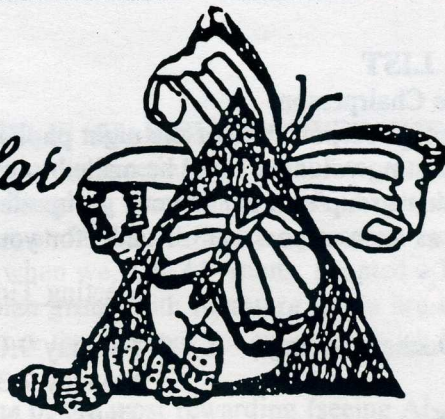


Caterpillar



4521 Jamestown Avenue, Suite 5
Baton Rouge, LA 70808

(504) 924-0029 (24 Hours)
January 1995

"Don't Sit and Glow ... Reach Out and Grow!"

This is the title of Al-Anon's 1995 Public Information Program and I would like to dedicate the 1995 Caterpillar Newsletter to that theme. Hi, my name is Patty and I am your new Caterpillar Editor. Al-Anon has given me so much and in return all I am asked to do is carry the message that was given to me. "Service work" was a scary sounding phrase (and sometimes still is), "What can I do?" is the question that always came to mind, but in Al-Anon and Alateen I've learned that all I have to do is be me to the best of my ability, let people know where I was and where I am today. Service work allows me to work our 12 steps and change my life in a way I never thought I could. It brings me closer to my Higher Power, by getting out of myself and allowing others in. For this issue of the Caterpillar I have asked several Al-Anon and Alateen members to share their growth in our program through their service work. I was not sure who would or would not - as you can see "they were willing". I hope that after reading these sharings if you feel a little lost or like you are not going anywhere - perhaps "service" is something for you to look at - by sharing our experience, strength and hope in whatever way we each can, not only helps us grow, but carries the message of hope to another.

Patty B.

*Don't Sit
and Glow*



*Reach Out
and Grow!*

