

# The Caterpillar

April 2004

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

## I Changed

by Lois s., Arizona

From the Forum, January 2003

When I began attending Al-Anon over ten years ago, the first thing I heard was the Serenity Prayer. My head was so busy with confusing thoughts that I am surprised the first half of the first line, "God grant me the serenity," even penetrated my confusion. I used it as a mantra, saying it over and over in my head.

The realization that if I did not get some serenity, I could not take control of life, forced me to search for the elusive gift of serenity. I kept going to meetings and talking to program people on the phone. Slowly, day-by-day, some serenity crept into my life. Without realizing it, I went on to the rest of the line, "to accept the things I cannot change."

I learned that I could not change others. I wanted to make the alcoholic sober and I wanted to make my mother love me, but these were things I could not do. I moved to the second line quickly after that, "courage to change the things I can."

I decided to take a good look at myself. If I wanted to lead a serene life, I needed to make changes. And change I did! I learned I did not cause the drinking, that I could not control the drinking and that I could not cure it—the three C's, and I applied them to my life. I spent time each day meditating and reflecting on my own behavior. I reviewed the Twelve Steps and the Twelve traditions. I also did a Fourth Step inventory. I CHANGED.

The most difficult part of the Serenity Prayer, "wisdom to know the difference" is an ongoing part of my program today. I always ask for wisdom because part of me still wants to go back to my old ways of controlling others in the name of being helpful. The Serenity Prayer was the first tool of the program that I found, and after all these years it remains the most important tool for me to use. Today I choose serenity over craziness even in troubling times.

## Coming Events

**20<sup>th</sup> Annual Heritage Day**

**Saturday, April 17, 2004**

**Holiday Inn South**

**9940 Airline Hwy.**

**Baton Rouge, La.**

**Speaker Gail F. Lafayette, La**

Registration begins at 11:00 am

Lunch at noon

Speaker at 1:00

Bingo after speaker

\$18.50 for lunch and speaker (before April 10)

\$5.00 for speaker only.

**2004 Al-Anon Area Convention**

**May 21<sup>st</sup>-May 23<sup>rd</sup>**

**Inn on the Hill**

**Hattiesburg, MS**

Reservations: 888-263-9977

**Survival to Recovery**

**LA State Al-Anon Convention**

**July 23 – 25, 2004**

**Holiday Inn Central**

**Lafayette, LA.**

[www.La-Al-Anon.org](http://www.La-Al-Anon.org)

