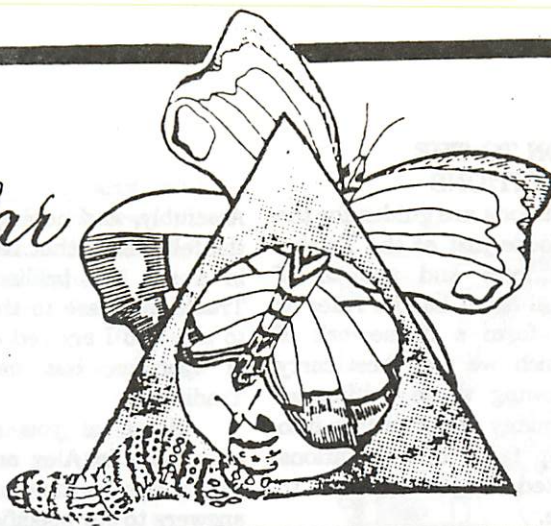


Caterpillar



July 1989

4884 Constitution Suite 1-C Baton Rouge, La. 70808

924-0029 (24 hours)

Groups at Work

PURPOSE

Each Al-Anon Family Group has one purpose: to help families and friends of alcoholics. This is achieved by:

- * Offering comfort, hope and friendship to the families and friends of compulsive drinkers.
- * Providing the opportunity to learn to grow spiritually through living by the Twelve Steps adopted from Alcoholics Anonymous (AA).
- * Sharing experience in coping with the disease of alcoholism and learning how the Al-Anon program helps us to give understanding and encouragement to the alcoholic.

Membership in an Al-Anon group and regular attendance at meetings has shown us new ways to deal with our problem. We have found friends who understand. We have become part of a constructive program to achieve personal fulfillment and a new way of life.

In Al-Anon we seek to improve ourselves. We learn that our growth and serenity depend on not criticizing or condemning the alcoholic or discussing the alcoholic's shortcomings with others.

Strict avoidance of gossip preserves group unity and protects the anonymity of our members and those of AA.

Our program is spiritual, but not religious. Taken from Purposes and Suggestions, P-13 (\$0.15)

OUR GROUPS AND THE TWELVE TRADITIONS

This is a short version of the Traditions.

1. All for one - one for all.
2. We have but one boss man - a loving God.
3. Relatives of alcoholics help others to help themselves.
4. We run our own affairs - that is enough for most of us.
5. We have but one purpose - that's a full time job.
6. We tend to our own business.
7. We pay our own way.
8. We hire people to do what we cannot do.
9. We don't organize, but we make some adjustments.
10. We stay out of squabbles.
11. We let people know we exist - politely and in good taste.
12. Anonymity is our cloak of protection; it protects us - it does not hide us.

May, 1975 FORUM

INTRODUCTION TO THE TWELVE TRADITIONS

Al-Anon's Twelve Traditions are guides for the conduct and unity of the groups just as the Twelve Steps are guides for the lives and growth of individual members. Since Al-Anon has no rules or regulations, the Traditions form a framework of common consent within which we may best carry on our activities. By following these traditional principles, groups can avoid many of the pitfalls into which the early membership fell. The Traditions tell how the groups are related to each other and to Al-Anon and AA as a whole.

The Traditions also indicate desirable attitudes toward membership, group purposes, money, property, public relations, leadership, and anonymity. These principles are suggested because the unity of the Al-Anon fellowship, and perhaps its survival, depend upon adherence to them.

Taken from The Twelve Steps and Traditions

★ THE TWELVE TRADITIONS AND ME

I do not have much early recollection...early in my Al-Anon life...of the Twelve Traditions. At least one of them, and maybe all of them, must have been read at those meetings. I can only guess that by the time they were read after the Steps, I was already immersed in trying to apply the step principles to my problems. Or perhaps I heard the Traditions and dismissed them quickly as not pertaining to me but to that rather small group of people (bless them) who always seemed to be the ones who chaired the meeting.

And so without much real contact with the Traditions I slowly traveled the road to recovery in my own stubborn way. After a much longer time than I like to admit...it was several years...I felt like I had lost my momentum, that I was taking one step forward and then one step back, that I was stuck in the mud. Then a wise Al-Anon friend pointed out to me that the best way to get off an Al-Anon plateau was to take on some service work (in my case) or some more service work. And in a moment of what at the time seemed like a terrible slip, I became a GR, headed for Alex and the Area

Assembly, and hoping not to appear too ignorant of the fellowship that had done so much for me. And in a not too brilliant flash, I realized that the Traditions were to the Group what the Steps were to me. So I arrived at my first assembly, ignorant of specifics, but having read and re-read the Traditions.

Some of you surely recall those Saturday afternoons in Alex and those question and answer workshops for new and old GRs. Lots of concrete answers to our specific questions...and always within the context of the Traditions. And when there appeared to be no specific answer at hand, one always emerged by going back to the Traditions for guidance or a principle to lean on.

Problems are rare in our Group, and when they arise I never seem to have the GR pamphlets or guidelines at hand so I can look for an answer. Once the panic at not having a ready answer has passed, I usually can mentally run through the Traditions and find one that is applicable to our group situation and one that steers me to an answer. For me, the Traditions take away all my anxiety about being a GR and let me enjoy that role. It's a great way to get into service work. Try it. It's fun...it was for me and could be for you too.

A. D., T.G.I.F.

5414 Brittany, Friday, 8 p.m.



TRADITIONS PRAISED

The advisability of groups have meetings more often to discuss the Traditions was the subject of a recent meeting.

It was agreed that we frequently react negatively to the Traditions, as individuals. Many tend to think of them as dry. But after thorough discussion of them at the meeting, they had as much meaning as any other part of the program.

Traditions will keep a group unified and alive. We are cheating ourselves if we don't go over them periodically.

Forum Jan. '71
From the N.H. ALANEWS

MEMBERSHIP

The key words in Tradition 1 are "common welfare/unity" and "mutual aid" in Tradition 3. These two traditions tell us how important and special our groups are. Our Home Group is most important of all the groups we attend.

If you don't have a Home Group, it's suggested that you get one.

★ MY "HOME GROUP"

I was so sad, lonely, confused and hurt when I came to Al-Anon. A friend of mine who had been in the program brought me to my first meeting at Club 12 on Beaumont Drive. I cried through the whole meeting. The members were so dear and told me to "keep coming back". At about the third meeting someone announced that a GR would be needed. I had no idea what a GR was, but I felt my right arm go up. I had volunteered. I can well remember traveling to Alexandria with several of my "new friends" for my first Area Assembly. We decided on a name for this group - "Steps to Serenity". This meeting on Mondays at noon became my home group. As I walked through those doors I saw the same faces, and received love, understanding and acceptance. I loved these folks and they loved me just the way I was - a total mess. We gained strength and knowledge to cope with our lives. I truly needed this sense of stability when so much in my life was uncertain and out of control.

I have remained a faithful member of Al-Anon, and today have the privilege of attending many different meetings which are all very special to me. But I must say that I will always have an unending feeling of gratitude for my home group because it was there that I began to love myself again. Thank you, God, for this wonderful gift of Your love and faithfulness in my life. I love you all - each and everyone.

Sally C., Steps to Serenity
Club 12, Monday, 12 Noon



GROUP PURPOSE

In Tradition 4 and 5 the key words are "autonomous" and "one purpose." Since being autonomous means we decide what goes on in our groups, as long as we adhere to the Traditions, we can change them if we as a group want to. We must always keep in mind the one purpose of helping families of alcoholics. Here are a few ideas that might prove helpful in adding a little variety to our meetings:

★ For a number of years, our Comite Al-Anon Family Group depended on volunteers to chair meetings on a monthly basis. About a year ago, we began having a number of newcomers attend our meetings. When we asked for volunteers to chair, the newcomers were afraid to take a month at a time. It was time for a change!

We borrowed an idea from a group in Tennessee. The group made up a list of topics for meetings. Then listed the topics on the calendar. This enabled a person to choose a topic that was of interest to them and chair that meeting. We have no problems getting volunteers now. It has worked for us.

Brenda T., Comite A.F.G.
Blackwater Methodist Church
Monday, 7:30 P.M.



WHAT I'VE USED TO FIND A MEETING TOPIC

★ When time has allowed I've used the Meeting Ideas (pp. 33-35) in our manual, Al-Anon and Alateen Groups at Work and scanned the One Day At A Time in Al-Anon Index for meeting topics. Now we have the comprehensive Index to Recovery listing all the conference approved literature topics. "The Index" makes a ready guide for planning meetings, workshops and discussions. Often there isn't time to prepare and a fill-in chairperson is needed now! For such occasions I keep with me and use what to me is the handiest pamphlet we have, This Is Al-Anon. It has the welcoming and closing statements that so concisely state the essence of our fellowship. This Is Al-Anon also contains the steps and traditions, a summary of what we learn

in Al-Anon, Ideas for newcomers and the slogans.

In all cases the first things I reach for when I must come up with a meeting topic are the slogans. "How Important Is It?" and "Let Go and Let God." My character defects require that I use both. The first slogan motivates me. "Let Go and Let God" gets me passed my paralyzing defects of self-doubt and perfectionism. These ideas enable me to be willing and take part. My Higher Power will see that what needs to be will be.

F.R., Mollysharp A.F.G.
Broadmoor Methodist Church
Wednesday, 8 P.M.



☆ Because I was having some problems that I did not hear discussed in Al-Anon, I was complaining. Someone suggested that I start my own meeting and with the help of a friend we started Singles in Al-Anon.

One of the things we did to start our meeting was that each member gave us a list of 5 topics that they would like feedback on. We listed and numbered these topics so when no one had a topic we could pick a number. Some of the topics are: living alone, taking care of yourself, making decisions, anger, resentments, etc.

All Al-Anon meetings are open--you don't have to be single to attend.

J.M.W. Singles in Al-Anon
Club Twelve, Saturday, 6:30 p.m.



Our Conference Approved Literature is full of meeting topics. The hardback books teach us Al-Anon's basic ideas and we are encouraged to use them in our meetings. It's suggested that we do not use One Day At A Time in meetings since it was written for our private, daily meditation.

Each month the Forum has lists of meeting topics for Alateen and Al-Anon. The following ideas were taken from old Forums.

HEARD IN FLORIDA

An Al-Anon Group in Lakeland, Florida, holds a regular monthly meeting on the Eleventh Step, which is always well attended.

July '72

ANSWERS TO "LEADING MEETINGS"

Casper, Wyoming keeps "meeting material" (Al-Anon Family Groups, back copies of the FORUM, pamphlets, copies of Inventory, etc.) in a bag. "When our meeting is finished, we ask 'Who is going to take the bag?' We've never had the bag left at the club yet--someone always takes it and leads the next meeting. She goes though it during the week and finds the topic for her meeting. By the time she spends several hours on the material she has learned considerable for herself as well as what to pass on to the group."

Helen H.

July, '64

FREE FORUM DRAWN MONTHLY

We are happy to send in another subscription for the lucky winner of our monthly FORUM drawing.

Our group feels this is a good way to introduce all our members to the continuous help of other Al-Anons which the FORUM makes available to us. We are less confused about the principles of the program as they are explained and stressed in this publication in a way we can all understand.

Here's hoping more members get acquainted with it.

Jan. '71

SUCCESSFUL MEETING BASED ON THE FORUM

We recently had an exceptionally interesting meeting based on articles from the FORUM.

We divided into three groups at separate tables. One group discussed articles pertaining to fears and anxieties, especially by newcomers. A second discussed articles on The Steps and Traditions. A third those on the Slogans.

We left time at the end for a short analysis of the discussions, as reported by a member at each table. The meeting proved to be a break from the ordinary and was most interesting.

Gloria A., Pama Heights, O.

Nov. '70

STUDY-DISCUSSION GROUPS

I am finding our Study-Discussion group meetings are more fabulous than I could have imagined. At each one we get such different and interesting ideas when we take various pieces of Al-Anon literature apart, sentence by sentence.

Rose G., So. Cairo, N.Y.
Nov. '70

PASSING THE HAT

Did this ever happen to you? Someone is sharing something at a meeting and you are hanging onto every word, or perhaps someone is reading the suggested closing, and all of a sudden, members begin diving underneath the table for their purses or reaching in their pockets for money. The commotion is being caused by the collection. Sometimes there are two of them!

To avoid this, our group has decided to take the collection after the program and before the closing. Now we wait until the last person has shared and the Treasurer says, "Tradition Seven tells us that 'Every group ought to be fully self-supporting, declining outside contributions.' We have no dues or fees, but we take a voluntary contribution to pay our rent, buy CALiterature, buy refreshments, contribute money to our local Al-Anon Information Service, to the World Service Office, and to the Area Assembly." That way, when someone reads the closing, we hear every word.

Feb. '77

TYF, MD

MEETING FORMAT CHANGES

T.G.I.M. meetings at St. George Catholic Church, Monday at 7:30 p.m. This is a step meeting with the first Monday of the month a discussion meeting. One of the longtime members said that she became uncomfortable and felt they needed a change. She made a proposal that the 1st Monday of the even numbered months be a speaker meeting. The group discussed the change then took a vote. The group conscience was to make the change, so now the chairperson of that meeting may either speak herself or get someone to tell their story. The group members are happy with the change.

Another group changed the following way:

★ The Thursday night "I Am Important" ACOA meeting located at Talbot Outpatient Center has changed it's meeting format by making the last Thursday of each month a round-robin meeting. In our round-robin meetings, we go around the room and share (or pass) our experience, strength, and hope on a suggested topic. The change was proposed, discussed, and then decided upon by a group conscience vote. Our regular meetings are open discussion.

Ford B., I Am Important
5414 Brittany Drive, Suite C
Thursday, 8 P.M.



In place of the Welcome we usually read, you might want to read the Preamble to the 12 steps.

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics and by giving understanding and encouragement to the alcoholic.



BULLETIN BOARD

NIGHT TELEPHONE

July	3 - 9	Brownsfield
	10 - 16	Wooddale Tues. Night
	17 - 23	Broadmoor A.F.G.
	24 - 30	T.G.I.F.
	31 - Aug. 6	Thursday Noon A.C.O.A.
Aug.	7 - 13	Goodwood A.F.G.
	14 - 20	Weekend Relief
	21 - 27	T.G.I.M.
	28 - Sept. 3	Stepping Stones
Sept.	4 - 10	St. Pat's A.C.O.A.
	11 - 17	Triangle
	18 - 24	Monday Steps to Serenity
	25 - Oct. 1	University A.F.G.



AREA ASSEMBLY

August 26 & 27
W.S.C., 4:00 p.m.
Bellemont Motor Hotel
1:00 p.m., Saturday - Workshop
9:00 a.m., Sunday - Business Meeting

31st Annual
Louisiana State Convention of
Alcoholics Anonymous
August 10, 11, 12, 13, 1989
Bellemont Motor Hotel
Baton Rouge, LA

Help yourself! Help Others! Have Fun!
Volunteer to help in the Hospitality Room
Call: Evie 654-0061
Linda 925-5341

HEARD FROM THE PODIUM AT AL-ANON CONFERENCE

"My life is not in a rut, it's in the groove."
Dick

"Our Father who art in heaven."
Wayne's beautiful song

"We're carrying the message."
The Twelve Step Crew Band

"Easy Does it--just do it!"
"Oh dat book saved lots of us."
Barbara

"When we sit on the pity pot all we get is a ring
around our heine!"
Russ

"I made the big surrender. I finally accepted what
was wrong and what was wrong was me."
Susie

"We learn to talk the talk of Al-Anon fast, then we
have to learn to walk it in our daily lives."
Joan



Dear Al-Anon,

This letter is to tell you good-bye and thanks for all you have done for me. Shelly, Brian and I are moving to Bahrain in the Middle East for 3 to 5 years. I heard they have AA in Bahrain, but do not know about Al-Anon. If they do not have Al-Anon, they will. I need Al-Anon to live a quality life which is to keep God in the center of my life. One of the important things I have gotten from Al-Anon is not to judge others. When I do not judge, I can honestly love them as they are. By practicing this, I can stay in contact with my God which has eluded me prior to Al-Anon.

I began Al-Anon service work shortly after I joined the program. Doing service work allowed me to meet the Al-Anons that practice what Al-Anon is all about.

I will revisit all of you I have met in my mind from time to time in between my yearly visits to Baton Rouge.

Thanks again for sharing with me.

88-89 AIS Chairman
Jim J.

MEETING CHANGES

New Meetings

Tuesday, 7:30 p.m.
Al-Anon Discussion Group
Most Blessed Catholic Church
7853 Broker Road

Wednesday, 7:30 p.m.
Zachary A.C.O.A.
St. John Baptist Church
4727 McHugh Road

Thursday, 5:30 p.m.
Traditions Meeting
Club 12
1695 Beaumont Dr.

Monday, 7:30 p.m.
Journey Within A.C.O.A.
Kearney Hall
Jackson, LA

Thursday, 7:30 p.m.
Lifeline
Library, New Roads, LA

Meetings Disbanded

Monday Discovery
Pre-Teen at Blackwater Methodist
Monday at 8 at Gonzales
Tuesday, 7:30 Open Discussion A.C.O.A.
Lakeland Al-Anon
Innis Wednesday
Burnside Group, Wednesday, 8:00 p.m.
Willing to Change Club 12, Friday, 8:00 p.m.

New Officers A.I.S. Board

Chairman: Theresa B.
Chairman-elect: Pebble B.
Secretary: Audrey C.
Treasurer: Joe H.

The District Representatives for Baton Rouge and the surrounding areas are:

Theresa B. District 4	927-4178
Pat D. District 9	293-9749
Amy F. District 13	659-2555
Pam B. District 14	293-9965
Robert R. District 16	638-6255

Some groups read the following statement which we got at Area Assembly several years ago.

STATEMENT

During this time we come together for mutual help. We come to learn how to live the Al-Anon program. The group conscience requests that all present refrain from gossip, dominance, discussion of religion, treatment centers, self-help programs, drugs, counseling, and the use and mention of material other than our Al-Anon Conference Approved Literature. Please remember that in Al-Anon we keep the focus on us and not the alcoholic.

Another good idea heard at Area Assembly is to write a step on one side and a tradition on the other side of a file card. These are passed out before the meeting begins and make it go a little smoother.



We
were brought
together to help
one another.

MEETING PROBLEMS

Most of the problems encountered in our meetings can be solved by applying the 12 Traditions. We have 4 Service Manuals that contain answers to many of our problems, too. Another source of help is the District Representative for your district. One of the DR's responsibilities is to help groups with problems.

Sometime when a group is having a problem a group inventory might be taken. This is one of the Al-Anon guidelines that can be obtained at the A.I.S. office. It is an excellent way to look at the group and our individual part in the group. After the inventory you might want to make some changes so a group conscience is called for.

★ I would like to share my experience, the benefit and results of doing a group conscience in my home group.

I had reached a point where I did not enjoy going to this meeting. There were a lot of newcomers, which made it more difficult to stay on the topic. The meeting was getting more into problem-solving and sometimes people would dominate the meeting. I did not have the courage to speak up at the time and use the traditions. I discussed this matter with fellow members and decided to try a group conscience. I made copies for everyone and devoted the next meeting to going over each question. The feedback was great and I found out that others felt the same way about the meeting but wouldn't speak up either. It was very worthwhile and made a big difference once everyone knew what was expected at an Al-Anon meeting.

Thanks to the knowledge I've gained in this program, I was able to overcome the fear and take the risk which produced positive results.

Love in Al-Anon,
Evie, Comite A.F.G.
Blackwater Methodist Church
Monday, 7:30 p.m.



GROUP FINANCES

Key words in Traditions 6 & 7 are "primary spiritual aim" and "self-supporting." They tell us that problems of money can divert us from our spiritual aim and that we are self-supporting at all levels. If Al-Anon is going to be here in the future for those who need it, it's up to us to support our groups, local office, state assembly and World Service Office. There is a 7th Tradition pamphlet which explains how our money should be distributed.

Each group needs a treasurer.

REPORT FROM AN AL-ANON GROUP TREASURER

★ The Comite group is helping Al-Anon at all levels. "There are no dues or fees but, as part of a greater whole, each group takes responsibility for supporting local, national and worldwide Al-Anon

services." (from Al-Anon's Twelve Steps & Twelve Traditions)

Our group feels that if outside support were needed for our headquarters, the structure of Al-Anon would be changed. We prefer that Al-Anon remain in the hands of its members.

Our Comite Group has a weekly attendance of 12-20 members who usually contribute at least \$1 each. We never keep a surplus in our treasury which often gets as low as \$5. After paying \$12 a month for rent and buying literature, we divide the rest of our funds by percentage to support our local, state and world headquarters. Quarterly we give at least \$60 to our local office and \$20 each to the state and world headquarters.

We read a treasurer's report quarterly to our members where we explain how their money helps the whole Al-Anon organization.

Is your group supporting Al-Anon on all levels? All of us are needed working together for a stronger Al-Anon.

June

Comite A.F.G.

Blackwater Methodist Church

Monday, 7:30 p.m.



Here are some ideas on finance that we heard at Area Assembly:

It's O.K. to ask for a financial report at meetings you attend.

It is strongly suggested that we do not keep much of a balance.

Nowhere in our Traditions does it say that people attending their first meeting should not contribute.

There should never be pressure put on people to contribute. Everyone is welcome whether or not we have money to give.

If we feel so inclined we may give more than \$1.00.



PUBLIC RELATIONS

Tradition 11 talks about public relations and its key word is "attraction." Our public relations policy based on attraction rather than high pressure promotion, seeks to let people who need us know where we are, who we are and what we do. One way we do this is by publishing a schedule book of current meetings. To keep this book as accurate as possible when there is a change in a group status -such as time or place--it's up to someone in the group to let the A.I.S. office know of the change.

There is a Directory published by the World Service Office that lists all registered groups so anyone who travels can find a group. Of course your group must be registered to be included in this book. If you have read the 3rd Step story in our 12 Steps and 12 Traditions you know how important this kind of information can be.

A project of the state Public Information Coordinator is to have an Al-Anon listing in every telephone book in the state. It's helpful to put time and place of meetings in local newspapers, also.

LEADERSHIP

Tradition 2 has the key words "one authority." That authority for our group purpose is a loving God, but the Tradition says that we also need leaders who are our trusted servants. Our service manual titled Al-Anon and Alateen Groups at Work on page 22 explains who these trusted servants are and their duties.

★ I am the GR for the Sunday night Tau-Listen & Learn. When I arrived at the doors of the Tau Center on January 28, 1988, I was a wounded, resentful, angry, crying, full of self-pity person walking in a tunnel of darkness with no light at the end. Life was not worth living. After my first meeting I knew I had found what I had been looking for a long time. I had had a spiritual awakening. I had HOPE for the first time in years. Life had some meaning again. Al-Anon saved my life. Today, after just over a year, by truly working and living this program I have found love, peace, serenity, happiness, joy like I have never known. God has done for me what I could not do for

myself. I had the Willingness to want to change my life. With His love and His grace my days are filled with sunshine. My spouse is still drinking and I am powerless over it because he has a disease that is incurable and he cannot stop drinking. I know he is in God's hands and God loves him more than I do. The program has taught me to treat him with peace and kindness, because he is a very sick person.

Being GR was just a little service work I could do to give back a little of what I have received from this miracle program. It works if you work it - work those steps.

My duties are to always be at my weekly meetings; to keep the meeting Al-Anon, attend Quarterly meetings and Area Assembly, make announcements to the group on any activities going on, ask for treasurer's report, see the group has sufficient literature, always welcome newcomers, and promote the Forum by bringing it to the group's attention.

SERVICE WORK IS OF UTMOST IMPORTANCE-
-I HAVE TO ALWAYS REMEMBER I HAVE TO
GIVE IT TO KEEP IT.



Gertie C., - Listen & Learn
Tau Center, Sunday, 7 P.M.

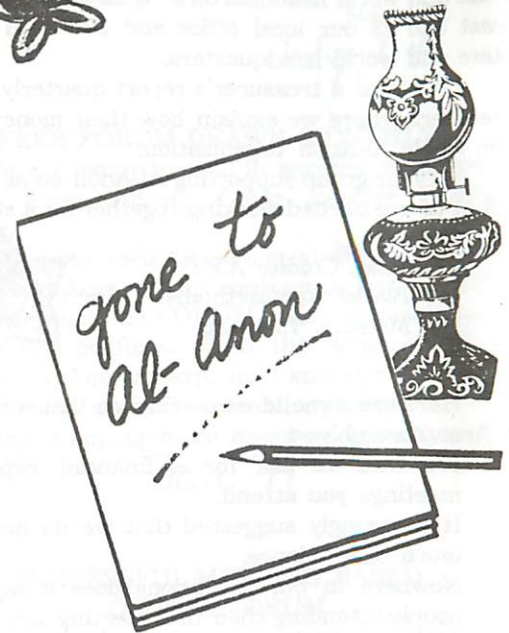
★ As a District Representative, some of the duties are to chair district meetings, to help the Group Representative understand their duties as described in the Handbook, to visit the groups, to keep the G. R. up to date on scheduled programs, workshops, etc., to keep current mailing addresses and phone numbers, and to be a resource when groups have problems so as to find solutions as found in various Al-Anon literature.

A number of meetings have been held in District 4 in recent years. Both the G.R.s and Alternate G.R.s are invited and others are encouraged to attend as well. The assignments for the Area Assembly program are discussed and an agreement is reached concerning the presentation at the Assembly. All kinds of Al-Anon material is

discussed at the meetings including information from the Forum, Inside Al-Anon, World Service Conference, Al-Anon books and manuals on the Traditions, Steps and Concepts. The last meeting included a discussion of Concept V. Service work is stressed as a useful tool in recovery. We find that getting to know each other in our District important, helpful and fun.

The meeting is closed with the Lord's Prayer. Refreshments are served while everyone visits.

Theresa B., DR-4



Group Service

Non-professional is the key word for Tradition 8, which is how our 12 step work should remain. This work must come from the members individuals and groups. As a group, one important thing we can do is sign up to answer the night telephone for a week. This happens for the group maybe twice a year, and if more groups signed up it would be less often. If your group is interested call the A.I.S. office, 924-0029.

Another interesting service project groups can become involved in is putting posters in windows of business places or on bulletin boards in schools, churches, libraries, etc. Also, books donated to a library, and "Are You Concerned About Someone's Drinking?" leaflets in libraries, church foyers, doctor's offices, etc. would really be carrying the message.

Don't forget that all Al-Anon Conference Approved literature can be bought at the A.I.S. office. It costs less there than at treatment centers and we need your business.

These items are available for group use.

Banners:

Al-Anon's Steps and Traditions (M-45)

Printed in bold black letters on

Large white sheets (3'x4-1/2')

Heavy duty, washable, vinyl

Reinforced top slip pocket

Mailing storage tube

\$20.00 (sets only)

Will be ordered as requested.

Index to Recovery in CAL (P-36)

With this map to Al-Anon's treasury of recovery literature, you can quickly locate: Readings on topics from "acceptance" to worry"

Lists of questions--and answers, too

New insights to the Steps and Traditions

A road to recovery in Al-Anon for you.

\$1.00 each

Available at A.I.S. Office

Our Service Manuals

Al-Anon and Alateen Groups At Work (P-24)

Digest of Al-Anon & Alateen Policies (P-25)

Al-Anon's Twelve Concepts of Service (P-26)

World Service Handbook (P-27)

These are available at the A.I.S. office at \$1.00 each or \$3.50 per set. There is also a binder for them - \$3.50.



Why me! The bus left without me, my feet are killing me, and my dinner is burned. What do you mean I should come to a meeting on self-pity?
Butch, Man., Can.

TEN TESTED METHODS TO RUIN AN AL-ANON GROUP

1. Don't come to meetings.
2. If you do, come late.
3. Find fault with officers and members.
4. Never accept an office.
5. Nevertheless, get annoyed if you aren't appointed to a committee.
6. If appointed to a committee, don't attend its meetings.
7. If asked by the chairman to give your opinion, say nothing. After meeting tell everyone how things should have been done.
8. Don't do more than necessary. When other members roll up their sleeves to help things along, say the group is run by a clique.
9. Don't contribute financially. There are no dues and all expenses are group expenses so let the group worry.
10. Don't bother to attract or to help new members.

Forum, Oct. '61

CONTRIBUTIONS

<u>Group Name</u>	<u>Mar/Apr/ May</u>	<u>Total to May 31</u>	<u>Group Name</u>	<u>Mar/Apr/ May</u>	<u>Total to May 31</u>
Bayou			Prairieville/St. John	54.59	125.53
Broadmoor	\$ 40.00	\$ 40.00	Recovering Parents	100.00	310.90
Brownsfield			River Road A.C.O.A. Al-Anon		
Came to Believe	25.00	25.00	St. Anthony/Donaldsonville	25.00	50.00
Caring Parents			St. Francisville Al-Anon		10.00
Clinton Al-Anon			St. Francisville Alateen		
Clinton Alateen			St. Pat's A.C.O.A.	25.00	25.00
Comite	40.00	100.00	Saturday A.C.O.A. Silkworth		
Corporate		28.00	Saturday Newcomers	20.00	50.00
Cortana	24.00	54.50	Serenity Seekers		
Denham Springs A.C.O.A.		30.00	Singles in Al-Anon		22.00
Denham Springs Alateen	13.00	28.00	South Side Al-Anon		
Denham Springs Friday		50.00	Starting Over	7.00	39.00
Denham Springs Serenity	43.00	86.50	Stepping Stones	20.00	40.00
Discovery	20.00	20.00	Steps to Serenity	34.00	55.80
Faith & Hope A.C.O.A.	291.60	387.10	Talk 12 Alateen		20.00
Gonzales Tuesday		85.00	T.G.I.F.	61.13	160.71
Good Shepherd		50.00	T.G.I.M.	50.00	225.00
Goodwood			Thursday Night A.C.O.A.		
Hang 12 Alateen			Together We Can Make It	50.00	100.00
Happiness Is	15.00	30.00	Triangle	50.00	100.00
I Am Important A.C.O.A.	192.48	192.48	Tuesday Noon A.C.O.A.	50.00	75.00
Innis Monday			Tuesday Tau		100.00
Just For Today	60.00	60.00	Tuesday's Children		50.00
Listen & Learn	84.00	247.37	University A.F.G.		
Live & Let Live	13.80	36.15	Walker Discussion		9.00
Mollysharp		50.00	Wednesday Noon Serenity		37.50
Monday Night A.C.O.A.	65.26	75.26	Weekend Relief		226.17
New Beginnings A.C.O.A.			We're Here Because	40.00	49.00
New Life			Westside Al-Anon		
New Roads Monday Night	50.00	50.00	Willing to Grow A.C.O.A.	110.00	390.00
Noon Serenity Huggers		38.92	Wooddale Sunday Step		
Pointe Coupee A.C.O.A.			Wooddale Tuesday Night		25.00
Port Allen Alateen			Zachary A.C.O.A.		25.00
Powerless Step Study	25.00	50.00	Zachary Al-Anon	50.00	50.00