



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)

ALATEEN

Alateen is a fellowship of young people whose lives have been touched by alcoholism.

Alateens share their experience, strength, and hope.

Alateens believe alcoholism is a family disease that affects all the members emotionally and physically.

Alateens don't seek to change loved ones, but to detach from their problems while continuing to love them.

Alateens do not discuss religion or outside organizations. The sole topic is the solution of problems.

Alateens are careful to protect each other's anonymity, as well as Al-Anon and AA members.

Alateens apply the Twelve Steps to themselves and begin to grow mentally, emotionally and spiritually.

Alateen offers a wonderful, healthy program to live by and enjoy!

**Every Sunday night at the Tau Center, there is a great Alateen meeting.
If you know someone who is between the ages of 12-20, who could benefit from the
Alateen program, we would love to have them join us!**

Ananda A. Baton Rouge

Alateen has been a very eye-opening experience for me. My life used to be very chaotic and nothing would ever go right. I was upset at myself and no one else. I was quiet and always did as I was told. After Alateen, I began to feel the enormous love outstretch and envelop me. I had finally found a real family.

Growing up without a father was fine by me, as long as no one was getting hurt. But I never realized that it really was hurting a lot of people. My mother was suffering, my younger brother cried for his father, and I hurt watching them hurt. I knew the pain of my brother though. We both were separated from our biological fathers. My little brother dreamed up wonderful stories of his father, but I was okay not to know mine.

Many have witnessed me grow into the young woman I am today and how amazing the impact of this program is on other kids my age. I was never one to talk much, but Alateen helped me establish a healthy way of life. Now no one hurts, I don't blame myself, and I am my own person! I know what I want to be in life and Alateen will never leave it. I love my Alateen family!

Sammy

I have learned that alcoholism in my family is not my fault, and that helps me not be so upset. What I like about it is I get to see people I don't see often.

Morgan

Alateen has helped me understand that I am not the only one that has been hurt by alcoholism, and has let me be myself. I don't have to keep my feelings locked inside.

Gage

Learning to Live One Day at a Time

When I first arrived in Al-Anon, someone told me that I could become an emotionally healthy person if I went to meetings, worked the steps and learned to live one day at a time. In 1981 I had no clue what that meant. Over the years I have come to know and understand a little. So many people helped me as I struggled along one day at a time. Three men that I will always miss stand out in my mind and heart.

One man showed so many of us how to see the beauty in God's world one day at a time. Even in the mist of my personal pain of divorce he helped. He often led groups hiking in the Tunica Hills and I went along one beautiful weekend. The wonder of nature was amazing; and just for that day I found laughter, peace and joy.

Al-Anon, people, and theater were the focus of another man who gave me a clue to the meaning of living one day at a time. He not only modeled how to live one day at a time, he reminded us all that we have choices. Once, he noted that we were in metal chairs right now today. "Your chair is cold but your body is warm. Both things are happening at the same time and you can choose what to focus on." Do I want to think of the cold or the warm? The choice is mine.

The one we knew as Santa was always there...so dependable, so pleasant, so wise, so calm. Once when I was distraught, he looked at me and said what I knew but had forgotten, "How important is it?" When I looked into that peaceful smile of his, that real Santa look, I remembered that I just have today. He always reminded me to trust my Higher Power one day at a time.

As I share my experience, strength and hope, I am reminded of these three men; each so willing and generous with their time, their thoughts, their love and care for all. It's how Al-Anon works!

Linda G. Baton Rouge

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him... Step Eleven

Prayer is a work in progress for me. When I recite familiar prayers, my mind wanders. I've searched for creative options to engage my heart and mind, with passages that fit my beliefs. In the past month, I've begun to write prayers. The first one begins simply, *"I have an open heart. I have an open mind. I want to be spiritually fueled. I find myself lacking so I am turning to Spirit."* The most recent is only two lines long; *"I am grateful for peace, for plenty, for love, for hope. Without surety, it is enough for today, which is all I need today"*. Focusing on the first part of this step has opened a new door for me.

T. C. Baton Rouge

WWW.LA-AL-ANON.ORG

Louisiana Meetings and Conventions. World Service Office

Al-Anon Phone

When your group passes the Al-Anon phone list, please volunteer for an evening or weekend to accept phone calls forwarded from the Al-Anon office.

Callers are generally folks looking for a meeting location. Occasionally, someone is calling because they need someone to listen. It's another way we carry the message and we can't do it without cooperation from all of our area Al-Anon Family Groups.

Group Reps – Please return completed phone volunteer list to Todd B. as soon as possible!

Al-Anon Office

The Baton Rouge Al-Anon office is staffed by volunteers Monday through Friday from 9am to 3pm.
Try something new for the New Year...
Volunteer one day this month!

Call Kayren A @ 485 7978.

AFG WORKSHOP

"PRACTICING THESE PRINCIPLES IN ALL OUR AFFAIRS"

With Ellen C. from Addison TX

JANUARY 23

9AM – 330PM

FIRST UNITED METHODIST CHURCH

433 ERLANGER ST, SLIDELL LA 70458

\$10 FEE INCLUDE INCLUDES LUNCH

REGISTRATION BY JAN 18 TO:

Patti Foulon 1700 Elizabeth Ave Metairie La 70003

Coming Events

- ✓ Jan 12 AIS Quarterly Meeting
615pm @ AIS Office
- ✓ Feb 9 AIS Meeting
615pm @ AIS Office
- ✓ Feb 20-21 LA Area Assembly
Baton Rouge
- ✓ March 9 AIS Meeting
615pm @ AIS Office
- ✓ April 1 – 3 Fellowship of the Spirit
Lafayette
- ✓ April 24 Heritage Day Banquet
Oak Lodge Conference Center
- ✓ July 1 – 4 AA Int'l Conference
San Antonio TX
- ✓ July 16-18 Al-Anon State Conv.
Lafayette LA

HERITAGE DAY 2010

An Annual Celebration of our Al-Anon Legacies

SATURDAY APRIL 24, 2010

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 Sylvia G.

Registration by Monday April 12 \$20 for luncheon
Speaker only donation \$3

30TH DEEP-SOUTH ALATEEN CONFERENCE

A CIRCLE OF FRIENDS D-SAC 2010

MARCH 12, 13, & 14, 2010

DRY CREEK BAPTIST CAMP in DRY CREEK, LA

ALL PERSONS ATTENDING MUST PRE-REGISTER

EARLY REGISTRATION FEES DORM FEE - \$80 or ADULT CONFENCE CENTER \$90

LATE REGISTRATION FEES (postmarked after Feb. 27th) DORM FEE - \$85 or ADULT CONFENCE CENTER \$95

NO REGISTRATIONS POST MARKED AFTER MARCH 7

FEE INCLUDES: 2 NIGHTS LODGING, 6 MEALS, ALL CONFERENCE ACTIVITIES (CASHIER CHECK OR MONEY ORDER ONLY)

FOR A REGISTRATION FORM CONTACT: PEBBLE BORDELON 225-274-2659

pmbordelon@bellsouth.net Reference D-SAC in subject line

MEETING SCHEDULE

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

DECEMBER 2009

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
PRACTICE THESE PRINCIPLES 7:00PM
 The Tau Center (ACOA)
 8080 Margaret Ann Drive (off Essen Lane)
 (See Receptionist for Rm location) Dist. 9
NEW ROADS MONDAY 7:15PM
 Pointe Coupee Library,
 201 Claiborne Ave.
 New Roads, LA Dist. 16
TRIANGLE AL-ANON 7:30PM
 Broadmoor Methodist Church
 10230 Mollylea
 (Community Ministries Bldg) 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
GONZALES AFG 6:30PM
 1125 W. LA Hwy 30
 St. Elizabeth's Hospital
 Gonzales, LA Dist. 9
ST. FRANCISVILLE GROUP 7:30 PM
 St. Francisville Methodist Church
 9356 Royal Street
 St. Francisville, LA Dist. 16
COURAGE TO CHANGE 8:00 PM
 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
ST. ANTHONY AFG 6:00 PM
 716 Mississippi Street
 (bldg. next to Ascension Church)
 Donaldsonville, LA Dist. 13
MOLLYSHARP DISCUSSION 8:00 PM
 Broadmoor Methodist Church
 10230 Mollylea
 (Community Ministries Bldg) 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

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 8:00PM
 Broadmoor Baptist Church
 Scout Hut
 9755 Goodwood Blvd. Dist. 4

FRIDAY

POWERLESS STEP STUDY 12:00 PM
 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

AA PHONE 930-0026

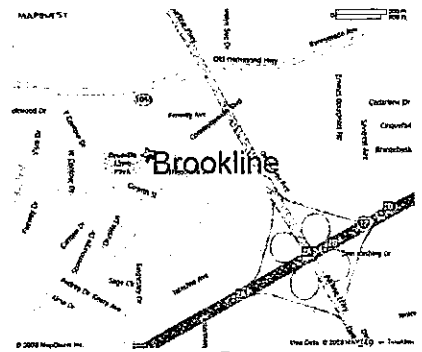
Websites

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

Al-Anon/Alateen 924-0029
(24 Hour Phone)