



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

Al-Anon Faces Alcoholism 2009

“A therapist’s perspective on the benefits of Al-Anon”

by Nancy Badger Ph.D

Often clients don’t understand the effect alcoholism has had on their lives. They may come to me with difficulties in relationships, issues with family members, problems in school or at work, a sense of loneliness, or a lack of social support.

Through exploration, I learn the person having difficulty in relationships may be trying to fix or control a partner’s alcohol problem.

I find that the person having issues with family members may be trying to be the mediator in a problem due to a family member’s drinking.

I notice the person having problems in school or work may not be able to focus because he or she is too busy worrying about someone else’s drinking.

I discover that the person experiencing loneliness may have never learned how to trust and share openly because he or she was taught to keep secrets.

Al-Anon provides a lifelong support system that augments and reinforces what happens in therapy. Some of the benefits of Al-Anon are:

- A sense of belonging by identifying with others who have experienced the same kinds of dilemmas and difficulties.
- Coping strategies for dealing with negative emotions.
- A sharper focus on one’s own goals and aspirations, rather than on someone else’s drinking.
- Mutual support, a healthy alternative to keeping secrets and trusting no one, behaviors typical of those who grew up in an alcoholic home.
- A structure for spiritual healing, discovering a sense of self-worth, and developing positive relationships.

Media Library

There are many wonderful stories and topics now available to you on CD. Your library is currently funded through your contributions and there is no charge or deposit necessary.

Please just put your name, phone number, and date on a card.

Example: Rosie A. 11/16/08 CD

John Q. (225) 555-5555 2/17/09

QUESTIONS??? CALL Parker Debenport at (225) 767-7781

AREA ASSEMBLY OVERVIEW FOR MAY 30 & 31, 2009

- 36th LA State Al-Anon Convention
 - Dates are July 17, 18, & 19, 2009 at Holiday Inn Central in Lafayette, LA; room rates are \$88/per night; when making reservations ask for AFG rate; deadline for rate is July 3
 - Packets: Mail money collected for raffle tickets and any unsold ticket in the envelope provide to LA AFG Convention, P.O. Box 2074, Lafayette, LA 70502 by July 3
- When sending donations to Area Assembly write group ID on donations
- "Forum"
 - Monthly magazine is in trouble - each month there are 200 less subscriptions
 - Send sharing, ways you use "Forum" to Julie Miller, Communication Manager at WSO
- Delegates Get Together was attended by Clif B., Clara E. and Gail F the 1st weekend in March - Area Assembly subsidized their expense
- Promote groups to subscribe to "La Treasure Chest" - state newsletter
 - \$5.00 per year
 - Expiration is on address label
 - Form to subscribe in "La Treasure Chest" in back of newsletter
 - Send sharing to Rosie A.
- Membership Outreach will have poster at Convention that was signed by Al-Anon members at Area Assembly
- Public Outreach is taking meeting on wheels to a woman's shelter and they need donations of newcomer packets to bring with them
- Al-Anon will be hosting entire meal at every 3rd Assembly but we will continue to provide sweets and salts at every Assembly
 - August Assembly District 14 is responsible for paper products - donations can be given to the District Representative - Pebble
 - District 14 is also responsible for sweets - contact Pebble to donate sweets and/or money by August 20th
- New Business for August Assembly is to say Lord's Prayer and/or a closing prayer at close of meetings or just the Al-Anon declaration

Respectfully submitted,
Pebble Bordelon, District Representative 14

Group Contributions

March , April & May 2009

Bayou Al-Anon	0	Came to Believe	0
Courage to Change	320.00	Faith & Hope	113.13
Followers (Alateen)	0	Gonzales	202.02
Goodwood	30.00	Gonzales Too	71.33
Listen and Learn	500.00	Just for Today	503.00
Monday Discussion	100.00	Mollysharp Discussion	180.00
New Roads Monday	60.00	Morning Glory	218.00
Practice These Principles	0	Powerless Step Study	0
River Road	0	Recovering Parents So	150.00
St. Francisville	0	St. Anthony	0
YALL	0	Saturday Newcomers	28.25
Stepping Stones	124.20	Small World	0
Strength and Courage	25.00	Steps to Serenity	50.00
T.G.I.M.	74.00	T.G.I.F.	46.00
Wednesday Noon	91.00	Triangle	0
Zachary	0	Wooddale SundayStep	63.00

Total \$2888.93

Tradition Seven

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

Coming Events

AIS Quarterly Meeting
July 8, 2009
AIS Office on Brookline

Al-Anon State Convention
July 17, 18, 19, 2009
Layfayette, LA

Area Assembly
August 22, 23, 2009
Alexandria, LA

What's New in our Library

Located at the AIS Office on Brookline

Speaker CDs

2006 Redstick Roundup
2006 LA. State Al-Anon
Steve D. Baton Rouge
AD R. Baton Rouge
Clara E. Baton Rouge
Mary Pearl Cajun Conference 1996
LA. State Al-Anon Convention 1998

“The people who are the angriest are the people who are the most afraid.”
“7 days without God makes one weak.”

From Wisdom of the Room 2008

