

AL-ANON IS:

A FELLOWSHIP of relatives and friends of alcoholics who believe their lives have been affected by someone's drinking.

A SELF-HELP recovery program based on the 12 Steps of Alcoholics Anonymous (AA).

A NON-PROFESSIONAL fellowship, where members share their experience, strength and hope to solve their common problems.

AN ANONYMOUS program with the identity of all Al-Anon and AA members protected.

ASPIRITUAL program that is compatible with all religious beliefs or none.

A program with the **SINGLE PURPOSE** of helping families and friends of alcoholics, whether the alcoholic is still drinking or not.

AL-ANON IS NOT:

INTENDED for families of drug abusers or individuals with other difficulties, unless there is a problem of alcoholism as well.

ALLIED with any sect, denomination, political entity, organization or institution.

INVOLVED in any outside issues neither endorses nor opposes any cause.

AFFILIATED with AA, although both fellowships do cooperate with one another.

CONSIDERED a religious organization, treatment center, counseling agency or teaching program.

CONDUCTED by professionals.

INTENDED as a replacement for professional treatment.

ALATEEN IS: A part of Al-Anon.

FOR TEENAGERS who have been affected by someone else's drinking.

Alateen is not

A program for teenagers seeking sobriety.



Welcome!

We understand as perhaps few others can.

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve their common problems. We believe alcoholism is a family illness, and that changed attitudes can aid recovery.

Al-Anon and Alateen membership is open to anyone who feels his or her life has been or is being deeply affected by close contact with a problem drinker or alcoholic, whether the alcoholic is still drinking or not. (A symptom of alcoholism in the home may be the abuse of drugs by family members.) The only requirement for membership is that there is a problem of alcoholism in a relative or friend.

Our discussions center on solutions for our own difficulties. In order to have a safe environment to share and learn, we are always careful to protect each other's anonymity by not telling other people's stories or repeat what we see or hear inside our meeting, and we protect the anonymity of other Al-Anon, Alateen, and A.A. members as well.

We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in Al-Anon/Alateen we discover that no situation is really hopeless and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Three Legacies, by welcoming and giving comfort to family members and friends of alcoholics, and by giving understanding and encouragement to the alcoholic. The loving interchange of help among members, daily reading of Al-Anon literature, and the threefold guides of Al-Anon that point the way to a normal, useful life for the individual make us ready to receive the priceless gift of serenity.

We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

Help is here for the asking. Whether the alcoholic is still drinking or not, Al-Anon offers hope and recovery to all people affected by the alcoholism of a loved one or friend.

District 1 Groups/AIS / Intergroup

District 1 Al-Anon 24 hour hotline
(318) 683-1399

(Our phone service will take your name and telephone number and an **Al-Anon member** will call you)

Alateen Hotline
(318) 965-5636

Al-Anon Web Services

Louisiana: <http://www.la-al-anon.org>
WSO: <http://www.al-anon.alateen.org>

E-Mail

District 1: aisdistrict1la@hotmail.com
WSO: wso@al-anon.org

District 1 General Information

District 1 Groups: (318) 344-0212
PO EX 53312, Shreveport, LA 71135

AIS/Intergroup: (318) 344-0212
PO EX 53312, Shreveport, LA 71135

Al-Anon Literature: (318) 344-0212

AA Central Office: (318) 865-2172
2800 Yucree Drive Suite 362
Shreveport, LA

Highland Club: (318) 636-9388
1711 Tulane, Shreveport, LA

Koala Club: (318) 747-0411
4809 Shed Road, Bossier City, LA

World Service Office (WSO)

Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
Phone: (757) 563-1600
Fax: (757) 563-1655

Toll-free number for meeting information:

888-4AL-ANON (888-425-2666)

(M-F, 8am-6pm ET)



District 1

Al-Anon Family Groups

MEETING LIST

When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and

LET IT BEGIN WITH ME.



Al-Anon Third Tradition

"The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend"



District 1 Intergroup Meetings



are usually held the 2nd Saturday in the following months:

March, June, September, and December

Everyone is welcome.

April 16, 2011

Picnic in the park

Mike Woods Park, Bossier City

11:00 AM - PM

Ask your Group Representative, (GR)

or call (318) 344-0212

SUNDAY

4:00 PM 12 STEPS TO RECOVERY AFG
N S GRACE METHODIST CHURCH
A A 9400 ELLERBE ROAD
C C SHREVEPORT

MONDAY

7:00 PM BROADMOOR AFG
N S BROADMOOR BAPTIST CHURCH
4100 YOUREE DRIVE
SHREVEPORT
(Across from fellowship/dining area)

TUESDAY

12:00 N FORUM AFG
N S KOALA CLUB
4809 SHED ROAD, BOSSIER CITY

12:00 PM ONE DAY AT A TIME (NEW)
N S 460 ASHLEY RIDGE, SHREVEPORT
SUITE 200 CONTACT 458-3361

12:30 PM KEEP IT SIMPLE
N S ST PIUS CATHOLIC CHURCH
4200 N.MARKET, SHREVEPORT
(Parking R side, RM 10 is a metal bldg)

6:30 PM PEACEFUL PINES AFG
N S PINES TREATMENT CENTER
6240 GREENWOOD ROAD, SHEVEPORT
(I-20 to PINES ROAD, Exit to R, quick L at traffic light)
Call 344-0212 for info!

6:45 PM SERENITY SEEKERS AFG
N S ASBURY METHODIST CHURCH
3200 N. AIRLINE DR, BOSSIER CITY

7:00 PM PARENTS LETTING GO &
N S LETTING GOD AFG
ST. PAUL'S EPISCOPAL CHURCH
275 SOUTHFIELD, SHREVEPORT
(at Youree Ave) (Youth Lounge)
Contact: 746-8011

NS NO SMOKING

AA AA meeting at same time

CC Child care available

WEDNESDAY

10:00 AM WEDNESDAY MORNING AFG
N S HIGHLAND CLUB
1711 TULANE, SHREVEPORT

6:00 PM GRACE MADDEN AFG
N S GRACE METHODIST CHURCH
C C 9400 ELLERBE RD, SHREVEPORT

6:00 PM PEACE & SERENITY AFG
N S ST. MARKS CHURCH
908 RUTHERFORD, SHREVEPORT
(Enter at office area)

8:00 PM BOSSIER AFG
N S KOALA CLUB
A A 4800 SHED ROAD, BOSSIER CITY

THURSDAY

7:00 PM MARTY'S MEETING AFG
N S UNIVERSITY CHURCH OF CHRIST
2045 E. 70TH ST, SHREVEPORT
(Fellowship/Dining Area)

FRIDAY

12:00 N BROWN BAG AFG
N S SHREVE LIBRARY, EAVES RM
424 TEXAS ST, SHREVEPORT
(DOWNTOWN, Old Post Office)

8:00 PM BOSSIER 12 & 12 AFG
N S KOALA CLUB
A A 4809 SHED ROAD, BOSSIER CITY

AREA INFORMATION SERVICES

MEETS WITH DISTRICT 1.

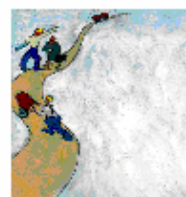
Serenity Prayer

God,
Grant me the Serenity to:
Accept the things
I cannot change,
Courage to change
the things I can,
and the
Wisdom to know the
difference.

Alateen Meetings

MONDAY

SERENITY & SANITY
5:30 PM ALATEENS AFG
N S KOALA CLUB
4809 SHED ROAD
BOSSIER CITY



INTERGROUP

APRIL 16, 2011
PICNIC IN THE PARK
Mike Woods Park, Bossier City
11:00 AM - 4:00 PM
BarBQ RSVP 344-0212

LA Al-Anon Area Assembly

MAR. 12 -13, 2011 MAY 22 -23
(Meets in conjunction with the AA Area Assembly in
Baton Rouge)

Holiday Inn South
9940 Airline, Baton Rouge, LA
For Reservations, call 1-225-924-7021

(Call early 2-3 weeks). Please book under
"LA Area Assembly" at \$99 + tax

LA State Al-Anon Convention

July 15 - 18, 2011
Holiday Inn Central
2032 Evangeline Thwy, Lafayette, LA
Make you reservations early (3-4 weeks) at
1-337-233-6815. Room rate is \$. Ask for the
"AFG Rate".

I am responsible

WHEN ANYONE, ANYWHERE, REACHES OUT FOR
HELP, I WANT THE HAND OF AL-ANON ALWAYS
TO BE THERE.

And for that: I am responsible.

The Twelve Steps suggest acceptance
of four primary ideas:

**1. We Are Powerless Over the Problem of
Alcoholism.**

When we can honestly accept this truth, it
brings us a feeling of release and hope. We
can now turn our full attention to bringing
our own lives into order. We can go
forward to spiritual growth, to the comfort
and peace to be gained from the entire
program.

**2. We Can Turn Our Lives Over to a Power
Greater Than Ourselves.**

Now that our well-meant aid to the
alcoholic has ended in failure and our own
lives have become unmanageable, we
realize we cannot deal with our problem
objectively, perhaps not even sanely. In
Al-Anon we find a Power greater than
ourselves which can direct our lives into
quiet, useful channels. At first this power
may seem to be the group, but as we grow
in knowledge and spiritual understanding,
many of us call it God, as we understand
Him.

**3. We Need to Change Both Our Attitude and
Our Actions.**

As we become willing to admit our defects,
we begin to see how much of our thinking
is distorted. We realize how unwise some
of our actions have been, how unloving
many of our attitudes. We try to recognize
and correct these faults.

**4. We Keep Al-Anon's Gifts by Sharing Them
with Others.**

This sharing makes Al-Anon the vital,
forward-reaching fellowship it is. Our
great obligation is to those still in need.
Leading another person from despair
to hope and love brings comfort for
both the giver and receiver.

DISTRICT 1

MEETS, JAN, MAR, MAY, JUL, SEPT, & NOV,
4TH THURSDAY, AT 5:30 PM
BROADMOOR BRANCH LIBRARY
1212 CAPT SHREVE DRIVE, SHREVEPORT
(STUDY ROOM OR LARGE GROUP ROOM)