

Caterpillar



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4521 Jamestown Avenue, Suite 5, Baton Rouge, LA 70808  
924-0029 (24 Hours)

January 1994

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## The Greatest of These is Love

The questions most asked during the Christmas season, "What can I give?" usually refers to material gifts from one to another. Little do we realize that all of us, even the poor and the homeless, have within a gift to give. That is the gift of genuine love.

Genuine love is loving God, others, and oneself.

Genuine love is being honest and true.

Genuine love is being there when needed.

Genuine love is helping to carry another's burdens but *not* carrying them totally.

Genuine love is sharing our earthly possessions.

Genuine love is loving unconditionally and letting go.

Genuine love is a comforting word or a loving hug.

All of us have a gift to give. The self just has to be willing to release it all year round. No one gets left out, for the circle of love returns.

by Mary Ellen

## Night Phone List

by Ruth H., Telephone Chairperson

This is the list of the groups responsible for the night phone from March through April. A letter requesting volunteers will be mailed to each Group Representative (GR) a couple of weeks prior to that group's turn. If your group elects a new GR, please notify the A.I.S. Office as soon as possible. Thanks.

Group	Meeting Time	Phone Duty
We're Here Because We Were There	Noon on Tue.	Feb. 7 - Feb. 13
Goodwood AFG	8:00 p.m. Thu.	Feb. 14 - Feb. 20
Finally Friday Adult Children	7:30 p.m. Fri.	Feb. 21 - Feb. 27
Triangle AFG	7:30 p.m. Mon.	Feb. 28 - Mar. 6
Serenity Group Denham Springs	7:30 p.m. Wed.	Mar. 7 - Mar. 13
Doing Our Thing	7:30 p.m. Thu.	Mar. 14 - Mar. 20
New Beginnings Step Meeting	6:30 Sun.	Mar. 21 - Mar. 27
University Al-Anon	8:00 p.m. Mon.	Mar. 28 - Apr. 3
Good Shepherd	7:30 p.m. Thu.	Apr. 4 - Apr. 10
Recovering Parents	8:00 p.m. Sun.	Apr. 11 - Apr. 17
Steps to Serenity	Noon on Mon.	Apr. 18 - Apr. 24
Faith and Hope Adult Children	noon on Thu.	Apr. 25 - May 1

## A Successful Move

Joe H. thanks everyone who helped move the Al-Anon Information Service. Our new office is located at 4521 Jamestown Avenue, Suite 5, Baton Rouge, LA 70808. It is open between 9:00 a.m. and 3:00 p.m. Monday through Friday. Stop by to browse through or purchase literature, to attend a meeting, or to borrow a tape of an Al-Anon speaker.

To reach the new office, turn east off College Drive onto Bennington. Take the first left onto Jamestown Avenue and turn left into the office parking lot. The AIS office will be on your left as you enter the lot.

# Loving and Being Loved

I have learned to love and to be loved in Al-Anon. The members of the fellowship have taught me this.

They loved the program enough to ensure that Al-Anon would be there for me and for others like me when we were ready for recovery.

They loved me enough to share their experiences, those same "secrets" I had been so ashamed to talk about or let anyone know about. When they shared their "secrets," mine no longer seemed so menacing.

They loved me enough to share their strengths—how they used the different tools of the program to make their lives more serene. When I used these tools, I became more serene and felt that I might be lovable.

They loved me enough to share the "secret" of their recovery, service work. I truly felt special when I was elected a trusted servant for my group and when others asked me to participate in various service projects.

The greatest gift of love that I have received has been from the members of Alateen. They love me enough to let me be an Alateen sponsor. They love me in such a way that I can only love them in return. I treasure reverently this gift of love.

I can think of no other way to show my appreciation to the Al-Anons and Alateens who have given me these precious gifts than to say, "Thank you." I can only say that, because of you and your gifts of love to me, I truly believe what *Alateen: A Day at a Time* says on page 107 for April 17.

**With much love and gratitude,  
Anonymous**

## AIS Quarterly Meetings

The remaining 1994 AIS Quarterly Meetings will take place at 6:45 p.m. on April 5, July 5, and October 4 at the South Baton Rouge Church of Christ, 8725 Jefferson Highway.

## Loving Acceptance

Love for me is giving of one's self by using the talents, time, and goods that God has given us if they are needed by others.

I was taught at a young age to love everybody. My mother, God rest her soul, would give away half of what she had to others needier than herself. I grew up having a loving relationship with God and felt his love for me.

I fell in love several times in my life. Now I call it puppy love or being in love with love. At age 22, I fell in true love with my first husband. Out of this love, four beautiful children were born. I then learned a mother's love.

I lost my first husband to the disease of alcoholism. At this point in my life, I showered all my love onto my children. Thanks to Al-Anon, I have learned a different idea of love. I had to learn to love and accept myself in all areas of my life. Somewhere along the way I had lost myself and my self-esteem.

I now have a more loving relationship with my higher power, God. He's my friend, my guide, and the God of my life. I talk to him daily and get help with the changes in my life.

I learned unconditional love by working with the Alateens. I have gained so much by being a sponsor for them. They love and accept us right where we are and share so many gut feelings. Alateen is a rewarding place to give back what Al-Anon has given me.

Love is sharing our program with others who are hurting, not giving advice. It consists of listening and sharing what works for us in the situation. Love is not judging any other person, just accepting them where they are and praying for God's help. We are all God's children, and, as we say in Al-Anon, "God don't make no junk." Love is so many things that it would take a book to write about it.

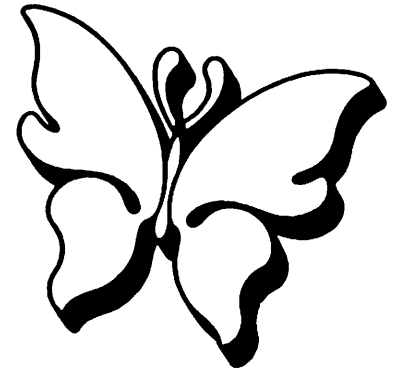
So in closing I'll say that I love each and every one of the people whom I have met in Al-Anon and in Alcoholics Anonymous. I hope that each and every one has a happy new year. Keep coming back. We all need you!

**by Joyce G.**

## The Gift of Love

Love is what's within us when we first look upon a child at birth.  
 Love is what carries us through those "terrible two's."  
 Love is the concern that we harbor as we bid farewell to the child on the first day of school.  
 Love is the anxiety that we experience throughout adolescence.  
 Love is the sheer panic that we feel upon the child's first date or attempt at driving.  
 Love is the encouragement and support given upon the child's first employment.  
 Love is the silent sadness that we feel as the child walks the aisle of matrimony.  
 Love is the constant that's present through illness and pain.  
 Love is the greatest healer, the greatest gift that exists.  
 Love is being able to let go when the time comes.  
 If we have not love, we have nothing at all.

**by Mary Ellen**



## Heritage Day

The tenth-annual Heritage Day gathering will be at the Sheraton Hotel in Baton Rouge on March 19, 1994. The doors will open at 11:00, lunch will be served at noon, and Arbutus O'N. will share her story at 1:00. According to Heritage Day Coordinator Barbara M., Arbutus "has been in Al-Anon longer than Al-Anon and has forgotten more about Al-Anon than most of us will ever know." The cost is \$12.50 if you want to attend all the activities or \$3.00 if you only want to hear Arbutus speak.

## 12 Steps—The Road to Recovery

The annual workshop will take place on January 22 at the South Baton Rouge Church of Christ, 8725 Jefferson Highway. Registration will be at 9:30, and the workshop will start at 10:15. Pat M., Marna V., Gail F., and Barbara M., all of whom are past delegates, will speak about the twelve steps. There will be a brown-bag lunch followed by afternoon discussion groups on steps 1-3, 4-6, 7-9, or 10-12. Participants will be able to sign up for the steps in which they are most interested.

## Local Al-Anon Events

Mary Pearl's Step Study will meet January 15 and 16 at Runnels School in Metairie, LA.

The next Louisiana Area Assembly will be held March 5 and 6 at the Ramada Inn, (318) 443-2561, 2211 North MacArthur, Alexandria, LA 71303. Rooms will cost \$44 per night.

The Deep South Alateen Conference will run from March 18 through March 20 in Dry Creek, LA.

## Caterpillar Submissions & Editor Needed

The next *Caterpillar* is scheduled to appear on April 5, 1994. Please write about how sponsoring or being sponsored has helped you to grow and to work the steps.

The *Caterpillar* depends upon local Al-Anon members' sharing your experience, strength, and hope. Send your sharings to: *Caterpillar* Editor, c/o AIS Office, 4521 Jamestown Avenue, Suite 5, Baton Rouge, LA 70808 by March 15, 1994.

If you want to be the new Editor, please call Joe H. at 923-0726. You can also call me at 927-4822 before January 17, when I move to California.

Thank you all for the opportunity to have served as *Caterpillar* Editor.

Katherine P.

## Alateen Sponsor Needed

We need an active Al-Anon member to sponsor a new Alateen group at Sherwood Middle School. The time and day of the week have not been set, so you can choose a meeting time that works for you. Please call Joyce G., Alateen Coordinator, at 356-1264 (home) or 296-7919 (work) to volunteer.

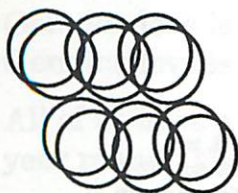
## Baton Rouge Area Alateen Meetings

Group	Meeting Time
Broadmoor Methodist Church	8:00 p.m. on Wed.
St. Francis Episcopal Church	7:30 p.m. on Wed.
Church of Christ	7:30 p.m. on Thu.
Broadmoor Baptist Church	8:00 p.m. on Thu.
St. John's Catholic Church	6:30 p.m. on Sat.

Please announce at Al-Anon meetings that we do have Alateen meetings in the Baton Rouge area. Encourage parents to bring their children at least once a week. Remember, alcoholism is a family disease, and the entire family benefits from recovery.

Love in Al-Anon,  
Joyce G., Alateen Coordinator

## Circle of Love



...There is no end to a circle. Being in Al-Anon is finding myself in that circle that I see as a circle of love which my Higher Power speaks of and promises.

—Virginia M., North Carolina  
Excerpted from *The Forum*, February 1991

## B.R. GROUPS CONTRIBUTIONS FOR 1983

	JULY	AUG	SEPT	OCT	NOV	DEC
Brownsfield	\$ 25.00			\$ 50.00		\$ 40.00
Came to Believe						
Comite AFG	\$32.38			\$ 35.40		
Comite Alaboon		\$ 2.00		\$ 5.00		
Conscious Contact			\$ 20.00	\$ 53.00	\$ 14.00	
Courage to Change			\$ 30.00	\$ 20.00		
Easy Does It (Adt Child)	\$58.06		\$ 50.00			
Faith & Hope (Adt Child)			\$ 46.85			
Finally Friday (Adt Child)			\$ 75.00			
Gonzales Tues. Nigh AFG	\$ 48.00	\$ 10.00		\$ 60.00	\$ 8.25	
Good Shepherd	\$ 25.00		\$ 35.00	\$ 10.00		
Goodwood	\$ .25	\$435.00	\$ 2.50		\$365.62	
Individuals		\$25.00				
Just for Today		\$ 25.00		\$ 25.00		
Keep It Simple (BF)		\$150.00				
Keep It Simple (DS)		\$ 1.77	\$150.00			
Lifeline		\$ 60.00	\$100.00			
Listen & Learn	\$ 28.00	\$ 50.00	\$ 25.00		\$ 70.00	\$ 27.70
Live & Let Live		\$ 40.00			\$ 50.00	\$ 10.00
Memorial Donation		\$ 10.00		\$ 10.00	\$ 10.00	\$ 10.00
Molly/Sharp		\$ 25.00			\$ 30.00	\$ 40.00
Mon Al-Anon Discussion (BF)		\$ 40.00		\$ 74.00	\$ 25.00	\$ 15.00
Mon Noon Gorzales		\$ 50.00		\$ 50.00		
New Beginnings		\$ 50.00				
New Floods		\$ 10.00				
Powerless Step		\$ 20.00				
Recovering Parents		\$ 53.60				
Saturday Afternoon Newcomers		\$ 60.00				
St. Anthony (Donaldsonville)		\$ 50.00				
Stepping Stones		\$ 40.00				
Steps to Serenity		\$ 60.00				
Strength & Courage			\$ 3.00		\$ 50.00	\$ 15.00
TGIF			\$ 7.00			
TGIM	\$ 50.00					
Together We Can Make It	\$ 40.00					
Triangle	\$ 50.00					
STP	\$165.73					
Tuesday's Children	\$ 60.00					
University AFG		\$ 20.00				
We're Here Because We Were There	\$ 7.40					
Wednesday Noon Serenity	\$ 6.70					
Week-end Relief (DS)	\$ 10.00		\$ 50.00			\$ 20.00
Wooddale Sunday Step AFG						

## SUGGESTED CONTRIBUTIONS TO

Baton Rouge AIS Office  
4521 Jamesdown, Suite 5  
Baton Rouge, LA 70808

LA Area Assembly  
% Gail Ward  
Rt. 1, Box 254  
Fauscherville, LA 71362

AFG, Inc.  
P.O. Box 662  
Midtown Station  
New York, NY 10018-0662

LA State Conference  
P.O. Box 2074  
Lafayette, LA 70502

La Treasure Chest  
% Sarah Young  
1301 Covey Lane  
Lafayette, LA 70805