

Caterpillar



4521 Jamestown Avenue, Suite 5
Baton Rouge, LA 70808

(504) 924-0029
October, 1996

Alateen

This edition of the Caterpillar is dedicated to Alateen. So in addition to sharings on Steps 10, 11 & 12, we would like to share with you what Alateen is and does. Alateen is not a place for young people to go and bash their families. Just as Al-Anon and AA members search to find solutions to their problems with the disease of alcoholism, so do the young members of Alateen. This is a condensed explanation of Alateen taken from the new publication "A Guide to Alateen Sponsorship -- An Unforgettable Adventure", page 65 **"What is Alateen?"**

"Alateen, like Al-Anon, is a means of recovery through education. It is not, as many parents fear, a place for griping about the alcoholic - or non-alcoholic. At Alateen, members focus on themselves." Alateen members learn to apply the same 12 Steps of recovery to their lives to find a path to serenity. Through the sharing of their experience, strength and hope, they learn how to deal with active alcoholism as well as sobriety, they learn there is hope and that they can make changes in their own lives through their actions and thinking. Here are a few sharings from some local Alateens on Step 1. "To me Step 1 means that I am powerless over something I want to control. Like, I wanted to stop my mother's drinking and I couldn't - I was powerless over that." To another Alateen, "Step One means to admit that I am powerless over anything, anyone, or me." and for another "Step 1 helps me to express my feelings better. Since Alateen and AA, Christmas is much better." Alateen is a very important part of the Al-Anon program. Please offer your support by encouraging your children to attend, offering to give a young person a ride to a meeting, or perhaps be a personal sponsor to an Alateen. This way we can continue to carry the message of recovery to all family members.

Patty B.



NIGHT PHONE LIST

Belinda W., Telephone Coordinator

Group Name	Meeting Time	Phone Duty Dates
Keep It Simple	Sunday, 2:00 p.m.	Nov. 4 - Nov. 10
Straight Talk	Tuesday, Noon	Nov. 11 - Nov. 17
Back to Basics	Monday, 8:00 p.m.	Nov. 18 - Nov. 24
Courage to Change	Tuesday, 8:00 p.m.	Nov. 25 - Dec. 1
Goodwood AFG	Thursday, 8:00 p.m.	Dec. 2 - Dec. 8
It's Finally Friday	Friday, 7:30 p.m.	Dec. 9 - Dec. 15
Triangle AFG	Monday, 7:30 p.m.	Dec. 16 - Dec. 22
Serenity Group	Wednesday, 7:30 p.m.	Dec. 23 - Dec. 29
New Beginnings	Sunday, 6:30 p.m.	Dec. 30 - Jan. 5
Recovering Parents	Sunday, 8:00 p.m.	Jan. 6 - Jan. 12
Steps to Serenity	Monday, Noon	Jan. 13 - Jan. 19
Faith & Hope	Thursday, Noon	Jan. 20 - Jan. 26
Comite AFG	Monday, 7:30 p.m.	Jan. 27- Feb. 2

Steps 10, 11, & 12 - Alateen Sponsor Sharing

When I began to practice the 12 Steps, I could not stop focusing on the alcoholic and live a new way. With Step 10, I could recognize my assets and my liabilities helping me to grow and learn. It made me realize that the Al-Anon/Alateen program is a life-long process of improvements. I am more honest with myself. I must live this process not just at meetings, but every day. With Step 11, when I seek through prayer and meditation God's will for me, I am provided answers. My mind is kept receptive to God's guidance. When I seek strength - God gives me difficulties which make me strong. When I seek wisdom - God sends me problems to find solutions which develop wisdom. When I ask for prosperity - God gives me the brains and brawn to work. When I asked for courage - God gave me danger to overcome. When I asked for favors - God gave me opportunities. With Step 12, when I have worked the preceding 11 steps, I become more than body and mind - I become a living spirit. As an Alateen Sponsor, God showed me His will and direction in ways I could understand. By sharing my experience, strength, and hope with Alateens as a sponsor, I am taught patience, tolerance, acceptance and I build special relationships that are enhanced by their unconditional love.

Pebble B.

Is Something "Bugging You?"

Believe it or not this is a true story...It's 6:45 a.m., quiet and peaceful and I'd just begun my daily CAL readings and sipping on my coffee when I noticed my cat "Tux" looking up toward the ceiling and appeared to be getting excited, so I glanced up, but saw nothing. I continued my reading and from the corner of my eye I could see that "Tux" had to have seen something I had apparently missed, so once again I looked up and sure enough there was this very tiny, gray bug slowly making his way across the ceiling. He seemed harmless enough, but.....laying my books down and placing my cup of coffee on the lamp stand beside me, I proceeded to pull a stool, climb on it, with paper in hand to swat the little bug down. That's when things began to happen. "Tux" got so excited he jumped across the lamp stand, spilled my coffee onto the chair, floor and my books. I ran to the kitchen for paper towels to try and absorb some of this coffee, sugar and cream which by this time was soaking into all of this. I thought "My books!", I had to salvage them and get them cleaned and dried before leaving for work, so, I put one of them into the microwave. It had only been in there a few seconds when I noticed the microwave was full of smoke. By then, I was reaching panic stage, so I pulled open the door and things got worse. As soon as the air hit the book it burst into flames! I threw the book on the tile floor, raced once again for a wet dish towel and threw it over the book. The flame was now out, but I had pieces of burnt, black paper all over the place and a scorched spot on the floor. The scorched spot is not so noticeable, but I know it's there and I must walk over it many times everyday. It serves as a reminder to "leave little bugs alone." By the way, where did the bug go? I suppose it went its way. It was minding its own business. I could have burnt the house down. Since that episode, I remind myself to mind my own business and to "leave little bugs alone."

Louise B

LOUISIANA STATE AREA ASSEMBLY

November 2, & 3, 1996

Ramada Inn Alexandria

2211 McArthur Drive

Alexandria, LA

318-443-2561

Saturday Workshop

will be presented by

ALATEEN

Elizabeth L., Baton Rouge, LA

will be our speaker

Please call for reservations at least 2 weeks before assembly.

Dear Baton Rouge Al-Anons:

I know this is after the fact, but I wanted to tell everyone good-bye. I am now alive and well (well, sort of) in Virginia Beach. The move was a nightmare, ask A.D. and Marsha. But I now have all my things and am trying to settle down and see something of this new area I'm living in. I love the cooler temperatures and the lower humidity!

I will soon celebrate my 20th anniversary of being in this life-saving, life-giving fellowship, and I am remembering that almost all of my recovery occurred in Louisiana and in Baton Rouge. I will always treasure my friends in the Baton Rouge area and all around the state. I have precious memories of all phases of Al-Anon and the people who are no longer with us, but who are attending the "big meeting in the sky."

It was a special treat to be hosted at a going-away party by Jay and Angie P. on the Sunday before I left town. What a treat to see so many old friends that afternoon. I sincerely thank all who came.

I don't want to preach or lecture, but if any of you have liked my brand of recovery, I want to share with you that all I did was stick with the "winners", listen to my sponsor and follow the Al-Anon Traditions. I remember that the only meeting I ever walked out on was early in my recovery and Frank D. was leading a meeting on the Traditions. I was highly incensed because "I didn't need that stuff, thank you, what I needed was *help!!*" Long before he died, I had made my amends to Frank about how wrong I was.

I know Al-Anon is in good hands in Louisiana. You have a great line-up of trusted servants at the helm at not only the AIS in Baton Rouge, but also at the Assembly level. Please do all you can to give them your support. Remember the "Miller Manor" is open for business and I want anyone who gets over this way to be sure to give me a call and a chance to see you.

Love in the fellowship,
Barbara Miller
Panel 30 Delegate
Louisiana

Step Twelve

"Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs."

After praying and asking God's guidance, receiving the answer in continued requests. District 14 will take on the challenge of carrying the message of recovery to Greenwell Springs Hospital. They would like to have Al-Anon and Alateen speakers, and literature. I have asked the help of all districts in the speaking parts. Also, the institution's chairperson. We plan to keep them supplied with meeting schedules, books in their library, some Alateen tapes and have also ordered a poster and video of Alateen for them to keep. There are a lot of hurting young people out there and also, lots of workers in need of guidance. Our program tells us we can't keep it, unless we give it away. So pray and ask God to make each and everyone of us willing to continue to reach out. Remember: We do want the hand of Al-Anon and Alateen to always be there. For that, **I am responsible.**

Love in Al-Anon
Joyce G., District 14 DR

DESIGN A T-SHIRT CONTEST FUND-RAISER FOR AIS OFFICE

We are asking all interested persons to help us with our fundraising project. Below are the rules of the T-shirt Contest.

1. Create a design of a T-shirt. It can be art or words related to the program.
2. Submit the design at the AIS Office to the attention of Pebble Bordelon.
3. The deadline for submitting the design will be December 31, 1996.
4. A committee will select the Winning Design" by January 31, 1997.
5. The person submitting the winning design will win a free T-shirt and a year subscription to the "Forum."

AL-ANON MEETING SCHEDULE

10/96

BATON ROUGE

924-0028

MONDAY

4521 JAMESTOWN AVE., SUITE-5 9 12:00 N	7880 SIEGEN LAKE 9 9 00	3350 DALRYMPLE DR 13 9 00
1695 BEALMONT DR. (CLUB 12) 9 12:00 N	ST. GEORGE SCHOOL LIBRARY 07:30 PM	UNIVERSITY MTHDST CHURCH 8:00 PM
1000 BLACKWATER DR. 16 9 00	CORNER MOLLYLEA & SHARP 4 9 00	1700 LEE DR. 13 9 00
BLACKWATER METHODIST CHURCH 7:30 PM	BROADMOOR MTHDST CHURCH 7:30 PM	SOUTHSIDE BAPTIST CHURCH 8:00 PM

Speaker third Monday each month

TUESDAY

4521 JAMESTOWN AVE., SUITE-5 9 9 00	8080 MARGARET ANN AVE 9 5:45 PM	15525 OLD JEFFERSON HWY 4 9 00
AIS OFFICE 12:00 N	TAU CENTER 4521 JAMESTOWN AVE., SUITE-5 7:00 PM	UNY CHURCH OF CHRISTIANITY 8:00 PM
3240 DALRYMPLE DR. 13 12:00 N	AIS Office Speaker first Tuesday each month	2781 O'NEAL LANE 4 9 00
UNVRSTY PRESBYTERIAN CHURCH 12:00 N		RIVERDALE BAPTIST CHURCH 8:00 PM
5 BTR CHURCH OF CHRIST, RM 11 14 12:00 N		Step meeting 1st Tuesday each month
8726 JEFFERSON HIGHWAY 12:00 N		

WEDNESDAY

4521 JAMESTOWN AVE., SUITE-5 9 12:00 N	TAU CENTER 9 5:45 PM	CORNER MOLLYLEA & SHARP 4 9 00
AIS OFFICE	8080 MARGARET ANN DRIVE	BROADMOOR MTHDST CHURCH 9:00 PM

THURSDAY

930 N. BLVD., ROOM 108 14	1695 BEALMONT DR. (CLUB 12) 9 12:00 N	8755 GOODWOOD BLVD. 4 9 00
AMERICA STREET ENTRANCE	4521 JAMESTOWN AVE., SUITE-5 9 8:00 PM	BROADMOOR BAPTIST CHURCH 8:00 PM
FIRST METHODIST CHURCH 12:00 N		4521 JAMESTOWN AVE., SUITE-5 9 9 00
4521 JAMESTOWN AVE., SUITE-5 9 12:00 N		AIS OFFICE 08:00 PM
EAST SIDE FIRE DISTRICT (Enter back door)		
15094 OLD HAMMOND HWY. 4 12:00 N		

FRIDAY

4521 JAMESTOWN AVE., SUITE-5 9 12:00 N	PARK MEADOW & PARK FOREST 4 9 00	4521 JAMESTOWN AVE., SUITE-5 9 8:00 PM
1695 BEALMONT DR. (CLUB 12) 9 12:00 N	ST. PATRICK CATHOLIC CHURCH 7:30 PM	AIS OFFICE 9 9 00

SATURDAY

3350 DALRYMPLE DR. 13 9 00 AM	1695 BEALMONT DR. (CLUB 12) 14 9 02:00 PM	3552 MORNING GLORY 13 8:00 PM
UNIVERSITY MTHDST CHURCH 9:00 AM		TRINITY EPISCOPAL CHURCH 8:00 PM

SUNDAY

3912 GUS YOUNG AVE. 14 9 2:00 PM	3350 DALRYMPLE DR. 13 9 6:30 PM	RECOVERING PARENTS GROUP 9 8:00 PM
ST. PAUL'S CATHOLIC CHURCH 9 2:00 PM	UNIVERSITY MTHDST CHURCH 6:30 PM	4521 JAMESTOWN AVE., SUITE-5 9 8:00 PM
1695 BEALMONT DR. (CLUB 12) 14 6:00 PM	8080 MARGARET ANN AVE. 9 7:00 PM	
	TAU CENTER, ROOM #5 7:00 PM	

SURROUNDING AREA

MONDAY	WEDNESDAY	FRIDAY
23645 CHURCH ST. 14	ST. FRANCIS EPISCOPAL CHURCH 4 9 7:30 PM	224 N. RANGE AVE. 4 7:30 PM
1ST UNITED METH. CHURCH	DENHAM SPRINGS, La	DENHAM SPRINGS, La
PLAQUEMINE, La 12:00 N	ST. CATHERINE CENTER 13 9 00	HIGHWAY 64 16 9 00
ST. ANTHONY AFG 13 9 00	ST. PATRICK ST. DONALDSONVILLE, La 8:00 PM	ST. PATRICK EPISCOPAL CHURCH ZACHARY, La 8:00 PM
BAND BLDG. WILLIAMS & CHURCH ST. DONALDSONVILLE, La 8:00 PM	ST. CATHERINE'S CATHOLIC CHURCH BAYOU SORREL, La 13 8:00 PM	AA BUILDING 13
POINT COUPEE LIBRARY 16	16116 GREENWELL SPRINGS RD. 16 9 00	CORNER OF WILLIAMS & ST. VINCENT DONALDSONVILLE, La 8:00 PM
201 CLAIBORNE NEW ROADS, La 7:15 PM	MAGNOLIA METHODIST CHURCH GREENWELL SPRINGS, La 8:00 PM	
ST. FRANCIS CABRINI C. CHURCH 16 9 00 PM		SATURDAY / SUNDAY
LVONA, La		ST. JOHN CATHOLIC CHURCH 9 9 00
	THURSDAY	HIGHWAY La 73 SAT. 6:30 PM
224 N. RANGE AVE. 4 9 00 AM	CORNER MISSISSIPPI & LESSARD DONALDSONVILLE LIBRARY 13 12:00 N	PRAIRIEVILLE, La 9 SUN. 7:00 PM
DENHAM SPRINGS, La		ST. JOSEPH'S CHURCH PAULINA, La
1125 HIGHWAY La 30 9	POINT COUPEE LIBRARY 16	
AIM RIVERVIEW HOSPITAL GONZALES, La 6:30 PM	201 CLAIBORNE NEW ROADS, La 7:00 PM	Al-Anon Adult Children 9
St. Francisville AFG Methodist Church Fellowship Hall 16 7:30 PM	510 COURT ST. EPISCOPAL CHURCH PLAQUEMINE, La 8:00 PM	Step Meeting 9
	ST. ISIDORE CATHOLIC CHURCH 16 8:00 PM	AA Meeting at this location 9
	PLANK & THOMAS RD. BAKER La 8:00 PM	Alateen Meeting at this location 9
		CAL Literature Study 9
		New comers please call 924-0029 to verify meeting date and time.

ALATEEN MEETING SCHEDULE

SERENITEENS 4 TUES. 8:00 PM	BROADMOOR MTHDST CHURCH 4 THURS. 8:00 PM	MAGNOLIA UNITED METHODIST CH. 16 FRI. 8:00 PM
RIVERDALE BAPTIST CHURCH 2781 O'NEAL LN.	8755 GOODWOOD BLVD. AGE GROUPS 8 TO 12 AND 13 TO 20	16116 GREENWELL SPRINGS RD.

District 4

Susan L. , Alt. DR for District 4 is moving to Texas. Good luck! We will miss you.

District 9

Jay say all is well in District 9 - they have already had 2 district meetings!

District 13

NEW ALATEEN MEETING STARTING!

Day: Wednesday; Time: 6:00-7:00 p.m.;

Place: St. Anthony AA Building, Corner Williams/St. Vincent, Donaldsonville

District 14

We will be supplying Greenwell Springs Hospital with literature for both Al-Anon and Alateen to include schedules, video tapes and books for the library. Joyce G. is also working with Institutions to provide an Al-Anon and Alateen speaker monthly. If you would like to help please leave your name for Joyce G. at the AIS office, 924-0029.

District 16

Held a lunch and meeting on Saturday, September 7th for District 16. Four groups were represented. Topics discussed included: Issues to be voted on at the November Area Assembly - Procedure Digest, and Regional District Changes. Ideas of fund raisers for Al-Anon as a whole, but mainly for the State Convention were discussed - we elected to hold a garage sale. Date and Place to be announced. The St. Francisville AFG is really spreading the news about Al-Anon and Alateen by putting up posters, newspaper advertising and donations to the public library. Sorry to say they were not listed in the new meeting schedule, but they are alive and growing! St. Francisville meets at the Methodist Church - St. Francisville in the Fellowship Hall on Tuesday, 7:30 p.m. The Brownsfield AFG (Thursday, 8:00 p.m.) now meets in St. Gerald Majella Room, same building (old church) but in front on side. Zachary Al-Anon has changed room location - they still meet at 8:00 p.m. on Friday at St. Patrick Episcopal Church, upstairs in Room 15. Personal Note: Congratulations to Belinda on her recent marriage.

**What's happening with your groups?
Let us know so we can share with others.**

TREASURER'S REPORT

GROUP NAME	June	July	August
Back to Basics	30.00		
Bayou Al-Anon		20.00	
Brownsfield		50.00	
Courage to Change	45.00		
Friday Night Relief		10.00	
Faith & Hope		48.95	38.00
Friday Noon Together We Can Make It		20.65	
Happiness Is Al-Anon		15.00	
Individual	65.00	100.00	
Keep It Simple		10.00	
Listen & Learn		120.00	
Molly Sharp	35.00		
Monday Night New Roads	50.00		
New Beginnings		15.00	
Noon Huggers			5.00
Powerless Step	20.00		
Recovering Parents		39.00	38.50
Strength & Courage	15.50		
Stepping Stones		40.00	
Saturday Newcomers		20.99	
STP		87.16	
Triangle	50.00		
TGIF		68.84	
TGIM		20.00	
The Work Shop		10.00	
Thursdays Huggers		5.00	
Wednesday Noon		12.00	
Zachary Friday	10.00	10.00	
Wooddale Step			20.00

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 World Service Office in Virginia Beach, so that we can continue to "Carry the Message." **Remember: every little bit helps.**