



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](http://WWW.BATONROUGEALANON.ORG)

### *Surrendering "If Only..."*

I sometimes find myself obsessed with "if only." If only I had made different choices, if only those around me acted differently, if only the world worked differently. Upon reflection, I am able to see how this obsession made things much more difficult than they had to be.

When I think of things in terms of "if only," I forget that my Higher Power has a role in all of this as well. I am getting better at knowing myself and what I want and need. But at the end of the day, it is all subject to my Higher Power's will. This only becomes a bad thing when I obsess about how I think things should be instead. Regardless, I must still be gentle with myself.

My obsession with "if only" has a lot to do with the daydreaming I would do growing up. I would spend a lot of time thinking about alternate realities and how things might be better "if only." But now I realize it was quite possibly the only way I knew how to process any difficult feelings I had about my situation or circumstances. Today, I am so grateful to have awareness of what is going on when I do this and the ability to do something different when I catch it.

E. R. B.  
Baton Rouge

### **Judging Myself**

Before recovery, I never really thought of myself as a judgmental person. I did my best to embrace caring about others, even those very different from myself, but it was mostly superficial. I had reasons for my prejudices, experiences in some cases, but it was mostly what I was taught by family and the culture that surrounded me.

In Al-Anon, after taking the third step, I was becoming aware that my Higher Power had opened me toward revealing myself as fully as possible. I heard the phrase, "We are only as sick as our secrets." That resonated with me, as I had grown up with lies and secrecy and had squirmed under the nameless weight of it. I wanted to be healthy, well, and dwell with the Spirit within as I was coming to embrace its power in my life.

In taking my fourth step, I gave deeper thoughts to and began to examine my prejudices for truth. Before I could address my judgment of others, I had to look at myself differently, and essentially, stop judging myself for judging others. I had begun to recognize myself as a worthy, loving person, abandoning fear for love, detached from any outcome, reliant on my Higher Power. I could change my heart toward myself in this way, and I could change my heart and mind about others.

Anonymous

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## Upcoming Events

AWSC (virtual)	April 13, 2024
Area Assembly (in person)	May 4, 2024
BRAIS Board Meeting	June 11, 2024
Quarterly Multi District Meeting	July 9, 2024
AWSC (virtual)	August 3, 2024
Area Assembly (virtual)	August 24, 2024
BRAIS Board Meeting	September 10, 2024
Quarterly Multi District Meeting	October 8, 2024



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

**New Meeting!**  
**Fridays at 6:00 pm**  
**9417 Brookline Ave.**  
**Baton Rouge, LA 70809**



### STATE AND WORLD SERVICE DONATION & CONTACT INFORMATION

At the State Level: Donations Payable to: Louisiana AFG Area Assembly  
Mail to: 518 S. Jefferson Avenue, Apt. 601  
Covington, LA 70433  
Website – [www.la-al-anon.org](http://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>

### 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](http://www.batonrougealanon.org)  
24-HOUR Phone (225) 924-0029

### WEBSITES TO EXPLORE

LAFAYETTE [www.acadianaafg.org](http://www.acadianaafg.org)  
LAKE CHARLES [www.lakecharlesafg.weebly.com](http://www.lakecharlesafg.weebly.com)

NEW ORLEANS [www.neworleansafg.org](http://www.neworleansafg.org)  
STATE OF LOUISIANA [www.la-al-anon.org](http://www.la-al-anon.org)  
WSO [www.al-anon.org](http://www.al-anon.org)

### Office Volunteers Needed!

Weekdays, 9:00 am – 3:00 pm, once a month.  
Please call Carrie at (504) 701-8446 to sign up.

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

### HEAR YE, HEAR YE

Louisiana has its first electronic group (Legacy Study AFG) registered in District 14 as a part of our service structure.

Please join us on Saturdays at 9:00 am via Zoom. For information to attend, e-mail: [GRLegacyStudyAFG@gmail.com](mailto:GRLegacyStudyAFG@gmail.com) or go to <https://meetings.al-anon.org/electronic-meeting-page/> and type "Baton Rouge" in the search, checkmark Saturday and you will find the log in info to join!

The Legacy meeting regularly delves into the Traditions and the Concepts as well as the Twelve Steps. Please consider logging in if your Saturday morning could use a dose of Al-Anon.....and you can attend in your pajamas!

1st Saturday is Step of the month

2nd Saturday is Tradition of the month

3rd Saturday is Concept of the month

4th and 5th Saturdays are Open discussion

Hope to see you there!

Sincerely,  
Rosey

### First Things First

One of the benefits of working my program is the slogan, "First Things First." Along with this slogan is the thought of doing the next right thing in whatever situation I find myself. I find that my emotions are settled and I am peaceful as I attend to the next right thing that I encounter. I stay present with what is going on at this moment rather than obsess and worry about something that only the future holds and that my Higher Power is yet to reveal to me.

A friend once told me, "Be where your feet are." It was helpful in stopping myself from future tripping and living in some even regret of my past failings. It is something I am working on daily, and though I often fail, I have gained more moments of serenity than ever before as I practice.

By putting first things first as they are revealed to me, I revel in the mystery and awe of discovery. I don't have to know what will happen next or be overly attached to outcomes. I can enjoy the process and watch life unfold, acting when I am called upon, doing my best and being willing to fail and get up again when I do. When I don't do this, and get caught in obsession and unhealthy attachment, I miss *this* moment.

In recovery, I discovered that there was much of life that I missed out on because of worry and regret. My commitment to my recovery means that I approach each moment differently than I did before, treating each moment and every encounter as a gift and an opportunity for change. First Things First helps me to make the most of each moment and create a new, healthier life for myself.

Shelley B.

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**MEETING SCHEDULE AS OF FEBRUARY 21, 2024**  
**SCHEDULE SUBJECT TO CHANGES OFTEN**

**ALATEEN MEETINGS**

**NO STATEWIDE ALATEEN  
ELECTRONIC MEETING AT  
THIS TIME**

**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  
**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 S 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  
 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  
 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  
 RIVER CITY AFG 6:00 PM  
 AIS Office, 9417 Brookline  
Baton Rouge, LA Dist. 14  
 STEPPING STONES (Step Mtg.) 7:00 PM  
 Magnolia Methodist Church, Chapel Room  
 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

**HYBRID MEETING**

*go to al-anon.org website; click on  
 MEETINGS at top of site; click on FIND  
 AN AL-ANON MEETING icon; in box next  
 to My Location enter zip code 70809,  
 click on 70809, Baton Rouge, LA USA to  
 populate box; under MEETING DETAILS  
 for Group Type check Al-Anon; under  
 MEETING LANGUAGE check English,  
 under MEETING DAY check Thursday,  
 on left side of map scroll down to FAITH  
 and HOPE ADULT CHILDREN AFG;  
 under this meeting are instruction on  
 how to join via ZOOM*

Baton Rouge, LA Dist. 14  
 GONZALES AFG, TOO 6:30 PM  
 Stepping Stones, 1027 N. Burnside Ave.  
Gonzales, LA Dist. 9

**FRIDAY**

POWERLESS 12:00 PM  
 Alternate Step/Tradition meeting  
 AIS Office, 9417 Brookline  
Baton Rouge, LA Dist. 14  
 TGIF 6:00 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. Restrooms  
 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**

Legacy Study AFG 9:00 AM

**ELECTRONIC MEETING**

*go to al-anon.org website; click on  
 MEETINGS at top of site; click on FIND  
 AN AL-ANON MEETING icon; in box next  
 to My Location enter zip code 70809,  
 click on 70809, Baton Rouge, LA USA to  
 populate box; under MEETING DETAILS  
 for Group Type check Al-Anon; under  
 MEETING LANGUAGE check English,  
 under MEETING DAY check Saturday, on  
 left side of map scroll down to LEGACY  
 STUDY AFG; under this meeting are  
 instruction on how to join via ZOOM*

Baton Rouge, LA Dist. 14  
 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

**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](mailto:braiswebsite@gmail.com)**

**to schedule literature purchases**

**Websites**

**Baton Rouge Al-Anon:  
[www.batonrougealanon.org](http://www.batonrougealanon.org)**

**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)**

**AA PHONE (225) 930-0026**