



Positive Thinking - Negative Thinking – Reality Reality Thinking: A Level Playing Field

By Rick R.

Ever since I was a child, anytime I had doubts about an event that was about to happen, someone would suggest “You’ve Got to Think Positive.” As much as I would have liked to be positive, I was seldom able to overcome my doubts simply by willing them away. Eventually I dismissed the idea that positive thinking would make any difference at all. As I got older, and in the grip of alcoholism, my cynicism grew, and I thought that I was always getting the bad breaks. It was easier to complain about everything than it was to take responsibility for myself.

Fear of humiliation, responsibility, social activities, and all the other fears that alcoholics are plagued with, was my comfort zone, as long as I could drink myself into oblivion. When that no longer worked for me, I came to Alcoholics Anonymous (A.A.) and have been sober ever since. I learned in A.A. that alcoholics are plagued with *irrational* fear and that these fears far exceed the normal, God given instincts that we were born with and that these fears are the root cause of our problems. Positive thinking may work fine for normal people but for me it translates into *expectations*, and disappointments. In Dr. Paul’s story in the Big Book pg. 417, he said (“My serenity is inversely proportionate to my expectations”) and I agree with him.

Negative thinking, on the other hand, has undesirable effects on the alcoholic. It seems that when I am cynical about an issue, it gives me a built-in excuse not to perform. It makes it much easier to sit in a bar and complain about the issue than to take the risk. This plays right into the *irrational fears* that have paralyzed me during my drinking days and still have the potential to keep me from growing in the program. A.A. does not stop life issues from happening, but it does help me to stop doing damage to myself. Over the years of exploring the cause and effect of my experiences, I have become very pragmatic about this issue. Like other issues in my A.A. development I have learned that moving away from the two extremes and closer to the center, which I refer to as, “Reality Thinking,” has taken the artificial emotions (drama) out of my decision making, and that has served me well. I do not get too high when I am on a winning streak

Continued Page 3

**AA Central Office
of Shreveport**

**24 Hr. Hotline
(318) 865-2172**

office@aa-shreveport.org
www.aa-shreveport.org

Office Hours

**Mon, Tues, Weds, & Fri
10am- 4pm
Thurs 10am- 5pm**

Groups Responsible for

***HOTLINE
August 2026***

Bellaire Aug 3-9

Sat Nite Live Aug 10-16

Blanchard Aug 17-23

***Personal Recovery
Aug 24-30***

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

THE *HOTLINE*

OUR MISSION:

***“When anyone anywhere reaches out I
want the hand of A.A. to be there. For
that I am responsible.” BW***

**If your group is not currently
taking the hot line
at least one week a year,
please call us to add your group!
Call the Central Office
for the schedule!**

***We need the help of your group and
individuals to keep the 24 hour***

***Hotline open for the
still suffering alcoholic!***

We need YOU!

STEP EIGHT: *“Made a list of all persons we had harmed, and became willing to make amends to them all..”*

*Alcoholics Anonymous, page 59
Reprinted with permission AA World Services*

TRADITION EIGHT: *“Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers”*

*Twelve Steps and Twelve Traditions pg160
Reprinted with permission A.A. World Services*

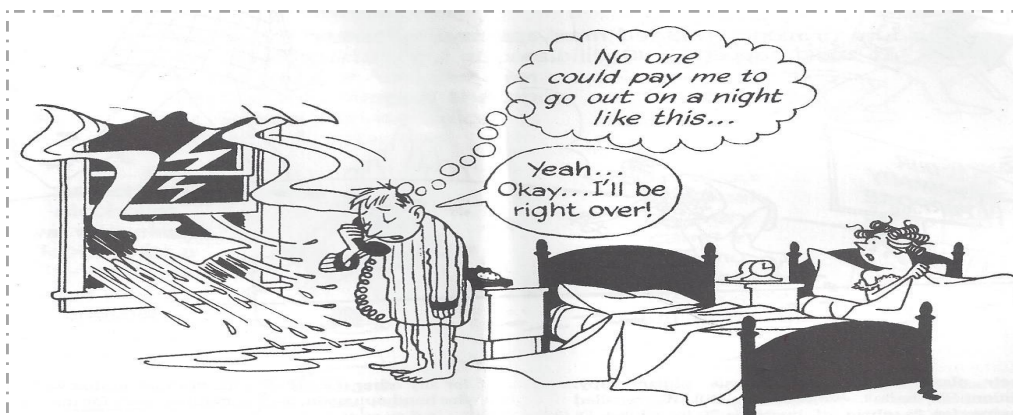
Tradition Eight: (The Long Form)

“Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never paid for.”

*The A.A. Group...Where it all Begins Pg 45
Reprinted with permission A.A. World Services*

TRADITION EIGHT: Check List

1. Does my own behavior accurately mirror the Traditions? If not, what need changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward-even if not money-for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA it-self? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. Do I know where my local meeting directory comes from?
7. In my own AA life, have I had any experiences which will illustrate the wisdom of this Tradition?
8. Have I read the book *Twelve Steps and Twelve Traditions*? How about the pamphlet “AA Tradition-How it Developed?
9. Can my group rely on me to fulfill my service responsibilities without someone checking on me?



*Reprinted with
permission of A.A.
World Services*

CONCEPT EIGHT: “The Trustees of the General Services act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”

*Twelve Concepts for World Services, By Bill W. Page33
Reprinted with permission from World Services*

or too low when things are not going well. I live my life on a “Level Playing Field,” and it is Real. I have very few disappointments, and my mind is less troubled. For me, peace of mind is the byproduct of this approach to my thinking.

Today, I hope for the best, prepare for the worst, and accept whatever happens, and I discovered that often, the things that I used to worry about never happen. The most effective and productive approach for me has been the establishment of a list of principles that I live by, that are consistent with the A.A. program and, other respected philosophies of life, that I have explored, that give me the best possibility to be successful in my undertakings. That does not mean that I never have disappointments, but the successes far outweigh the failures.

Bill W.'s Corner



“The fellowship in AA is unique. Ties are made overnight that it would take years to develop elsewhere. No one needs a false front. All barriers are down. Some who have felt outcasts all their lives now know they really belong. From feeling as if they were dragging an anchor though life, they suddenly sail free before the wind.”

Lois W., February 1950, “It Might Have Been the Time...”, Best of the Grapevine, Vol. 2

“A coffeepot simmers on the kitchen stove, a hospital sobers the stricken sufferer, general headquarters broadcasts the AA message; our service lifelines span the seven seas. All these symbolize AA in action. For action is the magic word of Alcoholics Anonymous.”

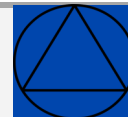
AA Co-Founder, Bill W., November 1951, “Services Make AA Tick”, Best of the

“When things go well, we must never fall into the error of believing that no great ill can befall us. Nor should we accuse ourselves of ‘negative thinking’ when we insist on facing the destructive forces in and around us, both realistically and effectively. Vigilance will always be the price of survival.”

AA Co-Founder, Bill W., November 1960, “Freedom Under God: The Choice Is Ours”, The Language of the Heart



Steering Committee & COI Meeting



Tuesday, Sept 1, 2026 @ 6:00pm

6:00 pm– Steering Committee Meeting

6:40 pm– COIs & Steering Committee

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

District 1 Area 27

Third Tuesday of Month

6:00pm at @ Central Office

Next Meeting **Aug 18**

DCM - Jane Rowell

(318) 564-9043

janeerowell1@gmail.com

Tri-State Convention

Committee

Second Sunday of Month

Time to be decided

Next Meeting **Aug 9**

CHAIR: Jennifer Cypher

(318) 286-1107

Treatment & Corrections

Second Tuesday of Month

6:00pm @ Central Office

Next Meeting **Sept 8**

CHAIR: Melanie Fields

(757) 788-4733

PI/CPC

Second Monday of Month

6:00pm @ Central Office

Next Meeting **Sept 7**

CHAIR: Neal Lathem

(901) 230-1796

Thanks to all the **Central Office Backers** contributions for the month of **June 2026**. If you would like to be a Central Office Backer (COB) just give us a call (318-865-2172) and we will happily email or mail the application to you.

June 2026...\$88.79

Thanks for all the **Group Contributions...June 2026...\$1,522.00**

Basic Training...\$300.00

Personal Recovery...\$141.50

Grace...\$141.50

Saturday Night Live...\$99.00

La Puerta de Vida...\$10.00

Tulane...\$12.00

LASCYPAA...\$7.00

Twin City...\$10.00

June Intergroup: Five-Thirty, Maverick, & Margaret Place...\$381.00

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

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

Addresses for Group Contributions for 2026:

Central Office of Shreveport

2800 Youree Dr., #362A, Shreveport, LA 71104 (50%)

District 1, Area 27

P. O. Box 3924, Shreveport, LA 71133 (10%)

Louisiana Area Assembly, Inc.

7350 Jefferson Hwy., Suite 485-179

Baton Rouge, LA 70806 (10%)

General Service Office

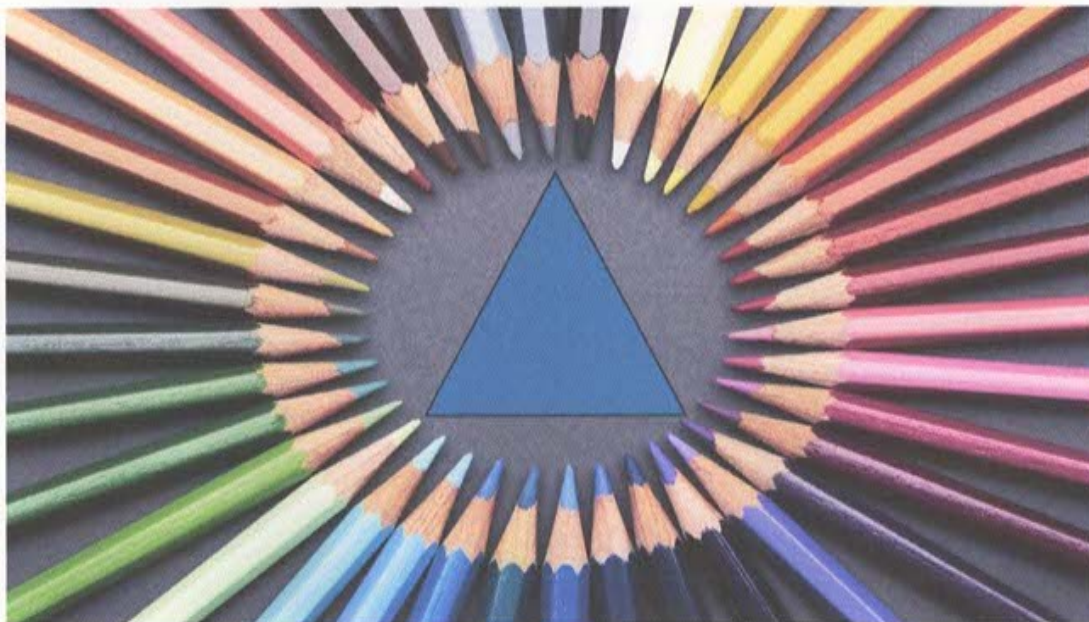
P. O. Box 2407, James A. Farley Station,

New York, NY 10116-2407 (30%)

(Percentages are suggested based on support of four service entities)

(Use your group conscience)

DISTRICT ONE



MONTHLY MEETING

3RD TUESDAY @

CENTRAL OFFICE

6:00PM

FOR THE MONTH OF AUGUST ONLY

2800 Youree Dr., Ste 362 A, Shreveport 71105

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.



SHREVEPORT LASCYPAA★

BID COMMITTEE MEETING SHREVEPORT AREA YPAA

COME HELP BRING LASCYPAA
TO SHREVEPORT!

- ⚡ FELLOWSHIP
- ⚡ SERVICE
- ⚡ UNITY
- ⚡ RECOVERY

WHEN

LAST MONDAY
OF EVERY MONTH

★ 6:00 PM ★

WHERE

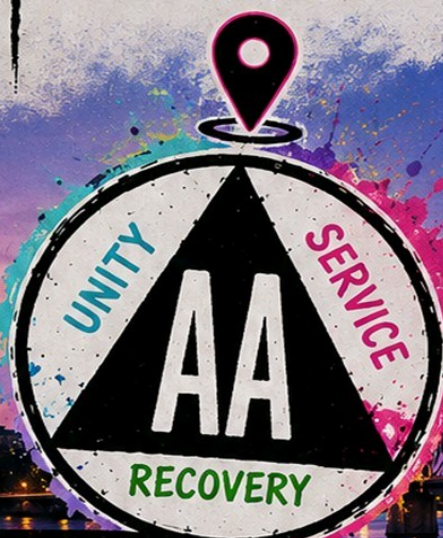
CENTRAL OFFICE

2800 YOUREE DR #362A
SHREVEPORT, LA 71104

WHAT IS LASCYPAA?

LOUISIANA STATE CONFERENCE OF
YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS

Help us build a bid, get involved in service,
make friends, and stay sober
while having fun.



ALL ARE WELCOME

YOUNG OR OLD • NEWCOMER OR OLD-TIMER
BRING YOUR IDEAS AND YOUR ENERGY

"SERVICE SAVED MY LIFE."

GET INVOLVED. GET SOBER. STAY SOBER.

Tulane TUESDAY SPEAKER *Meetings*



August 2026

Aug 4 ***Pete S.***

Aug 11 ***Terry F.***

Aug 18 ***Eric S.***

Aug 25 ***Jay S.***

7:00pm

Highland Club

1700 Tulane Ave.
Shreveport 71103



AUGUST INTERGROUP
SATURDAY, AUGUST 1, 2026

HARDY & BLANCHARD
GROUPS HOSTING

6:00PM DINNER
HAMBURGERS & FIXINS

7:00PM SPEAKER

KENNETH N.

DOS- 10/27/2024

PLEASE BRING DESSERT TO SHARE
50/50 RAFFLE

The Highland Club

1711 Tulane Ave., Shreveport 71103

The Stateline Group of Waskom

Eating Meeting

Tuesday, August 18th
Food @6pm, Speaker@7pm

LAURA J - SD 12/22/1997
SOUTHFIELD GROUP

Potluck, Bring a dish or dessert

First United Methodist Church
1305 W. Texas Ave.
(Hwy 80 East)
Waskom, TX 75692

Follow us on Facebook: The Stateline Group of
Alcoholics Anonymous - Waskom, TX





TWELVE STEPPERS BOWLING LEAGUE FALL 2026

WE ARE HAVING OUR MEETING FOR THE FALL LEAGUE ON AUGUST 19TH

IT WILL BE HELD AT ALLSTAR LANES AT 6:00 PM

9130 MANSFIELD ROAD, SHREVEPORT, LA

BOWLING WILL BE ON WEDNESDAY EVENINGS AT 6:30

THE LEAGUE WILL LAST FOR 17 WEEKS

YOU WILL BE COMMITTING TO PAY EACH WEEK

COST WILL BE DISCUSSED AT THE MEETING \$20 TO \$22 PER WEEK

IF YOU CANNOT MAKE IT TO BOWL ON A NIGHT, YOU OR OUR SECRETARY WILL GET A
SUB. YOU MUST LET US KNOW AS SOON AS YOU KNOW

THIS IS A NO TAP LEAGUE, MEANING THAT IF YOU KNOCK 9 PINS ON YOUR FIRST BALL IT
COUNTS AS STRIKE

GOOD WAY TO FIND OUT HOW TO HAVE A REALLY GOOD TIME NOT DRINKING

JUST ASK SOMEONE THAT PARTICIPATED

FOR MORE INFORMATION CONTACT

CATHIE ETHEREDGE. 318-617-1639

LESLIE POWELL 318-754-5782

HODGE GRIGSBY 318-918-3268

GEORGE ETHEREDGE 318-963-0675



WE START BOWLING WEDNESDAY AUGUST 26TH 6:30 PM

MINDEN ALPHA HOUSE CELEBRATING 67 YEARS

5:00pm Saturday, August 22nd

Hamburgers, Hot Dogs, Chips, Desserts,
and More!

Bingo Games with Special Prizes to
Include a Saints Jersey
signed by Mark Ingram, an NFL Football
signed by Mike Ditka,
and an Everlast Boxing Glove signed by
Buster Douglas. He
Knocked out Mike Tyson on February 11,
1900 to win the
Undisputed Heavyweight
Championship.

Minden Alpha House

801 Goodwill St., Minden 71055



*Road of
happy destiny*

**AUGUST
21-23, 2026**

Speakers

AA

**JEROME S, LOS ANGELES
STACEY G, SAN ANTONIO
FRAN C, COLUMBIA, LA**

AL-ANON

DANNY C, COLUMBIA, LA

MORE TO COME!



REGISTER OR BOOK YOUR HOTEL AT: [AA-LASTATECONVENTION.ORG](https://aa-lastateconvention.org)

(REGISTRATION TO ATTEND ON ZOOM IS ALSO AVAILABLE)

CROWNE PLAZA • 4728 CONSTITUTION AVE BR, LA 70808

Half Past Five Monthly
Speaker Meeting

SPEAKER JONATHAN A.

D O S 0 6 / 2 4 / 2 5

Wednesday August 26th at 530 pm

Koala Club

4809 Shed Rd Bossier City La 71111

*K o a l a C l u b M o n t h l y
S p e a k e r M e e t i n g t h e
l a s t W e d n e s d a y o f
e v e r y m o n t h a t
5 3 0 p m*

≡ Principles Before Personalities ≡

OUTING — in the — PARK!



RELAX. CONNECT. ENJOY NATURE.



WHEN:

Saturday, August 29th, 2026



TIME:

11:00 AM – 3:00 PM



WHERE:

Ford Park

5784 S. Lakeshore Drive
Shreveport

Let's make
memories
together!



Everyone is welcome! ♥

For more information, call Cora at 318-779-3451.



— LAST —
Saturday
SPEAKER MEETING

Aug. 29, 2026



DOORS OPEN
AT **6:00** PM



SPEAKER
AT **7:00** PM



TEA, COFFEE,
AND A LIGHT MEAL
WILL BE SERVED

@ OAKWOOD
1700 Highland Ave.
Shreveport, LA. 71101

— Our Speaker: —
DICKIE T
OF SHREVEPORT





B A S I C T R A I N I N G

Speaker Meeting

Sunday, August 30th

Speaker

Terry F.

DOS: 06/02/2025



Fellowship @ 6:30pm

Speaker @ 7:00pm



St. Luke's United Methodist Church

IN THE GYMNASIUM

6012 YOUREE DR., SHREVEPORT 71105



FAMILY BINGO NIGHT

Sponsored by Serenity Weekend Committee

SATURDAY, SEPTEMBER 19, 2026

HIGHLAND CLUB
1711 TULANE AVE, SHREVEPORT, LA 71103

BINGO

6	23	36	46	67
12	19	33	54	72
4	28	★	50	75
7	24	37	55	61
13	17	34	48	70

★ 5 GAMES ★

BONUS GAME:
WINNER TAKES
HALF THE POT

**SUPPER STARTS
AT 5:00 PM**

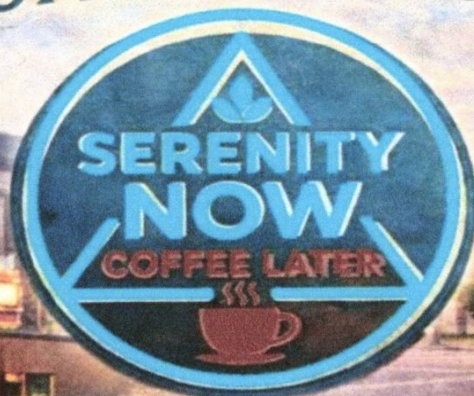
**POTLUCK STYLE — PLEASE
BRING A SIDE DISH OR DESSERT**

**GAMES BEGIN
AT 6:30 PM**

FAMILY FRIENDLY

Bingo balls: B-12, I-28, N-41, G-60, O-75

ARKANSAS TRAVELERS ROUND-UP 2026



September 17th, 18th, & 19th
Fun! Food! Fellowship!

252 Youth Facility (Across from
First Baptist Church, 200 W Main St
El Dorado, AR 71730)

THURSDAY-9/17 - KICKOFF

5:30pm - Dinner onsite (Finger Foods)
7:00pm - Speaker: Lance L. (Texarkana)

FRIDAY - 9/18

5:30pm - Dinner onsite (Italian Food)
7:00pm - Speaker: Jasmine C. (Kentucky)

SATURDAY-9/19

8:00am - Breakfast onsite (Spudnuts & Coffee)
9:00am - Speaker: James B. (Tennessee)
11:00am -12:30pm - Lunch Break onsite (Jambalaya)
1:00pm - Speaker: Diona B. (Al-Anon)
3:00pm - Step One Workshop
5:00pm - Dinner onsite (BBQ)
7:00pm - Speaker: Karl S.
8:00pm - Raffle

Questions?

Kandy R. 870.312.3464
Kirsti C. 318.450.8511
Levi B. 870.565.5302
Reed C. 870.312.1649

**SCAN OR CODE
TO
PRE-REGISTER**



Pre-Registration

****\$25 Registration but no alcoholic is
turned away!****



79TH TRI-STATE CONVENTION



NOVEMBER 6-8, 2026 | BOSSIER CIVIC CENTER
620 BENTON ROAD BOSSIER CITY, LA 71111

\$25 Register before July 1
PRICE INCREASE JULY 1 TO \$35
\$40 AT THE CONVENTION



SPEAKERS:

Martha G. - New Orleans, LA
Jess L. - Tyler, TX
Linda W. (Al-Anon) - Shreveport, LA
Chris. R - Kerrville, TX
Leslie S. - Atlanta, GA

For more information including schedule, events, hotel information
 and to register online visit our new Tri-State website:
tristateconvention.org

Registration questions? Contact Amy D at (318)464-9821 or email tristate.aaconvention@gmail.com

Register Online!



2026 TRI-STATE CONVENTION REGISTRATION FORM

Name: _____

Name on Badge: _____

Home Group/Location: _____

Phone: _____

Email: _____

Do you have 20+ years of Sobriety? Yes ____ No ____

Check all that apply: AA ____ Al-Anon ____ Alateen ____

Registration: \$ _____

Scholarship: \$ _____

Donation: \$ _____

Total Amount: \$ _____

MAIL FORM & PAYMENT TO:

2800 Youree Drive Suite 362A
 Shreveport, LA 71104

Make check payable to Tri-State Convention

SCHOLARSHIPS: Help those who are unable to pay the registration fee.

Why we have to register: A convention is not a regular AA meeting but a special event that requires a significant amount of money to be successful. The Tri-State Convention is self-supporting and paid for through registration fees plus voluntary contributions from individual members or groups. No baskets are passed at the convention, and attendance is of course voluntary. As responsible AA members we always pay our way.

Registration Use Only: Pmt received by: _____ Method of Payment: _____

THE 46th ANNUAL BAYOULAND JAMBOREE of Alcoholics Anonymous November 13-14, 2026

HOUMA MUNICIPAL AUDITORIUM – 880 Verret St. – Houma, LA 70360

WEBSITE:
TheBayoulandJamboree.org

HOTEL RESERVATIONS
Courtyard by Marriott Houma
142 Library Drive
Houma, LA 70360
(888) 978-3945

All Room Prices: \$139.00 + tax



Smoke Free
Environment!
No e-cigs or vapor

COME
PASS-U-A-GOOD
TIME
HERE IN HOUMA

Sharing the Miracle of "SOBIETY"

FRIDAY, NOVEMBER 13, 2026 (Hospitality OPENS @ 4 pm - 7:30 pm)

2:00 P.M. REGISTRATION OPENS
4:00 P.M. OPEN (AA & ALANON) Kick-Off Meeting
6:00 P.M. DINNER / FELLOWSHIP
8:00 P.M. AA SPEAKER: Aaron G., Ft. Worth, TX
9:30 P.M. Night Owl Meeting

Hospitality Room
Sweets & Snacks

50/50
and
Raffle

SATURDAY, NOVEMBER 14, 2026 (Hospitality OPENS @ 8 am – 7:30 pm)

10:00 A.M. – 11:30 A.M. WORKSHOP
NOON LUNCH / FELLOWSHIP
2:00 P.M. ALANON SPEAKER: Marilyn L., Kingwood, TX
4:00 P.M. AA SPEAKER: Lee Y., Sherwood, AR
5:30 P.M. DINNER / FELLOWSHIP
8:00 P.M. AA SPEAKER: Katie P., Austin, TX

TAPING BY
PERMISSION OF
COMMITTEE ONLY!

"REGISTRATION BADGES
REQUIRED AT ALL FUNCTIONS
DURING CONVENTION"

PRE-REGISTRATION: AA & ALANON (\$25.00) Postmarked by Nov. 1, 2026

At the Door: AA & ALANON (\$30.00) – ALATEEN (\$5.00)

All registrations postmarked by Nov. 1st are eligible for 1 chance on a complete set of CD's (1 Individual Winner)

RETURN BELOW REGISTRATION TO: BAYOULAND JAMBOREE – P.O. BOX 2251, HOUMA, LA 70361
CONTACT: Tommy S. (225) 456-6710 * Yogi N. (985) 232-6789 * Kenny V. (985) 855-5681 * Trevor B. (985) 498-0602

46th ANNUAL BAYOULAND JAMBOREE – NOVEMBER 13-14, 2026

Name: _____ ☐ AA
Address: _____ ☐ Al-Anon
Phone: _____ ☐ Alateen
Email: _____

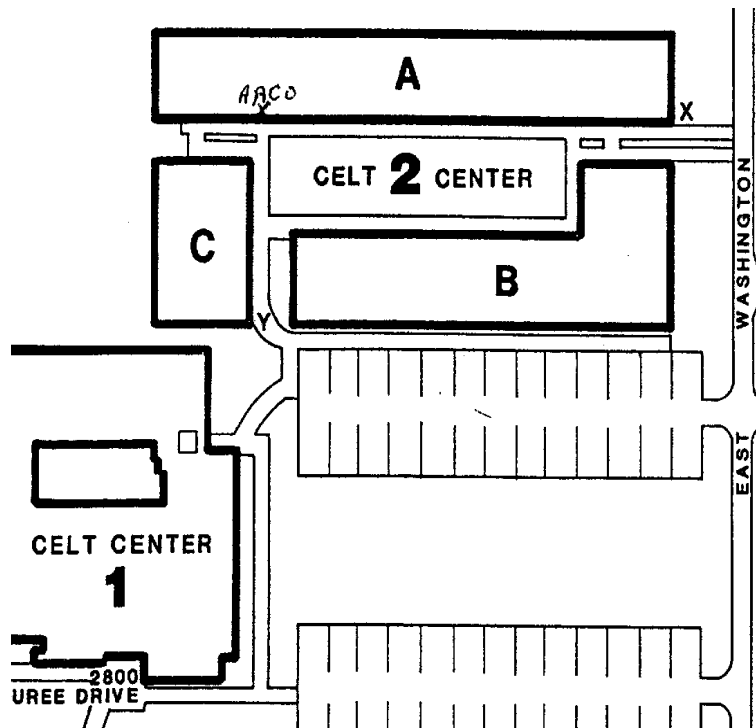
Pre-Registration.....	\$ 25
Alateen.....	\$ 5
At the Door.....	\$ 30
Amount Enclosed.....	\$ _____

If you wish to be on the Bayouland Jamboree mailing list, please check here _____

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

