



A Wind of Spirit

A Wyoming man's relapse on Thanksgiving day leads him back to the Steps and a spiritual journey

When I got out of the hospital after being dried out and educated a bit about alcoholism, I knew that if I didn't do something about my drinking, I was going to lose everything I had—wife, children, business, money, home. So I went to AA. I'd had a taste of AA in the hospital, and though I had some reservations, in general I liked it. I was welcomed sincerely and genuinely at my first meeting out of the hospital; in fact, the chairman got up out of his chair and walked halfway to the door to greet me. "Bob," he said, "we're glad you're here," and I knew I was in the right place. I have heard hundreds of people say the same thing since.

We had two meetings a week at that time, a Tuesday open meeting and a Friday closed one. I became a regular attendee of the Friday meeting and occasionally went to the one on Tuesday. I was adopted almost at once by a big Irish nurse who became my sponsor and still is. How she ever put up with my intellectual pretensions and general arrogance I'll never know, but she did (and still does!). It was a small group, but representative, as all AA groups are, of the general run of mankind. There was a college professor, a successful businessman, a real estate salesman, a former lady of the night, a truck driver, a housewife or two, and then me—the resident intellectual.

My life got better from the first day in AA. My wife and I became lovers and friends once again; my kids began to warm up to me and enjoyed doing things with me like cribbage, Monopoly, picnics, and walks. My small business prospered, my bills got paid, I had many friends in and out of AA and I was a respected member of the business community. As my friends told me, "You are a much-blessed and much-loved man," and I was—all simply because I had stopped drinking.

And I continued to go to AA. I liked it and realized that my association with Alcoholics Anonymous was the reason things were going so well. I did have a few doubts and reservations about some of the things I heard at meetings. There was much talk about God, for instance. In fact, I sometimes thought that all I heard was God this, God that, God the other thing. But there all those people sat right in front of me with smiles on their faces, most of them with jobs, fairly decent clothes, most with families, leading generally useful, constructive lives. They claimed it was because God was doing for them what they could not do for themselves, and that the Twelve Steps on the wall showed them the God of their understanding. They said that Step One was the cornerstone of sobriety and until they had taken both parts of that Step with no reservations, all their other efforts were in vain.

Continued Pg 3

**AA Central Office
of Shreveport**

24 Hr. Hotline

(318) 865-2172

office@aa-shreveport.org

www.aa-shreveport.org

Office Hours

Mon, Tues, Weds, & Fri

10am- 4pm

Thurs 10am- 5pm

Groups Responsible for

HOTLINE

November 2025

Shreveport Young People

Nov 3-9

On the Way Home

Nov 10-16

Many Harbour Nov 17-23

Rise & Shine Nov 24-30

**This is a great service
that you do for the person
that is still suffering!!!**

THE HOTLINE

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!**

STEP ELEVEN: "Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out."

Alcoholics Anonymous pg. 59
Reprinted with permission of A.A. World Services

TRADITION ELEVEN "Our public relations policy is based on attraction rather than promotion; we need always maintain anonymity at the level of press, radio, and films.

Twelve Steps and Twelve Traditions pg. 180
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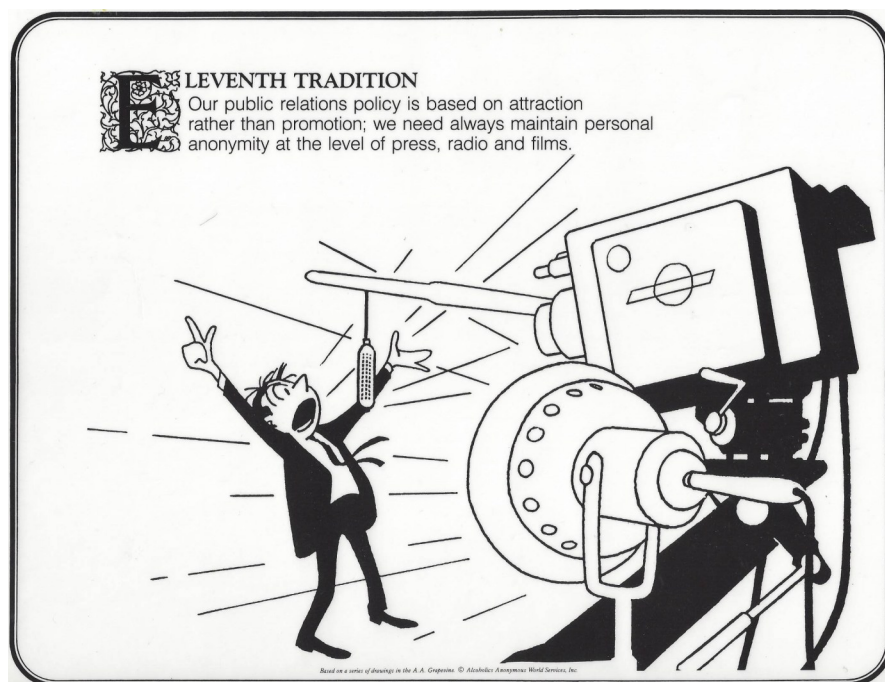
TRADITION ELEVEN (The Long Form)

"Our relations with the public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us."

The A.A. Group...Where it all Begins Pg. 45-46
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TRADITION ELEVEN: Check List

1. Do I sometimes promote AA so Fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member
3. Am I careful about throwing AA names around- even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?



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World Services

CONCEPT ELEVEN: "While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern."

Twelve Concepts for World Service, By Bill W., Page 48
Reprinted with permission of A.A. World Services

Continued from Pg. 1

After listening to their stories, it was quite obvious that they were indeed powerless over alcohol and that their lives were unmanageable. In fact, the way some of those people talked, I wondered how they had ever gotten straightened out. I could see where they needed the whole program. But I could not for the life of me (and that's what it almost cost me) see that *my* life was unmanageable. It was anything but. I had a loving wife, well-behaved, talented children, a successful business. My life unmanageable? Furthermore, I was not mad at anybody, I wasn't afraid of anything, I was not feeling sorry for myself, and if I had any resentments, they weren't bothering me. I just didn't have all those character defects that everybody else talked about. To the best of my knowledge, I didn't need all those Steps. Booze was a problem, obviously, and always had been, but not much else was wrong that I could see.

So life went on happily, merrily for a whole year. Thanksgiving rolled around and many friends gathered together at our house for dinner. My wife suggested that we serve drinks, so I mixed and served them.

I also had one. I remember being a bit fearful after swallowing it, and I recalled hearing at the meetings that I would be hooked again if I ever took another drink. But nothing happened. The sky did not fall in. Aha! thought I, perhaps I am not an alcoholic after all? But I didn't have any more that day, didn't want another one, in fact. And for a whole month I continued to go to AA and didn't feel the necessity for a drink.

Christmas came; we had guests; we had drinks again; and I had—two. Well, I do not remember how long it was, less than a month I think—and I was back on the booze full time, but with a very big difference. During that year of abstinence my capacity for alcohol had dropped from a fifth a day to half of a half-pint a day. Four ounces of alcohol was all it took to keep me sodden. It scared me a little at first to think that my tolerance for booze had dropped so dramatically, especially since I wasn't even drinking, and I remembered and continued to hear at meetings that alcoholism was a progressive disease. But I kept right on drinking my little bit.

For some reason, known only to God, I kept going to meetings. So crafty and sneaky was I that not even my sponsor knew I was drinking, nor did anyone in my family. For two and a half years this went on, and in the late spring of 1969 the inevitable end came into view. My eyesight grew dim and blurred, I was short of breath, I shook all day and all night, what energy I had was rapidly melting away. It took every ounce of willpower I had to get out of bed and get to the shop. I knew I was dying, and I knew what was doing it. But the obsession for alcohol was more powerful than ever before. I had to have it or die, and I was dying because I had to have it. The terror mounted. I thought about Antabuse, but obviously I had to stop before I could take the stuff. I had a crazy thought about going back to AA, but I was already going! I was dying and there was no way out.

Very shortly, on a morning in late July as I got out of bed with the sweats, the shakes, the terror and the obsession, I realized that if I took another drink, I was going to die—not in a week or a day or two, not on the way to the hospital, but right then. And I thought, in an instant it seemed, of the one great thing that everybody at the meetings had talked about: God. All the talk about God this, God that, God the other thing, and all the things God had done for those people seemed to flash through my mind, and I cried out, "God, please relieve me of the terrible obsession to drink." And it was gone in an instant, in the twinkling of an eye. I did not have to drink anymore. I felt clean inside and out for the first time in my life, as if a wind of spirit had blown through me; and I knew that all was well, right now and forever, both here hereafter, and it didn't really matter whether I lived or died. I just didn't have to drink again—by the grace of God. -Anonymous—Printed with Permission, AA Grapevine Nov 2019

MAKE YOUR VOICE HEARD

Annual Central Office Intergroup Steering Committee Elections

Positions due for election:

Chairperson

Co-Chairperson

Chairperson of Intergroup Social Meetings

Treatment and Corrections

Treasurer

TREATMENT AND CORRECTIONS AND TREASURER ARE ELEGIBLE FOR
ANOTHER TERM OF SERVICE

December 2, 2025

6 PM

AA Central Office
2880 Youree Dr.
#362A



1. Chairperson

The Chairperson shall plan and preside over all Steering Committee and Intergroup meetings and shall keep informed of AACO operations and general A.A. matters by regularly meeting and conversing with the office manager. In the event the chairperson is unable to attend a meeting, the co-chairperson shall preside.

2. Co-Chairperson

The co-chairperson shall work directly with the chairperson to keep informed of AACO operations and general A.A. matters, chair all meetings from which the chairperson is absent, and coordinate any AACO special fundraising. In the absence of a standing Public Information Chairperson, the Co-Chairperson shall coordinate public information and professional community activities. In the event the chairperson resigns the vice chairperson shall become the chairperson for the remainder of the term.

3. Treasurer

The treasurer shall review all financial records and reports of AACO, oversee the preparation and timely filing of all governmental required returns and reports, and regularly report directly to the Steering Committee and Intergroup and, through a monthly newsletter or other means, to the A.A. fellowship the financial operations and condition of AACO. The treasurer should have a working knowledge of accounting through the profit and loss statement and strong computer skills.

4. Chairperson of Intergroup Social Meetings

The duties of the chairperson of Intergroup social meetings is to assist the Steering Committee chairperson in the performance of their responsibilities; assist host groups(s) with each monthly social meeting conducted on the first Saturday night of each month at the designated address (see further information regarding location below); maintain a listing of participating groups to host or co-host the Intergroup social meetings, notify each host or co-host a minimum of thirty (30) days in advance, and notify all groups as to the host group, speaker (if possible), date, time, and type of function, and notify AACO for inclusion in the newsletter; assist with the coordination of collections and payments related to the Intergroup social meetings. With approval of AACO they may hold special meetings such as a New Year's Eve dance or other holiday gatherings. This chairperson shall encourage all non-participating groups to participate in hosting or co-hosting Intergroup social meetings.

- i. Location of monthly Intergroup social meetings may be selected by the host group(s), from the following options: Highland Club, Koala Club, and Serenity Club.

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 Steering Committee & COI Meeting

Tuesday, December 2, 2025 @ 6:00pm

6:00 pm– Steering Committee Meeting

6:40 pm– COIs & Steering Committee

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

District 1 Area 27

Third Tuesday of Month

6:00pm at @ Highland Club

Next Meeting **Nov 18**

DCM - Jane Rowell

(318) 564-9043

janeerowell1@gmail.com

Tri-State Convention Committee

Second Sunday of Month

2:00pm

Next Meeting **Nov 9**

CHAIR: Jennifer Cypher

(318) 286-1107

Treatment & Corrections

Second Tuesday of Month

6:00pm @ Central Office

Next Meeting **Nov 11**

CHAIR: Melanie Fields

(757) 788-4733

PI/CPC

Second Monday of Month

6:00pm @ Central Office

Next Meeting **Nov 10**

CHAIR: Neal Lathem

(901) 230-1796

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Thanks to all the **Central Office Backers** contributions for the month of **September 2025**. If you would like to be a Central Office Backer (COB) just give us a call (318-865-2172) and we will happily email or mail the application to you.

September 2025...\$113.79

Thanks for all the **Group Contributions...September 2025...\$1,127.00**

CIO Meeting...\$9.00

Personal Recovery...\$165.00

Grace...\$165.00

Tulane...\$25.00

Keystone...\$20.00

Twin City...\$10.00

Outlaws...\$100.00

Other...\$633.00

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."

Thank You for helping your Central Office be responsible!!!

Addresses for Group Contributions for 2025:

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%)

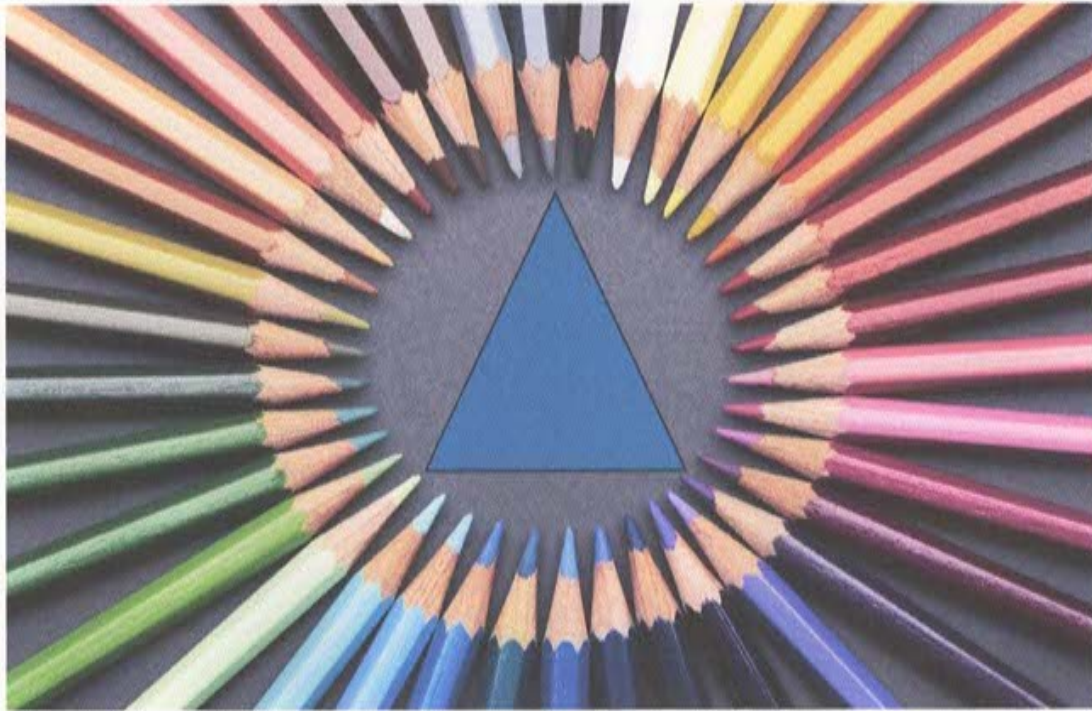
General Service Office

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)***

DISTRICT ONE



MONTHLY MEETING
3RD TUESDAY @
THE HIGHLAND CLUB
6:00 pm



LASCYPAA BID

MONTHLY MEETING

3rd Sunday 3:00pm

Highland Club
1711 Tulane Ave

Service Positions Available

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



November 2025

Nov 4 ***Kenneth O.***

Nov 11 ***Tasha B.***

Nov 18 ***Chad “Tree” C.***

Nov 25 ***Jessica H.***

7:00pm

Highland Club

1700 Tulane Ave.
Shreveport 71103



BRIDGE HOUSE

**SPEAKER MEETING
Every second
Saturday
426 Stoner Ave**

6:00 PM - Finger Foods & Fellowship

7:00 PM - Speaker

**NOVEMBER 8 -
HEATH L**





SHREVYPAA
PRESENTS

HAVE A BALL IN FALL!

UNITY, FELLOWSHIP, AND
GAMES!

VOLLEYBALL, ULTIMATE
FRISBEE, KICKBALL, CAN JAM

WE WILL BE SERVING
BURGERS AND HOT DOGS!

PIE IN THE FACE AUCTION!

50/50 RAFFLE!

SPEAKER: JOHNATHAN C

SATURDAY,

NOVEMBER 15TH 12PM- 3PM

BETTY VIRGINIA PARK



Serenity Weekend Presents: Family Bingo Night

Bring the family for a night full of fun, food, and fellowship!

Come hungry and bring a dessert to share!

5 GAMES – ONLY \$10.00 (INCLUDES YOUR BINGO CARDS)

BONUS GAME – \$5.00 EACH

🏆 WINNER SPLITS THE POT!



WHEN: SATURDAY, NOVEMBER 15, 2025

SUPPER AT 5:00PM

BINGO AT 6:30PM

HIGHLAND CLUB,

1711 TULANE AVE, SHREVEPORT, LA 71103



See you there!

Half Past Five Monthly
Speaker Meeting
Koala Club

KATIE K.

10 / 02 / 23



**WEDNESDAY
NOVEMBER 26TH**

5:30 PM

**HALF PAST FIVE MONTHLY SPEAKER
MEETING AT KOALA CLUB. LAST
WEDNESDAY OF EVERY MONTH AT
5:30PM**

"The Simple Kit of Spiritual Tools"

WINTER HOLIDAY

44th Annual District 9 AA Convention

February 6-8, 2026



SCHEDULE

FRIDAY, February 6th

4:00 PM - 8:00PM Registration
7:30PM Cyndi M., Cincinnati, OH
10:00PM A Night at the Theatre

SATURDAY, February 7th

8:00AM - 8:00PM Registration
8:30AM - 9:30AM Workshop—Lyle P., Bainbridge, GA
10:00AM Danny B., Spring, TX
1:00PM Lori G., Oklahoma City, OK (AFG)
3:00PM Panel Discussion
7:30PM Lyle P., Bainbridge, GA
10:00PM Dance

SUNDAY, February 8th

10:00AM Jennifer K., Plano, TX

AA Open Discussion Meeting - Sat 5:00PM
Al-Anon Open Discussion Meeting
Sat & Sun 8:30AM



MAIL REGISTRATION COUPON BELOW TODAY OR GO TO
www.winterholidayconvention.com to register

EMBASSY SUITES

11301 Financial Centre Parkway
Little Rock, AR 72211
Phone: (501) 312-9000

SPECIAL CONVENTION RATES

GUARANTEED if reserved before JAN 23, 2026
1-2 people/\$125 + tax per night

Please make hotel reservations directly at

<https://www.hilton.com/en/attend-my-event/winterholidayannualdistrict9aaconvention2026/>

BY JAN 23, 2026

The code is C 933 for call-in reservations at 1-800-EMBASSY.

E-mail: district9winterholiday@gmail.com

OPEN HOSPITALITY ROOM

(closed 15 minutes before/during meetings)

No Food Outside the Hospitality Room

Should you need accommodations
for hearing impaired, **PLEASE LET US KNOW BY DEC 17, 2025.**

EARLY REGISTRATION!!!

2 Pre Registration Drawings for Winter Holiday 2027 from registrations
received through JAN 23, 2026

First Name and Last initial on Badge

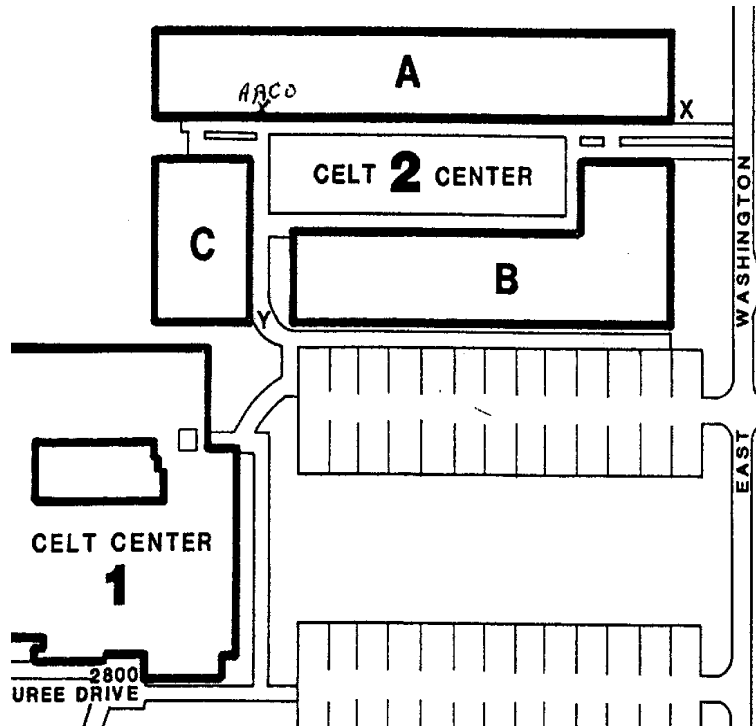
District 9 Winter Holiday Scholarship Fund assists those who may or may not be in
treatment to attend.

Make check payable to: Convention Treasurer PO BOX 26135, LR, AR 72221 (your check is your receipt)

	AA \$30	Al- Anon \$30	Al- ateen \$3	Amount
1				
2				
Name _____				Scholarship Donation
Address _____				
City _____ State _____ Zip _____				Total \$
Email _____				After Jan 23, 2026, Registration \$35
Phone _____				

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

