

The MESSAGE *January 2024*

It's Not a Gimmick If It Works

A First Step emerges from an indexed history

Anonymous, Denver, Co., Grapevine , January 2011

Step One was hard. I came with a watch, car, professional career and no DUI, jail, detox, skid row, treatment center or DTs. I didn't drink every day. I thought that I'd never had black-outs. I said AA was boring and that I was very thirsty—loudly! By the grace of God as I don't understand him, I have been sober over 34 years; never relapsed. How? People were praying for me.

Some long-timers said: "Young man, everyone needs three things to get the program. We're very sorry; you don't have any of them." I asked, "What are the three things?" They said, "Honesty, open-mindedness and willingness." They weren't mean. They were telling me the truth. They saw that I was downcast. One said, "You know, even you might get the program! If you're sick and tired of being sick and tired, if you're willing to become willing to become willing, if you'll ask God as you understand him or God as you don't understand him to give you what you need, but you don't have—honesty, open-mindedness and willingness—even you might get the program!"

That meant there was hope for me. I could start where I was. I didn't need to wait until I got a better attitude. I could ask for one.

Ninety meetings in 90 days? Read the Big Book every day Both too boring! Guys would offer me their phone numbers. I said, "Get away from me; I don't want what you have!" But I did begin to pray every day for honesty, open-mindedness and willingness, an honest desire to stay sober no matter what and a genuine desire to go on living.

To look at my drinking, I used index cards instead of a notebook, because new memories popped up in random order. Each card was for one drinking experience. At the top left I wrote my age, in the middle what I was drinking, and at the top right, where. Below that I wrote the details of that experience. Example: "14 • Whiskey • Hometown • We could have been shot to death doing burglaries, day and night, to steal whiskey • We got crazy drunk!"

I sorted the cards by age. I saw why I had always had a life-and-death problem with alcohol yet never even had a DUI. I usually drank, got drunk, blacked out and passed out—all quickly. I saw that I would eventually drink because of the mental obsession, get drunk because of the physical craving and die an alcoholic death because of the progression.

I have used the same method with the men I sponsor. I say, "This 'gimmick' is not in the Big Book, but there are lots of good ideas that aren't in the Big Book, like '90 in 90' and 'HALT—Don't get too hungry, too angry, too lonely or too tired.'"

I say, "This will be painful, but it will help you to see the part of your drinking story that could lead you to a relapse unless you take an honest look at it—the part you don't see now—the underwater part of the iceberg that sank the Titanic."

They all complain, but they end up thanking me. I say, "Self-knowledge can't keep any alcoholic sober, but it may motivate you to go looking for something that can—the Twelve Steps."

If my sponsees have also used drugs, it seems to make it harder for them to see what kind of drinking problem they have, since everything is mixed up. I suggest that they pull out the cards that deal with alcohol alone—perhaps very few.

I suggest, "That's your drinking story. That's what you can compare with the stories in the Big Book to decide what kind of drinking problem you have: A. Can you quit and stay quit on your own without the Twelve Steps and AA meetings? B. Is lifelong involvement in the Twelve Steps of AA a matter of life and death for you?"

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 2024

Lunch Bunch Jan 1-7

Winners Jan 8-14

Grace Jan 15-21

Half Past Five Jan 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!

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
Reprinted with permission of A.A. World Services*

Tradition One:

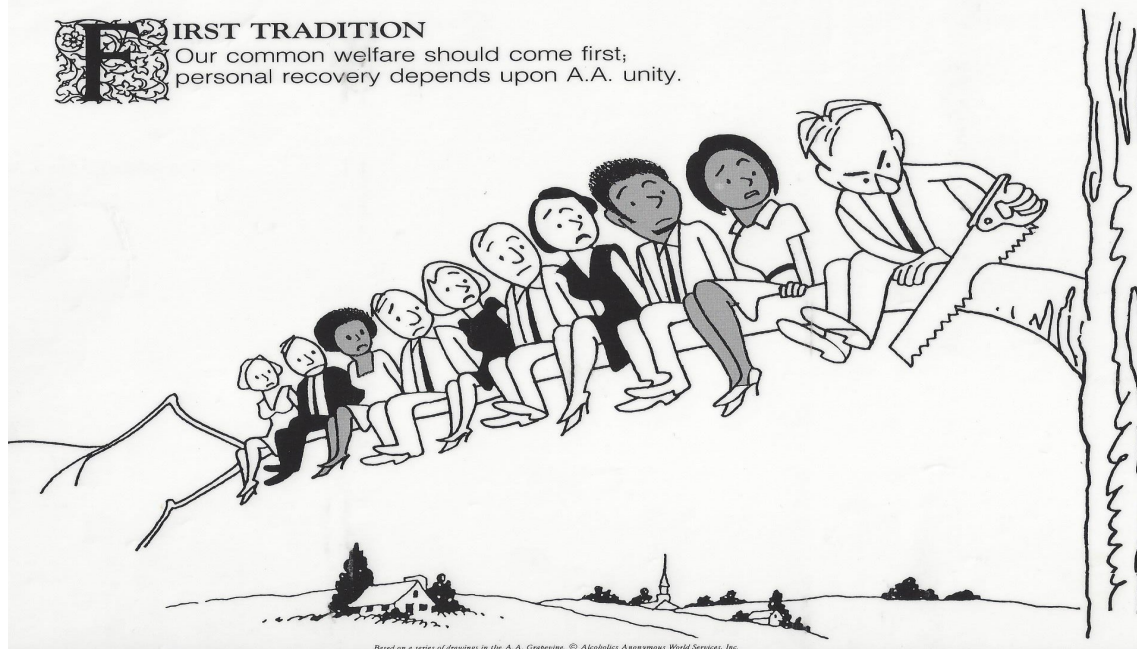
Our common welfare should come first; personal recovery depends upon AA unity.

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.



*Reprinted with
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*



Hot Fudge Sobriety

The road back to normal is not always straight

BY: SNOW P. | FT. LAUDERDALE, FLORIDA
Grapevine January 2011/ Newcomers



If you take a small, precious living creature and make a home for it in a bowl of alcohol and drugs, eventually it will not know much about anything. If the creature spends a lifetime in the bowl and a moment of divine intervention plucks it out, it is a lucky start, but there is no reversal to "normal." There is only learning everything for the very first time.

I was stark raving sober my first year. Every minute of every day of the first 365 days was a brand new experience. It was like being a newborn. The first birthday, the first Mother's Day, the first shower, all the anniversary grief, writing the first letter without a glass of wine in hand, were as foreign to me as walking on the moon.

I did not know I could have died from the withdrawal of all the alcohol I had been consuming, and that had been consuming me. I really didn't see myself as that bad. The shaking and spasms of withdrawal knocked me to consciousness, and the woman who said she was my sponsor at my first meeting promised me that if I just didn't pick up one drink for one day, I would never have to go through this again. I called her on the phone about six times a day. She worked in a very quiet carpet store and had the time to speak to me and soothe me through the next hour until she got off work and could pick me up for the meeting. I had taken a leave of absence from my job as an executive, where I was in over my head. I didn't want her boring life, but I surely wanted what she had, whatever it was. There was not a chance I could identify it. She reached out from the lifeboat of sobriety and pulled me up from the bottom of the ocean. I was so crazed that she had been advised to stay away from me so she would not get drunk. Thank God she didn't listen to that advice.

I asked her if everyone went through this. She smiled and said in her broken English, "Don't worry about them, you can do it, they all did it already, and don't think about them. You only have to do it this once, just for today, just for a few more hours." She was an escapee from East Germany, the perfect hardcore kind of woman I needed for my excruciating journey into sobriety. She knew me much better than I knew myself. She told me that the worst drunk in the world could stay sober for one day. I laughed at that, as she knew I did not see myself as such, but as time went on, that one day got very long, and I was shocked to find out how really bad I was.

I could not find the place called normal. Even just the basics took time. I did not know when or what to eat. She told me there was lots of sugar in alcohol and that I should have some honey or something sweet around all the time, because the cravings I had could simply be for sugar. What I was shaking for was definitely not a chocolate bar, but I was willing to listen to anything. I had a heavy coat, as it was March in New York, and I kept two short rolls of chocolate chip cookies in large pockets. I went to two meetings a day and to a diner after meetings at night. It was a central location for after meeting fellowship from five towns. If no one was there, you just waited. Someone always showed up, day or night. I ate a hot fudge sundae every night for the first year. I figured I would rather be fat than dead. Eventually my sponsor talked me into more balanced food groups.

I could not sleep, and was told, "Nobody ever died from lack of sleep." Like so many of the things I heard, all I could think of was "What the hell does that mean?" It meant that being awake would not hurt me, watching TV would not kill me, but drinking would. I was told that most people have trouble sleeping when they get sober because the whole central nervous system is shot and needs time to figure out how to get to normal. Nothing just happens when you stop drinking. It's all a process, not an event. I looked for the people who stayed up all night after the diner closed. Some people were still nightbirds and available to babysit newcomers. I would talk to Pete the Plumber until 3 a.m., when I thought I might be able to try to fall asleep. He would have stayed on the phone with me until the cows came home. He gave me my first Big Book at 90 days, and it simply read, "Thank you, Pete the Plumber." I had no idea what he was thanking me for. That book is one of my most valuable possessions today.

I heard, "First Things First" and thought, How do I know what is first? Who do I ask? I lived alone and didn't even know how often you were supposed to change the sheets. All boundaries, all rules and all common sense were completely blurry.

I am now sober more than half my life, and, although I have the basics down, I still have to ask a sponsor what normal is. If you never had a starting point of normal, how are you supposed to know?

I have had a spiritual awakening as a result of taking the Twelve Steps and my life revolves around my sobriety and my program. However, it is a daily reprieve; the story is not over yet, and fortunately, I have lots more to learn. I have found for sure that in the moments that you know what normal is and ones you don't, no matter what stage of sobriety you are at, even if your sponsor is not around, God will meet you anywhere.



Letter from Area 27, District 1 DCM

Our triangle and circle represent the AA way. The three sides of the triangle represent Recovery, Unity, and Service. Recovery is the 12 steps, Unity, the 12 traditions, and Service is the 12 concepts. We are all familiar with the 12 steps and 12 traditions, but what about the 12 concepts? Service is what keeps AA going and growing. While there is no president of AA, decisions have to be made. There is a board of trustees, both alcoholic and non-alcoholic. Their tasks are presented to them by a group of delegates that represent areas throughout the United States and Canada. The delegates bring to our trustees the opinions of the districts they represent.

I represent District One, as the DCM, (District Committee Member). We are in Area 27 which is the state of Louisiana. I have been elected by the GSRs, (Group Service Representatives), that come to our monthly meeting on the 3rd Tuesday of every month. Unfortunately, there are very few groups in our district that are represented. Our district is failing to fairly hold up the third side of the triangle.

Now, I know that I only have 23 + years of sobriety, but I have worked hard, on a daily basis, to do my part in the Shreveport/Bossier area to keep AA alive and well. When my sponsor told me I was a COI, I said yes, not "No, I don't feel like it." When I was told that I was the new GSR for my home group, I said yes, not "No, I don't feel like it." That was not even an option. I am very grateful for that sponsorship that pushed me to be involved and educated on the organization we call Alcoholics Anonymous.

This past week, a list of discussion questions was blasted to all the emails listed with our Central Office. I have received only 4 responses, and as far I know, none of the questions presented in that blast were asked and discussed. I've received the opinion that the first 164 pages should not be changed and I respect this opinion. This is disappointing though, that a simple task of discussing questions was ignored. Just an uproar towards the change.

I have only been your DCM for a few months, but I found out almost two years ago that the changing of the 1st 164 pages had already been approved. I attended the Unity Day that District One hosted when our delegate, Nick, spoke to us about these changes. Where were you?

Please consider getting involved in the decisions that affect AA as a whole by being a GSR and showing up for our monthly meeting, If you're not part of the solution, you're part of the problem. Just complaining, spreading negativity in this awesome fellowship is simply wrong. We are meant for greater things.

In your service,
Jane Rowell
DCM, District One

WANTING TO BE OF SERVICE???

Join the Central Office STEERING COMMITTEE

Secretary Position Available

Come to our Next Committee Meeting

Tuesday, February 6, 2024 @ 6:00pm

Central Office Steering Committee & COI Meetings

First Tuesday of the Month

6:00 pm– Steering Committee Meeting

6:40 pm– 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

1711 Tulane Ave., S'Port 71103

&

Odd numbered Months

At Koala Club

4809 Shed Rd., Bossier City 71111

Tri-State Convention Committee

Second Sunday of Month

Next Meeting Jan 14, 2024

**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 Every Other Month

6:00 PM at

Central Office

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

November 2023...\$965.00

Thanks for all the **Group Contributions...November 2023...\$198.00**

COI Meeting...\$13.00

Tulane...\$52.00

Keystone...\$19.00

Twin City...\$10.00

Saturday Night Live...\$104.00

***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 2024:

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)***

New SPANISH SPEAKING MEETING

Faith Church of God
7701 St. Vincent Ave., Shreveport 71106

La Puerta De Vida

Sunday

3:00 pm– 4:00pm

Monday, Wednesday, Friday & Saturday

7:00pm– 8:30pm

All Open– Discussion

Tulane **TUESDAY** **SPEAKER** Meetings



January 2024

Jan 2 **Graceanne B.**

Jan 9 **Antoine H.**

Jan 16 **Eugene T.**

Jan 23 **Jennifer A.**

Jan 30 **George E.**

7:00pm

Highland Club

1700 Tulane Ave.
Shreveport 71103



SOUTH SHREVEPORT AA GROUP



Our Step-Study meeting
is changing from
Wednesday @7pm to
Thursday @6pm..

St Mary of the Pines
Room #5 (right side of
church, far back
corner, you'll see cars)

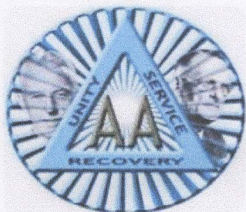
1050 W Bert Kouns
Industrial Loop,
Shreveport, LA 71118



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.

Tyler AA Anniversary

January 12-14, 2024



....."all sorts of remarkable things followed."

Join us in celebrating seventy-seven years of
Alcoholics Anonymous in Tyler, TX

Tyler Rose Garden Center

420 Rose Park Dr., Tyler, TX

Sobriety "ROOTED" in Texas!

Pre-registration \$30.00

on-site \$35.00

Pre-register for a chance to win a set of
speaker recordings!

HOST HOTEL INFORMATION

Hilton Garden Inn
220 E. Grande
Blvd. Tyler, TX
(903) 509-1166

Ask for AA Convention rate

Follow us on Facebook:
facebook.com/TylerAnniversary

or more information contact:

Lisa G. (903) 221-4987

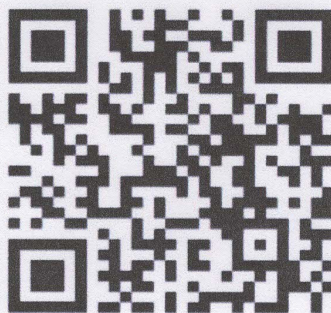
Crystal R. (903) 316-8832

Joe R. (903) 316-2016

at tyleranniversary@gmail.com

Pre-register Online at:

tyleranniversary.org



G&L Tapes Speaker Recordings
Available

Tyler AA Central Service Booth
Al-Anon Booth

NETA Archives Display

RAFFLES-GREAT PRIZES!!!

Friday, January 12

5:00 pm: Registration

6:00 pm: Dinner

7:00 pm: Meet the Speakers

7:45 pm: RAFFLE!

8:00 pm: AA Speaker

Dawn F. - Dickenson, TX

Saturday, January 13

8:00 am: Coffee & Donuts

9:00 am: AA Speaker

Tracie J. - Irving, TX

10:30 am: Chairperson Workshop

Gary K. & Jackey B.

12:00 pm: Lunch Break

1:30 pm: AA speaker

Toni S. - Vandergrift, PA

3:00 pm: Sponsorship Workshop

Chris R. - Ingram, TX

Myers R. - Ingram, TX

4:30 pm: Al-Anon Speaker

Vannoy S. - Justin. TX

6:00 pm: Dinner

7:00 pm: Skit

"THE COMMITTEE
INSIDE BOB'S HEAD"

7:30 pm: RAFFLE

7:45 pm: SOBRIETY COUNTDOWN

8:00 pm: AA Speaker

Chris R. - Ingram, TX

Sunday, January 14

8:00 am @ Downtown Suburban Group

1700 E. Front St., Tyler, TX

8:00 am: Potluck Breakfast

hosted by Al-Anon

9:00 am: Al-Anon Speaker

Nancy J. - Santa Fe, TX

10:30 am: AA Speaker

Myers R. - Ingram, TX

11:00 am: Closing of 77th

AA Anniversary

JOIN THE STATE LINE GROUP OF WASKOM FOR AN

EATING MEETING

*Start the New Year
Off Right!*

**TUESDAY, JANUARY 16TH
FOOD @ 6 P.M.
SPEAKER @ 7 P.M.**

JERRY S. – SD 8/5/2001
From the 5:30 Group at
the Highland Club

POTLUCK, BRING SOMETHING TO SHARE

**FIRST UNITED METHODIST CHURCH
1305 W. TEXAS AVE. (HWY 80 EAST)
WASKOM, TX 75692**

Follow us on Facebook:
The Stateline Group of Alcoholics Anonymous - Waskom, TX





Louisiana Men's Workshop

A weekend of workshops and speakers concentrated on the AA recovery program from the Big Book of Alcoholics Anonymous.

Join Us March 01 - 03, 2024

Register on our website:

www.LAMensWorkshop.com

Registration Fee Options:

- 1) Lodge Ticket (Two Beds per Room) \$225.00 or
 - 2) Bunkhouse Ticket (Multiple Bunk Beds) \$100.00
(plus 3.12% credit card fee if paid online)
- Both ticket options include two nights' stay at The Wesley Center, three meals on Saturday, and breakfast on Sunday.

All attendees must be registered and may only stay in the facility. The Wesley Center will not allow RV's or tents on the premises.



Located at the Wesley Center
2350 Methodist Parkway
Woodworth, LA. 71485
www.thewesleycenter.com

Limited Space Available
Please Register By
January 31, 2024

Questions? Contact us at LAMensworkshop@gmail.com

Schedule

FRIDAY, March 1, 2024

- 4:00pm to 7:00pm - Check In
- 7:00pm - Meet and Greet
- 8:00pm - Speaker: Karl S. - Baton Rouge
- 9:30pm - Ending Our Day from Big Book Meeting; Evening Inventory

SATURDAY, March 2, 2024

- 7:30am - 8:00am - Morning Prayer and Meditation
- 8:00am - 9:00am - Breakfast
- 10:00am - 11:00am - Workshop - Sponsorship & finding sponsees
- 11:00am - Fellowship
- 12:00pm - Lunch
- 1:30pm - 2:30pm - Workshop - Mistakes I made
- 3:30pm - 4:30pm - Workshop - Emotional sobriety
- 5:30pm - 6:30pm - Dinner
- 7:30pm - 8:30pm - Speaker: John T. - New York
- 9:30pm - 10:30pm - Meeting and Bonfire

SUNDAY, March 3, 2024

- 7:30am - 8:00am - Morning Prayer and Meditation
- 8:00am - 9:00am - Breakfast
- 9:30am - 10:30am - Workshop - Continuity of the steps
- 11:00am - 12:00pm - Speaker: Sean S. - Metairie
- 12:00pm - 1:00pm - Checkout; early registration for following year



31st Annual Upstate A.A. Convention

Gratitude in Action March 21-24, 2024

Celebrating over 60 years of A.A. in Ruston

Convention Chairperson: **Joe R.**

Voice: **Beau H.**

**REGISTER ONLINE
AT**

www.rustonaa.org

Gratitude House 1501 White Street

Thursday, March 21st

- 5:00 p.m. Registration Begins at Gratitude House
6:00 p.m. Pot Luck Meal
8:00 p.m. Kick Off Meeting at Gratitude House
A.A. Speaker: Beau H.-Ruston, LA

ACCOMMODATIONS

Hampton Inn by Hilton
1315 North Trenton
Ruston, LA 71270
318-251-3090

\$109.00 Per night

Book by 3/15/2024

Civic Center 401 N. Trenton Street

Friday, March 22nd

- 4:00 p.m. Registration Begins at Civic Center
8:00 p.m. A.A. Speaker: Pepper B.-Liberty, MO

Saturday, March 23rd

- 10:00 a.m. A.A. Speaker: Terry E.-New Orleans, LA
1:30 p.m. Al-Anon Speaker: Larcine G.-Hawthorne, CA
6:00 p.m. BBQ Banquet (Donations Suggested)
8:00 p.m. A.A. Speaker: Mike A.- Nashville, TN

Sunday March 24th

- 10:00 a.m. A.A. Speaker: Chet S., West Monroe, LA



Tapes by James (jamestapes@aol.com)
(985) 640-5552

The convention Hospitality Room will open Friday at 4:00 p.m. and close during each meeting.

Pre Registration: \$25.00 each received by March 1st, 2024

Registration: \$30.00 each after March 1st, 2024

**** Please wear badges at ALL times****

Name: (Print Clearly) _____

Mailing Address: _____

AA Al-Anon Alateen

☐ ☐ ☐

☐ ☐ ☐

Email Address _____

Total Enclosed _____

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

Preregister to be put in a drawing for \$50.00 cash.

Checks payable to: Ruston AA Convention

Mailing Address: P.O. Box 505, Ruston, LA 71273-0505

COME CELEBRATE!

BASIC TRAINING

IS TURNING

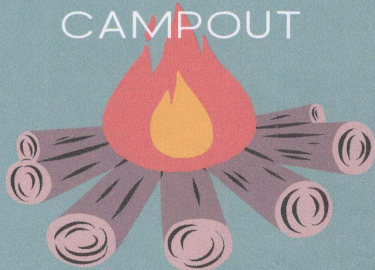
10!

3/2/2024, 2 p.m.
St. Luke's

Join us for fun and fellowship.
We are wishing Basic Training a very happy birthday!
Cornhole Tournament and Speaker Meeting

Speaker: Kyle S.

37th ANNUAL SERENITY WEEKEND CAMPOUT



MAY 3-5, 2024

WHERE TO FIND US?

WHERE TO FIND US:
LAKE O' THE PINES
JOHNSON CREEK GROUP CAMPGROUND
580 CRESTWOOD PARK RD
AVINGER, TX 75630

**Fellowship,
Peace,
and fun!**

50/50 Raffle Raffle Prizes

*Bring a Desert for a Free
Raffle Ticket*

TO PRE- REGISTER:



Registration: \$10.00
RV Hook Up: \$12.00
Camping (Tent): \$7.00



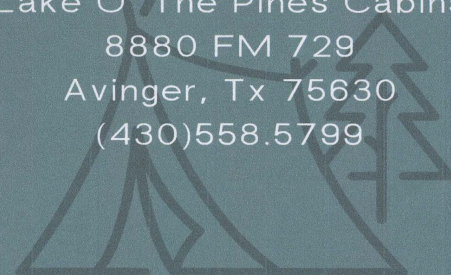
JOIN US ON
FACEBOOK:

Don't want to pitch a
tent?
Reserve a room at:

Bullfrog Marina Cabins:
469 James Rd.
Avinger, Tx 75630
(903)755.2712

Motel Among the Pines:
8945 FM729
Avinger, TX 75630
(903) 755.2725

Lake O' The Pines Cabins
8880 FM 729
Avinger, Tx 75630
(430)558.5799



FRIDAY (5/3)

3:30 P.M - Camp Grounds
Open & Registration
6:00 P.M.- Supper
8:00 P.M. -Speaker Meeting
Scott B., Longview, Tx
9:30 P.M. - Camp Fire Meeting

SATURDAY (5/4)

7:00-8:30 A.M. - Breakfast
10:00 - AA Meeting
12:00 P.M. - Lunch
1:00P.M. - Committee Meeting
(ICE CREAM SOCIAL)
2:30 - Alanon Speaker
Susan E. -Shreveport, LA
4:00- Gratitude Meeting
5:30 P.M. - Supper
6:30 P.M- Raffle and
Sobriety Count Down
8:00 P.M. - AA Speaker
Amanda B. - Shreveport
9:00- 10:30p.m - Dance

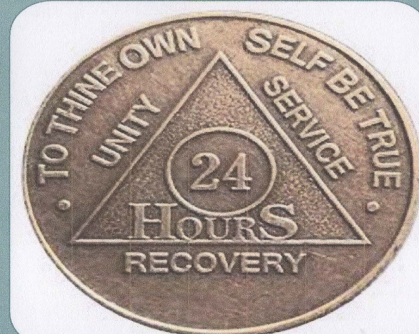
SUNDAY (5/5)

8:30 A.M. - Breakfast
9:30 - Committee Meeting
10:30 - Camp Clean-up

**TO WATCH PEOPLE
RECOVER, TO SEE THEM
HELP OTHERS, TO WATCH
LONELINESS VANISH, TO
SEE A FELLOWSHIP GROW
UP ABOUT YOU, TO HAVE A
HOST OF FRIENDS -- THIS
IS AN EXPERIENCE YOU
MUST NOT MISS.**

Big Book P.89

For More information:
Judy K. - 318-762-8653
Chuck C. - 318-347-5717



Thursday May 16th

5:00 PM Registration Begins at Barak Shrine Temple
6:30 PM Hospitality Room Opens
8:00 PM Kickoff Meeting
AA Speaker: James M. (Breaux Bridge, LA)

Friday May 17th

4:00 PM Registration
6:00 PM Hospitality Room Opens
7:30 PM Opening Ceremony: Sobriety Count Up
8:00 PM AA Speaker: Carl C. (New Orleans, LA)

Saturday May 18th

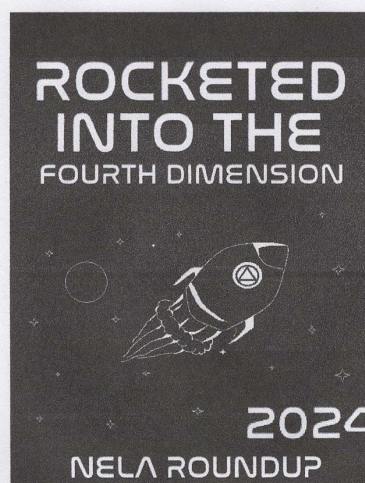
8:00 AM Registration and Hospitality Room Opens
9:00 AM Al-Anon Meeting
10:00 AM Al-Anon Speaker: Maddie T (Houston, TX)
11:15 AM Workshop/Panel (Shriner Room) – Topic TBD
12:30 PM Hospitality Room Opens
2:00 PM Open AA Meeting
3:30 PM Workshop/Panel (Shriner Room) – Topic TBD
5:15 PM Hospitality Room Opens (Fish Fry)
6:45 PM Prize Raffle and 50/50 Raffle
8:00 PM AA Speaker: Jeff N. (Oxford, MS)
9:30 PM Talent Show (Following Speaker)

Sunday May 19th

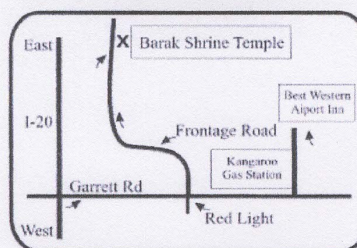
8:00 AM Hospitality Room Opens
9:45 AM Sobriety Count Down
10:00 AM AA Speaker: Mitzi R

37th Annual NELA Roundup AA Convention

In cooperation with Al-Anon



Voice: Ryan P. (West Monroe, LA)
Convention Chair: Jill J. (318) 737-8242
nelaroundup@gmail.com



BARAK SHRINE TEMPLE

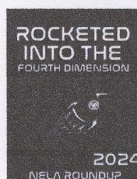
6620 FRONTAGE ROAD, MONROE, LOUISIANA 71202

37TH ANNUAL NELA ROUND UP 2024 – Rocketed Into The Fourth Dimension – REGISTRATION

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

Registration: \$30 each **Please wear badges at ALL times**

Name: (Print Clearly)	Mailing Address: (Print Clearly)	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: NELA Roundup
Mailing address: P.O. Box 5063,
Monroe, LA 71210

Pay online at ladistrict4.com

Total Enclosed: _____

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

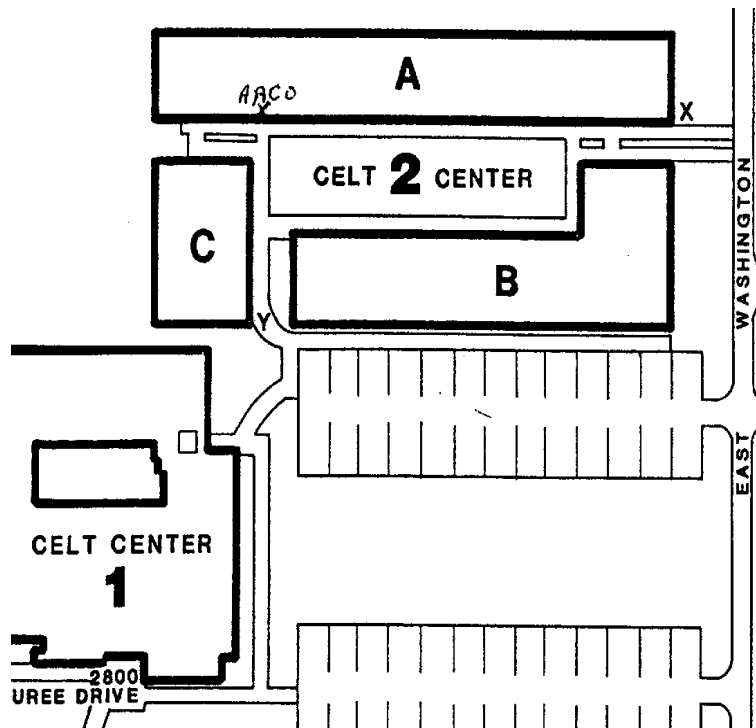
Pre-Registration \$25 per person until May 1st, 2024

There will be one drawing Saturday night for pre-registered guests - \$25 cash prize awarded
www.LADistrict4.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

