

The Caterpillar

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An Enlightening Canoe Trip by Rosey A.

About 3 years ago I had an experience that has proven to be one of the turning points in my Al Anon recovery. This experience showed me in a very concrete way where my Higher Power should be "positioned" in my life.

Three canoes, five friends and the whole weekend ahead of us to bask in the loveliness of nature. The trip started out well, until I got into the water? The first thing I did was fall in and completely drench myself. Also, I decided that since I had canoed ONCE before this, I would sit in the back and be the pilot. It was hard! I struggled. We hit into the tangles of branches on the bank, we went sideways, backwards and then sideways again. Then we tipped over just far enough to take on water and saturate most of our lunch. As I sat laughing (so that I wouldn't cry) I had the thought that maybe I was not ready to be in the back of the boat. Would anyone be willing to change positions with me and help me learn more about canoeing? Of course! Was the reply. All you had to do was ask!

Life at the front of the boat was so very different. My friend in the back coached me about where to place the paddle, when to row and most importantly, where to look on the bank to see the beauty that surrounded me. I relaxed, I breathed, I was where I was supposed to be.

In my spiritual life, I have learned that my Higher Power must sit in the back of my boat. I must be shown where to place my trust, when to take action and most importantly, where to look for guidance. My Al-Anon friends, my sponsor, CAL, the twelve steps, meetings, open AA meetings and other avenues are open to me. When I was in the back of the canoe, I struggled, went sideways, backwards etc. But now, with Higher Power in the back seat, I relax, breath and can see the wonders that exist for all of us.

The crossword puzzle that ran in Saturday's Advocate, 3/03/07 (LA Times, by Karen M. Tracey had this clue for 3-down

7 letters, "Youth support group"

Answer: Alateen !!!

AIS Office

Check the office for Lost & Found items.. glasses, ice chest, etc.

TGIF

TGIF meets Friday at 7:00 pm It is a good meeting for those who need to share at the end of the week

An open letter to Al-Anon members Amy F. Office Volunteer Coordinator

Have you ever gone to the Al-Anon office and nobody was there? It may have been to purchase a book for a friend or replace one for yourself, to get a schedule or perhaps you were there to deliver the monetary donation from your group and needed the group ID number, but no one was there to help you.

The Al-Anon Information Service (AIS) Office is available to Al-Anon members because of member support. Ask Office Volunteers and they will tell you it is a way to "carry the message". At the AIS Office you can visit the Archives and learn more of Al-Anon's history, make a noon meeting or pick up the "Caterpillar" and other literature to bring back to your home group. You can catch up on reading the "Forum" or listen to speaker tapes. **Call the AIS Office... Leave a message for Amy...Be a volunteer...Service is gratitude you can see.**

