

THE



CATERPILLAR

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Office Hours M-F 9 a.m. til 3 p.m. (call ahead to verify daily volunteer staffing)

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

## **“Visitor” at Area 22 Assembly “Enriching & Rewarding”**

For many years I had thought about volunteering as a Group Representative (GR). November 18 & 19, 2017 I attended the Area 22 Assembly in Lafayette, Louisiana as a “visitor”. I wanted to understand what I was “getting into” before I made a final decision to become a volunteer as Group Representative District 9 in Prairieville.

“Wow” was my first thought as I approached the registration table. I was among the many women and men who volunteer their time/services “behind the scenes” to carry the message to family and friends of alcoholics.

This is a short description of my experience at the Area 22 Assembly.

- Al-Anon members at Area Assembly have fun at the same time perform serious and necessary business duties.
- The traditions and concepts are executed during business meetings (saw the traditions and concepts “in action”). This was an extraordinary experience!
- Principles above personalities being practiced
- Willingness of members offering support to each other
- Growth opportunity in Al-Anon recovery and personally
- Enhanced current relationships with members
- Made new contacts from various parts of the state
- Heard an Alateen member tell her story of recovery. Such an inspiration!
- Celebrated 60 years of the Alateen program
- Any member of Al-Anon can attend Area Assembly
- Had an introduction meeting for new GRs to help them get started
- Keep coming back to grow and learn

I was welcomed with lots of smiles and hugs. I ask myself; why did I wait many years to take this action? My Higher Power has the answer.

For me to grow in my recovery, I must stretch beyond my “comfort zone”. Will I make the commitment to be a GR? Yes, I will! I look forward to the enriching and rewarding opportunity that is ahead of me.

I encourage others to grow in their recovery to, stretch beyond your “comfort zone” and become a volunteer. Your service is much appreciated and needed.

Robin D.  
Prairieville, LA

**Thanks for signing up to receive the Caterpillar by email. The email version now has extra content not included in the printed version.**



## Single Winner

Hi. I'm a member of Al-Anon. This is how I identify myself in an Al-Anon meeting. If I attend a different fellowship, I identify differently. You don't know how I identify in a different fellowship unless I share this info with you or unless you hear it through the grapevine if my anonymity is compromised. "The only requirement for membership is that there be a problem of alcoholism in a relative or friend." This is my seat at the Al-Anon table.

Some members refer to me as a Double Winner; some members refer to themselves that way. AFG considers me a Dual Member. Or rather, the Al-Anon Service Manual makes mention of Dual Membership. Page 78 states "Al-Anon/Alateen members who are also members of A.A. are eligible to hold office within their Al-Anon or Alateen groups... and at all times emphasis should be placed on the Al-Anon interpretation of the program," and "Because of the unique nature of both programs, Al-Anon/Alateen members who are also A.A. members do not hold office beyond the group level."

Dual Membership was discussed at the last Area Assembly in Baton Rouge and was a hot topic at this year's Conference. Honesty, what a dual member cannot do matters not to me. What CAN I do? Ah, now this matters to me. How can I serve like other members, or in ways even that other members of Al-Anon cannot?

How can I be of service to family and friends of alcoholics?

- I can share my story. Maybe even at an Al-Anon State Convention some day. Anything's possible.
- I can sponsor a member of Al-Anon and have an Al-Anon sponsor. After meeting state requirements (including two years membership in Al-Anon), I can sponsor a member of Alateen (pg. 78 of the Service Manual).
- I can conduct workshops and be on a Roundup or Convention Committee.
- I can share, as a member of Al-Anon, at drug court (if asked), or in a Treatment Center.
- I can submit writings to the Forum, The Caterpillar etc.
- I can inform clergy, doctors and counselors about Al-Anon & Alateen, and make myself available to them.
- I can practice the 36 principles (Recovery/Unity/Service) of Al-Anon in all my affairs, discovering that far from perfection, these principles relieve me of the desire for perfection.
- I can attend Al-Anon District and Intergroup meetings, Area Assembly, or the Al-Anon International Convention in 2013.
- In an open AA meeting, where friends or spouses sometimes attend for support, I can speak with the friend or spouse after the meeting, introducing myself as a member of Al-Anon. I can provide them with an Al-Anon website card and share my experience, strength & hope - which includes "the best thing my wife ever did for me was to work the steps in Al-Anon; the best thing I ever did for my wife and family was to work the steps."
- I can be a participating member of a Home Group and vote on matters that affect the group.
- I can read & study Al-Anon literature, and thus have no reason to quote, in an Al-Anon meeting, non CAL.
- When it's my turn to speak in an Al-Anon meeting, I can identify myself as I choose, perhaps even like this: "Hi. My name's.... and I'm a member of Al-Anon."

Anonymous

Caterpillar Archives - October 2011

## Upcoming Events

- **January 20 & 21 – Area Assembly in Lafayette, LA**  
Ramada Inn  
2032 SW Evangeline Thruway  
Lafayette, LA 70501  
[www.la-al-anon.org](http://www.la-al-anon.org)  
For accomodations call: (337) 233-6815
- **February 13 – February AIS Meeting**  
(Check website to verify date.)  
6:00 p.m. at AIS Office  
Open meeting for all members
- **March 13 – March AIS Meeting**  
6:00 p.m. at AIS Office  
Open meeting for all members
- **April 7 & 8 – Area Assembly in Lafayette, LA**  
Ramada Inn  
2032 SW Evangeline Thruway  
Lafayette, LA 70501  
[www.la-al-anon.org](http://www.la-al-anon.org)  
For accomodations call: (337) 233-6815
- **April 10 – AIS Multi-District Quarterly Meeting**  
GR's or Alternate GR's and Coordinators  
attend 6:00 p.m. at AIS Office
- **April 21, 2018 – Heritage Day**  
Check the website for information
- **D-SAC**  
Check the website for dates & information

## **FITNESS**

Have you made a resolution to get fit? When I think of fitness; my first thought is physical fitness. I can use equipment to develop and build muscle or simply walk.

I can look in a mirror to see if I am physically fit or making progress.

Al-Anon has taught me another form of fitness, spiritual fitness.

How can I measure or know if I am spiritually fit or making progress?

I measure or know my level of spiritual fitness when I accept people, places and things just the way they are without wanting to make changes to them; keep the focus on me. I can see and hear my level of spiritual fitness daily by how I think, interact with others and communicate with my Higher Power – God.

Al-Anon is my spiritual fitness program. The priceless gifts I receive in Al-Anon are a direct result of my willingness to use the Al-Anon “workout tools” daily. Using the “tools” to build a strong spiritual foundation takes dedication and work. Am I willing to set aside time in my schedule to develop a spiritual fitness program? Yes! I learned in Al-Anon, I am worthy of the priceless gift of being spiritually fit.

It is because of my Higher Power along with the Al-Anon fellowship; my spiritual foundation grows stronger and deeper one day at a time.

Robin D.  
Prairieville, LA

The Deep-South Alateen Conference (D-SAC is the Louisiana State Alateen Convention. Please consider making either an individual or group donation to help keep this long-standing convention going. Your donations will be greatly appreciated.

Make checks payable to D-SAC and mail to the below:

### **D-SAC**

**Attn: Pebble B.**

**9417 Brookline Drive**

**Baton Rouge, LA 70809**

\_\_\_\_\_  
Name of Group or Individual

Group ID: \_\_\_\_\_ Amount: \_\_\_\_\_

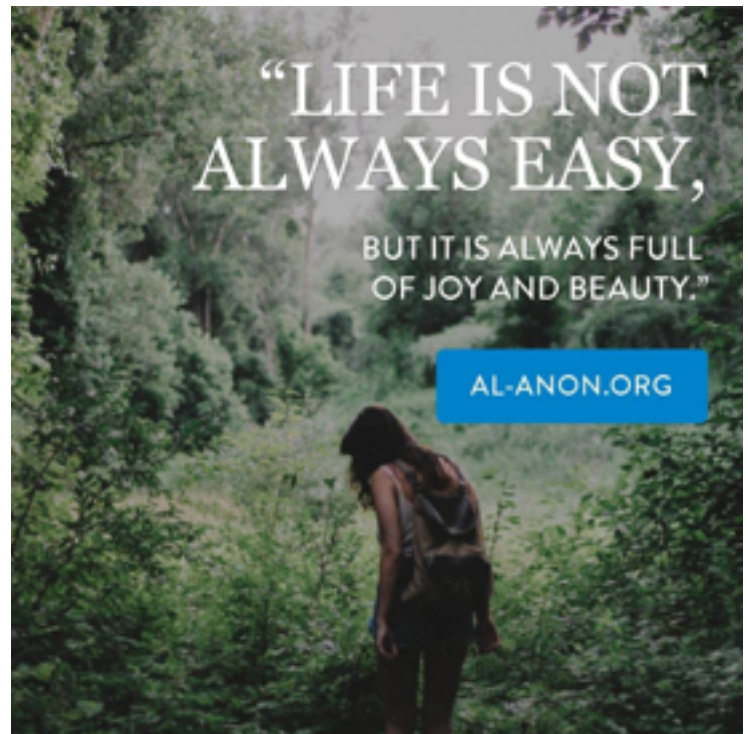
## No Pain No Gain

For me a most important thing to learn was when a situation causes me some form of pain (usually emotional), this was not an act of God punishing me. This pain or suffering usually turns out to be a learning experience, bringing me back to reality. At these times when I think God leaves me, He is really with me to help me not to harm myself in some mind racing way. During these times to find my way out of a deep hole, I must turn to myself for answers to questions that put in this hole of pain.

It is amazing to me that what I believe I gain most out of pain is acceptance. The dawning of this is so enlightening as if the weight of the world is taken off my shoulders. I am able to breathe freely, not feeling suffocated, and reach a calmness that is unbelievable for awhile I say for awhile for I know this pain will surface again when it is time to learn and gain once again.

Gloria B.

Caterpillar Achives – February 1988



## SERVICE WORK IS JUST ONE OF MANY GIFTS

About 3 years ago I reached a point where I believed I was not getting much out of the Al-Anon meetings. I felt I had reached a plateau in my personal and spiritual growth and I felt stagnant. My meeting attendance dropped to less than once a week. A thought came to me that there was a time I needed three to four meetings a week and I really received a tremendous amount of growth, why can't I try once more and see what happens. I started to go to three Al-Anon meetings per week. Surprisingly a new message "to do service work" emerged as a result. Just about that time an opportunity came to start a new group in my neighborhood and I decided to be a Group Representative for the new group. This has been a real spiritual and personal growth experience for me. I have witnessed many miracles happen in my group. It is a sheer joy to see the newcomers grow spiritually and begin to smile. Witnessing such miracles is the greatest gift I have received from my Higher Power and I am thankful to God for planting an idea of three meetings a week in my mind. I continue to go to three meetings a week and have also gotten involved in many other Al-Anon service activities. This has strengthened my faith and belief in the Al-Anon fellowship. Through service work I have received a tremendous spiritual growth and have made many friends throughout the state. I believe there is no such thing as a plateau, as long as I am willing to work the program and do the service work, the spiritual growth is endless.

Jay P.

Caterpillar Archives - February 1988



