

JULY 1991 4884 Constitution Suite 1-C Baton Rouge, La. 70808 924-0029(24 Hour:

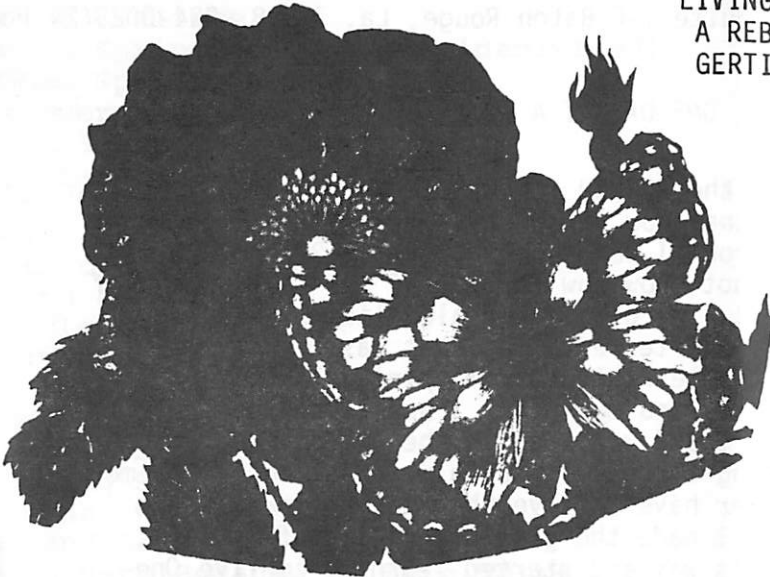
### ONE DAY AT A TIME

I became a member of the ALANON FELLOWSHIP 3½ years ago. At that time the only way I knew how to survive was reliving yesterday and projecting tomorrow. I was so busy working 20 hours a day on most days, I did not know how to live. I was killing myself and I couldn't see it. The disease of alcoholism is cunning, baffling and powerful. After existing that way for several years, I finally hit a terrible bottom spiritually, physically, emotionally and mentally. I was a dead person. Only by the Grace of God I was lead to the Alanon Program. After my first meeting I knew my heavenly Father had called me home and I would never have to live that way again. I had a spiritual awakening. I made the greatest choice of my life. I choose to live God's way and started learning to live One Day At A Time by making a lot of meetings, praying, using my sponsor and working the Steps. For me this program and my God saved my life, because I wanted it. Today my spouse is still actively drinking and has never found sobriety. That makes me sad for him at times, but today I can accept that was not God's will for him. I know today some have to die for others to live. Today there is peace and love in our home and for that I am grateful. I am very thankful for all the good years we had together. We were two sick people living the only way we knew how.

## ONE DAY AT A TIME

We sang in the sunshine for a long time, until our diseases took over our lives and we started going down hill. Since I came into Alanon my life has been uphill. Today I truly have learned to live, love ONE DAY AT A TIME enjoying all the fruits of the spirit my heavenly Father gives me each day. Today he is in total control of my life and my destiny. The journey continues getting better each day and the miracles never stop. Today I can love people enough to let them go and live their live. I pray for them and put them in God's care. That is so freeing. It's a beautiful journey ONE DAY AT A TIME, LIVING AND LOVING IN TODAY..

I LOVE YOU AND GOD LOVES YOU  
LIVING AT PEACE, HAPPY, JOYFUL  
A REBORN CHILD OF GOD.  
GERTIE C. BATON ROUGE



TIME IS A VERY PRECIOUS GIFT, SO PRECIOUS THAT IT'S ONLY GIVEN TO US MOMENT BY MOMENT. THIS MOMENT IS ALL THAT IS ALLOWED RIGHT NOW. WE SHOULD LIVE IT FULLY. THEREIN LIES THE RICHNESS OF OUR LIVES. EACH MOMENT IS UNIQUELY OUR OWN. WE SHOULD NOT MISS THE POTENTIAL PLEASURE OF ANY EXPERIENCE BECAUSE OUR THOUGHTS ARE ELSEWHERE. WE HAVE OVERCOME MANY A STUMBLING BLOCKS TO REACH OUR STEPS TO A SIMLE LIFE. WE SHOULD NOT LIVE IN THE PAST, THE PRESENT AND MANY FUTURE TIMES ALL AT ONCE. ONE STEP ONE MOMENT AND THEN THE NEXT STEP AND ITS MOMENT.

WHAT DOESN'T COME OUR WAY TODAY, WILL COME WHEN THE TIME IS RIGHT. EACH DAY WE ARE GRANTED JUST WHAT IS NEEDED. WE NEED NOT WORRY ABOUT THE FUTURE. IT WILL OFFER US WHATEVER RIGHTLY COMES NEXT, BUT IT CAN'T DO SO UNTIL WE HAVE EXPERIENCED TODAY.

Chapter 9 (Relationship after Recovery) 769-8516  
Incest Survivors Army: 769-7735  
Victims of Sexual Assault Army: 323-7273  
Crisis Intervention Center: 423-6482

### TURNING IT OVER

IT WAS MY HOME GROUP'S WEEK. IT WAS MY NIGHT. ONCE THE AIS OFFICE VOLUNTEER WENT HOME FOR THE DAY, CALLS TO AL-ANON IN THIS AREA WERE CALL FORWARDED TO MY TELEPHONE UNTIL THE AIS OFFICE OPENED THE NEXT MORNING. THERE HAS TO HAVE BEEN A FULL MOON OUT, BECAUSE THE VOLUME OF CALLS TO AL-ANON'S 24 HOUR TELEPHONE NUMBER WAS UNUSUALLY HIGH. I HAVE ALWAYS ENJOYED MY TURN WITH "THE PHONE" I SEE IT AS MY CHANCE TO BE THE FIRST FRIENDLY AND UNDERSTANDING VOICE HEARD BY A SUFFERING FAMILY MEMBER WHO HAS FINALLY DECIDED TO REACH OUT FOR HELP. ONE CALL THAT NIGHT CONTINUES TO HAUNT ME. THE CALLER PHONED IN THE WEE HOURS OF THE MORNING, COMPLAINING OF FAMILIAR SYMPTOMS: SHE FELT STRESSED OUT FROM ASSUMING HER PARTNER'S RESPONSIBILITIES, SHE COULDN'T WORK BECAUSE SHE WAS TOO PREOCCUPIED WITH HER FAMILY'S PROBLEMS. SHE WAS IN ENOUGH PAIN TO REACH OUT FOR HELP. I WANTED DESPERATELY TO HELP, BUT THE PROBLEM IN THIS CALLER'S FAMILY WAS COCAINE - NOT ALCOHOLISM. I DID THE BEST I COULD FOR THAT CALLER, AND RESOLVED TO DO SOME HOMEWORK, SO THAT NEXT TIME I COULD BE MORE HELPFUL. THE ONLY REQUIREMENT FOR MEMBERSHIP IN AL-ANON, PER TRADITION THREE, IS THAT THERE BE A PROBLEM OF ALCOHOLISM IN A RELATIVE OR A FRIEND. WE LEARN IN OUR INDIVIDUAL RECOVERY THAT WE MUST TAKE CARE OF OURSELVES OR NOBODY WILL. WE CANNOT BE ALL THINGS TO ALL PEOPLE. JUST BECAUSE AL-ANON WORK FOR US DOES NOT MEAN THAT IT CAN SOLVE ALL PROBLEMS AND HELP ALL PEOPLE. I HAVE HEARD THAT THERE ARE NEARLY 250 DIFFERENT 12 STEP RECOVERY PROGRAMS IN ASSISTANCE TODAY. MAY I SUGGEST THAT THE MORE WE COOPERATE WITH OTHER 12 STEP PROGRAMS, THE MORE THE MORE WE WILL BE FREE TO FOCUS ON AL-ANON SINGLENES OF PURPOSE. TRADITION FIVE TELLS US THAT EACH AL-ANON FAMILY GROUP HAS BUT ONE PURPOSE: TO HELP FAMILIES OF ALCOHOLISM. I BELIEVE THAT WE CAN BEST HELP PEOPLE WHO DO NOT QUALIFY FOR AL-ANON MEMBERSHIP BY INFORMING THEM OF THE EXISTENCE AND THE PHONE NUMBERS OF GROUPS THAT DO ADDRESS THEIR PARTICULAR PROBLEMS. WHEN DOING SO, HOWEVER, WE MUST TAKE CARE TO STRESS NON-AFFILIATION. THIS WAS WE CAN BE HELPFUL WITHOUT BEING RESPONSIBLE. IT'S JUST ANOTHER CASE OF "TURNING IT OVER". I HAVE CALLED SEVERAL OTHER 12 STEP AND SELF HELP HOTLINES IN THE BATON ROUGE AREA AND THEY HAVE AUTHORIZED PUBLICATION OF THEIR NUMBERS IN THE CATERPILLAR IN THE HOPE THAT IT WILL FOSTER COOPERATION FOR OUR MUTUAL BENEFIT.

Cocaine Army: 927-4821  
NA: 924-0030  
NA: 381-9609  
Codependents Army: 928-5385  
Stumblers Army: 291-2633  
665-3640

Over Eaters Army:  
272-0863  
The Phone: 924-3900  
Child Abuse:  
1-800-348-5437  
Parents Army:  
342-5989  
346-0222

BUK

# AL-ANON MEETING

(AREA ASSEMBLY LAF. MILTON)

**SAT. AUG. 17, 1991**

CHAIRPERSONS  
9AM-10AM--- TANYA J. VADLIA  
10AM-11AM---MARNA V. RESERVE

Come share experience, strength and hope

I try to take  
ONE DAY AT A



but lately sev  
have attacked

# Martin ARD

This is the list of the groups responsible for the night phone during the months of July through October. A letter requesting volunteers will be mailed out to the group's GR a couple of weeks prior to that group's turn. If a group changes GR, please notify the A.I.S. office as soon as possible @ 924-0029.

Thanks,  
Sandy G.  
Telephone Chairman

just  
TIME...



GROUP	MEETING TIME	PHONE DUTY
Serenity Seekers	Noon on Mon	Jul 1 - Jul 7
Cortana	8:00 PM Mon	Jul 8 - Jul 14
Keep It Simple	2:00 PM Sun	Jul 15 - Jul 21
Serenity Group	7:30 PM Wed	Jul 22 - Jul 28
Wooddale Sunday Step	6:00 PM Sun	Jul 29 - Aug 4
Al-Anon Discussion (Walker)	7:30 PM Mon	Aug 5 - Aug 11
Wed. Noon Serenity	Noon on Wed	Aug 12 - Aug 18
Listen and Learn	7:00 PM Sun	Aug 19 - Aug 25
Zachary Meeting	8:00 PM Fri	Aug 26 - Sep 1
Tue.'s Children - Adult Children	8:00 PM Tue	Sep 2 - Sep 8
Came To Believe	Noon on Tue	Sep 9 - Sep 15
Brownsfield	8:00 PM Thu	Sep 16 - Sep 22
TGIF	8:00 PM Fri	Sep 23 - Sep 29
Thursday Huggers	Noon on Thu	Sep 30 - Oct 6
Corporate Powerless Step Study	Noon on Fri	Oct 7 - Oct 13
We're Here Because We Were There	Noon on Fri	Oct 14 - Oct 20
Goodwood AFG	8:00 PM Thu	Oct 21 - Oct 27

Attention:  
IF YOU have anything to share  
in the Caterpillar we need your  
sharing. Send suggestions or  
announcements to  
TERRI WELCH  
2928 HUNDREDOAKS  
B.R. LA 70808

eral days  
ne at once.

Love Is Bursting Out All Over

Just as one of the words that come to mind as I think back over the weekend of May 31 & June 1, 2, when the 19th A-Lyon State Convention was held in Lafayette. It was a wonderful time of celebration of our recovery, of reunions and security.

The speakers came from Colorado, California, Texas and Louisiana. They were all excellent and their stories were presented honestly, openly and willingly. One major theme that ran through all of the talks was exactly what the 12th step tells us - to practice the principles in

ALL OUR AFFAIRS. They all stated how using the A-Lyon program had gotten them through very tough times in their lives and how grateful they were to have found recovery in A-Lyon.

The two speakers Saturday morning were Victor and Altery from Lafayette and Kenneth from Baton Rouge. He was all particularly proud of these to find young men from our state.

Her Al-Lyon in attendance with the most years in our fellowship (32 years I believe) was Dot of New Orleans. This was fitting because Dot was our delight to A.S.O. when the first convention was held. Having a state convention had been a long time dream of hers, and she was very pleased with this one.

He left Sunday about noon with hugs from new and old friends and promises to meet again next year. The convention theme was "Love Is Bursting Out All Over" and it certainly was!

Ruth G.

She is still in

Don't forget to

make sure you know

Just as one of the words that come to mind as I think back over the weekend of May 31 & June 1, 2, when the 19th A-Lyon State Convention was held in Lafayette. It was a wonderful time of celebration of our recovery, of reunions and security.

Question: How long before the...  
Answer: ...



I want to convey my sincere appreciation to all those who helped me so much during my year as Chairman of the Area Information Service Office.

To my fellow Officers (Chairman-Elect Audry C., Treasurer Karen H., and Secretary Genie L.), your dedication to your responsibilities was one of the reasons this past year was so successful.

To those Chairpersons of the various Committees who gave of their time and energy coordinating services for our AIS Office, thank you all. Through your efforts I know the experience, strength and hope of Al-Anon was carried to many who are still suffering because of the disease, as well as those who cling to the program to live a sane life.

To the District Representatives, the Group Representatives and the Alternate Group Representatives who so willingly participated at the various business meetings, please know how much you are appreciated by me and the members of your groups. You are the vital link between World Service Office, Louisiana Area Assembly, the Area Information Service Office and your groups, helping assure that Al-Anon will be there for years to come.

To those volunteers who assisted with the workshop, Heritage Day and the other special functions sponsored by the AIS Office, thank you. Your willingness to help when asked truly is an example of the "sharing" we all know exist in the program.

To the new Officers and Board Members, I want you to know this past year was so rewarding for me and I know the coming year will be the same for you. I realize that through my service work I "grow" even more in the love and understanding of the program.

Love in the program,  
Pebble B.

THERE IS WONDER AND JOY AWAITING ME EACH DAY. THE GROWTH I EXPERIENCE IS JUST WHAT IS NEED AT THIS ITME.

CONTRIBUTIONS BY GROUPS FROM APRIL 30 THROUGH JUNE 20

There are approximately 68 Al-Anon groups and 8 Alateen groups serviced by the AIS office.

Broadmoor AFG	\$ 38.15
Brownsfield	\$ 50.00
Came to Believe	\$ 20.00
Denham Springs (group not identified)	\$ 50.00
Denham Springs AFG (5423)	\$ 20.00
Discovery	\$ 15.00
Faith & Hope	\$144.00
Happiness Is	\$ 15.00
I Am Important	\$ 36.00
Individual	\$ .86
Just for Today	\$155.00
Listen & Learn	\$ 74.39
Powerless Step Study	\$ 20.00
Recovering Parents	\$ 70.00
St. John's Al-Anon	\$ 61.77
Saturday Newcomer	\$ 20.00
Serenity Seekers	\$ 50.00
Stepping Stones	\$ 20.00
Together We Can Make It	\$ 10.00
Weekend Relief	\$ 20.00
We're Here Because We Were There	\$ 20.00

**TOTAL AMOUNT DONATED BY GROUPS IS \$910.17.**