

THE



# CATERPILLAR

Al-Anon Information Service Office ~ 9417 Brookline ~ Baton Rouge LA 70809 ~ 225 924 0029  
Office Hours M-F 9am til 3pm (call ahead to verify daily volunteer staffing)

[WWW.BATONROUGEALANON.ORG](http://WWW.BATONROUGEALANON.ORG)

## Al-Anon Members share Experience, Strength and Hope

### **When I came to Al-Anon, I didn't expect to find...**

When I came to Al-Anon, I didn't expect to find understanding and acceptance! For so long, I felt "apart from", not "a part of". I am so grateful to belong to a wonderful fellowship and share this spiritual journey! ~ YJ

When I came to Al-Anon, I didn't expect to find such loving and non judgmental people. ~ MJ

When I came to Al-Anon, I didn't expect to find that I had been dishonest. I thought the lies and secrets of the alcoholic were the problem. I slowly came to realize that the stories I told my friends and family to protect the alcoholic when things got weird were indeed lies. Keeping secrets isolated me and over time distorted my view of the truth. It took time for me to begin to be honest with myself and others. ~ TC

When I came to Al-Anon, I didn't expect to find a spiritual awakening from a life I wasn't truly living and a path of surrender to a life given to me to truly live. I came expecting to find a way to cope with living with alcoholism & addiction in order to continue the façade of living the life I thought others expected me to live. Today, I know there is so much more to authentically living a life I was created to live. ~ GA

When I came to Al-Anon, I didn't expect to find myself. ~ DS

When I came to Al-Anon, I did not expect to find a level of honesty that has enabled me to begin to see myself more clearly. Other members' acceptance of themselves shows me that they have found something that I need. Other members' honesty inspires me to continue in the fellowship.

I was also not expecting to find that I may be accepted as well, regardless of where I am in the process. This is amazing to me. Perhaps the most amazing is that I can learn a new way of life. It is sometimes slow and frustrating, but I also have had moments of awe, excitement, insight, gratitude and even serenity. I was not expecting to find people who genuinely care. I'm overwhelmed, in a good way, by some of the experiences I have had in Al-Anon so far. I found a stronger connection to my Higher Power. Given that I was in crippling emotional pain just a few months ago, I'd say now that I was not expecting to find my tribe, and my home. I am so grateful. ~ E

Recently, I was explaining a project I was working on to a family member. After hearing the jest of the situation, they immediately began to tell me what I "ought" to do. I calmly listened and smiled to myself. They had no experience, but plenty of firm advice. I thanked them for their input, and shared my experience that similar projects had worked out very well if I was patient and let all of the pieces fall into place rather than heavily orchestrate.

It made me smile because I saw myself in that same role just a few years ago; giving unsolicited advice on things I had little or no experience with. I thought advice was a loving thing to offer, that I was being helpful. In Al-Anon, we share our experience, strength and hope; that's not a cliché. If I haven't experienced something similar, I can share my strength: that I've been able to get through many difficult situations; and share my hope that they might also. Many times I am able to share my experience when someone asks for my feedback. I fall back on my favorite "I" statements, and let them take what they like and leave the rest. Sometimes a piece of what I say is helpful for them to find their own way. I like not feeling responsible to fix every situation that comes to me, in recovery circles and in my life.

I still find myself "back seat driving" when my friends or family are in a pickle. It is difficult not to view their situation in my mind with positive outcomes should they do this or that. Progress for me is keeping my thoughts to myself. And not attaching my love for them to "right" decisions. One of my favorite quotes comes from a Step One question in Paths to Recovery that I turned into a mantra to repeat when I feel the need to "lead, guide or direct": *"People have habits, characteristics and ways of dealing with daily occurrences that are different than mine"*. Yes they do. And they might be right.

Today let me begin to replace my worry with trust and faith in my ability to use my resources to face whatever life brings me.  
~ Body, Mind, and Spirit

And if I don't know what's good for me, then I don't know what's good or bad for you or for anyone. So I'm better off if I don't give advice, don't figure I know what's best, . . . .  
~ ACCEPTANCE WAS THE ANSWER

## HEALTHY GROUPS, HEALTHY MEETINGS, HEALTHY MEMBERS

### Alateen Groups

(from the 2010-2013 Service Manual pg 84)

An Alateen Group Sponsor is an adult member of Al-Anon who attends Al-Anon meetings regularly, is certified as an "Al-Anon Member Involved in Alateen Service" aka AMIAS through their Area's Alateen process, and has made a commitment to be of service to an Alateen meeting on a regular basis. Alateen Group Sponsors encourage Alateen members to take responsibility for their own meeting and to share their experience, strength and hope with each other.

Each meeting must have an Alateen Group Sponsor (two are recommended) in order to keep the focus on the Al-Anon interpretation of the program. Every Alateen Group sponsor is a minimum 21 years old, currently attending Al-Anon meetings and an active Al-Anon member for at least 2 years in addition to any time spent in Alateen. Al-Anon members who are also members of A.A. may be certified as AMIAS and serve as Alateen Group Sponsors by virtue of their Al-Anon membership.

Alateen Group Sponsors and other Al-Anon members do not serve as personal Sponsors to individual Alateens. Alateen members are encouraged to sponsor each other in a peer-to-peer relationship.

## Mark Your Calendar

**APRIL 13-14** AREA ASSEMBLY  
Holiday Inn South Baton Rouge  
\*GR's or Asst GR's attend  
[www.la-al-anon.org](http://www.la-al-anon.org)

**MAY 13** AIS BOARD MTG  
615pm @ AIS Office  
All are welcome

**JUNE 10** AIS BOARD MTG  
615pm @ AIS Office  
All are welcome

**JULY 8** AIS MULTI DISTRICT  
QUARTERLY MTG  
615PM @AIS Office  
\*GR's or Asst GR's attend

**JULY 18-20** LOUISIANA  
STATE AL-ANON CONVENTION  
Ramada Lafayette  
AcadianaAFG.org

The mission of the Louisiana AFG Area Assembly is to foster participation in service and interest in the Steps, Traditions and Concepts; to provide opportunities for groups to associate with other groups; to inform about the activities and services in our region and to maintain representation to and from the World Service Conference.

## **LOUISIANA STATE AL-ANON CONVENTION FRIDAY JULY 18 – SUNDAY JULY 20, 2014**

Ramada Lafayette 2032 NE Evangeline Thruway  
(formerly Holiday Inn Lafayette – same location, new name)

*Come for the weekend or come for the day.*  
Speakers begin Friday night; continue Saturday morning, afternoon and evening; with final speaker Sunday morning.

Registration and hotel information at

**WWW.ACADIANAALFG.ORG**

## **An Opportunity to Serve Alateen Sponsorship**

If you would like more information, please ask Rosey A. or Jay P., or email your contact information to [caterpillar.online@yahoo.com](mailto:caterpillar.online@yahoo.com)

## **Step into Spring: Add the steps to your workweek!**

Come join us on Monday evening at 7:30 PM for a "step study" meeting in the St. George School library located in the building behind the gym.

The book, Paths to Recovery, is used at the meeting. There are books available to use during the meeting.

Expand your personal growth! You are welcome!

Our local Angela A. will represent the State of Louisiana as our delegate at the World Service Conference in Virginia Beach on April 25.

**Thank you for your service!**

## **Recovery for the Family**

Sunday Night

7pm at the Tau Center

- Al-Anon Meeting
- Alateen Meeting
- AA Speaker Meeting
- AA Discussion Meeting

*Editors Note: In the spirit of rotation of service, after 5 great years, this will be my final issue as Caterpillar Editor. I could not have imagined a more rewarding experience in Al-Anon service work. Special thanks to all of you who contributed your writing and made this truly a local newsletter. And to Linda G., my predecessor that handed down the lovely Caterpillar header created by her husband Jack. I'll pass the baton to Ashley M. along with my hope that she also will find joy in the journey. Peace yall. Terry C.*

# MEETING SCHEDULE

## Al-Anon / Alateen Meeting Schedule for Baton Rouge and Surrounding Areas

April 2014

### ALATEEN MEETINGS

SUNDAY

SERENITY SEEKERS 7:00 PM  
The Tau Center ♦  
8080 Margaret Ann Drive  
(off Essen Lane)  
(See Receptionist for Rm location) Dist. 9

### AL-ANON MEETINGS

SUNDAY

WOODALE SUNDAY STEP AFG 6:00 PM  
Club 12 (No Smoking) ♦  
1695 Beaumont Drive Dist. 14  
Y.A.L.L. AFG (ages 20 to 35) 5:30 PM  
YOUNG ADULTS LIVING LIFE AFG  
The Tau Center  
8080 Margaret Ann Drive  
(off Essen Lane) Dist. 9  
RIVER ROAD AL-ANON 7:00 PM  
Most Sacred Heart of Jesus  
(Rectory, side entrance)  
Gramercy, LA Dist. 9  
LISTEN & LEARN 7:00 PM  
The Tau Center ♦  
8080 Margaret Ann Drive  
(off Essen Lane)  
(See Receptionist for Rm location) Dist. 9  
RECOVERING PARENTS SOUTH 7:30 PM  
Baton Rouge General Health Center  
8585 Picardy, (off Bluebonnet)  
Women's Center Conference Room  
(third doorway) Dist. 9

MONDAY

MONDAY DISCUSSION 12:00 PM  
AIS Office (No Smoking)  
9417 Brookline Dist. 14  
STEPS TO SERENITY 12:00 PM  
Club 12 (Front Room) ♦  
1695 Beaumont Drive  
(Book Study) Dist. 14  
ZACHARY AL-ANON, TOO 12:00 PM  
Zachary United Methodist Church  
4205 Church St ,  
Children's Sunday School Bldg.  
Zachary, LA (Hwy 64) Dist. 16  
PRACTICE THESE PRINCIPLES 7:00 PM  
ADULT CHILD AFG  
The Tau Center  
8080 Margaret Ann Drive (off Essen Lane)  
(See Receptionist for Rm location) Dist. 9  
TRIANGLE AL-ANON 7:30 PM  
Broadmoor Methodist Church  
10230 Mollylea  
(Bldg. nearest to traffic light.) Dist. 4  
T.G.I.M 7:30 PM  
Step & Tradition Study ♦  
St. George School Library  
(Behind the Gym)  
7880 Siegen Lane Dist. 9

### Hispanic Meeting (Monday & Thursday)

SOLO POR HOY 7:00 PM  
AIS Office (No Smoking)  
9417 Brookline Dist. 14

TUESDAY

CAME TO BELIEVE 12:00 PM  
University Presbyterian Church  
3240 Dalrymple Drive  
(No Smoking) Dist. 13  
STRENGTH AND COURAGE 12:00 PM  
AIS Office Step Meeting  
9417 Brookline Dist. 14  
NEW ROADS 6:00 PM  
Pointe Coupee Library,  
201 Claiborne Ave.  
New Roads, LA Dist. 16  
GONZALES AFG 6:30 PM  
1125 W. LA Hwy 30  
St. Elizabeth's Hospital  
Gonzales, LA Dist. 9  
WE SURRENDER AFG 6:30 PM  
Luke 10:27 Church  
536 Centerville St.  
Denham Springs, LA Dist. 4  
ST. FRANCISVILLE GROUP 7:30 PM  
St. Francisville Methodist Church ♦  
9356 Royal Street  
St. Francisville, LA Dist. 16  
COURAGE TO CHANGE 7:30 PM  
Open Meeting  
Lutheran Church of Our Savior  
3555 Jones Creek Rd Dist. 4

WEDNESDAY

WEDNESDAY NOON AFG 12:00 PM  
AIS Office (No Smoking)  
9417 Brookline Dist. 14  
MOLLYSHARP DISCUSSION 8:00 PM  
Broadmoor Methodist Church ♦  
10230 Mollylea  
( Bldg. nearest to traffic light.) Dist. 4  
STEPPING STONES (Step Mtg.) 7:00 PM  
Magnolia Methodist Church (No smoking) ♦  
16116 Greenwell Springs Road  
(Speaker mtg 3rd Weds of month) Dist. 16  
AL-ANON BOOK STUDY 7:00 PM  
AIS Office  
9417 Brookline Dist. 14

THURSDAY

FAITH & HOPE 12:00 PM  
AIS Office (Al-Anon Adult Children)  
9417 Brookline  
(No Smoking) Dist. 14  
GONZALES AFG, TOO 6:30 PM  
Stepping Stones  
1027 N. Burnside Ave.  
Gonzales, LA Dist. 9  
BAYOU AL-ANON 7:00 PM  
First United Methodist Church  
23645 Church St.,  
Plaquemine, LA Dist. 13  
ZACHARY AL-ANON 7:00 PM  
Zachary United Methodist Church  
4205 Church St ,  
Children's Sunday School Bldg.  
Zachary, LA (Hwy 64) Dist. 16  
GOODWOOD AFG (Book Study) 7:00 PM  
Broadmoor Baptist Church  
Education Building  
9755 Goodwood Blvd. Dist. 4

FRIDAY

POWERLESS 12:00 PM  
Alternate Step / Tradition Meeting  
AIS Office (No Smoking)  
9417 Brookline Dist. 14  
SMALL WORLD AFG 8:00 PM  
3448 Mary Street ♦  
(off Hospital Road, behind Tex-Mex)  
New Roads, LA Dist. 16  
T.G.I.F. 7:00 PM  
AIS Office  
9417 Brookline Dist. 14

SATURDAY

JUST FOR TODAY 9:00 AM  
University Methodist Church ♦  
Trice Building, Upstairs  
3350 Dalrymple Dr. Dist. 13  
MORNING GLORY 9:00 AM  
AIS Office (No Smoking)  
9417 Brookline Dist. 14  
SATURDAY NEWCOMERS 2:00 PM  
Club 12 ♦  
1695 Beaumont Drive  
Front Building Dist. 14  
I AM IMPORTANT 2:00 PM  
ADULT CHILD AFG  
St. Patrick's Catholic Church (Family Ctr.)  
12424 Rogdon Lane  
Baton Rouge, La. Dist. 4  
PRAIRIEVILLE AFG 6:30 PM  
St. John's Catholic Church ♦  
Hwy 73, Prairieville Dist. 9

♦ AA also meets

Al-Anon/Alateen 924-0029  
(24 Hour Phone)

AA PHONE 930-0026

Websites

Baton Rouge Al-Anon:

[www.batonrougealanon.org](http://www.batonrougealanon.org)

Louisiana Al-Anon:

[www.la-al-anon.org](http://www.la-al-anon.org)

Al-Anon World Service:

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)



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Information Services  
9417 Brookline 70809