



THE MESSAGE

November Is Gratitude Month

GratITUDE is always in order, but many groups have designated November as a particular time to give thanks to the A.A. program. It has been that way since the 1940s, when the General Service Board held small "gratitude dinners," which were replaced in the 1960s by larger "gratitude luncheons". These were ended in 1968 because they were deemed too expensive.

In 1956 and 1957, there were floor actions at the annual General Service Conferences recommending that Thanksgiving week in those years be designated A.A. Gratitude Week." ***Acceptance may be the answer to all our problems, but gratitude has to be a close second.***

As many in A.A. have discovered, gratitude is a sure cure for self-pity. And can you be resentful at the same time that you're grateful? Some in recovery will coax their thinking onto spiritual lines with gratitude lists.

Running the Universe

I was the general manager of the universe. At least that was my self proclaimed title. I didn't realize that was what I was acting like, but everyone else did. If you didn't take my advice I'd get really upset and some form of my wrath would descend upon you. And all that time I was being so nice (I thought). I'd be all sweet and light but would turn on you in a heartbeat. That was my alcoholism. That was me prior to September 8, 1994.

I've been humbled many times in sobriety. I once lost a job because I had not provided the proper paperwork (in the medical profession, that's illegal). I've been told, "Rozanne, it's not called Rozanne Anonymous, stop trying to change everything to be about you." I've had sponsees come and go, teaching me about the magic of AA: It's not about me.

How am I carrying the message to other alcoholics? Am I doing everything I can? Does the woman sitting beside me at work have a problem? Can I be an example of the Big Book to her?

Today, 20 years after giving up that general manager position, I am still continually reminded that I must give it away to keep it. I must remember, every day, that my main purpose in life is to stay sober and help others.

Life is good. The other day, I was having lunch with a coworker and she asked me how I could be so happy all the time? I pointed to the heavens. I said nothing. I just pointed and smiled.

-- Anonymous

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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 **October 2018**

Margaret Place
Oct 29-Nov 4

Tri-State Nov 5-11

Greater Hope Nov 5-18

Happy Destiny Nov 19-25

Outlaws Nov 25-Dec 2

***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!

THANK YOU
Tri-State Committee
For All You do for Your
Tri-State FAMILY!!!



CONTINUING THE JOURNEY

Step 11: "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.."

Twelve Steps and Twelve Traditions pg . 96

The Wreckage of the Past

Desperation Outweighed the Denial

Coming from a life that was anything but normal to the life I live today was difficult to imagine at that point when I became desperate enough to consider the possibility that could salvage what time I had left on this planet. The life I lead before I entered the A.A. program was like the ball in a pinball machine bouncing from one issue to another and trying to survive the endless pursuit of success but always ending in defeat and going down the drain only to wake up the next morning and starting the same game all over again.

They say that insanity is doing the same thing over and over expecting a different result. Running from the realities of life was easy with the help of John Barleycorn as it gave me that brief feeling of peace that I got about half way through my second drink, which quickly lead to "oblivion and the awful awakening to face The hideous Four Horsemen-- Terror, Bewilderment, Frustration and Despair." (B.B. Ch. 11) Not understanding how the obsession to drink, and the relief that it gave me, had ruled out any kind of inquiry into the idea of quitting drinking until *desperation outweighed the denial and* I sought out Alcoholics Anonymous.

As I look back on my journey through the A.A. program, and all of the *mental relearning* that has been involved, I can only say that if I could relive it all over again, one thing I would change is *the doubts I had at every level of development*. Arriving with a skeptical mind, I had a slow but determined attitude from the very start and I think that it has served me well, but in hind sight, it was *the unlearning of the ego driven habits* that had been the source of all of my misguided mentality and a failed, selfish way of life. If, however, I hadn't experienced it in the way it evolved for me, I would not be capable of passing it on to the next person that enters this process with all of the doubts that seem to be so common to the recovery process.

The one thing that I can say for sure is that knowing what I know today, and what I have experienced, up to this point, if I had the opportunity to do it all over again, I would change, the speed at which I let go of all of my selfish, fearful and skeptical way of accepting the simplicity of the of the program and I would cut to the chase. In a nut shell I might explain it like this. Be accountable by doing the best I can to clean up the wreckage of the past and making restitution; adopting and applying unselfish principles and motives in all of the decision making process and, accepting every human being I know, exactly as they are with love and compassion.

This understanding of life has evolved for me over the past forty eight years in the A.A. program and has provided a peace of mind that is well above anything that I could have contemplated and without peace of mind there can be little happiness. Today, there is very little conflict in my life and the only discomfort I feel is when I am in a situation that I cannot remove myself from but that is rare and completely resolved as the time comes when I can dethatch myself without being judgmental and critical as I move on. That pinball machine is quiet, as is my heart, and the principles I live by today make it so. Who could ask for more?

Rick R.

"A leader in AA service is ... a man (or a woman) who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job."

"AA Co-Founder, Bill W., April 1959, "Leadership in AA: Ever a Vital Need", The Language of the Heart.

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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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Traditions Checklist

Tradition Eleven:

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

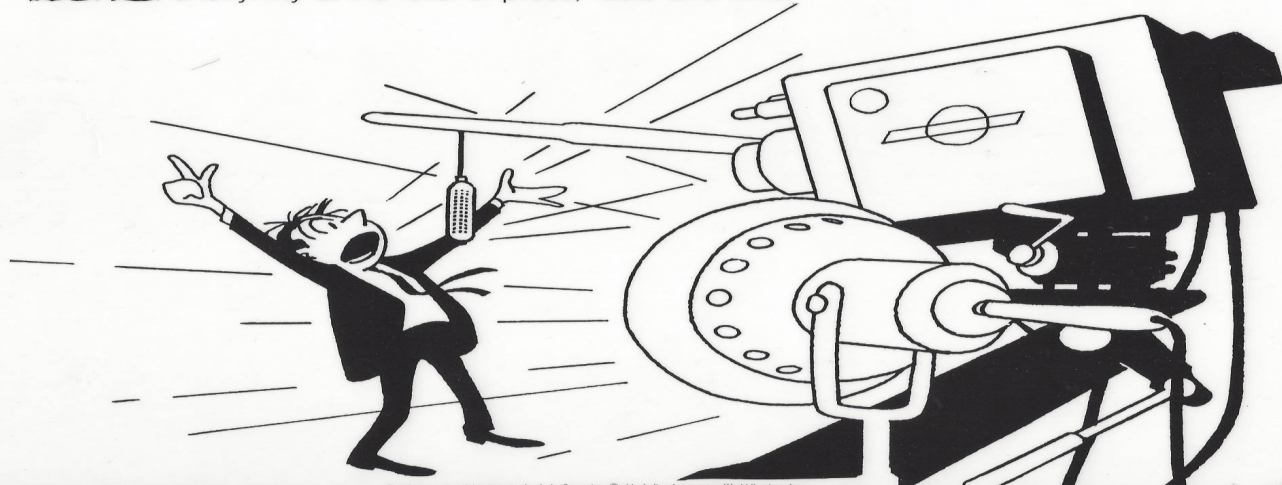
1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around — even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in the Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

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LEVENTH TRADITION

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



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

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 from World Services*

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

September 2018 \$588.00

Thanks to all the **Group Contributions September 2018 \$1864.30**

Basic Training...\$100.00	Personal Recovery...\$122.25
Broadmoor Awareness...\$50.00	Rise & Shine...\$200.00
COI Meeting...\$10.00	Saturday Night Live...\$100.00
Friends...\$100.00	Shreveport Young People...\$20.00
Grace Group...\$122.00	Sobriety 101...\$4.80
Hardy Group...\$16.05	The Maverick Group...\$400.00
Keystone...\$9.00	Tri-State Committee...\$14.00
Man to Man...\$100.00	Twin City Group...\$25.00
Margaret Place...\$240.00	White Dove...\$100.00
Minden Group...\$100.00	Other...\$31.20

Intergroup: Minden Group...\$198.76

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 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. (ADDRESS CHANGE!!!)

7350 Jefferson Hwy., Suite 485-179

Baton Rouge, LA 70806 (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)

(Use your group conscience)

August 2014 updated

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.

November 2018
District Meeting
Highland Club at 6:30 PM

Open the meeting with moment of silence,
Serenity Prayer.

Welcome new members

District Reports

Secretary-Old minutes by Jo
 Treasurer-Nancy
 GSR Reports
 Officers Reports
 Literature Report
 Committee member Reports

Old Business

Workshop for November
 Date Location Highland Club
 Time
 Theme Speaker and panel
 Budget

Area Assembly in Lafayette November 10 and
 11 2018.



**Two Bucks is
the new dollar.**

Have you been able to stay away from a drink because of AA? Have you gotten your life back? How much is that worth to you? In the rooms, we AA members agree that our sobriety is an undeserved gift from a higher power. While the message is free, our Central Office (and Inter-group and Area) has expenses to carry the AA message. For those of us who can afford it, it is our responsibility to put more than a dollar in the basket. Many of our members go beyond this! However, many more do not. Where we used to give \$1, we must try to give \$2. And those of us not giving at all, we must try giving something and have faith we will be taken care of for help-ing. It works, it really does. Are you giving more to the coffee chain on the corner than to the Program that gave you your life? Part of spiritual growth is adapting to reality. The reality is the world is more expensive and a buck doesn't go far enough. Let's get real, let's get sober and give a little more.

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

Central Office Intergroup Meetings- **First** 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*)- **Second** Tuesday of every month
 6:00 PM at *Central Office*

District 1 -- Area 27- 6:30 PM **Second** Wednesday of every month at the *Highland Club*, 1711 Tulane, Shreveport
General Service- **Dee R., DCM** 318-553-3477 and **Chris O., DCMC** 318-402-3066

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

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

COINAGE

Central Office Intergroup News, Announcements, Gatherings & Events NOVEMBER 3rd, 2018 - NOVEMBER 27th, 2018

WHAT ->	WHEN ->	WHO IS DOING IT / -> @ WHERE ->	CONTACT ->
EATIN' SPEAKER MEETIN' CENTRAL OFFICE November Intergroup Dinner, Speaker & More	SAT., NOV. 3rd, 2018 6:30pm Dinner: Roasted Pork Loin, Potatoes au Gratin, Green Beans, Rolls. 8:00pm Speaker: Shalane T., of Shreveport, LA Please bring desserts to share.	The 5:30 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
-SERVICE WORK- FIRST TUESDAY COI Central Office Intergroup Representatives Committee	TUE., NOV. 6th, 2018/ 6pm Intergroup Committee Business, Discussions & Activity Planning Does your group have a COI rep? No? Why not? Ask your group's leaders.	COI Representatives, Alternates, Visitors & Newcomers 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 38 th Bayouland Jamboree of AA Houma, LA	NOV. 9th-10th, 2018 38 th Bayouland Jamboree of AA Sharing the Miracle of Sobriety	Bayouland Jamboree Committee/ @ Holiday Inn Houma 1800 Martin Luther King Blvd., Houma, LA 70360 985-601-4500	Yogi N. 985-232-6789 Kenny V. 985-855-5681 Trevor B. 985-489-0602 Bayouland Jamboree P.O. Box 2251, Houma, LA 70361 www.thebayoulandjamboree.org
ROAD TRIP CONVENTION 12x12x12 Texarkana, AR	NOV. 9th-10th-11th, 2018 73 rd Texarkana AA Convention	Texarkana Arkansas AA/ @ Holiday Inn Texarkana 5200 Convention Plaza, Texarkana, AR 71854 870-216-2000	Cassie 580-314-6869 Melanie 903-949-9303 12x12x12.org
EATIN' SPEAKER MEETIN' Bridgehouse Second Saturday Speaker	SAT., NOV. 10th, 2018 7pm Food & Fellowship 8pm Speaker: TBA	The Bridgehouse - 426 Group/ @ 426 Stoner Ave., Shreveport, LA 71101	The Bridge House Joe 318-222-9782
-SERVICE WORK ROAD TRIP- Louisiana Area Assembly	NOV. 10th-11th, 2018 Area Assembly	Louisiana Area 27 Assembly / Garden Plaza Hotel 2032 NE Evangeline Thruway, Lafayette, LA 70501 (337) 233-6815	Dee R. 318-553-3477 Chris O. 318-402-3066
-SERVICE WORK- Treatment & Corrections (T&C), Public Information (PI) & Cooperation with Professional Community (CPC) Meetings	TUE., NOV. 13th, 2018/ 6:00pm Treatment & Corrections PI/CPC & Bridging the Gap Committee. Volunteers needed in every area.	COI Treatment & Corrections Committee ~ Public Information Committee~ Cooperation with Professionals Committee/ @ The Central Office of Shreveport 2800 Youree Dr., #362, Shreveport, LA 71104	Central Office of Shreveport www.aa-shreveport.org 318-865-2172
-SERVICE WORK- District 1 - Area 27 General Service Representatives Meeting	WED., NOV. 14th, 2018/ 6:30pm District 1 General Service Representatives Meeting Does your group have a GSR? No? Why not? Ask your group's leaders.	District 1 GSR Service Committee/ @ The Highland Club 1711 Tulane Ave., Shreveport, LA 71103 Directions to the club call: 318-636-9388	Dee R. 318-553-3477 Chris O. 318-402-3066
ROAD TRIP CONFERENCE 41 st Brazos Conference Navasota, TX	NOV. 16th-17th-18th, 2018 -A Journey Through the Steps- Step Speakers, Main Speakers, with Free Activities: Bean Bag Toss, Sand Volley Ball, Nature Walks. Paid Activities: Massages, Giant Swing, Horse Back Riding, Zip Line.	41st Brazos Conference Committee/ @ Camp Allen 18800 FM 362, Navasota, TX 77868 www.campallen.org	Brazos Conference 2121 Lohman's Crossing Rd., Ste. 504-178, Lakeway, TX 78734 www.brazosconf.org info@brazosconf.org
-ROAD TRIP- EATIN' SPEAKER MEETIN' THIRD TUESDAY State Line Group - Waskom, TX	TUE., NOV. 20th, 2018 6:00pm Eat: Potluck Supper (Please bring a dish/dessert to share) 7:00pm Speaker: TBA	State Line Group Committee/ @ First United Methodist Church 1305 W. Texas Ave., Waskom, TX 75692	Mike T. 318-294-6830
CENTRAL OFFICE OF SHREVEPORT NEWS Closed for Holiday	THUR. & FRI., NOV. 22nd & 23rd 2018 The Central Office will be closed for the Thanksgiving Holiday.	The Central Office of Shreveport Intergroup/ The Central Office 2800 Youree Dr., Suite 362, Shreveport, LA 71104	Central Office 318-865-2172
HOLIDAY GATHERING Highland Club Thanksgiving	THUR., NOV. 22nd, 2018 1:00pm Eat Thanksgiving Feast (Please bring desserts & side dishes).	The Highland Club, Inc./ @ The Highland Club 1711 Tulane Ave., Shreveport, LA 71103 Directions to the club call: 318-636-9388	Eddie M., or Joey A., 318-636-9388
ROAD TRIP ROUNDUP 28 th Annual Gratitude Roundup Gulfport, MS	NOV. 23rd-24th-25th, 2018 "Spirit of Service" AA & Al-Anon Speakers, Workshops, Entertainment/Dance, Old Timers, Fellowship, Food, Raffles, T-Shirts, Hospitality Room, Marathon Meetings.	Gratitude Roundup Committee/ @ Gulf Coast Event Center 9475 Hwy 49, Gulfport, MS 39503 gulfcoasteventcenter.com/hotel	Gulf Coast Intergroup Central Office 228-575-9225 Gratitude Roundup P.O. Box 7851, Gulfport, MS 39507 www.mississippicoastroundups.org
EATIN' SPEAKER MEETIN' Basic Training Last Sunday Dinner & Speaker	SUN., NOV. 25th, 2018 6:00pm Eat Potluck (Please bring a dish or dessert to share) 7:00pm Speaker: TBA	Basic Training Group/ @ St. Luke's Methodist 6012 Youree Dr., Shreveport 71105	Central Office of Shreveport www.aa-shreveport.org 318-865-2172
SPEAKER COI Steering Committee Meeting	TUE., NOV. 27th, 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

JOIN US AT Bridge House



426 Stoner Ave.

Shreveport 71101

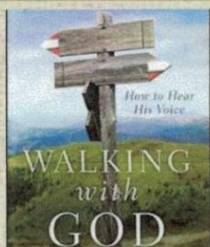
Monthly Speaker Meeting

(2nd Saturday of the Month)

Saturday, November 10, 2018

7:00 pm- Finger Foods & Fellowship

8:00 pm— Susan G.



Men in AA/Al-Anon Recovery Retreat 2018

Camp Harris, Minden, LA

Harris Baptist

Conference & Retreat Center



November 2018 "WALKING with GOD" November 16-18

Led by Randy Rogers from Shreveport, Louisiana

Sign-in Begins: November 16 at 4:00 pm

Retreat Ends: November 18 at 10:30 am

Registration Deadline: November 01, 2018

Cost Below includes two nights Lodging, Five (5) meals, coffee and Bottled Water.

To REGISTER send a \$50 check made out or payable to: **"MEN'S RECOVERY RETREAT"** Mail to: Trenton Belgard—10501 Keysburg Ct., Shreveport, LA 71106. For more information call Trenton Belgard at 318-272-2020 or call Eric Bates at 318-678-3089

NO REFUNDS! The deposit of \$50 covers the cost of your meal. If you cancel, we are still charged for the number of meals that we reserve, even if you are a no-show!

LODGING	*SINGLE*	DOUBLE	TRIPLE	QUAD	DORM	DAY RATE
PER- PERSON	\$140.00	\$99.00	\$85.00	\$75.00	\$70.00	\$25.00

****Single Rooms Extremely Limited!! First Come, First Serve!****

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

SHARING ROOM WITH: _____

Make the check payable or made out to "MEN'S RECOVERY RETREAT"

Oakwood Home for Women

*Last Saturday of the Month
Speaker Meeting*

*November 24, 2018
Food & Fellowship at 7pm*

*Speaker
Helena K.
at 8pm*

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

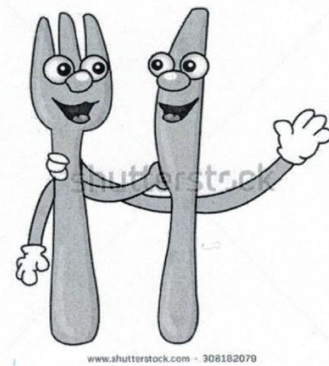
WASKOM State Line Group

Has Moved to

Waskom United Methodist Church



Monthly Eating
Meeting:



November 20, 2018

Eat @ 6:00 pm

Speaker @ 7:00 pm

Welcoming Our Speaker

Don H. of Shreveport

COMPOUND

8TH ANNUAL CHRISTMAS PARTY



****SATURDAY, DECEMBER 15, 2018****

****HIGHLAND CLUB****

1711 TULANE AVE. SHREVEPORT, 71103

**DINNER SERVED AT 6PM ~BY LAGNIAPPE FOODS OF
SHREVEPORT**

SANTA ARRIVES FOLLOWING DINNER

AA SPEAKER AT 8PM ~ LEBRON J. *FROM NEW ORLEANS*

9PM ~ RAFFLE DRAWING!

**SANTA WILL BE PRESENTING A GIFT TO ALL CHILDREN AGES
0-12**



“Central Office Backers”

The Central Office of Shreveport

501(C)3 Corporation

“When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with those who still suffer.” –Bill W.

Every service in the Fellowship is designed to make 12th Step work possible. As a “Central Office Backer” (COB), your voluntary, personal contributions will help to make the vital services of our office possible. As a COB, your continued monthly support, with a contribution in the amount of your choice, will help sustain the services that are provided by Central Office of Shreveport. This can be done in person or by mail with a check or money order payable to The AA Central Office of Shreveport, 2800 Youree Drive, Suite 362A, Shreveport, Louisiana 71104-3646. A bank auto draft is another convenient option. Inform your bank of an amount you would like to contribute monthly and they will send it directly to us. Please **DO NOT** mail CASH. **WE THANK YOU FOR YOUR SUPPORT!!!**

(Feel free to mail, e-mail or fax your commitment)

Central Office Backer

The Central Office of Shreveport

2800 Youree Drive, Suite 362A

Shreveport, La. 71104

Fax (318)865-2170 E-mail: aahelp@bellsouth.net

YES!!!! I would like to be a “Central Office Backer”

Name: _____ Date: _____

Address: _____

—

City: _____ State: _____ Zip
Code: _____

Home Phone: _____ Cell phone: _____

Work phone: _____ E-mail: _____ @ _____

Starting date: _____ Total Annual Amount \$ _____

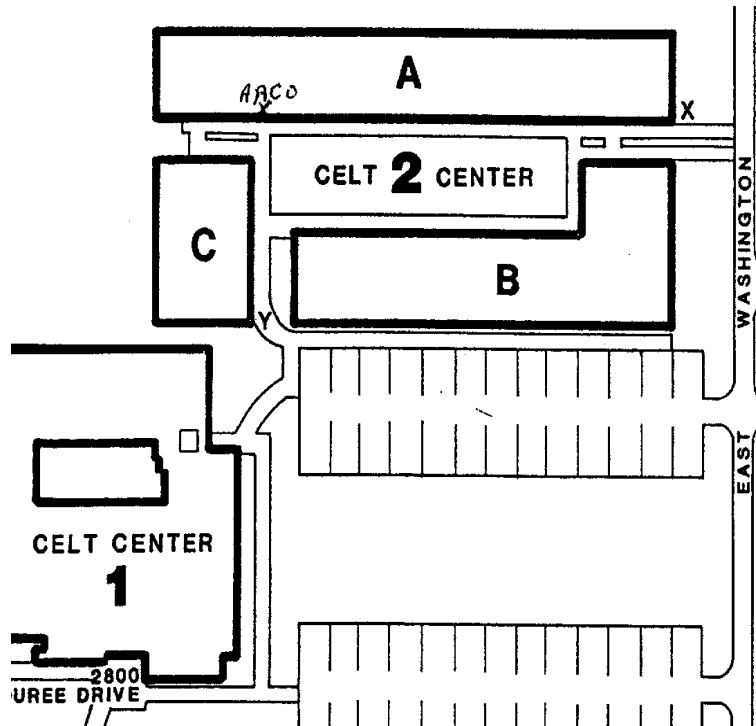
To be paid: (please check one) Monthly _____ Quarterly _____ Yearly _____

My check # _____ in the amount of \$ _____ is enclosed

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

