



THE

CATERPILLAR

July 1998

New AIS Officers/Coordinators Announced

The new officers and coordinators for AIS begin their new term in office on July 14, 1998. The normal term runs for one year, but members can continue their service if that position for the new term is uncontended.

There are a few positions still open

including Treasurer, Alateen Coordinator and Fund Raiser Coordinator. If you would would like to volunteer for any of these positions, please contact Pat C. through the AIS Office at 924-0029. Remember, it's a great way to become involved in service work! ▲

A note from the editor



On June 5-7, I had the pleasure of attending my first Al-Anon State Convention. It was held in New Iberia, LA and was a big success. There was a grand total of 280 registrants. Baton Rouge and the surrounding areas were very well represented at the convention. It seemed that everywhere I turned, I saw a familiar face—what a wonderful feeling that was.

There were six excellent speakers who told their stories. On Friday night, after registration we heard from Barbara H. (Al-Anon) from West Chester PA. Saturday's speakers included: Amber Mc. (Alateen) from Hoover, AL; Keo O. (Al-Anon) from Lindsborg, KS; Victoria B., (AA) from Longview, TX and Cissy C. (Al-Anon) from West Blockton, AL. The convention ended on Sunday with our final speaker, Netti D. (Al-Anon) from Maurice, LA.

Other events included a workshop, raffle, banquet and dance. There were also a couple of "night owl" Al-Anon Meetings.

As Saturday evening came to a close, our host, Don S. from Lafayette ushered in a giant cake in celebration of Al-Anon's Silver Anniversary. We all sang "Celebrate Good Times" as the cake made it's blazing entrance. I glanced around the room at all the happy, smiling faces and reflected on the miracle of this program. Most of us were born into this program with pain, denial, anger and frustration, and yet, here we were, laughing and singing together. If you've never been to a convention, I suggest you give it a try. There is a sense of fellowship you will discover that truly is unsurpassed. ▲

—Robin J.

1998 Officers

Chairman	Pat C.
Alternate Chairman	Virginia M.
Secretary	Karen V.
Treasurer	OPEN

1998 Coordinators

Alateen	OPEN
Caterpillar	Robin J.
CPC/Institutions	Ken N.
Fund Raiser	OPEN
Literature	Rita M.
Office Volunteers	Clara E.
P.I. (Public Information)	Valerie and Don
Schedules	Joyce C.
Tape Library	Ruth H.
Telephones	Mary S.

UPCOMING EVENTS

JULY 17, 18 & 19, 1998

40th Louisiana State AA Convention
Alexandria, LA

AUGUST 15-16, 1998

Area Assembly
Hampton Inn—Alexandria, LA

SEPTEMBER 19, 1998 ²⁶ (tentative date only)

Al-Anon Workshop
So. Baton Rouge Church of Christ

OCTOBER 13, 1998

AIS Quarterly Meeting—6:45 pm
So. Baton Rouge Church of Christ



Literature

Effective April 1, 1998 are the new prices for the following Al-Anon approved literature.

- The Dilemma of the Alcoholic Marriage\$7.00
- One Day at a Time\$8.00
- Al-Anon's Twelve Steps and Traditions\$7.50
- Alateen: A Day at a Time\$7.00
- As We Understood\$8.50
- One Day at a Time (Large print)\$10.00
- In All Our Affairs\$10.00
- Courage to Change\$10.00
- Courage to Change (Large print)\$12.00
- Set: One Day at a Time/ Courage to Change\$16.00
- Set: One Day at a Time/ Courage to Change (Large print)\$20.00
- From Survival to Recovery\$13.00
- How Al-Anon Works\$11.00
- Forum\$10.00

New Book Now Available

A new book called *Having Had a Spiritual Awakening...* has recently become available for purchase. Members from around the world, through words and photographs have defined spirituality

in this 190-page, hardcover book with powerful titles such as: *A Higher Power Working Through Nature, The Unexpected and Spiritual Awakenings, and Inspiration Through the Arts.* ▲

— PRICE \$10.00 —

Night Phone List



I truly enjoyed my term as Telephone Coordinator. Thanks so much for all the cooperation I received from the groups. Special thanks to the office volunteers for transferring the phone to their home when there is no volunteer listed on the calendar or for finding someone for me. Thanks to Clara for her help when I was unable to be contacted. The new tele-

phone coordinator is Mary S. I am asking all groups on our telephone night list to contact her at 775-7929 and let her know who your group's contact person is so she may send information to you when it's your group's turn for the night phone. ▲

— Virginia Mc.

GROUP	MEETING TIME	PHONE DUTY DATES
Powerless Step Study	Friday 12:00 pm	July 20-26
Wooddale Sunday Step	Sunday 6:00 p.m.	July 27-August 2
Listen and Learn	Sunday 7:00 p.m.	August 3-9
Keep it Simple	Sunday 2:00 p.m.	August 10-16
Straight Talk	Tuesday 12:00 p.m.	August 17-23
Courage to Change	Tuesday 8:00 p.m.	August 24-30
Goodwood AFG	Thursday 8:00 p.m.	August 31-September 6
Recovering Parents South	Sunday 8:00 p.m.	September 7-13
Recovering Parents North	Sunday 8:00 p.m.	September 14-20
Faith and Hope	Thursday 12:00 p.m.	September 21-27
Comite AFG	Monday 7:30 p.m.	September 28-October 4
STP AFG	Tuesday 7:00 p.m.	October 5-11
Stepping Stones	Wednesday 8:00 p.m.	October 12-18



Treasurer's Report-'98

	MARCH	APRIL	MAY
Bayou Al-Anon	\$10.00		
Brownsfield	\$50.00	\$60.00	\$35.00
Came to Believe	\$25.00		
Happiness Is	\$15.00		
Individuals	\$110.00		
Just For Today	\$502.00		
Molly Sharp	\$75.00		
Monday Noon Discussion	\$52.00		
Powerless Step Study	\$25.00		
Prairieville	\$111.00		
Saturday Newcomers	\$15.00	\$15.00	
Starting Over	\$10.00		
Stepping Stones	\$120.00		
Strength and Courage	\$60.00		
Tuesday's Children	\$20.00		
Comite		\$44.90	
Courage to Change		\$25.00	20.00
Faith and Hope		\$52.54	
Live & Let Live		\$31.00	
Monday Noon Steps to Serenity		\$40.00	
Morning Glory		\$56.00	\$24.00
Quarterly Meeting Basket		\$31.00	
Recovering Parents		\$85.00	
TGIF		\$35.00	
TGIM		\$95.00	
Together We Can Make It		\$10.00	
Triangle		\$50.00	
Wednesday Noon Discussion		\$45.00	\$15.00
Assembly (Extras From Hospitality)			\$4.00
Al-Anon Works			\$45.00
New Roads			\$87.00
Public Information (Gretchen)			\$35.00
Tuesday Alateens			\$7.00
TOTALS	\$1200.00	\$675.44	\$272.50

Traveling the Al-Anon Road

Al-Anon has taught me the answers to my life's eternal questions, "Why am I here, and Where am I going?" To the first question, Al-Anon answers threefold. Today through study of the Steps and Traditions, introspection that is honest, through listening to the minds and hearts of others, I can answer the question of "why I am here" in this way:

1. I am here for myself. I am here to live the best life that I am able to live, spiritually, mentally, physically. I am here to embrace life without fear and anxiety. I am here to expand, stretch and grow in light. In this garden of Al-Anon anything is possible through the gift of serenity. In my journey, let serenity become my vehicle.

2. I am here to minister to others through the sharing of strength, hope and love. Those include the alcoholic and non-alcoholic members of my family and my extended family. I am

here to open closed doors, and to spread compassion with understanding. I am here to let the words, "I love you," slip easily from my heart and tongue.

3. I am here to let others live the life of their choosing without my advice or interference. I am here to let others suffer without my rescue. I am here to let others make mistakes without assuming the burdens of guilt and shame. I am here to carry the message of sobriety, and to administer it only when requested so that it is powerful and personal, never diluted by my desire to right the wrong of the disease process. I am here to give when asked, to remain silent when necessary, and to provide direction through the guidelines of the 12 Steps.

Where am I going? To this question, Al-Anon has taught me not to dream or wish, but to act through work, study, and effort. It has taught me to plan, but not so thoroughly as to be unwilling to accept the

unplanned, or too unwilling to remain open to the new path, the birth of knowledge. I am going where life takes me, and today I live in this acceptance. Along the journey, the ups and downs, the highs, the lows, joys and sadnesses there are lessons to be learned and higher levels of awareness to be achieved. Al-Anon has taught me to accept the challenges that are inevitable by looking into the affirming eyes of others who have met and conquered those same challenges.

Today I am going to a safe place with a safe room of people suffering in pain and shining in love. In this place I can become full enough to carry the message of Al-Anon when it grows and overflows. It is a place of ultimate acceptance and approval, a place where my self-esteem can be realized and celebrated. It is a reaching, touching place filled with beautiful people. I am here to seek, find, and live in serenity, and I am always traveling in that direction. ▲

—Irene B.

My Best Gift From Al-Anon - Your Unconditional Love!!

Alcoholism was the catalyst that brought major changes to my fear-filled life.

I grew up an approval-seeking, people-pleaser. My mom was manic depressive and her illness went untreated for years. I married an alcoholic while still in my teens, and I arrived at Al-Anon many years later, seeking relief from all that was "wrong" with other people. Your love has helped me to know that with the help of my Higher Power, I can make the changes that will improve the quality of my life.

Much of my early Al-Anon experience was simply to attend meetings as often as I could just to feel the love and acceptance offered to me so freely. I did not get a sponsor and work the steps in a timely fashion. I held on to my belief that I could do it on my own, so recovery has been slow for me. When I did decide to do what was suggested, I read the literature and found a home group where I was comfortable and began to do the 12 suggested steps.

Meetings were the safety net I'd never had, and I finally grew to the point where I wanted the emotional stability this program offers. I continue to grow, as I continue to reach out for your love, understanding and compassion. I also offer these things freely as a means to recover. I stumble and fall often. The difference today is that I have tools to restore my sanity. ▲

—Mary S.
A grateful Al-Anon member

Many thanks to those who
contributed to this issue of
The Caterpillar.

Do you have a story you would like to share with others? If so, send it the the AIS Office and I'll print it in the next newsletter. Send articles to 9425 Lindale Ave., Suite B., Baton Rouge, LA 70815, c/o The Caterpillar.

Remember, you don't have to be a professional writer. Something you share may be of help to a fellow Al-Anon member—WHAT A WONDERFUL GIFT TO GIVE! Feel free to write on any topic or use the one provided below.

QUARTERLY TOPIC

Describe how Al-Anon has deepened your sense of spirituality.

The deadline for submitting sharings for the next newsletter is SEPTEMBER 21, 1998.

MEETING SCHEDULE

Al-Anon /Alateen Meeting Schedule for Baton Rouge & Surrounding Areas — JULY - OCTOBER 1998 —

AL-ANON

SUNDAY

- Keep It Simple - 2:00 p.m.**
St. Paul's Catholic Church (No smoking)
3912 Gus Young
- Wooddale Sunday Step Mtg. - 6:00 p.m.**
Club 12 (No Smoking) / 1695 Beaumont Dr.
- New Beginnings - 6:30 p.m.**
Al-Anon Adult Children Step Mtg.
University Methodist Church
3350 Dalrymple Drive
- River Road Al-Anon - 7:00 p.m.**
St. Joseph's Church / Paulina, LA
- Listen & Learn - 7:00 p.m.**
The Tau Center, Room #5 / 8080 Margaret
Ann Drive
- Recovering Parents - 8:00 p.m.**
Baton Rouge General Medical Center
3600 Florida Blvd., Conference Room
- Recovering Parents South - 8:00 p.m.**
Baton Rouge General Health Center
8585 Picardy off Bluebonnet

MONDAY

- Monday Al-Anon - 12:00p.m.**
AIS Office (No smoking)
9425 Lindale, Suite B
- Steps to Serenity - 12:00 p.m.**
Club 12 (Step Meeting)/1695 Beaumont Dr.
- Happiness Is - 12:00 p.m.**
First United Methodist Church
23645 Church Street / Plaquemine, LA
- How Al-Anon Works Book Study - 6:30 p.m.**
AIS Office (No smoking)
9425 Lindale, Suite B
- New Roads - 7:15 p.m.**
Library, 201 Claiborne / New Roads, LA
- Triangle Al-Anon - 7:30 p.m.**
Broadmoor Methodist Church
10230 Mollylea (Corner Mollylea & Sharp)
- Comite AFG - 7:30 p.m.**
Blackwater Methodist Church
1000 Blackwater Rd.
(Step meeting first Monday each month)
- St. Anthony AFG - 7:30 - 9:00 p.m.**
White Church behind
Ascension Catholic Church
716 Mississippi
Donaldsonville, LA
- T.G.I.M. Step Meeting - 7:30 p.m.**
St. George Activity Bldg. New Library
7880 Siegen Lane
- Keep it Simple - 8:00 p.m.**
224 N. Range Ave. / Denham Springs
- University AFG - 8:00 p.m.**
University Methodist Church
(No smoking)
3350 Dalrymple Drive
- Easy Does It - Al-Anon Adult Children - 8:00 p.m.**
University Methodist Church
3350 Dalrymple Drive

TUESDAY

- Keep it Simple - 9:00 a.m.**
224 N. Range Ave. / Denham Springs
- Came To Believe - 12:00 p.m.**
University Presbyterian Church
(No smoking)
3240 Dalrymple Drive
- Straight Talk - 12:00 p.m.**
South Baton Rouge Church of Christ
8725 Jefferson Hwy., Room 101
- Strength & Courage - 12:00 p.m.**
Al-Anon Adult Children Step Meeting
AIS Office, 9425 Lindale, Suite B
- Gonzales Tuesday Night - 6:30 p.m.**
AMI Riverview Hospital / 1125 Hwy. 30
Gonzales, LA

TUESDAY (continued)

- S.T.P. AFG - 7:00 p.m.**
AIS Office (No smoking)
9425 Lindale, Suite B
(Speaker meeting last Tuesday each month)
- Courage to Change - 8:00 p.m.**
Lutheran Church of Our Savior
3555 Jones Creek Road
- Tuesday's Children - 7:00 p.m.**
Al-Anon Adult Children
Unity Church of Christianity
15525 Old Jefferson Hwy.

WEDNESDAY

- Wednesday Noon AFG - 12:00 p.m.**
AIS Office (No smoking)
9425 Lindale, Suite B
- Keep it Simple - 7:30 p.m.**
224 N. Range Ave. / Denham Springs
- Mollysharp Discussion - 8:00 p.m.**
Broadmoor Methodist Church (No smoking)
10230 Mollylea / Mollylea at Sharp Road
- Stepping Stones (Step Meeting) - 8:00 p.m.**
Magnolia Methodist Church (No smoking)
16116 Greenwell Springs Road
(Speaker meeting third Wednesday each month)
- Starting Over - 8:00 p.m.**
St. Catherine's Catholic Church
Bayou Sorrel, LA

THURSDAY

- Keep It Simple - 9:00 a.m.**
224 N. Range Ave. / Denham Springs, LA
- Step Ahead (Step Meeting) - 12:00 p.m.**
Donaldsonville Library/Mississippi & Lessard
Donaldsonville, LA
- Faith & Hope Al-Anon Adult Children - 12:00 p.m.**
AIS Office (No smoking)
9425 Lindale, Suite B
- Conscious Contact - 12:00 p.m.**
First Methodist Church (America St. entrance)
950 North Blvd., Room 108
- Live and Let Live - 6:00 p.m.**
AIS Office (No smoking)
9425 Lindale, Suite B
- St. Anthony Al-Anon**
White Church Hall behind Ascension
Catholic Church / 716 Mississippi
Donaldsonville, LA
- Goodwood AFG - 8:00 p.m.**
Broadmoor Baptist Church Scout Hut
9755 Goodwood Blvd.
- Bayou Al-Anon - 7:00 p.m.**
First United Methodist Church
23645 Church St. / Plaquemine, LA
- I Am Important Al-Anon Adult Children - 8:00 p.m.**
AIS Office (No smoking)
9425 Lindale, Suite B
- Brownsfield AFG - 8:00 p.m.**
St. Isidore Catholic Church Bishop Center
(enter around side of old church-non new church) Pink & Thomas Roads

FRIDAY

- Powerless Step Study - 12:00 p.m.**
AIS Office (No smoking)
9425 Lindale, Suite B
- Together We Can Make It - 12:00 p.m.**
Club 12 / 1695 Beaumont Drive
- Keep It Simple - 7:30 p.m.**
224 N. Range Ave. / Denham Springs, LA
(AA meets at 8:00 p.m.)
- Finally Friday Al-Anon Adult Children - 7:30**
St. Patrick's Catholic Church
Parkmeadow & Parkforest
- T.G.I.F. / AIS Office (No smoking) - 8:00 p.m.**
9425 Lindale, Suite B
- Zachary Friday Night - 8:00 p.m.**
St. Patrick's Episcopal Church-Library
Hwy 64, Zachary, LA

SATURDAY

- Just For Today - 9:00 a.m.**
University Methodist Church
3350 Dalrymple Dr.
- Morning Glory - 9:00 a.m.**
AIS Office (No smoking)
9425 Lindale, Suite B
- Saturday Newcomers - 2:00 p.m.**
Club 12 / 1695 Beaumont Drive
- Prairieville AFG - 6:30 p.m.**
St. John Catholic Church / CCD Building,
Hwy. 73
Prairieville, LA

ALATEEN MEETINGS

TUESDAY

- Sereniteens - 8:00 p.m.**
Lutheran Church of Our Savior
3555 Jones Creek Road
(Ages 8 & up)

THURSDAY

- Broadmoor Alateen - 8:00 p.m.**
Broadmoor Baptist Church Scout Hut
9755 Goodwood Blvd.
(Ages 13 & up)

Listening Learners - 7:30 - 9:00 p.m.

- White Church Hall behind
Ascension Catholic Church
716 Mississippi
Donaldsonville, LA

FRIDAY

- Magnolia Alateen - 8:00 p.m.**
Magnolia Methodist Church
16116 Greenwell Springs Road

GENERAL ANNOUNCEMENTS

AIS OFFICE MEMO

Please do not park in front of the dumpster at the AIS office during noon meetings. Thanks!

SPECIAL THANKS to Bernice K. for letting us have a garage sale at her home. We made \$241.02. Thanks to all who contributed items and their time to help us also.

MEETING INFORMATION

Together We Can Make It -
Club 12 - Friday noon
1695 Beaumont Drive

We are currently studying the book *How Al-Anon Works for Friends and Families of Alcoholics* at this meeting. Attendance is good — come join us!