

# *The MESSAGE August 2023*

## Positive Thinking - Negative Thinking – Reality

Reality Thinking: A Level Playing Field

By Rick R.

Ever since I was a child, anytime I had doubts about an event that was about to happen, someone would suggest “You’ve Got to Think Positive.” As much as I would have liked to be positive, I was seldom able to overcome my doubts simply by willing them away. Eventually I dismissed the idea that positive thinking would make any difference at all. As I got older, and in the grip of alcoholism, my cynicism grew, and I thought that I was always getting the bad breaks. It was easier to complain about everything than it was to take responsibility for myself.

Fear of humiliation, responsibility, social activities, and all the other fears that alcoholics are plagued with, was my comfort zone, as long as I could drink myself into oblivion. When that no longer worked for me, I came to Alcoholics Anonymous (A.A.) and have been sober ever since. I learned in A.A. that alcoholics are plagued with *irrational* fear and that these fears far exceed the normal, God given instincts that we were born with and that these fears are the root cause of our problems. Positive thinking may work fine for normal people but for me it translates into *expectations*, and disappointments. In Dr. Paul’s story in the Big Book pg. 417, he said (“My serenity is inversely proportionate to my expectations”) and I agree with him.

Negative thinking, on the other hand, has undesirable effects on the alcoholic. It seems that when I am cynical about an issue, it gives me a built-in excuse not to perform. It makes it much easier to sit in a bar and complain about the issue than to take the risk. This plays right into the *irrational fears* that have paralyzed me during my drinking days and still have the potential to keep me from growing in the program. A.A. does not stop life issues from happening, but it does help me to stop doing damage to myself. Over the years of exploring the cause and effect of my experiences, I have become very pragmatic about this issue. Like other issues in my A.A. development I have learned that moving away from the two extremes and closer to the center, which I refer to as, “Reality Thinking,” has taken the artificial emotions (drama) out of my decision making, and that has served me well. I do not get too high when I am on a winning streak or too low when things are not going well. I live my life on a “Level Playing Field,” and it is Real. I have very few disappointments, and my mind is less troubled. For me, peace of mind is the by-product of this approach to my thinking.

Today, I hope for the best, prepare for the worst, and accept whatever happens, and I discovered that often, the things that I used to worry about never happen. The most effective and productive approach for me has been the establishment of a list of principles that I live by, that are consistent with the A.A. program and, other respected philosophies of life, that I have explored, that give me the best possibility to be successful in my undertakings. That does not mean that I never have disappointments, but the successes far outweigh the failures.

## *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*

## *August 2023*

**Winners Aug 7-13**

**Saturday Night Live Aug 14-20**

**Blanchard Aug 21-27**

**Personal Recovery**

**Aug 28-Sept 3**

**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 Eight:** “Made a list of all persons we had harmed, and became willing to make amends to them all.”

Reprinted from AA Big Book, page 59

**Tradition Eight:** “Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers”

Twelve Steps and Twelve Traditions pg. 160  
Reprinted with permission of A.A. World Services

**Tradition Eight:** (The Long Form)

“Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never paid for.”

The A.A. Group...Where it all Begins Pg 45  
Reprinted with permission of A.A. World Services

**Tradition Eight:**

**Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get *some* reward — even if not money — for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition — How it Developed*?



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**Concept Eight:**

“The Trustees of the General Services act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”

Twelve Concepts for World Services  
By Bill W. Page 33  
Reprinted with permission from World Services

# *Great Service Opportunity*

Join the *Steering Committee* at  
*YOUR* Central Office. We are in need of an

## *Vice Chairperson & Intergroup Chairperson*

*If interested, please contact Lisa @ Central Office  
(318) 865-2172 or email: office@aa-shreveport.org AND*

*Attend our next meeting on August 1st  
6:00PM AT Central Office*

*WE MEET ON THE FIRST TUESDAY OF THE MONTH!!!*

### **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%)

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

**Thanks** to all the **Central Office Backers** contributions for the month of **May 2023**. 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.

**May 2023...\$465.00**

**Thanks** for all the **Group Contributions...May 2023...\$1066.75**

***COI Meeting...\$10.00***

***Airline...\$62.25***

***Five Thirty...\$50.00***

***Industrial...\$100.00***

***Keystone...\$28.00***

***Lunch Bunch...\$95.00***

***Margaret Place...\$100.00***

***On the Way Home...\$310.00***

***T.I.E....\$25.00***

***Tulane...\$76.50***

***Twin City...\$10.00***

***White Dove...\$100.00***

***Other...\$100.00***

**May Intergroup...Half Past Five...\$600.00**

**Thanks** to all the **Central Office Backers** contributions for the month of **June 2023**. 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.

**June 2023...\$1,165.00**

**Thanks** for all the **Group Contributions...May 2023...\$1,002.50**

***COI Meeting...\$17.00***

***Grace...\$140.00***

***Keystone...\$128.00***

***Personal Recovery...\$143.00***

***Saturday Night Live...\$257.00***

***Maverick...\$187.50***

***Tulane...\$20.00***

***Twin City...\$10.00***

***Other...\$100.00***

***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!!!***

# SERVICE OPPORTUNITIES

## **Central Office Steering Committee & COI Meetings**

**First Tuesday of the Month**

**6:00 pm– Steering Committee Meeting**

**6:40– COIs & Steering Committee**

**@ Central Office, 2800 Youree Dr., Ste 362A, Shreveport 71104**

## **Central Office Intergroup**

**First Saturday of Month**

**Generally**

**Even numbered Months**

**At Highland Club**

**&**

**Odd numbered Months**

**At Koala Club**

**4809 Shed Rd, Bossier City 71111**

## **Tri-State Convention Committee**

**Second Sunday of Month**

**2:00pm at**

**Central Office**

## **District 1 Area 27**

**Third Tuesday of Month**

**6:30pm at**

**Highland Club**

**1711 Tulane Ave., S'Port 71103**

***DCM***

**Jane Rowell**

**(318) 564-9043**

**janeerowell1@gmail.com**

## **Treatment & Corrections**

**Second Tuesday of Month**

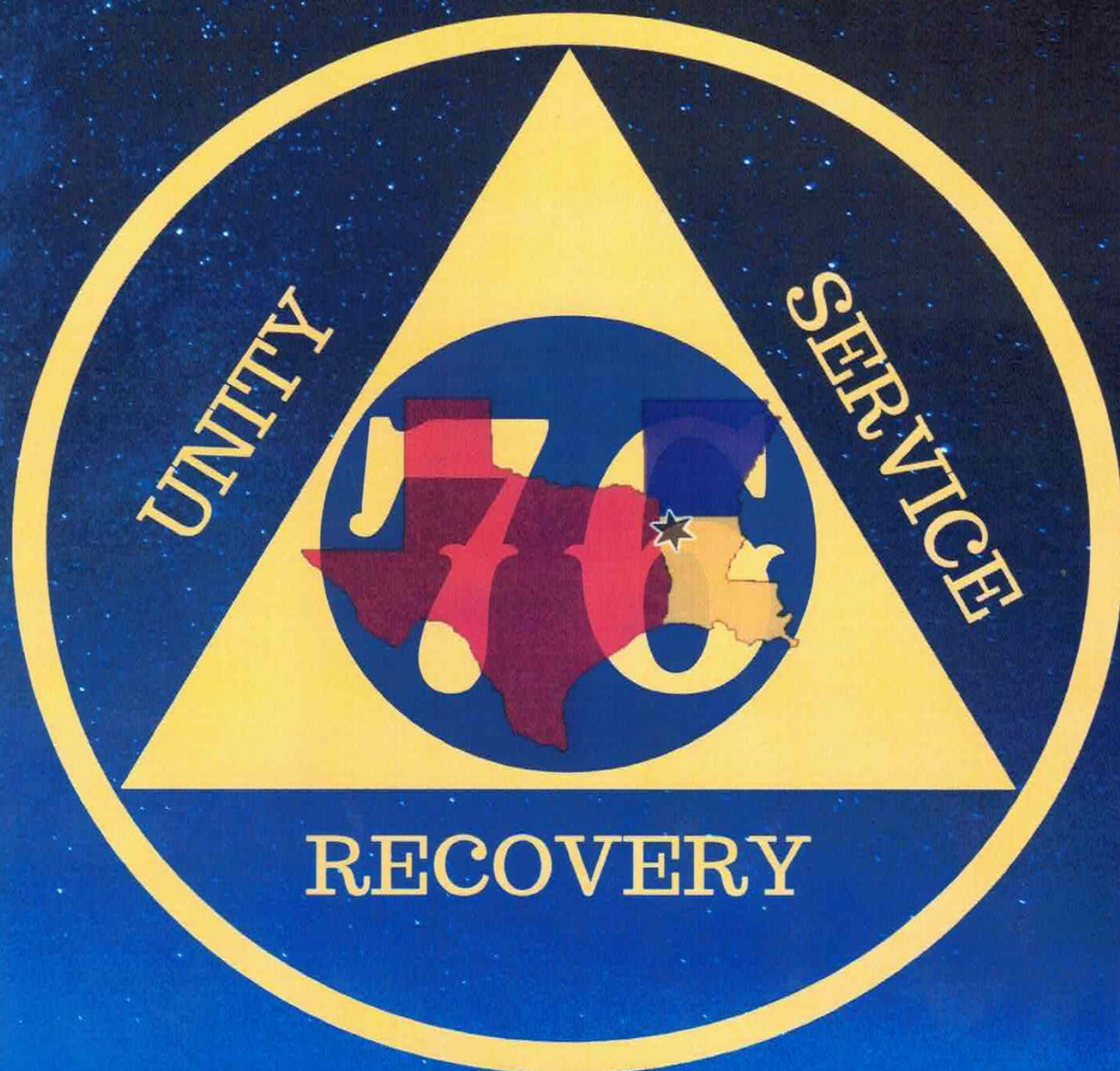
**6:00 PM at**

**Central Office**



***76th Annual Tri-State NOVEMBER 3-5, 2023***

***76th Annual Tri-State Convention  
Planning Committee***



*If you would like to participate please come to the A.A. Central  
Office on the 2nd Sunday of every month at 2:00 P.M.*

***WE HAVE SEVERAL CHAIR POSITIONS CURRENTLY NEEDING FILLED.***





# DISTRICT 1 AREA 27 MEETING

**3rd Tuesday of every month**

**Starting January 17, 2023**

**AT THE HIGHLAND CLUB**

**6:30 PM - 7:30 PM**

## What is a GSR?

The General Service Representative has the job of linking his or her group with AA as a whole. The GSR represents the group at the district and area levels, bringing the groups' thought, news and problems to the District committee member and to the Delegate, who then passes them on to the conference. In return, the GSR brings back to the group the information and remedies that affect AA-unity, health, and growth. To the extent that a GSR keeps the group informed, then expresses the group conscience, only then can the Conference be assured it is acting for AA as a whole.

Ideally, all groups should make every effort possible to have an alternate GSR.

The GSR "...may be the most important job in AA. By choosing its most qualified man or woman as GSR, a group helps secure its own future - and the future of AA as a whole." -Bill W.

*Tulane* **TUESDAY**  
**SPEAKER** *Meetings*  
*August 2023*



*August 1* **Dick K.**

*August 8* **Diane M.**

*August 15* **Denny M.**

*August 22* **Elizabeth T**

*August 29* **Jeff A.**

*New Time: 7:00pm*

*Highland Club*

1700 Tulane Ave.  
Shreveport 71103



*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.*



# ***AUGUST INTERGROUP***

**Saturday, August 5, 2023**

Hosted by

**Blanchard & Fairfield**



**Groups**



***Hamburgers & Hot Dogs at 6:30***

***Speaker @ 7:30–Chris M.***

***DOS– 7/1/2009***

**@ Highland Club**

1711 Tulane Ave, Shreveport 71103

***50/50 Raffle***

***PLEASE BRING DESSERTS***



**SOUTH SHREVEPORT AA GROUP  
& PRIMARY PURPOSE AA GROUP  
ARE HOSTING A SPEAKER &  
DINNER MEETING...**

**August 19, 2023**



**Highland Club Dinner at 6:30,  
Speaker at 7:30**

**Serving Lasagna, Salad, iced tea  
and bread. Bring a desert.**



**Highland Club  
1711 Tulane Avenue  
Shreveport , LA 71103**



# Alpha House Minden



Celebrating Their



## ***64th Birthday***

### Saturday, August 19th

4:00pm Food, fun, and fellowship  
(games, amusements, and raffles)

Potluck 6:00pm

Guest Speaker at 7:00pm

***Walmart Mike W.***



# Anniversary 2023



## Women Do Recover Anniversary

Thursday, September 14, 2023

5:30 pm until 6:30 pm

Serenity Clubhouse, 1506 Abbie St., Shreveport, La

Dinner will be served following the meeting



# The Steps We Took 76<sup>th</sup> Tri-State Convention

November 3rd - 5th  
At the Bossier Civic Center

Live Music by Pocket Change

On Saturday starting @ 9:15

Free Gumbo Dinner on Friday

(Courtesy of Lagniappe Catering)

Speakers T.B.D.

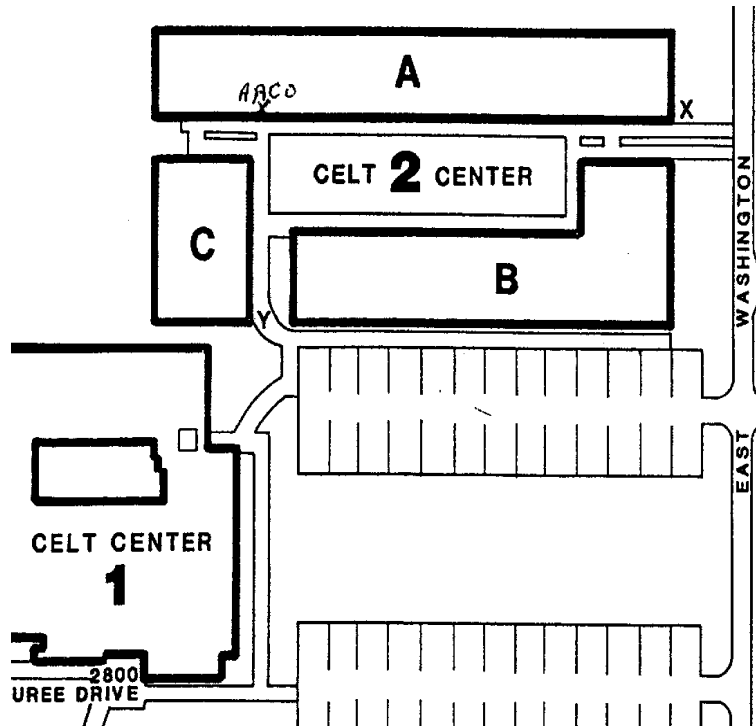
Pre-Registration

\$20.00

[www.tristatenwla.org](http://www.tristatenwla.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 Inter group*

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

