

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)

## TWO CENTS ON SPONSORSHIP AL-ANON MEMBERS SHARE THEIR EXPERIENCE

My first sponsor was the person who told me about Al-Anon. I will forever be grateful to her. She was gentle as she guided me through the steps. She helped me to see that I had self worth. We became very close before she moved away to another state.

My next two sponsors taught me about self-discipline and about not holding on to secrets. The sponsor I have today seems to be a combination of all my previous sponsors. She always tells me what I need to hear - not what I want to hear. We meet once a week. She is there for me if there is a crisis, which is very comforting to know.

Over the years, I have sponsored many people. To me it is one of the more rewarding parts of Al-Anon. I don't feel that I can ask someone to do something that I'm not willing to do also. Being a sponsor helps me to remember where I was all those years ago and that I never want to be that person again. The one challenge I have is to be patient and let their recovery evolve as mine did. I know how wonderful recovery is and I just want it for them now! I am willing to put as much time into their recovery as they are. ~ Carol W.

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I picked my first sponsor because she had some time in the program and had a similar situation, a drinking husband. We attended the same weekly meeting, so she was accessible. She had a flood and we lost contact.

I chose my first service sponsor because she was kind and able to guide me through my responsibilities. She answered all of my questions. She complimented me when I had good ideas.

Today I sponsor several women. I listen and have a gentle format on how to work/practice the steps. I do like to hear or see them once weekly or every 2 weeks depending on our schedules. (I am a laid-back sponsor versus a pushy sponsor.) I make time for them when they want to do the steps. I also encourage some sort of service position, i.e. chairing a meeting, group treasurer, office volunteer or group representative. It is fun to see people grow and to gain new friends. ~ C.E.

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I met my sponsor at an Al-Anon 12-step FunShop. I went with some members of my home group, and I knew this would end badly as I was far too cool for a FunShop; even a workshop was pushing it. Yet what I found were Al-Anon members expressing their experience of the steps in a highly creative way; and more importantly, sharing themselves. Despite myself, I was attracted. How funny and moving this was simultaneously. After the event, I approached one of the participants, introduced myself, and asked him to sponsor me, not really understanding why I was doing so. We've cultivated a relationship ever since, a relationship that may not be attractive to others: I've seen him rarely; we speak on the phone infrequently; and yet we've emailed daily almost since day 1. Other than my wife, who's also in our fellowship, he's the only human being I feel who really gets-me. And yet I have no sense that this attraction was self-willed, but simply natural. "When the student is ready the teacher will appear" kind of natural; magnetic. ~ O.o.

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I do sponsor people today and it is so rewarding to watch others grow in recovery. I feel they help me so much in my own recovery. We share our journey of life's ups-n-downs and learn to have an open and honest relationship. I am so blessed to have been given the gift of recovery and am honored to share it! ~ Y.J.

## PLUG IN AND GROW

Many of us come to Al-Anon with extremes in our behavior. One of my extremes was volunteering. Needless to say, I was president of this and that; leader of the other; and a tireless (or tired) advocate for the organization d' jour. It was such a relief to come to meetings and for an hour, just to be. I resisted volunteering for any service work for a while. I needed to sort through and rebuild my own life before I had anything to offer to anyone else. I also needed balance.

My first "yes" to service work was to be in a skit for a workshop. I was a (pretend) backup singer along with a few others. The rehearsals gave me a chance to get to know other members outside of meetings. And it was something I enjoyed doing. I've used this model to say yes to other service work. Is it something that suits me and will also give back to the community?

I've been a treasurer for my home group, brought drinks and coffee fixin's for Heritage Day, sold raffle tickets at an Eat n Speak (the winner is now my husband!), told my story at meetings, worked as an Al-Anon committee chairperson for an AA convention, and right now, I'm writing this article. All along the way, getting to know new people and learning the ropes in the unseen world of Al-Anon cohesion. I don't have to do it all. Today I can do my part.

Service work is vital to our community. Pay attention and say yes if it seems like a good fit: in your home group, at the local level AIS, and at the State level Area Assembly. Plug in and grow. It's a Win-Win proposition. ~ Terry C.

**Abandon yourself to God as you understand God.**

**Admit your faults to Him and to your fellows.**

**Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.**

**May God bless you and keep you - until then.**

**~Alcoholics Anonymous, page 86**

**A central theme in all traditions of spirituality is the insistence that honesty - honesty with self about self - is essential to any spiritual quest.**  
**~ *The Spirituality of Imperfection***

## HEALTHY GROUPS, HEALTHY MEETINGS, HEALTHY MEMBERS

### Sponsorship

(From the 2010-2013 Service Manual pg 46)

"Sponsorship is a mutual and confidential sharing between two Al-Anon or Alateen members. A Sponsor is someone with whom a member can discuss personal problems or questions; someone who willingly shares the experience strength and hope of the Al-Anon/Alateen program."

After a period of time Al-Anon members will want to choose a personal Sponsor with whom they can identify. Members can encourage newcomers to find a Sponsor by sharing the Sponsors provide guidance; however Sponsors do not direct or give advice. The new member may have discussed problems with the contact before coming to meetings. This contact may or may not be asked to continue as a Sponsor; however, neither a contact nor a newly-chosen Sponsor should be used as a substitute for a meeting.

**Sponsorship, What It's All About (P-31) Sponsorship – Working Together To Recover (M-78)**  
**Pick up a pamphlet at the Al-Anon Office**

## **SPONSORSHIP WORKSHOP**

SATURDAY JANUARY 21

9AM-2PM

Speaker SYLVIA G.  
Our Louisiana State Delegate

FIRST UNITED METHODIST CHURCH

930 NORTH ST.

BATON ROUGE

ENTER THROUGH AMERICA ST. ENTRANCE

PREREGISTER BY 1/18 IF YOU WANT LUNCH INCLUDED

REGISTRATION FORMS ONLINE AT  
[WWW.BATONROUGEALANON.ORG](http://WWW.BATONROUGEALANON.ORG)

## **Coming Events**

- ✓ **Jan 10 AIS Quarterly Meeting**  
GR or Asst. GR attend  
615pm @ AIS Office
- ✓ **Feb 14 AIS Meeting**  
615pm @ AIS Office
- ✓ **March 24, 25 LA Area Assembly**  
Holiday Inn South Baton Rouge  
GR or Asst. GR attend
- ✓ **March 13 AIS Meeting**  
615pm @ AIS Office
- ✓ **April 10 AIS Quarterly Meeting**  
GR or Asst. GR attend  
615pm @ AIS Office
- ✓ **April 14 Heritage Day Banquet**  
Oak Lodge Conference Center

## **Al-Anon Office Volunteers**

**It's simple!**

Weekdays from 9am – 3pm, we ask Al-Anon members to volunteer at the Al-Anon office.

*Do you have a day off? Retired? Free time?*

Meet other Al-Anon members and attend the noon meeting at the AIS office.

Contact Kayren A. for more info.

## **MEETING CHANGES AROUND TOWN**

- ❖ *Hispanic Meeting is now at the AIS office Mondays at 7pm*
- ❖ *Courage to Change on Jones Creek New time Tuesday at 730pm*
- ❖ *Goodwood AFG meeting at Broadmoor Baptist is now a Book Study Meeting. "As We Understood" beginning January 5*
- ❖ *Friday noon Step Meeting at AIS office will begin Step/Tradition rotation in January.*

## **HERITAGE DAY 2012**

An Annual Celebration of our Al-Anon Legacies

**SATURDAY APRIL 14, 2012**

Oak Lodge Conference Center "Orleans Room"

2834 S Sherwood Forest Blvd. Baton Rouge

11am Registration

1145am Luncheon (prereserve)

1230pm Heritage Day Presentation followed by Guest Speaker Terrell B.

Check the [BatonRougeAlanon.org](http://BatonRougeAlanon.org) website for upcoming details and registration information

THE CATERPILLAR IS ONLINE AT [WWW.BATONROUGEALANON.ORG](http://WWW.BATONROUGEALANON.ORG)  
OR SIGN UP FOR QUARTERLY EMAIL BY SENDING A MESSAGE "SUBSCRIBE" TO  
[CATERPILLAR.ONLINE@YAHOO.COM](mailto:CATERPILLAR.ONLINE@YAHOO.COM)

# MEETING SCHEDULE

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

### JANUARY 2012

#### ALATEEN MEETINGS

##### SUNDAY

NEW ALATEEN 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 8:00PM  
 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 Sharp Dr.) Dist. 4  
 T.G.I.M 7:30PM  
 St. George New Library ◆  
 7880 Siegen Lane Dist. 9

##### 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 Sharp Dr.) 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](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)



**Baton Rouge Al-Anon**  
**Information Services**  
**9417 Brookline 70809**