

# The Caterpillar

9425 Lindale, Suite B, Baton Rouge, LA 70809 Phone 924-0029

April 2003

## Facing Our Fears

From When I Got Busy, I Got Better

### Al-Anon service?

When I first consider reaching out to others, I might hesitate: Didn't I come to Al-Anon to focus on my individual experience, to seek my own recovery? Wouldn't contributing to the common good just divert me from personal progress? After finally learning to focus on myself, wouldn't helping others distract me from that goal?

It's true that Al-Anon is a personal program, that it encourages us to face our own particular circumstances. But it is also a program in which each member's recovery is based on a common sharing of experience, strength and hope.

In helping others, we drop any pretense that *I alone* am in charge of my *separate* recovery. We acknowledge the common bond that unites us in the program, and we take steps to align ourselves with the guidance of a Higher Power. By passing on the guidance we have received, we learn a new humility.

Service and recovery, then, are not independent of each other. Both are part of the spiritual awakening that continues to guide us. The more WILLING we become to practice all of this program, the more progress we can make in recovering from the effects of another's alcoholism and in living our lives more fully.

## OPPORTUNITIES TO LIVE MORE FULLY

Just a word of thanks to all of you who were so gracious to volunteer your time and do a little service work. Having served in this capacity for two years, I have seen a decline in the WILLINGNESS to take the phone, especially on weekends. This is a very easy way of doing service work and giving back a little of what we've been given. Most calls are people looking for a meeting.

A few suggestions follow: Transfer the phone to your cell phone, share the weekend with a friend. (You could go by the AIS office and switch the phone or leave a note for the Saturday morning group and they can make the change.) You could leave a list of meetings on your answer machine if you have to be gone for a few hours. Thank you so much.

LOVE IN AL-ANON  
Evie V.

## Al-Anon Telephone List

April 7-13	Morning Glory
April 14-20	Saturday Newcomers
April 21-27	Woodale Sunday Step
April 28-May 4	Listen & Learn
May 5-May 11	Recovering Parents North
May 12-May 18	Recovering Parents South
May 19-May 25	Monday Discussion
May 26-June 1	Steps to Serenity
June 2-June 8	Happiness is & Bayou Al
June 9- June 15	New Roads Monday
June 16-June 22	Triangle AFG
June 23-June 29	T.G.LM Step
June 30-July 6	Came to Believe
July 7-July 13	Strength & Courage

For those who attended the February Area Assembly it was a unique experience to meet Carolyn Wallace, our South Central Regional Delegate. Our next Area Assembly will be May 17 & 18, 2003

## ***CAL'S REFLECTIONS (From The Forum)***

- 1. Do I suspect that I have God-given talents that I could put to better use?**  
(Having Had a Spiritual Awakening)
- 2. We can choose to behave with personal integrity, not because it will make someone else feel better, but because it reflects a way of living that enriches and heals us.** (*..In All Our Affairs*)
- 3. I believe there is more to life than the problems it presents.**  
(Living With Sobriety)
- 4. All I know is that things are different now and when I need help I know where to get it.** (*Al-Anon Family Groups—Classic*)

# LET IT BEGIN WITH ME

## **AIS OFFICE NEEDS YOUR HELP!!!!**

### **A NOTE FROM THE AIS TREASURER:**

It has been my pleasure to serve as treasurer of the AIS office for almost two years now. I appreciate all of your help and confidence in me over that time. I would like to let you know as members of the fellowship and therefore group members that the office is in need of your financial support. There are several contributing factors; one of which is that our group contributions are down and maybe a refresher on finances may be needed. The suggested disbursement of group funds (*after the group's expenses have been met*) is:

- 60% to the AIS office
- 20% to Area Assembly
- 10% to the World Service Office
- 10% to the Al-Anon State Convention

Please be sure that your group's treasurer is making the disbursement at least on a quarterly basis. Please be sure that when you make your disbursement to the AIS office that you use the official name of your group so that you can be sure that the funds will be recorded correctly. Thank you in advance for your help in this matter.

Yours in Service  
Rosie A.

# Al-Anon Service is Gratitude in Action.

From When I Got Busy, I Got Better

## From the Chairperson of Office Volunteers.....Pebble B.

I now work full time so if you have any issues with the AIS office, please call me at home after 6:30 p.m. to discuss them. I also want to extend a very SPECIAL THANKS TO:

1. The faithful office volunteers who keep our AIS office running smoothly.
2. The anonymous person who cleaned the carpet on January 25.
3. The groups and the AIS office Alateen fund for the scholarships so alateens in our area could attend D-Sac.
4. Those who called, sent cards, prayed, sent their love and help to coordinate the office activities during Glenn's health crisis.

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From Karen D.

Thanks to Claudia and Jim G. and Bill and Carol W. for their contributions to the AIS Office in memory of Marsha R's mother. Also to Anne S. for her contribution in memory of Tammeryn D's mother.

## Coming Events

- |                 |  |
|-----------------|--|
| April 12, 2003  | Heritage Day<br>Holiday Inn South<br>11:00 Registration<br>12:00 Luncheon<br>1:00 Speaker<br>2:00 Al-Anon Bingo<br>(Registration Form below) |
| May 17-18, 2003 | Area Assembly<br>Alexandria Hampton Inn<br>Sp. Rate (Deadline May 3)<br>1-800-Hampton  |
| July 8, 2003    | AIS Quarterly Meeting  |
| June 6-8, 2003  | Deep South Convention<br>Landmark Hotel<br>Metairie, La.   |
| July 25-27      | LA Al-Anon Convention<br>Lafayette, La<br>Holidome on Evangeline   |

Please contact Carol W. if you have one year in AlAnon and you are available to share your experience, strength, and hope at local treatment centers. Please leave a message for her at the office. (924-0029)

Please contact the AIS office ( 924-0029) if you are able to help with Alateen. We have many young people who are in need of a meeting sponsor. You will not have to work alone. This is a wonderful opportunity to give back. Service is most beneficial to the giver. The "getter" benefits also.

## Heritage Day Registration Form

Name \_\_\_\_\_ Years in Al-Anon/Alateen \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Amount Enclosed: \$18.50 Lunch/Speaker \_\_\_\_\_ Speaker only \$5.00 \_\_\_\_\_

Make checks payable to AIS Office Heritage Day and mail to:  
9425 Lindale, Suite B, Baton Rouge, LA 70809

# MEETING SCHEDULE

## Al-Anon/Alateen Meeting Schedule of Baton Rouge and Surrounding Areas

Apr-03

### SUNDAY

Woodale Sunday Step Club 12 (no smoking)  
1695 Beaumont Drive  
Dist 14  
6 PM ▲

River Road Al-Anon  
Most Sacred Heart of Jesus Church  
(rectory - side entrance)  
Gramercy, LA  
Dist 9  
7 PM

Listen & Learn  
Tau Center  
8080 Margaret Ann Drive  
Dist 9  
7 PM ▲

Recovering Parents - N  
BR General Hospital  
Human Resources Conf Rm  
3600 Florida Blvd  
Dist 14  
7 PM

Recovering Parents - S  
BR General Hospital  
Women's Cnt Conf Rm - 3rd doorway  
8585 Picardy  
Dist 9  
8 PM

### MONDAY

Monday Noon Discussion  
AIS Office  
9425 Lindale, Ste B  
Dist 4  
12 noon

Steps to Serenity  
Club 12 - front room  
1695 Beaumont  
Dist 14  
12 noon ▲

Happiness Is  
First United Methodist  
23645 Church St  
Plaquemine, LA  
Dist 13  
12 noon

New Roads Monday  
Pointe Coupee Library  
201 Claiborne Ave  
New Roads, LA  
Dist 16  
7:15 PM

Triangle AFG  
Broadmoor Methodist  
corner Mollylea & Sharp  
10230 Mollylea  
Dist 4  
7:30 PM ▲

TGIM Step Meeting  
St. George New Library  
7880 Seigen Lane  
Dist 9  
7:30 PM ▲

### TUESDAY

Came To Believe  
University Presbyterian  
3240 Dalrymple Dr  
Dist 13  
12 noon

Strength & Courage  
Adult Children Step Meeting  
AIS Office  
9425 Lindale, Ste B  
Dist 4  
12 noon

Serenty Club  
7519 Amite Church Rd  
Denham Springs, LA  
Dist 4  
6 PM ☺

### TUESDAY cont

Gonzales AFG  
St. Elizabeth Hospital  
1125 W. LA Hwy 30  
Gonzales, LA  
Dist 9  
6:30 PM

St. Anthony AFG  
Ascension Catholic Church  
716 Mississippi  
Donaldsonville, LA  
Dist 13  
7 PM

STP AFG  
(speaker last Tues month)  
AIS Office  
9425 Lindale, Ste B  
Dist 4  
7 PM

Tues. Children  
Unity Church of Christianity  
15255 Old Jefferson Hwy  
Dist 4  
7 PM

Courage To Change  
Lutheran Church of Our Savior  
3555 Jones Creek Rd  
Dist 4  
8 PM

St. Francisville AFG  
St. Francisville Methodist  
9358 Royal St (fellowship hall)  
St. Francisville, LA  
Dist 16  
7:30 PM

Wednesday Noon AFG  
AIS Office  
9425 Lindale, Ste B  
Dist 4  
12 noon

### WEDNESDAY

Wednesday Serenity  
Pointe Coupee Library  
201 Claiborne  
New Roads, LA  
Dist 16  
7:15 PM

MollySharp  
Broadmoor Methodist Church  
10230 Mollylea  
Dist 4  
8 PM ▲

Stepping Stones (Step)  
(speaker 3rd Wed month)  
Magnolia Methodist Church  
16115 Greenwell Springs Rd  
Dist 16  
8 PM ▲

Starting Over  
St. Catherine's Catholic Church  
Bayou Sorrel, LA  
Dist 13  
8 PM

### THURSDAY

Faith & Hope  
AIS Office  
9425 Lindale, Ste B  
Dist 4  
12 noon

Conscious Contact  
First United Methodist  
Adult Bldg - America St. Rm 113  
950 North Blvd  
Dist 14  
12 noon

Stepping Stones AFG  
Stepping Stones Club House  
1027 Burnside  
Gonzales, LA  
Dist 9  
6:30 PM

### THURSDAY cont

Bayou Al-Anon  
First Methodist Church  
23645 Church St  
Plaquemine, LA  
Dist 13  
7 PM

Goodwood AFG  
Broadmoor Baptist Church  
Scout Hut  
9755 Goodwood Blvd  
Dist 4  
8 PM ▲

Brownsfield AFG  
St. Isidore Catholic Church  
enter old side of church Bishop Cnt  
Plank & Thomas Rd  
Baker, LA  
Dist 16  
8 PM ▲

I Am Important (ACOA)  
AIS Office  
9425 Lindale, Ste B  
Dist 4  
8 PM

### FRIDAY

Powerless Step Study  
AIS Office  
9425 Lindale, Ste B  
Dist 4  
12 noon

Denham Springs AFG  
Municiple Bldg.  
941 Government Dr  
Denham Springs, LA  
Dist 4  
8 PM ▲

Meeting - Focus on Relationships  
using Traditions & Concepts  
St. Patrick Catholic Church  
12424 Brogdon Lane  
Dist 4  
7 PM

TGIF  
AIS Office  
9425 Lindale, Ste B  
Dist 4  
8 PM

### SATURDAY

Morning Glory  
AIS Office  
9425 Lindale, Ste B  
Dist 4  
9 AM

Saturday Newcomers  
Club 12  
1695 Beaumont Drive  
Dist 14  
2 PM

Wakefield AFG  
Wakefield Baptist Church  
Highway 61  
Wakefield, LA  
Dist 16  
7:30 PM

### SUNDAY

Listening Learners  
Ascension Catholic Church  
716 Mississippi (church hall)  
Donaldsonville, LA  
Dist 13  
5:30 PM

### TUESDAY

Serenty Club AFG  
7519 Amite Church Rd  
Denham Springs, LA  
Dist 4  
6 PM ○

### THURSDAY

Broadmoor Alateen  
Broadmoor Baptist Church  
Scout Hut  
9755 Goodwood Blvd  
Dist 4  
8 PM ○ ▲

AA meets also ▲  
Alateen meets also ☺  
Al-Anon meets also ○