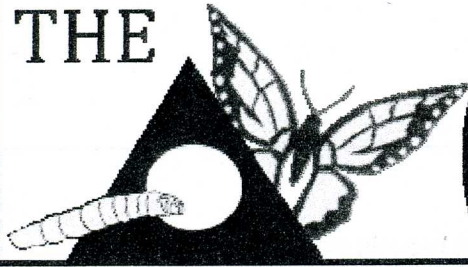


THE



# CATERPILLAR

**AIS Office... 9417 Brookline Baton Rouge, LA 70809.....225-924-0029**

## Al-Anon Young Adults Meeting

There is excitement in the air as the New Year rolls in. There has been an overwhelming show of support and enthusiasm from the young adults of our fellowship to start Al-Anon Young Adults meeting for the age group 20 to 35. This meeting will be very similar to many other Al-Anon meetings such as parents' meetings, men's meetings, women's meetings, Alateen meetings, Spanish speaking groups, etc. According to our Tradition Four each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole. Each Al-Anon group has the right to select a specific theme narrowly focused on their specific interest so as to pursue their recovery from the disease of alcoholism. However their activities should be consistent with the universal principles contained within our Steps, Traditions and Concepts. Each such group is also connected to Al-Anon and Alateen as a whole through their Group Representatives (GRs). GRs attend Al-Anon Information Service (AIS) quarterly meetings and Area Assembly meetings to represent their groups. GRs also elect a Delegate who represents all Al-Anon and Alateen groups within our State at the World Service Conference. Our GRs and the Delegate provide a vital link to keep our fellowship unified and address any concerns that may be affecting a specific group or the fellowship as a whole. In this way, each group is free to be autonomous in pursuing their specific needs for their recovery from the affects of alcoholism, and at the same time participate in a way that maintains the unity and integrity of our fellowship. GRs are the vital link and the voice of their respective groups in promoting recovery and unity within their groups as well as within Al-Anon and Alateen. The Al-Anon Young Adults group will be focused for the age group 20 to 35, however it will be consistent with Tradition Four while pursuing their personal recovery from the affects of alcoholism. Celebrating our diversity is a blessing and participation is the key to our harmony.

All young adults are invited to a Lunch & Planning meeting at my house, 5508 Sleepy Hollow Drive on January 17<sup>th</sup> from 11:30 to 2:00 PM. Please RSVP soon as possible if you are interested in attending and providing your input to make the young adults meeting the best it can be. Al-Anon Young Adults meeting is expected to start in February.

I would appreciate some help from the long timers with the following immediate needs.

1. Send me possible meeting locations which can accommodate a large young adults meeting and a separate room for possible babysitting service.
2. An attorney who could provide legal requirements for such babysitting service consistent with the state laws.
3. We will be starting a public outreach program this spring to promote the meeting and attract young adults from our community to our fellowship. If you are a media person or have contacts with newspaper reports, radio personalities, magazines publishers, or TV station representatives please contact me. Your anonymity will be protected.

Jay P.

Delegate Panel 42

[lateldigital@cox.net](mailto:lateldigital@cox.net)

## Thoughts to Ponder

**"Anger and resentments are masks for fear."**

*Michael Z The Wisdom of the Rooms*

**"I found a way to true happiness by being willing to deal with my feelings instead of stuffing them."**

*Opening our Hearts Transforming our Losses page 131*

## Group Contributions

July - November 2008

Bayou Al-Anon	30.00	Came to Believe	150.00
Courage to Change	270.00	Faith & Hope	90.50
Followers (Alateen)	14.00	Gonzales	0
Goodwood	70.00	Just for Today	720.00
Listen and Learn	79.80	Mollysharp Discussion	420.00
Monday Discussion	120.00	Morning Glory	200.00
New Roads Monday	0	Powerless Step Study	0
Practice These Principles	110.00	Recovering Parents South	250.00
River Road	0	St. Anthony	18.00
St. Francisville	0	Saturday Newcomers	60.00
Serenity Steppers	0	Small World	10.00
Stepping Stones	156.00	Steps to Serenity	62.00
Strength and Courage	78.92	T.G.I.F.	81.00
T.G.I.M.	106.00	Triangle	150.00
Wednesday Noon	0	Wooddale Sunday Step	36.00
Zachary	0		

Total 3282.22

### Tradition Seven

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

### Seventh Tradition

By Bill W.

We say we are self supporting through our voluntary contributions and this is true, but every time we turn around there are appeals from one element of the program or another. These appeals are worthwhile and need our support, but why do they? The basic reason, as I see it, is that the amount collected when the basket is passed at each meeting is not meeting the needs of Al-Anon as a whole.

Since 1970 the cost of a new car, house and the average income has increased 5 to 7 fold while our suggested Al-Anon donation is still \$1.00 in most meetings. Some have gone to \$2.00. How do I justify spending more for a coffee or for a tip at lunch than I put in the basket at a meeting?

Some of us are not in a position to contribute financially but time and effort are just as important to the survival of the program as is money. Providing service to the group, service to the AIS office, speaking about Al-Anon to other groups and providing sponsorship to another member are carrying out the principal of the seventh Tradition.

I am filled with gratitude that the program was there when I needed it and I plan to do what I can to see that it is here for those who come in the future.

### Meeting Topics

*or things to think about*

**Why is my donation of money and time important to my growth in Al-Anon?**

