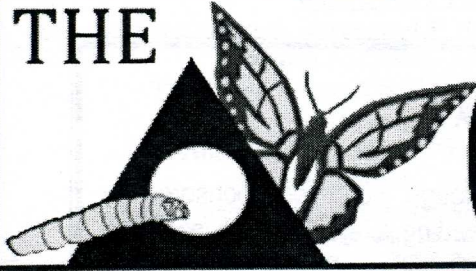


THE



# 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)

## Behind the Curtain ~ Service Work

Terry C. Baton Rouge

I arrived at my first Al-Anon meeting in crisis. After several months of "coming back", I noticed someone collected the money from the donation basket after the meeting. Someone else brought coffee and cups. There were newcomer packets and schedules available. And a "G.R." was going to "Area Assembly", whoever and whatever that was. I had been a volunteer in the past, but my life was too out of whack to assist.

After some time, I offered to help in ways that would not over commit me, small things. I arrived early to make coffee and stayed after meetings to welcome newcomers. Someone asked me to be in a skit for an Al-Anon workshop, and I said yes. Our group passed a list to take after-hours calls from the Al-Anon Information Service Office (AIS), generally folks looking for meeting locations, and I signed up for one evening. Eventually I became Treasurer for my Home Group, and recently sold raffle tickets at the door for an Al-Anon event.

There are lots of folks behind the scenes that keep our fellowship moving forward. What can you do? Ask your sponsor to suggest service work. Offer to help with an event - registration, food, flyers - something you enjoy. Volunteer to be a Group Representative (that's a G.R.) or Alternate G.R. for a meeting you attend regularly (aka Home Group). Volunteer once a month at the AIS office from 9am - 3pm, and catch the noon meeting while you are there. Attend an AIS Quarterly Meeting to learn about service committees and find one that interests you. Say "yes" if you would like to, and pass if it exceeds your desire to commit. We are all growing, learning, healing.

There are payoffs! You can get to know members outside of the meetings, practice healthy relationships, and be "a part of" carrying the message with chairs ready and lights on when the next newcomer arrives.

## Gifts I Have Received from Al-Anon

Pat I. Baton Rouge

Serenity ~ Happiness ~ Trusting God ~ Finding Myself ~ Liking Myself ~ Learning to Listen  
Allowing Others to Live their Own Lives ~ Understanding of this Illness ~ Understanding of Myself  
Acceptance ~ Close Relationship with God ~ Self-Esteem ~ Choices

## Recovery DOES Work

Cindy L. Baton Rouge

Times when life feels most grueling and I can't force myself to do the next right thing, I pick up an Al-Anon book and read, make a phone call, or simply allow myself to feel and remind myself, "This too shall pass." Times when things were unpleasant or hard, I needed more meetings and self-care. I needed to be gentle with myself. Each time, I eventually came back to myself and found I was better than I had been in the first place. Recovery DOES work.



## **Sharing Our Experience, Strength, and Hope Workshop**

*Clara E. Baton Rouge*

Thirty-six Al-Anon members gathered Saturday August 29, 2009 at a Baton Rouge workshop sponsored by Louisiana District 13 and the Baton Rouge AIS Office. Members participated in writing exercises such as listing "The gifts I've received in Al-Anon," "Al-Anon tools that give me strength," and "Qualities of my Higher Power." After sharing their lists with the entire group during brainstorming sessions, participants were encouraged to choose one item on their list and write about it for 5-7 minutes. Volunteers shared their writings with the entire group after each writing exercise. Several of these writings are included in this newsletter. Keep writing!!

## **COMMITMENT and DISCIPLINE**

*Jay P. Baton Rouge*

The disease of alcoholism brought me to my knees. I admitted my powerlessness in saving an alcoholic from a strong grip of addiction and suffering. My obsession with an alcoholic loved one made my life unmanageable. After a long struggle, I finally surrendered to my powerlessness and unmanageability. I chose to abandon the old way of living and made a decision to search for a new way as suggested in Al-Anon's *Three Legacies – the 12 Steps, 12 Traditions and 12 Concepts of Service*. I made a commitment to myself that I would make my recovery a top priority, to learn how to apply the steps to my spiritual recovery. I made a second commitment to God; became willing to trust God, seek God's will for my life and do my best to live according to God's will as I understood it. Remaining focused on these two personal commitments I spent all available time to work the Steps for one year. During this time my marriage and my career both failed. My two personal commitments were guiding lights that helped me through these crises without losing hope for a better tomorrow.

My two personal commitments and discipline to stay focused on working the steps helped me emerge as a spiritually strong person. I accepted my losses and understood how my character defects and character assets pushed to obsession had played a major role in my failures. After completing the steps, I came across a wonderful lady very active in Al-Anon service who later became my Service Sponsor. She took me to workshops, conventions and Area Assemblies. This gave me glimpses of the other side of Al-Anon that I could not see by just attending meetings. By this time I was dating a wonderful lady who I married two years later and also found a new job which led me to build a new and exciting career. My service sponsor got me started on practicing the *Three Legacies* in my personal life. I began to assume service responsibilities and have been active in service for the last twenty years.

God had sent just what I needed to build my new marriage and career on a strong spiritual foundation. My first two commitments were to myself and to God which were under my full control. But now I am becoming willing to make commitments to other people to rebuild my personal and professional relationships where I had been hurt the most in the past. Through the participation in Al-Anon service I found many tools providing guidance in making these new commitments and importance of discipline necessary for success.

Al-Anon Legacies are a complete set of guidelines equally effective in rebuilding broken relationships, improving existing relationships and building new relationships. These guidelines are very flexible but with a very strong backbone. These guidelines have helped me transplant the legacy's strong backbone into my relationships. They do bend, turn and twist. But when the storm is over, they stand up taller and stronger than ever before.



### Where Does Your Donation Go?

After covering group expenses such as rent, literature, coffee, and sending your GR to Area Assembly, your group also supports:

The Baton Rouge AIS (Al-Anon Information Service) Office,  
Louisiana Area Assembly,  
Al-Anon Family Groups (AFG) World Service Office (WSO),  
and the Louisiana State Al-Anon Convention.

**Treasurers, please remember to include your Group ID#, District and Area #'s on your checks. Thank you!!**

### AIS Officers 2009-2010

Chair - Angela A.  
Chair-Elect - Kay B.  
Secretary - Brad L.  
Treasurer - Carol W.

### Coordinators

Night Phones - Todd B.  
Schedules - Marsha R.  
Literature - Bill W.  
Alateen - Ananda A.  
Office - Kayren A.  
CPC - Ashley L.  
Media Library - Parker D.  
Public Information - Bill S.  
Newsletter - Terry C.

Group Name	Amt. contributed
Alateen	
Bayou Alanon AFG	
Came to Believe AFG	\$301.30
Courage to Change AFG	\$60.00
Faith & Hope AFG	\$128.00
Followers AFG (Alateen)	
Gonzales AFG	\$166.00
Gonzales AFG, Too	\$84.00
Goodwood AFG	\$40.00
Just for Today AFG	\$480.00
Listen & Learn AFG	\$500.00
Molly Sharp Discussion AFG	\$140.00
Monday Discussion AFG	\$108.00
Morning Glory AFG	\$200.00
New Roads Monday AFG	
Powerless Step Study AFG	\$115.85
Practice These Principles AFG	
Prairieville AFG	
Recovering Parents South AFG/Sun	\$250.00
Recovering Parents South AFG/Wed	
River Road AFG	
St. Anthony AFG	
St. Francisville Group	
Saturday Newcomers AFG	\$25.00
Small World AFG	
Stepping Stones AFG	\$70.80
Steps to Serenity AFG	
Strength and Courage AFG	\$166.82
T.G.I.F. AFG	\$132.00
T.G.I.M. AFG	
Triangle AFG	\$150.00
Wednesday Noon AFG	\$49.00
Wooddale Sunday Step	\$30.00
YALL AFG	
Zachary Al-Anon	\$25.00

### Coming Events

- ✓ Nov 14, 15 Area Assembly      Holiday Inn South
- ✓ Jan 8- 10 Red Stick Round-up      Holiday Inn South
- ✓ Jan 12 AIS Quarterly Meeting      615pm @ AIS Office
- ✓ July 1 - 4 AA Int'l Conference      San Antonio TX
- ✓ July 16-18 Al-Anon State Conv.      Lafayette LA

### Spread the Word!

The Y.A.L.L. Young Adults Al-Anon Family Group is meeting regularly on Sundays at 5:30 PM at the TAU Center. A special focus group, Y.A.L.L. targets young adults ages 20 to 35, though open to all, to share their experience, strength and hope with one another in the spirit of Al-Anon Family Groups. Pass the message to any young adults you may know who might wish to participate! Look forward to seeing you there!

### Interested in a Women's Meeting?

I recently had a spiritual experience that has inspired me to start a Women's Al-Anon Meeting in Baton Rouge. There is a special place in my heart for all the men in the program, don't get me wrong! This meeting, however, would be a safe place where women can be free to share on specific topics of interest.

### Interested in an Eleventh Step (prayer and meditation) Meeting?

An Eleventh Step Meeting is an opportunity to practice non-denomination prayer and meditation together. It can be easier to meditate in a group because it provides discipline without distractions, and the energy of the group makes it easier to maintain a meditative state. The format to the meeting would be 10 minutes of quiet meditative listening followed by sharing. This meeting would be open to any Al-Anon members who want to improve our conscious contact with our higher power, regardless of where we may be in our step work.

*If you are interested in helping start an 11<sup>th</sup> Step Meeting or Women's Meeting, call 924 0029 and leave message for Betty P with your contact info*



# MEETING SCHEDULE

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

**OCTOBER 2009**

## 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** 7:00PM  
 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 SOUTH** 8:00PM  
 Baton Rouge General Health Center  
 8585 Picardy, (off Bluebonnet)  
 Women's Center Conference Room  
 (third doorway) Dist. 9

## MONDAY

**MONDAY DISCUSSION** 12:00PM  
 AIS Office (No Smoking)  
 9417 Brookline Dist. 14  
**STEPS TO SERENITY** 12:00PM  
 Club 12 (Front Room) ♦  
 1695 Beaumont Drive  
 (Book Study) Dist. 14  
**PRACTICE THESE PRINCIPLES** 7:00PM  
 The Tau Center (ACOA)  
 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  
 (Community Ministries Bldg) Dist. 4  
**T.G.I.M** 7:30PM  
 St. George New Library ♦  
 7880 Siegen Lane Dist. 9

## TUESDAY

**CAME TO BELIEVE** 12:00PM  
 University Presbyterian Church  
 3240 Dalrymple Drive  
 (No Smoking) Dist. 13  
**STRENGTH AND COURAGE** 12:00PM  
 AIS Office Step Meeting  
 9417 Brookline Dist. 14  
**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)  
 9417 Brookline Dist. 14  
**ST. ANTHONY AFG** 6:00 PM  
 716 Mississippi Street  
 (bldg. next to Ascension Church)  
 Donaldsonville, LA Dist. 13  
**MOLLYSHARP DISCUSSION** 8:00 PM  
 Broadmoor Methodist Church ♦  
 10230 Mollylea  
 (Community Ministries Bldg) 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

## THURSDAY

**FAITH & HOPE** 12:00PM  
 AIS Office (Al-Anon Adult Children)  
 9417 Brookline  
 (No Smoking) Dist. 14  
**GONZALES AFG, TOO** 6:30PM  
 Stepping Stones  
 1027 N. Burnside Ave.  
 Gonzales, LA Dist. 9  
**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, Church Fellowship Hall  
 Zachary, LA (Hwy 64) Dist. 16  
**GOODWOOD AFG** 8:00PM  
 Broadmoor Baptist Church ♦  
 Scout Hut  
 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** 9:00AM  
 University Methodist Church  
 Trice Building, Upstairs  
 3350 Dalrymple Dr. Dist. 13  
**MORNING GLORY** 9:00AM  
 AIS Office  
 9417 Brookline  
 (No Smoking) Dist. 14  
**SATURDAY NEWCOMERS** 2:00PM  
 Club 12 ♦  
 1695 Beaumont Drive  
 Front Building Dist. 14  
**PRAIRIEVILLE AFG** 6:30PM  
 St. John's Catholic Church  
 Hwy 73, Prairieville Dist. 9

♦ AA also meets

**AA PHONE 930-0026**

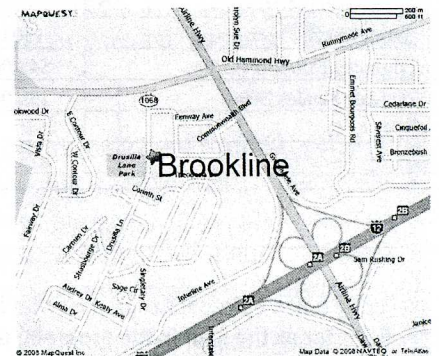
### Websites

Louisiana Al-Anon:

[www.la-al-anon.org](http://www.la-al-anon.org)

Al-Anon World Service:

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)



### Baton Rouge

**Al-Anon Information Services**  
 9417 Brookline 70809

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