

THE



January 2013
Quarterly

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

The Anatomy of a Character Defect: Staying Present Through Joy and Disappointment

The soul should always stand ajar, ready to welcome the ecstatic experience. - Emily Dickinson

I read somewhere in the Al-anon literature to use the things I learned from my dysfunctional relationships to guide me in my recovery. I learned from a previous relationship that rather than staying present and addressing the realities of a relationship, I protect myself by withdrawing and reverting to negative forms of communication I learned in my family of origin. I am developing new relationships that I enjoy very much, but no relationship is perfect and there are things within each relationship that must be accepted and addressed in a healthy, loving manner in order for the relationship to continue and develop in a positive way. This is something I would have previously run away from. When I start to get close to others, I tend to unconsciously push them away by creating distance with criticism, control, smothering, or rationalizations about not really needing them. I do need them. Luckily I now see these life challenges as fodder for recovery.

I can learn to stay present through both the joys and disappointments of intimacy because it's important for me to develop honest and compassionate healthy relationships. "Easy Does It" is a great slogan to guide the process of releasing character defects. I heard that it's best not plan this type of work and to surrender this to my higher power. As I had been told, this character defect came up in the normal course of living my life. It presented itself when I was ready and motivated to do things differently. Now that I am ready and willing, I can begin acting as if and try a little at a time to move closer to new friends, remaining present no matter what happens. I can go slow and move ahead at my own pace. I do not have to put pressure on myself to do more than feels peaceful and comfortable. I can sit and listen, wait and trust that things are happening as they should and that I can handle anything that comes up as long as I am honest and loving. I don't have to act until I get clarity. If I get in over my head and feel fear, I can always revert to making myself and others feel safe and comfortable.

I tend to be too serious. It's not in my nature to work on something without taking it seriously. I will benefit from taking the light approach and trying to have a sense of humor. Since I have chosen safe and comfortable people, I know I will be okay even if I'm challenged and it's difficult. This is where my developing relationship with my higher power can help. I can let go and stop worrying about doing it "perfectly" because I am safe and loved. I can forgive myself in advance for the mistakes I will undoubtedly make because I am human. If my defect comes back I can be gentle with myself because I have the conscious awareness that I am doing the best I can.

I've decided to write my higher power a letter about my willingness and my fears because this will release my attachment to my patterns and set my intention to behave differently. I will also ask for guidance in the process and then pay close attention. I am not alone. I've also decided to write a letter to my character defect grieving the loss of that old friend that protected me from pain before I was able to feel it. I can learn to share myself appropriately without trying to get things from other people. I am ready to receive the positive, healthy payoffs that will be available to me in the relationships I want and need.

Donna S. Baton Rouge

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Caterpillar.Online@yahoo.com

MEMBERS SHARE THEIR EXPERIENCE STRENGTH AND HOPE

What relationship brought you to Al-Anon?

What other relationship has benefited from your experience in Al-Anon and how?

I came to Al-Anon utterly defeated by my husband's alcohol and drug abuse. After working the steps and seeing my own assets and defects, I was able to appreciate my Mom's struggles and her strengths. I found some of the same characteristics in me that I disliked in her. I learned how to forgive myself for being less than perfect, and to give my Mom some slack. Today, I don't expect her to be something that she is not. Now I can love her and accept the love she is capable of giving instead of focusing on her weaknesses. tc

My relationship with my ex-husband brought me to Al-Anon. Frankly all my relationships have benefited from my experience in Al-Anon, including my relationship with myself. I am less demanding of others now than I used to be because through Al-Anon I have become more accepting and understanding of myself and others. When I feel a certain way about an event I am able to see that the event and my feeling are two separate things. I can accept the event because that is about someone else who has needs of their own that may not coincide with mine. I can accept my feeling because I know it will pass and that the feeling does not mean something is wrong with me. ds

My preoccupation and desperation with a young adult child brought me to Al-Anon. I have found these principles helpful far beyond what I could have expected. The application seemed to have gone like this: first with my young adult child; second with my failed marriage; third a new perspective on my childhood; and finally in my current marriage. My Al-Anon walk includes meetings, slogans, steps, traditions, many friendships and even a bit of service. In short it has become a way of life that serves me well. Al-Anon seems to have the ability to meet the newcomer where they are and take them as far as they care to go. At least this has been my experience. And for this gift I am truly grateful. dj

The moment we use the term 'help', a kind of egocentric idea enters into us. If we help someone, that means we are in a superior position. When we help, we feel that we are one step ahead or one step higher than the ones that we are helping.

But if we serve someone, then we offer our capacity with humility, on the strength of our loving concern and oneness.

So let us use the proper term, 'service'. ~ Sri Chinmoy

Often one of the stumbling blocks to living a simpler life is our inability or unwillingness to change how we play some of the games that got us into these complicated lives in the first place.

~ Elaine St. James

HEALTHY GROUPS, HEALTHY MEETINGS, HEALTHY MEMBERS

Tradition Six

"Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous."

It is important that we only announce Al-Anon/Alateen events in our meetings.

Events that can use the Al-Anon name and logo are connected to the Al-Anon links of service (district, Area, WSO).

Because of our special relationship with A.A., those A.A. events with Al-Anon and Alateen participation can be announced,

but at an Al-Anon meeting or meeting location, groups do not announce or discuss activities of other anonymous Twelve Step programs.

Publicizing events of other organizations creates and appearance of affiliation, even if the event is composed primarily of Al-Anon or Alateen members.

Mark your Calendar

Jan 26-27 LA Area Assembly
Holiday Inn South Baton Rouge

**GR's or Asst GR's attend*

www.la-al-anon.org

Feb 12 AIS Monthly Meeting
615pm @ AIS Office

Mar 12 AIS Monthly Meeting
615pm @ AIS Office

Apr 9 AIS Quarterly Meeting
615PM @AIS Office

**GR's or Asst GR's attend*

Apr 13-24 LA Area Assembly
Holiday Inn South Baton Rouge

**GR's or Asst GR's attend*

www.la-al-anon.org

Apr 27 HERITAGE DAY
Speaker Banquet

July 2013 LA Al-Anon State Conv.
Holiday Inn Central, Lafayette

THE FORUM

The Forum is a monthly magazine published by the Al-Anon World Service Office (WSO). The yearly subscription is \$11 and the magazine is sent in a plain white envelope. Subscribe at the online store

www.al-anon.alateen.org

or mail a check with your name and address to:
AFG Inc., 1600 Corporate Landing Parkway,
Virginia Beach VA 23454-5617

Each group should receive a free monthly copy to share with members. If your group is not receiving a copy, please check your group's "Current Mailing Address" at the AIS Office.

Service Opportunities

Night Phone Coordinator
AIS Board Secretary

Contact Carol W or Bill S for details

AIS Office Volunteers

Contact Susan B for details

HERITAGE DAY 2013

An Annual Celebration of our Al-Anon Legacies

SATURDAY APRIL 27, 2013

Oak Lodge Conference Center "Orleans Room"

2834 S Sherwood Forest Blvd. Baton Rouge

11am Registration * 1145am Luncheon * 1230pm Heritage Day Presentation
Followed by Guest Speaker Cliff B.

Watch for more information and registration details at www.batonrougeanon.org

Media Library Update

Did you know that you can check out speaker CD's from the Al-Anon Information Office?

It's simple!

- Pick out a CD or CD set (limit 3).
- Write your name, phone number (legible please) and the date on the card provided with the CD.
- Return the CD or CD set within 30 days back to the file and scratch through your name on the card. (please do not leave CD's without scratching off your name)

If you have CD's or sets from the Media Library, please return them. Our goal is to SHARE the message and your prompt return allows newcomers and other members to listen also.

MEETING SCHEDULE

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

JANUARY 2013

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 7:00PM
Most Sacred Heart of Jesus
(Rectory, side entrance)
Gramercy, LA Dist. 9
LISTEN & LEARN 7:00PM
The Tau Center ♦
8080 Margaret Ann Drive
(off Essen Lane)
(See Receptionist for Rm location) Dist. 9
RECOVERING PARENTS SOUTH 7:30PM
Baton Rouge General Health Center
8585 Picardy, (off Bluebonnet)
Women's Center Conference Room
(third doorway) Dist. 9

MONDAY

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

Hispanic Meeting (Monday)

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

TUESDAY

CAME TO BELIEVE 12:00PM
University Presbyterian Church
3240 Dalrymple Drive
(No Smoking) Dist. 13
STRENGTH AND COURAGE 12:00PM
AIS Office Step Meeting
9417 Brookline Dist. 14
NEW ROADS 6:00PM
Pointe Coupee Library,
201 Claiborne Ave.
New Roads, LA Dist. 16
GONZALES AFG 6:30PM
1125 W. LA Hwy 30
St. Elizabeth's Hospital
Gonzales, LA Dist. 9
WE SURRENDER AFG 6:30PM
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 12:00PM
AIS Office (Al-Anon Adult Children)
9417 Brookline
(No Smoking) Dist. 14
GONZALES AFG, TOO 6:30PM
Stepping Stones
1027 N. Burnside Ave.
Gonzales, LA Dist. 9
BAYOU AL-ANON 7:00PM
First United Methodist Church
23645 Church St.,
Plaquemine, LA Dist. 13
ZACHARY AL-ANON 7:00PM
Zachary United Methodist Church
4205 Church St ,
Children's Sunday School Bldg.
Zachary, LA (Hwy 64) Dist. 16
GOODWOOD AFG (Book Study) 7:00PM
Broadmoor Baptist Church
Education Building
9755 Goodwood Blvd. Dist. 4

FRIDAY

POWERLESS 12:00 PM
Alternate Step / Tradition Meeting
AIS Office
9417 Brookline
(No Smoking) 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 9:00AM
University Methodist Church ♦
Trice Building, Upstairs
3350 Dalrymple Dr. Dist. 13
MORNING GLORY 9:00AM
AIS Office
9417 Brookline
(No Smoking) Dist. 14
SATURDAY NEWCOMERS 2:00PM
Club 12 ♦
1695 Beaumont Drive
Front Building Dist. 14
PRAIRIEVILLE AFG 6:30PM
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

Louisiana Al-Anon:

www.la-al-anon.org

Al-Anon World Service:

www.al-anon.alateen.org



Baton Rouge Al-Anon
Information Services
9417 Brookline 70809