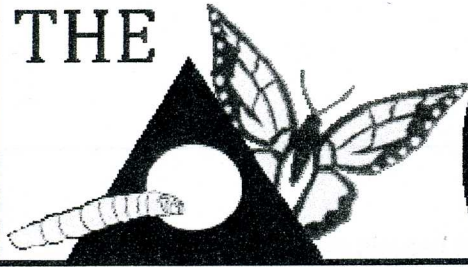


THE



# 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?**



## Sharing from Young Adults

I feel blessed to have been introduced to Al-Anon at such a young age. My mom began attending Al-Anon when I was 16. Even though I chose not to go to Alateen at that time (being naïve to the benefits of Al-Anon/Alateen) my mother's recovery had a strong effect on me. Her example, of setting boundaries, practicing serenity, and assuming responsibility for herself (rather than everybody else), showed me that I did not have to accept the consequences of my childhood, but rather, that I had the power to shape my life through my attitude and the decisions I made. I think that the Young Adults meeting is a wonderful idea. Recently, I have decided to be more open with those around me about my own experience with alcoholism. It is mind boggling to see how many people, after listening to my own story, tell me that they have had similar experiences with a parent/sibling/friend/partner. This has helped me to realize just how pervasive alcoholism is in our society. It is my hope that if a few young people have a good experience with Al-Anon, then the message will spread, as it has with the generation above my own. Already, in the past 10 – 20 years, the disease of alcoholism has become increasingly well known and discussed in mainstream media. Working to raise awareness in young adults will not only impact those that attend, but the way future generations come to know and understand the devastating disease.

—Marie C.

I have been involved with Al-Anon for quite awhile now. When I was first exposed to the program I was a depressed and socially reclusive person wracked with the guilt, resentment and shame that is so often a result of alcoholism. I had very low self esteem and had no clue how to remove myself from my perceived problems. I was always coming up with plans and ideas to help my "quest for inner peace". They often produced very little in the way of results. As I saw the world attacking me I felt more and more helpless to improve things.

Since my introduction to Al-Anon things have changed in my life drastically. It did not happen overnight, but as I sat and listened to what others shared I invariably started to hear my story told. As I ventured forth to inquire from people about their experience I started to learn tools that worked for me. Soon after finding a sponsor and working thru the steps I received incredible relief from the resentment and anger that had built up in me over the years. As I have continued to practice the principles of this simple program in my daily life, I have continued the progress towards a happier and freer life. My mind is much more at ease these days and I deal with issues and situations from a more stable standpoint. Instead of enduring my life is now about living.

I am very grateful for the tools and relationships that I have gained since being exposed to Al-Anon. I could not have done this without the gentle love and experience that was shown to me in the meetings and from the people I met there. With their help I have continued to craft an outlook on life that I can use out in the "real" world to live a more loving and fulfilling adventure.

—Brad L.

I used to get annoyed by people telling me all the time how lucky I was to find Al-Anon at such a young age. At that early point in my recovery I did not feel lucky to be in Al-Anon at all, but instead felt hurt and scared. The more I attended meetings and the more I worked my program the more I began to realize that all those people were right. I was lucky to find Al-Anon at such a young age. Al-anon has helped me through some of the most despairing and hopeless points of my life. Al-Anon has helped me work past my pain and fear and learn to enjoy life whether or not my alcoholics are still drinking. I am truly grateful for Al-Anon and encourage anyone who is suffering from the pain of a loved one's drinking to try out some meetings, get involved and start living a life of peace and serenity. You deserve it!

—Ali



Continued...

I came in to Al-Anon at the age of 29. My husband had recently checked into a treatment center and I was home alone with my children, ages 2 and 7. Instinctively I knew that my family was not equipped to help me through this challenge. Fortunately the people in Al-Anon reached out their loving arms and enfolded me and I knew I was safely "home."

While I knew I "fit" here, and I knew many of the women I met in Al-Anon had once walked in my shoes, there weren't many young women in my meetings. Shortly after coming into the program I attended a workshop. Across the room I spotted another woman my age. Instantly we recognized one another! We had been friends in elementary school. Now we were both dealing with the effects of alcoholism in our homes.

The bond that developed between us has been one of the true gifts of the Al-Anon program for me. Looking back, I can see how this special relationship with an age-mate peer kept me coming back. The experience, strength, and hope of older members encouraged and guided me, and the camaraderie of my young friend reassured me that Al-Anon was the right place to be. Our Al-Anon friendship continues to this day, and I do not think it is a coincidence that we both remain active in the Al-Anon program some 16 years later.

I am so grateful to have found this program relatively early in my life, and to have been blessed with many friends on my recovery journey. Based upon my experience, I feel called to support outreach to young adults in our Al-Anon Family Groups. I want this program to be there for my children and grandchildren when they are blessed to find the doors to the rooms where the "real" people gather.

**—Angela A.**

I am still very new to Al-Anon, having been involved with the program for only 6 months. I still struggle with complete acceptance of alcoholism's effect on me and often resent that I am involved in a program because of someone else's choices. When I think, however, about Al-Anon, I realize more that I am where I am because of my own choices. I may have been innocent and young during the early days of my father's disease, but with each passing year, I am less able to use that as an excuse for my current behaviors. Al-Anon allows me to feel my resentments, however unhealthy, and gives me a place to express them. It's such a gift to have a room full of people ALL understand, to some degree or another, how I feel. The peaceful faces I see in the rooms of Al-Anon give me hope for a day when I will be less resentful, less angry, and living fully in the joy of the moment. As I wade through the confusion and pain that I now face, having finally named and recognized the problem as alcoholism, I can't imagine a more priceless gift than the peace and hope that the program offers.

**—Sage**

### World Service Office Annual Survey

The age group distribution within our fellowship  
Under 35—5%    35 to 54—41%    over 54 —54%

To see the entire WSO 2006 survey log on to our WSO website  
[www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members)

Password yourgroupnameafg (for example-couragetochangeafg)



### Quote from Alateen's 4<sup>th</sup> Step Inventory

There is a big difference between taking responsibility for our own lives and feeling responsible for someone else's moods and behavior. In growing up with alcoholism, its' easy to become overly responsible when we often get blamed whenever there's a crises.

### Coming Events

1. January 24, 2009  
Relationships and the Disease of Al-Anonism  
First Methodist Church, Slidell, LA
2. January 30, 31, & February 1, 2009  
Red Stick Round Up  
Holiday Inn, Baton Rouge, LA
3. February 27, 28, & March 1, 2008  
Jubilee Convention  
Terry S. BR, LA Al-Anon Speaker  
Gulf Shores, Ala
4. March 20, 21, 22, 2009  
Deep South Alateen (DSAC)  
Dry Creek, LA
5. March 20 – 23, 2009  
UpState A.A. Convention  
Ruston Civic Center, Ruston, LA
6. April 2 – 5, 2009  
Fellowship of the Spirit "South"  
Holiday Inn, Lafayette, LA

### VOLUNTEERS NEEDED

A short time ago I heard a fellow member talk about having speaker tapes in her car. I found out our AIS had these tapes available for me. So I would drive in my car and listen. It's amazing how the things that concerned me were addressed on these tapes. It was almost like having my sponsor in the passenger seat. Yes I did talk back to the tape player and used the rewind buttons way too often. I not only heard a lot of good things but also what I needed to hear. When my tape player broke I quickly replaced it after all it was a big part of my recovery. Well things have changed over the years. My car radio has a CD player. Welcome to the digital age.

Does your computer have a tape player on it? As we grow into the digital age, what do we do? As I spoke to my friends I found transferring tapes to CD is quite a process. One suggestion was to get a team of volunteers together for the project. It seems that copying CD to CD is much easier. So "first things first", if we had a back up disk of all our speakers it would be easy to replace them as needed. What do you think? Please call, Email, or attach a note to a pigeon...

(ALSO Please donate any tape players you may have to AIS)

**Parker D., Media library Coordinator**

[Debenportp@yahoo.com](mailto:Debenportp@yahoo.com)



# MEETING SCHEDULE

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

**JANUARY 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  
 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  
 (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  
 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  
 (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 930-0026**

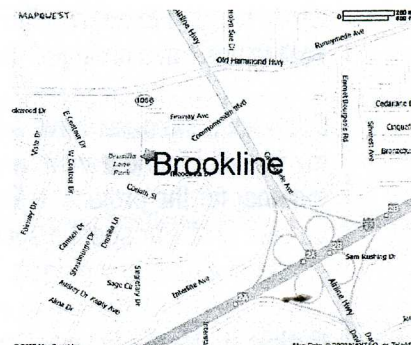
### Websites

Louisiana AI-Anon:

[www.la-al-anon.org](http://www.la-al-anon.org)

AI-Anon World Service:

[www.al-anon-alateen.org](http://www.al-anon-alateen.org)



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

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