

The Caterpillar

9417 Brookline Baton Rouge, LA 70809Phone 924-0029

April 2008

Spring Forward into Recovery

Kay B., Media Library Coordinator

We are lucky to have hundreds of cassette tapes, CD's from recent speakers at Area Assembly, state conventions and classic tapes of Bill W., Lois, and many early members of AA and Al-Anon at the Baton Rouge AIS office

It is truly like having a meeting traveling with you as you listen to someone's personal story of how others have applied the steps, traditions, and concepts in their daily lives. Enjoy the wealth of experience, strength, and hope that we have in our **Media Library**. It is there for you!

Home AT Last

Mindy M.

For nearly three months I attended meeting after meeting – sometimes 3-4 meetings a week. It was a Tuesday night – I drove out to St. Elizabeth's Hospital on Hwy 30 to attend the Gonzales AFG meeting for the first time. I specifically remember this because I had not been able to attend that meeting due to a conflict. One day the conflicting appointment was rescheduled. I remember slowly walking down the hospital corridor and thinking I am getting ready to enter another room with four white walls and the smell of strong coffee. Upon walking into the room of the Gonzales AFG meeting- I felt warm and welcomed. I knew I was home. I gained an instant family that particular Tuesday night.

The **Gonzales AFG** meeting has grown in strength, courage, hope and size over the past several months. With that growth a new Al-Anon meeting has been established. This meeting is called Gonzales AFG too. This group meets on Thursday nights at 6:30 pm at Stepping Stones at 1027 N. Burnside Avenue.
Mindy M.

The **Monday Noon Steps to Serenity AFG** is now studying the "As We Understood." Please bring your lunch and join us at
12 Noon
Club 12,
1695 Beaumont Dr.

Thoughts to Ponder

A Higher Power can do what we cannot.

Examining motives is important.

Wholeness depends on acceptance, responsibility, freedom, and humility.

