

The Caterpillar

9417 Brookline Baton Rouge, LA 70809 Phone 924-0029

January 2008

CARRYING THE MESSAGE . . . UNIFORMLY

One of the great strengths of the Al-Anon fellowship is the exquisite balance between uniformity and diversity among its membership groups around the world. Through voluntary adherence to the Steps, Traditions, Concepts and General Warranties, Al-Anon has led individuals and families to richer, fuller lives and spiritual growth, despite the often devastating effects of alcoholism.

While each group is autonomous and has its own flavor or personality, the goals of each registered Al-Anon family group are the same: *recovery, unity, and service*. In this regard, a concern has been raised about deviations from our Al-Anon suggested format that have been noted at a variety of meetings, including:

- The omission of the first “**all**” in the Eighth Step, which is often misstated as: “Made direct amends to **persons** we had harmed” instead of the suggested “Made a list of **all** persons we had harmed”
- The substitution of the phrase “**a** result of these steps” for “**the** result of these steps” in the Twelfth Step.
- The substitution of the word “**adopted**” for “**adapted**” in the following phrase in the Suggested Opening: “The Al-Anon/Alateen program is based on the Twelve Steps (adapted from Alcoholics Anonymous),”
- The use of “**Al-Anon is an anonymous fellowship,**” as the first sentence of the last paragraph of the Suggested Opening, instead of the actual suggested, “**Anonymity is an important principle of the Al-Anon/Alateen program.**”
- The use of “**Keep coming back, it works if you work it**” as the closing phrase, instead of the Suggested Declaration: “**When anyone anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me.**”

To ensure that each group in the Baton Rouge area carries the *same* message, the Board of our local AIS office encourages each Al-Anon/Alateen group to review its meeting format and make a *word for word* comparison of the materials that are read or distributed during meetings to those suggested in the new digest, **Al-Anon and Alateen Groups at Work**. Each group has or will soon receive this new Conference Approved Literature (CAL) publication from the World Service Office (WSO). The cooperative use of the suggested meeting guidelines contained in this publication will serve to strengthen the integrity of the Al-Anon/Alateen Program by creating a uniform path to reaching the goals of *recovery, unity, and service*.

Coming Event

“...our relationships” by Jay P.

February 9, 2008

First United Methodist Church of Baton Rouge

930 North Boulevard Room 117

Pre registration \$7.00 at the door \$8.00

Lunch and soft drinks provided

Forms for registration at AIS office and local meetings

AIS Workshop

I am glad that the alcoholics came into my life and because of that my life is better today. I can be happy whether the alcoholic is still drinking or not. This may be hard to believe but it is an absolute truth. Pain is given but suffering is an option. However there was a time in my life where all my attempts to put my family back together had failed and I was hanging by a thin thread to maintain my sanity. Some time in late 1983 I decided to give Al-Anon a chance as a last resort. I had very little hope that a piece of cloth hanging on the wall could help me. Of course when I read the Twelve Steps I knew right away that I had been living according to the Steps all my life anyway. My own elusions about the relationships were eluding me from seeing the truth. Al-Anon opened my eyes and helped me defuse my elusions and face the reality in a kind, loving and compassionate way. I learned that I was an equal contributor to all my failures. I had done many right things for wrong reasons and many wrong things for right reasons and my motives were unclear. Practicing the Al-Anon philosophy for the last 24 years has taught me a great deal about myself and about restoring, strengthening and building all my relationships. To keep this knowledge I have to give it away so I am thrilled that the AIS Office has given me the opportunity to share my knowledge of Al-Anon philosophy and how we can begin to apply it in all our relationships. Myself along with Angela A., Clara E., Joyce C. and Sylvia G., are very excited about this workshop and working hard to put on a good show for you. We hope you will come. **Jay P. Delegate, Panel 42**

2007 Group Contributions July--- November

Alateen Thursday	38.00	Bayou	30.00
Came to Believe	305.00	Courage to Change	138.00
Denham Springs	0	Faith & Hope	204.00
Gonzales	60.00	Goodwood	120.00
Greenwell Springs Baptists	0	Followers Alateen	13.00
Get with Serenity Alateen	15.51	I am Important	50.00
Just for Today	466.74	Listen & Learn	102.00
Mollysharp	75.00	Monday Noon Discussion	19.20
Morning Glory	359.50	New Roads	0
Powerless Step	80.00	Practice These Principles	93.60
Recovering Parents North	120.00	River Road AFG	0
Recovering Parents South	229.00	Small World	0
Saturday Newcomers	65.00	Stepping Stones	149.90
Starting Over	0	Strength & Courage	69.50
Steps to Serenity	35.00	TGIF	103.00
St. Anthony	0	Triangle	50.00
TGIM	183.00	Wooddale Sunday Step	30.00 →
Wednesday Noon	40.00	Found Contributions	172.20
Zachary	50.00		

TOTAL \$3428.20

Tradition Seven

Every group ought to be fully self-supporting declining outside contributions

Deep-South Alateen Conference (D-Sac) "Somewhere We Can All Relate"
March 7, 8, 9, 2008
Dry Creek Baptist Camp

T.G.I.F. AFG—FLOURISHES

The Friday night meeting at the A.I.S. Office, T.G. I.F. AFG, has a long history. Once a vibrant meeting with high attendance, in recent years it had begun to struggle, kept alive only because of the commitment and effort of a single, trusted servant who faithfully saw to it that the door was open and the lights were on any Friday that she was in town and not working at her professional job. But, because this trusted servant's work schedule varied, at least one Friday of each month the meeting was "dark." Consequently, it was difficult to track when the door would be open for a meeting. So, over time, attendance dwindled.

Early in February, another person, who had once been a regular attendee, but who had attended only occasionally in recent years, proposed a plan for renewal of the meeting beginning March 23rd. The plan for renewal included a new start time—7:00 PM—and an agreement between these two members to ensure that for at least 12 weeks the doors would be open and a meeting held *every* Friday night. They also shared responsibility for getting the word out to former "regulars" and to announce the renewal plan at other meetings that they attended.

From the start, the "new" T.G.I.F. flourished with the support of several former "regulars," along with several "regulars" from other meetings. The meeting now has a nice balance of "long-timers" in Al-Anon and "newcomers," along with a number of people with a range of time in recovery. We are now a vibrant meeting, comprised of couples and singles, young, middle-aged, and senior adults, "double winners," and two or three people who drive rather long distances to attend from outlying communities, with about an equal balance of men and women. Leadership is readily shared among the attendees and solid recovery abounds and is strengthened through the always lively and substantive group discussions. There is lots of "love and laughter" in this group and a strong sense of fellowship and spiritual growth. A "meeting before the meeting" followed by a "meeting after the meeting" have become characteristic features of the T.G.I.F. group.

Start your weekend on a high note by joining us at 7:00 PM on Fridays. We heartily welcome you. Come grow with us by sharing your *experience, strength, and hope.*

Grady H. – G.R.

Coming Events

Greater New Orleans Workshop January 19
Service- Manually Working the Program
Anne S. presenter
St. Anthony School
900 Franklin Avenue, Gretna, LA

AIS Workshop	Feb. 9
Area Assembly	Feb. 23-24
Heritage Day	April 19
International Convention	July 4-6

(Pittsburgh)

Alateen Teaches

Alateen teaches us there is hope. It teaches us to listen with our hearts, not with our ears, speak from our heart, not from our head and to love unconditionally.

Alcoholism is a family disease. With Alateen, Al-Anon and /or AA families can recover together. There is much to learn from each other.

F.E.A.R. Face Everything and Recover
H.O.P.E. Happy Our Program Exists

MEETING SCHEDULE

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

JANUARY 2008

TUESDAY, cont.

STRENGTH AND COURAGE 12:00PM
 AI-Anon Adult Children Step Meeting
 AIS Office
 9417 Brookline Dist. 14
 SERENITY STEPPERS 6:00PM
 Serenity Club
 7519 Amite Church Road
 Denham Springs, LA
 Group Conscious 1st Tues of Mnth 5:30 PM
 No provisions for children Dist. 4
 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. 9
 MOLLYSHARP DISCUSSION 8:00 PM
 Broadmoor Methodist Church
 10230 Mollylea
 (Corner Mollylea & Sharp) 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
 RECOVERING PARENTS SOUTH 7:30PM
 The Tau Center
 8080 Margaret Ann Drive
 (off Essen Lane) Dist. 9

THURSDAY

FAITH & HOPE 12:00PM
 AIS Office (AI-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, Little 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
 DENHAM SPRINGS AFG 8:00 PM
 941 Government Dr
 Denham Springs, La
 (Courthouse Lobby, No Smoking) Dist 4
 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

◆ AA also meets

AA PHONE 388-0069

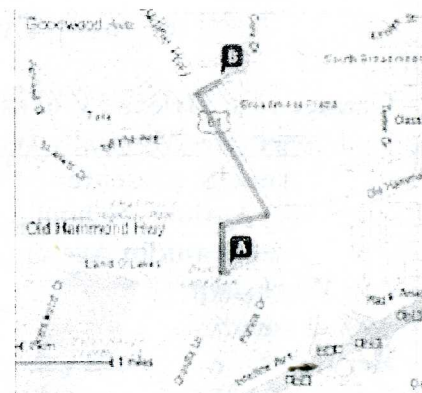
websites

www.la-al-anon.org

www.al-anon-alateen.org

A = new office, 9417 Brookline

B = old office, 9425 Lindale



**Baton Rouge
 Area Information Services
 9417 Brookline 70809**

**AI-Anon/Alateen 924-0029
 (24 Hour Phone)**

ALATEEN MEETING

THURSDAY

FOLLOWERS OF THE 12 STEPS 6:30 PM
 AIS Office
 9417 Brookline Dist. 14

AL-ANON MEETINGS

SUNDAY

WOODALE SUNDAY STEP AFG 6:00 PM
 Club 12 (No Smoking) ◆
 1695 Beaumont Drive Dist. 14
 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 NORTH 7:00PM
 Baton Rouge General Hospital
 3600 Florida Blvd.,
 Human Resource Conference Rm Dist. 14
 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
 (Corner Mollylea & Sharp) 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