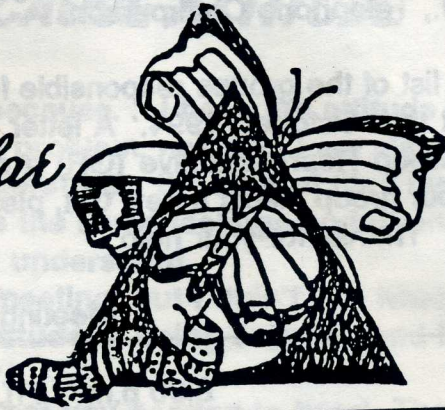


*Caterpillar*



4521 Jamestown Avenue, Suite 5  
Baton Rouge, LA 70808

(504) 924-0029 (24 Hours)  
July 1994

## **ATTITUDE**

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company . . . a church . . . a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past . . . we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude . . . I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you . . . we are in charge of our own attitudes."

cs/il

## NIGHT PHONE LIST

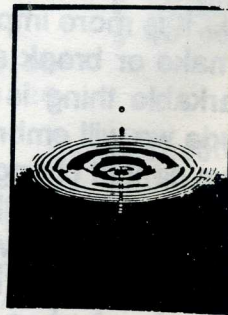
by Ruth H., Telephone Chairperson

This is the list of the groups responsible for the night phone during the months of August thru October, 1994. A letter requesting volunteers will be mailed to each Group Representative (GR) a couple of weeks prior to that group's turn. If your group elects a new GR, please notify the A.I.S. Office as soon as possible. Thanks for your help.

Group	Meeting Time	Phone Duty
Zachary	8:00 p.m. - Fri.	Aug. 1 - 7
Conscious Contact	Noon on - Thur.	Aug. 5 - 14
Keep it Simple (Denham Sprgs)	9:00 p.m. - Tues.	Aug.15 - 21
T. G. I. M.	7:30 p.m. - Mon.	Aug.22 - 28
Thursday Huggers	Noon on - Thur.	Aug.29 -Sept 4
Came to Believe	Noon on - Tues.	Sept.5 - 11
Powerless Step Study	Noon on - Fri.	Sept.12 - 18
Wooddale Sunday Step	6:00 p.m. - Sun.	Sept.19 -Sept.25
Brownsfield	8:00 p.m. - Thur.	Sept.26 -Oct. 2
Denham Springs Wkend Relief	7:30 p.m. - Fri.	Oct. 3 - 9
T. G. I. F.	8:00 p.m. - Fri.	Oct. 10 - 16
Listen & Learn	7:00 p.m. - Sun.	Oct. 17 - 23
Courage to Change	8:00 p.m. - Tues.	Oct. 24 - 30

## AIS QUARTERLY MEETINGS

AIS Quarterly Meetings for 1994 will be held at the South Baton Rouge Church of Christ at 8725 Jefferson Highway on July 5 and October 4. Al-Anon members are encouraged to attend to learn more about service opportunities and programs of interest.



### ATTITUDE

is a little thing  
that makes a BIG difference!!

## **THE BECAUSE ATTITUDE**

Al-Anon isn't for me because. . .I have the attitude that the alcoholic is the one with the problem, not me. I am also of the attitude that no one else understands the kind of life I live loving an alcoholic. We all experience the same feelings and often the same situations, but mostly we all understand.

I went to an Al-Anon meeting, but I didn't like what so and so said because. . .I have an attitude of being superior and I didn't hear what I thought I should hear.

You probably heard what you needed to hear! There is pain in honesty, but there is growth in pain!

That wasn't a good Al-Anon meeting because. . .I have a judgmental attitude.

If all one can walk away with from a meeting is a lesson in patience and not being judgmental, then he or she has just experienced a good meeting.

I don't have time for Al-Anon service work because. . .I am of the attitude that all I have time for is my family, work and hobbies.

Putting the cart before the horse! A sick and not too serene horse cannot pull steady on its cart.

***A Small Change in Attitude can make a Big Change in MY Life!***

— Kathy P.

## **BUT FOR THE GRACE OF GOD**

It is well to remind ourselves, when we are resentful and embittered over an alcoholic's behavior, that it was not his choice to carry this burden of misery and despair, but for the Grace of God, we might have been afflicted by this sickness. Let us be thankful that we have the blessing of sobriety, and be willing to help the alcoholic find this blessing, too.

—Alcoholism The Family Disease.

## **COOPERATING WITH THE PROFESSIONAL COMMUNITY (CPC)-- ADOPT-A-PROFESSIONAL PROGRAM**

Our Adopt-A-Professional Program is well under way and has made significant progress. So far we have distributed over 1000 Fact Sheets for Professional brochures (S-37) and 4000 meeting schedules to the professionals in our community. If we continue at this pace we will far exceed our goal in a very short time. There are still plenty of S-37's and the meeting schedules at the AIS office ready for distribution. I encourage all GR's to provide an opportunity for their groups to participate in this program.

I have received several letters from other parts of the State complementing us on our enthusiasm in organizing this program. Our administrators at the World Service Organization (WSO) also have sent their support and are very excited about our program. WSO says that the S-37 brochure has been very successful and is in high demand. They have received many phone calls from the professionals throughout the country requesting the local meeting schedules. They are very pleased that our package includes the meeting schedules along with the S-37's. My sincere thanks to all the volunteers who have contributed their valuable time in Carrying The Message to others on such a grand scale.

Jay P, CPC Coordinator

### **HERITAGE DAY NEWS**

Heritage Day activities were enjoyed by all who attended this years program. The fun, fellowship and food were excellent and the bingo prizes were wonderful. If you did not attend this fun program, plan to attend this program with your family next year. Total Income was \$1,256 and total expenses were \$1,186.79. Our net income earned from this activity was \$69.21. Thanks for all the help we received. Everyone did a GREAT job!!

# The Seventh Tradition Suggests That

“Every group ought to be fully self-supporting, declining outside contributions.”



“Al-Anon has grown because of the sense of responsibility of its members. But there are so many, many more people that still need to be helped. In actual numbers worldwide, Al-Anon has barely brushed the surface.”

— Lois W., 1982  
Co-Founder of Al-Anon



AL-ANON FAMILY GROUPS.  
for families & friends of alcoholics

## Financial Priorities For Each Al-Anon /Alateen Group

To provide for the needs of the group itself:

- Rent
- Liability insurance (if required)
- Literature
- Refreshments
- Other group-related expenses

To contribute to as many service arms as possible:

- Local Information Services
- The District
- The Area Assembly
- The World Service Office

“Headquarters (the WSO) receives *thousands* of letters from people just as desperate as you were. Answering these appeals for help and referring them to local groups takes lots of work by staff and volunteers — as well as money. Money is your messenger in places where you cannot be.”

— Vi F., 1962  
WSO Treasurer

**"Here's how it works.  
The groups give — the  
groups receive. In the  
middle stands the WSO  
asking everybody to  
send some money so  
everybody can be served."**

**— Carter C., 1973  
WSO Treasurer**

## Your Group's Contributions Help Support Services

### Area · District · Locally

Contributions to your Area Assembly connect your group to world Al-Anon and Alateen by helping to support the annual World Service Conference which is attended by your Area Delegate.

Contributions to your District provide the funds for District representation at the Area Assembly and help support all services at the local level.

Contributions to your local Information Service ensure a warm and ongoing welcome to newcomers. Through the Information Service, newcomers are given:

- Al-Anon and Alateen literature
- Lists of meetings, including their times and locations
- Telephone referrals for anyone in need of Al-Anon and Alateen's help

Purchases of Conference-Approved Literature (CAL) through local Al-Anon Literature Distribution Centers can help support all three: the Area Assembly, the District, the local Information Service.

## Your Contributions Help The World Service Office (WSO)

Contributions to the WSO help carry the message worldwide. The WSO serves approximately 32,000 Al-Anon and Alateen groups and assists new groups as they form throughout the world.

For people who are desperately seeking help in coping with an alcoholic situation, the WSO provides information on how to locate the nearest group.

The WSO also helps furnish literature through the publication of books, pamphlets, guidelines, and periodicals — not only in English but in 24 other languages. Other publications include:

- The *FORUM* Magazine
- *INSIDE AL-ANON*
- *ALATEEN TALK*
- *AL-ANON IN INSTITUTIONS*
- *LONE MEMBER LETTER BOX*
- *AL-ANON SPEAKS OUT . . .*  
A community resource for professionals
- Getting In Touch With  
Al-Anon/Alateen (a directory)

### Contribution Trends versus Inflation

If you were giving \$1.00 at each meeting in the 1970's, because of inflation you would need to give \$2.69 now.

	1955	1975	1990
Average Income	\$4,421.00	\$14,867.00	\$35,338.00
New Car	1,800.00	4,238.00	11,429.00
1 Gallon Gasoline	.29	.57	1.35
1 Gallon Milk	.96	1.39	2.65
Contributions to Group	1.00	1.43	2.69

“Our situation here in the Ukraine can be compared to one living in the desert who finds a musical instrument and an instruction book but has never heard the sounds. Our instructions come from the Al-Anon literature you so kindly send us.

— *Anatoly M., 1990*  
*Al-Anon Member*  
*Soviet Union*

## How You And Your Group Can Contribute To The World Service Office

**Tri-Annual Appeal.** World Service says “HELP!” three times a year. It is suggested that each member contribute \$3.00 per appeal through the group. Groups can also contribute any time; some groups prefer to make monthly or quarterly donations.

**Birthday Plan.** One way to say “THANKS!” is to contribute \$1.00 for each year of your recovery. A contribution such as this may be credited to your Al-Anon group if you wish.

**Direct Individual Contributions.** As much as WSO needs your help, it cannot accept more than \$1,000.00 annually per member. That is why your contributions are so necessary. (We actually return money to individuals and sources outside our fellowship).

“If you have received help, and you no doubt have, why not give to further the cause for the peace and serenity of future members.”

— *Anne B., 1958*  
*Co-Founder of*  
*Al-Anon*

**In Memoriam Gifts.** A gift from members to the WSO in memory of a deceased member or loved one is a spiritual tribute that helps those who need Al-Anon.

**Bequests.** A legacy from an Al-Anon member can be accepted in amounts up to \$5,000.

**Special Contributions,** such as proceeds from Al-Anon/Alateen conventions, dinners, and Area events are gratefully accepted by the World Service Office toward support of our fellowship throughout the world.

Make checks payable to AFG, Inc. and send to address below.

The safeguards established for the financial operation of the World Service Office (Al-Anon Family Group Headquarters, Inc.) are detailed in the Twelve Concepts of Service. In summary, these consist of day-to-day supervision, quarterly planning and reviews, annual audits and approvals. A copy of the latest audited report may be obtained from:

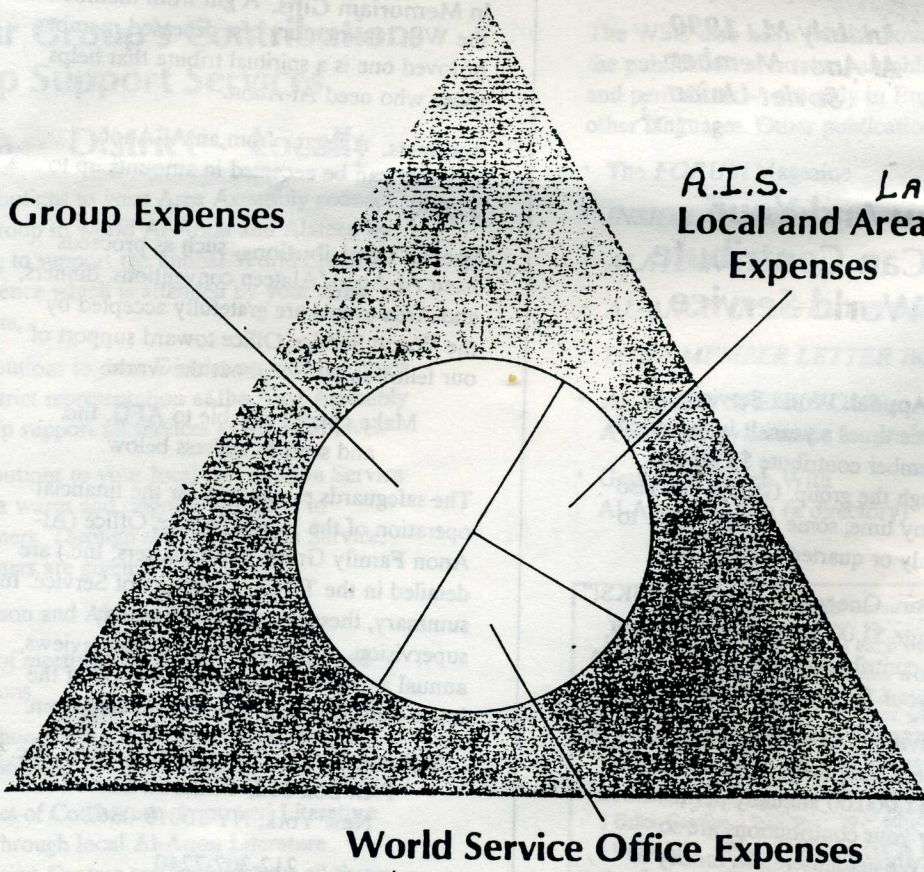
Al-Anon Family Group Headquarters, Inc.  
 P.O. Box 862, Midtown Station  
 New York, NY 10018-0862

212-302-7240

**Your Contributions Reflect  
The Seventh Tradition  
in Action**

“Whether you give  
dimes or dollars, you’ll  
never receive better  
value for this gift  
which will bring new  
hope and help, through  
our program, to  
someone living with  
our common problem.”

— Evelyn C., 1969  
WSO Treasurer





## "ALATEEN CORNER"

Hi Everybody:

This will be my last article as Alateen Coordinator of Baton Rouge. I do plan to remain as sponsor of the Comite Group.

Being the Alateen Coordinator and sponsoring Alateen has been the most rewarding part of service I have done thus far. I received a whole lot more than I gave I can assure you.

I step down with mixed feelings, but know God will find someone to grow by taking this position. Service is a third of our program so don't cheat yourself-- get involved.

- Being an active Al-Anon member, and working the steps.
- Help start Alateen meetings.
- Answer questions and or problems groups are having.
- Getting people in Al-Anon to agree to sponsor the groups.
- Keeping the information up to date at the AIS office on meeting changes.
- Try to visit the different Alateen meetings from time to time.
- Work with AA's at the State Convention by getting Alateen speakers or program for them.

It's no big deal and there is always help from sponsors and other Al-Anon members.

Love to All,  
Joyce G.

## OCTOBER "CATERPILLAR" TOPIC

The topic for the October Newsletter is **DETACHMENT**. How has Al-Anon helped me to detach from another's pain? Why is it important to live my own life? How does the program help me to resist the urge to manage and control others? How is love synonymous with *minding my own business*? Please send your articles to the AIS Office in care of "The Caterpillar" with a deadline date of September 1, 1994. Thanks for your help and encouragement. Sandra D.

**DISTRICT 14 NEWS . . .*****CLUB 12***

All meetings at Club 12 that meet Monday through Friday at noon need support. They were established from 1977 until 1986 so it would be a great loss if they were to no longer meet. Please spread the word at meetings you attend and if you can support these meetings by your attendance, please do so.

Sunday, 6:00 p.m.--Wooddale Sunday Step held at Club 12 also needs your attendance.

***ALATEEN--******SOUTH BATON ROUGE CHURCH OF CHRIST***

The Thursday Alateen group meeting at South Baton Rouge Church of Christ at 7:30 p.m. on Thursday nights has ceased to meet the end of May because of poor attendance.

***AL-ANON--******SOUTH BATON ROUGE CHURCH OF CHRIST***

The Al-Anon group Good Shepherd that meets on Thursday at 7:30 p.m. at South Baton Rouge Church of Christ needs your support. They are having fewer people attend and may cease if attendance does not increase. They were established 8/1/77.

***STOPPER***

WE MAKE A LIVING BY WHAT WE GET,  
BUT WE MAKE A LIFE BY WHAT WE GIVE.  
Winston Churchill

My husband and I were hiking a beautiful trail to Yosemite Falls recently. Well, we weren't hiking, we were standing beside the trail breathing heavily, preparing to resume hiking. Since we come from below sea level, we both struggle with altitude, and since I have a sedentary body, I struggle slowly. But, that's all right, because breathing allows us time to enjoy the views along the way, instead of only seeing the grand view at the end of the trail. Of course everyone passes us: the young and vigorous, the old and steady, the lame, the halt, and the blind. But that's all right, because we get there eventually, and we have learned that they do not "time-stamp" your hiker's card when you do arrive.

As we stood there breathing in the beauty of the mountain, my husband said, "Notice the couple who are about to pass us." The wife was climbing rapidly toward us. She was wearing hiking boots and carrying a heavy backpack. She used her hiking staff to pull herself up the trail, and she was breathing hard. Her face was serious, her eyes locked on the rough path, she neither spoke nor looked up as she passed. She was HIKING. Twenty feet behind her followed her husband. He was wearing sneakers and a straw hat. His hands were deep in his pockets and he was whistling. He gave us both a big smile and "Hello, isn't this grand?" as he passed. He was STROLLING. When they were out of sight, we both started laughing and said in unison, "It's the same trail."

How often have I hiked when I could have strolled? (Or skipped.) Why did I think I had to HIKE, just because the trail was rough and steep? What did I miss when I only looked at my feet and the trail? Where did I hear that *changed attitudes lead to recovery*? When did I realize that strolling is a choice? And who suggested *Easy Does It*? Thanks, Al-Anon.

MMR

## FOOD FOR THOUGHT

Pain experienced in the present - hurt  
Pain remembered from the past - anger  
Pain perceived in the future - anxiety  
Unexpressed anger, held within - guilt  
Drained energy as a result of anger directed inward - depression

# TREASURER'S REPORT

GROUP NAME	APRIL	MAY	JUNE
as of JUNE 10, 1994			
BACK TO BASICS		\$ 60.00	
BAYOU AFG (Plaquemine)	\$ 7.00	\$ 14.50	
BROWNSFIELD AFG	\$ 25.00	\$ 25.00	
COMITE AFG	\$ 68.84		
CONSCIOUS CONTACT	\$100.00		
COURAGE TO CHANGE AFG		\$ 15.00	
DOING OUR THING	\$ 52.00		
ESSEN LANE AFG			\$ 20.00
FAITH & HOPE AFG	\$ 46.24		
GONZALES TUESDAY AFG	\$ 60.00		
HAPPINESS IS (Plaquemine)	\$ 20.00		
INDIVIDUALS	\$ 2.00	\$ 10.00	
JUST OF TODAY AFG		\$250.00	
KEEP IT SIMPLE (Denham Springs)	\$ 10.00		
LISTEN & LEARN	\$150.00		
MOLLY/SHARP AFG	\$ 60.00	\$ 50.00	
NEW ROADS AFG	\$ 60.00		
NEW LIFE AFG		\$ 20.40	
NEW BEGINNINGS	\$ 80.00		
POWERLESS STEP	\$ 20.00		
PRAIRIEVILLE	\$ 30.00		
RECOVERING PARENTS AFG	\$ 50.00		
S.T.P.	\$157.10		
SATURDAY NEWCOMERS AFG		\$ 20.00	
STEPPING STONES AFG	\$ 40.00		
STRENGTH & COURAGE AFG	\$ 47.00	\$ 30.00	
T G I F AFG		\$ 30.00	
T G I M AFG		\$ 40.00	
TRIANGLE AFG	\$ 30.00		
WE'RE HERE BECAUSE WE WERE THERE	\$ 23.20		
WEDNESDAY NOON DISCUSSION (@ AIS)			\$ 20.00
WEDNESDAY NOON SERENITY		\$ 10.00	
WEEKEND RELIEF (Denham Springs)		\$ 20.00	
WOODDALE SUNDAY STEP AFG	\$ 10.00		

PLEASE REMIND THE GROUPS THAT YOU ATTEND THAT IT IS VERY IMPORTANT THAT THEY CONTRIBUTE TO THE LOCAL AIS OFFICE, STATE AREA ASSEMBLY AND WSO IN NEW YORK SO THAT WE CAN CONTINUE TO "CARRY THE MESSAGE". IT DOESN'T HAVE TO BE MUCH SINCE EVERY LITTLE BIT HELPS.

☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺