



Al-Anon Information Service Office ~ 9417 Brookline ~ Baton Rouge LA 70809 ~ (225) 924-0029
Office Hours M/W/F 9 a.m. til 3 p.m. (Call ahead to verify daily volunteer staffing.)
WWW.BATONROUGEALANON.ORG

Becoming Healthy

Before working the steps with a sponsor in Al-Anon, I did not trust myself or life's process. I felt anxious about everything because I had no confidence in myself or that things would work out. I listened to and trusted whomever I turned over my power, even if their views went against everything I knew in my heart, because I wanted someone else to take care of me. When things didn't work out, I felt victimized because I trusted that person more than I trusted myself. I looked at the parts I liked instead of confronting the whole reality.

Through working the steps in Al-Anon, I learned to trust myself by building a self that could be trusted. I gained the capacity to trust life's process to a level unimaginable to me in my former life. Having non-traditional spiritual beliefs, I was hesitant to let go of my tight grasp on figuring things out and making things happen. But I desperately needed to live differently and so I became willing to try. I recognized that I do not have to have traditional religious beliefs in order to be more trusting of life's process.

I also began journaling and meditating. Journaling about my path in Al-Anon helped me identify where I was and where I wanted to be. Meditation helped me pause, relax, and detach from the situations I faced so I could reflect and let go when I wanted to control the outcomes. I still journal and meditate. Sometimes I return to those early journals and it becomes clear how far I have come; how much more healthy I have become.

Today I am a lot better at letting go and allowing myself to discover what will be. I learned to stand on my own two feet and confront the parts I don't agree with. I've stopped giving my denial the power to hurt me and I don't feel like a victim. My life is more manageable because I acknowledge the full truth.

Donna S.

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BATON ROUGE AIS OFFICE CONTACT & DONATION INFORMATION

For donations make checks payable to:

Baton Rouge AIS Office
9417 Brookline Ave., Baton Rouge, LA 70809-1429
WEBSITE www.batonrougealanon.org
24-HOUR Phone (225) 924-0029

WEBSITES TO EXPLORE

LAFAYETTE www.acadianaafg.org
LAKE CHARLES www.lakecharlesafg.weebly.com
NEW ORLEANS www.neworleansafg.org
STATE OF LOUISIANA www.la-al-anon.org
WSO www.al-anon.org

Upcoming Events

Quarterly Multi-District Meeting	April 11, 2023
Area Assembly (in person)	April 15, 2023
BRAIS Board Meeting	June 13, 2023
Quarterly Multi-District Meeting	July 11, 2023
Area Assembly (virtual)	August 19, 2023
BRAIS Board Meeting	September 12, 2023
Quarterly Multi-District Meeting	October 10, 2023
AWSC (virtual)	October 14, 2023
Area Assembly (in person)	November 4, 2023
BRAIS Board Meeting	December 12, 2023



Please note: There are currently no dates established for this year's Convention.

If you or your group would like to announce an upcoming event, please contact me at caterpillar.online@yahoo.com with the details and your phone number.

Highlight on CAL

This column is set aside for exploring our vast collection of literature. This issue's focus is on *Hope for Today*.

I always prided myself on being in control of my faculties. So it came as quite a shock when I realized that I used the buzz of busyness the same way my alcoholic relatives used the buzz of alcohol – to anesthetize myself and to isolate. I was always filling every minute with the noise of “important” activity. My life was one big, busy evasion.

I wasn't exactly a workaholic, but at various times I was a learn-aholic and an achieve-aholic, all the while never focusing on my relationship with my Higher Power, with others, and with myself. Fortunately, an Al-Anon friend reminded me that who I am, not what I do, makes me worthwhile. Now, I'm keeping the focus on me – my thoughts, feelings, motives, and attitudes. When I keep these parts of myself on track, my activity becomes a reflection of, rather than a running away from, a healthy self. Today, I can quiet myself to listen for God's whispers and hear my heart's own spontaneous response.

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STATE AND WORLD SERVICE DONATION & CONTACT INFORMATION

At the State Level: Donations Payable to: Louisiana AFG Area Assembly
Mail to: Louisiana AFG Area Assembly
518 S. Jefferson Avenue, Apt. 601
Covington, LA 70433
Website – www.la-al-anon.org
Member password: serenity

At the WSO (WORLD SERVICE OFFICE OF AL-ANON) Level:
Donations payable to and mail to: AFG, INC.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
Website - <http://www.al-anon.org>



Photo by Becky O.

Subscribe to the quarterly Caterpillar online by entering your email address in the signup box on the Caterpillar page at batonrougealanon.org and hitting submit.

A Seed Planted

I knew about Al-Anon for two years before I went to my first meeting. When I was married to my first husband, I was working as a hairdresser two days a week. At least one of those days each week, I would cry at work because of some crisis that happened because of my husband's drinking. The guy I worked for knew about Al-Anon. Every week he told me, "You really need to go to Al-Anon. It would help you."

Finally, something happened, and I was so overwhelmed I got the phone book and called Al-Anon for meeting days and times. I went to my first Al-Anon meeting that day, May 14, 1980. So you see, sometimes it takes that seed that's been planted a long time to be ready to grow. Like an alcoholic, I had to reach my bottom and get desperate enough to want recovery.

There is no doubt in my mind that God led me to that particular shop to work with that man. If Ervin had not planted that seed and kept reminding me about Al-Anon, I might not be alive today. I am forever grateful.

God allowed me to be miserable and desperate enough to want Al-Anon. Pain is what got me to Al-Anon and wanting to maintain my serenity is the reason I stay. Al-Anon has helped me in every area of my life. Every gift I have received from God and Al-Anon are gifts that all the money in the world could not have bought.

Over the years, thousands of tiny seeds have been planted in my Al-Anon garden and I have had beautiful gardens along the way.

Genie P.



A Family of Strangers

I find it so very difficult to keep myself emotionally available in situations where conflict may arise. During my childhood, conflict meant my physical and emotional wellbeing was at risk, and my only escape was withdrawal. As the youngest and the smallest, withdrawal meant running away, finding a small place to hide where those who might pursue me either could not follow or whose anger would have worn out by the time they reached me.

Unfortunately, this life-long habit of withdrawal has also meant isolating myself to feel safe. Now as an adult, the God of my understanding places me in situations where I can learn new skills. Although I often find it uncomfortable, I am slowly beginning to recognize and understand that conflict does not mean risk, it is simply a difference of opinion. Through Al-Anon service, I have been given an opportunity to observe others express their thoughts and feelings while others who may not agree listen in a respectful way.

Although I am now well over a half-century old, when I see this behavior, it always surprises me. In my head and heart, I know it is my Higher Power showing me I can choose a different way to live, that I don't have to be afraid, no one means me ill will, and I don't have to withdraw. I don't have to keep picking up the old tools of my family of origin, I have the opportunity to pick up and use new tools, the tools I am learning through a new family, a family of people who were once strangers, my family of Al-Anon.

Kathie P.

MEETING SCHEDULE AS OF MARCH 27, 2023
SCHEDULE SUBJECT TO CHANGES OFTEN

ALATEEN MEETINGS

MONDAY

MEETING IS ELECTRONIC
STATEWIDE ALATEEN MEETING
7:00 PM

Contact local AMIAS via email at
AlateenBR@yahoo.com
 for information to attend

AL-ANON MEETINGS

SUNDAY

WOODALE SUNDAY STEP AFG 4:30 PM
 AIS Office, 9417 Brookline
Baton Rouge, LA Dist. 14
 LISTEN & LEARN 6:30 PM
 AIS Office, 9417 Brookline
Baton Rouge, LA Dist. 14

MONDAY

STEPS TO SERENITY 12:00 PM
 Club 12 1695 Beaumont Dr.
 (Meeting is in Front Building with Ramp)
Meeting room closed on major holidays so
no meeting can be held
Baton Rouge, LA Dist. 14
 MONDAY DISCUSSION 12:00 PM
 AIS Office, 9417 Brookline
Baton Rouge, LA Dist. 14
 ZACHARY AL-ANON, TOO 11:00 AM
 Zachary United Methodist Church
 4205 Church St
 (in Children's Sunday School Bldg.)
Zachary, LA (Hwy 64) Dist. 16

MEETING IS ELECTRONIC

T.G.I.M 7:00 PM
 Step & Tradition Study
FOR INFORMATION TO ATTEND EMAIL
achaney1106@yahoo.com
Baton Rouge, LA Dist. 9

HISPANIC MEETING (En Lunes)
 SOLO POR HOY 7:00 PM
 AIS Office, 9417 Brookline
Baton Rouge, LA Dist. 14

TUESDAY

CAME TO BELIEVE 12:00 PM
 Grace Baptist Church, 630 Richland Ave
Baton Rouge, LA Dist. 14
 HOPE ABOUND AFG 12:00 PM
 Fairwood Library,
 12910 Old Hammond Hwy
 (DISCLAIMER: The Al-Anon support
 program is not sponsored or endorsed by
 the East Baton Rouge Parish Library)
Baton Rouge, LA Dist. 4
 RIVER ROAD AL-ANON 4:00 PM
 Sacred Heart Catholic Church, 616 Main St
 (Meets in Rectory, side entrance facing
 Colonial Sugar)
Gramercy, LA Dist. 9
 STRENGTH AND COURAGE 12:00 PM
 AIS Office, 9417 Brookline
Baton Rouge, LA Dist. 14
 WE SURRENDER AFG 6:00 PM
 Luke 10:27 Church, 536 Centerville St.
Denham Springs, LA Dist. 4

TUESDAY continued

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

WEDNESDAY

WEDNESDAY NOON AFG 12:00 PM
 AIS Office, 9417 Brookline
Baton Rouge, LA Dist. 14

MEETING IS ELECTRONIC

OLD PERKINS ROAD GROUP 6:00 PM
 FOR INFORMATION TO ATTEND EMAIL
oldperkinsalanon@gmail.com
Prairieville, LA Dist. 9

HISPANIC MEETING (En Miercoles),
APRENDIENDO a VIVIR GFA 6 - 8 PM

AIS Office, 9417 Brookline
Baton Rouge, LA Dist. 14

STEPPING STONES (Step Mtg.) 7:00 PM
 Magnolia Methodist Church,
 16024 Greenwell Springs Road
Greenwell Springs, LA Dist. 16

MOLLYSHARP DISCUSSION 7:30 PM
 Broadmoor Methodist Church

10230 Mollylea, Adult Building, Room 103
 Facility closed on major holidays so no
 meeting can be held

Baton Rouge, LA Dist. 4

THURSDAY

DOWNTOWN-NOON AFG 12:00 PM
 (Al-Anon Adult Children)
 St. Joseph's Cathedral, 412 North St.,
 New Parish Hall, Meeting Room -2
Baton Rouge, LA Dist. 14

FAITH & HOPE 12:00 PM
 AIS Office, 9417 Brookline
Baton Rouge, LA Dist. 14

GONZALES AFG, TOO 6:30 PM
 Stepping Stones, 1027 N. Burnside Ave.
Gonzales, LA Dist. 9

FACE TO FACE MEETINGS SUSPENDED
UNTIL FURTHER NOTICE

BAYOU AL-ANON 7:00 PM
 Plaquemine, LA Dist. 13

FRIDAY

POWERLESS 12:00 PM
 Alternate Step/Tradition meeting
 AIS Office, 9417 Brookline
Baton Rouge, LA Dist. 14

HISPANIC MEETING (En Voermes)
APRENDIENDO a VIVIR GFA 6 - 8 PM

AIS Office, 9417 Brookline
Baton Rouge, LA Dist. 14

SATURDAY

SATURDAY SUNRISE AFG 7:30 AM
 Chapel of the Cross Lutheran Church,
 3235 Dalrymple Dr.

(Meeting in parking lot behind church near
 LSU Lake, bring your own chair NO
 FACILITIES available)

Baton Rouge, LA Dist. 13

JUST FOR TODAY 9:00 AM
 Grace Baptist Church, 630 Richland Ave
Baton Rouge, LA Dist. 14

SATURDAY continued

RIVER CITY AFG 9:00 AM
 Broadmoor Methodist Church
 10230 Mollylea, Adult Building, 2nd floor
 (Facility closed on major holidays so no
 meeting can be held)
Baton Rouge, LA Dist. 4

MORNING GLORY 10:30 AM
 AIS Office, 9417 Brookline

Can join MEETING ELECTRONICALLY
TO ATTEND USE ZOOM

<https://zoom.us/>
Meeting ID: 82844044746
Passcode: 191410

Baton Rouge, LA Dist. 14

SATURDAY NEWCOMERS 2:00 PM
 AIS Office, 9417 Brookline

Baton Rouge, LA Dist. 14

PRAIRIEVILLE AFG 6:30 PM
 St. John's Catholic Church, 15208 Highway
 73,

(St John Education Bldg., sign on door)
Prairieville, LA Dist. 9

MEETING IS ELECTRONIC
Legacy Study AFG 9:00 AM

FOR INFORMATION TO ATTEND EMAIL
GRLegacyStudyAFG@gmail.com
Baton Rouge, LA Dist. 14

Baton Rouge AIS/LDC Office

DISTRICTS 4, 9, 13, 14 & 16

9417 Brookline, BR, La. 70809

Al-Anon/Alateen

(24 Hour Phone)

(225) 924-0029

Email: braiswebsite@gmail.com

to schedule literature purchases

Websites

Baton Rouge Al-Anon:

www.batonrougealanon.org

Louisiana Al-Anon:

www.la-al-anon.org

Al-Anon World Service:

www.al-anon.alateen.org

AA PHONE (225) 930-0026