65**

AACO Gratitude Box...\$100.00

Grace...\$97.25

Many Harbour...\$125.00

Margaret Place...\$139.50

Pink Cloud...\$300.00

Sobriety 101...\$57.90

Twin City...\$10.00

Vivian...\$20.00

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.

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)*

THE YAYA & 426 MEN' S GROUP

Present

FEBUARY

INTERGROUP



Stay Sober and Help Other Alcoholics to Achieve Sobriety

**SATURDAY
FEBRUARY 6TH**

**SPEAKER @7:30
CELESTE S.**

**DINNER STARTS AT 6PM - PASATALAYA-SALAD &
ROLLS- PLEASE BRING A DESSERT TO SHARE
50/50 RAFFLE**

THE HIGHLAND CLUB- 1711 TULANE AVE, SHREVEPORT LA 71103

FEBRUARY

TULANE GROUP SPEAKERS

FEB
02

DANIELLE H.

RANDY T.

FEB
09

FEB
16

ALFRED W.

JOE B.

FEB
23

8:00PM @ THE HIGHLAND CLUB
1711 TULANE AVE. SHREVEPORT, LA 71103

SAVE THE DATE

...**ROCKETED INTO A**

FOURTH DIMENSION...

The 75th Tri-State Convention
November 5th - 6th - 7th, 2021

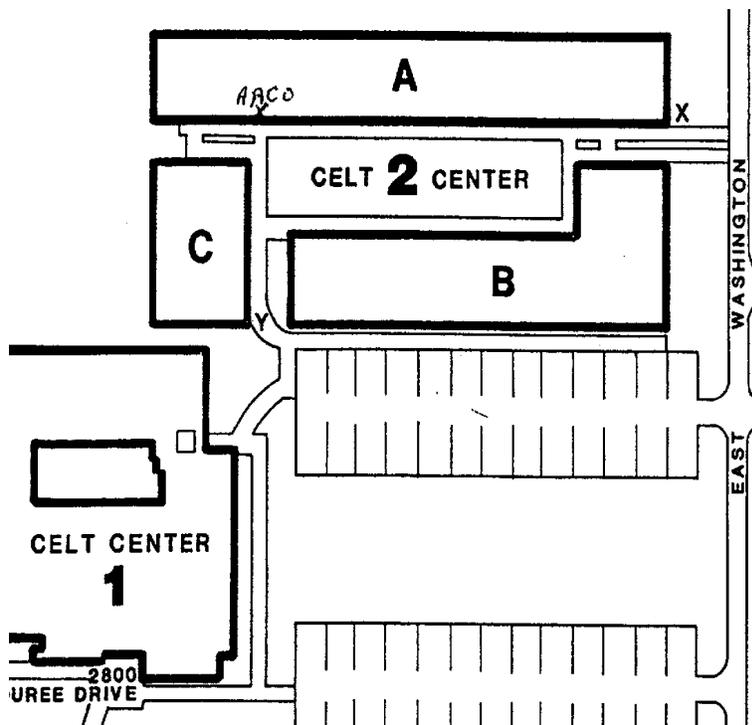
Le Bossiér Hotel
4000 Industrial Dr.
Bossier City, LA 71112

Convention Committee Planning Team Meetings are usually the first Sunday of each month (unless moved for a holiday) at 2:00pm at the Central Office of Shreveport at 2800 Youree Dr., Building A, Suite 362, Shreveport, LA 71104. Everyone is asked to practice social distancing and the wearing of face masks to aid in protecting the members of our fellowship and their families. For more information call the Central Office at 318-865-2172 or send an email to tristateconvention@yahoo.com or visit the Central Office's website at www.aa-shreveport.org

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.

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

