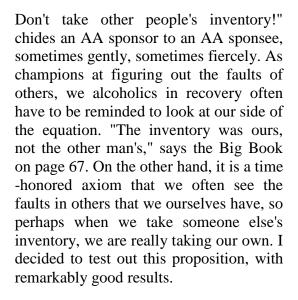
## THE MESSAGE

### Step Four: The Other Man's Inventory

A member experiments



As an experiment, I decided to deliberately take the inventory of a fellow member of AA, then put my name on it. I wrote down exactly what bothered me about that person: he wore his religion on his sleeve, he thought he had practically invented AA, he talked endlessly about politics, even in meetings. My anger toward this person was exacerbated by the fact that his politics and religion were virtually the opposite of mine. I typed up a neat list of his defects of character on

my computer. Then, I erased his name from the top of the list and typed in my own. I printed the list and carried it in my schedule book for two weeks, reading it daily. Each day, I saw my name above a list of his defects. The first few days, I told myself these were really his defects, not mine. But after four or five days of reading the list, some insights into my own behavior appeared. I saw that I also talked too much about religion and politics around the meetings and sometimes even in the course of my sharing at meetings. I had offended lots of people doing that, but I had always blamed them, saying to myself that they just didn't like me. I had not looked at how my own behavior might be the cause of their rebuffs and scorn. I saw that I also tended to pontificate at meetings, as if I were a very knowing old-timer who really knew how to work the program. By the end of the two-week period, I knew whose defects I had listed: my own.

Continued Pg 3



AA Central Office
of Shreveport
24 Hr Hotline
(318) 865-2172
aahelp@bellsouth.net
aa-shreveport.org
Central Office Hours
Monday thru Friday
9 AM to 5:00 PM

Groups Responsible for HOT LINE

## **April 2018**

Basic Training April 2-8
Hospitality April 9-15
Outlaws April 16-22
Shreve Young People
April 23-29
Southfield April 30— May 6
This is a great service
that you do for
the person
that is still suffering.

## BOOK OF THE MONTH SALE



April 2018

Sale Price

\$5.00

Reg. Price

\$6.00



## 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!

## CONTINUING THE JOURNEY

Step 4: "Made a searching and fearless moral inventory of ourselves."

Twelve Steps and Twelve Traditions pg. 42
Reprinted with permission of A.A. World Services

## My conscience would never let me rest.

By Rick R.

Coming to Alcoholics Anonymous from a pit of despair was the best decision I have ever made. My life up to that point was in shambles and I was desperate enough to seek outside help. Understanding the part that alcohol played in my life, up to that point, was difficult but I knew that if I didn't get a grip on reality, I was going to self destruct and the progression of the problem was like going ninety miles an hour down that dead end street.

Hope was established immediately as I was introduced to possibility that I could be restored to a life that was free of the mental torment that I had been experiencing since childhood. The answers to all of my problems came in the form of a *Profound Change of Perception* concerning *how I perceived myself*.

With very little discipline or structure in my upbringing, I was insecure and afraid that I would never meet up with the standards of my peers and as the results of that way of thinking, I developed a dishonest and selfish lifestyle which eventually caught up with me in the form of a guilty conscience. My drinking solved that problem for a time but when the tolerance for alcohol wore off, I found myself back in that pit of despair. When I looked in the mirror, I hated what I saw and I could no longer drink it away.

Like everyone else, when introduced to the program, I first had to stop the (emotional) bleeding by dealing with the current issues that I had been neglecting such as: pay the rent, pay the traffic ticket, clear the beer cans off my dresser..... Then I could give the steps of the program the attention they would need if I wanted the relief that they promised. Without even being aware of it, the process had begun. With a new attitude of willingness, and attending as many meetings as I could, I was already getting rid of many of the obvious habits of dishonesty, neglect, irresponsibility, and the like.

Next, I was faced with my biggest challenge

which came in the form of The Wreckage of the Past that many refer to as a Sack of Rocks. If we ever want to be free of the guilt and the shame CAUSED BY the regrettable memories that we have been harboring, in our conscience, we will have to address these issues when we become strong enough. My sack contained a few Rocks that were obvious, a handful of Stones, and abundance of, less threatening, Pebbles that were not that obvious to me at the time. Addressing steps 4, 5, 8, and 9 concerning these issues became my greatest challenge and my first instinct was to skip over the most embarrassing memories. That Idea, I think, is common in many of us, when first faced with reparation process. I gave it my best shot at first but left out a few of the Rocks due to my ego, but my conscience would never let me rest. Later, when, as the result of the progress I had made in the program, I became stronger and had the determination to revisit those more glaring issues and clean the slate. Had I not done that, I believe the rest of the program would have been a shallow façade and I would never have attained the peace of mind that I enjoy today. The Stones were the things that got most of the attention as I did the steps initially. As I became stronger, I took that leap of faith and tackled the Rocks. After cleaning up those issues, the rest of the program became easy. No more denial and much more peace of mind.

So I'm finished, Right? Not so fast Huckleberry! Now I become aware of the less threatening pebbles in the form of the selfish motives in my day to day decision making which I will gladly correct, one pebble at a time as I become aware of them and it is a Joy to rid myself of the things that used to plague me and today, life is good.

"Through uncovering and admitting my character defects, I realized that I was no different than the people I was so afraid of. I understood that we were all suffering and that I didn't need to disguise my authentic self."

Cornwall, Ontario January 2005

"From Rags to Riches," Voices of Long Tern Sobriety

Continued from Pg. 1

More important than even the insight into my own character that this exercise provided, was the change in my relationship with that fellow AA member. Before starting the experiment, I could not be in the same room with him without feeling a great deal of rage. I often avoided his presence for that reason. However, I was involved in a new meeting that he had started, so it was actually necessary for me to interact with him on certain days of the week. During the course of the experiment, I suddenly lost my anger. I felt absolutely no emotion whatsoever toward this individual. I accepted him precisely as he was, neither approving nor disapproving. I was too busy concentrating on the list of defects, which I was beginning to own as mine. By the end of the two

weeks, he had changed toward me as well, congratulating me on a fine sharing here, asking for my advice on something there, and generally being an all-around good fellow. It was truly miraculous.

Since that experiment was successful, I have tried the technique twice more when I found myself extremely angry with someone. It has worked just as well as the first time. In each case, I discovered some unpleasant truths about myself, was able to accept the other person without judgment, and made changes in my own behavior and attitudes that have greatly improved my growth in the life of the spirit.

-- John B.

San Jose, California

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#### **Heard at Meetings**

I was so sick when I was new, at one point I asked another guy in my home group if I could copy his Fourth step.

Michael K. Haverhill, Massachusetts

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<u>Central Office Intergroup</u>-1st Saturday every month; generally the even numbered months at Highland Club, odd numbered months at Koala Club

<u>Central Office Intergroup Meetings</u>- 1st Tuesday of every month, 6PM at the *Central Office*, 2800 Youree Drive, Suite 362, Bldg A, Shreveport 71104

Treatment & Corrections Committee Meetings (old H & I Committee) AND

PI & CPC (Public Information & Cooperation w/ Professional Community) 2nd Tuesday of every month 6:00 PM at Central Office

COI Steering Committee Meetings- last Tuesday of every month, 6PM at Central Office

<u>District 1</u> -- Ar<u>ea 27</u>- General Service Dee R., DCM 318-553-3477 and Chris O., DCMC 318-402-3066 6:30 PM 2nd Wednesday of every month at the Highland Club, 1711 Tulane, Shreveport

Come join us and be a part of service! Clip and save this information for future reference.

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 Shreve-port Intergroup or Alcoholics Anonymous.

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

Twelve Steps and Tween the steps and Tween the steps are the steps and Tween the steps are the step ar

Twelve Steps and Twelve Traditions pg. 1
Reprinted with permission of A.A. World Service

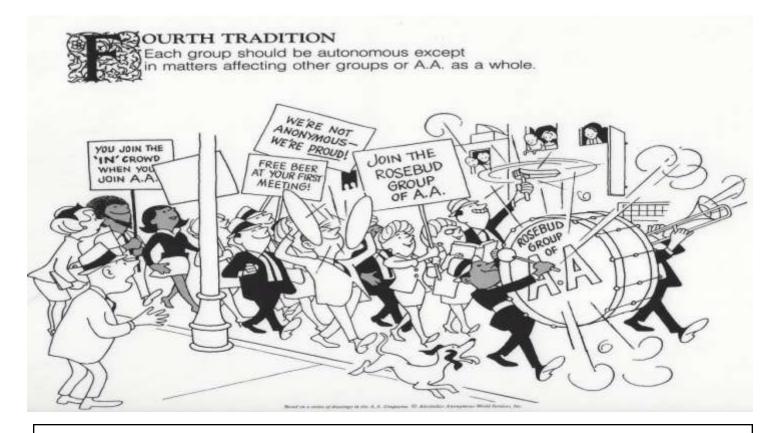
## **TraditionsChecklist**

#### 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?
- 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?

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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

## **Addresses for Group Contributions for 2018:**

## **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.

721 Government St., Ste. 103-127, Baton Rouge, LA 70802 (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)

\$\phi & \phi & \p

Thanks to all the *Central Office Backers* contributions for the month of *March 2018*. 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.

## March 20178 \$53.00

## Thanks to all the **Group Contributions** March 2018 \$1,074.45

Basic Training...\$42.00 Broadmoor Awareness...\$100.00 COI Meeting...\$18.00

First Things First...\$40.00 Grace Group...\$75.00

Greater Hope...\$200.00 Keystone...\$13.00

Living Sober...\$2.80 Man to Man...\$100.00

Personal Recovery...\$75.00

Saturday Night Live...\$50.00

Shreveport Young People...\$9.00

Sobriety 101...\$5.00

Tri-State Committee...\$15.00 Twin City Group...\$25.00 Vivian AA Group...\$3.00

White Dove...\$100.00 Ya Ya Group...\$180.00

Other...\$21.65

January Intergroup: South Shreveport Group \$85.00 February Intergroup: Thursday Night Outlaws \$600.00

## Memorials for Vaughn P.: \$600.00

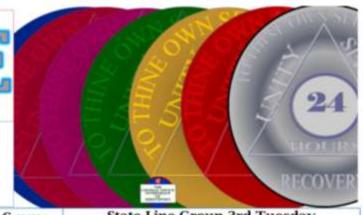
Bill W. said "I am responsible. When anyone reaches out for help, I want the hand of A.A. to always to be there. And for that I am responsible."

Thanks for helping your Central Office be responsible.

\$\phi & \phi & \

# COINAGE

Central Office Intergroup News, Announcements, Gatherings, & Events APRIL 3<sup>rd</sup>, 2018 - APRIL 29<sup>th</sup>, 2018



6 pm TUE 3 <sup>rd</sup> April 2018	COI Representatives Meeting  The Central Office of Shreveport 2800 Youree Drive, Suite 362 Shreveport, LA 71104 318-856-2172 www.aa-shreveport.org	6 pm TUE 17 <sup>th</sup> April 2018	State Line Group 3rd Tuesday Monthly Speaker Meeting @ First Presbyterian Church 315 W. Texas Ave., Waskom, TX 75692 6pm Eat: Pot Luck / 7pm Speaker: TBA Event Info Call Mike T 318-294-6830	
6:30 pm SAT 7 <sup>th</sup> April 2018	April Intergroup Eatin' Meetin' Hosted by The Basic Training Group  The Highland Club 1711 Tulane Ave., Shreveport, LA 71103 6:30pm Eat:TBA 8pm Speaker: Keith H., of Lafayette, LA Club Directions 318-636-9388 Event Info Central Office 318-865-2172	Weekend of April 19 <sup>th</sup> -22 <sup>nd</sup> 2018	42nd Annual "Springtime in the Ozarks" "The Bright Spot of Our Lives" @ Inn of the Ozarks 36 So. Main, Eureka Springs, AR 72632 SITO Committee P.O. Box 788, Eureka Springs, AR 72632 Treasurer Wendy L. 903-691-5558 www.springtimeintheozarks.com	
SAT & SUN 7th & 8th April 2018	Louisiana Area Assembly  @ Garden Plaza Hotel & Conference Center 2032 NE Evangeline Trwy, Lafayette, LA 70501 337-233-6815 Booking Code LAAAS2 secretary@aa-louisiana.org	2 - 6 pm SAT 21st April 2018	Bridgehouse Open House Music, Dinner, & Fellowship Come & see all the improvements. @ The Bridgehouse 426 Stoner Ave., Shreveport, LA 71101 Info Call: Joe D. 318-222-9782	
2 pm SUN 8 <sup>th</sup> April 2018	73rd Tri-State Convention Committee Meeting  ® The Central Office of Shreveport 2800 Youree Drive, Ste. 362, Shreveport, LA 71104 318-856-2172 www.aa-shreveport.org	6 pm TUE 24 <sup>th</sup> April 2018	COI Steering Committee Meeting  The Central Office of Shreveport 2800 Youree Drive, Suite 362 Shreveport, LA 71104 318-856-2172 www.aa-shreveport.org	
6 pm TUE 10 <sup>th</sup> April 2018	Treatment & Corrections/ & Public Information Committee Meetings  @ The Central Office of Shreveport 2800 Youree Drive, Suite 362 Shreveport, LA 71104 318-856-2172 www.aa-shreveport.org	7 pm SAT 28 <sup>th</sup> April 2018	Oakwood Home For Women Last Saturday of the Month Speaker Meeting @ Oakwood 1700 Highland Ave., Shreveport, LA 71101 7 pm Eat / 8 pm Speaker: Kim S. Oakwood 318-221-9451	
6:30 pm WED 11 <sup>th</sup> April 2018	GSR Committee Meeting  The Highland Club 1711 Tulane Ave., Shreveport, LA 71103 Club Directions 318-636-9388 GSR Info Central Office 318-865-2172	1 pm SUN 29 <sup>th</sup> April 2018	Farmerville Group 55th Anniversary Celebration @ Gratitude House 1501 White St., Ruston, LA 71273 318-251-1269	
7 pm SAT 14 <sup>th</sup> April 2018	Bridgehouse 2nd Saturday Monthly Speaker Meeting  The Bridgehouse 426 Stoner Ave., Shreveport, LA 71101 7pm Eat / 8pm Speaker: Tommy P. Info Call: Joe D. 318-222-9782	6 pm SUN 29 <sup>th</sup> April 2018	Basic Training Group Last Sunday Monthly Speaker Meeting @ St. Luke's Methodist Church 6012 Youree Dr., Shreveport, LA 71105 6 pm Eat / 7 pm Speaker TBA	

Information here is provided in the spirit of cooperation not affiliation. Events are subject to change with or without notice.

For more details or event flyers please use the contact info next to each event or pay a visit to or connect with the AA Central Office Intergroup of Shreveport—2800 Youree Dr., Building A, Suite 362, Shreveport, LA 71104 within the Celt Center Business Complex @ Youree Dr., & E. Washington St. - during regular business hours Monday thru Friday 9:00am to 5:00pm Phone 318-865-2172, Fax 318-865-2170. Website: www.aa-shreveport.org -or-Email: aahelp@bellsouth.net

04.07.2018

# APRIL INTERGROUP



1711 Tulane Ave.

# HIGHLAND CLUB

Dinner served at 6:30pm Speaker at 8pm- Keith H. of Lafayette

HOSTED BY SHREVEPORT BASIC TRAINING GROUP

# District ONE

Presents

# A WORKSHOP ON RECOVERY

Saturday, April 14, 2018 1-5 PM

Koala Club

4809 Shed Road Bossier City, LA 71111

Main Speaker: Roy B., Monroe, LA



Food: NACHO BAR



## JOIN US AT

# **Bridge House**



426 Stoner Ave. Shreveport 71101

## Monthly Speaker Meeting

(2nd Saturday of the Month)

Saturday, April 14, 2018

7:00 pm- Finger Foods & Fellowship

8:00 pm- Tommy P.

**ALSO** 

**OPEN HOUSE** 

Saturday, April 21, 2018

2-6 PM

Music, Dinner and Fellowship

Come check out the Improvements

that have been made!!!



## ~SPRING FUN DAY~ SATURDAY, MAY 19th 2018

Come Support your local club house



All Proceeds go to the \*\*\*\*Highland Club\*\*\*

## Pocket Change - live 50/50 RAFFLE

4PM-7:30

Pulled Pork Dinner - Le Louisiane Catering Co. 6:30 Speaker - John J. 35 Years 8:00

## Please bring your favorite dessert!

See what it will bring at the auction



# Oakwood Kome for Women

Last Saturday of the Month Speaker Meeting

April 28, 2018 Food & Sweet Tooth Auction at 7pm

> Speaker Kim 5. at 8pm

Please come join us for food, fun, and fellowship!!

## SPRING FLING

A DAY OF FUN AND FELLOWSHIP

May 5, 2018

8:00 is.m. - Breakfast by Jim. 9:00 g.m. - AA Meeting 12.00 noon - Lunch 1:00 p.m. - Specier Meeting 2.15 p.m. - \$1 raffles begin (50/50) e 00 p.m. - Speaker Meeting E00 p.m. - AA Meeting

Lunch will be baked potato with all the fixings!

\$5.00 per lunch



Snacks and drinks all day! Chips, dips, desserts, and holdogs. Handmade Cedar Bench & Chairs Raffle to be held at 3:00 p.m. \$1 per raffle ticket

ALPHA HOUSE OF MINDEN

801 Goodwill Street | Minden, LA

Bring the family and have fun!

## Serenity by the Sea

A Weekind of Followship Food and Time May 4" 5" 8 6" 200

At draid sie Hug School HT Luning Late, Grand sie, LA TOTHE Regetration storts at 5 filter Thursday & Fruing, #20om Setunday

Distance 5 - St. Amont (AA)

SPEAKERS.

No. No.y 4" B DD pm John Mc - Beton Rouge (AA)

See May 5" ICO pm Set F - Lating-the (AIAnon)

See May 5" ICO pm Set F - Lating-the (AIAnon)

Set May 5" B DD pm Amanda 6 - 51 Aman (AA)

Set May 5" After Speaker - Pidoueke & Pun - Boniline on the Beach by LAYPAA

Shipping Annially

Sull May 6th 10.00 rem Spen Spectrum Sharing charmed by George II. - Butter Kouge (AA)

EASLY SICO MEETINGS

1. SMD, MELTINGS SEQ May 3" - Chair Dinnel S. - Burton Kosage (AA) Spoaglettin - Earl at 530 Meeting to 456bis at 7.00pm femand sile. Armas Building (in Prose of High School)

Fin May 4" 6:00 pm Set & Sen AM Set May 5" 6:30 em Set May 5" 6:30 pm

Hartiungers & Chips Frant Fish & Suite & Desserts

Spir Stress Sattatony 630 pm EAPPLE & PUN STUFF BERNS

Challe Kindy for Talk Site

LODGING & OTHER INFO www.fownofgrandels.com

QUESTIONS - Call Patricia (115749-6900, Charte (115749-9055, or Jeanne (115749-714

PRE-REDISTRATION - Ends April 16, 2018

Return this Bottom Portion stong with \$20 per person. Children & Shair are FEEE Payade to Sensity by the Sea 45647 they 45, Prairiede, LA 75757.

Time Amount Trainment ...



## 31st Annual



"We Have to Live It" Voice: Donald S. (Monroe, LA)

Thursday May 17th ation Begins at Parati Strine Tec day Rosse, Opens

Kaik-Off Minning at Banak Sining Temple A.A. Spenier: Relinda F. - Nine-Orleans, L.A. Friday May 18th

Registration at the Barak Status Trengto Hospitality Room Opens A.A. Speaker, David M. - Franco, Cit.

Convention Chairperson

Veronica L.

Burnk Uhrine Tampie 0628 Francisco Std. Monroe, Lt. 71282

#### Saturday May 19th

Haspitality Roses Opera: Steps Workstop - Myers R. and David M. 12.00 p.m. Hospitality Roses Opens 1.30 p.m. Al-Annie Speaker Kally H. - Circlinski, OH 1,160 p.m. 1,200 p.m. 1,000 p.m. 1,000 p.m. 1,000 p.m. 1,000 p.m. 1,000 p.m. 1,000 p.m.

10:00 p.m. Takes Show

Sunday May 20th



Then all in an drawing behavior order for provipitional poors \$16.00 unit price asserted.

Labblehold.even@press.even

#### 3rd Annual

#### Spirit of the Summer Big Book Workshop

June 29th & 30th 2018

Charlie and Katie Parker (Austin, TX.)



1st United Methodist Church 3900 Loop Rd Minneop, T.A. Fellowship Hall

Schedule

Friday June 29th

Workshop 6:00pm - 9:00pm

Saturday June 30th;

Workshop 9:00am - 11:45am

Lunch 12:00pm - 1:00pm (lunch will be provided)

Workshop 1:15pm - 5:30pm

Lodging

Courryard by Marriot Monroe Airport TownePlace Suites by Marriot Monroe

(318) 388-0034 (318) 387-7277

Stratford House Inns

(318) 388-8868

Sponsored by the Monroe Thursday Night Group.

Registration for the workshop is \$20 per person

If you have any questions or would like to preregister please contact:
-Will B. (870) 351-2120 -Jimmy G. (318) 614-1634



#### SPEAKER LINE-UP

AA - Howard P. from Gilbert, AZ

AA - Bill C. from Torance, CA

AA - Matt H. from Plymouth, NH

AA - Vivian Q. from Hiltonhead, SC

AA - Lori H. from LaCombe, LA

Al-Anon - TBA

#### **BIG DEEP SOUTH CONVENTION**

JUNE 8th, 9th & 10th, 2018

#### Comfort Inn and Copeland Tower Suites and Conference Center

2601 Severn Avenue, Metairie, LA 70002 504-888-9500

Room rates 99.00 per night, plus tax Tower Suites 149.00 per night, plus tax RATES EXPIRE MAY 8, 2018

WORKSHOPS
RAFFLE/SILENT AUCTION
BINGO
50/50, LIP SYNC BATTLE
MARATHON MEETINGS

Chairman - Nikki C. Voice of the Deep South - Sherry B. Taping by: James Serenity Tapes

50<sup>th</sup> Annual Big Deep South Convention of Alcoholics Anonymous Mail to: AA Central Office, 638 Papworth Ave., Suite A, Metairie, LA 70005 Please make checks payable to: GNOSB

Pre-Registration \$30.00 by May 30, 2018

Register @: bigdeepsouth.org

On-site Registration \$35.00

#### Don't forget the four outstanding meals included in your registration fee!!!

#### BADGES REQUIRED FOR ALL ACTIVITIES

NAME			NE#		
ADDRESS		EMAI	L		
CITY/ STATE/ ZIP					
1 <sup>st</sup> BADGE	City	State	AA	AL-ANON	ALATEEN
2nd BADGE NAME	City	State	AA	AL-ANON	ALATEEN
PLEASE MAKE A DONATION TO	WARD THE SCHOLAR	RSHIP FUND			\$
5 M L XL @ \$20.0	00 <sup>EA</sup> 2X 3X	4X @ \$22.00	FA # OF T	-SHIRTS	Total \$
(Larger sizes will be available on a )	limited first come, firs	st serve basis on si	te)		
***Special Needs Assistance Avai			RAND TOTAL \$		
UPDATED 02/04/18					

"To those of you who walk in front of me in time, thank you for your time and patience. To those of you who walk behind me in time, I'm glad you've joined us in this newfound life. To those that have not yet arrived or have left for a time: we will keep a seat, a cup of coffee, and lots of love waiting for you."

San Diego, Calif., August 1998

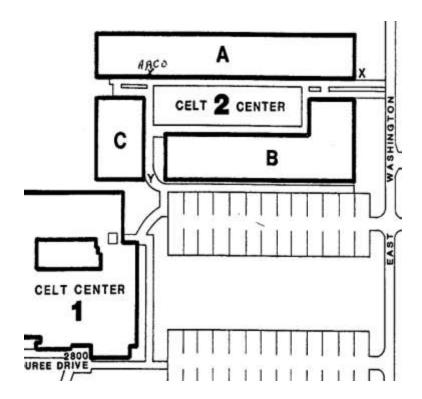
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#### Central Office

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

