

THE CATERPILLAR

Baton Rouge Area Al-Anon Information Service Newsletter

November 2002

A Recipe For Life

By Chuck F.

The 12 steps we use in Al-Anon appear to me to be a recipe for living our lives. There are many facets of life, but to me the 12 steps apply to our emotional well-being.

Step 1 - "We admitted we were powerless over alcohol, that our lives had become unmanageable" to me is a statement of a problem. As we have noticed you can substitute just about anything you want for the word alcohol. We have heard narcotics, gambling, overeating, but how about anger, disappointment, resentment, detachment, etc. The problem is an addiction to whatever we want to correct. The admission of that problem is just the beginning of the road to recovery. The second part of Step 1 about our lives is just reinforcing the first part.

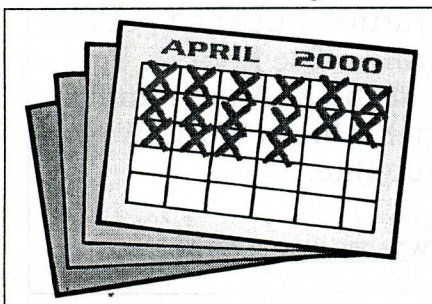
Step 2 is the solution to the problem. "Came to believe that a power greater than ourselves could restore us to sanity" is an admission that we alone may not be able to correct our problem. It is a cry for help.

Steps 3 through 12 are the recipe for applying Step 2. Just as in any recipe we want to follow, we have to have and do three things. First we have to gather all the ingredients. Second, we have to intermix them sometimes in a specific order. And third, we have to submit the mixture to a force. The force can be heat, cold, pressure, vacuum, light, dark, etc.

The ingredient part of our recipe is yourself and a higher power. The steps start out mixing these two ingredients. They start out easy and gradually increase the interaction of the two ingredients. In Step 11 we apply a force, prayer and meditation, and in Step 12, we have the outcome of this recipe.

In looking at the 12 Steps this way I have come to appreciate the tremendous thought and wisdom that went into the formulation of these 12 Steps, not only their content, but also their order. And, of course, in applying them to our individual lives we can find help for a myriad of everyday problems.

Mark your calendar for these upcoming events:



AIS Quarterly Meeting	January 14, 2003
Mary Pearl in Metairie	January 17-18, 2003
Red Stick Roundup	January 24-26, 2003
Area Assembly	February 8-9, 2003
Heritage Day	March 14-16, 2003
Heritage Day	April 12, 2003
Al-Anon State Convention	July 25-27, 2003

Memorial Donation

A donation was made to the AIS office in memory of Domenick D. by his friends because they experienced happiness that they would not have found without him.

Domenick's Friends

**Linda G., Aniece G., Will G., Earline S., Judy G., Jeanne B.,
Fayne W., Patsy K., Colleen G., Clara E., Joyce G., Pebble B.,**

Area Assembly Request

Our Regional Trustee will be our guest speaker at Area Assembly February 8-9, 2003. We would like to present her with a gift basket that includes Louisiana products. Please bring a Louisiana product with you. No live crawfish please.

There will also be a 50/50 raffle. Your chances of winning are better here than at Powerball.

Thank you, Thank you very much. –Elvis Presley

Conscious Contact would like to thank Marsha R. for a donation in memory of Beau M.

Special Thanks to Lamar Advertising for allowing us to use billboard space at no cost in order to put up an ad with our local AIS phone number.

Muchas Gracias to Christy O'N. who was able to get the paper and printing for the Al-Anon billboards around town at five for the price of one!

Thank you, Carol W., for agreeing to serve as CPC/Institutions Coordinator.

Big, Big thank you to Pebble B. for continuing to be Office Volunteer Coordinator.

New Meetings

Alateen

Tuesdays 6 p.m. at the Serenity Club (formerly known as the 224 Club) in Denham Springs at 7519 Amite Church Road.

Al-Anon

Saturdays 7:30 in Wakefield at Wakefield Baptist Church Highway 61.

Have a computer and want to find out more about Al-Anon in Louisiana? Try our website:

<http://www.la-al-anon.org>

Need to order literature, but can't get by the AIS office during office hours? You can do so online at the Al-Anon Family Group Headquarters, Inc.'s World Wide Web Site.

<http://www.al-anon.org>

On A Need-To-Know Basis Only

⇒ Money, Money, Money – If you or your group would like to donate funds to Alateen, please make all checks payable to AIS with Alateen on the memo line.

⇒ Get it while you can. The book, "Having Had A Spiritual Awakening," is going to be discontinued. Copies are still available at the AIS office.

⇒ Feeling a need to give back? We can always use another volunteer at the office. You don't have time for a big commitment? Volunteers usually only work one day a month. If you can't commit to a specific date, you may be interested in serving as a substitute.

⇒ Children attending meetings at the office? In order to keep children out of the Archives room, we would like to set up a child's table and chairs in the office. If you are just waiting on a garage sale and would like to get rid of a child's table and/or chairs, you can drop it off at the office. We don't have to have a matching set. We'll get the matching set when the interior decorator comes to revamp. It's in our budget for January 2078.

⇒ Does your group meet at the office? If so, please try to keep your group's belongings on the metal shelf. Otherwise, they might be used as archives.

⇒ Scared of commitment? But still interested in service work? Our state archivist, Esther S., would like someone to assist with the archives on the group level. If you would like to help, please call the AIS Office at 924-0029 and leave a message for Esther.

⇒ If you have old copies of Forums lying around and hate to throw them away, please leave them at the AIS office. Our dedicated Public Information Coordinator will see that they are distributed to professionals and others in the Baton Rouge area.

