

4521 Jamestown Avenue, Suite 5  
Baton Rouge, LA 70808

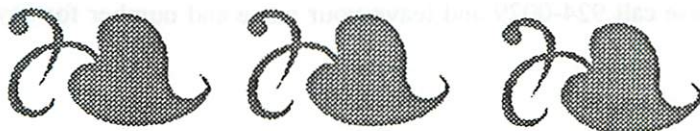
(504)924-0029 (24 Hours)  
October 1995

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### "Service Offers Many Gifts"

In the past few months I have received many unexpected gifts from my Higher Power through Service Work. As an Alateen Sponsor for a new Alateen group, I was able to be a part of seeing a group of young people come together and organize themselves into an Alateen "Home Group" that offers experience, strength and hope to each other. I was able to see them through a "Group Conscience" discussion and vote, form guidelines and elect officers (a Group Representative, Program Chairman, Secretary and Treasurer). And, even though I saw the uncertainty, apprehension, and fear of the unknown, that I have felt when I have taken on a new area of service work, they did it with a willingness, excitement and enthusiasm! October and November offer unusual opportunities to get involved in service work, through Al-Anon and Alateen elections both at the local and state level we get to reach out, pass on and become truly active participants in our recovery. Give yourself the opportunity - become willing. The rewards are truly a gift from our Higher Power.

Patty B.



**NIGHT PHONE LIST****Ruth H., Telephone Coordinator**

This is the list of groups responsible for the night phone during the months of October 30, 1995 through January 28, 1996. 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 AIS office at 924-0029 as soon as possible. Thanks for your help!

Group Name	Meeting Time	Phone Duty Dates
Wednesday Noon Serenity	Noon - Wed.	Oct. 30 - Nov. 5
Mollylea & Sharp	8:00 pm - Wed.	Nov. 6 - 12
Stepping Stones	8:00 pm - Wed.	Nov. 13 - 19
Strength & Courage	Noon - Tues.	Nov. 20 - 26
Just For Today	9:00 am - Sat.	Nov. 27 - Dec. 3
I Am Important	8:00 pm - Thur.	Dec. 4 - Dec. 10
Essen Lane AFG	5:45 pm - Wed.	Dec. 11 - Dec. 17
Together We Can Make It	Noon - Fri.	Dec. 18 - 24
Monday AI-Anon Discussion	Noon - Mon.	Dec. 25 - 31
Conscious Contact	Noon - Thurs.	Jan. 1 - 7
Keep It Simple	9:00 am - Tues.	Jan. 8 - 14
TGIM	7:30 pm - Mon.	Jan. 15 - 21
Thursday Huggers	Noon - Thur.	Jan. 22 - 28

**Holiday Closure and Unexpected Meeting Changes**

Please contact the AIS office, 924-0029, ASAP if your group cancels a meeting or changes location due to holidays, facility needs their space or is closed. When you notify the AIS office, give group name, location, day, date, and time. The office volunteer will post it in the office for 5-14 days prior to the event (when possible) and attempt to inform the night telephone people. Also, please announce the closure or change at meetings you attend.

**Growth Opportunities Available**

The AIS office is in need of office volunteers (permanent & substitutes) to work in the office. Responsibilities include answering phone, selling literature, and sharing the message. Office is open Monday through Friday, 9 a.m. to 3 p.m. For more information, please call 924-0029 and leave your name and number for Clara, our Office Volunteers Coordinator to contact you.

A CPC (Cooperating with the Professional Community) Coordinator is needed for the AIS Office. For information please call 924-0029 and leave your name and number for Jay, AIS Chairman to contact you.

### "Through Service Work - You Always Receive More Than You Give"

I've heard my mother say many times that we get out of something exactly what we put into it. When I think about that now, I realize how much I wanted from Al-Anon when I first came and how I wanted it all right now! My sponsor and other saner - than - I members told me to go slowly, that recovery is a process not an event. The best thing those loving people did for my nearly non-existent self-confidence was to make me a real part of that group. They did that by giving me responsibilities early in recovery. I remember the first time I read the opening (I tried to do it all in one breath and nearly fainted); the first meeting I chaired (the topic was detachment); when I was asked to get literature for the group; the first time I went to Area Assembly, and the first time I told my story at a meeting of that group - my story? I didn't know I had one! The group was Comite AFG and I loved it and still do! Since then I've had many opportunities for service work and its been my pleasure to do them. I've been more successful in some than in others and I've learned that that's O.K.! The members of my present home group - Stepping Stones on Wednesday, 8:00 pm at Magnolia United Methodist Church, know that my favorite job in service has been being Group Representative for that group. Everytime I think I'm doing something for Al-Anon, I realize that I'm the one who has been helped. The benefits I've received from service are so a part of my recovery, that it's difficult to single them out, but I know my self-confidence and self-awareness have been greatly enhanced. I'm also very grateful for the people I've met who have become my friends. Since gratitude is the basis of my program, I must mention the gratitude I feel when I go into a situation, no matter how scary, and know that I am not alone. All I have to do is ask my Higher Power to go with me and He does. There is only one little thing wrong with my mother's adage and that is that I can never put back into Al-Anon what I have gotten from it - Never!

Ruth H.

### "Service Work Lives On"

Susan L. gave me a copy of the July 1995 Caterpillar at Area Assembly and I enjoyed reading it. While reading the front page and then Susan's message, memories were stirred within me. Frank DeF. was also instrumental in my service life. He ended his term as State Treasurer and I was elected. In passing his books to me I made the statement, "I don't know that I can do this, Frank." His reply "You don't have to know if you can, you just need to be willing to try." When we all went to Atlanta, GA for a Regional Service Seminar. My plane landed at 12:30 p.m. Guess who was in the lobby when I arrived at the hotel? Frank!!!, with open arms, my room key and he escorted me to my room - a welcome site, a trusted friend, - a true Al-Anon with long service arms. I do not believe we give enough roses during a lifetime!

Ruby W., Delegate  
Panel 33, Area 22

## "Spirituality Through Service Work"

Spirituality to me is a gift we are born with. It's an intimate, personal, conscious relationship with a Power greater than myself that keeps me in touch with the honest, true me, and helps me put my feelings and emotions in their true and positive perspective. I call this Power, God. Spirituality is a precious gift that comes from within me. It's there for my using. I only have to believe in God, ask His help, then let go of my problems and let Him lead me. It's confusing sometimes to know how to do this. One way I've learned how to use my spirituality is through Al-Anon and it's tools. The first three steps are most important to me, but all are necessary. Then there is service work. This helps me grow by meeting people. Helping others helps me feel good about myself and builds my self-esteem. Feeling accepted by others and accepting others as they are helps me get in touch with my own feelings. Service work takes the focus off myself and makes me aware of others. It's teaching me to accept and love myself. I've been elected for a second-term as Group Representative for my group. This is a positive boost for my self-esteem. This is service work. Going early to meetings and setting up, then staying to straighten up after meetings, or talking to a newcomer, helps me feel useful, no matter how low I feel. This is service work. Having the Al-Anon phone for the night is so rewarding. Especially when I meet someone I've talked to at a meeting. It's an unexplainable rush of pride. Picking up literature from the AIS office, and putting up posters for Al-Anon/Alateen in public places allows me to receive a secret reward from my Higher Power, God. All of this is service work. And all of my service work has allowed me to obtain a greater level of spirituality I would have never obtained if I had not taken the first three steps of Al-Anon and volunteered for service work. I have found a beautiful level of a conscious contact with God. Service work is a great opportunity for me to grow spiritually. The greatest love of all is the love you feel for yourself. And the greatest gift you can give yourself is to use your gift of spirituality already within you through service work in Al-Anon.

Virginia

### COMING EVENTS

#### Louisiana Area Assembly

November 4, 5 & 6, 1995, Ramada Inn, Alexandria, LA, 318-443-2561

State Elections will be held. All current and newly elected Group Representatives are asked to attend. Bring a friend or two and share the miracles of recovery.

#### LSU Wellness Fair

The Public Information Coordinator has been asked to have an Al-Anon/Alateen booth at the LSU Wellness Fair again this year. This is a great opportunity for service work and growth in your personal recovery. If interested please call the AIS office and leave your name and number for Holly, our new PI Coordinator to contact you.

## "Spiritual Growth Through Service Work"

Through Al-Anon service work I have experienced a second spiritual awakening. This was as a result of working the twelve traditions. The first spiritual awakening, as a result of the Twelve Steps, helped to improve my relationship with my Higher Power. This spiritual awakening eventually led me to service work, so that I can carry the message to others. I became a GR (Group Representative) for a new group. During the first year there were many a meeting where no one showed up or had less than three Al-Anons. Many times I worried that the group would fold, until one day D.L. told me that it is not my concern. I instantly knew what I needed to do - turn it over and let God decide whether the group should go on or fold. From that day on I was never disappointed if no one showed, I was just happy to do my part. Later I became a CPC (Cooperating with the Professional Community) Coordinator. We set the goal to distribute 5000 meeting schedules and 3000 pieces of literature to the professionals in our community. I provided basic information on where to get the literature, and who were the professionals. I expected all groups to start sending our literature to the professionals. Nothing happened! Negative thoughts began to crop up in my mind - that volunteers are hard to find and very few are interested in doing service work. I turned to my Higher Power and asked for help. I kept an open mind to receive any messages that may come. Come to find out that many messages had come, but it was not what I wanted to hear. All the messages were telling me that I was throwing a big mountain at every one and expecting them to carry it. I began to break down my big objective into very small pieces that could be easily accomplished. Eventually we received plenty help and we completed our goal within six months. We received recognition from WSO (World Service Office) and had our project package submitted to all CPC Coordinators throughout the country. Through this service project I learned to listen to God's messages and if I follow His lead, work will get done under His time schedule and that He will provide all the help that I need to carry the message. Through service work, I have made many new friends here and throughout the state. I hope to meet many more new Al-Anon friends throughout the world through service work. They continue to give me hope and courage to continue service work. I have left my fears and self-imposed restraints behind and learned to search out positive results. Through service work I have improved a great deal. And above all, I feel spiritually connected to many new Al-Anon friends who have already had a second spiritual awakening through a similar journey. As long as I am willing, open-minded and search out new spiritual friends to work with me on service projects, it will always be fun and filled with spiritual growth.

Jay P.



**You are the star of your recovery - let it shine.  
Get involved in service!**

# AL-ANON MEETING SCHEDULE

10/95

## BATON ROUGE

924-0029

### MONDAY

4521 JAMESTOWN AVE., SUITE- 5 1695 BEAUMONT DR. ( CLUB 12) @ 12:00 N	7880 SIEGEN LANE. ST. GEORGE SCHOOL LIBRARY CORNER MOLLYLEA & SHARP BROADMOOR MTHDST CHURCH 7:30 PM	3350 DALRYMPLE DR. UNIVERSITY MTHDST CHURCH 8:00 PM 1700 LEE DR. SOUTHSIDE BAPTIST CHURCH 8:00 PM
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### TUESDAY

4521 JAMESTOWN AVE., SUITE- 5 **@ 12:00 N	8080 MARGARET ANN AVE. TAU CENTER 5:45 PM	15525 OLD JEFFERSON HWY. UNITY CHURCH OF CHRISTIANITY 8:00 PM
3240 DALRYMPLE DR. UNVRSTY PRESBYTERIAN CHURCH 12:00 N	4521 JAMESTOWN AVE., SUITE- 5 7:00 PM AIS Office Speaker last Tuesday each month	2791 O'NEAL LANE RIVERDALE BAPTIST CHURCH 8:00 PM Step meeting 1st Tuesday each month

### WEDNESDAY

4521 JAMESTOWN AVE., SUITE- 5 12:00 N	TAU CENTER 8080 MARGARET ANN DRIVE 5:45 PM	CORNER MOLLYLEA & SHARP BROADMOOR MTHDST CHURCH 8:00 PM
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### THURSDAY

930 N. BLVD., ROOM 108 AMERICA STREET ENTRANCE FIRST METHODIST CHURCH 12:00 N	1695 BEAUMONT DR. ( CLUB 12) * 12:00 N 4521 JAMESTOWN AVE., SUITE- 5 6:00 PM	9755 GOODWOOD BLVD. BROADMOOR BAPTIST CHURCH 8:00 PM 4521 JAMESTOWN AVE., SUITE- 5 ** AIS OFFICE 08:00 PM
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### FRIDAY

4521 JAMESTOWN AVE., SUITE- 5 @ 12:00 N	PARK MEADOW & PARK FOREST ST. PATRICK CATHOLIC CHURCH 7:30 PM	4521 JAMESTOWN AVE., SUITE- 5 8:00 PM
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### SATURDAY

3350 DALRYMPLE DR. UNIVERSITY MTHDST CHURCH 9:00 AM	1695 BEAUMONT DR. ( CLUB 12) * 02:00 PM	3552 MORNING GLORY TRINITY EPISCOPAL CHURCH 6:00 PM
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### SUNDAY

3912 GUS YOUNG AVE. ST. PAUL'S CATHOLIC CHURCH 2:00 PM	3350 DALRYMPLE DR. UNIVERSITY MTHDST CHURCH 6:30 PM 8080 MARGARET ANN AVE. TAU CENTER, ROOM #5 7:00 PM	2414 BUNKER HILL (PARENTS GROUP) PARKLAND HOSPITAL CONF. RM II 8:00 PM
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## SURROUNDING AREA

### MONDAY

510 COURT ST. EPISCOPAL CHURCH PLAQUEMINE, La. 12:00 N	
WALKER UNITED MTHDST CHURCH WALKER, La. 7:30 PM	
ST. CATHERINE CENTER ST. PATRICK ST. 12:00 N	
DONALDSONVILLE, La. 8:00 PM	
1st Monday each month 6:00 PM at AA building. Corner of Williams & St. Vincent POINT COUPEE LIBRARY	
201 CLAIBORNE NEW ROADS, La. 7:15 PM	
ST. FRANCIS CABRINI C. CHURCH LIVONIA, La. 8:00 PM	

### TUESDAY

224 N. RANGE AVE. DENHAM SPRINGS, La. @ 9:00 AM	
1125 HIGHWAY La 30 AIM RIVERVIEW HOSPITAL GONZALES, La. 6:30 PM	
FELLOWSHIP HALL - MTHDST CHURCH ST. FRANCISVILLE, La. 7:30 PM	

### WEDNESDAY

ST. FRANCIS EPISCOPAL CHURCH DENHAM SPRINGS, La. 7:30 PM	
ST. CATHERINE CENTER ST. PATRICK ST. DONALDSONVILLE, La. 8:00 PM	
ST. CATHERINE'S CATHOLIC CHURCH HAYOU SORREL, La. 8:00 PM	
16116 GREENWELL SPRINGS RD. MAGNOLIA METHODIST CHURCH GREENWELL SPRINGS, La. 8:00 PM	

### THURSDAY

CORNER MISSISSIPPI & LESSARD DONALDSONVILLE LIBRARY @ 12:00 N	
DONALDSONVILLE, La. 12:00 N	
POINT COUPEE LIBRARY 201 CLAIBORNE NEW ROADS, La. 7:00 PM	
510 COURT ST. EPISCOPAL CHURCH PLAQUEMINE, La. 8:00 PM	
ST. ISIDORE CATHOLIC CHURCH PLANK & THOMAS RD. BAKER La. 8:00 PM	

### FRIDAY

224 N. RANGE AVE. DENHAM SPRINGS, La. 7:30 PM	
HIGH WAY 64 ST. PATRICK EPISCOPAL CHURCH 8:00 PM	
ZACHARY, La. AA BUILDING 6:00 PM	
CORNER OF WILLIAMS & ST. VINCENT DONALDSONVILLE, La.	

### SATURDAY / SUNDAY

ST. JOHN CATHOLIC CHURCH HIGHWAY La 73 PRAIRIEVILLE, La. 6:30 PM	SAT.
ST. JOSEPH'S CHURCH PAULINA, La. 7:00 PM	SUN.

*Al-Anon Adult Children* \*\*  
*Step Meeting* @  
*AA Meeting at this location* +  
*Alateen Meeting at this location* >>  
  
*New comers please call 924-0029 to verify meeting date and time.*

## ALATEEN MEETING SCHEDULE

SERENITEENS RIVERDALE BAPTIST CHURCH 2791 O'NEAL LN.	TUES. 8:00 PM	BROADMOOR BAPTIST CHURCH THURS... 9755 GOODWOOD BLVD. 8:00 PM
		MAGNOLIA UNITED METHODIST CH. FRI. 16116 GREENWELL SPRINGS RD. 8:00 PM

**S** HARING  
**E** NTHUSIASTIC LOVE AND  
**R** EADING  
**E** NLIGHTENING LITERATURE  
**N** EVER RISKING  
**I** NJURING  
**T** HE PEACE IN  
**Y** OUR HEART FROM ALATEEN

Sereniteens

"Alateen Needs You!"

Today I am in a room waiting for Alateens to show up for a meeting. Sometimes it is like this, sometimes the room is full. The one thing I do know is that I will continue to show up every week. That's how important Alateen is for me. It is different for Alateens. They have to have an adult in their meeting. They just can't have a meeting. They are limited to 3 meetings a week. These meetings are in different areas of town. Most of the Alateens are too young to drive. Most of the time they are only able to attend a meeting that their parents are going to anyway. So, here I sit. Waiting.....

Susan L.  
Alateen Sponsor

## TREASURER'S REPORT

GROUP NAME	JUNE	JULY	AUGUST
Brownsfield Alanon		50.00	50.00
Comite AFG		90.00	
Courage To Change	50.00		
Came To Believe			40.00
Essen Lane			75.00
Faith & Hope		98.58	
Goodwood AFG		30.00	
I Am Important	100.00	67.00	
Individual			40.00
Just for Today AFG			345.00
Life Line (New Roads)	35.00		
Listen & Learn	100.00		100.00
Molly/Sharp AFG	160.00		50.00
Monday Discussion		14.50	28.00
New Roads Monday AFG			41.60
Powerless Step	20.00		20.00
Prairieville AFG	134.45		
Recovering Parents		132.50	
Saturday AFG		120.00	
Saturday Newcomers	10.00	10.00	
Saturday Night Live Alateen		10.10	
Steps to Serenity		40.00	
Stepping Stones AFG	29.00		20.00
Straight Talk (New Roads)		70.00	
Strength & Courage		57.75	
TGIM AFG		55.00	
Triangle AFG		70.00	
Wednesday Noon	6.00		
Wooddale Step	20.00		
University AFG		50.00	

**Tradition Seven** - Every group ought to be fully self-supporting, declining outside contributions. Please remind the groups you attend that it is very important for them to contribute to the local AIS office, State Area Assembly and WSO in New York, so that we can continue to "Carry the Message." **Remember:** every little bit helps.

A special thanks to all the AI-Anon and Alateen groups for carrying the message with the "Break the Buck Barrier". We are beginning to build a reserve fund and it's only through your willingness to keep the message going.