

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

GRATEFUL MEMBER

Fresh out of a meeting, with gratitude and in a peaceful state, I'm hoping to share something of value as I've received so much for the ten years plus in this fellowship.

Balance, loving detachment, recovering sanity, becoming myself again, these attributes were spoken and well received. I like the attentive nature of a meeting, each participant engaged with open hearts over various degrees of recovery. I like feeling I belong and can relate to each story shared or excerpt read as the format is repeated. Dynamic is a description that seems applicable because of our common searching among members who may feel we can actually measure our growth from one timeframe to another. I like how newcomers are made to feel welcome, special and supported.

Al-Anon has put life in perspective for me, given me courage, understanding, and a willingness to try principles that work. Growing up, no matter how young or old one is, can change a confused soul into fulfilled and content.

Gratefully,
Marilyn

I received the sharing above by mail early in 2020 and would like to offer my sincere apology to Marilyn for taking so long to publish it. The truth is I put it in my purse and did not find it again until last week.

Caterpillar Editor

At the October Multi-District Quarterly AIS/LDC meeting a new slate of officers was elected for the upcoming term of 2022 and 2023.

**Chair - Allan L.
(the previous term's Chair Elect)**

**Chair Elect - Kathy P.
Secretary - Celia B.
Treasurer - Terry C.**

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

GIVING DIGNITY AND RESPECT

Mom is being discharged from the hospital today. A week ago, she was in the ER with tremendous pain and I was glad to be there as an advocate for her care. Every morning during her stay, I met with the doctors and was able to be helpful while she recovered. Midway during her stay, the doctor asked a question about a procedure - Mom and I had different answers. The doctor looked at us both and I immediately replied "it's her decision". She was well enough to direct her care. We had different ideas about what was best but I was able to step back and give her the reigns.

Care giving is important during vulnerable times in my loved ones' lives. It is one way I can show love, and use my gifts of organization and communication for the good. Growth in my recovery is knowing when to let go - giving my loved ones the dignity to make their own choices. I like to think of the different action words of care giving and care taking. Giving feels better than taking, and thankfully today I know the difference. Giving dignity and respect not taking responsibility and control.

Al-Anon offers me the opportunity to practice these principles in all my affairs. Instead of struggling or arguing when my loved ones make decisions that I disagree with, my internal mantra says it's their life, and I can back off. I don't have to suffer or worry ahead of time about what might happen. Letting go releases me and empowers them.

Terry C.



"I realized that this disease had affected me just as much as the alcoholic..."

I could no longer blame my character defects on the alcoholic's behavior.

The ugliness that spewed from my head, my heart, & my mouth were mine and mine alone."

The Forum, May 2021

Not everyone trapped by alcohol is an alcoholic.
Families and friends are suffering too.

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

24-HOUR Phone (225) 924-0029

WEBSITE – www.batonrougealanon.org

LOCAL WEBSITES

LAFAYETTE

LAKE CHARLES

NEW ORLEANS

www.acadianaafg.org

www.lakecharlesafg.weebly.com

www.neworleansafg.org

“Keep Coming Back”

By Laura P., Colorado

After an Al-Anon meeting one night, I stood outside the church in the freezing rain. Cars drove away, and people waved to each other with promises to meet next week. Once again, I felt deep despair because no one in the meeting was able to give me the answers I needed. I wanted a recipe for ensuring the sobriety of the alcoholic. I hoped for a prescription to put my shattered family back together and to enjoy a good night's sleep without worrying about the next bounced check or overdue bill. Instead, a woman grasped my hands before I left, looked into my tear-filled eyes and said, “Just ‘Keep Coming Back.’” Is she kidding? Why would I come back here? I thought as I drove home that night. I resolved not to go back.

But I did go back. I went back because of the urging of a friend who had been in these meetings for many years. And I went back because the literature I began reading told me that alcoholism is a disease and that there was nothing I could do to get my loved one sober. As I studied the Steps, worked with a Sponsor and continued to attend meetings, I learned that I could live life with hope and serenity with or without the sobriety of another.

That was over 30 years ago. I have learned a great deal about the disease of alcoholism, how to live with the alcoholics in my family and how to care for myself in order to live a fuller life. One of the things I do for my self care is to regularly attend meetings. And I try not to miss an opportunity to welcome newcomers. I grab their hands, look into their tear-filled eyes and say, “Just ‘Keep Coming Back.’”

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DETACH!



Don't even think about changing them!

al-anon.org

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 the current address.

For donations make checks payable to: Louisiana AFG, Inc.
Mail to: LA AFG Area Assembly, Inc.
P.O. Box 86
Mandeville, LA 70470

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

Upcoming Events

- **November 6 & 7 – Area Assembly**
This is a virtual event.
Click [here](#) to register.
- **December 14 – December AIS Board Meeting**
Via Zoom
Open meeting for all members
- **January 11 – AIS Multi-District Quarterly Meeting**
GR's or Alternate GR's and Coordinators
- **January 15 & 16 – Area Assembly**
This is a virtual event.
Click [here](#) to register.
- **March 8 – March AIS Board Meeting**
Via Zoom
Open meeting for all members

Alateens Welcome!

Alateen Zoom meetings are held twice a week in the Baton Rouge area on Monday and Thursday evenings at 7:00 p.m. In order to help as many teens as possible, please take a minute to announce this at your group meetings.

To get more information and a link to the meetings, please email AlateenBR@yahoo.com.

The AIS is slowly re-opening. At this time our goal is to open the office 3 days a week (Tuesday, Wednesday, and Thursday) from 9 a.m. till 3 p.m. Since our AIS office is manned by volunteers even on these days we may not have someone to in the office so, please call before going to purchase literature or drop off something. Thank you for your patience as we have and continue to operate under this stressful time in all our lives.

35th Annual Heritage Day

Presented by Baton Rouge Al-Anon Information Services

Saturday, October 30, 2021

Guest Speaker
Clara E.
Baton Rouge, LA

Heritage Day Registration Deadline : Monday, October 25, 2021

Heritage Day Origin

One day in the early 1980's, Barbara M. was talking to a long time Al-Anon member about the organization. She was told, "you really need to learn about your Al-Anon heritage."

Taking this to heart, she decided to organize a special luncheon to honor Al-Anon members who have helped to build and maintain our organization.

Thirty-six years later, we owe a debt of gratitude to Barbara for starting this important tradition in Baton Rouge.

[CLICK HERE TO CHECK BATON ROUGE AL-ANON WEBSITE FOR REGISTRATION INFORMATION](#)

Location
Parc 73
14379 LA HWY 73
Prairieville, LA 70769

Times
11:00 am • Doors Open
11:45 am • Luncheon Buffet
12:30 pm • Presentation