

The Caterpillar

9425 Lindale, Suite B, Baton Rouge, LA 70809 Phone 924-0029

January 2004

LONE MEMBER SERVICE

Theresa B.

Did you know that Al-Anon has a Lone Member Service? It is for members all over the world that do not have meetings in their area or cannot attend meetings because of some physical condition. I became a Lone Member contact person some years ago by writing to the World Service Office and registering. The World Service sent me a list of names from all over the world that I could contact by writing her or him. I have written many letters and received many letters over the years from Lone Members in Canada, England, Africa and different cities in the United States.

The World Service publishes a Lone Member LetterBox, which I receive with sharings from Lone Members all over the world. The Lone Members share their experience, strength and hope with me and I share with them. I do like to send mail and receive mail. It is very fulfilling to me. Working the program in this way and sharing with a number of people who are unable to attend meetings is rewarding for me. It is another way to share the experience, strength and hope I have received in this program.

Just write the World Service Office and express your desire to become a Lone Member Contact Person.

THE RED STICK ROUND UP

**Baton Rouge AA Convention
Holiday Inn South
January 23-25, 2004**

The Baton Rouge AA convention, The Red Stick Round-Up, is looking for Al-Anon groups that would like to chair an Al-Anon meeting sometime during the convention. January 23-25, 2004. A room will be provided and a sheet on the door with the time of the meeting. If you or your group is interested, please pick a date and a time and

Contact— Christy @ 268-8680

AL-ANON AFTER HOURS PHONE

| | |
|------------------|------------------------------|
| January 12-18 | Happiness Is & Bayou Al-Anon |
| January 19-25 | New Roads Monday |
| January 26-Feb.1 | Triangle Al-Anon |
| February 2-8 | TGIM |
| February 9-15 | Came to Believe |
| February 16-22 | Strength and Courage |
| February 23-29 | STP |
| March 1-7 | Courage to Change |
| March 8-14 | St. Francisville |
| March 22-28 | Tuesday's Children |
| March 29-April 4 | Serenity Club Denham Springs |
| April 5-11 | Wednesday Noon Discussion |
| April 12-18 | Wednesday Serenity New Roads |

I'm Mary S, the after hours phone co-ordinator. I will send a letter to your group ahead of time and each group will be responsible for the phone. This happens about twice a year and is an opportunity for growth in the program. We now have the ability to access call forwarding from any location, which means sharing weekend phone duty is a lot easier.

**Serenity is not life without problems, but
rather the ability to live in spite of problems.**

Coming Events

January 16 & 17

**Greater New Orleans Al-Anon Intergroup Workshop "Life & Laughter"
Beverly R. Speaker**

March 19, 20, & 21

**D_SAC (Deep South Alateen Conference)
Contact Pebble B. for registration packets**

April 14 Wednesday @ 5:45 pm AIS Quarterly Meeting

AIS Office on Lindale

**Group Representatives, alternates, and board members are requested to
attend.**

April 17 Saturday Annual Heritage Day @ Holiday Inn South

Gail F. from Lafayette is the Speaker

May 15 & 16 Area Assembly in Alexandria, LA

July 23, 24, & 25 LA Al-Anon Convention

In Lafayette

Watch for flyers

National Al-Anon website www.al-anon.alateen.org

State Al-Anon website www.la-al-anon.org

From Living with Sobriety

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Thinking of Positive Things: I try to reject all the negative thoughts that pop into my head and replace them with positive ones. Before Al-Anon, I found that my thinking leaned toward the critical, the negative. I guess it was part of that old pattern of denial and I had a hard time thinking happy thoughts. In the beginning, when someone gave me a way of improving myself, I would say, "yes, but." There was always some condition I placed on everything. Now that I concentrate on being positively willing to have courage, courage is part of my life.

ANONYMITY
An Important Principle

The Policy Committee has changed one sentence in the Suggested Al-Anon/Alateen Welcome to bring clarity to the principle of anonymity. It now reads, "Anonymity is an important principle of the Al-Anon/Alateen program." This reminds us that while members may chose personal anonymity, the Al-Anon/Alateen fellowship is not anonymous.

**Recovery is a journey;
not a destination.** Paths to Recovery

A MEETING IN MY POCKET

THE FORUM

The Forum is the international monthly publication of Al-Anon Family Groups. In the pages of this magazine, Al-Anon and Alateen members share their experience, strength, and hope as they do in meetings. This "voice of the fellowship" offers a forum in which individual members and groups can be heard. Such sharing is vital in helping readers find growth and serenity through the Al-Anon program. All sharings become the property of AFG, inc.

To order your Forum

Regular one-year subscription \$10.00

Send Check to AFG, Inc.,
1600 Corporate Landing Parkway,
Virginia Beach, VA 23454-5617

On-line ordering www.al-anon.alateen.org

MEETING SCHEDULE

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

January 2004

ALATEEN MEETINGS

MONDAY
 LISTENING LEARNERS 5:30 PM
 White Church Hall behind
 Ascension Catholic Church
 716 Mississippi
 Donaldsonville, LA Dist. 13

TUESDAY
 SERENITY CLUB 6:00 PM
 7519 Amite Church Road Δ
 Denham Springs, LA Dist. 4

THURSDAY
 BROADMOOR ALATEEN 8:00 PM
 (Ages 13 & up) Δ b
 Broadmoor Baptist Church Scout Hut
 9755 Goodwood Blvd. Dist. 4

AL-ANON MEETINGS

SUNDAY
 WOODALE SUNDAY STEP MTG 6:00 PM
 Club 12 (No Smoking) ◆
 1695 Beaumont Drive Dist. 14
 RIVER ROAD AL-ANON 7:00 PM
 Most Sacred Heart of Jesus
 (Rectory, side entrance)
 Gramercy, LA Dist. 9
 LISTEN & LEARN 7:00 PM
 The Tau Center ◆
 8080 Margaret Ann Drive
 (off Essen Lane)
 (See Receptionist for Rm location) Dist. 9
 RECOVERING PARENTS NORTH 7:00 PM
 Baton Rouge General Hospital ◆
 3600 Florida Blvd.,
 Human Resource Conference Rm Dist. 14
 RECOVERING PARENTS SOUTH 8:00 PM
 Baton Rouge General Health Center
 8585 Picardy off Bluebonnet Dist. 9
 (Women's Center Conf Rm, 3rd doorway)

MONDAY
 MONDAY DISCUSSION 12:00 PM
 AIS Office (No Smoking)
 9425 Lindale, Suite B Dist. 4
 STEPS TO SERENITY 12:00 PM
 Club 12 (Front Room) ◆
 1695 Beaumont Drive
 (Step Meeting) Dist. 14
 HAPPINESS IS 12:00 PM
 First United Methodist Church
 23645 Church Street
 Plaquemine, LA Dist. 13
 NEW ROADS MONDAY 7:15 PM
 Pointe Coupee Library,
 201 Claiborne Ave.
 New Roads, LA Dist. 16
 TRIANGLE AL-ANON 7:30 PM
 Broadmoor Methodist Church ◆
 10230 Mollylea
 (Corner Mollylea & Sharp) Dist. 4
 T.G.I.M 7:30 PM
 St. George New Library ◆
 7880 Siegen Lane Dist. 9

AL-ANON MEETINGS

TUESDAY
 CAME TO BELIEVE 12:00 PM
 University Presbyterian Church ◆
 3240 Dalrymple Drive
 (No Smoking) Dist. 13
 STRENGTH AND COURAGE 12:00 PM
 Al-Anon Adult Children Step Meeting
 AIS Office
 9425 Lindale, Suite B Dist. 4
 SERENITY CLUB 6:00 PM
 7519 Amite Church Road
 Denham Springs, LA Dist. 4
 GONZALES AFG 6:30 PM
 St. Elizabeth Hospital ☉
 W LA HWY 30
 Gonzales, LA Dist. 9
 S.T.P. AFG 7:00 PM
 AIS Office
 9425 Lindale, Suite B
 (No Smoking) Dist. 4
 TUESDAY'S CHILDREN 7:00 PM
 Al-Anon Adult Children
 Unity Church of Christianity
 15525 Old Jefferson Highway Dist. 4
 ST. ANTHONY AFG 7:00 PM
 Ascension Catholic Church
 716 Mississippi
 Donaldsonville, LA Dist. 13
 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
 9425 Lindale, Suite B
 (No Smoking) Dist. 4
 WEDNESDAY SERENITY 12:00 PM
 Pointe Coupee Library
 201 Claiborne (Step Study)
 New Roads, LA Dist. 16
 MOLLYSHARP DISCUSSION 8:00 PM
 Broadmoor Methodist Church ◆
 10230 Mollylea
 (Corner Mollylea & Sharp) Dist. 4
 STEPPING STONES Step Mtg. 8:00 PM
 Magnolia Methodist Church (No smoking) ◆
 16116 Greenwell Springs Road
 (Speaker mtg 3rd Weds of month) Dist. 16
 STARTING OVER 8:00 PM
 St. Catherine Catholic Church Library
 Bayou Sorrel, LA Dist. 13

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

www.la-al-anon.org
www.al-anon-alateen.org

AL-ANON MEETINGS

THURSDAY
 FAITH & HOPE 12:00 PM
 AIS Office (Al-Anon Adult Children)
 9425 Lindale, Suite B
 (No Smoking) Dist. 4
 CONSCIOUS CONTACT 12:00 PM
 First Methodist Church
 (America St. Entrance)
 950 North Blvd., Room 113 Dist. 14
 STEPPING STONES AFG 6:00 PM
 Stepping Stones Clubhouse
 1027 Burnside
 Gonzales, LA Dist. 9
 BAYOU AL-ANON 7:00 PM
 First United Methodist Church
 23645 Church St.,
 Plaquemine, LA Dist. 13
 GOODWOOD AFG 8:00 PM
 Broadmoor Baptist Church ☉ ◆
 Scout Hut
 9755 Goodwood Blvd. Dist. 4
 I AM IMPORTANT 8:00 PM
 AIS Office (Al-Anon Adult Children)
 9425 Lindale, Suite B
 (No Smoking) Dist. 4

FRIDAY
 POWERLESS STEP STUDY 12:00 PM
 AIS Office
 9425 Lindale, Ste B
 (No Smoking) Dist. 4
 DENHAM SPRINGS AFG 8:00 PM
 941 Government Dr ◆
 Denham Springs, La
 (Courthouse Lobby, No Smoking) Dist. 4
 T.G.I.F. 8:00 PM
 AIS Office
 9425 Lindale, Suite B
 (No Smoking) Dist. 4

SATURDAY
 JUST FOR TODAY 9:00 AM
 University Methodist Church b
 Church Youth Building, Upstairs
 3350 Dalrymple Dr. Dist. 13
 MORNING GLORY 9:00 AM
 AIS Office
 9425 Lindale, Suite B
 (No Smoking) Dist. 4
 SATURDAY NEWCOMERS 2:00 PM
 Club 12 b
 1695 Beaumont Drive
 Front Building Dist. 14
 Prairieville AFG 6:30 PM
 St. John Catholic Church ◆
 CCD Building, LA Hwy 73
 Prairieville, LA Dist. 9
 Wakefield Baptist Church 7:00 PM
 LA HWY 61 ◆
 Wakefield, LA Dist. 16