

LIFELINES

**RIAFG NEWSLETTER 106 ROLFE STREET, CRANSTON, RI 02910
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Inside This Issue

- Editor's Corner
- Forum Article
- Members Share
- Volunteer Opportunities
- Public Outreach
- Al-Anon Meeting Updates
- News from WSO
- Butler Workshop
- Anniversary Meeting
- Upcoming Events
- Web sites, addresses and phone numbers

Editor's Corner

I begin this newsletter with two opportunities: one to give back and the other a day of personal recovery.

Phyllis, our delegate, broke her foot and cannot do her usual volunteer times at the state office: Wednesdays from 12:30 to 2:30PM. The office needs temporary volunteers for Sept. 6th, 13th, 20th, and 27th. If you can help, please call the office at 401-781-0044 and leave a message with your contact info or email chair.riafg@gmail.com These openings are a great chance to try it out.

When I first came to Rhode Island, I called the office to get information about meetings, and I was so grateful when someone called me back. Imagine calling for the first time desperate to find some help and no one responds! These temporary openings are a chance to serve an important need."When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me."

The theme of our annual workshop at Butler Hospital is Navigating the C's of Al-Anon. As in the past, the committee is requesting that groups donate a gift basket for the raffle. The individual groups decide the contents. These can be brought the day of the workshop to Butler. This is service, fellowship and supports RIAFG projects.

The Butler workshop is a day full of fellowship, meetings and speakers. You can attend the whole event or any part of it. If you are interested in helping out with all that goes into making this happen, please email chair.riafg@gmail.com. If you are interested in attending, the details and flyers will be on the riafg.org website.

A grateful member of the Al-Anon fellowship,

Elaine H., Lifelines Editor

FORUM ARTICLE

Forgiving myself for my shortcomings

As a child, I felt I could do nothing right. My father was impatient and critical. I thought, "When I'm grown up, I'll get it right." My father's parenting style was to point out everything that I did wrong, and nothing that I did right. I believe he thought he was helping me become a better person. Of course, I never got everything right, but it didn't stop me from trying. I demanded too much of myself in striving for my father's approval. This determination carried over into my roles as a wife, a mother, and an employee.

When I came to Al-Anon, I heard many slogans and sayings: "Easy Does it," "Let Go and Let God," "Progress Not Perfection," "expectations are resentments waiting to happen," and "put your oxygen mask on yourself first." They were perplexing. But I knew there had to be a better way to live, so I kept an open mind, listened at meetings, read Conference Approved Literature, and eventually found a Sponsor.

Once I realized I was expecting too much of myself, I eased up, threw away my lists, and became less pushy. I renounced my endeavors to be perfect. My change in attitude allowed me to forgive myself for my shortcomings. Then it became easier to let go of my expectations of others, and I was also able to forgive them for being human. It was a relief to begin making different choices in my life.

This domino effect led me to find serenity, and my peace of mind and happiness continued to escalate. My faith in Al-Anon also increased, and I began to understand that my old slogans, such as "where there's a will, there's a way," no longer served me. I recognized that I and others each have our own Higher Power, and I'm not it. My Higher Power started as Al-Anon, and now it's something more. "Keep Coming Back."

by Shelley H., Pennsylvania

(From The Forum September, 2016. Reprinted with permission of the The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA)

MEMBERS SHARE

Mad, Bad, Sad

Woke up this morning to see a torn up sheet with holes on the bottom of my unmade bed. Boy was I mad and angry too at "bad dog." I went a little crazy stripping off the sheets while yelling at you know who - "bad, bad dog."

Then, later in the day my feelings softened a wee bit. I said to myself, "You know how to mend holes in things. Don't fret so much." Meanwhile my little pup was really staying away from "crazy Momma." I grew up with the belief that it was just plain wrong to get angry; to get mad, to feel sad, to feel - period.

Later in the afternoon, I realized my solution to ripped sheets was just iron on tape. Problem solved. I took a short nap on the sofa, and when I awoke, I found there was a dog bone placed under my head while I was asleep. Honey was just trying to find the best spot to bury her bone. She was just being a pup. She's not bad. I'm not mad. Some things just take time; time to understand both myself and my pup. Time changes all things. Let's play.

by Weezi, Charlestown

Would you like to share your experience, strength, hope or insights? Please Email your sharing to: lifelines.riafg@gmail.com.

VOLUNTEER OPPORTUNITIES

The RIAFG has two task forces underway: one to create a new more modern website, and the other to establish a better means of communication with our members. Anyone interested, please email chair.riafg@gmail.com, or call the office and leave your contact information.

The RI AFG still **needs volunteers** to work in the office at 106 Rolfe St., Cranston. Duties include answering the phone, picking up messages, opening and distributing orders for literature, and greeting anyone who comes to the office usually to purchase literature. **Having the office open as much as possible is an important way to carry the Al-Anon message to those in need. This is a great opportunity to do service work.** Please contact the office by phone at 401-781-0044 or email the office at office.riafg@gmail.com. In either case, leave your name, phone number and/or email address stating that you are interested in volunteering.

PUBLIC OUTREACH

Our groups have the opportunity to join the AFG fellowship in carrying Al-Anon's message of help and hope to offices of professionals and other public places so that people can learn about the availability of Al-Anon.

The deadline for ordering the second printing of the Al-Anon Faces Alcoholism 2018 magazines is February 7, 2018, 5 PM EST. Magazines are printed in March and delivered before April 1, 2018. The order forms are available on the WSO website: www.al-anon.org. 25 copies costs \$18.00. Be sure you specify English, French or Spanish.

AL-ANON MEETING UPDATES

NEEDS SUPPORT Keep It Simple Saturdays group
Butler Hospital, Saturdays at 12:00 PM

NEW MEETING First Things First, Monday Nights 7:00 PM
VA Medical Ctr, 830 Chalkstone Ave., 5th floor, Classroom 2, Providence

MEETING CHANGE How Al-Anon Works Group, Tuesday Night at the Calvary
United Methodist Church, 200 Turner Rd., Middletown will be changing the time of its meeting to 6:30 PM as of September 5, 2017

NEWS FROM WSO

In September the WSO is launching a re-branded Group eNews. The new English email is called In the Loop; the French, Le Messager; and the Spanish, En Contacto. Anything newsworthy from the WSO will now be available within the News from the WSO page found under the members tab on the new website.

BUTLER WORKSHOP-OCTOBER 7TH

Calling all groups!! Gift baskets for our October 7th workshop are needed for the raffle. This is service, fellowship and supports RIAFG projects. These baskets can be any theme, not just Al-Anon. Please bring these the day of the conference.

29th ANNIVERSARY MEETING

GIFT OF HOPE, Wednesday September 20, 2017. Potluck at 6:30 and speakers at 7:30
ALL ARE WELCOME: Church of the Redeemer, 655 Hope St. (rear door), Providence.
AA, Al-Anon and Alateen speakers and raffle prizes.

UPCOMING EVENTS

- Sept 15-17, 2017 34 th Annual New Hampshire Al-Anon Convention
Attitash Grand Summit Hotel, Bartlett, NH Flyer available through the riafg.org
website, 2017 events calendar.
- Sept 16, 2017 AWSC All Al-Anon members are invited
Brief Al-Anon meeting from 9:45 to 10:15 AM
Meeting from 10:15 to 12:00 Noon
RI AFG State Office, 106 Rolfe St., Cranston, RI
- Oct 7, 2017 Annual RI Area Workshop 9:00AM to 3:30PM
Butler Hospital, Ray Conference Center, 345 Blackstone Blvd, Providence, RI
- Oct 15, 2017 Conn. Alateen's 60th Birthday Celebration at 3:00PM
Church of the Holy Spirit, 183 Church St.,Newington, CT
- Nov 4, 2017 RI Fall Assembly Kingston Congregational Church
2610 Kingstown Rd, (rt 138) Kingston, RI
Registration at 9:00 AM, Meeting 10:00AM to 3:30PM
- March 23-25, 2018 CT AL-ANON Convention Raddison Hotel, Cromwell, CT
see ctalanon.org for information
- July 6-8, 2018 International Al-Anon/Alateen Convention, Baltimore
Registration opens on September 1, 2017. The link will be in the
September edition of group eNews for all the details.

WEB Sites, Addresses and phone numbers

- RI AFG: www.riafg.org Office, 106 Rolfe St., Cranston, RI 02910
Telephone: 401-781-0044. Office hours available by calling this number.
- WSO: al-anon.org. Office: 1600 Corporate Landing Parkway,
Virginia Beach, VA 23454. Telephone: 757-563-1600

God, grant me the serenity to accept the the things I cannot change, courage to change the things I can and wisdom to know the difference.



Photo by Tom H.