

# The Caterpillar

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

April 2005

From "As we Understood"

True wisdom starts with a heart full of faith, not a head full of facts. (New York p. 205)

When we feel the absence of God, remember, He hasn't moved. (New York p. 188)

...My spiritual growth has been slow...It's a never-ending road, but not a tiresome one, because around every curve is a new happiness. (Louisiana p. 226)

I held many things in my hands and lost them all, but whatever I placed in God's hands, I still possess. (South Carolina p. 152)

Though no one can go back and make a brand new start, anyone can start from now and make a brand new end. (Anonymous p. 185)

## Group Contributions September 04 --February--05

Bayou	20
Courage to Change	80
For Alateen	4
Denham Springs	50
Gonzales	80
Goodwood	85
Happiness Is	15
Just for Today	372
Mollysharp	75
Monday's Children	60
Monday Noon Discussion	40
Morning Glory	180
New Roads	15
Powerless Step	18
Priarleville	55.84
Recovering Parents North	120.31
Recovering Parents South	325
Saturday Newcomers	10
Stepping Stones	126.57
Sunday Step	15
Steps to Serenity	49
Strength & Courage	20
STP	61.50
TGIM	60
Triangle	100
Tuesday's Children	70
Wednesday Noon	40
Wooddale Sun Stp	15

**Total (6 months) \$2172.22**

Memorial gifts were given AIS in loving memory of Dell and Norma.

**The purpose of my Fourth Step is not to abuse myself, but to reasearch myself.** Jacinta Y. Oregon Forum April 2005

## News from your BR AIS Alateen Coordinator

We had three Al-Anon members apply for certification. All three passed the background check and have been assigned WSO ID numbers. Unfortunately there is only one Alateen group in our five Districts (Denham Springs).

Living and/or loving an alcoholic does effect all members of the family. Encourage members to bring their children to the meeting so that they will learn to use Alateen's Twelve Step Program of recovery.

Love in service,  
Pebble B. Area 22 Alateen Coordinator

## Officers LA Area Assembly

Clara E.	Baton Rouge	Delegate
Linda N.	Lacombe	Alternate Delegate
Mary Lynn J.	Gretna	Chairman
Joyce C.	Baton Rouge	Alternate Chairman
Lorraine D.	Slidell	Treasurer
Claire D.	Avondale	Secretary

## Officers AIS (Terms Expire July 2005)

Christi O.	Chairman
Rosemary	Chairman Elect
Anne S.	Treasurer
Joyce C.	Secretary



**Updated (2005) Al-Anon Documents Are Now Available**  
**Procedures Digest and Duties & Qualifications-Officers & Coordinators**  
**(Procedures Digest Includes New Alateen Handbook)**

These documents are now available free on line at <http://www.la-al-anon.org>

Or

Order now and pick up the documents at the April Assembly. Make your check (\$5.00 for both documents)  
Payable to A.D. Reichle. Send your check to your humble printers:

A.D. & Marsha Reichle  
1025 Broadmoor Circle  
Baton Rouge, LA 70815

Questions?: [adreichle@cox.net](mailto:adreichle@cox.net), (225) 924-1268

### Coming Events

2<sup>nd</sup> Annual Lake Area Roundup – AA  
Isle of Capri  
Westlake, LA  
April 22 – 24, 2005

11<sup>th</sup> Annual Serenity by the Sea - AA  
Catholic Church Fellowship Hall  
Grand Isle, LA  
May 6-8

Baton Rouge Heritage Day – Al-Anon  
Holiday Inn  
1500 Highway 30  
Gonzales, LA  
April 30, 2005

37<sup>th</sup> annual Deep south Convention – AA  
Landmark Hotel  
Metairie, LA  
June 3 – 5

LA Al-Anon Convention  
Holiday Inn  
2032 N. Evangeline  
Lafayette, LA  
July 22 – 24

10<sup>th</sup> Annual National Achieves Workshop  
– AA  
Holiday Inn Select – Williams Blvd.  
Kenner, LA  
September 24- 27

### After Hours Phone

April 11 – 17	TGIM Step Meeting
April 18-24	Came to Believe
April 25 May 1	Strength & Courage
May 2-8	Gonzales AFG
May 9 – 15	STP AFG
May 16 – 22	Tuesday's Children
May 23 – 29	Courage to Change
May 30 June 5	St. Francisville
June 6 – 12	Serenity Club
June 13 – 19	Gonzales
June 20 – 26	Came to Believe
June 27 – July 3	Strength & Courage
July 4 – 10	Gonzales

### Notes from BR AIS Workshop

February 26, 2005  
Tools to Work With  
By Sally C. and Bob C.  
Of St. Joseph, La

#### Using the Twelve Traditions in Relationships

Make a commitment to the marriage/relationship first (not to yourself or each other).

Commit together -- God as Head of the Household

Ask yourself "What is best for the marriage?"

You must be committed to your program and show tolerance & patience.

Learn to communicate when you are non-emotional

Learn to do what is best to protect your serenity

Practice and live the program

### Service Work Opportunity

On those days when no office volunteer is available, we need members to take the phone during the day from 9:00 a.m. to 3:00p.m. Anyone willing to take the phone at his or her home please contact Tonita R. at 261 - 3208