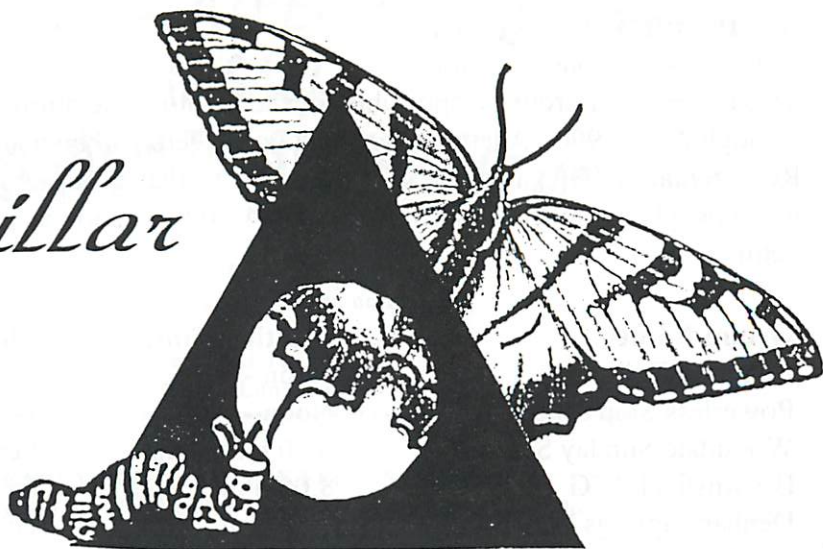


# Caterpillar



4521 Jamestown Avenue, Suite 5  
Baton Rouge, LA 70808

(504)924-0029 (24 Hours)

January 1996

## "The 12 Steps - Our Path to Recovery"

Well, a new year is beginning and we have another year to look back on. Have you been able to achieve some of the goals you set, some of the dreams you had? Is the peace of recovery beginning to live in your heart? This year the Baton Rouge AIS Caterpillar will be dedicated to the "12 Steps - Our Path to Recovery". Each edition will have sharings from Al-Anon and Alateen members on how the steps are changing their lives, how they apply to their lives and even our resistance to them. The January edition covers Steps 1, 2, & 3; April will look at Steps 4, 5, & 6; July will share on Steps 7, 8, & 9 and then in October we will focus on Steps 10, 11 & 12. I remember being new in Al-Anon and looking at those 12 Steps on the banner on the wall in Club 12 and other meeting rooms and thinking "What in the world are they talking about? That's just what the alcoholic needs, but not me Thank You!" Well here I am several years later and I look at those same banners and think "Thank you, God! You knew just what I needed." The 12 Steps are not easy, but one by one they became a true part of my life and have brought changes inside of me that I never dreamt of - you know that warm feeling in the depth of your chest, newfound strength and confidence. I invite each of you to stop and think about the changes going on in your life and send in a sharing on your experience with the "12 Steps and Your Path to Recovery", it may be just what someone else needs to read, maybe even yourself. A special thanks to all that sent in sharings for this edition - without your willingness to share your experience strength & hope there would be no Caterpillar. Happy New Year!

Patty B.

**NIGHT PHONE LIST**

Ruth H., Telephone Coordinator

This is the list of groups responsible for the night phone during the months of February through April 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!

<b>Group Name</b>	<b>Meeting Time</b>	<b>Phone Duty Dates</b>
Came To Believe	Noon - Tues.	Jan. 29 - Feb. 4
Powerless Step Study	Noon - Fri.	Feb. 5 - Feb. 11
Wooddale Sunday Step	6:00 p.m. - Sun.	Feb. 12 - Feb. 18
Brownsfield AFG	8:00 p.m. - Thur.	Feb. 19 - Feb. 25
Denham Springs Weekend Relief	7:30 p.m. - Fri.	Feb. 26 - Mar. 3
Listen and Learn	7:00 p.m. - Sun.	Mar. 4 - Mar. 10
Courage to Change	8:00 p.m. - Tues.	Mar. 11 - Mar. 17
Goodwood AFG	8:00 p.m. - Thur.	Mar. 18 - Mar. 24
Finally Friday	7:30 p.m. - Fri.	Mar. 25 - Mar. 31
Triangle AFG	7:30 p.m. - Mon.	Apr. 1 - Apr. 7
Serenity Group Denham Springs	7:30 p.m. - Wed.	Apr. 8 - Apr. 14
New Beginnings Step	6:30 p.m. - Sun.	Apr. 15 - Apr. 21
University AFG	8:00 p.m. - Mon.	Apr. 22 - Apr. 28

We have new meetings and changes in some established meeting locations - check the meeting schedule on page 6 for an up-to-date list. Remember to check with the AIS office, 924-0029 before attending a new meeting to confirm the time & location.

**Louisiana State Area Assembly**

**March 8, 9, 10, 1996**

Ramada Inn, 2211 McArthur Drive

Alexandria, La 318-443-2561

Make reservations at least two weeks before assembly.

Come welcome our new Delegate, State Officers, Coordinators, District and Group Representatives. It's a wonderful weekend of fellowship and recovery statewide.

**Step 1. We admitted we were powerless over alcohol and that our lives had become unmanageable.**

I have come to realize that I and those around me have choices. I now know the to good news that I cannot control my friends or loved ones - that I am powerless. I know this is good news, a gift that my Higher Power has given me through Al-Anon. The good news I denied for so long, that I am powerless, makes possible my recovery! It is the hinge upon which my door to recovery is hung. For the longest I could not quit my efforts to control. The world around me was a horrific version of the "Keystone Cops". I was responsible, and nothing worked. Alone with my projections, in denial and unaware, I stayed mesmerized with anxiety over what would be next. I only know in those dark days that I woulda, coulda, shoulda have done differently. My focus was on the destructive alcoholic behavior of those in my world. I did not question my behavior or obsession with what they would, could, or should do. The family disease of alcoholism was killing me! Already in Al-Anon, I heard only bits and pieces of the message. I prayed for serenity, reminded myself to "Let Go and Let God", and damn well came to believe that my efforts to influence (control) the world around me (my loved ones) was not working. Flawed and floundering, God knew that I needed help. My Higher Power sent a dear friend with a clear eye to put a small blue book in my hand. She had me turn to page 214 and read, "I cannot control or change my friends or loved ones - if they need changing, God, you'll have to do it; I can't!" Today my world doesn't have to reflect the things I would want - but some of it does. The people in my life don't have to do what I am most comfortable with - that's okay, I'm comfortable with me. No longer is anything hopeless! (Thank you Pat.)

FRC

**Step 2 Came to believe that a *Power Greater than ourselves* could restore us to sanity.**

**"Let Go and Let God"** This slogan brings me back to reality and it helps me realize there is nothing more I can do in a situation, that I am powerless and I cannot justify or keep wanting self-pity. God is greater and He will do in time for me what I cannot do.

Anonymous

**Step 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.**

One day as part of my volunteer work at my local zoo, I was taking our pig Rosie for a walk. Rosie was a young pig, less than six months old, whose favorite pastime naturally was rooting. In the course of our walk, we had stopped several times to allow Rosie to root. But, at the place where we found ourselves, there was no dirt on the right side of the sidewalk, just a concrete barrier between the sidewalk and the animal enclosure. Rosie stood only about seven inches high at the shoulder and when rooting or attempting to root, her eyes were only a couple of inches above the ground. Rosie was determinedly sniffing at the juncture of the sidewalk and the concrete barrier. She just **knew** that there had to be dirt there **somewhere**. But from my vantage point, I could see that there was no dirt near where she was looking, but that on the other side of the sidewalk was not only dirt, but **MUD**. Understanding her nature so well, I knew that Rosie would find just what she wanted in the opposite direction from where she was headed, so I began coaxing Rosie to the other side where the mud was. Rosie resisted, but I told her "Rosie trust me. I can see farther than you." And that is the same thing my Higher Power says to me each time I start acting pig-headed or forget that there is a **power greater** than me that knows more than me.

Belinda

**Baton Rouge's AIS Annual Workshop**

sponsored by Districts 4, 9, 13, 14 & 16

**"Turning Points"**

Divorce - Infidelity - Intimacy- Slips/Dry Drunks

Saturday, January 13, 1996

The Church of the Way Presbyterian

250 South Foster Drive, Baton Rouge, LA

(between Florida and Government)

Registration begins at 9:00 a.m.

Workshop begins 9:30 a.m. - ends 3:00 p.m.

Bring your own brown bag lunch with a dessert to share

Coffee, cold drinks & ice will be furnished.

\$5.00 registration fee

Call 924-0029, Mon. - Fri. 9:00 a.m.-3:00 p.m. for more info

### **The 12 Steps - A Pathway To Our Dreams**

For 1800 miles we drove our RV with the "San Diego or Bust" sign in the rear window. With every mile my excitement grew! My dream of attending the AA International was soon to be a reality. When we arrived in San Diego, it was cloudy and overcast. By Wednesday, as the fellowship began to arrive, the sun had begun to shine brightly. God was preparing the city for what was to come. As the number grew, the "**language of the heart**" could be heard everywhere. People from 86 countries were represented in the 70,000 who were there. People on the street greeted you with a smile and a hug even though we could not understand each other when we spoke. You could feel the special love we had for one another. I was in my element among so many alcoholics in recovery. It gave me such a feeling of exhilaration. The miracle of that many people who shared a common bond in one city could not overshadow the small glimpses of God smiling on me. I heard Joe playing "Amazing Grace" on his bag pipes Thursday night as we arrived at the Harbor Walk for the block party. When I walked into the stadium for the opening ceremony on Friday night, I talked to two men who had 91 years of sobriety between them. I got chills when I heard 70,000 voices repeat the prayer after a moment of silence. Because my spouse is Cajun and speaks French, we talked with a couple from Belgium. The wife, not an alcoholic, attended AA meetings with her husband because she did not know about Al-Anon. My spouse met two young men from Russia and instantly became friends. Several weeks later on their way back to Moscow we had the privilege of sharing our home in Baton Rouge with them for four days. Louisiana adopted an Al-Anon group in Russia when WSO asked for help to carry the message there. Since I do not read or write Russian and the group we adopted doesn't either, our communication was limited to sending them literature. I had received one letter from them and it had taken me months to find someone to translate it. With the help of my new Russian friends I was able to write a personal letter and send the translation with it to the Russian group. This was special for me! Now when I say I am a member of the world-wide fellowship of Al-Anon, I feel I really am.

Pebble B.

### **Spirituality Weekend Seminar with Vannoy S. from California**

sponsored by Districts 6 & 7

January 19, 7:00 p.m. - 9:00 p.m.

January 20, 9:00 a.m. - 5:00 p.m.

Rummel High School

1901 Severn Avenue, Metairie, La

Saturday is POTLUCK - bring a covered dish

\$5.00 Registration Fee

For more info contact Rustie R., (504) 368-7961

## AL-ANON MEETING SCHEDULE

1/96

## BATON ROUGE

924-0029

## MONDAY

4521 JAMESTOWN AVE., SUITE- 5 1695 BEAUMONT DR. ( CLUB 12) 1000 BLACKWATER DR BLACKWATER METHODIST CHURCH Speaker third Monday each month	12:00 N 12:00 N 7:30 PM	7880 SIEGEN LANE. ST. GEORGE SCHOOL LIBRARY CORNER MOLLYLEA & SHARP BROADMOOR MTHDST CHURCH	7:30 PM 7:30 PM	3350 DALRYMPLE DR. UNIVERSITY MTHDST CHURCH 1700 LEE DR. SOUTHSIDE BAPTIST CHURCH	8:00 PM 8:00 PM
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## TUESDAY

4521 JAMESTOWN AVE., SUITE- 5 AIS OFFICE 3240 DALRYMPLE DR UNVRSTY PRESBYTERIAN CHURCH S. BTR. CHURCH OF CHRIST, RM 110 8725 JEFFERSON HIGHWAY	12:00 N 12:00 N 12:00 N 12:00 N	8080 MARGARET ANN AVE. TAU CENTER 4521 JAMESTOWN AVE., SUITE- 5 AIS Office Speaker last Tuesday each month	5:45 PM 7:00 PM	15525 OLD JEFFERSON HWY. UNITY CHURCH OF CHRISTIANITY 2791 O'NEAL LANE RIVERDALE BAPTIST CHURCH Step meeting 1st Tuesday each month	8:00 PM 8:00 PM 8:00 PM
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## WEDNESDAY

4521 JAMESTOWN AVE., SUITE- 5 AIS OFFICE	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 4521 JAMESTOWN AVE., SUITE- 5 EAST SIDE FIRE DISTRICT (Enter back door) 15094 OLD HAMMOND HWY.	12:00 N 12:00 N 12:00 N 12:00 N 12:00 N	1695 BEAUMONT DR. ( CLUB 12) 3240 DALRYMPLE DR. UNVRSTY PRESBYTERIAN CHURCH 4521 JAMESTOWN AVE., SUITE- 5	12:00 N 6:00 PM	9755 GOODWOOD BLVD. BROADMOOR BAPTIST CHURCH 4521 JAMESTOWN AVE., SUITE- 5 AIS OFFICE	8:00 PM 8:00 PM 08:00 PM
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## FRIDAY

4521 JAMESTOWN AVE., SUITE- 5 1695 BEAUMONT DR. ( CLUB 12)	12:00 N 12:00 N	PARK MEADOW & PARK FOREST ST. PATRICK CATHOLIC CHURCH	7:30 PM	4521 JAMESTOWN AVE., SUITE- 5 AIS OFFICE	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 1695 BEAUMONT DR. ( CLUB 12)	2:00 PM 6:00 PM	3350 DALRYMPLE DR UNIVERSITY MTHDST CHURCH 8080 MARGARET ANN AVE TAU CENTER, ROOM #5	6:30 PM 7:00 PM	RECOVERING PARENTS GROUP 4521 JAMESTOWN AVE., SUITE- 5	8:00 PM
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## SURROUNDING AREA

## MONDAY

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

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

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

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

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

CORNER MISSISSIPPI & LESSARD DONALDSONVILLE LIBRARY DONALDSONVILLE, La. POINT COUPEE LIBRARY 201 CLAIBORNE NEW ROADS, La. 510 COURT ST. EPISCOPAL CHURCH PLAQUEMINE, La. ST. ISIDORE CATHOLIC CHURCH PLANK & THOMAS RD BAKER La.	12:00 N 7:00 PM 8:00 PM 8:00 PM
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Al-Anon Adult Children Step Meeting AA Meeting at this location Alateen Meeting at this location CAL Literature Study	8:00 PM 8:00 PM 8:00 PM 8:00 PM
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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 MTHDST CHURCH 9755 GOODWOOD BLVD. AGE GROUPS 8 TO 12 AND 13 TO 20	THURS. 8:00 PM	MAGNOLIA UNITED METHODIST CH. 16116 GREENWELL SPRINGS RD.	FRI. 8:00 PM
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# DEEP SOUTH ALATEEN CONFERENCE (D-SAC) "RECOVERY IN THE STICKS D-SAC '96"

MARCH 15, 16, & 17, 1996  
Registration begins at 3:00 p.m. on Friday

DRY CREEK BAPTIST CAMP  
Dry Creek, Louisiana

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EARLY REGISTRATION FEE: \$47.00  
EARLY REGISTRATION FEE DEADLINE: MARCH 6, 1996

LATE REGISTRATION FEE: \$52.00  
LATE REGISTRATION FEE DEADLINE: MARCH 11, 1996

\*\*\* Registration will not be accepted after March 12, 1996 \*\*\*

To receive a registration form complete the below and mail to...

TRACEY BUECHE  
1883 Myrtle Ridge  
Baton Rouge, LA 70816  
(504) 273-2641

\*\*\*\*\*

NO PERSONAL CHECKS ACCEPTED.  
PLEASE REMEMBER THIS INCLUDES EVERYONE. Thanks!

YOUR REGISTRATION FEE INCLUDES: 2 NIGHTS LODGING  
6 MEALS & ALL ACTIVITIES

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Scholarships are needed. There are some Alateens that will not be able to attend D-SAC without your support. Please ask your group to consider making a donation to sponsor an Alateen this year. Contact Susan L., Alateen Coordinator at 924-0029 for more info.

## TREASURER'S REPORT

Group Name	September	October	November
Courage to Change	\$50.00		
Comite AFG			\$73.35
Easy Does It	\$149.00		
Faith & Hope		\$65.17	
Group #41092	\$40.00		
Group #49614	\$50.00		
Group #35460		\$125.00	
Goodwood AFG	\$40.00		
Gonzales Tuesday AFG	\$90.00		
Happiness Is		\$15.00	
Just for Today			\$305.00
Listen & Learn		\$140.00	
Live & Let Live		\$20.00	
Monday Discussion	\$3.50	\$2.75	\$2.00
Monday Noon Steps to Serenity		\$50.00	
Mollysharp		\$55.00	
New Roads Monday		\$70.00	
Prairieville AFG		\$45.32	
Powerless Step		\$40.00	
Recovering Parents		\$121.60	
Saturday Newcomers	\$20.00		\$20.00
Thursday Noon Club 12	\$22.30		
Thursday I Am Important		\$15.00	
Stepping Stones		\$25.00	
TGIM		\$56.00	
Triangle			\$50.00
Tuesday's Children			\$50.00
STP			\$168.20

**Tradition 7 - 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 Thank You to the Alateen D-SAC Board for their generous donation to the AIS Reserve Fund.**