Blueprint for Progress, Al-Anon’s Fourth Step Inventory
One member shares their findings

Responsibility:
I have been practicing letting go and letting God. I can now see where and when I played god in my life, my sons’ lives, my marriage, my job and other relationships. By practicing steps 1, 2 & 3, I’ve come to know how God’s grace and will for me is so much lighter, kinder and loving. I am starting to find, or at least sense joy from letting go – Serenity! I am humbling myself and coming to know my part in situations, and in what I do or am responsible for. I am surrendering more and more. It is my way of taking care of me right now by turning my self, my will, my life over to the care of God. This is my responsibility. Powerlessness!! I am powerless over other people!

Attitude:
When I focus on me rather than the alcoholic, space appears to take care, nurture and think clearer for my life. I think my higher power is bringing me to a place I haven’t lived before, where I love myself and I am saturated with His love and peace.

Shame:
I have feelings of shame so naturally appearing that I didn’t know so much existed or how prevalent it was in my life. I thought shame came and left, came and left. But I see how it stays and dwells within me. I can see how many of the walls that I have are shame.

I have learned that many others have problems just like me and my family, and how shame prevents me from seeing the problem simply as a problem. I alienate and think I am inferior which blocks me from finding solutions. It blocks me from seeing the gifts within the problem, such as talking it over with safe people and finding that I am not alone.

Trust:
I realize how the voices in my head hinder me from trusting others. It isn’t necessarily what others do or say, but rather how critical I am about what they say or do. As I find my true self instead of listening to these critical voices, I’m learning that although I may not agree with another person, they have a right to have their own choice and opinion, just like I do. It may not be in sync with my choice and opinion, but it doesn’t make them wrong or unworthy of trust. And even when I choose another way, I am trustworthy. I am free to make decisions, trust myself, with or without perceived or actual approval. I can trust myself and my higher power.

Geri A.

Blueprint for Progress is one of the many ways for members to “do” a Fourth Step Inventory. Copies are available at the Al-Anon Information Office.
HEALING

I had outpatient surgery last week that left me with stitches. After a few hours, the numbing agents began to wear off and I felt pain along the incision. As I lay waiting for the medicine to take effect, I took notice of the discomfort and began to look deeper. I could imagine the skin already beginning to knit itself to its new neighbor. And the tiny vessels bringing fresh blood and carrying off damaged cells. The new perspective gave me tolerance to see the discomfort for more than just pain, but also healing.

It brought me back to the exquisite pain of my first two years in Al-Anon. At that time, I couldn’t see beyond the intense pain and wounds that were to be the end of an alcoholic relationship. There seemed to be only moments of reprieve. Today, looking back with a new perspective, I can see the healing that was taking place along with the pain. With the guidance of Al-Anon groups and a sponsor, I reconnected with my family who gave me incredible support, and I built relationships within my new recovery community. I began working the steps to clear the debris of my life that made room for new ideas and behaviors. I remember the day that a man in my home group commented “it’s so nice to see you smile”. I realized how much the misery had lessened, and that serenity and peace had real meaning in my life.

My incision will leave a small scar to mark the place that disease was removed. I will wear it with gratitude for modern medicine and my body’s own instinct to repair. Today, I can be grateful that the emotional scars of living with alcoholism and addiction were not only painful, but serve as true reminders of healing in my life; honoring the resilience of the human spirit and the wonder of Al-Anon.

As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.

~ Henry David Thoreau

What lies behind us and what lies before us are tiny matters compared with what lies within us.

~ Oliver Wendell Holmes

HEALTHY GROUPS, HEALTHY MEETINGS, HEALTHY MEMBERS

Membership
Al-Anon Service Manual page 40

Al-Anon and Alateen membership is open to anyone who feels his or her life has been or is being deeply affected by close contact with a problem drinker. Those eligible join local groups where the Al-Anon program is shared.

Our discussions center on solutions for our own difficulties. We try not to tell other people’s stories or repeat what we see or hear, always protecting one another’s anonymity and the anonymity of Al-Anon, Alateen, and AA members as well.
For the Recovering Family on Sundays

LISTEN & LEARN AL-ANON 7:00 PM  
ALATEEN 7:00 PM  
◆ AA also meets 7:00 PM  

The Tau Center  
8080 Margaret Ann Drive  
(off Essen Lane)  

UNCOVER, DISCOVER, RECOVER

39th LOUISIANA STATE AL-ANON CONVENTION  
FRIDAY JULY 20 – SUNDAY JULY 22   
HOLIDAY INN CENTRAL, LAFAYETTE LA  

Come for the weekend or come for the day.  
Speakers begin Friday night; continue Saturday morning, afternoon and evening; with final speaker Sunday morning.  
Full schedule, registration and hotel information at  
WWW.ACADIANAAFG.ORG

WEBSITE AND NEWSMARTPHONE APP

For May 2012 the BatonRougeAlanon.org website had over 10,000 visitors.  
Over 1100 installs of the new BR Al-Anon App for smart devices.  
App users include USA, UK, Canada, Australia, Germany and 22 other countries.  
To download the App to any Apple or Android smart device (pod, pad, tablet or smart phone) go to www.batonrougealanon.org and click on “Alanon App” icon near the top of the page.  
The App delivers a daily reading from the forum, a daily reflection and daily quote.  
The same daily sharing and quotes can also be viewed via home computer by visiting www.batonrougealanon.org and click on the “Just For Today” icon near the top of the page.

Mark Your Calendar

Service Opportunity  
Office Volunteer  
One Day a Month  
Let it Begin with Me  
When anyone, anywhere, reaches out for help, let the hand of Al-Anon always be there, and - Let it Begin with Me!  
Where: 9417 Brookline Ave.  
Baton Rouge, LA 70809  
Times: 9 AM - 3 PM  
Contact Susan B. for details 225 924 0029

JULY 10 AIS Quarterly Meeting  
615PM @AIS Office  
*GR’s or Asst GR’s attend  

JULY 20-22 AL-ANON  
LOUISIANA STATE CONV.  
Holiday Inn Central, Lafayette  

AUG 14 AIS Monthly Meeting  
615PM @AIS Office  
All are welcome to attend  

AUG 18 - 19 AREA ASSEMBLY  
Holiday Inn South BR  
http://la-al-anon.org  
*GR’s or Asst GR’s attend  

SEPT 11 AIS Monthly Meeting  
615PM @AIS Office  
All are welcome to attend  

Oct 9 AIS Quarterly Meeting  
615pm @ AIS Office  
*GR’s or Asst GR’s attend  

NOV 24 – 25 AREA ASSEMBLY  
Holiday Inn South BR  
http://la-al-anon.org  
*GR’s or Asst GR’s attend
MEETING SCHEDULE
Al-Anon / Alateen Meeting Schedule for Baton Rouge and Surrounding Areas

ALATEEN MEETINGS

SUNDAY
NEW ALATEEN 7:00 PM
The Tau Center ◆
8080 Margaret Ann Drive
(See Receptionist for Rm location) Dist. 9

AL-Anon Meeting Schedule

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
TURNING PAGES AFG
Most Sacred Heart of Jesus
(Receptionist, side entrance)
Gramercy, LA Dist. 9

LISTEN & LEARN 7:00PM
The Tau Center ◆
8080 Margaret Ann Drive
(See Receptionist for Rm location) Dist. 9

RECOVERING PARENTS SOUTH 8:00PM
Baton Rouge General Health Center
Broadmoor Baptist Church
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

ZACHARY AL-Anon, TOO 12:00PM
Zachary United Methodist Church
4205 Church St, Zachary
Children's Sunday School Bldg.
Zachary, LA (Hwy 64) Dist. 16

PRACTICE THESE PRINCIPLES 7:00PM
ADULT CHILD AFG
The Tau Center
8080 Margaret Ann Drive (off Essen Lane)
(See Receptionist for Rm location) Dist. 9

TRIANGLE AL-Anon 7:30PM
Broadmoor Methodist Church
10230 Mollylea
(Bldg. nearest to Sharp Dr.) Dist. 4

T.G.I.M 7:30PM
Step & Tradition Study ◆
St. George School Library
(Behind the Gym)
7880 Siegen Lane Dist. 9

SOLO POR HOY 7:00 PM
AIS Office (No Smoking) 9417 Brookline
Hispanic Meeting Dist. 14

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

NEW ROADS 6:00PM
Pointe Coupee Library, 201 Claiborne Ave.
New Roads, LA Dist. 16

GONZALES AFG 6:30PM
1125 W. LA Hwy 30
St. Elizabeth's Hospital Gonzales, LA Dist. 9

WE SURRENDER AFG 6:30PM
Luke 10:27 Church
536 Centerville St.
Denham Springs, LA Dist. 4

ST. FRANCISVILLE GROUP 7:30PM
St. Francisville Methodist Church
9356 Royal Street
St. Francisville, LA Dist. 16

COURAGE TO CHANGE 7:30PM
Open Meeting
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

MOLLYSHARP DISCUSSION 8:00 PM
Broadmoor Methodist Church ◆
10230 Mollylea
(Bldg. nearest to Sharp Dr.) 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

AL-Anon Book Study 7:00 PM
AIS Office 9417 Brookline Dist. 14

THURSDAY

FAITH & HOPE 12:00PM
AIS Office (Al-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 22645 Church St.
Plaquemine, LA Dist. 13

ZACHARY AL-Anon 7:00PM
Zachary United Methodist Church
4205 Church St, Zachary
Children's Sunday School Bldg.
Zachary, LA (Hwy 64) Dist. 16

GOODWOOD AFG (Book Study) 7:00PM
Brookline AFG
Education Building
9755 Goodwood Blvd. Dist. 4

FRIDAY

POWERLESS 12:00 PM
Alternate Step / Tradition Meeting
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

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

AA PHONE 930-0026

Websites
Baton Rouge Al-Anon:
www.batonrougealanon.org
Louisiana Al-Anon:
www.la-al-anon.org
Al-Anon World Service:
www.al-anon.alateen.org

Baton Rouge Al-Anon Information Services
9417 Brookline 70809