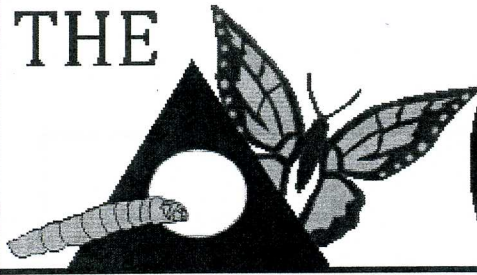


THE



July 2009

# CATERPILLAR

**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

- 36<sup>th</sup> 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 1<sup>st</sup> 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 3<sup>rd</sup> 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 20<sup>th</sup>
- 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  
Lafayette, 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*

# MEETING SCHEDULE

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

JUNE 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  
Y.A.L.L. AFG (ages 20 to 35) 5:30 PM  
YOUNG ADULTS LIVING LIFE AFG  
The Tau Center  
8080 Margaret Ann Drive  
(off Essen Lane) Dist. 9  
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 (Al-Anon Adult Children)  
9417 Brookline Dist. 14  
(No Smoking)  
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, Church Fellwshp Hall  
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  
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  
PRAIRIEVILLE AFG 6:30PM  
St. John's Catholic Church  
Hwy 73, Prairieville Dist. 9

♦ AA also meets

**AA PHONE 930-0026**

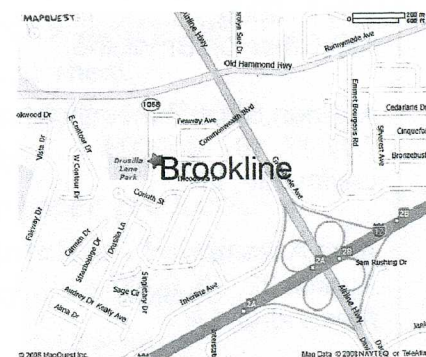
### Websites

Louisiana Al-Anon:

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

Al-Anon World Service:

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



### Baton Rouge

**Al-Anon Information Services**  
**9417 Brookline 70809**

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