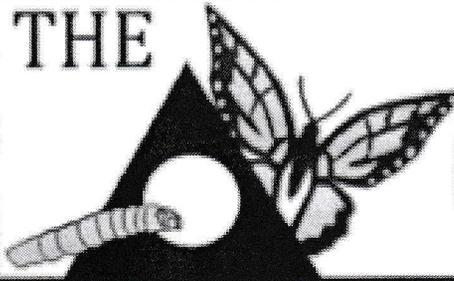


THE CATERPILLAR



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

What a strange trip it's been the past five years! I came to Al-Anon for comfort and support. My alcoholic was drinking and drugging out of control and I was at a loss what to do. I had hidden his disease away from the rest of the world and in doing so, isolated myself. I didn't have many friends and certainly none that I spoke to regularly. Most of my friends with whom I spoke lived far away from me and they were safe people. They could never peek inside my house and see the chaos going on in my life. I could be so bright and cheerful in a text or Facebook post and never give away all of the turmoil in my life. I felt so lonely with no one to talk to and no way out of my situation.

I was working with a therapist who told me that I must go to Al-Anon before I could come back to see her. I had so many excuses why I could not go and she shot down every single one of them. I entered the door of my first meeting so scared and hurting so much. I remember crying at that first meeting and for many meetings after that. Even with my tears, I was invited to go to breakfast with the group after the meeting. What? This was all foreign to me. When I cried in front of my alcoholic I took a lot of verbal abuse and mockery. I was always told tears were a sign of weakness and to "go away until I could get it together." Now I was being invited to share

a meal with these wonderful strangers. Did they know something I didn't? It turns out that yes they did know something I didn't. They knew about and understood the isolation, the criticism, the verbal abuse, the self-blaming, and the need to be in control. They had found a way to deal with all of these issues and actually enjoy life again! These wonderful people encouraged me to work my program and get a sponsor and so I did just that.

After I worked the first three steps, I found the courage to part ways with my alcoholic. The verbal abuse continued but I was able to talk about it with my sponsor and my friends in Al-Anon. Wait, did I just say "friends in Al-Anon?" Yes, I did. Today I have so many wonderful friends who are also Al-Anon members. My social life is so active again and I rarely feel lonely. We laugh with and at each other and help each other with our step work. To be told that someone wants to be with me just because of me what a foreign concept to me but a concept I now embrace.

I have received so many wonderful gifts from Al-Anon and decided that it was time to say thank you. Today I serve as a group rep, volunteer in the AIS office, and this week was asked by a member if I would sponsor her.

Anonymous

Subscribe to the quarterly Caterpillar online by clicking the link on the Caterpillar page on the website at www.batonrougealanon.org or by sending an email to:

Caterpillar.Online@yahoo.com - Put "Subscribe" in subject line.

The Deep-South Alateen Conference was held April 1, 2, & 3, 2016 at Camp Living Waters in Loranger, LA. There were 62 attendees. The Baton Rouge Region had 14 attendees -- Alateen, Al-Anon and AA members. The weekend consisted of 3 workshops, 2 Alateen speakers, an Al-Anon speaker and an AA speaker as well as multiple open meetings.

The D-SAC Board would like to thank all those individuals and groups that so generously gave donations so that this conference can continue to exist. Over the years there have been many Alateens that have benefited from attending this conference. I have seen these as 'miracles' of recovery.

Respectfully submitted,

Pebble B.
D-SAC Trustee

It was nearly the end of my workday when I got the call. My coworker was hysterical. "A car is speeding the wrong way down the interstate and almost hit me as I started to change lanes". As she explained what happened and where she was, I envisioned that stretch of highway; miles before another exit or an entry point for a state trooper. I considered dialing 911 but surely one of the other terrified drivers had already called. I can honestly say I had never felt so powerless. As I consoled my shaken friend, I thought to myself, someone could die in the next few seconds and I am powerless. That sickening feeling and desire to do something, anything, is all too familiar as a family member of an alcoholic.

Thankfully my family member ended up in a ditch, then in jail last night after a blackout. She is alive. Even though I love her from a distance, she has been very transparent in sharing her own concerns about waking up and not remembering the night before. If I could help her, I would. I've tried. But I am truly powerless.

As a newcomer to Al-Anon, the idea that I was powerless

did not resonate with my "can do" personality. It felt like giving up. After working steps one, two and three, my sponsor wisely suggested we revisit them, again. I admit, I still didn't completely buy into powerlessness. But I was able to see that my efforts to control another person were "ineffective use of power" – it just wasn't working. So I redirected my efforts and literally discovered the things I could control: my life, my decisions and my behavior. That was a handful at the time.

Today powerlessness is feeling the sadness, the discomfort even, and trusting that my family members are loved and supported by many powers greater than me. I can be a loving witness instead of a driving force as they find their way. I am ever grateful that the doors of Alcoholics Anonymous are open wide should they choose to seek help. And I am once again humbled and reminded how the hand of Al-Anon continues to guide and comfort me in my own recovery journey.

Terry C.

At the GR/DR Meeting at the April Area Assembly, Jay P. reported:

We had a good discussion about Alateens. Topics included how to start a meeting, AMIAS certification, and what Alateen is all about. Another discussion was how to add some liveliness to your group. Ideas included having a speaker meeting once a quarter or discussing a Concept or Tradition once a month.

The final discussion was about the importance of DRs. Many District Representative positions are vacant, and GRs feel disconnected without a DR. The DR can pass information to Group Representatives who cannot attend the Assembly. The DR can get the GRs together to discuss and resolve issues, and provide them with moral support.

The Assembly officer positions require a member to have been a GR and a DR. That is six years of service— time enough to understand the Traditions and Concepts with the guidance of a Service Sponsor. Higher service positions require such an understanding. By resolving conflict in the fellowship using the Traditions and Concepts, we learn how to use them in our daily lives.

The Steps help us forge a relationship with our Higher Power; the Traditions help us in our relationships with other people; and the Concepts help us in service to the wider world. Practicing all 36 Legacies keeps the fellowship on a strong spiritual foundation.

(Groups will be electing a Group Representative and an alternate group representative in September or October before the November Area Assembly to take office for a 3 year term. Consider giving back.)

Have You Thought About Service Lately?

Volunteers are all around in Al-Anon – they keep the wheels turning. Volunteers coordinate and staff the AIS office, order and sort literature, manage the CD library, organize AIS night phone duty, update the website, and among many other things, submit sharings to this newsletter. Everyone does a small part to carry the message. Please consider how you can be a part; in your group, in our local organization (AIS) or at the state level (Area Assembly).

If you have volunteered before, please consider finding a place to volunteer again. Groups need a Group Representative (GR), Assistant Group Representative (Asst GR) and a Treasurer. www.al-anon.alateen.org/members/pdf/guidelines/G11.pdf

If you have previously served as a GR, please consider being a District Representative (DR). This position is vital to keep the lines of communication open between the individual groups, Baton Rouge Al-Anon and Area Assembly, which is currently lacking. We have DR openings for every district in Baton Rouge. www.al-anon.org/members/pdf/guidelines/G37.pdf

Please attend the next AIS meeting or email caterpillar.online@yahoo.com to inquire about a service position and it will be forwarded to the proper contact person.

Upcoming Events

- **August 9 – August AIS Meeting**
6:15 p.m. at AIS Office
Open meeting for all members
- **August 20 - 21 – Louisiana Area Assembly**
Holiday Inn South (225) 924-7021
9940 Airline Hwy.
Baton Rouge, LA 70809
www.la-al-anon.org
- **September 13 – September AIS Meeting**
6:15 p.m. at AIS Office
Open meeting for all members
- **October 11 – AIS Multi-District Quarterly Meeting**
GR's or Alternate GR's and Coordinators
attend 6:00 p.m. at AIS Office
- **October 22 – Meet the WSO Board of Trustees**
The Chancellor Hotel
Fayetteville, Arkansas
Contact David G. at 708-256-9902
Email: meettheboard2016@gmail.com
- **November 8 – November AIS Meeting**
6:15 p.m. at AIS Office
Open meeting for all members

Al-Anon changed the way I pray

I used to use prayer as my judgment of God. At night, I would sit and explain to my Higher Power all the ways in which I felt that other people or circumstances were wrong or unhealthy or needed to change. Then I would proceed to tell my Higher Power exactly how these changes should occur in order to make life easiest for me. And I used to believe that if my prayers came true, then God loves me. Since I am not God and I don't control God, my prayers did not often "come true." Because of this, I felt angry, judged, hurt, scared, and abandoned by God.

After I came to the Al-Anon program, I realized that my form of prayer was really just me taking inventory of my world and then trying to command my Higher Power to fix what I felt was wrong or incorrect. Today, I try to accept the world and understand that it is as it is for a reason, and that whatever the reason, it is in my highest good. I remember, early on, that I used to pray to understand the reason, but now I realize that it is not about the reason or other people or external circumstances. It is about me and the reality that I create. So today, when I pray, I ask my Higher Power to help me create my reality in a way that is of service to my Higher Power, myself, and others. When I pray, I ask for guidance rather than give it; I ask for love, rather than judge; and I ask for the will of my Higher Power, rather than my own. Because of this, I feel peace.

-- A grateful member

In Al-Anon recovery: We are not alone.

Have you ever checked out the Caterpillar Archives online? The Caterpillar Newsletters in the archives date as far back as 1986. There is an abundance of experience, strength, and hope in those pages. I have included below a sharing from the February 1988 Caterpillar.

Before our problems loomed so monumental that it seemed somehow wrong to find humor or joy in anything. The weight of the world was mine and I carried it proudly, with all the self-sacrifice and resentment, sullen responsibility and self-pity that I could muster.

Thank God Al-Anon happened to me. By opening myself up to the wonderful sharing of experiences, strengths, and hopes of all my friends at these meetings, and by applying its Steps and principals in my life, I, can see and feel so much progress.

I look forward to life now with hope and gratitude.

Annie G.

MEETING SCHEDULE

Al-Anon / Alateen Meeting Schedule for Baton Rouge and Surrounding Areas

July 2016

ALATEEN MEETINGS

SUNDAY

SERENITY SEEKERS 7:00 PM
 The Tau Center ♦
 8080 Margaret Ann Drive
 (off Essen Lane)
 (See Receptionist for Rm location) Dist. 9

AL-ANON MEETINGS

SUNDAY

WOODALE SUNDAY STEP AFG 6:00 PM
 Club 12 (No Smoking) ♦
 1695 Beaumont Drive Dist. 14
 RIVER ROAD AL-ANON 7:00PM
 Most Sacred Heart of Jesus
 (Rectory, side entrance)
 Gramercy, LA Dist. 9
 LISTEN & LEARN 7:00PM
 The Tau Center ♦
 8080 Margaret Ann Drive
 (off Essen Lane)
 (See Receptionist for Rm location) Dist. 9

MONDAY

MONDAY DISCUSSION 12:00PM
 AIS Office (No Smoking)
 9417 Brookline Dist. 14
 STEPS TO SERENITY 12:00PM
 Club 12 (Front Room) ♦
 1695 Beaumont Drive
 (Book Study) Dist. 14
 ZACHARY AL-ANON, TOO 12:00PM
 Zachary United Methodist Church
 4205 Church St ,
 Children's Sunday School Bldg.
 Zachary, LA (Hwy 64) Dist. 16
 PRACTICE THESE PRINCIPLES 7:00PM
 ADULT CHILD AFG
 The Tau Center
 8080 Margaret Ann Drive (off Essen Lane)
 (See Receptionist for Rm location) Dist. 9
 TRIANGLE AL-ANON 7:30PM
 Broadmoor Methodist Church
 10230 Mollylea
 (Bldg. nearest to traffic light.) Dist. 4
 T.G.I.M 7:30PM
 Step & Tradition Study ♦
 St. George School Library
 (Behind the Gym)
 7880 Siegen Lane Dist. 9

Hispanic Meeting (Monday)

SOLO POR HOY 7:00 PM
 AIS Office (No Smoking)
 9417 Brookline Dist. 14

TUESDAY

CAME TO BELIEVE 12:00PM
 University Presbyterian Church
 3240 Dalrymple Drive
 (No Smoking) Dist.13
 STRENGTH AND COURAGE 12:00PM
 AIS Office Step Meeting
 9417 Brookline Dist. 14

TUESDAY (Con't)

NEW ROADS 6:00PM
 Pointe Coupee Library,
 201 Claiborne Ave.
 New Roads, LA Dist. 16
 GONZALES AFG 6:30PM
 1125 W. LA Hwy 30
 St. Elizabeth's Hospital
 Gonzales, LA Dist. 9
 WE SURRENDER AFG 6:30PM
 Luke 10:27 Church
 536 Centerville St.
 Denham Springs, LA Dist. 4
 ST. FRANCISVILLE GROUP 7:30 PM
 St. Francisville Methodist Church ♦
 9356 Royal Street
 St. Francisville, LA Dist. 16
 COURAGE TO CHANGE 7:30 PM
 Open Meeting
 Lutheran Church of Our Savior
 3555 Jones Creek Rd Dist. 4

WEDNESDAY

WEDNESDAY NOON AFG 12:00 PM
 AIS Office (No Smoking)
 9417 Brookline Dist. 14
 OLD PERKINS ROAD GROUP 6:00PM
 New Song Church-Main Bldg ♦
 18465 Old Perkins Rd.
 Prairieville, LA Dist. 9
 MOLLYSHARP DISCUSSION 8:00 PM
 Broadmoor Methodist Church ♦
 10230 Mollylea
 (Bldg. nearest to traffic light.) Dist. 4
 STEPPING STONES (Step Mtg.) 7:00 PM
 Magnolia Methodist Church (No smoking) ♦
 16116 Greenwell Springs Road Dist. 16

THURSDAY

DOWNTOWN-NOON AFG 12:00PM
 (Al-Anon Adult Children)
 St. Joseph's Cathedral
 4112 North Street-New Parish Hall
 Meeting Room -2 Dist. 14
 FAITH & HOPE 12:00PM
 AIS Office (Al-Anon Adult Children)
 9417 Brookline
 (No Smoking) Dist. 14
 GONZALES AFG, TOO 6:30PM
 Stepping Stones
 1027 N. Burnside Ave.
 Gonzales, LA Dist. 9
 BAYOU AL-ANON 7:00PM
 First United Methodist Church
 23645 Church St.,
 Plaquemine, LA Dist. 13
 ZACHARY AL-ANON 7:00PM
 Zachary United Methodist Church
 4205 Church St ,
 Children's Sunday School Bldg.
 Zachary, LA (Hwy 64) Dist. 16
 GOODWOOD AFG 7:00PM
 Broadmoor Baptist Church
 Education Building
 9755 Goodwood Blvd. Dist. 4

FRIDAY

POWERLESS 12:00 PM
 Alternate Step / Tradition Meeting
 AIS Office (No Smoking)
 9417 Brookline Dist. 14
 T.G.I.F. 7:00 PM
 AIS Office
 9417 Brookline Dist. 14

SATURDAY

JUST FOR TODAY 9:00AM
 University Methodist Church ♦
 Trice Building, Upstairs
 3350 Dalrymple Dr. Dist. 13
 MORNING GLORY 9:00AM
 AIS Office (No Smoking)
 9417 Brookline Dist. 14
 SATURDAY NEWCOMERS 2:00PM
 Club 12 ♦
 1695 Beaumont Drive
 Front Building Dist. 14
 I AM IMPORTANT 2:00PM
 ADULT CHILD AFG
 St. Patrick's Catholic Church (Family Ctr.)
 12424 Brogdon Lane
 Baton Rouge, La. Dist.4
 PRAIRIEVILLE AFG 6:30PM
 St. John's Catholic Church ♦
 Hwy 73, Prairieville Dist. 9

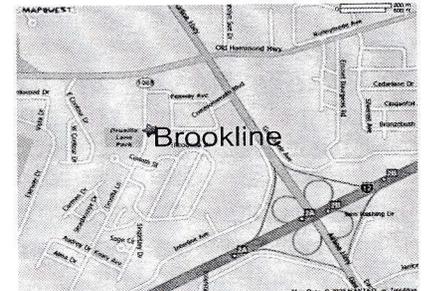
♦ AA also meets

Al-Anon/Alateen 924-0029
 (24 Hour Phone)

AA PHONE 930-0026

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



Baton Rouge Al-Anon Information
 Services
 9417 Brookline, BR, La. 70809