

# Lifelines

The Newsletter of the RI AFG, April, 2011



**CONVENTION NEWS:** Riding the Waves of Serenity was a sell out! 1200 registrations were sold. Our Al-Anon participation consisted of workshops, and a great speaker Barbara W. from Ohio. She "hit the ball out of the park" as the AA Convention Chair mentioned to us. It was a great success and it was the first time we had 1000 fliers enclosed in each registration packet explaining Al-Anon, and the Family disease. Great out-reach to 1000 people! One of the workshops held discussed our upcoming 60<sup>th</sup> Anniversary. Pamphlets were given out ("Al-Anon Then and Now", and a brief talk about our history was given. Each participant was given a sheet of paper and asked to share **"How would you say Happy Birthday to Al-Anon?"**

*Here are the Responses:*

**Dear Al-Anon,**

"Thank you for helping me to understand myself and teaching me that I have choices. I can choose to have a happy life." **Marianne R**

"I feared rocking the boat, Al-Anon helped me realize I was really trying to steady the boat in rocky waters. You gave my children a mother, my husband a wife and the world a trustworthy friend. Love," **Barbara W**

"Your birthday celebration is mine as well for my walk in this God-given program 30 years ago has been a rebirth for me. Thank you for "softening my edges." Gratefully," **Pat D**

"Thanks for the recovery and the esteem that I'm not alone in the pursuit of coping with this disease." **Lowell**

"Happy B'Day! Conceived in love and the power of committed intention, I am so proud and grateful of the force you have grown to be. You introduced me to my H.P. and a life I didn't dream possible. What a birthday gift to me! Love," **Carly**

"Thank you for being here when I needed you all. It's never too late to learn how to be free. Love & Hugs," **Uncle Harry**

"Thanks for being there when I needed you. I thought I was going to a 12 week program – 1 week for each step and I was not happy to be there because I didn't have a problem. It was the alcoholic's problem, not mine. That was 19yrs ago. Thanks again," **Jerri M**

"Thank you for giving me a spiritual community in such an unusual way." **Margaret S**

"Thank you for helping me deal with my past, present and future problems with alcohol." **John**

"Thank you for helping me to reach a place from which I could open myself to the possibility of God showing up in the father who abused me when I was a child. After 16 years of estrangement, my father and I now have a relationship." **Yael B**

**OPPORTUNITY FOR AL-ANON SERVICE:** We have openings for members to volunteer as well as other opportunities for service. If you are interested in helping, please call the Al-Anon office and leave a message 401-781-0044 or send an email to RI\_Al-Anon@hotmail.com. Thank you!

Love in Service, **Leah D.** RI Area Chair

**Each Area World Service Committee meeting will be the 3<sup>rd</sup> Tuesday of the month 7-9 PM at the area office.**

\* A copy of the full minutes for every Area meeting and Assembly are available to all at the Area office



by LF

## Inside This Issue

- 1 Area news, Convention News
- 2 District News
- 3 Alateen
- 4 Alateen
- 5 WSO News
- 6 Alateen Corner
- 7 Literature Coordinator
- 8 Upcoming Events

## Al-Anon Web Sites

- ▲ Our local, Area 49 Web site  
<http://www.riafg.org>
- ▲ The Al-Anon Members' Web site  
<http://www.al-anon.alateen.org/>
- ▲ Podcasts <http://al-anonfamilygroups.org/Podcasts/FirstSteps/>
- ▲ Online meetings and outreach <http://www.ola-is.org>
- ▲ Public Al-Anon/Alateen site  
<http://www.al-anon.alateen.org>

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Our Area Web site is a great central reference point for information applicable to the entire Area!

<http://riafg.org>

Feedback on the website can be sent to Phyllis H. at [RI\\_Al-Anon@hotmail.com](mailto:RI_Al-Anon@hotmail.com)

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The Al-Anon/Alateen Members' Web site is a password-protected site; the password is the name of your group plus the letters "afg".

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

This site is loaded with valuable program information and resources.

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## District News

### District 3: Schedule of District 3 Meetings for GR's

- Mon. May 30, 11:00 AM, St. Mary's Episcopal Church, Portsmouth
- Tues, Sep 27, 2011 6:00 PM, St. Michael's Church, Bristol
- Sat., Dec 3, 2011 6:00 PM, Calvary Methodist Church, Middletown, Our Final meeting for **Marguerite** as DR

### District 4:

Meetings needing help:

- Coventry Monday 10:00 AM Living Recovery
- Cranston Thursday 10:00 AM Freedom
- Cranston Thursday 7:00 PM Cranston Step Study-Women Only
- Coventry, Monday 7:30 PM Step Up To The Summit

### \*CONFLICT RESOLUTION WORKSHOP\*

- Sponsored by Districts 3 & 4
- ALL AL-ANON MEMBERS WELCOME
- Date: Saturday, May 14, 2011
- Place: Ray Hall, Butler Campus –Room 5 upstairs
- Time: 9:45 – 11:45 AM
- No Fee – Basket passed during break
- Please us back door
- Speaker: **Barbara M** – past Delegate



## Literature News

### NEW AL-ANON BOOK:

#### "Many Voices, One Journey"

Releasing April 16<sup>th</sup> at our 60<sup>th</sup> Anniversary Celebration!

Copies are available at the Area Office.

## Group News

### NEW FORMAT FOR SATURDAY NIGHT EAST PROVIDENCE MEETING

The East Providence Saturday night Al-Anon group has recently adopted a new format for its meetings. The first and second Saturday nights of the month are Step Study Meetings for the Step of the month utilizing Paths to Recovery.

The third Saturday night of the month, is an Eleventh Step Meditation meeting, where the group sits in silent meditation for 15 minutes during the meeting, and then discusses an 11<sup>th</sup> step or mediation topic. This is believed to be the only 11<sup>th</sup> step meditation meeting in Rhode Island.

The fourth and fifth Saturday nights are open topic meetings, with the fifth Saturday night set aside for a speaker, either Al- Anon or AA.

The group is small, and parking is free and easy. The group meets at the Hope Congregational Church 120 Wampanoag Trail in Riverside @ 7:30 for one hour.

The group **is seeking new members**, so please come and visit if you are able.

## Alateen Corner

**ANGER** by Devin P, Growing Strong EG and Living Life, Coventry

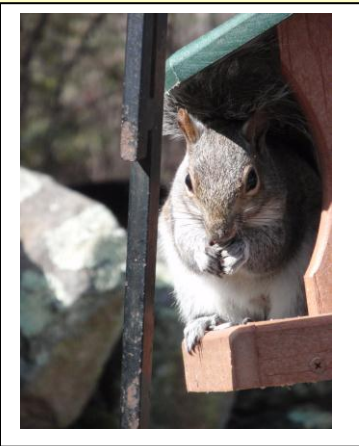
Growing up with an alcoholic brother and father has built a lot of anger inside of me. When they were both drunk, they would come to my room, trash it, yell at me and make me feel bad. Then one day, I exploded. I was cursing, hitting and throwing things at my father.

A week later, my school counselor suggested I go to Alateen. I decided to give it a try. When I went to my first meeting, I didn't want it to end. I fell in love with it. The program taught me how to control my anger and detach with love. From that day on, I was practicing my program like it was a sport.

Things to think about: When you're feeling angry and you feel like you are going to explode :

- Go for a walk
- Call an Alateen member to try to calm down and make sure things don't escalate into a situation you don't want to be in.
- Punch a punching bag until you let all that anger out

Just remember before you feel like you're going to explode, practice your program and try to remember what you have learned in Alateen.



## Alateen Poster Winner, John P, Toll Gate HS



**Second Place Winner, Scott R, Warwick Vets HS**



# Alateen Corner

Steph G.



**Announcing: First Annual Alateen Run Speakers Meeting** Upcoming Alateen event. **Alateen: Knowing the Difference**, it will be the first annual Alateen run speakers meeting starting at 8:00 PM to 9:30 PM at Saint Luke's Episcopal Church (99 Pierce St, East Greenwich, RI 02818) April 29th 2011 (Friday). It will run in place of the Alateen meeting, but is an open meeting. We would really like to see **AI-Anon and AA members alike to join us in this event**. We will be having multiple teenage speakers, as well as food, experience, strength, and hope. **Scott R.**, GR from East Greenwich, Growing Strong Alateen

Lindsay T. – Pilgrim H.S.



Dannielle T – Pilgrim H.S.



Second Place Winner



Brianna H, Toll Gate HS

## Al-Anon Upcoming Events

### April

**Alateen Sponsors Meeting** – April 20<sup>th</sup> 7P Al-Anon Office

### Alateen: Knowing the Difference – April 29<sup>th</sup>

Saint Luke's Episcopal Church, 99 Pierce St, East Greenwich, RI

### May

### Serenity By The Bay - May 4- Second Anniversary- 7PM

The Lois Wilson Story will be shown - Warren Youth Center Building on Joyce Street (across from Town Hall/Police Station)Warren

### Conflict Resolution Workshop

May 14<sup>th</sup>, 9:45-11:45 AM

Hosted by Districts 3&4  
Butler Hospital, 345 Blackstone Boulevard  
Providence, RI 02906 – Room 5

### Area WS Committee Meeting

7PM Area Office May 17<sup>th</sup>

### Hope For the Family Disease-May 20<sup>th</sup> 3<sup>rd</sup> Anniversary-7pm,

St. Theresa's Parish Hall, 265 Stafford Road Tiverton, RI 02878

### June

### Area Assembly

Sat., June 4 2011, 9:00 AM–3:30 PM

Coventry Senior Center, 50 Wood St, Coventry, RI

### 35<sup>th</sup> Annual Ocean State Young Peoples Conference with Al-Anon participation "Serenity by the Sea" with Al-Anon Participation-Friday -

Sunday, June 17 – 19; Salve Regina University, Newport.

<http://rhodeisland-aa.org/a61/osypc/home>

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### RI Al-Anon Family Groups Area Office/Literature Distribution Center (LDC)

106 Rolfe Street, Cranston, RI 02910

Hours: Please call the office

Phone/Fax: 401-781-0044

E-mail: RI\_Al-Anon@hotmail.com

Lifelines e-subscription: Email: RI\_Al-Anon@hotmail.com (type "Mailing List" in the subject line)

Web: www.RIAFG.org

An area newsletter is a vital link in keeping groups and members informed. The purposes of *Lifelines* are to: encourage attendance at service events; communicate local, area, and Al-Anon Information Service news; and attract Al-Anon members into service.

If you are interested in serving on the *Lifelines* Committee, please call the office at the number listed above. If you would like more information about the tasks and time commitment involved, you may contact Linda F. at [lin2169@cox.net](mailto:lin2169@cox.net) or 401-855-6009 (it's safe to leave a message).

*To ALL of you who help me – THANK YOU!*