

THE



October 2011
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

SINGLE WINNER

Hi. I'm a member of Al-Anon. This is how I identify myself in an Al-Anon meeting. If I attend a different fellowship, I identify differently. You don't know how I identify in a different fellowship unless I share this info with you or unless you hear it through the grapevine if my anonymity is compromised. "The only requirement for membership is that there be a problem of alcoholism in a relative or friend." This is my seat at the Al-Anon table.

Some members refer to me as a Double Winner; some members refer to themselves that way. AFG considers me a Dual Member. Or rather, the Al-Anon Service Manual makes mention of Dual Membership. Page 78 states "Al-Anon/Alateen members who are also members of A.A. are eligible to hold office within their Al-Anon or Alateen groups... and at all times emphasis should be placed on the Al-Anon interpretation of the program," and "Because of the unique nature of both programs, Al-Anon/Alateen members who are also A.A. members do not hold office beyond the group level."

Dual Membership was discussed at the last Area Assembly in Baton Rouge and was a hot topic at this year's Conference. Honesty, what a dual member cannot do matters not to me. What CAN I do? Ah, now this matters to me. How can I serve like other members, or in ways even that other members of Al-Anon cannot?

How can I be of service to family and friends of alcoholics?

- ~ I can share my story. Maybe even at an Al-Anon State Convention some day. Anything's possible.
- ~ I can sponsor a member of Al-Anon and have an Al-Anon sponsor. After meeting state requirements (including two years membership in Al-Anon), I can sponsor a member of Alateen (pg. 78 of the Service Manual).
- ~ I can conduct workshops and be on a Roundup or Convention Committee.
- ~ I can share, as a member of Al-Anon, at drug court (if asked), or in a Treatment Center.
- ~ I can submit writings to the Forum, The Caterpillar etc.
- ~ I can inform clergy, doctors and counselors about Al-Anon & Alateen, and make myself available to them.
- ~ I can practice the 36 principles (Recovery/Unity/Service) of Al-Anon in all my affairs, discovering that far from perfection, these principles relieve me of the desire for perfection.
- ~ I can attend Al-Anon District and Intergroup meetings, Area Assembly, or the Al-Anon International Convention in 2013.
- ~ In an open AA meeting, where friends or spouses sometimes attend for support, I can speak with the friend or spouse after the meeting, introducing myself as a member of Al-Anon. I can provide them with an Al-Anon website card and share my experience, strength & hope - which includes "the best thing my wife ever did for me was to work the steps in Al-Anon; the best thing I ever did for my wife and family was to work the steps."
- ~ I can be a participating member of a Home Group and vote on matters that affect the group.
- ~ I can read & study Al-Anon literature, and thus have no reason to quote, in an Al-Anon meeting, non CAL.
- ~ When it's my turn to speak in an Al-Anon meeting, I can identify myself as I choose, perhaps even like this: "Hi. My name's.... and I'm a member of Al-Anon."

The Al-Anon Service Manual has a suggested reading for meetings on page 11 that "asks members of other anonymous fellowships to remain anonymous and focus on the Al-Anon program".

Like Turning a Page in a Book

I had often read about a "spiritual awakening" as being a gradual change or awareness of a change in our selves. I had been aware of many gradual spiritual awakenings in my own recovery experience. There had been many changes within me even though others around me weren't changing as I hoped. I had stuck around for the miracle.

I had also heard that sometimes there is a sudden change. This I had not experienced. However recently I began having frequent incidents of spiritual awareness. I shared this with a fellow member who said that I was in a spiritual place.

Then a few weeks later as I was driving home from an evening meeting, there was moment when an obsession that had consumed my thinking and actions for over two years was lifted. I was aware at that moment that the obsession was gone. I didn't want or desire any part of that any longer. My whole being had been washed clear. It was as if a page had been turned in a book and I hadn't turned the page. The page had been turned for me. I was filled with a glow. A wholeness and completeness that I had never felt before filled me and I was released. ~ Anonymous

**Miracles seem to rest, not so much upon faces or voices
or healing power coming suddenly near to us from far
off, but upon our perceptions being made finer so that
for a moment our eyes can see and our ears can hear
that which is about us always.**

~ Willa Cather

**What is this precious love and laughter
Budding in our hearts?
It is the glorious sound
Of a soul waking up!**

~ Hafiz-e Shirazi, Persian Poet

HEALTHY GROUPS, HEALTHY MEETINGS, HEALTHY MEMBERS

Three Obstacles to Success in Al-Anon

(from the 2010-2013 Service Manual pg 24)

All Al-Anon discussions should be constructive, helpful, loving, and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract us from our goals.

1. **Discussions of Religion:** Al-Anon is not allied with any sect or denomination. It is a spiritual program, based on no particular form of religion. Everyone is welcome; no matter what affiliation or none. Let us not defeat our purpose by entering in to discussions concerning specific religious beliefs.
2. **Gossip:** We meet to help ourselves and others learn and use the Al-Anon philosophy. In such groups, gossip can have no part. We do not discuss members or others, and particularly not the alcoholic. Our dedication to anonymity gives people confidence in Al-Anon. Careless repeating of matters heard at meetings can defeat the very purposes for which we are joined together.
3. **Dominance:** Our leaders are but trusted servants; they do not govern. No member of Al-Anon should direct, assume authority, or give advice. Our program is based on suggestion, interchange of experience, and rotation of leadership. We progress in our own way and pace. Any attempt to manage or direct is likely to have disastrous consequences for group harmony.

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.

Group Treasurers

It is suggested that your group donate to the AIS (65%), Area Assembly (25%), World Service Office (10%) and the Al-Anon Convention (one time contribution) after your group's expenses (rent, coffee, insurance) have been met. Send a check or drop off donations to AIS and include your group's name and ID #.

Upcoming Events

Nov 8 AIS Monthly Meeting
615pm @ AIS Office

Nov 19-20 LA Area Assembly
GR's attend Holiday Inn South BR

Dec 13 AIS Monthly Meeting
615pm @ AIS Office

Jan 10 AIS Quarterly Meeting
GR's attend 615pm @ AIS Office

Jan 13-15 Red Stick Round-up
(AA with Al-Anon participation)
Holiday Inn South Baton Rouge
Al-Anon Speaker Sat. Jan 14 @ 2pm
Cordi M. Tulsa OK

Subscribe to the Caterpillar Online
by sending an email with
"subscribe" in the subject line to
caterpillar.online@yahoo.com

Group Contributions to the Al-Anon Information Office – 3rd Quarter

Groups	July	August	September	Q3 Total
Al-Anon Book Study			\$124.80	\$124.80
Bayou Al-Anon				\$0.00
Came to Believe		\$200.00		\$200.00
Courage to Change	\$250.00			\$250.00
Faith & Hope			\$252.70	\$252.70
Gonzales AFG	\$130.00			\$130.00
Gonzales AFG Too	\$91.00			\$91.00
Goodwood AFG	\$40.00			\$40.00
Just For Today	\$456.00			\$456.00
Listen & Learn	\$448.00			\$448.00
Mollysharp Discussion				\$0.00
Monday Discussion			\$89.00	\$89.00
Morning Glory			\$150.00	\$150.00
New Alateen				\$0.00
New Roads			\$25.00	\$25.00
Powerless Step Study		\$111.15		\$111.15
Practice These Principles				\$0.00
Prairieville AFG				\$0.00
Recovering Parents South		\$100.00		\$100.00
River Road Alnon				\$0.00
Saturday Newcomers			\$46.00	\$46.00
Small World AFG				\$0.00
St. Francisville Group				\$0.00
Stepping Stones		\$68.80		\$68.80
Steps to Serenity				\$0.00
Strength and Courage	\$150.00			\$150.00
T.G.I. F.	\$288.60			\$288.60
T.G.I.M.		\$48.00		\$48.00
Triangle Al-Anon	\$50.00			\$50.00
We Surrender AFG			\$27.50	\$27.50
Wednesday Noon AFG	\$140.00			\$140.00
Woodale Sunday Step AFG	\$42.00			\$42.00
Yall AFG				\$0.00
Zachary Al-Anon				\$0.00
Zachary Al-Anon Too				\$0.00