

The Caterpillar



October 1999
4th Quarter

Something Old and Something New

Following are two articles written several years apart. The first article was taken from "Al-Anon Family Group Forum," October, 1966 which is included in the State Archives. The second article was recently sent in by Esther S.

Keep Coming Back

We get many letters asking why members should remain active after their problems with alcoholism are solved. When I met Esther G. of the Essex County, New Jersey group, at Lois' Al-Anon picnic, she told me she'd been thinking of this question and had arrived at an answer for herself. Since I've known Esther practically since I've been in Al-Anon, and know how sound her Al-Anon is, I urged her to write her ideas; they follow.

"Writing is not my easiest task. I found, when I tried to put my ideas on paper, they would not write. I finally stood in front of my mirror (all by myself) and talked. Then I did it all over again and quickly tried to remember what I'd said to the gal in the mirror: "Al-

Anon has been a vital part of my life for many years, but I am frequently asked why I still go to meetings, since there has been no active problem for sixteen years.

One very good reason is gratitude for those sixteen years of happy sobriety and mutual growth in the programs of AA and Al-Anon.

My second reason is a feeling of responsibility to the new members. Group stability is important: understanding the disease of alcoholism, interpretation of the 12 Steps and the real meaning of the Traditions are the foundations of Al-Anon. I've been privileged, I've had Al-Anon, so I feel I must be there to share that experience.

My third reason is definitely selfish. Al-Anon taught me many years ago that I must continue to grow if I wished to live Al-Anon. I don't dare stand still and stagnate, so I use Al-Anon as my bank account. All I have learned is deposited in my mental account. This has grown by small deposits of a serene 24 hours, an acceptance of something I could not change, the use of a God-given idea that has helped someone, a telephone chat

that made the day easier for me or for a troubled group member, progress in debunking myself, or new knowledge gained by studying and applying one of the Steps. The interest on this account is mine to use whenever and however I need it. With this I can face disappointments and difficult days, dispel new fears and anxieties and keep my hard-earned serenity.

However, the account itself is to be spent. It is not mine, it was given to me, so I must pass it on to others. Therefore, I have a responsibility to keep making deposits. I know of only one way to do this: living the Al-Anon way of life with the help of others, going to meetings where I see new people searching for what someone there has to give, watching these same people grow out of fear, anxiety and frustration to serenity, faith and positive action, building up their own bank accounts.

Do you know anything more exciting and heartwarming? I don't. Attending meetings? Selfish, yes. Rewarding—beyond words to explain."

—Esther G.
New Jersey

Easy Does It

As I drove onto the carport one day last week, I saw a mockingbird on the inside of the window sill. Apparently frightened by the sound of the car, he dashed against the glass! He did it again but couldn't get out. Even though he could have easily flown away to the left, right, or behind himself by backing off, he didn't. He continued to beat himself up against the glass.

I wonder if sometimes you and I are not like that mockingbird. We don't stop and see other ways of accomplishing our goals. Maybe we try too hard in the same direction.

Maybe my Higher Power was sending me a message that beautiful spring day.

—Esther S.
Louisiana

Editor's Note

Esther S. was our Heritage Day Chairman for 1999. She would like to send her thanks out to all those who helped her with Heritage Day.

SPECIAL ANNOUNCEMENT

I would like to introduce you to Charmaine L. She is the new co-editor of *The Caterpillar*. Charmaine told me that she wanted to get involved in service work and thought this would be a good way to start. She has already thought up some great ideas for upcoming issues. Our theme for the year 2000 centers around the 12 Steps. Each quarter will feature three steps. In January we will begin with Steps 1, 2 and 3. Please share your experiences in these steps by sending articles to the AIS Office, C/O The Caterpillar.

— Robin J.

Treasurer's Report



Month Ending 6/30/99

| | |
|------------------------|-----------------|
| Comite AFG | \$49.95 |
| Faith & Hope | \$50.00 |
| Wednesday Noon | \$50.00 |
| Total for Month | \$149.95 |

Month Ending 7/31/99

| | |
|---------------------------|-------------------|
| Together We Can Make It | \$10.00 |
| Stepping Stones | \$159.50 |
| Powerless Step Study | \$15.00 |
| Faith & Hope | \$5.00 |
| Just For Today | \$220.35 |
| STP | \$108.39 |
| TGIF | \$74.05 |
| Brownsfield | \$30.00 |
| TGIM | \$58.00 |
| Monday Triangle | \$50.00 |
| Listening Learner Alateen | \$5.00 |
| St. Anthony | \$20.00 |
| Listen & Learn | \$383.00 |
| I Am Important | \$35.00 |
| Tuesday Children | \$20.00 |
| Recovering Parents | \$90.00 |
| Total for Month | \$1,283.29 |

Month Ending 8/31/99

| | |
|------------------------|-----------------|
| Bayou Al-Anon | \$20.00 |
| Mon. Steps to Serenity | \$45.00 |
| Saturday Newcomer | \$15.00 |
| Morning Glory | \$44.00 |
| Molly Sharp Discussion | \$50.00 |
| Total for Month | \$174.00 |

GRAND TOTAL **\$1,607.24**

—Submitted by Della L.

JULY 1999 - JULY 2000

AIS Officers

| | |
|--------------------|--------------|
| Chairman | Virginia Mc. |
| Alternate Chairman | Esther S. |
| Secretary | Open |
| Treasurer | Della L. |

Coordinators

| | |
|--------------------|--------------------------------------|
| Alateen | Pat C. |
| Caterpillar | Robin J. & Charmaine L. |
| CPC/Institutions | Ken N. |
| Fund Raiser | Teresa B. |
| Literature | Theresa B. |
| Office Volunteers | Joyce Griffin (assisted by Clara E.) |
| Public Information | Don M. |
| Schedules | Joyce C. |
| Tape Library | Karen V. |
| Telephone | Mary S. |

District Representatives

| | |
|-------------|-------------------------------|
| District 4 | Jo Ann B. |
| District 9 | Gwen S. |
| District 13 | Pat C. (Alternate-Ken N.) |
| District 14 | Judy G. (Alternate-Ann S.) |
| District 16 | Karen V. (Alternate Joyce C.) |

Are you interested in service work? We have an opening for the position of secretary on the AIS Board. Contact Virginia Mc. at the AIS office and she can fill you in on the duties.

Al-Anon After Hours Telephone



Dear friends in Al-Anon & Alateen,

My phone coordinator experience has, for the most part, been a positive one. It has helped me grow and expand in ways I never imagined possible for myself.

The letter I send to groups in advance of their phone duty is self-explanatory. If you don't get a letter in your group prior to dates listed below, I'd like to know about it a few days in advance of the date. Thanks.

— Mary S.

| | |
|---------------------------|--------------------------|
| Stepping Stones | October 4 - 10 |
| Monday Al-Anon Discussion | October 11 - 17 |
| Conscious Contact | October 18 - 24 |
| TGIM | October 25 - 31 |
| Triangle | November 1 - 7 |
| Came to Believe | November 8 - 14 |
| Brownsfield | November 15 - 21 |
| Morning Glory | November 22 - 28 |
| Steps to Serenity | November 29 - December 5 |
| Saturday Newcomers | December 6 - 12 |
| Molly Sharp | December 13 - 19 |
| Just For Today | December 20 - 26 |
| I Am Important ACOA | December 27 - January 2 |
| Powerless Step Study | January 3 - 9 |
| Wooddale Sunday Step | January 10 - 16 |

Debbie W. will be filling in for Mary during the month of October. If you have any questions, Debbie can be reached at 261-6879.

Join us for a day of fun at Bowl & Putt

744 SOUTH RANGE ROAD • DENHAM SPRINGS



AIS FUND RAISER

Sunday, October 24, 1999

2:00 - 5:00 pm

\$12.00 per adult • \$6.00 per child



50/50 Raffle • \$1.00 per chance

No need to be present to win

— For more information call Teresa B. at 262-1303 —

Fund Raiser Makes Great Profit • Something to think about . . .

The AIS Office made a great profit from the sale of the cookbooks. The grand total (at newsletter press time) was **\$2,402.33.**

Kudos to Teresa B. and her cookbook committee for a job well done!

There are many great recipes in our cookbook, but don't forget to use this one as often as you can.

- Serenity -

Ingredients:

| | |
|-------------------------|-----------------------------|
| <i>4 C. love</i> | <i>3 T. hope</i> |
| <i>2 C. detachment</i> | <i>2 t. tenderness</i> |
| <i>8 C. forgiveness</i> | <i>4 quarts faith</i> |
| <i>1 C. friendship</i> | <i>1 barrel of laughter</i> |

Method:

Take love and detachment, mix thoroughly with faith. Blend with tenderness, kindness and understanding. Add forgiveness, friendship and hope. Sprinkle abundantly with laughter.

Bake with sunshine.

Serve generous helpings daily to yourself and all you meet. Bon Appetit!

• Fear is . . . false evidence appearing real.

• Develop the ability to accept people as they are not as you wish them to be.

• Thank your Higher Power for the bad things you have been through . . . and be grateful for the lessons you have learned.

• Pain is inevitable . . . but misery is optional.

• (submitted by a Baton Rouge area member without a name attached)
• Many thanks for sharing!



NOTICE FROM THE AIS OFFICE
The carpet in the office was recently cleaned.
Please help to be sure it is kept clean.

Thank you!



**The deadline for submitting articles for
The Caterpillar is December 15, 1999.**



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

— October 1999 - January 2000 —

AL-ANON MEETINGS

SUNDAY

- WOODDALE SUNDAY STEP MEETING** 6:00 pm
Club 12 (No Smoking) / 1695 Beaumont Dr.
- NEW BEGINNINGS** 6:30 pm
Al-Anon Adult Children Step Meeting
University Methodist Church
3350 Dalrymple Drive
- RIVER ROAD AL-ANON** 7:00 pm
St. Joseph's Church / Paulina, LA
- LISTEN & LEARN** 7:00 pm
The Tau Center / 8080 Margaret Ann Drive
- RECOVERING PARENTS NORTH** 7:00 pm
Baton Rouge General Medical Center
3600 Florida Blvd., Conference Room 1 & 2
- RECOVERING PARENTS SOUTH** 8:00 pm
Baton Rouge General Health Center
8585 Picardy off Bluebonnet

MONDAY

- MONDAY AL-ANON** 12:00 pm
AIS Office (No smoking) / 9425 Lindale, Suite B
- STEPS TO SERENITY** 12:00 pm
Club 12 (Step Meeting) / 1695 Beaumont Dr.
- HAPPINESS IS** 12:00 pm
First United Methodist Church
23645 Church Street / Plaquemine, LA
- PAPILLION** 12:00 pm
Stepping Stones Club House
1027 N. Burnside, Gonzales, LA
- NEW ROADS** 7:15 pm
Library, 201 Claiborne / New Roads, LA
- ST. ANTHONY AFG** 7:30 - 9:00 pm
White Church Hall behind Ascension Catholic Church
716 Mississippi, Donaldsonville, LA
- TRIANGLE AL-ANON** 7:30 pm
Broadmoor Methodist Church
10230 Mollylea (Corner Mollylea & Sharp)
- COMITE AFG** 7:30 pm
Blackwater Methodist Church
1000 Blackwater Rd.
- T.G.I.M. STEP MEETING** 7:30 pm
St. George New Library / 7880 Siegen Lane
- UNIVERSITY AFG** 8:00 pm
University Methodist Church (No smoking)
3350 Dalrymple Drive
- EASY DOES IT** 8:00 pm
Al-Anon Adult Children
University Methodist Church / 3350 Dalrymple Dr.

TUESDAY

- CAME TO BELIEVE** 12:00 pm
University Presbyterian Church (No smoking)
3240 Dalrymple Drive
- STRENGTH & COURAGE** 12:00 pm
Al-Anon Adult Children Step Meeting
AIS Office, 9425 Lindale, Suite B
- PAPILLION** 6:30 pm
Stepping Stones Club House
1027 N. Burnside, Gonzales, LA
- S.T.P. AFG** 7:00 pm
AIS Office (No smoking) / 9425 Lindale, Suite B
(Speaker meeting last Tuesday each month)
- TUESDAY'S CHILDREN** 7:00 pm
Al-Anon Adult Children
Unity Church of Christianity / 15525 Jefferson Hwy.
- COURAGE TO CHANGE** 8:00 pm
Lutheran Church of Our Savior
3555 Jones Creek Road

WEDNESDAY

- WEDNESDAY NOON AFG** 12:00 pm
AIS Office (No smoking) / 9425 Lindale, Suite B
- GALVEZ STEP STUDY** 8:00 pm
AIS Office (No smoking) / 9425 Lindale, Suite B
- MOLLYSHARP DISCUSSION** 8:00 pm
Broadmoor Methodist Church (No smoking)
10230 Mollylea / Mollylea at Sharp Road
- STEPPING STONES (STEP MEETING)** 8:00 pm
Magnolia Methodist Church (No smoking)
16116 Greenwell Springs Road
- STARTING OVER** 8:00 pm
St. Catherine's Catholic Church / Bayou Sorrel, LA

THURSDAY

- STEP AHEAD (STEP MEETING)** 12:00 pm
Donaldsonville Library/Mississippi & Lessard
Donaldsonville, LA
- FAITH & HOPE** 12:00 pm
Al-Anon Adult Children
AIS Office (No smoking) / 9425 Lindale, Suite B
- CONSCIOUS CONTACT** 12:00 pm
First Methodist Church (America St. entrance)
950 North Blvd., Room 108
- LIVE AND LET LIVE** 6:00 pm
AIS Office (No smoking) / 9425 Lindale, Suite B
- BAYOU AL-ANON** 7:00 pm
First United Methodist Church
23645 Church St. / Plaquemine, LA
- ST. ANTHONY AFG** 7:30 - 9:00 pm
White Church Hall behind Ascension
Catholic Church / 716 Mississippi
Donaldsonville, LA
- GOODWOOD AFG** 8:00 pm
Broadmoor Baptist Church Scout Hut
9755 Goodwood Blvd.
- ACOA STEPPING STONES** 8:00 pm
107 N. Burnside / Gonzales, LA
- BROWNSFIELD AFG** 8:00 pm
St. Isidore Catholic Church Bishop Center
(enter around side of old church-not new church)
Plank & Thomas Roads
- I AM IMPORTANT** 8:00 pm
Al-Anon Adult Children
AIS Office (No smoking) / 9425 Lindale, Suite B

FRIDAY

- POWERLESS STEP STUDY** 12:00 pm
AIS Office (No smoking) / 9425 Lindale, Suite B
- KEEP IT SIMPLE** 7:30 pm
224 N. Range Ave. / Denham Springs, LA
- T.G.I.F. / AIS OFFICE** 8:00 pm
AIS Office (No smoking) / 9425 Lindale, Suite B

SATURDAY

- JUST FOR TODAY** 9:00 am
University Methodist Church / 3350 Dalrymple Dr.
- MORNING GLORY** 9:00 am
AIS Office (No smoking) 9425 Lindale, Suite B
- SATURDAY NEWCOMERS** 2:00 pm
Club 12 / 1695 Beaumont Drive
- PRAIRIEVILLE AFG** 6:30 pm
St. John Catholic Church / CCD Building (New Bldg.)
Hwy. 73, Prairieville, LA

Alcoholics Anonymous (24 Hour Phone)
924-0030
Crisis Hotline
924-3900 • 343-8330 • 1-800-256-2322

ALATEEN MEETINGS

MONDAY

- LISTENING LEARNERS** 7:00 pm
White Church Hall behind Ascension Catholic
Church / 716 Mississippi / Donaldsonville, LA

WEDNESDAY

- PORT VINCENT HOPE** 8:00 pm
Port Vincent Community Center
Port Vincent, LA

THURSDAY

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

SATURDAY

- ST. JOHN CATHOLIC CHURCH** 6:30 p.m.
Hwy. 73 / Prairieville, LA
CCD (New Bldg.) Across hall from Al-Anon

Calendar of Events

Bowl & Putt Fund Raiser

October 24, 1999 • 2:00 - 5:00 pm
744 S. Range • Denham Springs

AIS Monthly Board Meeting

November 9, 1999 • 5:45 pm
AIS Office • 9425 Lindale, Suite B
Baton Rouge, LA

LA Area Assembly

November 20 - 21, 1999
Alexandria, LA

AA Workshop

Back To Basics
November 19-20
Friday: 7:00 pm - 9:00 pm
Saturday: 9:00 am - 6:00 pm
University School of Nursing
4849 Essen Lane

AIS Monthly Board Meeting

December 14, 1999 • 5:45 pm
AIS Office

AIS Quarterly Board Meeting

January 11, 2000 • 6:45 pm
So. Baton Rouge Church of Christ

Al-Anon Workshop

January 15, 2000 (tentative date only)