



Lifelines

The Newsletter of the RI AFG, February, 2011

Area News

written by Betsy

Fall Assembly-November 6, 2010

The Fall Assembly was held on November 6, 2010 at Our Lady of Fatima Hospital in North Providence from 9 am – 3 pm.

It was well attended by more than 20 Group Reps/Alternate Group Reps from all over the state of RI plus other Al-Anon members. It was a day full of friendship, fellowship, learning, and growing. Our special thanks to our State Chairperson, Leah, for facilitating a seamless program.

We opened with a roll call and introductions. We broke out into 3 sessions to discuss Alateen, Public Outreach, and Service. Everyone got to attend each one. They were all quite interesting and eye opening. We all learned what opportunities await each and every one of us as we grow through the program-and what better way to grow but through service in all these 3 areas! Thank you to Marie G, Marguerite O, and Jenny N for leading these discussion sessions. What mentors you all are!

We then had a special presentation from our Policy Committee, which has been working behind the scenes drafting RI's first ever policies. They addressed voting rights and how to write a policy. After much lively discussion, they are now headed back to the drawing board to work up the suggestions made by the group. Thank you, Barbara M, Phyllis H, and Leah for leading the discussion and for all your hard work.

After lunch we discussed what, how, when, and where the next assembly will be held. We had volunteers step forward to head up that task. Thank you to Denise who volunteered to chair that committee.

Next came discussion and voting on the open positions. The biggest open position was the RI Area 49 WSO delegate. Volunteers were sought per Service Manual procedure; the only qualified one left standing was Jenny N, DR from District 4. Secret balloting occurred and Jenny was voted in. Congratulations Jenny!! Good luck on your new position! Other vacant positions were filled such as the *Lifelines* Coordinator, Linda F; Rose B, Alternate Delegate; Barbara M, AA Liaison; Denise G, District 4 Rep and Phyllis H, District 4 Alt Rep.

There still remain some open positions. Please contact your DR for a complete listing.

We ended the Assembly on a happy note after a great Q&A period.

I think that we all left there that day with a better understanding of our program, recognizing that we all need everyone's experience, strength, and hope to make it work for you and me.

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**The next Area meeting will be
Tuesday, February 15th 7-9 PM
(See last page.)**

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

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District News

As for District 3: Schedule of District 3 Meetings

- Mon., Mar 21, 7:15 PM, Portuguese American Club, Jamestown (downstairs)
- Mon., May 30, 11:00 AM, St. Mary's Episcopal Church, Portsmouth
- June Assembly
- Tues, Sep 27, 6:00 PM, St. Michael's Church, Bristol
- November Assembly
- Sat., Dec 3, 6:00 PM, Calvary Methodist Church, Middletown, R-Final meeting for Marguerite as DR

As for District 4: District 4 Meeting

Saturday, January 29, 10:00 AM

Area Office, 106 Rolfe Street, Cranston

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

Hopeful Conflict Resolution Meeting along w/District 3 (April, May)

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

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/members>
- ▲ 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>

Your On-line Al-Anon Resource

<http://riafg.org/> by Phyllis H.

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

This site is loaded with valuable program information and resources.

Have you visited the RI Al-Anon website recently? It is your one-stop quick resource for everything Al-Anon in Rhode Island. Click on **RI Al-Anon Events** to find out what is happening – meeting anniversaries, workshops, conventions in the New England area, etc. Visit the **Service Opportunities** webpage to see how you can boost your recovery by getting involved in Al-Anon service. Check out the **Meeting Announcements** to learn about meetings needing support and meeting changes. Up-to-date meeting lists are at your fingertips as are links to the Al-Anon World Service Office, Public Service Announcements, Podcasts, and the Al-Anon/Alateen Service Manual. Ever wonder what district your home group is in? Click on the **Area Districts (Map and Towns List)** to find out. It's worth a visit to the various webpages just to see the wonderful local area photos by Al-Anon member Nancy M.

Feedback on the website can be sent to Phyllis H. at the area email account RI_Al-Anon@hotmail.com.

Group News

Friday night "Hope for the Family Disease" submitted a Group Gratitude List.

G – GOD, GATORADE (Ed C)
 R – RECOVERY, RESPECT, RELIABLE (Murph M)
 A – ATTITUDE IS A CHOICE; AWARENESS; CHANGED ATTITUDE
 T – TRUST GOD AND LOVE PEOPLE
 I – INSIGHT (Cris G)
 T – TRUST IN HP AND OTHERS (S.M.)
 U – UNDERSTANDING
 D – DECISION; DEPENDABLE (Murph M)
 E – ELIMINATE EXPECTATIONS

Monday Night – There is Hope submitted: TOOLS USED DURING THE HOLIDAYS

What I wanted more than anything was to be with my extended family and I was able to do that by traveling to Wolfeboro, NH. I did delay my return on account of the snow storm and missed a day's pay as a result but that may have been a good decision, on the lines of "better safe than sorry."

I read Al-Anon literature pretty much daily and did up there. I think long acquaintance with the program may have incorporated it into my unconscious and I may be using it without being aware of it. We were 17 people of all ages in Wolfeboro, with yours truly being the oldest. That many people in close proximity is challenging for me at times.

Now we look forward to a new year and I guess we don't know what it will bring. Let's make it a good one.

Joe R

I know that I found myself doing "HALT" and "THINK" numerous times in addition to saying the Serenity Prayer numerous times.

Marguerite O

I practiced the 'natural flow' of events. I didn't make things happen and I didn't stop them. I had a peaceful Holiday Season.
 Linda F

What a Friend!

Beneath the sorrow, pain and woe,
 My hope came shining through,
 The blessings from above were felt
 In Al-Anon's small group,
 I knew I'd find the strength I'd need
 To live a life fulfilled
 For freedom guides you to the door,
 And Al-Anon came through.

By: Crystal R

Alateen Corner

Alateen Poster Contest Event

Friday, March 4th*, 8:00–9:30 PM

St. Luke’s Church (Upstairs)

Pierce & Church Streets, East Greenwich, RI

Alateens across RI have worked for months on posters that could be used to promote Alateen *worldwide!*

Join us for a short meeting, followed by fellowship, as Alateen, Al-Anon, and AA members** are invited to view the posters and help select the one that will represent RI Alateen. The winner receives a movie package for two, including drinks and popcorn...and their poster will be submitted to the World Service Office for the chance to be approved for *international* use!

* March 4th is Lois’ birthday. There will be cake!

** Sorry! Only dual members are eligible to vote at this Al-Anon/Alateen event. All are welcome for fellowship.

Workshop Speaker

Devin P was the Alateen speaker at the annual workshop. He was fabulous and brought tears and smiles to all who attended. The camaraderie of the teens rushing to the stage to give him a hug after he completed his story was heart-warming...his views on Alateen were a gift to all who heard him speak.

A game we all can play

One Day at a Time																
Linda																
Words of Recovery																
E	S	P	E	E	P	Y	L	U	A	C	A	R	H	E	I	J
C	H	A	N	G	E	H	T	I	O	R	W	A	U	H	E	E
I	S	H	J	P	N	N	O	I	S	S	A	P	M	O	C	J
V	H	P	I	O	A	O	H	P	R	T	R	Y	I	N	N	O
R	O	J	U	S	Y	T	I	N	E	R	E	S	L	E	E	I
E	W	R	H	E	I	T	C	A	E	W	N	N	I	S	I	O
S	S	I	C	A	C	O	U	R	A	G	E	Y	T	T	T	G
T	S	N	F	T	C	H	O	I	C	E	S	A	Y	Y	A	E
Y	T	I	L	A	U	T	I	R	I	P	S	J	A	T	P	O

Serenity
Patience
Awareness

Choices
Faith
Spirituality

Joy
Change
Service

Honesty
Hope
Listen

Courage
Compassion
Humility

What Is TEAM?

Connecticut's TEAM event was October 2–3, 2010. The guests from World Service Office (WSO) were Ric B, Barbara O, and Judy A. An interesting 2 days was planned, but the best part was going with an Al-Anon trusted friend for some well needed time away time! I have always known it's not always about the job, but it's more about the ride (at least in the car for us)...

So what is TEAM?? (Together Empowering Al-Anon Members)

One or more Areas with the WSO to create a unique service event geared to the interest of local members.

The WSO comes to you! A minimum of three representatives from the WSO—volunteers and staff members—will participate.

The hosting Area provides the facility and collaborates with the WSO on the program. The TEAM event can take place over one or two days—it is up to the Area to decide; it can be a stand-alone event or tied in with an existing Area event.

We were fortunate to have WSO volunteers open up the event with a personal sharing and introduction of what they do at WSO. There were panel discussions on sponsorship (including Alateen sponsorship) and lots of great information on integrating the Concepts into our lives. I took lots of personal notes for reminders. CT is a pretty awesome state, and the love they have for RI is touching. I saw people from Vancouver and even some of my Panel 46 buddies from California! This event reminded me of Conference, where we sat at tables and listened to panels of speakers. It wasn't like a convention, where you chose workshops. It's pretty interesting to listen and learn. But, honestly, my favorite part of the weekend was the fellowshipping! (Is that really a word?) It was being around service-minded members who are interested in using all our legacies as tools for recovery and getting the most out of our program by being of service back! I was told many years ago by a wise old-timer that if I wanted to keep the progress and program I had, I'd have to give it away.

With much appreciation for our program,

Barbara, past Delegate-Panel 46, RI



Area News (continued from page 1)

And, last but not least, thank you to the Assembly Task Force which organized the location, food, set-up, clean-up, handouts, directions, balloons, signs and many other things too numerous to mention!! Thank you Marguerite, Denise, and Betsy!

Al-Anon Upcoming Events

February

Tuesday Morning Cranston Warwick Day Anniversary

Tues., 2/22/2011, 10:00 AM

Edgewood Congregational Church

There will be speakers, raffles, food and crafts!

March

Alateen Poster Contest Event

Fri, March 4, 8:00–9:30 PM

St. Luke's Church (Upstairs)

Pierce & Church Streets, East Greenwich, RI

Join us for a short meeting, followed by fellowship, as Alateen, Al-Anon, and dual members vote for the poster that will represent RI Alateen.

AA Convention: Riding the Waves of Sobriety

March 25–27, 2011

<http://www.rhodeisland-aa.org/ricc>

Forever Hope AFG Anniversary

Sunday, March 6, 10:00 AM

West Greenwich Town Hall, 280 Victory Hwy. (Rte. 102)

Come help us share our experience, strength, and hope as we celebrate our 23rd anniversary and Lois W.'s 120th birthday. There will be. Al-Anon, AAC, AA, and Alateen speakers plus refreshments.

June

Area Assembly Sat., June 4 2011, 9:00 AM–3:30 PM Place to be determined

JANUARY 2011						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY 2011						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

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 mailto: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 or 401-855-6009 (it's safe to leave a message).

A special thank you to Deb E. for editing!!!!