

THE MESSAGE



Sharing Hope

Each morning I follow the suggestions on page eighty-six in the Big Book; then I usually take a two-mile walk along a beautiful nature trail. There's a special huge oak tree where I pause and say the Third Step prayer in the Big Book:

"God. I offer myself to Thee--to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

I am very comfortable going to six noontime meetings each week in my little hometown. I cannot say one is better than the other; they are all great meetings: A Twelve Step study group, two Big Book meetings, and three speaker-discussion meetings. I came into AA when I was fifty years old and I haven't had a drink or even a desire to have a drink for twenty-one years.

Recently, I had to fly from San Francisco to Miami for a six-day job in a convention center. Well, my Higher Power had other more important plans for me. About three days into my job I had a mild stroke. The whole left side of my body, leg, and arm went limp and numb.

This happened to be a physicians' convention and I was immediately surrounded by many doctors. An ambulance appeared as if by magic and the next thing I knew I was on the sixth floor of a hospital. I was in a two-bed room and the other bed was empty. The nurse told me that all the patients on that floor were elderly heart patients. Because I had mentioned in the ER that I thought I had heart problems, they put me there with a heart monitor hanging around my neck and an IV towering over my head, dispensing some sort of liquid in my veins. I looked and felt sick.

Now I started feeling sorry for myself. "Poor me, I'll never be able to work again, and besides they'll probably put some old geezer in here with me [I'm only seventy-one years of age] and I won't get any sleep because of his snoring and groaning and so on. . . ."

As I was wallowing in self-pity, they rolled in a man about thirty years old, dirty, unshaven, and very, very loud. He was talking all the time. So I closed the curtain between our beds. I was one sick

Continued on 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

March 2018

- Keystone Feb 26– March 4
- Margaret Place March 5-11
- In A Pinch March 12-18
- 5:30 Group March 19-25
- Greater Hope
March 26– April 1
- This is a great service
that you do for
the person
that is still suffering.*

BOOK OF THE MONTH SALE

March 2018

Came to Believe

The spiritual adventure of A.A. as
experienced by individual members

Sale price - \$5.00

Regular 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 3: “Made a decision to turn our will and our lives over to the care of God *as we understood Him.*”

Twelve Steps and Twelve Traditions pg. 34

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Problem by Problem or Principle by Principle

It Renders My EGO a Weak Contender

When people come through the doors of Alcoholics Anonymous they are usually overwhelmed with problems. Some of these problems are of a legal nature, while others may be due to marital strife, and still others may just be because of desperation due to a life that has been spinning out of control. The one thing that is the common denominator in all of these matters is the use of alcohol otherwise, why would they be coming to A.A.?

In the beginning you will hear the horror stories of the divorce proceedings or of the legal fees for the DUI case and you will see well meaning members of the program telling them how to get around some of these problems and when, occasionally, that person gets away with it, he thinks that the DUI was the problem, but as we know, it was but a symptom of the real problem, that being alcoholism. Most of the wreckage of the past is the result of our unbridled thinking and if, in the beginning, we focus only on getting out of trouble and not focusing on the thinking that got us into those difficulties in the first place, it often gives us the feeling that we are on safe ground and can relax.

A half hearted effort concerning our decision making just leads to more faulty thinking and rationalizing why we do the things we do. This often leads to a succession of relapses before that person finally crosses that line where he is opened to change and if, at that time, he is encouraged to learn to live by proven principles and not to modify those principles to suit his/her own selfish agenda, he/she finally has a chance to live a meaningful life. My experience has been that, living by principles is much easier than anything I could have come up with myself. When we solve a problem and we don't change our behavior, it's only a matter of time before another similar problem arrives. We can solve one problem at a time or, we can set in place, a principle that governs many problems of a similar nature.

Take for instance: Cash register honesty. This, to me, means much more than just not cheating the person at the cash register. It means that I should never take an unfair advantage of anyone. With this approach in mind, I think before I act and, I get it right the first time and as the result, I have a clear conscience. Why focus on one problem at a time when I can live by unselfish principles and take the decision making out of the equation. If I can just be honest with myself and do what's right, It takes away all of the guilt and shame and lightens my spirit. This is reward enough for me and it far outweighs any material gain I could have acquired by taking the selfish path and after practicing this way of thinking, over a period of time, my load gets lighter and lighter.

My EGO seems to run my problems and strives for material victory over them, while my Conscience decides my principles and when I follow the dictates of my conscience, I stop making the mistakes of the past and my spirit heals. I'm no longer ashamed of my behavior and over a period of time, as I continue to rely on my conscience to fashion a life of unselfish principles, a drink has no appeal to me and, in the end, it renders my EGO a weak contender.

Rick R.

Continued from Pg 1

cookie and I didn't want to hear anyone else's problems.

Then the miracles started happening.

My telephone started ringing. Word had reached my home group in California that I was in a Miami hospital and one call after another came in, sending the kind of love and caring that we share in AA.

One man called and said, "Hi, this is George from California." I didn't recognize his voice so I had to ask him, "Which George?" My family called and said my phone was constantly busy. More AA calls came in and more love was exchanged. I realize now that regular attendance at meetings leaves a permanent effect on more people than is realized--God takes care of that.

The man in the bed next to me started getting curious as my emotions burst out into the open. The curtain parted slowly and our eyes met. His phone had not rung once. He said, "You sure have a lot of friends" and his eyes welled up. He told me that his father and mother had not talked to him for years and he had no friends out there at all who trusted him.

I told him that besides my family calling, all these calls were from Alcoholics Anonymous and that I had been a member for a number of years. He told me that he had been hospitalized from a drug overdose. Prior to coming in, he had been comatose for three days before someone found him and rushed him to the hospital--to the bed next to me.

Whenever my phone rang, he said he listened to every word that was said and could not believe the love and emotions he heard. Then the second miracle happened. He told me he wanted what I was getting from across the country. He said he was addicted to drugs and wanted to do something about it. (Alcohol was not mentioned then.) He asked about the Twelve Steps, and I said, "Oh, you've heard about our program?" "Yes," he said, "I spent ninety days in jail and the AAs came in there."

As time passed, he asked how AA got started. I told him how Bill W. and Dr. Bob met and carried the message of sobriety to the third man in a hospital bed. It was during that conversation that I got very emotional, looking into his eyes and thinking of the actual story of Alcoholics Anonymous number three. Like AA number three, my friend was afraid to leave the hospital. He said, "My record is so bad that I'm scared to leave. I know I can't go it alone out there."

My experience gained in meetings and knowledge of the Big Book were called upon. One time he looked at me and I could feel the pain in his sad and worried look. I said, "You're worried again," and he repeated what I must have said to him many times: "I know--a day at a time it will get better." I told him that sometimes we have to do it a minute at a time.

I must have mentioned chapter three about the denial of our disease and its progression, because at one point I told him he had run out of gas! He started laughing and repeating it. "Where did you hear that term?" he asked. "They say that in jail!" He laughed some more and shared with me some of his experiences in jail. The next thing I knew he was calling me "Houseman," a name the inmates call the convict that's been there the longest. One time I asked him for a sweet roll that he left on his tray, and he said, "Anything you want, Houseman!"

A nurse came by, heard the laughter in the room, and said, "It's a miracle that you two are here together."

"The Twelve Steps are worrying me," he said. I tried to quiet him by saying what I had heard after asking the same question at four months' sobriety: "You have taken the First Step. You're not here to worry, you're here to get well."

Another day passed and he admitted he was also an alcoholic. Then he told me his whole life story and how he had lost everything. When he finished, he said, "I have never in my life disclosed these things to anyone before--they just came out."

He looked worried again and I said, "Now what's the matter?" Tears filled his eyes and he said, "I wish my father would talk to me like you do."

"It takes time," I said.

I was to be discharged the next day and he didn't want me to leave. I said I'd call another AA member to come by and see him. I began calling the central office, the Alano Club, and even halfway houses, trying to get hold of anyone who would drop by. It was a long holiday weekend and I couldn't reach anyone.

Then another miracle happened. A counselor from somewhere showed up with a Big Book. I immediately took the book and opened it up to chapter three for him to read but in its place was an upside-down page from one of the stories in the back of the book. I think that was God's way of saying that he wasn't ready for this right now, thank you.

Morning came and I was to be discharged. A social worker appeared and said she had one opening in a ninety-day county program and my friend could go directly into it, right from the hospital the next day. That was another miracle, but there's more. Just before I left, his sister visited and placed a phone call to his dad and his dad actually talked to him.

We hugged goodbye and exchanged addresses and phone numbers and he smiled and I could see that he would be all right. I knew then that he was safe and in God's hands. My Third Step prayer was answered.

About my mini-stroke. The numbness only lasted five hours. Tests proved that my heart is perfectly normal and strong. The reason I was kept there for six days was for extensive tests and. . .well, you read my story!

TRADITION THREE: “The only requirement for A.A. membership is the desire to stop drinking.”

*Twelve Steps and Twelve Traditions pg. 139
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The only requirement for AA membership is a desire to stop drinking.

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity, a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

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THIRD TRADITION

The only requirement for A.A. membership is a desire to stop drinking.



Based on a series of drawings by the A.A. Community. © Alcoholics Anonymous World Services, Inc.

CONCEPT THREE: “As a traditional means of creating and maintaining a clearly defined working relation between the groups, the conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional “Right of Decision.”

*Twelve Concepts for World Services, pg.13
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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)*

Thanks to all the Central Office Backers contributions for the month of **January 2017**. 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.

January 2017 \$135.00

Thanks to all the Group Contributions January 2017 \$681.95

Basic Training...\$5.00	Sobriety 101...\$12.91
Broadmoor Awareness...\$100.00	T.I.E. Group...\$100.00
Faithful Few...\$8.00	That My Soul May Soar...\$40.00
Grace Group...\$105.00	Tri-State Committee...\$10.00
Personal Recovery...\$105.79	Twin City Group...\$25.00
Saturday Night Live...\$50.00	Other...\$120.25

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.

COINAGE

Central Office Intergroup News, Announcements, Gatherings, & Events

MARCH 3rd, 2018 - MARCH 31st, 2018

↓ WHAT ↓	↓ WHEN ↓	↓ WHO IS DOING IT ↓ / & ↓ WHERE ↓	↓ CONTACT ↓
EATIN', SPEAKER MEETIN' Central Office Intergroup of Shreveport Dinner & Speaker for MARCH	SAT., MAR. 3 rd 2018 Hosted by Rise n Shine Group 6:30pm Eat: Red Beans-Rice & Sausage 8:00pm Speaker: Richard C. 50/50 Raffle. Please bring desserts.	Rise n Shine Group/ @ The Koula Club 4809 Shed Road, Bossier City, LA 71111 318-747-0411	Central Office of Shreveport www.aa-shreveport.org 318-865-2172
73rd TRI-STATE CONVENTION Planning Committee Meeting	"...And We Will Know Peace" SUN., MAR. 4 th 2018 / 2:00pm LET'S GET BUSY!	73 rd Tri-State Convention Committee/ @ The Central Office of Shreveport 2800 Youree Dr., #362, Shreveport, LA 71104	Central Office of Shreveport www.aa-shreveport.org 318-865-2172
CENTRAL OFFICE INTERGROUP COMMITTEE COI Representatives Meeting	TUE., MAR. 6 th 2018/ 6:00pm Intergroup Committee Activities & Service Opportunities!	For all COI Representatives & Alternates, & Visitors, Newcomers are Welcome! @ The Central Office of Shreveport 2800 Youree Dr., #362, Shreveport, LA 71104	Central Office of Shreveport www.aa-shreveport.org 318-865-2172
-ROAD TRIP- CONVENTION Lake Charles Area Roundup Lake Charles, LA	FRI., SAT., & SUN. MAR. 9 th -10 th -11 th , 2018 "There Is A Solution" AA SPEAKERS, ALANON SPEAKER, WORKSHOPS, RAFFLE, KARAOKE & A SOUTHERN HOSPITALITY ROOM	Lake Charles Area Roundup Committee/ @ Lake Charles Civic Center Jean Lafitte Room 900 Lakeshore Dr., Lake Charles, LA 70601	Melanie M. 337-707-7192 Brandon L. 337-502-1873 aa-swia.org/lake-area-roundup 2017 Lake Area Roundup P.O. Box 113, Lake Charles, LA 70602. lakearearoundupchair@gmail.com
BREAKFAST EATIN', SPEAKER MEETIN' Tri-State Committee Pancake Breakfast	SAT., MAR. 10 th 2018 8:00am: Pancakes and More. (Get your tickets now \$10.00 from Convention Committee Members) 10:00am Speaker: Marcel F., of Alexandria, LA	73 rd Tri-State Convention Committee/ @ The Highland Club 1711 Tulane Ave., Shreveport, LA 71103 Directions to the club call: 318-636-9388	Central Office of Shreveport www.aa-shreveport.org 318-865-2172
EATIN', SPEAKER MEETIN' Bridgehouse Second Saturday Speaker	SAT., MAR. 10 th 2018 7:00pm: Food, Fellowship & Fun 8:00pm Speaker: Brooke C., of Shreveport	The Bridgehouse, Inc./ @ 426 Stoner Ave., Shreveport, LA 71101	The Bridge House Joe D. 318-222-9782
-ROAD TRIP- EAT-N-SPEAK Acadiana Central Office Chili Cook Off Lafayette, LA	SAT., MAR. 10 th 2018 6:00pm Fellowship 6:45pm Chili Judging 7:00pm Eat 8:00pm Speaker: Drew M.	Acadiana Central Office Committee/ @ St. Barnabas Church 400 Camellia Blvd. Lafayette LA 70503	Caroline B. 337-319-7171 Acadiana Area Central Office 115 Leonie St., Lafayette, LA 70506 337-991-0830 www.aa-acadiana.org
MEANINGFUL SERVICE T & C Meeting (Treatment & Corrections Committee of the COI)	TUE., MAR. 13 th 2018/ 6:00pm Treatment & Corrections & Bridging the Gap Committee VOLUNTEERS ON THE FRONT LINE	COI Treatment & Corrections Committee/ @ The Central Office of Shreveport 2800 Youree Dr., #362, Shreveport, LA 71104	Central Office of Shreveport www.aa-shreveport.org 318-865-2172
MEANINGFUL SERVICE General Service Representatives Committee Meeting	WED., MAR. 14 th 2018/ 6:30pm District 1 General Service Representatives Meeting ABUNDANT SERVICE: PRICELESS!	District 1 GSR Service Committee/ @ The Highland Club 1711 Tulane Ave., Shreveport, LA 71103 Directions to the club call: 318-636-9388	Central Office of Shreveport www.aa-shreveport.org 318-865-2172
EATIN', SPEAKER MEETIN' South Shreveport Group Quarterly Dinner & Speaker Meeting	SAT., MAR. 17 th 2018 6:30pm Eat: Irish Stew 7:30pm Speaker: Linda B.	South Shreveport Group/ @ The Highland Club 1711 Tulane Ave., Shreveport, LA 71103 Directions to the club call: 318-636-9388	Central Office of Shreveport www.aa-shreveport.org 318-865-2172
-ROAD TRIP- EAT-N-SPEAK State Line Group of Waskom, TX	TUE., MAR. 20 th 2018 6:00pm Eat: Pot Luck Paradise (Bring a dish or dessert to pass) 7:00pm Speaker: TBA	State Line Group Third Tuesday Dinner & Speaker/ @ First Presbyterian Church 315 W. Texas Ave., Waskom, TX 75692	Mike T. 318-294-6830
-ROAD TRIP- CONVENTION "Gratitude In Action" Ruston, LA	27 th Annual Upstate Convention (THUR. MAR. 22 nd : Convention Kick-Off Meeting @ Gratitude House) & Then: FRI., SAT., & SUN. MAR. 23 rd -24 th -25 th , 2018 At Ruston Civic Center	Upstate Convention Committee/ @ The Ruston Civic Center 401 N. Trenton St., Ruston, LA 71270	Ruston AA Convention P.O. Box 505, Ruston, LA 71273-0505 www.rustonaa.org
-ROAD TRIP- CONVENTION Fellowship of the Spirit South Lafayette, LA	FRI., SAT., & SUN. MAR. 23 rd -24 th -25 th , 2018 Steps-Traditions-Concepts Workshops, Picnic, Speakers, Food, Fellowship, Fun.	Fellowship of the Spirit South Committee/ @ Ramada Conference Center 2032 SW Evangeline Thruway, Lafayette, LA 70501 www.wyndhamhotels.com 337-233-6815	www.fotssouth.com Elizabeth L. chair@fotssouth.com Patrick C. cochair@fotssouth.com FOTS South P.O. Box 53312, Lafayette, LA 70505
SERVICE COI Steering Committee Meeting	TUE., MAR. 27 th , 2018/ 6:00pm Central Office Intergroup Steering Committee Meeting	All COI Board Members/ @ The Central Office of Shreveport 2800 Youree Dr., #362, Shreveport, LA 71104	Central Office of Shreveport www.aa-shreveport.org 318-865-2172
SPEAKER MEETING Oakwood Last Saturday Speaker Meeting Shreveport	SAT., MAR. 31 st 2018 7:00pm Snacks and Fellowship 8:00pm Speaker: TBA	Oakwood Home For Women/ @ Oakwood Home for Women 1700 Highland Ave., Shreveport, LA 71101	Oakwood 318-221-9451

Edited 03-01-2018

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: aaahelp@bellsouth.net



Pancakes & More



Breakfast & Speaker Meeting

Saturday, March 10, 2018

Join us for a wonderful morning of Pancakes

**8:00 am Pancakes served
10:00 am speaker begins**

Speaker: Marcel F. of Alexandria, LA

Introducing this years theme:

“And we will know peace...”

Breakfast was catered for us by the IHOP staff Please give them a big thank you. This event is the first pre-event for the 73rd Annual Tristate All proceeds from the event will go to the Tri-State fund.

The 73rd State Convention will be October 26th thru October 28th, 2019 in Bossier City, LA at the Bossier Civic Center.

A limited number of breakfast tickets for \$10.00 each are available from Tri-State Committee Members. Just ask around at meetings to find yours or visit Central Office* during regular business hours Mon. - Fri., 9am to 5pm.



**@ The Highland Club
1711 Tulane Ave.
Shreveport, LA 71103**



JOIN US AT
Bridge House



426 Stoner Ave.

Shreveport 71101

Monthly Speaker Meeting

(2nd Saturday of the Month)

Saturday, March 10, 2018

7:00 pm- Finger Foods & Fellowship

8:00 pm– Brooke C.

The South Shreveport Group presents:

Linda B.

Speaking

DOS 5-12-'86

For our Quarterly eating meeting

We will be serving stew/soup with salad, bread, and fixins.

We will be serving at 6:30 and Linda will be speaking at 7:30

At the Highland club, March 17, 2018
1711 Tulane Shreveport La.

Everyone is encouraged to bring desserts

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.

Oakwood Home for Women

*Last Saturday of the Month
Speaker Meeting*

*March 31, 2018
Food at 7pm*

*Speaker
JBD
at 8pm*

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

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

Central Office Intergroup Meetings- 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*

District 1 -- Area 27- 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.



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

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

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

50th 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 _____ PHONE # _____

ADDRESS _____ EMAIL _____

CITY/ STATE/ ZIP _____

1st BADGE _____ City _____ State _____ AA _____ AL-ANON _____ ALATEEN _____

2nd BADGE NAME _____ City _____ State _____ AA _____ AL-ANON _____ ALATEEN _____

PLEASE MAKE A DONATION TOWARD THE SCHOLARSHIP FUND \$ _____

S _____ M _____ L _____ XL _____ @ \$20.00^{EA} 2X _____ 3X _____ 4X _____ @ \$22.00^{EA} # OF T-SHIRTS _____ Total \$ _____

(Larger sizes will be available on a limited first come, first serve basis on site)

***Special Needs Assistance Available — Type _____ GRAND TOTAL \$ _____

UPDATED 02/04/18

"From the cradle to the grave there is always something wrong somewhere, something to rob us of enjoying perfection, something to bother us. When we put one thing right, another will surely go wrong sooner or later. So it behooves us to enjoy every minute we can, for a minute lost is a minute gone forever."

Cumbria, June 1975

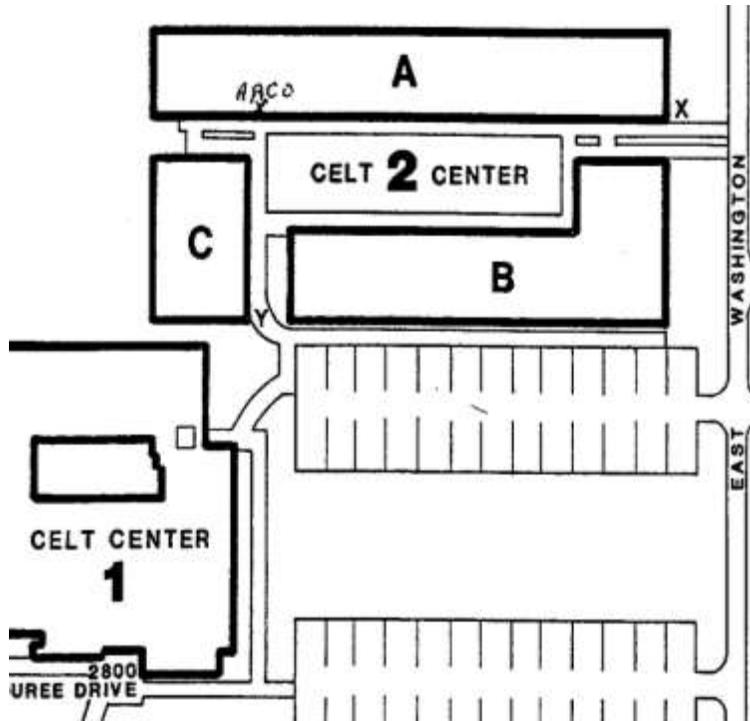
"The Great Art of Living," Emotional Sobriety II

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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

