



Regaining My Dignity and Self Respect I Was Already Getting Relief

In my most desperate days, I was the guy standing around in the parking lot 15 minutes early, along with one or two other desperate souls, waiting for the bar to open. I was craving a drink and when we heard the keys being inserted in the door from the inside, we knew the agonizing wait was almost over. The door would open, and the bartender would greet us with a patronizing smile; we would exchange jokes and wise cracks, in an attempt, to make *normal*, a scene that was obviously *pathetic*. We then sat down at the bar, the bartender would draw a glass of beer and place it in front of me and I would sit there for about 5 minutes, just staring at the bubbles rising, before drinking it. *I was already getting relief before I even raised the glass to my lips.* Why the delay? If I was so desperate, why didn't I just pick it up and guzzle it down? The answer came to me years after I was sober. It occurred to me that, in those 5 minutes, *I was attempting to regain my dignity.* After all I could not be that desperate, could I?

It took about four more years of drinking to get me to the point where I had lost more than I was willing to lose and was about to lose a lot more. In those four years, in a last-ditch effort to regain some sanity, I reenlisted in the navy, one of the only things I was still qualified for that I had not destroyed. In a short period, of time, I also got married, had a child, and was divorced by correspondence, as I was all over the Pacific, while trying to deal with all of this. I then started to lose the ability to show up at my ship on Monday mornings and the reality started to set in once again. Without the discipline and structure of the navy, I would be, once more, standing in front of that bar, before it opened, and that was the last straw.

I called Alcoholics Anonymous. that morning and, in military terms, I did the right about-face, and that part of my life was over. I spent my last thirteen years of my navy career *sober* and being on the cutting edge of the Navy's Alcoholism Program, I was sent to schools to learn about alcoholism in the different cultures in the world and became the Collateral Duty Alcoholism Consultant (CODAC) As I monitored and counseled the different departments aboard concerning the use of Alcohol. I retired in 1982, to continue this wonderful journey as a civilian once again.

I was not much for platitudes when I was in my first year of sobriety and heard a man sharing that, *"if I surrendered to this disease, cleared up the wreckage of the past, and practiced these principles in all my affairs, I could walk out the door with my dignity and my self-respect"*. He seemed to understand how worthless I was feeling about myself. I knew that I was in the right place, so I took him up on it and things have never been the same. I have learned about character building, respect for everyone around me, compassion, forgiveness, faith, unselfishness, how to be a friend and the list goes on and on. In closing, I would like to quote another old friend, who is no longer with us. He used to close his sharing at the meetings saying: *I am sober today, I will get Weller with time, but I never want to graduate from this wonderful program.*
Rick R.

AA Central Office
of Shreveport

24 Hr. Hotline
(318) 865-2172

office@aa-shreveport.org
www.aa-shreveport.org

Office Hours

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

Groups Responsible for
HOT LINE
April 2020
Basic Training April 5-11
Primary Purpose April 12-18
Shreveport Young People
April 19-25
Southfield April 26-May 2
*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!

STEP 4: “Made a searching and fearless moral inventory of ourselves.”

Twelve Steps and Twelve Traditions pg. 42
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TRADITION FOUR: “ Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

Twelve Steps and Twelve Traditions pg. 1
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TraditionsChecklist

Tradition Four:

Each group should be autonomous except in matters affecting other groups or AA as a whole.

1. Do I insist that there are only a few *right* ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths — his lengths, not mine — to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?



FOURTH TRADITION

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.



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

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CONCEPT FOUR: “Throughout our conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.”

Twelve Concepts for World Services, pg. 17
Reprinted with permission of A.A. World Services

The Enabling Process Can go on Forever.

If I Thought it Would Help
By Rick R.

As a practicing alcoholic, I became *very crafty* when it came to manipulating the people who loved me. I made promise after promise to change the way I did things, but I always *disappointed them*, which only made things worse for them and for me, as I see it now. What they did not know then was that most of the time, when they gave in trying to meet my requests, *they were not helping me*. Well meaning as they were, they were, in fact, *enabling me*, and that only *perpetuated my problem*. When I was turned down, I just went to the next one on my list, until I found someone that could not say no.

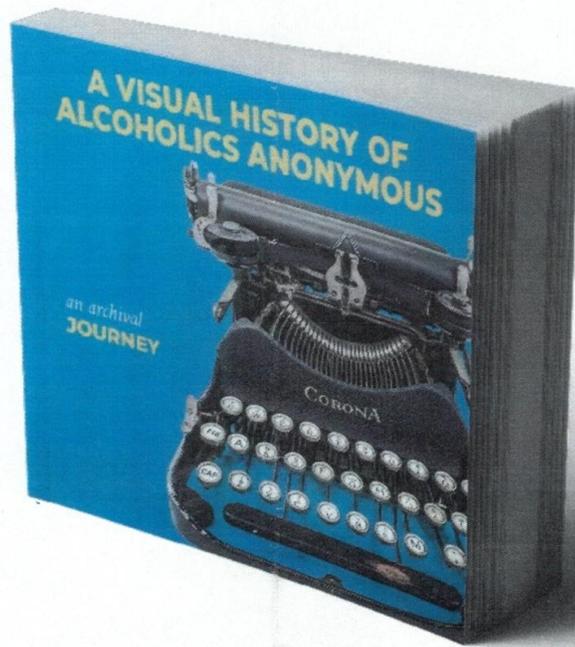
After I entered Alcoholics Anonymous (A.A.) and got deeper into the program I had to address my behavioral problems of the past and make restitution to those people, I realized how difficult it was for a loved one to say *NO* to a child or a friend when they appeal to them the way we do. Then, came the acid test for me.

I received a collect phone call from a divorced relative, (mother of two daughters ages 11 and 13) asking me for, what was, a goodly amount of money at that time. I was aware of her use of drugs and her priorities about her children. At first, she did not want to say why she needed the money, but after I insisted, she said that she was in jail and need to get bailed out. Visions of my past came back, and I was now on the receiving end of *the enabling process*. Writing the check would have been the *easy thing* to do, but as I now understand, *not the right thing*. I asked her why she called me instead of her friends. She replied, "yours was the only number I could find". I thought about it for moment then said, "*IF I THOUGHT IT WOULD HELP*, I would be all over it but, I know your track record and I know that if I bail you out, *you will be running again, and your girls need you right now*". That was the best thing I could do for her at that time and I have never regretted it, and neither has she. She has nothing but respect for me today for having the strength to say *NO* when that was the right answer. She has been sober for about 30 years.

Every so often a new person shows up at a meeting and is complaining about the bad break that came about that brought them to the program and when I get a chance to talk to them on a personal level the first question, I ask them is: "If that had not happened would you be here right now?" and their usual response is, "Probably not".

The *right decision* is not always the most popular one and I may be misunderstood when I make it, but in *good conscience* I do try to muster up the strength to make it. Writing the check would have been *the easy way* and I may have been applauded for doing it but, for me, it would have been the more *selfish* thing to do. That single act may have been the turning point in her life, but no one can predict the outcome of any decision we make. As I look back on it now. If no one ever said *NO* to me, I may never have changed and could have reached the point of no return and ended badly. Sometimes I must risk the disapproval of those that do not understand me. I, however, must make sure that my *motives are unselfish*

NEW ITEM
FROM
WORLD SERVICES



\$11.00

COME BY & VISIT
OR WE WOULD BE HAPPY TO
MAIL!

Thanks to all the **Central Office Backers** contributions for the month of **February 2021**. 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.

February 2020 \$321.72

February 2020 Personal Donations...\$853.39

Thanks to all the **Group Contributions February 2020...\$636.75**

AA Agnostica...\$20.05	No Guarantee...\$30.00
Grace...\$100.00	Personal Recovery...\$100.00
Keystone...\$20.00	Twin City...\$10.00
LUCUSU...\$96.80	Unity...\$30.00

Thanks January INTERGROUP...426 & YaYa's...\$260.00

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."

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.

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)

SHREVEPORT'S
BASIC TRAINING GROUP
PRESENTS *INTERGROUP*



GREATER HOPE GROUP'S

5/14/15

CHUCKER.

Easy Does It

INTERGROUP APRIL 3RD
FOOD 6:30^{PM} SPEAKER 8:00^{PM}



&



PLEASE BRING DESSERTS

HIGHLAND CLUB

1711 TULANE AVE, SHREVEPORT, LA 71103

APRIL

Tulane Group Speakers

06
April

MARK R.

RENEE V.

13
April

20
April

SARAH F.

GREGORY W.

27
April

8PM @THE HIGHLAND CLUB

1711 TULANE AVE. SHREVEPORT, LA 71103

GirlAPaloozAA[®]-Dallas

**Al-Anon
Participation**

Saturday, May 1 – Sunday, May 2, 2021

A Weekend Journey Through the 12 Steps of Alcoholics Anonymous with Amazing, Successful Women in Recovery Sharing their Experience, Strength, and Hope.

Online via Zoom

Rocketed Into The Fourth Dimension GirlAPaloozAA 2021 Fourth Annual Conference

The Voice of the Conference - Stephanie Z. - Garland, TX

Saturday May 1st	8:30 a.m. – Zoom Room Opens	
	8:45 a.m. – Opening Remarks	
	9:00 a.m. – Step 1	Vivienne M., Ireland
	10:15 a.m. – Steps 2 & 3	Tamila A., Dallas, TX
	11:30 a.m. – Lunch Break	
	12:45 p.m. – History of Women in AA	Kathleen C-H., Dallas, TX
	2:00 p.m. – Steps 4 & 5	Jane L., Tallahassee, FL
	3:15 p.m. – Al-Anon – Her Story	Corrie L., Wetumpka, AL
Sunday May 2nd	4:30 pm – Steps 6 & 7	Kathy W., Richardson, TX
	8:30 a.m. – Zoom Room Opens	
	8:40 a.m. – Opening Remarks	
	9:00 am - Steps 8 & 9	Misoon W., Sarasota, FL
	10:15 am – Steps 10 & 11	Karen R., Tampa Bay, FL
	11:30 am – Step 12	Stephanie Z., Dallas, TX

Direct inquiries to our email @ girlapaloozaa18@gmail.com

Go to the Registration section and register for the free Zoom Event @ www.girlapaloozaadfw.com.

Check out our 2021 Keepsakes section for T-Shirts and Covid Masks.

GirlapaloozAA is an open women-only conference focused on the Twelve Steps of Alcoholics Anonymous

We also ask, in keeping with our 7th tradition, that you consider any contributions so that we can continue to carry on the GirlAPaloozAA message and tradition.

Thursday May 13th

- 5:00 PM Registration begins at Barak Shrine Temple
- 6:30 PM Hospitality Room Opens
- 8:00 PM Kickoff Meeting
- AA Speaker: Kristy M. (West Monroe, LA)

Friday May 14th

- 4:00 PM Registration
- 6:00 PM Hospitality Room Opens
- 7:30 PM Opening Ceremony: Sobriety Count up
- 8:00 PM Kickoff Meeting
- AA Speaker: Zachary G. (New Orleans, LA)

Saturday May 15th

- 8:00 AM Registration and Hospitality Room Opens
- 9:00 AM Steps Workshop: TBA
- 12:00 PM Hospitality Room Opens
- 12:30 PM Al Anon Meeting
- 1:30 PM Al Anon Speaker: Duke H. (Lafayette, LA)
- 3:00 PM Panel: TBA
- 4:15 PM Delegate Report: Nick P. (Panel 71/Lake Charles, LA)
- 5:15 PM Hospitality Room opens (Fish Fry)
- 6:45 PM Prize Raffle and 50/50 Raffle
- 8:00 PM AA Speaker: Bubba R. (Hot Springs, AR)
- 10:00 PM Talent Show

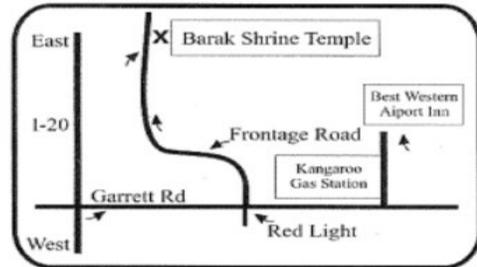
Sunday May 16th

- 8:00 AM Hospitality Room opens
- 9:45 AM Sobriety Count Down
- 10:00 AM AA Speaker: Helen R. (Hot Springs, AR)

34th Annual NELA ROUNDUP AA CONVENTION



Voice: Mitzi R. (Ruston, LA)
Convention Chair: Matt C. (318) 307-9828



BARAK SHRINE TEMPLE
6620 FRONTAGE ROAD, MONROE, LOUISIANA 71202

34TH ANNUAL NELA ROUND UP 2021 – WE WERE REBORN - REGISTRATION

The convention Hospitality Room will open Thursday at 6:30 p.m. and close during each meeting

Registration: \$20 each **Please wear badges at ALL times**

Name: <small>(Print Clearly)</small>	Mailing Address: <small>(Print Clearly)</small>	AA	Al-Anon	Other	Homegroup
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Checks payable to: District 4
Mailing address: P.O. Box 5063,
Monroe, LA 71210

Total Enclosed: _____

Sponsorship Contributions: \$ _____ Lend a hand to those unable to afford registration.



Pre-Registration \$15 per person until May 1st, 2021
There will be one drawing Saturday night for pre-registered guests - \$25 cash prize awarded
www.LADistrict4.org





www.dallasgatheringofeagles.org

EARLY BIRD NOTICE
Newcomers and Old-timers Sharing the Legacy of Experience, Strength and Hope
35th ANNUAL GATHERING OF EAGLES
in an Environment of Gratitude in Action!
2021
MEMORIAL DAY WEEKEND

THURS., MAY 27 KICK-OFF DINNER
(LIMITED SEATING)

FRI., MAY 28 THRU SUN., MAY 30
9,754 YEARS OF RECOVERY CELEBRATED IN 2019

* REGISTER ONLINE: Visit our Website @ www.dallasgatheringofeagles.org

OLD-TIMERS PANEL-COUNTDOWN · A.A. ARCHIVES AND HISTORY-RAFFLE-AL-ANON PARTICIPATION

· Jimmy D. - Dallas, TX · Al-Anon Speaker: Lori G. - Oklahoma City, OK

· Karl M. - Covina, CA · Clif G. - Oklahoma City, OK

· Barefoot Bill - Ridgewood, NJ · Dano B. - N. Richland Hills, TX

Full Name: _____ Badge Name: _____ Anniversary Date: _____

Address: _____ City/State/Zip: _____

Phone: _____ Email: _____

Group Name: _____

AA Al-Anon Alateen Guest

I want to be a:
Volunteer Day Speaker

(\$30 Mail-in & Online Registration* \$
(\$5 Alateen Registration \$
(\$40 Thurs, Kick-off Dinner \$
(Registration Donations \$
* Make Checks Payable to Gathering of Eagles
MAIL TO: P.O. Box 35865
Dallas, TX 75235
214-357-1478
www.dallasgatheringofeagles.org · Email:searchyrw@gmail.com

* EARLY REGISTRATION CUT-OFF
MAIL-IN: FRIDAY MAY 21
ONLINE: MIDNIGHT MONDAY, MAY 24

TOTAL DUE \$ _____

IF YOU HAVE SPECIAL NEEDS PLEASE CONTACT US BY PHONE OR BY EMAIL
PLEASE FEEL FREE TO MAKE ADDITIONAL COPIES IF NEEDED

SAVE THE DATE

...**ROCKETED INTO A**

FOURTH DIMENSION...

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

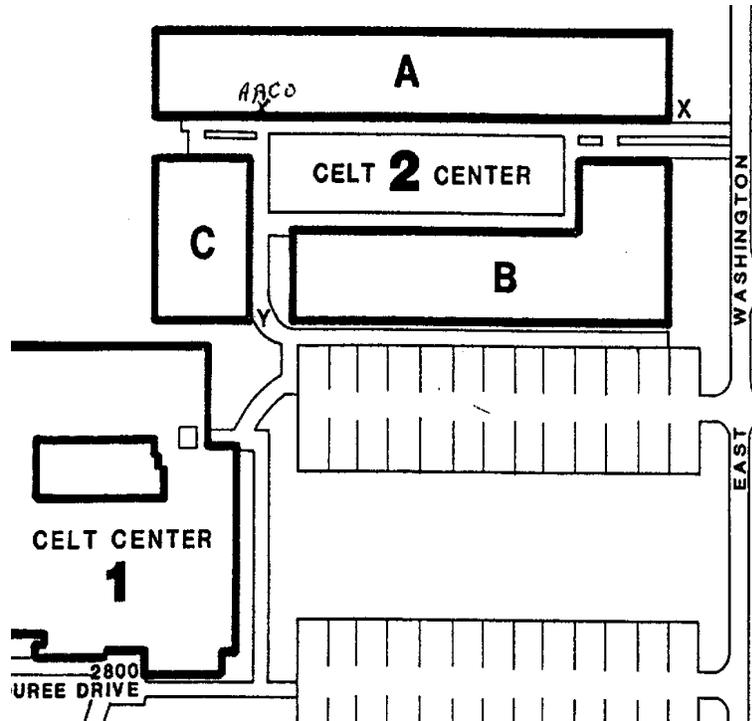
Le Bossiér Hotel
4000 Industrial Dr.
Bossier City, LA 71112

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**

