

The Caterpillar

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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

