

# THE CATERPILLAR



OCTOBER  
2000

## Spiritual Awakenings— A Matter of Discovery

“Having had a spiritual awakening as the result of these steps . . .,” is a key result from working the Al-Anon Program. What does it mean to “have a spiritual awakening?” I’m sure it means different things to different people. Here are some possibilities that I have discovered in my life.

When someone says to me, “Well you screwed up again,” I have a tendency to get defensive, resentful and angry with the person making the statement. I sometimes even point out some areas where he or she screwed up even more than me.

On an occasion when I hear that comment, I evaluate what I did to warrant the statement or wonder if the person talking has had a bad day. At that point I am not emotionally moved to react. When I am in that mind-set I discover that I have had a spiritual awakening. I have grown since the last time someone commented in such a manner.

When my alcoholic does something I think is totally irrational and irresponsible, I have reacted with strong criticism in the past. Then sometimes I take a deep breath and realize that it is just the alcoholic behavior and the disease is winning at

the moment. I ask my Higher Power how I can love him more than criticize or reject him. When that happens, I realize I have had a spiritual awakening.

I sometimes go to a meeting and hear someone talk about not being able to cope with some problem he or she is facing with the alcoholic. On occasion, when that has happened, I have said to myself, “Don’t they get it? It’s clear to me just what to do about that problem.”

Then occasionally, I listen to that person talk about their pain again in a meeting and I share with them my strength, hope and courage on how the Program has been working in my life in similar circumstances. When that happens, I discover I have had a spiritual awakening.

I believe “spiritual awakenings” come in small step by step actions. We may be looking for flash of light to penetrate our lives; however spiritual awakenings may come like a flash of light with not a lot of fanfare. It is very real, though, and shows that the Program is working for us.

—Ken N.

## Mark Your Calendar

AREA ASSEMBLY  
November 11-12, 2000

AIS BOARD MEETING  
November 14, 2000

AIS QUARTERLY BOARD  
MEETING  
January 9, 2001

AL-ANON WORKSHOP  
January 2001  
Date to be announced

AL-ANON STATE  
CONVENTION  
June 1-3, 2001  
New Iberia, LA

## Message From AIS Coordinator

Thanks to all of you for prayers and help given while I was out-of-pocket the last month.

I appreciate all the people standing in at the office from 9am to 3pm. I’d also like to thank the members so willing to answer the phone after hours. You are all jewels and make this service as a coordinator a breeze.

—Joyce G.



