Letting Go

Al-Anon members share their experience, strength and hope

In Al Anon, I’m learning to let go of my overwhelming desire (and irritating tendency) to elbow my way into other people’s affairs and try to run the show for them. It is an ironic struggle since my own show wasn’t much until I turned it over to God. I often talk myself into believing that God needs my help as do my friends and family, who I fantasize, are just too timid to ask for it. I feel like the control freak I once heard a speaker describe as merely doing what God would do if He had all the facts! One of the many gifts of recovery has been my recognition of the dignity that is inherent in restraint and the beauty of autonomy. My prayer is that I will have the grace to trust and support my loved ones while they make their own choices – especially those that are seemingly not considered thoughtfully or purposefully. I hope the outcome they orchestrate is better than anything I could have designed. dt

When I came to Al-Anon 5 short years ago, I had years of alcoholic history that I carried around. I am an adult child of an alcoholic, married to an adult child of an alcoholic, the sister of an alcoholic as well as the mother of an alcoholic-addict. Because of this background I have many character defects that have made life difficult. My saving grace has been Al-Anon and the practice of the Twelve Steps. The Twelve Steps teach me about myself and give me the strength to practice letting go of my unreasonable expectations, resentments, and self pity. The list goes on, but today I strive to learn about acceptance through the practice of the Twelve Steps. If I can accept life as it is, working on my character defects along the way, I can begin to let go of much of the pain and sorrow that life often brings. I am grateful to Al-Anon and the Twelve Steps. Terri S.

When I had been married 14 years, alcoholism began to raise it's ugly head. We had enjoyed happy times; we worked hard, bought a new home and had some luxury items come and go: corvette, dune buggy, nice parties, boat, company car, convertible. The harder things I experienced over those next several years was filing for bankruptcy and loosing my nice 'big' home. As I was able to swallow my pride and let go of those physical items, I discovered that shelter, safety, income, self preservation, self worth and self esteem were much more important assets to gain and own. Learning to let go, one day at a time, with the help of my Higher Power and Al-Anon, I found freedom and serenity. CE

Do you write or journal? Would you be willing to share your experience, strength and hope in print?
Send a note of interest or your writing for consideration to Caterpillar.Online@yahoo.com
"A candle loses nothing by lighting another candle."

Gonzales AFG and Gonzales AFG Too lost a very dear person to us on April 02, 2013 when Lynn F. lost her fight with cancer. During her many years in Al-Anon, Lynn sponsored more people than we will ever know of. And in each of these people her experience, strength and hope will live on. And in the people they sponsor, her experience, strength and hope will live on. So, for many years to come, though she may be gone in body, she will still live on--in each one of us.

I shed a tear for you today
I thought of all your special ways
Things you taught me
Things we shared
And I knew the things I told you
would go nowhere
You taught me how to trust again
You gave me unconditional love, my friend
You did not judge
... just said "Lesson Learned"
I hear your voice inside my head
And I know in body you are gone, but instead
You’ll live on in others
For years to come
To me you will always be
"Special Someone".
~ Cindy C.

Child of mine, I will never do for you that which I know you can do for yourself. I will never rob you of an opportunity to show yourself, your ability and talent. I will see you at all times as the capable, effective, powerful creator that you’ve come forth to be. And I will stand back as your most avid cheerleading section. But I will not do for you that which you have intended to do for yourself. Anything you need from me, ask. I’m always here to compliment or assist. I am here to encourage your growth, not to justify my experience through you.
~ Abraham

God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.
May I do Thy will always!
~ Alcoholics Anonymous, page 63
Mark Your Calendar

**JULY 9** AIS QUARTERLY MTG
615PM @AIS OFFICE
*GR’s or Asst GR’s attend

**JULY 19-21** LOUISIANA STATE AL-ANON CONVENTION
Holiday Inn Central, Lafayette
AcadianaAFG.org

**AUG 13** AIS MEETING
615PM @AIS OFFICE
Open meeting for all members

**AUG 17-18**
LOUISIANA AREA ASSEMBLY
Holiday Inn South Baton Rouge
www.la-al-anon.org
9am Registration
10am Newcomers Meeting – open to all

**SEPT 10** AIS MEETING
615PM @AIS OFFICE
Open meeting for all members

**OCT 8** AIS QUARTERLY MTG
615PM @AIS OFFICE
*GR’s or Asst GR’s attend

**NOV 23-24**
LOUISIANA AREA ASSEMBLY
Holiday Inn South Baton Rouge
www.la-al-anon.org

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**WHO DOES WHAT?**

Volunteers are all around in Al-Anon - they keep the wheels turning. Volunteers coordinate and staff the AIS office, order and sort literature, manage the CD library, organize AIS night phone duty, update the website, and among many other things, write this newsletter. Everyone does a small part to carry the message. Please consider how you can be a part; in your group, in our local organization (AIS) or at the state level (Area Assembly). *If you have volunteered before, please consider finding a place to volunteer again.*

GROUPS need a Group Representative (GR), Assistant Group Representative (Asst GR) and a Treasurer. www.al-anon.alateen.org/members/pdf/guidelines/G11.pdf

BATON ROUGE AL-ANON (AIS) needs a Cooperating with Professional Community (CPC) Coordinator www.al-anon.org/members/pdf/guidelines/G38.pdf

If you have previously serviced as a GR, please consider being a District Representative (DR). This position is vital to keep the lines of communication open between the individual groups, Baton Rouge Al-Anon and Area Assembly, which is currently lacking. *We have DR openings for every district in Baton Rouge.*


Please attend the next AIS meeting or email batonrougeais@gmail.com attention Bill S. to inquire about a service position.

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**Subscribe to the quarterly Caterpillar online with an email to Caterpillar.Online@yahoo.com - “Subscribe” in subject line**

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**An Open Invitation:**

Louisiana will host the
**2014 South Central Delegates Meeting**
February 28, March 1 & 2, 2014
at the Holiday Inn Lafayette

We, your current and past delegates, invite you to participate in this event. We are in the process of establishing committees, hence, giving you an opportunity to participate and use your talents. This is our first announcement and another request will occur after our 2013 LA AFG Convention.

The 2014 SCRDM General Chair is Clara E.; the SCRDM Program Chairman is Clif B. Additional information will be made available through the La Treasure Chest, area websites and at Area Assembly; or you may contact Clara or Clif to volunteer.

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**40TH LOUISIANA STATE AL-ANON CONVENTION**
**FRIDAY JULY 19 – SUNDAY JULY 21, 2013**

**HOLIDAY INN CENTRAL, LAFAYETTE LA**

*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.ACADIANAAFG.ORG
## MEETING SCHEDULE
### Al-Anon / Alateen Meeting Schedule for Baton Rouge and Surrounding Areas

### July 2013

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<th>Sunday</th>
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<td><strong>SERENITY SEEKERS</strong>&lt;br&gt;7:00 PM&lt;br&gt;The Tau Center&lt;br&gt;8080 Margaret Ann Drive&lt;br&gt;(off Essen Lane)&lt;br&gt;(See Receptionist for Rm location) Dist. 9</td>
<td><strong>MONDAY DISCUSSION</strong>&lt;br&gt;12:00PM&lt;br&gt;AIS Office (No Smoking)&lt;br&gt;9417 Brookline Dist. 14</td>
<td><strong>CAME TO BELIEVE</strong>&lt;br&gt;12:00PM&lt;br&gt;University Presbyterian Church&lt;br&gt;3240 Dalrymple Drive&lt;br&gt;(No Smoking)&lt;br&gt;Dist 13</td>
<td><strong>WEDNESDAY NOON AFG</strong>&lt;br&gt;12:00 PM&lt;br&gt;AIS Office (No Smoking)&lt;br&gt;9417 Brookline Dist. 14</td>
<td><strong>FAITH &amp; HOPE</strong>&lt;br&gt;12:00PM&lt;br&gt;AIS Office (Al-Anon Adult Children)&lt;br&gt;9417 Brookline Dist. 14</td>
<td><strong>POWERLESS</strong>&lt;br&gt;12:00 PM&lt;br&gt;Alternate Step / Tradition Meeting&lt;br&gt;AIS Office (No Smoking)&lt;br&gt;9417 Brookline Dist. 14</td>
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<td><strong>AL-ANON MEETINGS</strong>&lt;br&gt;SUNDAY</td>
<td><strong>STEPS TO SERENITY</strong>&lt;br&gt;12:00PM&lt;br&gt;Club 12 (No Smoking)&lt;br&gt;1695 Beaumont Drive&lt;br&gt;Dist. 14</td>
<td><strong>STRENGTH AND COURAGE</strong>&lt;br&gt;12:00 PM&lt;br&gt;AIS Office Step Meeting&lt;br&gt;9417 Brookline Dist. 14</td>
<td><strong>MOLLYSHARP DISCUSSION</strong>&lt;br&gt;8:00 PM&lt;br&gt;Broadmoor Methodist Church&lt;br&gt;10230 Mollylea&lt;br&gt;(Bldg. nearest to traffic light.) Dist. 4</td>
<td><strong>GONZALEZ AFG, TOO</strong>&lt;br&gt;6:30PM&lt;br&gt;Stevens Stones&lt;br&gt;1027 N. Burnside Ave.&lt;br&gt;Gonzales, LA Dist. 9</td>
<td><strong>SMALL WORLD AFG</strong>&lt;br&gt;8:00 PM&lt;br&gt;New Roads, LA Dist. 16</td>
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<td><strong>WOODDALE SUNDAY STEP AFG</strong>&lt;br&gt;6:00 PM&lt;br&gt;Club 12 (No Smoking)&lt;br&gt;1695 Beaumont Drive&lt;br&gt;Dist. 14</td>
<td><strong>LISTEN &amp; LEARN</strong>&lt;br&gt;7:00PM&lt;br&gt;The Tau Center&lt;br&gt;8080 Margaret Ann Drive&lt;br&gt;(off Essen Lane)&lt;br&gt;(See Receptionist for Rm location) Dist. 9</td>
<td><strong>NEW ROADS</strong>&lt;br&gt;6:00PM&lt;br&gt;Ponti Coupee Library,&lt;br&gt;201 Claiborne Ave.&lt;br&gt;New Roads, LA Dist. 16</td>
<td><strong>MORNING GLORY</strong>&lt;br&gt;9:00AM&lt;br&gt;AIS Office (No Smoking)&lt;br&gt;9417 Brookline Dist. 14</td>
<td><strong>BAYOU AFG</strong>&lt;br&gt;7:00PM&lt;br&gt;First United Methodist Church&lt;br&gt;23645 Church St.,&lt;br&gt;Plaquemine, LA Dist. 13</td>
<td><strong>T.G.I.F.</strong>&lt;br&gt;7:00 PM&lt;br&gt;AIS Office&lt;br&gt;9417 Brookline Dist. 14</td>
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<td><strong>Y.A.L.L. AFG</strong>&lt;br&gt;5:30 PM&lt;br&gt;Most Sacred Heart of Jesus&lt;br&gt;(Rectory, side entrance)&lt;br&gt;Gramercy, LA Dist. 9</td>
<td><strong>GONZALES AFG</strong>&lt;br&gt;6:30PM&lt;br&gt;1125 W. LA Hwy 30&lt;br&gt;St. Elizabeth’s Hospital&lt;br&gt;Gonzales, LA Dist. 9</td>
<td><strong>COUGRAGE TO CHANGE</strong>&lt;br&gt;7:30 PM&lt;br&gt;Open Meeting&lt;br&gt;Lutheran Church of Our Savior&lt;br&gt;535 Jones Creek Rd&lt;br&gt;Dist 4</td>
<td><strong>SAVIE MEET</strong>&lt;br&gt;8:00 AM&lt;br&gt;St. Thomas More&lt;br&gt;9:00AM&lt;br&gt;www.alan.org</td>
<td><strong>HOPE NOW</strong>&lt;br&gt;7:30 PM&lt;br&gt;Comite Baptist Church&lt;br&gt;12250 Greenwell Springs Road&lt;br&gt;Room 402&lt;br&gt;(metl bldg. closest to Flannery)&lt;br&gt;CHILD CARE AVAILABLE Dist. 16</td>
<td><strong>SATURDAY</strong>&lt;br&gt;9:00AM&lt;br&gt;University Methodist Church&lt;br&gt;Trice Building, Upstairs&lt;br&gt;3350 Dalrymple Dr.,&lt;br&gt;Dist. 13</td>
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<td><strong>RECOVERING PARENTS SOUTH</strong>&lt;br&gt;7:30 PM&lt;br&gt;Baton Rouge General Health Center&lt;br&gt;8585 Picardy, (off Bluebonnet)&lt;br&gt;Women’s Center Conference Room&lt;br&gt;(third doorway) Dist. 9</td>
<td><strong>SERENITY SEEKERS</strong>&lt;br&gt;7:00PM&lt;br&gt;Us Serenity&lt;br&gt;1735 South 15th&lt;br&gt;Strand, LA Dist. 7</td>
<td><strong>LAYSHARP DISCUSSION</strong>&lt;br&gt;8:00 PM&lt;br&gt;Broadmoor Methodist Church&lt;br&gt;10230 Mollylea&lt;br&gt;(Bldg. nearest to traffic light.) Dist. 4</td>
<td><strong>AL-ANON BOOK STUDY</strong>&lt;br&gt;7:00 PM&lt;br&gt;AIS Office&lt;br&gt;9417 Brookline Dist. 14</td>
<td><strong>JUST FOR TODAY</strong>&lt;br&gt;9:00AM&lt;br&gt;University Methodist Church&lt;br&gt;Trice Building, Upstairs&lt;br&gt;3350 Dalrymple Dr.,&lt;br&gt;Dist. 13</td>
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<td><strong>ZACHARY AL-ANON, TOO</strong>&lt;br&gt;12:00 PM&lt;br&gt;Zachary United Methodist Church&lt;br&gt;4205 Church St.,&lt;br&gt;Children’s Sunday School Bldg.&lt;br&gt;Zachary, LA (Hwy 64) Dist. 16</td>
<td><strong>STEPPING STONES</strong>&lt;br&gt;7:00 PM&lt;br&gt;Magnolia Methodist Church (No smoking)&lt;br&gt;16116 Greenwell Springs Road&lt;br&gt;(Speaker Mtg. 3rd Weds of month) Dist 16</td>
<td><strong>2:00PM&lt;br&gt;IS OFFICE</strong>&lt;br&gt;7:00PM&lt;br&gt;AIS Office&lt;br&gt;9417 Brookline Dist. 14</td>
<td><strong>SATURDAY NEWCOMERS</strong>&lt;br&gt;2:00PM&lt;br&gt;Club 12&lt;br&gt;1695 Beaumont Drive&lt;br&gt;Front Building Dist. 14</td>
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<td><strong>PRACTICE THESE PRINCIPLES</strong>&lt;br&gt;7:00PM&lt;br&gt;Adult Child AFG&lt;br&gt;The Tau Center&lt;br&gt;8080 Margaret Ann Drive&lt;br&gt;(off Essen Lane)&lt;br&gt;(See Receptionist for Rm location) Dist. 9</td>
<td><strong>T.G.I.M</strong>&lt;br&gt;7:30PM&lt;br&gt;Step &amp; Tradition Study&lt;br&gt;St. George School Library&lt;br&gt;(Behind the Gym)&lt;br&gt;7880 Siegen Lane Dist. 9</td>
<td><strong>POWERLESS</strong>&lt;br&gt;7:00PM&lt;br&gt;Broadmoor Baptist Church&lt;br&gt;Education Bldg.&lt;br&gt;9755 Goodwood Blvd.&lt;br&gt;Dist. 4</td>
<td><strong>SUNDAY</strong>&lt;br&gt;6:30PM&lt;br&gt;Al-Anon/Alateen 924-0029&lt;br&gt;(24 Hour Phone)</td>
<td><strong>AA PHONE 930-0026&lt;br&gt;WEBSITES</strong>&lt;br&gt;Baton Rouge Al-Anon: <a href="http://www.batonrougealanon.org">www.batonrougealanon.org</a> &lt;br&gt;Laacher Al-Anon: <a href="http://www.1a-al-an.org">www.1a-al-an.org</a> &lt;br&gt;Al-Anon World Service: <a href="http://www.al-an.org">www.al-an.org</a></td>
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**Hispanic Meeting (Monday)**

| **SOLO POR HOY**<br>7:00 PM<br>AIS Office (No Smoking)<br>9417 Brookline Dist. 14 | **POWERLESS**<br>7:00PM<br>University Presbyterian Church<br>3240 Dalrymple Drive<br>(No Smoking)<br>Dist 13 | **SMALL WORLD AFG**<br>8:00 PM<br>New Roads, LA Dist. 16 |
| **AL-ANON MEETINGS**<br>SUNDAY | **GONZALEZ AFG, TOO**<br>6:30PM<br>Stevens Stones<br>1027 N. Burnside Ave.<br>Gonzales, LA Dist. 9 | **BAYOU AFG**<br>7:00PM<br>First United Methodist Church<br>23645 Church St.,<br>Plaquemine, LA Dist. 13 | **SATURDAY**<br>7:00PM<br>AIS Office (No Smoking)<br>9417 Brookline Dist. 14 |
| **SMALL WORLD AFG**<br>8:00 PM<br>Club 12<br>9417 Brookline<br>(No Smoking) Dist. 14 | **ZACHARY AL-ANON**<br>7:00PM<br>Zachary United Methodist Church<br>4205 Church St.<br>Children’s Sunday School Bldg.<br>Zachary, LA (Hwy 64) Dist. 16 | **JUST FOR TODAY**<br>9:00AM<br>University Methodist Church<br>Trice Building, Upstairs<br>3350 Dalrymple Dr.,<br>Dist. 13 |
| **GOODWOOD AFG**<br>7:00PM<br>Al-Anon/Alateen 924-0029<br>(24 Hour Phone) | **SATURDAY**<br>6:30PM<br>St.John’s Catholic Church<br>Hwy 73, Prairieville<br>Dist. 9 | **JUST FOR TODAY**<br>9:00AM<br>University Methodist Church<br>Trice Building, Upstairs<br>3350 Dalrymple Dr.,<br>Dist. 13 |

**AA PHONE 930-0026<br>WEBSITES**<br>Baton Rouge Al-Anon: www.batonrougealanon.org <br>Laacher Al-Anon: www.1a-al-an.org <br>Al-Anon World Service: www.al-an.org