

Caterpillar



9425 Lindale, Suite B
Baton Rouge, LA 70815

(504) 924-0029 (24 Hours)
April, 1997

"CHOICE OF CHANGE"

I have met the word "change" with many attitudes; anger, resentment, fear, relief, gratitude...it seemed it was always a chore to even think about change. Today, I have a different look at change - it's what life is all about. With the coming of the spring season, I have been fascinated by all the changes in the environment around me - I have watched things that were totally barren, come alive with life, things that were not once there have popped up out of a dirt foundation with a beauty of color and scent, and I think of all the changes that Al-Anon has brought to me. I came to Al-Anon with no belief, no hope, no care for my self or others. Through the 12 Steps and loving people that shared their recovery with me, I have become a believer filled with hope for today and all the tomorrows. I can care with a full heart - may not like what is happening but I don't have to not care anymore to be okay. Al-Anon has taught me that change is living my life to the fullest. I am always changing, I just have to be willing to step out and do it - no matter what others say or do. I can change and be the person I need to be for me and my Higher Power. I've discovered part of my fear of change was what other people would think, it was very important to me that people liked what I did and me in general. Today, it is still important to be thought well of, but not at the risk of being something I'm not. Al-Anon has opened many doors in my life, but it has also closed some and told me to go to another and see what's there - to learn to enjoy this life you have discovered and live it to its fullest. I have been taught to trust a Higher Power and reach out. Give this program your time and you will not look back with regret it!

Love in Al-Anon,
Patty B.

WE NEED YOU !

Vacancies exist for the following days at the AIS Office to do some 12 Step Volunteer Work:

1st Thursday; 1st Friday;
2nd Wednesday; 2nd Thursday;
3rd Thursday; 4th Tuesday;
Every other Monday, and
the 4th Thursday when there are 5 weeks

REQUIREMENTS:

- Ability:** willingness.
Basic Duties: answer telephone.
share/promote the Al-Anon program.
sell Literature.
Experience: 6 - 8 months in Al-Anon program.
lived with or living with problem drinker.
Hours: 9:00 AM - 3:00 PM, 1 or 2 of the above days.
Qualities: reliability; loyalty to Al-Anon program.
Knowledge: working knowledge of the Al-Anon program (on the job training).
Salary: gratitude.
Apply: AIS Office, 924-0029. Leave full name and phone number.

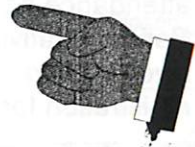
In the past few months, several regular volunteers have had to resign. We have "regulars" and "substitutes" who have done an **EXCELLENT** job! They have said "**YES**" and have kept our office open. Please thank our office workers for being there!



WE NEED YOU!

Please consider being an office
volunteer - you won't be disappointed!

Call 924-0029 today!



MARK YOUR CALENDAR FOR THE FOLLOWING DATES:

12th ANNUAL HERITAGE DAY

Ruth H., Greenwell Springs, LA

Saturday, April 19, 1997

11:00 AM - 3:00 PM

(seating for lunch at 11:50 PM)

Drusilla Place, 3482 Drusilla Lane

\$15.00 - lunch and speaker; \$3.00 - speaker only

(Door open at 12:45 PM for speaker)

Reservation Deadline April 11, 1997

Contact the AIS Office, 924-0029, today!

AREA ASSEMBLY - ALEXANDRIA, LA

May 3 & 4; Aug. 2 & 3; Nov. 15 & 16

New Hampton Inn - 1-318-487-8500

Make room reservations no later than 2 weeks prior to date.

Ask for Al-Anon Area Assembly Room Rate.

AL-ANON INTERNATIONAL

SALT LAKE '98

Watch for the flyers!!

Thanks to the efforts of many groups and individuals Louisiana will have the 24th Louisiana AFG State Convention

Keep Coming Back...

Fri./Sat., May 30 & 31; Sun., June 1, 1997

As many of you are aware there was a strong chance we would not be able to have a State Convention for Al-Anon this year. Because of the cost and low attendance in the past few years, the future of our state convention did not look good. An appeal was sent out for financial support and you have spoken and said you do want to have your convention - and for that we are grateful! But, our work has not ended here. Now your support is needed by attendance both as guests and workers. Please contact your District Representative or Group Representative and see what help is needed. Get involved and enjoy the fellowship at work. You can start by filling out the registration form on the next page and mailing it today!

Keep Coming Back...

24th Louisiana State Al-Anon Convention
Fri./Sat., May 30 & 31; Sun., June 1, 1997
Lafayette Hilton Towers
Lafayette, Louisiana

1997 Convention Program Schedule

Friday, May 30, 1997

4:00pm Registration - Lobby
8:00pm Welcome: Don S., Lafayette, LA
Chairperson: Dot G., New Iberia, LA
Al-Anon speaker: **Ethel H. Metairie, LA**
10:00pm Night Owl Al-Anon Meeting

Saturday, May 31, 1997

8:00am Registration
9:00am Service Workshop
10:00am Welcome: Don S., Lafayette, LA
Alateen Speaker: **Brandon S. Baton Rouge, LA**
10:30am Chairperson: Cindy C., St. Martinville, LA
Al-Anon Speaker: **Steve D Baton Rouge, LA**

Saturday, May 31, 1997 (cont'd)

2:00pm Welcome: Don S., Lafayette, LA
Chairperson; Phil M., Lafayette, LA
AA Speaker: **Don M. Creve Coeur, MO**
7:45pm Raffle
8:00pm Welcome: Don S. Lafayette, LA
Chairperson: Alice D., Lafayette, LA
Al-Anon Speaker: **Becky M. Creve Coeur, MO**
9:45pm Dance and Night Owl Al-Anon Meeting

Sunday, June 1, 1997

9:30am Welcome: Don S., Lafayette, LA
Chairperson: Renee S., Carencro, LA
Al-Anon Speaker: **Aileen R. Columbia, LA**

For Hotel Reservations:

Lafayette Hilton & Towers
1521 West Pinhook Road, Lafayette, LA 70505
Phone (318) 235-6111 • Fax: (318) 237-6313
TOLL FREE (direct to hotel): 1-800-33CAJUN

Special Convention Rates

\$72.00 + tax (single or double); \$74+ tax (triple or quad); \$82 + tax (king)

To Assure This Special Rate: Make reservations **BEFORE MAY 16** (cut-off date) and ask for "Al-Anon Convention Rate."

Name _____	Al-Anon _____ @ \$10.00 ea. _____
Street/Mailing Address _____	AA _____ @ \$10.00 ea. _____
City _____ State _____ Zip _____	Alateen & Other Youth _____ @ \$3.00 ea. _____
Group Name _____	Total Amount Enclosed _____
Make checks payable to & return to: Louisiana AFG Convention P.O. Box 2074, Lafayette, LA 70502	Affiliation _____
	Alateen Group Name: _____

**AL-ANON MEETING SCHEDULE
BATON ROUGE & SURROUNDING AREA**

4/97
924-0029

MONDAY					
9425 Lindale, Suite B AIS Office	12:00PM	201 Claiborne - Library New Roads, LA	7:15PM	Williams & Church St. St. Anthony Church - Band Building Donaldsonville, LA	7:30-9:00PM
1695 Beaumont Dr. Club 12 (Step Meeting)	12:00PM	7880 Siegen Lane St. George School Library	7:30PM	3350 Dairymple Dr. University Methodist Church (AI-Anon Adult Children)	8:00PM
23645 Church St. First United Methodist Church Plaquemine, LA	12:00PM	Corner Mollylea & Sharp Broadmoor Methodist Church	7:30PM	3350 Dairymple Dr. University Methodist Church	8:00PM
9425 Lindale, Suite B AIS Office	6:30PM	1000 Blackwater Blackwater Methodist Church (Step Mtg 1st Monday each month)	7:30PM	1700 Lee Dr. Southside Baptist Church	8:00PM
TUESDAY					
224 N. Range Ave. Denham Springs, LA (Step Meeting)	9:00AM	8080 Margaret Ann Dr. The Tau Center (off Essen Lane)	5:45PM	Ferdinand St. Methodist Church-Fellowship Hall St. Francisville, LA	7:30PM
9425 Lindale, Suite B AIS Office (AI-Anon Adult Children Step Mtg)	12:00PM	1125 Hwy. 30 AMI Riverview Hospital Gonzales, LA	6:30PM	3555 Jones Creek Rd. Lutheran Church of Our Savior	8:00PM
8725 Jefferson Hwy. S. Baton Rouge Church of Christ Room 101	12:00PM	9425 Lindale, Suite B AIS Office (Step Mtg - Speaker on last Tuesday)	7:00PM	15525 Old Jefferson Hwy. Unity Church of Christianity (AI-Anon Adult Children)	8:00PM
3240 Dairymple Dr. University Presbyterian Church	12:00PM				
WEDNESDAY					
9425 Lindale, Suite B AIS Office	12:00PM	Molly Lea at Sharp Rd. Broadmoor Methodist Church	8:00PM	Bayou Sorrel, LA St. Catherine's Catholic Church	8:00PM
8080 Margaret Ann Dr. The Tau Center (off Essen Lane) (drive to back of bldg-ask receptionist)	5:45PM	Williams & Church St. St. Anthony Church - Band Building Donaldsonville, LA	7:30-9:00PM	16116 Greenwell Springs Rd. Magnolia Methodist Church (Step Mtg. - Speaker on 3rd Wed.)	8:00PM
St. Francis Episcopal Church Denham Springs, LA	7:30PM				
THURSDAY					
224 N. Range Ave. Denham Springs, LA	9:00AM	Donaldsonville Library Corner Mississippi & Lessard Donaldsonville, LA (Step Meeting)	12:00PM	23645 Church St. First United Methodist Church Plaquemine, LA	7:00PM
950 North Blvd. Rm. 108 First Methodist Church (America Street Entrance)	12:00PM	3240 Dairymple University Presbyterian Church (Conference Approved Literature Mtg)	12:00PM	Plank & Thomas Road St. Isidore Catholic Church (Side of old church - not new church)	8:00PM
9425 Lindale, Suite B AIS Office (AI-Anon Adult Children)	12:00PM	9425 Lindale, Suite B AIS Office	6:00PM	9755 Goodwood Blvd. Broadmoor Baptist Church (Scout Hut)	8:00PM
		9425 Lindale, Suite B AIS Office (AI-Anon Adult Children)	8:00PM		
FRIDAY					
9425 Lindale, Suite B AIS Office (Step Meeting)	12:00PM	Parkmeadow & Parkforest St. Patrick's Catholic Church (AI-Anon Adult Children)	7:30PM	Hwy. 64 St. Patrick's Episcopal Church Zachary, LA	8:00PM
1695 Beaumont Dr. Club 12	12:00PM	224 N. Range Ave. Denham Springs, LA	7:30PM	9425 Lindale, Suite B AIS Office	8:00PM
3350 Dairymple University Methodist Church	5:30PM				
SATURDAY					
3350 Dairymple Dr. University Methodist Church	9:00AM	1695 Beaumont Dr. Club 12	2:00PM	Hwy. 73 - CCD Bldg. St. John Catholic Church, Prairieville, LA	6:30PM
9425 Lindale, Suite B AIS Office	9:30AM				
SUNDAY					
3912 Gus Young St. Paul's Catholic Church	2:00PM	3350 Dairymple Dr. University Methodist Church (AI-Anon Adult Children Step Meeting)	6:30PM	BRGeneral Medical Center Florida Blvd. Conf. Rms. 1 & 2 (Recovering Parents Meeting)	8:00PM
1695 Beaumont Dr. Club 12 (Step Meeting)	6:00PM	8080 Margaret Ann Dr. The Tau Center, Room #5	7:00PM	BRGeneral Health Center 8585 Picardy off Bluebonnet (Recovering Parents Meeting)	8:00PM
		St. Joseph's Church Paulina, LA	7:00PM		
ALATEEN MEETINGS					
TUESDAY 8:00PM 3555 Jones Creek Road Church of Our Savior (Ages 10+)	WEDNESDAY 5:30-7:00PM St. Vincent & Williams St. Donaldsonville, LA	THURSDAY 8:00PM 9755 Goodwood Blvd. Broadmoor Baptist Scout Hut (Ages 13+)	FRIDAY 8:00PM 1 6116 Greenwell Spr. Rd. Magnolia Meth Church		



NIGHT PHONE LIST

Belinda R., Telephone Coordinator

This is the list of groups responsible for the night phone during the months of May through July, 1997. 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.

<u>Group</u>	<u>Meeting Time</u>	<u>Phone Duty Dates</u>
Keep It Simple - Denham Springs	9:00 a.m. - Tuesday	May 5 - May 11
TGIM	7:30 p.m. - Monday	May 12 - May 18
Thursday Huggers	Noon - Thursday	May 19 - May 25
Came to Believe	Noon - Tuesday	May 26 - June 1
Powerless Step Study	Noon - Friday	June 2 - June 8
Wooddale Sunday Step	6:00 p.m. - Sunday	June 9 - June 15
Brownsfield	8:00 p.m. - Thursday	June 16 - June 22
Listen and Learn	7:00 p.m. - Sunday	June 23 - June 29
Keep It Simple - St. Paul's	2:00 p.m. - Sunday	June 30 - July 6
Straight Talk	Noon - Tuesday	July 7 - July 13
Back to Basics	8:00 p.m. - Monday	July 14 - July 20
Courage to Change	8:00 p.m. - Tuesday	July 21 - July 27
Goodwood AFG	8:00 p.m. - Thursday	July 28 - August 3

LETTER TO THE EDITOR

A special thanks to our Caterpillar editor for the fine job she does each quarter. A big **THANK YOU**, again, goes to all those who took time to move our AIS office. Each one's few minutes or hours of help certainly made it a team experience. It lessened the worry and load on one person. Joyce G. & A.D. performed a tremendous feat coordinating the afternoon activities. The van drivers, Audrey and Kim, and truck drivers, Michael, Joyce and 2 others, the many packers early in the week; the loaders and the unloaders, Yvonne, Ann, Faye, Eliska and spouse, Theresa, Edith and Jim and all the others...**THANK YOU!!** Although we are all trusted servants, recognition and a public thank you to show my gratitude, I believe is most appropriate.

Sincerely,

AIS Office Volunteer Coordinator

Mark your calendar for the AIS Quarterly Meeting July 8, and October 14, 5:45pm
South Baton Rouge Church of Christ, 8725 Jefferson Hwy.

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DO YOU NEED ALATEEN?

- Do you have a parent, close friend or relative with a drinking problem?
- Do you feel you got a rotten break in life?
- Do you hate one or both of your parents?
- Have you lost respect for your non-alcoholic parent?
- Do you try to get even with your parents when you think they have been unfair?
- Are you ashamed of your home?
- Do you wish your home could be more like the homes of your friends?
- Do you lose your temper a lot?
- Do you sometimes say and do things you don't want to but can't help yourself?
- Do you have trouble concentrating on school work?
- Do you resent having to do jobs around the house that you think your parents should be doing?
- Are you afraid to let people know what you're really like?
- Do you sometimes wish you were dead?
- Are you starting to think it would be nice to forget your problems by taking drugs or getting drunk?
- Is it hard for you to talk to your parents? Do you talk to them at all?
- Do you go to extremes to get people to like you?
- Are you afraid of the future?
- Do you believe no one could possibly understand how you feel?
- Do you feel you make your alcoholic parent drink?
- Do you get upset when your parents fight?
- Do you stay out of the house as much as possible because you hate it there?
- Do you avoid telling your parents the truth?
- Do you worry about your parents?
- Are you nervous or scared a lot of the time?
- Do you resent the alcoholic's drinking?
- Do you feel nobody really loves you or cares what happens to you?
- Do you feel like a burden to your parents?
- Do you sometimes do strange or shocking things to get attention?
- Do you cover up your real feelings by pretending you don't care?
- Do you take advantage of your parents when you know you can get away with it?

If you answered "yes" to some of the above questions and are close to someone with a drinking problem, Alateen may help you.

Taken from: Alateen- Hope for Children of Alcoholics, 1973

Call 924--0029 for meeting information.

NEW ALATEEN MEETING

Tuesday, 8:00 p.m.

3555 Jones Creek Road

Lutheran Church of Our Savior

TREASURER'S REPORT

<u>Group Name</u>	<u>December</u>	<u>January</u>	<u>February</u>
Back to Basics			\$50.00
Bayou Al-Anon	\$20.00		
Brownsfield	\$30.00	\$30.75	
Comite AFG		\$147.74	
Easy Does It	\$107.00		
Faith & Hope		\$40.90	
Group #25208	\$100.00		
Group #005384		\$15.00	
I Am Important			\$2.00
Individual - Betty P.			\$50.00
Just for Today		\$332.00	
Keep It Simple - Denham Springs		\$20.00	
Listen & Learn		\$130.00	
Memory of Sally Clay			\$50.00
Molly Sharp	\$50.00		\$50.00
Monday Night-New Roads		\$42.00	
Powerless Step	\$20.00		\$20.00
Recovering Parents		\$109.00	
Riverview			\$27.25
Saturday Newcomers	\$20.00		\$45.00
Stepping Stones	\$40.00		\$32.00
Steps to Serenity			\$50.00
Sunday Step			\$50.00
Together We Can Make It			\$10.00
Thursday Huggers			\$7.50
Triangle	\$40.00		
Weekend Relief	\$90.00		

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.