

The MESSAGE January 2022

Alcoholism: A Disease of Perception

When My Desperation Outweighed My Denial

By Rick R.

Alcoholism is often referred to as a disease of perception, and oh how I find that statement to be true. Like most Alcoholics, early in my drinking days, I did not have a problem as I was single and had no one to answer to and it was perfectly normal to go from work directly to the bar room and spend the evening pouring alcohol down my throat. It was fun, and I did a lot of foolish things in those days.

As my tolerance for alcohol grew, I developed a pattern of drinking that I could open a bar at 6:00 AM and close it at 2:00 AM and you could not tell I was drinking if you did not smell the alcohol on my breath. I Reached the pinnacle and that only lasted for a while.

Next, I developed a pattern of forgetting what happened the night before (Blackout Drinking) and when people started telling me about the things I did last night, and it was not flattering. Normal drinkers do not have those kinds of experiences.

Then came the DUI's, the nights in jail, the wrecked cars, the broken knuckles, marriage, divorced and, I could go on forever. When I was in the throes of this disease I was living by the dictates of my EGO, to bolster my pride and it was telling me that I did not have a problem. The progression of the malady varies in each individual due to environmental issues. Some people drink into their 60s and 70s before they come to Alcoholics Anonymous.

Waking each morning to face the hideous four horsemen, Terror, Bewilderment, Frustration, and Despair is not a problem that normal drinkers must face. For me, alcohol seemed to me to be the solution to the problems and to abandon it would be horrifying to me. My perception at that time was that if I quit drinking, I would spend the rest of my life waking up in that emotional pit and I did everything in my power to deny my condition. As the progression wore on, one by one, I was running out of options and the drink could no longer mask the deception of it all and I was backed into the corner of life and now, what can I do?

On October 15, 1969, *my desperation out weighted my denial* and I called the telephone operator and asked for the number of Alcoholics Anonymous and she gave me the number of a local A.A. club in a little house about six miles from my apartment and I showed up there to be greeted by three people sitting on a bench in the front yard and within ten minutes of talking to them and seeing the *compassion and empathy in their eyes*, I laid down in the grass and covered my eyes with my forearm and thought to myself "Thank God, this nightmare is over" and it was. I have never drunk, nor wanted to drink ever since that moment. I was 28 years old at the time and most of the members of that group were over 40 years old and they referred to me *as the fortunate one*, and I was.

From that moment on I have done a 180 degree turn in my thinking and embraced the program of Alcoholics Anonymous in its entirety and it has evolved into a life of peace and serenity that I could not have imagined when I showed up on that lawn in 1969, and right now, as I am trying to explain this miracle, I am wiping tears of joy from my eyes just thinking about it. Go Figure.

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

January 2022

Lunch Bunch Jan 3-9

Winners Jan 10-16

Grace Jan 17-23

Half Past Five Jan 24-30

High Noon Jan 31-Feb 6

*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 ONE:

We admitted to ourselves we were powerless over alcohol and that our lives had become unmanageable.

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:

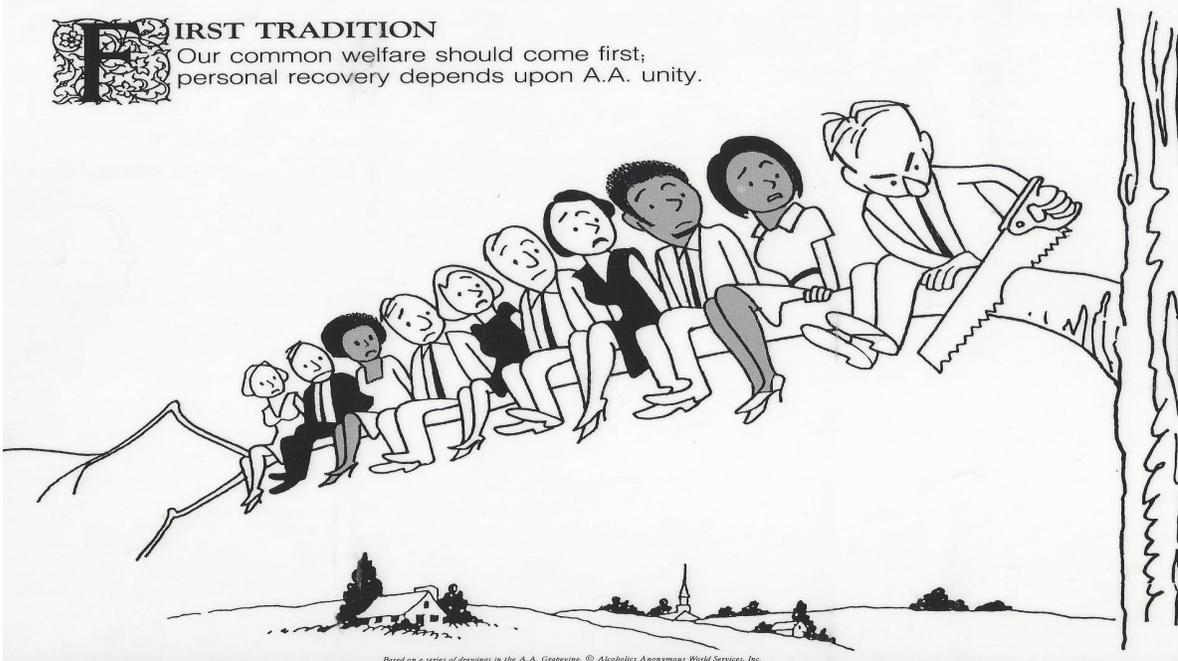
Our common welfare should come first; personal recovery depends upon AA unity.

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?



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.



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permission of A.A.
World Services*

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*

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

COI Steering Committee Meeting- First Tuesday of every month, 6pm at *Central Office*

Central Office Intergroup Meeting- First Tuesday of every month, 6:40pm at the *Central Office*,
2800 Youree Drive, Suite 362, Bldg A, Shreveport 71104

Treatment& Corrections Committee Meeting- (old H & I Committee) **AND**

PI & CPC (*Public Information & Cooperation w/ Professional Community*)- **Quarterly** (AACO will Email Blast Date)
Tuesday 6:00 PM at *Central Office*

District 1 -- Area 27- 6:30 PM **Third Tuesday** of every month at the *Highland Club*, 1711 Tulane, Shreveport
District Committee Member: Mary M., (318) 626-5054, MaryM1996@earthlink.net

Come join us and be a part of service!

Clip and save this information for future reference.

Greetings,

It is my hope that everyone who receives this letter is doing well and staying safe. This is an invitation to the old-timers (members with 25 or more years of continuous sobriety) to share memories of those who helped shepherd their sobriety. We all have memories of individuals God placed in our lives who through their sharing, enabled us to overcome that moment's dilemmas, or whose words of wisdom encouraged us to trudge the path with a higher level of commitment.

We do not want to lose those memories! Hence, we have five donated voice recorders at the Central Office that can be borrowed and, used to document your sobriety journey while highlighting the influence of those who are no longer with us but, who played a pivotal role in your recovery. These memories will be transcribed and put in booklet form to be shared with the fellowship. Our hope is that members will borrow one of the recorders for about one month, record their memories, and then return the recorder to the Central Office where it will be available for the next participant.

Continuity with, and knowledge of the past, is a hallmark of all strong organizations. Help us to remain strong for future sufferers by remembering our past. Please call the Central Office to reserve one of the recorders.

Forever grateful,
Maurice W., Jr., Chairman

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.

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

November 2021 \$193.15

November 2021 Personal Donations...\$317.75

Thanks to all the **Group Contributions November 2021...\$1,269.15**

Awakenings...\$379.41

COI Meeting...\$20.00

Grace...\$225.00

Industrial...\$100.00

Keystone...\$27.00

Margaret Place...\$278.99

Personal Recovery...\$225.00

Sobriety 101...\$2.00

Twin City...\$10.00

We Have Recovered...\$1.75

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 2022:

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%)

General Service Office

**P. O. Box 2407, James A. Farley Station,
New York, NY 10116-2407 (30%) (NEW ADDRESS)**

*(Percentages are suggested based on support of four service entities)
(Use your group conscience)*

Central Office/Intergroup *Message*:**SERVICE**

Service is one of the Three Legacies of Alcoholics Anonymous (A.A.). It can be provided in many ways according to our own talents and abilities. Of course we are all expected to pass the A.A. message on to the suffering alcoholic but even this can be done in many ways.

The Service I always think of first is one-on-one sponsorship. But carrying the message to correctional institutions through work with a local Corrections Committee is immensely important and rewarding. So is taking meetings to treatment centers and halfway residences through the local Treatment Committee.

But did you know that there are also local (and District, Area and National) committees which are organized to provide information to the general public about getting sober in A.A.? Public Information (P.I.) Committees do this work in various ways depending on the needs of the local community. And professionals who work with alcoholics, both active and recovering, are served by Cooperation with the Professional Community (C.P.C.) Committees. C.P.C. Committees also work with students studying medicine, nursing, social work, psychology and other fields which deal with alcoholism. A *Grapevine* Committee promotes usage of its A.A. publications in all of its formats, print and online.

We are District 1 of Area 27 (Louisiana) in the A.A. service structure. Through this means we can communicate with the General Service Office (G.S.O.) which handles the broader needs of Groups in the United States and Canada. It sees that appropriate literature (i.e. the *Big Book*, the *12&12*, pamphlets, guidelines) gets printed and distributed here and translated for alcoholics who do not speak or read English. It offers suggestions for handling problems which may arise in the Groups which seek its advice. And it conducts the annual General Service Conference which assures that Bill W.'s plan for the existence of A.A. continues so that the message gets carried.

We are fortunate here in the Shreveport-Bossier area also to have a Central Office Intergroup (COI) as well as thecdx District to facilitate this work. What is the difference between COI and a District? Central offices or intergroups usually function on a local level while Districts are part of the international A.A. service structure. Here in Shreveport-Bossier, COI gathers information on all of the meetings in the area and makes it available through the *Where & When* meeting list and the online, searchable meeting database (<https://aa-shreveport.org/meetings/>). Our COI also coordinates the Hotline which answers the phone during the hours that Central Office is closed so that alcoholics always have a person to talk to about recovery. And our Central Office provides us with a local source for the purchase of literature (books, pamphlets, workbooks, cards), "chips" and other items to aid in recovery. And, finally, COI puts on the Tri-State Convention both to carry the message and to raise funds for its operation.

What kind of service style is yours? Investigate further by attending a meeting of COI on the first Tuesday of each month at 6:40 pm at Central Office. Both the Treatment & Corrections (T&C) Committee and the Public Information & Cooperation with the Professional Community (PI & CPC) Committee meet on the second Tuesday of each month, also at Central Office.

Attend your home group's business meeting. And all members are welcome when District 1 meets on the third Tuesday of the month at 6:30 pm at the Highland Club.

by: Mary M., DCM, District 1, Area 27

15Dec2021

**Service Opportunities Available Immediately
District 1**

District Committee Member (DCM) – 5 years continuous sobriety recommended. See Job Description below.

Alternate DCM—2 positions available;

Secretary – 2 years continuous sobriety preferred; ability to take minutes of meetings and distribute them via e-mail; ability to send notices via text

Chair, Literature & Grapevine Committee – 2 years continuous sobriety recommended

Workshop/Event Coordinator – 2 years continuous sobriety recommended

DCM Job Description

The DCM is

responsible for maintaining communications between GSRs and the Louisiana Area 27 Committee.

fulfills the duties described in the *AA Service Manual* (p. 15/Duties & Responsibilities) & Your DCM (F-12 pamphlet).

conducts monthly District Committee meetings and provides the agenda.

appoints Ad Hoc Committees at the direction of the District Committee.

promotes Unity and Service by visiting AA Groups in the District area.

communicates business before the District Committee, Area Assembly and General Service Conference to local AA Groups.

reports District business back to the Area Assembly

The DCM is an elected two-year position. The DCM should have a suggested 5 years of sobriety and, above all, the time, energy, and desire to serve.

Other information on these service positions can be found in the new *A.A. Service Manual*, pages 13-17. https://www.aa.org/sites/default/files/literature/en_bm-31_3.pdf Please contact Mary M., District 1 DCM for further information (318) 626-5054 (landline, no texting),

MaryM1996@earthlink.net

Louisiana Area Assembly Schedule for January 15 & 16, 2022

Best Western Alexandria, 2720 N MacArthur Dr, Alexandria, LA 71303

(318) 445-7234

Please Check When You Arrive at Assembly for Possible Room & Time Changes That May Be Made

[Virtual Link Zoom Meeting ID 373 884 7070 Passcode Access27](#)

Tulane **TUESDAY**
SPEAKER *Meetings*



January 2022

Jan 4 **Jeff A.**

Jan 11 **John P.**

Jan 18 **Winnifred W.**

Jan 25 **Harriett P.**

7:30pm

Highland Club

1700 Tulane Ave.
Shreveport 71103





January Intergroup

Speaker **BILL H.** DOS 4/18/1994

Sponsored by: SOUTH SHREVEPORT GROUP AND
PRIMARY PURPOSE GROUP



Dinner at 6:30pm / Speaker at 7:30pm

Chili and Salad. Bring a desert

January 8, 2022

Koala club, 4809 Shed Rd. Bossier City, LA71111

Al Anon Dinner

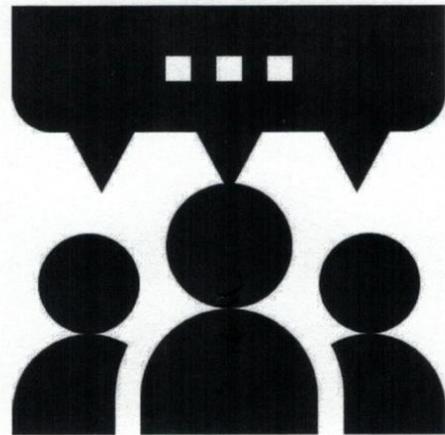
One Day at a Time

With panelists

Cecilia W,

Lucy J, &

Linda W.



Saturday, Jan. 22nd 6 pm.

Dinner, Dessert and Drinks provided-

Menu - by Jack's BBQ in Shreveport -

**Pork Tenderloin w/raspberry sauce,
potato casserole, green beans, peach cobbler**

**Donations accepted plus 50/50 raffle, and door
prizes too!!**

Highland Club, 711 Tulane Shreveport

**RSVP by Friday, Jan 14th if you plan to attend, just so we
know how much food to order, to debramerritt09@att.net or
601-807-8470. See you there!**

Old Time A.A.

Presents: A benefit for Dr. Bob's Home



**January 22, 2022
12 PM to 4 PM Eastern**

**"Remembering our Dear
Friend, Sandy B."**

**Video Tour of
Dr. Bob's Home**

This is a FREE event to create awareness and raise funds for the restoration and preservation of Dr. Bob's Home. Please consider donating.



**ZOOM MEETING ID: coming soon
PASSCODE: coming soon**



www.OldTimeAA.com

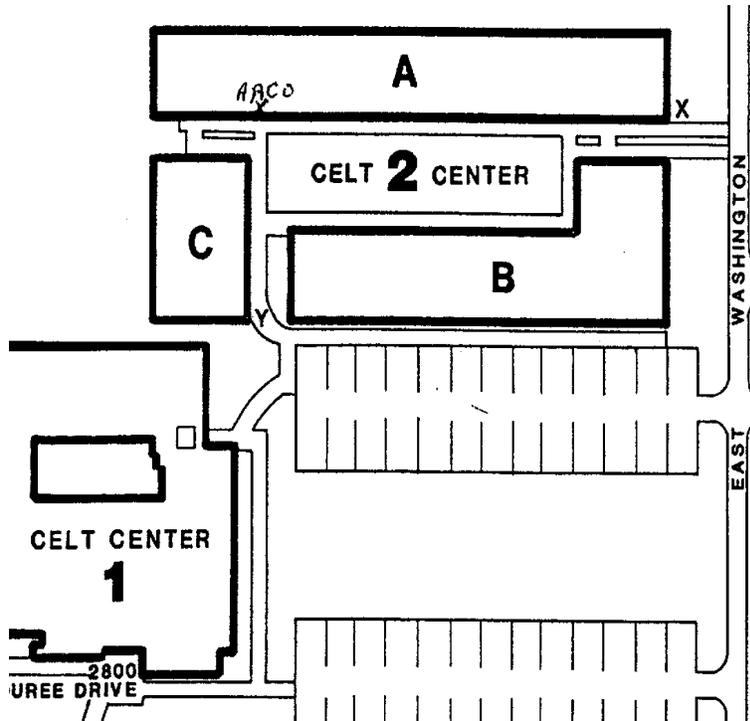
[Gifts & Souvenirs](#)

[Dr. Bob's Home Facebook](#)

[Dr. Bob's Home Info](#)

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**

