

THE



CATERPILLAR

Al-Anon Information Service Office ~ 9417 Brookline ~ Baton Rouge LA 70809 ~ (225)924-0029
The office is closed until further notice but the phone number listed above is answered 24/7.
WWW.BATONROUGEALANON.ORG

APOLOGIZE, PLEASE

In 1998 the Clinton-Lewinsky affair dominated headlines. In 2018, 20 years later, Monica Lewinsky walked off stage when a reporter asked if she still expects an apology from ex-president Clinton. When we feel violated we expect an acknowledgement of error from our perpetrator.

The gift of recovery, time, and life experience teaches me that I don't have control over people, places, or things. This is the foundation of the first step. I am powerless over everything except for me. I can only control my own thoughts, words, and actions.

In truth, apologies can be surface words if spoken without meaning. I have both given and received hollow words that felt insincere when hurtful behavior repeatedly continued. Don't get me wrong, I am not anti-apology. I think we should take responsibility for our actions when they cause others pain. There is merit, humility, and growth in admitting our wrongs. How amends look is different for all of us depending on the circumstances. Whether words, actions, prayers, community service, etc. is warranted is left to our own reflective ascertainment.

But when I am wronged I have no control over another's response. When I dwell over what I think someone else should do, it often festers into resentment. This is red flag behavior for me. It is a waste of my precious time and energy and it leaves me feeling victimized and exhausted. My challenge is to work on forgiveness because that is something I can choose. It doesn't have to happen in any one way or in any set amount of time. I just need to work on it. It often happens in very, very small increments.

Sometimes my mind still wants to wander towards blaming others and my desire to change them. But I know that leads me back down the road of self-centeredness and despair. When I do that, I miss the gift of the lessons life offers me. My favorite forgiveness prayer/meditation is Bless (insert name), Change me. This helps me to be mindful of what I can control (me) and encourages me to focus on striving to grow and be a better and healthier me. It offers me hopefulness and encouragement. I celebrate that I have the power to choose where I focus my time and energy.

Pointing out the imperfections in others is an easy distraction that prevents us from looking at ourselves. So maybe Monica Lewinsky should ask herself if she has forgiven Clinton or more importantly if she has forgiven herself? But, that is her business. Better yet, I will focus on forgiving myself and others because that's where my power to make a difference resides. Thankfully, I continue to grow and embrace my recovery by attending Al-Anon meetings, reading literature, and talking with my insightful sponsor and others. By taking these steps, I am doing what I can to strive for progress. I am making progress in becoming the best me possible-with the help of Al-Anon and my Higher Power.

Monica F.
Prairieville, LA

Thanks for signing up to receive the Caterpillar by email.

2020 AIS FINANCIALS	TOTALS
INCOME	YEARLY
Donations	1,444.00
Group Contributions	10,535.63
Heritage Day	0.00
Literature Income	2,181.45
Annual AIS Appeal	0.00
Public Outreach	0.00
Area Assembly Rent	1,200.00
Workshop	1,090.10
TOTAL INCOME	\$16,492.18
EXPENSES	
Alateen Expenses	0.00
DR Area Assembly Exp.	26.30
Bank Charges	0.00
Donations WSO	225.00
Heritage Day	0.00
Literature	573.37
Office Cleaning	1,200.00
Office Rent	10,200.00
Office Supplies	105.70
Other	34.10
Printing-Caterpillar	310.11
Reimbursables	0.00
Utilities- Electricity	786.35
Telephone	1,010.39
Website-Go Daddy	0.00
Workshop	715.53
Insurance	709.10
TOTAL EXPENSES	\$15,895.95
INCOME LESS EXPENSES	-\$596.23
ENDING BALANCE per	
BANK STATEMENT	\$14,503.81
LESS ALATEEN FUNDS	-\$839.00
LESS RESERVE AMOUNT	-\$7,500.00
ACTUAL CASH AVAILABLE	\$6,164.81

GROUP DONATIONS - 2020	Totals
Aprendiendo A Vivir	\$0.00
Bayou Al-Anon	\$157.00
Came to Believe	\$282.31
Courage to Change inactive	\$88.00
Downtown Noon	\$367.20
Faith & Hope	\$958.64
Gonzales AFG Too	\$0.00
I Am Important AFG	\$0.00
Just For Today	\$711.00
Legacy Study	\$218.65
Listen & Learn	\$753.10
Mollysharp Discussion	\$421.00
Monday Discussion	\$215.00
Morning Glory	\$2,325.00
New Roads inactive	\$0.00
Old Perkins Road	\$100.00
Powerless Step Study	\$341.00
Prairieville AFG	\$127.88
River Road Alnon	\$0.00
Saturday Newcomers	\$487.00
Solo Por Hoy	\$130.00
St. Francisville Group	\$0.00
Stepping Stones	\$385.45
Steps to Serenity	\$240.00
Strength and Courage	\$464.80
T.G.I. F. inactive	\$0.00
T.G.I.M.	\$0.00
Triangle Al-Anon	\$250.00
We Surrender AFG	\$110.00
Wednesday Noon AFG	\$444.00
Woodale Sun. Step AFG	\$748.60
Zachary Al-Anon	\$210.00
Misc. Group	\$0.00
TOTALS	\$10,535.63

BATON ROUGE AIS OFFICE CONTACT & DONATION INFORMATION

For donations make checks payable to:

Baton Rouge AIS Office
9417 Brookline Ave.

24-HOUR Phone (225) 924-0029

Baton Rouge, LA 70809-1429

WEBSITE – www.batonrougealanon.org

LOCAL WEBSITES

LAFAYETTE

www.acadianaafg.org

LAKE CHARLES

www.lakecharlesafg.weebly.com

NEW ORLEANS

www.neworleansafg.org

AI-Anon versus Chaos

In a common newcomer's welcome, there is a phrase, "you may think you are here for the alcoholic, but you are here because of the alcoholic." How many of us, thinking we are here FOR the alcoholic, has asked the question, "How do we get them to stop drinking?"

We are searching for something to do now, something quick to stop the chaos. We search for something quick because the next crisis is ready to pop. We search for something easy because we are running out of energy from facing the same thing over and over again for much too long.

Our AI-Anon journey and the 12 Steps have prepared us for the current COVID-19 pandemic and its disruption and uncertainty. We have to accept that we are powerless over the coronavirus and, at the same time, fully accept that this is something we cannot change.

Learning that we can't change, control, or cure the alcoholic has taught us that there are many situations in life outside our control, and this illness is one more. It's easier for us to accept that the only thing we can control in this and the rest of life is our attitudes and behaviors. That we can't direct other people's behavior or somehow force them to conform to how we think they should act.

Self-care may mean physically distancing ourselves from a loved one. In much the same way, the pandemic demands physical distancing from potential risks. Our recognition and acceptance of this principle around alcohol can help us accept the same requirements in managing our health risks.

In learning to detach from the alcoholic's behavior with love and care, we gain the capacity to detach from many other elements of our daily lives. We still value and love the alcoholic but maintain a safe physical and emotional distance. In the same way, we can create a safe physical and emotional distance from the hazardous locations we used to enjoy. We recognize that "this too shall pass" and that we can recover those healthy connections when the current crisis ends.

Once again, we are offered the opportunity to practice Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

In the same way, our Higher Power gave us the strength and wisdom to thrive despite alcoholism. It will provide us with the serenity, courage, and wisdom to survive the current health crisis.

Allen L. / Seattle, WA

STATE AND WORLD SERVICE DONATION & CONTACT INFORMATION

LOUISIANA AREA ASSEMBLY

DO NOT WRITE TREASURER ON ENVELOPE, Area Treasurer information changes every three years.

Below is for January 1, 2020 Through December 31, 2022.

For donations make checks payable to: Louisiana AFG, Inc.

Mail to: LA AFG Area Assembly, Inc.

Attn: Hope L.

811 Live Oak

Sulphur, LA 70663

Website – www.la-al-anon.org member password:serenity

WSO (WORLD SERVICE OFFICE OF AL-ANON)

Make checks payable to and mail to: AFG, INC.

1600 Corporate Landing Parkway

Virginia Beach, VA 23454-5617 Website – www.al-anon.org

ONE TIME YEARLY CONTRIBUTIONS (can be a special collection)

Make check payable to and mail to: Louisiana AFG Convention, P.O. Box 2074, Lafayette, LA 70502

Make check payable to and mail to: Deep-South Alateen Convention, 9417 Brookline, BR, LA 70809

STEP ONE

For me, Step One was medicine both healing and bitter. While relieved of that crushing responsibility for steering a person into the right course of action, I was also deprived of the hope that I could do so by virtue of my sheer effort and force of love. Luckily for me, I stayed with the Al-Anon program and did not interpret Step One to mean that I should just step out of my loved one's life, throw my hands up in despair and declare "Whatever! I'm done with you!"

Instead, I learned that if I became quiet and self-reflective, and worked the steps, I would sense powerful help to get me past my habitual fearful reactions that tended to escalate conflict. I learned I was blocking resolutions by strong-headedly seeking only those that I could currently see. Al-Anon taught me to give encouragement and understanding to the alcoholic. How could I do that? I was used to giving advice and direction instead. But gradually I learned to listen, love, and say things like, "It's so nice to see you again and share a lunch!" and "You're doing better, I can see how tough this is, and I'm proud of you."

I was in Al-Anon for a year and a half before my sweet son died of an overdose after struggling with alcoholism and drug addiction for ten years. Because of the program I was able to have a much better relationship with him. When he finally succeeded in a treatment program, working the steps of AA honestly and hopefully and remaining clean for 3 short but wonderful months, I was so glad that I had already laid the foundations for an improved relationship with him.

When he died, I was able to survive the grief with the help of my Al-Anon friends and program. My grief at his loss stays with me but does not rule my life. My heart goes out to all who live in fear that they may lose a loved one as I lost my son. My hope is that you will accept death from this disease as a possibility without letting fear run your thoughts, and ask yourself instead how you might give understanding and encouragement – in other words, show your love - to the alcoholic today.

Carrie D.

WHERE would I go if I did not have Al-Anon?



It's in my best interest **to do what I can** to keep the program going.

THE BATON ROUGE AIS/LDC OFFICE IS CLOSED UNTIL FURTHER NOTICE IN RESPONSE TO THE GOVERNOR'S PHASE ORDER.

OUR MEETING SCHEDULE IS BEING UPDATED DAILY WITH THE LATEST INFORMATION TO INCLUDE MEETINGS BEING HELD ELECTRONICALLY, FACE TO FACE AND STILL SUSPENDED. JUST CLICK ON THE UP-TO-DATE MEETING SCHEDULE BELOW.

[Up-To-Date Meeting Schedule](#)

<https://www.batonrougealanon.org/covid-info.html>

Please notify about your meeting status - whether suspended and contact information for the public and other members to obtain information for the electronic meeting information, To report now, please click [HERE](#). Updates will be posted within 24 hours of notification.
