

The Caterpillar

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

January 2005

On Serenity

From **Courage to Change** (page 34)

As a newcomer to Al-Anon, I heard that the principles of the program could lead to serenity. I'd have preferred to hear that the program would cure the alcoholic, undo the damage of the past, or at least pay the gas bill. My idea of serenity was sitting on a mountaintop with a silly grin on my face, not caring very much about anything. I was more interested in passion!

Eventually I realized that serenity didn't have to strip me of my passion. Instead, it offered me a sense of inner security that freed me to live my life as fully and passionately as I pleased, because it tapped into an unlimited source of energy and wisdom: a Higher Power. I could make strong choices and take risks because, with this help, I was better able to deal with anything that happened.

Nothing can compare to the drama of exploring my full potential as a human being. Once I had a taste of the rich life that could be mine with the help of Al-Anon and my Higher Power, I discovered that serenity was a great treasure.

From **How Al-Anon Works** (page 80)

One way Al-Anon suggests to gain perspective is to think about the words of the Serenity Prayer as we say them. This prayer can be extremely helpful because it encourages us to turn to a Power greater than ourselves in sorting out what we can and cannot do.

From **One Day at a Time** (page 62)

“With Divine help I will accept what I cannot change—with courage, compassion, and good humor.”

To find serenity I must be willing to change— with God's power, love and way of life I can.

Coming Events

January 14 & 15
St. Clements Blemt of Rome
VOS Hall
Metairie, LA

January 28-30
AA Red Stick Round Up
Holiday Inn South, Baton Rouge, LA

February 26
Alanon AIS Workshop
St. Patricks Church, Baton Rouge, LA

April 9-10
Area Assembly
BATON ROUGE, LA

The Serenity Prayer (Complete)

By Reinhold Niebuhr

God grant me Serenity to accept
The things I cannot change,
Courage to change the things I can
And Wisdom to know the difference.

Living one day at a time,
Enjoying one moment at a time,
Accepting hardships as the pathway to peace:
Taking, as He did, this sinful world as it is,
Not as I would have it;

Trusting that He will make all things right
If I surrender to his will;
That I may be reasonably happy in this life
And supremely happy with Him forever.