

THE



July 2011
Quarterly

CATERPILLAR

Al-Anon Information Service Office ~ 9417 Brookline ~ Baton Rouge LA 70809 ~ 225 924 0029
Office Hours M-F 9am til 3pm (call ahead to verify daily volunteer staffing)
WWW.BATONROUGEALANON.ORG

Meetings on the Go

The most memorable was a meeting in Australia. We had planned to take a bus but got away from the tour so late that we had to take a cab. The meeting was in a rough part of town and the cab driver was reluctant to let us out there, but we saw the shabby little church (right next door to a bar) and assured him that these were our people. Inside, the temperature was near 100 and they only had an oscillating fan, but they immediately set about making hot tea, and after the meeting they produced a lovely cake with white icing. There were about 8 people present, and their stories were the same ones we've heard from parents, spouses, and siblings. After the meeting one of the members drove us across town to our hotel.

In Paris, we had the information on one meeting. (WSO had asked, "I imagine you want an English-speaking meeting?") Just like at home, when we got to the church at noon it was preparing for a jumble sale so the meeting could not be held in their usual room. No one had been warned and so we stood about until another lady came up and eventually three members arrived. We walked next door to a restaurant, but the waiter said it was their busy time and we couldn't take up a table without ordering a 3-course meal. So we walked another block down the boulevard to a lovely, shady park, where groups of little children, brought from their various nursery schools were playing. We sat on two benches and had our meeting. The women were all English speaking ex-pats from America and London, and very homesick. I gave one young woman my new copy of "Courage to Change" since it was so hard for them to get literature in English.

In San Francisco we were seeking a meeting on a Thursday night. I was standing at a phone booth on a busy street, pushing in quarters, while a recorded message listed all the meeting names, days, times, locations, etc. beginning with Sunday. It took a LONG time to get to Thursday. I was so thankful that our local office has willing volunteers to answer our phone instead of having to rely on canned messages. ~ Marsha R.

There's an up-to-date list of local meetings in my bag when I head on a family vacation to the beach. I know where meetings are in the cities where any of my adult children live. Once there was even one meeting right across the street from a daughter's home. How perfect can that be?

The big out-of-town trip for me in south Louisiana though is the "hurricane evacuation." Over the years we've headed to Memphis as we have family there and always room to stay. The calm in the storm is that I have the Memphis Al-Anon number on my cell. I know where meetings are located. I've searched them out over the years. It is comforting to enter a meeting; gather with others in recovery, hear the opening, say the steps, listen to sharings, close together and receive those greetings that will sustain me until I get back home or to the next meeting as I await our return.

I may be too busy on a family vacation or other out-of-town trip to get to a meeting but hurricane evacuations are times that knowing where a meeting is becomes very important to me. ~ Kay B

I attended my first Al-Anon meeting outside of the U.S. while visiting friends in San Miguel Mexico. At the end of the meeting, this Al-Anon Family Group chooses to close with the "WE" version of the Serenity Prayer: God grant "US" the serenity to accept the things "WE" cannot change. Very cool. ~ TC

Find a local meeting or electronic meeting in the USA, Canada or Puerto Rico:
www.al-anon.alateen.org/meetings/meeting.html

Hope for Today

Watching someone I love struggle with this disease of addiction can be very difficult at times. I try to remain calm and trust my inner guidance which is a gift from my higher power. In these times I need to trust that this is all a part of the greater plan and trust goodness is on the way.

My God can create beautiful things out of seemingly hopeless situations. The darkness won't last forever and light will come eventually. I am a truly grateful member of my Al-Anon family. Y.J.

As your faith is strengthened you will find that there is no longer the need to have a sense of control, that things will flow as they will, and that you will flow with them, to your great delight and benefit.
~ *Emmanuel Teney*

The closest to being in control we will ever be is in that moment that we realize we're not.
~ *Brian Kessler*

HEALTHY GROUPS, HEALTHY MEETINGS, HEALTHY MEMBERS

Optional Reading on Anonymity (from the 2010-2013 Service Manual pg 23)

When newcomers or visitors are present, the group may want to read an explanation of anonymity, such as:

“Members use their full names within the fellowship when they wish. The degree of anonymity a member chooses (first name, pseudonym, or full name) is not subject to criticism. Each member has the right to decide.

“Regardless of our personal choice, we guard the anonymity of everyone else in the fellowship, Al-Anon/Alateen and A.A. This means not revealing to anyone – even to relatives, friends or other members – whom we see and what we hear at a meeting.

“Anonymity goes well beyond mere names. All of us need to feel secure in the knowledge that nothing seen or heard at a meeting will be revealed. We feel free to express ourselves among our fellow Al-Anon members because we can be sure that what we say will be held in confidence.”

WWW.LA-AL-ANON.ORG

Louisiana Meetings and Conventions, World Service Office

**New AIS Board Officers
for July 2011 - June 2012:**

- ❖ Rosey A - Chair
- ❖ Carol W - Chair-elect
- ❖ Barbara M - Secretary
- ❖ Bill L - Treasurer

Al-Anon Information Service (AIS) Office

The Baton Rouge Al-Anon office
is staffed by volunteers
Monday through Friday from 9am to 3pm.
Time off this summer?
Volunteer one day this month!

Call Kayren A @ 924 0029

New Book Study

~~~~~  
*Opening our Hearts,  
Transforming our Losses*

~~~~~  
*Wednesday 7pm
AIS Office*

Coming Events

- ✓ July 15-17 Al-Anon State Convention
Lafayette
- ✓ Aug 9 AIS Monthly Meeting
615pm @ AIS Office
- ✓ Aug 20-21 LA Area Assembly
GR's attend Holiday Inn South BR
- ✓ Sept 13 AIS Monthly Meeting
Baton Rouge
- ✓ Oct 11 AIS Quarterly Meeting
GR's attend 615pm @ AIS Office
- ✓ Nov 19-20 LA Area Assembly
GR's attend Holiday Inn South BR

New Book Now Available

**Many Voices,
One Journey**

Al-Anon Family Groups

Al-Anon's story of growth and recovery as experienced by the fellowship and its members over the past 60 years. Sharings from archival papers, official documents, published articles, and personal recollections, interspersed with insightful discussion questions, highlight the changes faced by not only Al-Anon's members, but Al-Anon itself.

AVAILABLE AT THE AIS OFFICE & SELECTED MEETINGS

ALATEEN MEETS SUNDAY NIGHT @ 7PM @ THE TAU CENTER

TEENAGERS AFFECTED BY ALCOHOLISM ARE WELCOME TO ATTEND

(AL-ANON AND A.A. MEETINGS ALSO HELD - SAME BUILDING, SAME TIME, DIFFERENT ROOMS)

MEETING SCHEDULE

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

JULY 2011

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 7:00 PM
 Most Sacred Heart of Jesus
 (Rectory, side entrance)
 Gramercy, LA Dist. 9
LISTEN & LEARN 7:00 PM
 The Tau Center ♦
 8080 Margaret Ann Drive
 (off Essen Lane)
 (See Receptionist for Rm location) Dist. 9

RECOVERING PARENTS SOUTH 8:00 PM
 Baton Rouge General Health Center
 8585 Picardy, (off Bluebonnet)
 Women's Center Conference Room
 (third doorway) Dist. 9

MONDAY

MONDAY DISCUSSION 12:00 PM
 AIS Office (No Smoking)
 9417 Brookline Dist. 14
STEPS TO SERENITY 12:00 PM
 Club 12 (Front Room) ♦
 1695 Beaumont Drive
 (Book Study) Dist. 14

ZACHARY AL-ANON, TOO 12:00 PM
 Zachary United Methodist Church
 4205 Church St,
 Children's Sunday School Bldg.
 Zachary, LA (Hwy 64) Dist. 16
PRACTICE THESE PRINCIPLES 7:00 PM
 The Tau Center (Al-Anon Adult Children)
 8080 Margaret Ann Drive (off Essen Lane)
 (See Receptionist for Rm location) Dist. 9

TRIANGLE AL-ANON 7:30 PM
 Broadmoor Methodist Church
 10230 Mollylea
 (Bldg. nearest to Sharp Dr.) Dist. 4
T.G.I.M 7:30 PM
 St. George New Library ♦
 7880 Siegen Lane Dist. 9

TUESDAY

CAME TO BELIEVE 12:00 PM
 University Presbyterian Church
 3240 Dalrymple Drive
 (No Smoking) Dist. 13
STRENGTH AND COURAGE 12:00 PM
 AIS Office Step Meeting
 9417 Brookline Dist. 14
NEW ROADS 6:00 PM
 Pointe Coupee Library,
 201 Claiborne Ave.
 New Roads, LA Dist. 16
GONZALES AFG 6:30 PM
 1125 W. LA Hwy 30
 St. Elizabeth's Hospital
 Gonzales, LA Dist. 9
WE SURRENDER AFG 6:30 PM
 Luke 10:27 Church
 536 Centerville St.
 Denham Springs, LA Dist. 4
ST. FRANCISVILLE GROUP 7:30 PM
 St. Francisville Methodist Church
 9356 Royal Street
 St. Francisville, LA Dist. 16
COURAGE TO CHANGE 8:00 PM
 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 12:00 PM
 AIS Office (Al-Anon Adult Children)
 9417 Brookline
 (No Smoking) Dist. 14
GONZALES AFG, TOO 6:30 PM
 Stepping Stones
 1027 N. Burnside Ave.
 Gonzales, LA Dist. 9
BAYOU AL-ANON 7:00 PM
 First United Methodist Church
 23645 Church St.,
 Plaquemine, LA Dist. 13
ZACHARY AL-ANON 7:00 PM
 Zachary United Methodist Church
 4205 Church St,
 Children's Sunday School Bldg.
 Zachary, LA (Hwy 64) Dist. 16
GOODWOOD AFG 7:00 PM
 Broadmoor Baptist Church
 Education Building
 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 9:00 AM
 University Methodist Church ♦
 Trice Building, Upstairs
 3350 Dalrymple Dr. Dist. 13
MORNING GLORY 9:00 AM
 AIS Office
 9417 Brookline
 (No Smoking) Dist. 14
SATURDAY NEWCOMERS 2:00 PM
 Club 12 ♦
 1695 Beaumont Drive
 Front Building Dist. 14
PRAIRIEVILLE AFG 6:30 PM
 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

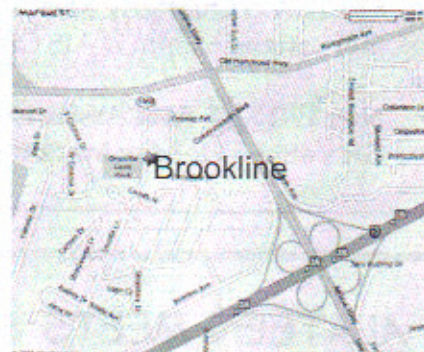
Websites

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