

The Caterpillar

9425 Lindale, Suite B, Baton Rouge, LA 70809 Phone 924-0029

October 2006

How My Group Has Helped and Served Me How I Can Help and Serve My Group

Submitted by Pebble

I have often heard from members that we have fewer Al-Anon groups than we did in years passed yet AA membership increases. **WHY? Our groups can be no better than the members who attend regularly. We are the direct agents of our Al-Anon group. Without groups with members who are involved in Service the groups do not survive. Our Service Manual states that carrying the message, as suggested in the Twelfth Step, is Service. Anything done to help a relative or friend of an alcoholic is Service – a telephone call to a despairing member or sponsoring a newcomer, telling one's story at meetings, forming groups, arranging for public information, distributing literature, and financially supporting groups, local Services and the World Service Office.**

Because the first group I attended had members willing to do Service work, there was a group which held meetings every week at the same time and place that I could attend regularly. During my early days of despair and confusion in Al-Anon the group members carried the message of hope to me. They showed up regularly and shared their experience, strength and hope with me. I could see how the program worked in their lives and this gave me the desire to change my life that was devastated by alcoholism. I was encouraged to participate in the group by performing Service work. As I became more involved with Al-Anon Service the alcoholic in my life became less predominate in my thoughts. I became more focused on my recovery. Thank God our Service leaders at all levels were blessed with the characteristics of tolerance, responsibility, flexibility and vision which contributed to my present level of recovery.

How have you given back to the Al-Anon group you attend? Have you helped others to change their attitudes so they are able to solve problems that are caused by the family illness of Alcoholism? This is the purpose of Al-Anon and keeps it flourishing.

AIS SERVICE WORKERS NEEDED

Contact Rosemary E. @ 924-0029

Telephone Night Duties

October

2-8 Came to Believe
9-15 Gonzales
16-22 Wakefield
23-29 Wednesday Noon

November

6-12 Morning Glory
13-19 Recovering Parents
20-26 River Road
27-Dec 3 Stepping Stones

December

4-10 Wooddale Sunday Step
11-17 Greenwell Springs
18-24 Goodwood
25-31 Monday Steps to
Serenity

Cecile V

Night Telephone Chairman
924 0029

MEETING SCHEDULE

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

SEPTEMBER 2006

TUESDAY

CAME TO BELIEVE 12:00PM
University Presbyterian Church
3240 Dalrymple Drive
(No Smoking) Dist. 13

STRENGTH AND COURAGE 12:00PM
Al-Anon Adult Children Step Meeting
AIS Office Dist. 4
9425 Lindale, Suite B

SERENITY CLUB 6:00PM
7519 Amite Church Road
Denham Springs, LA Dist. 4

GONZALES AFG 6:30PM
1125 W. LA Hwy 30
St. Elizabeth's Hospital
Gonzales, LA Dist. 9

ST. FRANCISVILLE GROUP 7:30 PM
St. Francisville Methodist Church
9356 Royal Street
St. Francisville, LA Dist. 16

COURAGE TO CHANGE 8:00 PM
Lutheran Church of Our Savior
3555 Jones Creek Rd Dist 4

WEDNESDAY

WEDNESDAY NOON AFG 12:00 PM
AIS Office (No Smoking)
9425 Lindale, Suite B Dist. 4

ST. ANTHONY AFG 7:00 PM
Mississippi Street
(bldg. next to Ascension Church)
Donaldsonville, LA Dist. 9

MOLLYSHARP DISCUSSION 8:00 PM
Broadmoor Methodist Church
10230 Mollylea Dist. 4
(Corner Mollylea & Sharp)

STEPPING STONES (Step Mtg.) 8:00 PM
Magnolia Methodist Church (No smoking)◆
16116 Greenwell Springs Road
(Speaker mtg 3rd Weds of month) Dist 16

THURSDAY

FAITH & HOPE 12:00PM
AIS Office (Al-Anon Adult Children)
9425 Lindale, Suite B
(No Smoking) Dist. 4

GREENWELL SPRINGS AFG 6:30PM
Greenwell Springs Baptist Church b
19421 Greenwell Springs Rd.
Greenwell Springs, LA Dist. 16

BAYOU AL-ANON 7:00PM
First United Methodist Church
23645 Church St.,
Plaquemine, LA Dist. 13

ZACHARY AL-ANON 7:00PM
Zachary United Methodist Church
4205 Church St, in Church Office
Zachary, LA (Hwy 64) Dist. 16

GOODWOOD AFG 8:00PM
Broadmoor Baptist Church
Scout Hut
9755 Goodwood Blvd. Dist. 4

I AM IMPORTANT 8:00PM
AIS Office (Al-Anon Adult Children)
9425 Lindale, Suite B
(No Smoking) Dist. 4

FRIDAY

POWERLESS STEP STUDY 12:00 PM
AIS Office
9425 Lindale, Ste B
(No Smoking) Dist 4

DENHAM SPRINGS AFG 8:00 PM
941 Government Dr ◆
Denham Springs, La
(Courthouse Lobby, No Smoking) Dist 4

SMALL WORLD AFG 8:00 PM
3448 Mary Street
(off Hospital Road, behind Tex-Mex)
New Roads, LA Dist.16

T.G.I.F. 8:00 PM
AIS Office
9425 Lindale, Suite B
(Meets 3 of 4 Fridays, No Smoking) Dist 4

SATURDAY

JUST FOR TODAY 9:00AM
University Methodist Church b

Trice Building, Upstairs
3350 Dalrymple Dr. Dist. 13

MORNING GLORY 9:00AM
AIS Office
9425 Lindale, Suite B
(No Smoking) Dist. 4

SATURDAY NEWCOMERS 2:00PM
Club 12 b
1695 Beaumont Drive
Front Building Dist. 14

PRAIRIEVILLE AFG 6:30 PM
St. John Catholic Church ◆
CCD Building, LA Hwy 73
Prairieville, LA Dist. 9

WAKEFIELD AFG
Wakefield Baptist Church 7:00PM
LA HWY 61, near St. Francisville ◆
Wakefield, LA Dist 16

◆ AA also meets

websites

www.la-al-anon.org
www.al-anon-alateen.org

Baton Rouge
Area Information Services
9425 Lindale, Suite B 70815

Al-Anon/Alateen 924-0029
(24 Hour Phone)

AA PHONE 388-0069

ALATEEN MEETING

THURSDAY

NEW ALATEEN MEETING 6:30 PM
AIS Office
9425 Lindale, Suite B Dist. 4

AL-ANON MEETINGS

SUNDAY

WOODALE SUNDAY STEP AFG 6:00 PM
Club 12 (No Smoking) ◆
1695 Beaumont Drive Dist. 14

RIVER ROAD AL-ANON 7:00PM
Most Sacred Heart of Jesus
(Rectory, side entrance)
Gramercy, LA Dist. 9

LISTEN & LEARN 7:00PM
The Tau Center ◆
8080 Margaret Ann Drive
(off Essen Lane)
(See Receptionist for Rm location) Dist. 9

RECOVERING PARENTS NORTH 7:00PM
Baton Rouge General Hospital
3600 Florida Blvd.,
Human Resource Conference Rm Dist. 14

RECOVERING PARENTS SOUTH 8:00PM
The Tau Center
8080 Margaret Ann Drive
(off Essen Lane)
(See Receptionist for Rm location) Dist. 9

MONDAY

MONDAY DISCUSSION 12:00PM
AIS Office (No Smoking)
9425 Lindale, Suite B Dist. 4

STEPS TO SERENITY 12:00PM
Club 12 (Front Room) ◆
1695 Beaumont Drive
Dist. 14

HAPPINESS IS 12:00PM
First United Methodist Church
23645 Church Street
Plaquemine, LA Dist. 13

TUESDAY'S CHILDREN ACOA 7:00PM
The Tau Center
8080 Margaret Ann Drive (off Essen Lane)
(See Receptionist for Rm location) Dist. 9

NEW ROADS MONDAY 7:15PM
Pointe Coupee Library,
201 Claiborne Ave.
New Roads, LA Dist. 16

TRIANGLE AL-ANON 7:30PM
Broadmoor Methodist Church
10230 Mollylea
(Corner Mollylea & Sharp) Dist. 4

T.G.I.M 7:30PM
St. George New Library ◆
7880 Siegen Lane Dist. 9

Al-Anon/Alateen 924-0029
(24 Hour Phone)