

No Booze News

August 2026

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Treasurer: Gary O.
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Walking Humbly Toward Healing with *Grace* and *Courage*

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All flyers are in a separate PDF document that can be found at <https://aabatonrouge.org> or scan the following QR Code.



Flyers

DISTRICT/COMMITTEE/SERVICE MEETINGS

- | | | |
|---|--|--|
|
CASC (Capital Area Service Committee)
meets 1st Tuesday of each month at 6:30 pm at the Central Office |
COC (Central Office Committee)
meets 2nd Monday of each month at 6:30 pm at the Central Office |
COR (Central Office Representatives)
meets the 3rd Thursday of each month at 6:30 pm at the Central Office |
|
District 10
meets the 3rd Friday of each month, at 6:00 pm, at the Zachary United Methodist Church, 4205 Church St., 70791. Meeting ID: 872 8468 9096 Passcode: AccessD10 (No Spaces) |
District 11
meets the 1st Sunday of each month at 5:00 pm, at the Serenity Club, 7519 Amite Church, Denham Springs 70706 |
District 15C
meets the 2nd Saturday of each month at 12:00 pm at Al-Anon Room, Club 12, 1695 Beaumont Dr., Baton Rouge |
|
District 15D
meets the 3rd Sunday of each month at 5:30 pm at Ingleside United Methodist Church, 4264 Capital Heights Ave., Baton Rouge |
District 16
meets the 2nd Sunday of each month at 3:30 pm at Stepping Stones, 1027 N Burnside Ave, Gonzales |
State Convention Committee—Area 27
meets the 4th Sunday of each month at 3:00 pm at the Central Office |
|
PI/CPC (Public Information/Cooperation with Professional Community)
meets the last Thursday of each month at 6:30 pm at the Central Office |
The Grapevine Committee
meets the 3rd Sunday of each month at 4:15 pm at the Central Office |
Red Stick Roundup Committee
meets the 2nd Sunday each month, 5:00 pm, Central Office, except in February/May |
|
LASCYPAA
meets 1st Sunday of every month at 3:00 pm at the Central Office |
T&C (Treatment & Corrections Committee)
meets 2nd Thursday of each month at 6:30 pm in the Al-Anon Room, Club 12, 1695 Beaumont Dr., Baton Rouge | |



Meeting Changes



DAY	TIME	GROUP NAME	LOCATION
Canceled			
Wednesday	8:00 PM	Last Chance	Club 12, 1695 Beaumont Dr., Baton Rouge, LA 70806
Tuesday	10:00 AM	Women's 12X12 Study Group	Stepping Stones, 1027 N Burnside Ave., Gonzales, LA 70737
Sunday	4:00 PM	The Next Frontier	Chapel of the Cross Lutheran Church, 3235 Dalrymple Dr., 70802
Monday	7:00 PM	There is a Solution	Broadmoor UMC, 10230 Mollylea Dr., Baton Rouge, 70808
Daily	7:00 AM	Daily Reflections	Life Center, 10473 Old Hammond Hwy., Baton Rouge 70816
Tuesday	7:30 PM	Walker Group	Life Church Walker, 9036 Florida Blvd., Walker 70785
Monday	6:00 PM	Serenity for All	Rosco, 58635 Meriam St., Plaquemine 70764
Thursday	7:00 PM	Serenity for All	Rosco, 58635 Meriam St., Plaquemine 70764
New Meeting			
Wednesday	Noon	224 Group	Serenity Club, 7519 Amite Church Rd., Denham Springs, LA 70726
Friday	9:30 PM	224 Group Candlelight	Serenity Club, 7519 Amite Church Rd., Denham Springs, LA 70726
Wednesday	6:00 PM	Desire To Stop	Ingleside UMC 4264 Capitol Heights Ave., Baton Rouge 70806
Thursday	6:00 PM	Daily Reprieve	First Methodist of Gonzales, 244 W Constitution, Gonzales 70737
Moved Location			
Saturday	12 Noon	Common Solutions	New Life Church, 365 Staring Lane, Baton Rouge, LA 70816
Wednesday	6:30 AM	Highland Rd Women's Group	Highland Presbyterian Church, 10024 Highland Rd., Baton Rouge, LA 70810
Saturday	7:00 PM	Saturday Night Speaker Meeting	Highland Presbyterian Church, 10024 Highland Rd., Baton Rouge, LA 70810
Monday	6:30 PM	Stray Cats	St. Margaret's Episcopal Church, 12663 Perkins Rd., Baton Rouge, LA 70810
Wednesday	6:30 PM	The Morganza Group	Morganza High School, 752 Louisiana 1 #3050, Morganza, LA 70759
Moved Location and Changed Time			
Tuesday	from 7:30 PM to 8:00 PM	HP Step Study	Zachary United Methodist Church, 3475 Church St., Zachary, LA 70791
Changed Time			
Monday	from 6:30 PM to 6:00 PM	224 Group Ladies Meeting	Serenity Club, 7519 Amite Church Rd., Denham Springs, LA 70726
Changed Format			
Monday	5:15 PM	5:15 Womens' meeting <i>(is now a literature study)</i>	Grace Baptist Church 630 Richland Ave., Baton Rouge



LETTER FROM THE EDITOR



Dear AA Family,

After two years of love, learning, and service as your editor of the No Booze News, my time in this position will be coming to an end in January.

It has been an honor to share our stories, celebrate our recovery, and help keep our Fellowship connected.

With gratitude, I am announcing that the Greater Baton Rouge AA Central Office is now in search of a new Editor to continue this important service.

If you feel called to carry this message of hope, unity, and recovery, please contact the Central Office for more information.

Thank you for the trust and support you've shown me throughout this incredible journey.

In love and service,

Kristy B.

Editor, No Booze News

The Greater Baton Rouge
AA Central Office
Accepts
Venmo



THIS MONTH IN A.A. HISTORY



August marks several important milestones in Alcoholics Anonymous.

On **August 8, 1879**, Dr. Bob Smith, co-founder of A.A., was born.

Just over a week later, on **August 11, 1938**, the Alcoholic Foundation, General Service Board of AA, was formally established. This organization helped provide a legal and financial structure for the rapidly growing Fellowship and supported the publication of the Big Book.

On **August 16, 1939**, Dr. Bob and Sister Ignatia admitted the first alcoholic patient to St. Thomas Hospital in Akron, beginning a partnership that helped thousands find recovery.

These events remind us that one alcoholic helping another—and a willingness to serve—continue to be the foundation of A.A. today.



JULY 2026 CONTRIBUTIONS



24 Hour Group	\$35.00
Beyond the Bottle	\$63.02
Capitol Ave Group	\$150.00
CASC	\$32.00
COR (7th Tradition Basket)	\$63.00
Daily Reprieve	\$208.00
Defective Characters	\$54.00
Early Birds	\$100.00
Farmers Market	\$67.00
Free Again to Choose	\$100.00
Freedom From Bondage	\$45.00
Freedom of Choice	\$62.73
Hang In There	\$360.50
Happy Hour Group	\$50.00
In The World Outside	\$405.00

Individual AA Members	\$407.50
Monday Night Big Book Study	\$200.00
No Other Way Group (NOW)	\$184.50
Oasis Sober Members	\$316.50
On Awakening	\$120.00
Paradoxes Of AA	\$85.00
Saturday Speakers Group	\$400.00
Seeking Solutions	\$100.00
Shivering Denizens	\$266.00
Starting Point	\$360.00
Stepping Out	\$93.00
The Nooner	\$150.00
Tuesday LIT Group	\$140.00
University Drunks- Zoom	\$129.00
Wednesday Night ABSI	\$53.50
You Doin' Good	\$182.00
No name	\$50.00

TOTAL CONTRIBUTIONS:

\$5,032.25

Heard in a Meeting

I came to
this program
to save
my butt and found out
it was attached to
my soul ♥



AREA 27 ASSEMBLY SCHEDULE



- August 15th-16th, 2026
- November 7th-8th, 2026

.....

VISIT THE AA LOUISIANA WEBSITE

aa-louisiana.org

I am Responsible...

When anyone, anywhere, reaches out for help,
I want the hand of AA always to be there.

And for that:

I am Responsible



***** CONTRIBUTION ADDRESSES *****

- AA Central Office
10319 Old Hammond Hwy,
Suite C-2, Baton Rouge, LA 70816
- Louisiana Area Assembly
7350 Jefferson Hwy, Suite 485-179
Baton Rouge, LA 70806
(Please include District number or
(GSO number with LAA check)
- Capital Area Service Committee
P.O. Box 14304, Baton Rouge, LA 70898
- General Service Board (AAWS)
P.O. Box 2407, James A Farley Station
New York, NY 10116-2407

DISTRICT CONTRIBUTION ADDRESSES

- District 10 P.O. Box 52963, BR, 70892
- District 11 P.O. Box 24 Denham Springs, LA 70726
- District 15D P.O. Box 40302, BR, 70835



Please send any updates to
bmoboozenews@gmail.com

8th STEP PRAYER



God, grant me the serenity to accept the things I cannot change. Help me to see clearly those I have harmed through my actions or inactions. Grant me the humility to acknowledge the pain I've caused and the courage to make amends where possible. Lord, prepare my heart to approach this process with sincerity and grace. Guide me to act with wisdom, avoiding further harm, and help me to trust in Your guidance as I seek reconciliation.

AA's Beautiful Paradox:

Learning to Live One Day at a Time

Submitted by Nital P.

The Twelve Steps contain one of the most beautiful paradoxes in all of spirituality. They don't give us a new mind—they teach us a new relationship with the mind. The very thoughts that once drove us to drink don't necessarily disappear. Instead, we learn that we are no longer required to believe them, obey them, or build our identity around them. Recovery is not about acquiring perfect thoughts; it is about discovering that we are more than our thoughts.

Many of us come to AA believing sobriety means fear, resentment, anxiety, and obsessive thinking will simply disappear. We expect the Steps to remove the mental noise. But that isn't the miracle.

The miracle is that the thoughts may continue to arise, yet they no longer own us. We become free not because our minds have become perfect, but because we no longer mistake every thought for the truth.

The Big Book says we become "placed in a position of neutrality—safe and protected." While those words refer to alcohol, they describe something much larger. Thoughts continue to come and go, but they lose their authority. Instead of reacting automatically, we begin observing them. The same mind that once whispered, "You're not enough," "You have to control this," or "Just one drink," may still speak. Today, however, we can notice those thoughts without following them. That shift is freedom.

The Steps gradually prepare us for this new relationship with the mind. Step One teaches us that relying on our own thinking has failed. Step Two opens us to wisdom beyond ourselves. Step Three begins trusting a Higher Power instead of our own self-will. Steps Four through Nine remove much of the fear, guilt, resentment, and shame that fuel our thinking. Step Ten helps us catch unhealthy patterns sooner. Step Eleven deepens conscious contact with God, and Step Twelve anchors this new way of living through service.

Notice what the Steps never ask us to do: eliminate thinking. Instead, they help us stop identifying with it.

That is why meditation is so essential.

Meditation is not about creating peaceful thoughts. It is about discovering the peaceful awareness that exists before, during, and after every thought. As we sit quietly, we notice fear, planning, memories, judgments, and worries arise and pass away. We begin to realize that thoughts are temporary visitors, while awareness itself remains steady and unchanged.

This is exactly where Step Eleven points us. We seek "knowledge of His will for us and the power to carry that out." God's will cannot be found in yesterday's regrets or tomorrow's worries because God is encountered only in the present moment. The present is also the only place where the next right action can occur. We cannot make an amends yesterday or help another alcoholic tomorrow. Every act of recovery happens now.

This gives new meaning to AA's slogan, One Day at a Time. It is more than advice for staying sober. It is a description of reality. Yesterday exists as memory. Tomorrow exists as imagination. The only place life is ever lived is this moment.

Ironically, the mind continually pulls us away from the only place where recovery works. It replays the past and rehearses the future, yet neither can change our lives. The apology, the prayer, the phone call, the act of kindness, the decision not to drink—all can happen only in the present.

Meditation trains us to return to this reality again and again. Each time we notice our attention wandering and gently return to the present, we are practicing surrender. We are learning to let thoughts come and go without letting them determine our lives.

Perhaps this is the deepest gift of AA. The program does not promise a different mind. It reveals that we are not the mind at all. We are the awareness in which thoughts appear and disappear.

That is AA's beautiful paradox. The same thoughts that once led us toward alcohol become the very thoughts we now observe without attachment. They no longer separate us from God because we no longer mistake them for who we are.

The Steps lead us to this discovery. Meditation allows us to remain there. And there, in the simplicity of the present moment, we find what alcohol falsely promised all along: peace, freedom, and the quiet presence of a Power greater than ourselves.

-Nital P.

HOTLINE SCHEDULE – AUGUST 2026

For some recovery starts when they call the Central Office Hotline or maybe they've been around awhile and need to know when's the next meeting. For any reason it's crucial that our fellowship be there when a hand reaches out.



GROUP NAME	DATES
Wedgewood	8/3 – 8/9
Women in Recovery	8/11 – 8/16
Zachary Group	8/17 – 8/23
164	8/24 – 8/30
224	8/31 – 9/6



Thank you, to those take the Hotline!
If your group wants to help, contact the Central Office.



The Trip That Reminded Me Why I Can't Drink

Submitted by Kristy B.

My name is Emanuel, and I'm an alcoholic.

I'm 32 years old and have been sober for two years and seven months, one day at a time. If you had met me three years ago, you probably would have thought I had everything figured out. I was an attorney at a prestigious law firm in Beaumont, Texas. I drove a nice truck, made good money, and was building the career I had always wanted.

What nobody knew was that alcohol was quietly taking over my life.

The final straw came the morning I showed up late to court. I had been drinking the night before and figured a shower, coffee, and a mint would cover it up. It didn't. The judge could smell the alcohol before I even reached the counsel table.

Instead of throwing my career away, the judge and the partners at my firm gave me one chance. Another attorney took over my case, and I was told to get help. That decision saved my life.

Treatment introduced me to Alcoholics Anonymous, where I finally admitted that I wasn't just someone who drank too much—I was an alcoholic. Today I have a sponsor, a home group, and a Higher Power. I've won some major cases since getting sober, and six months from now I'll be marrying an incredible woman I met in AA. She's been sober five years, and we recently moved into our first home together.

Then came the fishing trip.

The partners at the firm rented a beautiful five-bedroom Airbnb in Grand Isle, Louisiana. About a dozen of us rode together from Beaumont on a Friday afternoon. We arrived just before sunset, unloaded our gear, and stood on the back deck watching the sky turn shades of orange and purple over the marsh.

The plan was to leave at three the next morning and head nearly one hundred miles offshore in search of yellowfin tuna, wahoo, and mahi-mahi.

That evening several of the guys started drinking. Beer became bourbon, bourbon became loud stories, and before long coolers were scattered across the house.

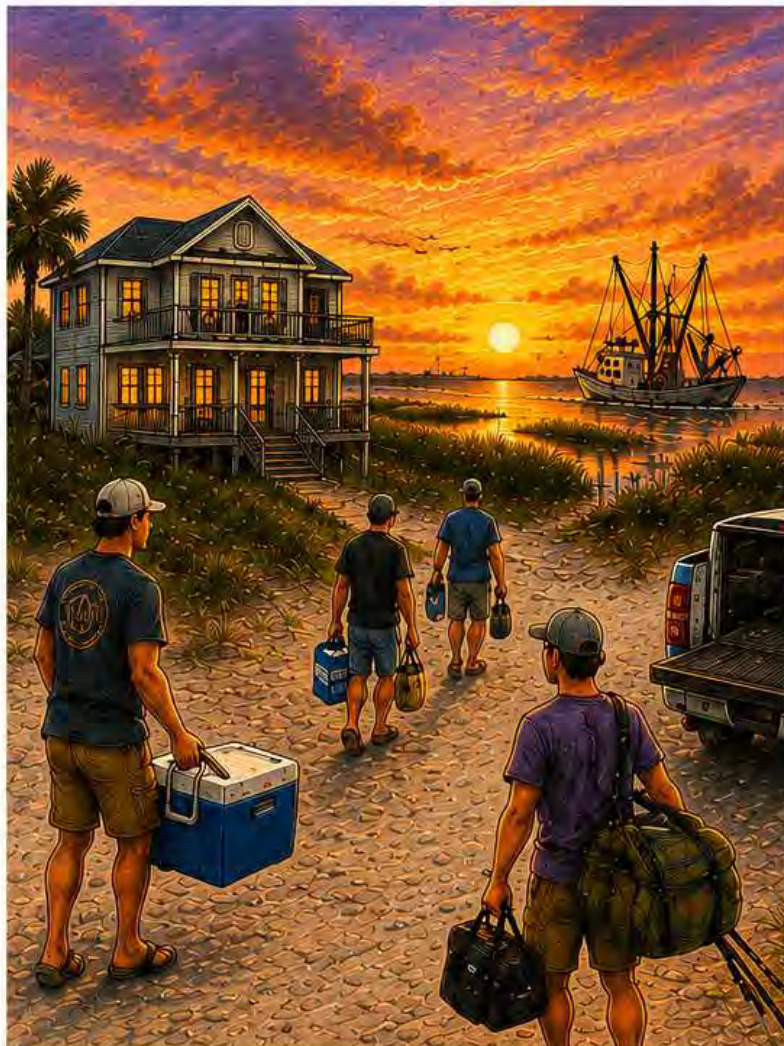
"Come on, Emanuel. One won't hurt."

I smiled.

"No thanks."

After hearing it a dozen more times, I simply wished everyone goodnight and went to bed early.

Continued on
next page



CALL FOR THEME SUGGESTIONS

for the
2030 INTERNATIONAL CONVENTION
in St. Louis, Missouri
JULY 4-7, 2030

Believe it or not, it's time to start thinking about a theme for the 2030 International Convention celebration of A.A.'s 95th Anniversary in St. Louis, Missouri, July 4-7, 2030.

We invite you to send in suggestions that will be reviewed and selected by the trustees' International Conventions/Regional Forums Committee.

NEED SOME INSPIRATION?

Here are a few themes from past A.A. International Conventions:

1965

*"I Am
Responsible"*

1990

*"Fifty-Five Years –
One Day At a Time"*

2015

*"80 Years –
Happy, Joyous
and Free"*



SHARE YOUR IDEA!



Send your ideas to:
2030ictheme@aa.org



**SUBMIT BY
OCTOBER 9, 2026**

The Trip That Reminded Me Why I Can't Drink

Continued from previous page

At three the next morning we pulled into the marina. The charter boat was incredible. It looked nearly seventy-five feet long with giant paintings of blue marlin and sailfish stretching down each side. It looked more like a yacht than a fishing boat.

After everyone climbed aboard, the captain explained the safety rules, where the life jackets were, and what to do if someone went overboard.

When he finished, he grinned.

"Alright, who's ready to catch some fish?"

Everyone cheered.

Within minutes we were headed into the Gulf. The ride seemed to last forever. Finally the engines slowed. The crew strapped fighting belts around us and baited our hooks.

A few minutes later my rod doubled over.

"Fish on!"

I grabbed the rod and held on with everything I had. The fish ran and ran. My arms burned. Every time I gained line, it took more back.

When I finally saw a flash of silver and deep blue beneath the boat, I couldn't believe my eyes.

Yellowfin tuna.

The biggest fish I'd ever caught.

The crew helped bring it aboard, and everyone started cheering. Several of the guys immediately cracked open beers to celebrate.

I grabbed a bottle of water.

The rest of the day became less about fishing and more about drinking. The beers kept disappearing, the voices kept getting louder, and small disagreements turned into arguments. A couple of the attorneys nearly came to blows over whose fish was bigger.



As I watched them, something hit me. I wasn't looking at bad people—I was looking at myself a few years earlier. I remembered thinking alcohol made every good time better, when in reality it slowly stole the joy from everything. Standing there on that boat, I realized I never wanted to be that man again. AA had given me something those beers never could: peace of mind. The excitement I'd felt about the trip returned, because I knew I was exactly where I was supposed to be—sober.

Back at the dock the cleaning crew made quick work of our catch. I stood there amazed at how fast they could fillet a tuna. The only person I'd ever watched clean fish before was my dad after we caught catfish at the neighborhood lake.

That night we had a huge crab boil at the Airbnb. The drinking picked right back up.

At one point one of the attorneys stumbled off the dock into the water. He was so drunk he couldn't get himself back out. Without thinking, I jumped in and helped pull him safely to shore.

By midnight people were passed out in chairs, on couches, and even at the kitchen table. I couldn't sleep.

Around two in the morning I walked into the kitchen for a glass of water.

There it was. A nearly full bottle of whiskey. My favorite brand. The same whiskey that had nearly cost me my career, my freedom, and eventually my life. For a few seconds I just stared at it. My alcoholic mind whispered, *Nobody would know*. Then another voice reminded me of everything AA had given me. My fiancée. My home. My career. My friends. My Higher Power.

I picked up the bottle, carried it outside to the dock, and looked across the dark Gulf. I didn't want a drink. I wanted to stay sober. I uncapped the bottle and poured every drop into the water.

As I watched it disappear, I quietly thanked God for another day of sobriety.

Continued on next page



July

CROSSWORD

ANSWERS

ACROSS	DOWN
1. GRATITUDE	2. FREEDOM
3. SPONSOR	4. HOPE
5. SERENITY	6. RECOVERY
7. SERVICE	8. PROGRESS
9. HONEST	10. FELLOWSHIP
11. HUMILITY	12. COURAGE

Keep Coming Back

IT WORKS IF YOU WORK IT

One Day At A Time



The Trip That Reminded Me Why I Can't Drink

Continued from previous page

The next morning I woke up before everyone else. While the others slowly crawled out of bed nursing headaches and trying to remember where they had left their phones and sunglasses, I was already packed.

I stepped out onto the balcony with a fresh cup of coffee just as the sun broke over the marsh. Golden light pushed through the clouds and reflected across the water. It was one of the most beautiful sunrises I had ever seen.

As I stood there, I couldn't help but smile. Three years ago I would have slept through that sunrise, waking up sick, ashamed, and wondering what I had done the night before. Instead, I was fully present, grateful, and clear-headed. Sobriety hadn't taken anything from me—it had given moments like this back.

Soon everyone else loaded the trucks, and we headed back to Beaumont.

The whole ride home everyone talked about the fish they caught.

I smiled because I had caught something much bigger.

Years ago I thought sobriety meant giving up alcohol. That weekend reminded me that sobriety gave me something far greater. It gave me the freedom to walk away from the one thing that had almost taken everything. It gave me mornings I could actually remember. It gaud me peace.

And for this alcoholic, that's the biggest trophy I'll ever bring home.



THE POWER OF OUR SEVENTH TRADITION

An Opportunity to Share Your Stories about the Impact of Self-Support

Your General Service Office is inviting members to share their stories about the ways the Seventh Tradition has had a positive impact on your sobriety and the Fellowship. You can participate by recording a brief (about one minute) message telling us how GSO/AAWS essential service, supported through your contributions, have touched your recovery or helped you or your group to carry the message.



**RECORD A
1-MINUTE
VOICE MESSAGE**

*Your story
can inspire
others!*

EXAMPLES OF STORIES MIGHT INCLUDE:

- How a piece of literature helped you get or stay sober
- How service material produced at GSO aided your sobriety or helped you to carry the message
- Finding much-needed help and a meeting via the Meeting Guide app
- Experience with the *Loners Internationalist Meeting (LIM)* or Corrections Correspondence Service
- How the newsletters, *Box 459*, *About A.A.*, or *Sharing from Behind the Walls*, helped you carry or receive the message of A.A.
- Assistance you received from the General Service Office

*We want
to hear
your story!*

SEND YOUR VOICE MEMOS TO:

selfsupportfinance@aa.org



Watch and share the video about this initiative:
<https://www.youtube.com/shorts/tw06Zl2S3R0>

**SUBMISSION
FORM**



Scan to access!

**AUDIO
RELEASE FORM**



Scan to access!

ATTEND A 2026 REGIONAL FORUM

Regional Forums provide unique opportunities for A.A. members across the U.S. and Canada to connect with people throughout the A.A. service structure. At forums, members can exchange information with representatives of the General Service Board, AAWS, AA Grapevine and the GSO.

UPCOMING REGIONAL FORUMS IN 2026 INCLUDE:



EASTERN CANADA

AUGUST 21–23, 2026

Hôtel Mortagne, Boucherville, QC



SOUTHEAST

SEPTEMBER 18–20, 2026

Hilton Raleigh North Hills, Raleigh, NC



PACIFIC

DECEMBER 4–6, 2026

Wyndham San Diego Bayside, San Diego, CA



QUESTIONS? Contact the Regional Forums desk at GSO, regionalforums@aa.org.



66TH ANNUAL LOUISIANA STATE CONVENTION

AUGUST 21–23, 2026

As we look ahead to this year's Louisiana State Convention, I wanted to pass along an opportunity for groups to be part of something bigger than ourselves.



HOST A MARATHON MEETING

Groups are invited to host a Marathon Meeting during the weekend. It's a great way to carry the message, get involved beyond the home group, and be of service—no special requirements, just willingness.



BE PART OF SOMETHING BIGGER

Whether your group is big, small, or somewhere in between, this is a chance to show up, share experience, and be part of what makes A.A. in Louisiana so strong.



TOGETHER, WE MAKE A DIFFERENCE

Let's show up the way we always do—together, willing, and maybe a little early... or right on time (progress, not perfection).



INTERESTED IN HOSTING A MARATHON MEETING?

Reach out to Ray R. at godchuax@yahoo.com for more information.



Congratulations!

THE CAPITOL AVENUE GROUP



recognizes

WILLIAM V.

★ FOR 15 YEARS OF SOBRIETY! ★



KEEP COMING BACK, IT WORKS!

TWELVE CONCEPTS FOR WORLD SERVICE

Video

NOW AVAILABLE

IN
THREE LANGUAGES!



This lively tour through the Twelve Concepts offers a wonderful introduction to A.A. service, with roles and responsibilities illustrated in an easy-to-understand "whiteboard animation" style.



Follow along to see how wide participation in the "inverted triangle" of the Fellowship enables us all to work together to carry the A.A. message of hope and recovery.



Based on the A.A. pamphlet
"The Twelve Concepts for World Service Illustrated"
P-8.

VIEW THE TWELVE CONCEPTS VIDEO HERE



ENGLISH:

<https://www.aa.org/twelve-concepts-for-world-service-video>



FRENCH:

<https://www.aa.org/fr/les-douze-concepts-des-services-mondiaux-video>



SPANISH:

<https://www.aa.org/es/los-doce-conceptos-para-el-servicio-mundial-video>

Together we carry the message of hope and recovery—around the world.



DAILY REFLECTION

AUGUST 28

LIGHTENING THE BURDEN

“

Showing others who suffer how we were given help is the very thing which makes life seem so worth while to us now. . . . the dark past is . . . the key to life and happiness for others.

”

ALCOHOLICS ANONYMOUS,
p. 124



Since I have been sober, I have been healed of many pains: deceiving my partner, deserting my best friend, and spoiling my mother's hopes for my life. In each case someone in the program told me of a similar problem, and I was able to share what happened to me. When my story was told, both of us got up with lighter hearts.



TAKE A MOMENT. READ. REFLECT.
Carry the message. Share the hope.

Bring the International Women's Conference to Louisiana

Do you love a good women's conference?
Do you love service work?
Then we need you.

Be part of something historic—join the
International Women's Conference (IWC) Bid Committee
as we work to bring the IWC to
Louisiana for the very first time in 2030.

- ◆ Be of service beyond the group level
- ◆ Connect with women across the fellowship
- ◆ Help carry the message in a powerful and lasting way

All are welcome. All experience levels needed.

Get involved today:



Lori



Lori.johnsonadams@yahoo.com



AA ALPHABET SOUP



★ COMMON AA ABBREVIATIONS EXPLAINED ★

A.A.W.S.	Alcoholics Anonymous World Services
12&12	Twelve Steps and Twelve Traditions
A27	Area 27 (Louisiana)
AA	Alcoholics Anonymous
AAB	A.A. Big Book Study
ABSI	As Bill Sees It
ACM	Area Committee Member
Alt. GSR	Alternate General Service Representative
ASC	Area Service Committee
BB	Big Book
BOT	Board of Trustees
CASC	Capital Area Service Committee
CO	Central Office
COC	Central Office Committee
COR	Central Office Representative
DCM	District Committee Member
DCMC	District Committee Member Chairperson
DR	Daily Reflections
GSO	General Service Office
GSR	General Service Representative
GV	Grapevine
GVR	Grapevine Representative
H&I	Hospitals & Institutions
HOW	Honesty, Open-mindedness, Willingness
HP	Higher Power
Intergroup	Local service office serving groups in an area
LDCM	Literacy (Language) District Committee Member
LV	La Viña
N/A	Not Applicable
NBN	No Booze News
ODAAT	One Day At A Time
PI/CPC	Public Information / Cooperation with the Professional Community
SAA	Serving Alcoholics Anonymous
T&C	Treatment & Corrections
Trad.	Tradition
WSC	World Service Conference
YPA	Young People in AA
YPAA	Young People in Alcoholics Anonymous



Unity is our foundation.
Service is our path,
Recovery is our goal.

Submitted by Kristy B.

The List I Didn't Want to Write ♥

I thought the Eighth Step would ask me for names.
It didn't.
It asked me for honesty.

Not the kind I could say out loud in a meeting.
The kind that keeps you awake at 2 a.m.
The kind that whispers,
"You know exactly who you forgot."

So I started writing.

Some names came easy.
Some made me put the pen down.
Some I tried to explain away.

"They hurt me too."

Maybe they did.

The Eighth Step didn't argue with that.
It just quietly asked,
"Did you hurt them?"

There were people I owed apologies to.
There were people I owed gratitude to.
There were people who would never hear
my voice again,
but somehow still deserved a place on the page.

Then came the hardest name.
Mine.

Because somewhere between all the lies,
the broken promises,
the missed birthdays,
the empty bottles,
and the mornings I wished I hadn't woken up...

I forgot that I had been living with the wreckage too.

The list wasn't a courtroom.
It wasn't about deciding who deserved what.
It was about becoming willing.

Willing to stop carrying excuses.
Willing to stop rewriting history.
Willing to believe that healing could begin
with a single honest name.

When I finished,
nothing around me had changed.
The paper looked ordinary.
The world kept spinning.

But *something* inside me had shifted.

The list no longer felt like a sentence.
It felt like the first map leading home.



Submitted by Kristy B.



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THE A.A. MEETING GUIDE APP



Meeting Guide is a free app for iOS and Android that helps you find meeting information for Alcoholics Anonymous groups near you. Over 100,000 weekly meetings are currently listed and the information is updated twice daily.

Learn more about the app and where to download



The List That Changed Me

Submitted by Kristy B.



When my sponsor told me it was time to begin my Eighth Step, I smiled and nodded like I understood exactly what she meant. Inside, I was terrified. I thought the step was simply about making a list of the people I had harmed. I figured I could write down a few names, talk about them at our next meeting, and move on. Instead, I found myself sitting at my kitchen table staring at a blank notebook for nearly an hour before I could write the first name.

Some names came easily because I knew exactly how I had hurt them. Others took days because writing them down meant admitting things I had spent years trying to forget. There were people I wanted to blame for my drinking, people I convinced myself deserved what happened, and people I simply hoped I would never have to face again. My sponsor had warned me this would happen. "The Eighth Step isn't about making a perfect list," she told me. "It's about asking God to make you willing. Honesty comes before willingness."

When I finally handed her my completed list, she smiled and asked one simple question. "Are you willing to make these amends?" I stared at the notebook for a long time before answering. "Honestly, some days yes, some days no." She nodded as though that was exactly the answer she expected. "That's enough," she said. "Pray for willingness. God doesn't ask you to manufacture courage. He asks you to trust Him one person at a time."

The first amends I made was to my mom. She had spent years answering late-night phone calls, wondering if I was safe, and cleaning up messes I had created. We met for coffee, and I read my apology through trembling hands. I admitted that every broken promise had chipped away at her trust and that I had been selfish enough to think my drinking only hurt me. When I finished, she reached across the table and held my hand. "I've prayed for this conversation for a long time," she said. "I'm proud of the woman sitting in front of me today." We cried together, and for the first time in years I felt like I was talking to my mother instead of hiding from her.

The second amends was much harder. My younger sister had covered for me more times than I deserved. She lied to family members when I disappeared, picked me up when I was too drunk to drive, and missed important moments with her own family because she was trying to rescue me from myself. I apologized for putting her in that position and for making my addiction become her burden. She listened quietly, thanked me for being honest, and then said something I wasn't prepared to hear. "I forgive you, Kayla, but trust takes longer than forgiveness." Those words hurt, but my sponsor later reminded me that rebuilding trust isn't something we ask for—it's something we earn over time through consistent actions.

The third person was my former employer. I had called in sick countless times when I was really hungover or still drinking. I expected him to be angry or tell me I had wasted his time.

*The Eighth Step
changes them sometimes,
but it always changes us
if we let it.*



— My sponsor



Instead, he thanked me for coming back. He admitted he had suspected something was wrong but never knew how to ask. Before I left, he shook my hand and said, "I'm glad you found your way." I walked out of that office realizing I had spent months fearing a conversation that lasted less than fifteen minutes and ended with kindness instead of condemnation.

The fourth amends could never happen face to face. My grandmother died before I found sobriety, and that regret had followed me into recovery. I had skipped holidays, ignored birthday cards, and chosen alcohol over spending time with someone who loved me unconditionally. My sponsor suggested I write her a letter anyway. I poured every apology onto three pages, thanking her for loving me even when I couldn't love myself. I took the letter to her grave, read every word aloud, and left it there beneath a small stone. I couldn't change the past, but I left that cemetery carrying something I hadn't felt in years—peace.

The fifth amends surprised me the most because it wasn't someone I had expected to put on my list. It was my best friend, Emily. We had spent years drinking together, and when I got sober I simply disappeared. I stopped answering her calls because I didn't know how to explain that I couldn't be around alcohol anymore. When I finally apologized, she admitted she thought I had abandoned her because I believed I was better than she was. We spent nearly two hours talking honestly for the first time in years. We aren't as close as we once were, but our friendship is now built on truth instead of pretending everything is okay.

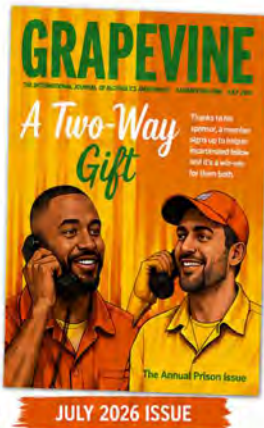
At our next meeting, my sponsor asked me what I had learned. I told her I thought the people on my list were the ones who needed healing. She smiled and gently shook her head. "The Eighth Step changes them sometimes," she said. "But it always changes us if we let it." I thought about every conversation, every tear, every uncomfortable silence, and every unexpected moment of grace. She was right.

Today I understand that the Eighth Step was never just about making a list. It was about becoming willing to let go of pride, fear, shame, and excuses. Some of my amends brought forgiveness. Some brought difficult truths. Others simply brought closure. But every one of them brought me one step closer to the woman God has been trying to help me become all along. Looking back, I realize the miracle wasn't in the words I spoke to those five people. The miracle was that, somewhere between writing their names and becoming willing to face them, God quietly began changing my heart.



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UNSCRAMBLE THE WORDS
BELOW THAT ARE RELATED TO
AA AND THE JOURNEY OF RECOVERY.

1. TRENHIY _____
2. ATEPMCEAN _____
3. EPCNOHE _____
4. SIORSPNONS _____
5. GDRUAEN _____
6. HNOESTY _____
7. EBELIV _____
8. SERENIYT _____
9. MNDIO _____
10. SERVICE _____
11. HOPE _____
12. FREEDOM _____

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just a click
away.*

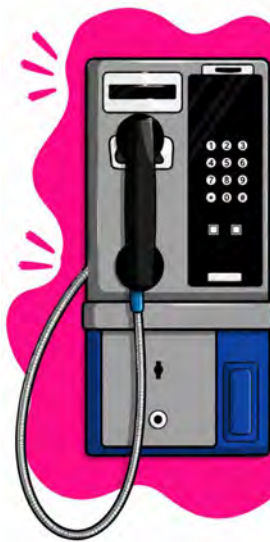
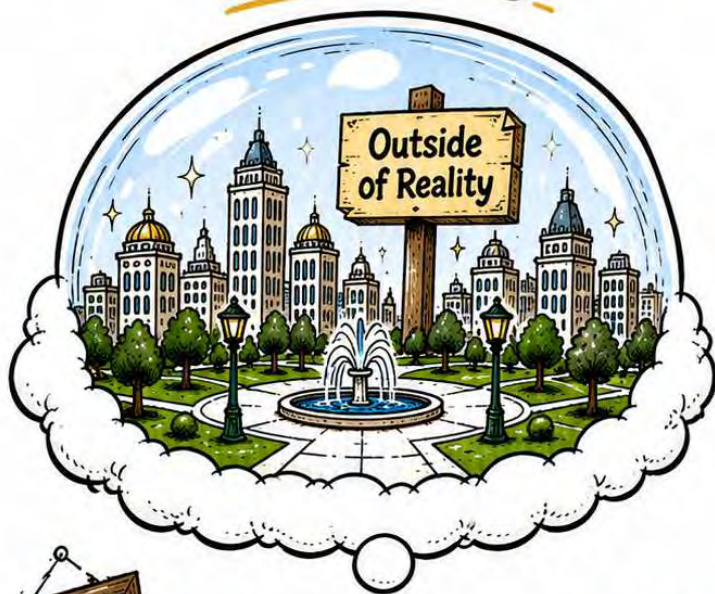
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BIRTHDAY LISTS

Have you ever wondered how the birthday listings in the *No Booze News* are put together? They come directly from the information your group submits to the Central Office.

At this time, **69 groups** are included in the birthday list. However, some of the lists currently on file have not been updated in several years.

There are also a lot of groups not included.

We are especially grateful to the groups that consistently keep their information current — your efforts help us keep the newsletter accurate and up to date for everyone!



PLEASE CHECK YOUR GROUP'S
INFORMATION AND HELP US
KEEP THE BIRTHDAY LISTS
CURRENT!

⇒ Thank you for helping us celebrate recovery! ⇐

thank you

to everyone that
contributed to the
August 2026 issue of
No Booze News.

- The Editor.

August 2026 Birthdays

1-12 Unity Group

Julia L 5

164 Group

Michael G. 14
Steven L. 17
Hoang N 2

224

John L. 17
Scott M. 9
Ian M 9
Ray W 43
Frank S 8
Heather C 4
Amber T 2
Charles B 2
Jessica D 2
Madelyn P 2

24 Hour Group

Kenneth W 7
Joshlin S 3
Joyce J 39
Karl L 5

417 Group

John L. 10
Mike R. 9
Cody W. 15
Hayes O 12

5:15 Women's Meeting

Robyn 1

A Design For Living

David W. 9

A Vision for You

Tim E. 6

Baton Rouge Young People's Group

Glen W 6
Virgina M 4

Bedrock

Michelle B. 41
Elmer G 3

Beyond the Bottle

Rolando W 10

By the Book

Shane H 4

Came to Believe

Sharon M. 16

Capitol Ave

Carl P. 14
Sharon M. 16
Eugene W 38
Michael G 14

Carry the Message

Laine T. 17

Come As You Are

Dustin B 15
Katie M 9
Amber H 8
Cole L 5
Matt G 15
Rachel D 3

Cortana

Katelynn D. 9
Rene D. 6
Jarvis A 8
Andrea F 6
Bradley D 6
Kaleb S 3

Dealer's Choice

Joanie C 45

Exciting NEWS!

DISTRICT 11

NOW HAS A

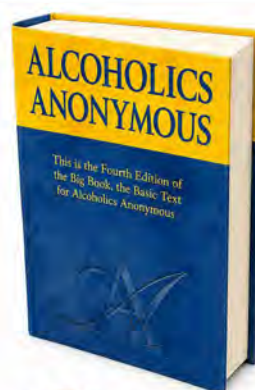
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FREEDOM OF CHOICE
is currently reading
Stories from the
Back of the
Big Book



MONDAYS
AT 7 PM



UNITARIAN CHURCH OF BATON ROUGE
8470 Goodwood Blvd, Baton Rouge, LA 70806

August 2026 Birthdays

Early Birds

David M	4
Keyla R	2

EBR Men's Group

Sam H.	11
Hayes O	13
Mason O	10

Free Again To Choose

Greg D.	25
--------------	----

Freedom of Choice

David L	21
James S	2
Matt G	15
Alex T	4
Taylor M	2
Cole B	2
Dustin N	2
Kristy B	2
Melanie B	2
Michael G	14

Galvez

Jill G	9
--------------	---

Hang in There

Billy B.	8
Ray P.	43
Blake W	4
Patrick R	5
George J	8
Richie T	9

Happy Hour

Brad K.	47
--------------	----

Into Action

Gordon B	3
Danielle B	3
Mary S	40

Larger Than Life

Troy J	3
--------------	---

Magnolia

David S.	15
Glen L.	44
Jason G.	4
Charlie V	7
Brian G	7
Christina Z	9
Emmit C	6
Lonnie M	4
Robert P Jr.	4

New Roads

John D.	34
Susan S	3
Joe W	4
Trey S	33
Ann C	4
Larenda B	3
Roderick B	5

North Blvd. Group

Brad K.	47
Brian P.	27
Mark V.	14
Sam I.	41
Matt M	4
Johnnie D	35

NOW (No Other Way)

Edward C	1
----------------	---

Oak Grove Group (Prairieville)

Michelle P	37
Keetsie G	43
Pam P	6
Keith S	10
Talissa B	4

Old Hammond Group

Brad R	13
--------------	----



GSO Acquires the Everything AA App



Alcoholics Anonymous World Services (AAWS) has officially acquired the **Everything AA** app, bringing one of the Fellowship's most popular digital resources under the care of the General Service Office. The move reflects AAWS's commitment to making Conference-approved literature and A.A. resources more accessible as more members and newcomers turn to smartphones and digital tools.



AAWS also expressed its appreciation to **Ben S.**, the app's creator, for years of dedicated service. In a message to the Fellowship, Ben shared his gratitude to the many members who used, supported, and helped improve the app over the years. He said he believes AAWS is well-positioned to continue developing the app and encouraged members to be patient and supportive during the transition.

Source: General Service Office of Alcoholics Anonymous (aa.org), "A Message to the Fellowship about the Everything AA App," June 18, 2026



Members can expect updates to roll out gradually as AAWS reviews existing content, adds new resources, and ensures the app aligns with A.A.'s Twelve Traditions and established AAWS and GSO policies. The app will continue to evolve, with future enhancements designed to better serve both longtime members and those seeking help for the first time.



As new features are introduced, users may notice opportunities to **subscribe** in support of the app's ongoing development. According to AAWS, subscriber support may help fund maintenance, accessibility improvements, digital resources, Conference-approved content, and other services provided through the General Service Office.

August 2026 Birthdays

Old Perkins Group

Nathan M	4
Paul C	5
Sandie S	13

On Awakening

Kristy B	2
Luke R	2

Open Heart

Jeanette Mc	47
Bert M	2
Valyne T.	6

Outsiders

Kaleb S	3
---------------	---

Paradoxes of AA

Patricia H.	37
Donna W	37

Perkins Rd Group

Darrell C	16
Glen E	13
Lesley H	9

Port Allen Group

Brian P.	31
Ronnie H	23
Troy R	26

Sanity Break

Evelyn R.	40
Roger B.	19
Jessica C.	9
John W	40

Seeking Solutions

Kristy F	7
Kat S	5
Danay C	4
Casey G	1
Kesha P	3

Shenandoah

John B.	17
Glenn E.	13

Shivering Denizens

Jay B	7
Abdual A.A.	7

St Amant

Dana L.	13
Hope M	9

Starting Point

Ashley D	7
Matt C	6

Stray Cats

Kevin S	2
---------------	---

Throw It On The Table

Ronnie H	23
----------------	----

Wedgewood

Jerry B	3
Kaylee R	3

Wednesday Night As Bill Sees It

Sajada W	6
----------------	---

Why Shouldn't We Laugh

Andy M	15
Mike T	18

Women in Recovery

Wendy W.	28
Hope M	9
Ashley T	3
Sylvia C	4
Bobbie W	3
Sandi P	4

Ya'll Come

Fred M.	46
--------------	----

Zachary

Sandra C.	34
Sharon M	16
Carl A	14
Clayton L	3
Luke R	2
Lea R	2



**Do you want to see your group
featured in *No Booze News?***



— Just contact the editor at brnoboizenews@gmail.com —

Total Years: 2,075

September 2026 Birthdays

164 Group

Will G 27

224

Katy Z 9
Micah M. 2
Clint S 3
James C 3
Ray C 40
LaLa R 2
William (Bill) Mc 2

24 Hour Group

Sharon G 8
Carol B 5
Isaac B 15
Travis C 3

A Design For Living

Pops 17
Kyle L 2
Andrew B 4
Steve P 3

Brown Bag

David W. 17
Anthony F 2
Tyrone M 18

Burnside Recovery

John M. 2
Jessie J 14

By the Book

Doug M 4

Came to Believe

Fred J 6

Capitol Ave

Raymond H. 17
Keith S 5
Jessie E 32
Michael "Pops" A 17
Wilda F 33

Carry the Message

Bobby D. 24

Cortana

Shannon S 3

Dealer's Choice

Shane B 8
Melisa G 3
Michelle B 2

EBR Men's Group

Andrew K 18

Free Again To Choose

David T 6
Ron C 5

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We are especially grateful to the groups that consistently keep their information current - your efforts help us keep the newsletter accurate and up to date for everyone!

Please send list to brcentraloffice@att.net

PLEASE CHECK YOUR GROUP'S INFORMATION AND HELP US KEEP THE BIRTHDAY LISTS CURRENT!

★ Thank you for helping us celebrate recovery! ★



September 2026 Birthdays

Freedom of Choice

Faron B	22
Jill H	3
Alex G	4
Alfredo R	3
Brittney O	4
Christina A	3
Devin S	2
Donnell N	2
Miranda G	2
Parker L	2
Rob J	2
Sabrina	2

Gonzales Lunch Bunch

Loretta C	29
Jeff M	42

Hang in There

Jason G.	9
Kenny H	6

Happy Hour

Ben P.	38
Liz H.	12
Brian B	35

In The World Outside

Jimmy E	6
Konstantine	13

Into Action

Tanner S	4
Cleovis J	3

Magnolia

Craig M.	4
John S.	7
Kevin B.	7
Erin D	6
Michael S	3
Derek G	5
Julie T	7
Kelly D	5
M.J. J	3
Owen J	3
Shannon S	3
Todd W	62

New Roads

Brad T	9
Duane K	19
Richard G	3
Jason L	10
Brent P	34
Reggie S	4
Spor L	29

New Roads

Boyce M	2
---------	---

North Blvd. Group

Doug D.	17
Tate O	3
Walker H	28

NOW (No Other Way)

Peter J.	29
Wesley G	1

Oak Grove Group (Prairieville)

Tommy F.	36
Steve L	8
Tod W	32
Dorene B	37

GSO REOPENS for Tours!

The General Service Office

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Reopened in April after the successful completion of a retrofit project.



On April 24, GSO welcomed its first visitors, including groups of A.A. members, area delegates, and board members in town for the 76th General Service Conference.



The A.A. meeting at the office has also resumed and is held every Friday at 11 a.m.



The 11th floor office space was retrofitted to accommodate all GSO employees on one floor. The new space is designed to better support collaboration and our ongoing work serving the Fellowship.



This milestone was made possible through the patience, flexibility, and hard work of everyone involved. We are grateful for your understanding and support throughout the project.



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September 2026 Birthdays

Old Hammond Group

Michael B	3
David E	38
Richard W	3
Shane O	4

Old Perkins Group

Karla S	18
Andrew W	11
Adam C	4

On Awakening

K.C.K.	33
-------------	----

Open Heart

Dale C	34
--------------	----

Paradoxes of AA

George H.	36
Randy S.	37
Lana T	17
Alex H.	2

Perkins Rd Group

Grace F	45
---------------	----

Sanity Break

Alan K.	12
Lindsay P	9
Fred J	6
Molly S	5
Dennis B	2

Seeking Solutions

Jamie R.	8
Jamie T	8
Carol B	5
Elizebeth P	2
Emilda H	2
Jess B	5

Shivering Denizens

Marlena G	23
-----------------	----

St Amant

Jan H.	13
Jerry O	4

Stray Cats

Jason S	4
---------------	---

Unmanageables

Stephanie S	3
Antonio J	3

We Surrender

Mark L	43
Stefanie N	9
Trevor T	10

Wedgewood

Pete M.	38
--------------	----

Wednesday Night As Bill Sees It

Alex H	2
--------------	---

Why Shouldn't We Laugh

Vanessa B	17
-----------------	----

Women in Recovery

Dorene B.	37
Gwen D	15
Lisa E	13
Jenny L	3
Christina A	3
Rachel G	2

Zachary

Ben P.	20
Michael H	5
Dan M	6
Stacy G	11
Austin S	2
Eddie E	2
Michel B	1

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Total Years: 1,683