



Lifelines

The Newsletter of the RI AFG, February 2008

News from the World Service Conference: Openings and Welcomes

Check your opening:

*Does your group use the old
Newcomer's Welcome?*

*If so, bring it up at your next
business meeting and share this
article with your group.*

The AI-Anon/Alateen World Service Conference (our worldwide group conscience) receives many questions from groups all over the world. Once a year, Delegates and Trustees from throughout the United States and Canada meet in Conference to discuss these questions and make suggestions and recommendations.

In order to share leadership by responding to recurring questions in the Areas, the 2006 World Service Conference asked the World Service Office for a summary of these questions and responses that the Delegates discussed and decided at Conference.

The following information was passed along to us through our Delegate, Barbara M:

Question: When was the statement "AI-Anon is an anonymous fellowship..." changed to "Anonymity is an important principle of the AI-Anon/Alateen fellowship..." in the Suggested Opening on page 39 in the "AI-Anon/Alateen Groups at Work" section of the *Service Manual*? When did the change take place and who has the responsibility for the changes to the "Groups at Work" section of the *Service Manual*?

Answer: Changes to the "Groups at Work" section of the *Service Manual* are made by the World Service Office to reflect changes in other parts of the *Manual* or other discussions at the World Service Office.

The wording change began in 2002, when the Group Services Committee began discussing the "Newcomer's Welcome" that was in the Group Binder (M-59). At the January 2003 Policy Committee meeting, the Communication Section brought a discussion question regarding a proposed wording change to the "AI-Anon/Alateen Welcome." The Policy Committee approved the change regarding anonymity and other grammatical changes. That is when the statement "Anonymity is an important principle of the AI-Anon/Alateen program" was added to the Welcome.

continued on page 3

Inside This Issue

- 1 WSC News: Openings and Welcomes
- 2 Assembly Reports
- 3 Alateen Spoken Here
- 5 Treasurer's Report
- 6 Upcoming Events

Assembly Reports

Part 2 of a Monthly Series on the November 2007 Assembly

News from District 2*

The Next Area Assembly Is June 14th

What issues is your group/district facing? What would you like to hear more about/discuss at the next Assembly? Tell your GR or DR, or contact the office and let us know. Your voice is important! Make sure your group is represented!

This has been a very good year for District 2. There has been a lot of growth within the groups as well as growth for the Group Representatives (GRs) and District Representatives (DRs). We have all learned together this year. These are some of the highlights...

HUGS, Pawtucket: The group was on the verge of disbanding, but through the strength and fortitude of the GR and a few concerned members, they kept meeting and making a go of things. Today they are very strong. The group now has a new GR and alternate GR, and all their positions have been filled. They have started holding business meetings that are staying on track and have member participation. Great job HUGS!

Greenville AFG: The meeting is going very well. Membership is strong, diminishes in the winter, though. Rent continues to be high and is higher in the winter with the heating costs. But the group is happy and plans on staying there! Good fortitude!

Change What You Can, Pawtucket: Group has made great strides in their own recovery. The members of the group realized that they needed help in finding their balance with the meetings. They called on their DR and Alternate DR to come and hold a group conscience meeting. The process lasted for 3 months, meeting 1 Sunday a month. The outcome was like watching a flower bloom. Members stood up and were heard, problems were resolved together. New positions were developed, new and old members filled all the open positions, and they continue with voluntary turnover in positions. A new GR came forward and has helped to guide the group in a new direction—better recovery! There really are miracles!

Let Go and Let God, Lincoln: Doing very well despite moving locations in the fall. The move was difficult, but they now have quite a loyal following. A group conscience has been held to keep the group healthy, with wonderful results. Keep growing!

Together We Can Make It, Alateen, Lincoln: The group is just getting reorganized after a few months of low membership. They have a new sponsor, Barbara, with rotating cosponsors. The kids are very enthusiastic and really have the want for recovery! Our prayers have been answered!

Serenity on the Hill, N. Smithfield: The meeting continues to be well attended. Problems have occurred with crosstalk; hoping to have a group conscious about the subject. All in all, a very healthy group. Good work!

Keep It Simple, Woonsocket: Attendance is up this season. Also having a problem with crosstalk. They have held a group conscience about this with very positive results. They are slowly filling their service positions; many old timers are reluctant to give them up. Baby steps with change!

**Note: There are 5 districts in RI; only 2 of these Districts have DRs. If you have been a GR and are interested in performing this type of service for your District, please contact the Area office (see last page).*

continued on page 4

Alateen Spoken Here

Changed Attitudes

Sean, Oregon

Some of my attitudes have changed drastically while I struggle with others. Some I am too afraid or too attached to change. My biggest change in attitude is with anger. I used to feel anger, rage, and fury over things that in retrospect were unimportant. Today, I know that my anger is okay, but it is a secondary emotion. Other emotions cause me to get angry. I now choose to deal with the primary emotions, because that usually solves the problem.

I struggle with my attitude towards myself. Usually, I have a slightly different opinion of myself each day, anywhere from thinking I am a complete loser to thinking that I am a really good person. But then there are those defects I am attached to, like sarcasm or procrastination. I know they aren't good, but I keep coming back to them. I guess I need to keep working at it, practice progress not perfection.

The program helps me change my attitude daily. With each new day I can choose to start again. If the program is with me, that can make all the difference. Another old attitude I used to love was obsessing over problems: how could I fix it? And what power do I have? Two things help me with that now, the Serenity Prayer (big one) and the three Cs (didn't Cause it, can't Cure it, and can't Control it). Another old attitude I used to constantly indulge in was debating and arguing. If I could prove someone wrong and make myself right, I felt better. Now my self-esteem is not based on that. I would rather be happy than right.

Used with permission from Alateen Talk, Vol. 45, No. 2.

Openings and Welcomes

continued from page 1

The Policy Committee decided that the old statement implied that the Al-Anon/Alateen program is anonymous and that the new language regarding the principle of anonymity clarified the intent of the statement.

- The revised *Suggested Al-Anon/Alateen Welcome* was sent to all groups as enclosures in the 2003 fall issue of *Inside Al-Anon Xtra*, along with copies of the original text of the three legacies: the Steps, Traditions, and Concepts of Service.
- At that same January 2003 meeting, the consensus of the Policy Committee was that Al-Anon needed to have only one "Welcome" in all publications, including the *Service Manual*. That decision led to the deletion of the "Newcomer's Welcome" from the Group Binder. After further discussion in the Group Services Committee, this decision was reported in the *2004 Conference Summary*.
- ***There are groups who have not read or heard about the change to the Group Binder and continue to use the "Newcomer's Welcome" document. In the spirit of unity, the World Service Office asks that groups not use it in meetings.***

If you have questions about this topic, or about any topics discussed at the World Service Conference, please ask your Group Representative (GR), District Representative (DR), or call or e-mail the office directly (see last page) and leave a message for our Delegate, Barbara M.

Please Read at All Alateen Meetings

Attention Alateens: This page is for you! Alateen is a vital part of RI Al-Anon Family Groups and, as such, should be represented in its newsletter.

If you are an Alateen who likes to write or express yourself artistically, please consider submitting something for the next issue, either on your own or as a group. Here are just a few ideas, but feel free to come up with your own creative contribution:

- ▲ Write a couple of paragraphs on an Alateen topic or on your experience in the program in general
- ▲ Create a piece of program-related artwork
- ▲ Create a word search using words that relate to a particular topic

Please e-mail your submissions to Deb E. at destre99@yahoo.com, or drop off or mail them to the Al-Anon office (see last page).

Please provide your first name and/or the town or group to which you belong, unless you wish to remain anonymous.

District Reports

continued from page 2

Meetings Need Support

Do you know how the Eleventh Concept applies to our everyday lives? Do you know what an LDC is? Do you know how to place principles above personalities?

Neither do we.

Come learn with us at the **Friday night "When I Got Busy, I Got Better"** Concept and Service study meeting. We meet Friday nights at 7:30 PM at Bradley Hospital in East Providence.

Thursday morning, "Step Up to Serenity," could use support. We meet every Thursday at 10:00 AM at St. Paul Ev. Lutheran Church, 389 Greenwich Ave (Church Office Bldg.) in Warwick.

Step Up to Serenity, N. Smithfield: A very strong meeting. They have completed a group conscience also to help develop a way to fill service positions and have them rotate among members. Have had very good results; the jobs are being filled and are rotating among members.

Un Dia a la Vez—Al-Anon, Central Falls: Both Spanish meetings are going very well and continue to be well attended. The DR and Alternate DR visited them, and contact was made for the first time. They were very interested in keeping in touch and had a few members volunteer to help answer Al-Anon questions for Spanish-speaking people on the hot line. They are wonderful!

St. James Al-Anon, Woonsocket: Has moved to Landmark Medical Center, Cass Ave., meets at the same time. Meeting is doing well; has a new GR who is very invested in helping her group stay strong! Keep up the good work!

Gift of Hope, Pawtucket; Darlington Courage to Change, Pawtucket; North Prov. Step Group, North Providence: These groups in District 2 have yet to join us at a District meeting, but as we all know miracles can and do happen. We remain in touch and have an open invitation.

Kellie and Betsy (Alternate DR and DR) continue to work with all the GRs and their Alternates within the District to make Al-Anon strong and available to all those who need it.

Thank you for this opportunity to share District 2 with you.
Betsy W., District 2 Representative

News from District 4

Three groups in District 4 sent me a report for the Assembly. The issues of these groups are as follows:

- ▲ Group 1. A large group, not everyone gets to a chance to share. Dominance of old timers.
- ▲ Group 2. Low attendance, newcomers do not return.
- ▲ Group 3. Wants to use AA big book. There are many dual members and would like them to be able to hold positions such as GR.

I have given my suggestions in accordance with our Traditions and the *Service Manual*.

The GRs from these groups attended the Assembly. I have attended all but 1 of the 11 groups in District 4. I have had District meetings and these issues plus the issue of sponsorship (lack of) is mentioned.

Alateen in the District is up and running successfully.

Love in Service,
Marie G., District 4 Representative

Treasury Report

The following is a listing of the donations to the Area Office for January.

Please remember to put your **group name and entire group number** on all checks when sending in donations. Your group number is listed on the meeting list.

To speed check processing, you may mail checks directly to me at:

Valerie Bacon
68 Elmgrove Avenue
Smithfield, RI 02917

Peace in the Program,
Valerie, Area Treasurer

Group		State	Alateen	Public Outreach
4-036734	Living Recovery	\$30.00		
3-030119	Mon. Morning Al-Anon	\$50.00		
2-037296	Change What You Can	\$25.00	\$25.00	
2-040889	Let Go & Let God	\$40.00		
5-064936	Christ Church Westerly	\$45.00		
2-502037	Serenity on the Hill	\$10.00		
2-012480	St. James Al-Anon	\$60.00		
2-0062815	Tuesday Night Al-Anon	\$25.00		
2-037296	Change What You Can	\$25.00	\$25.00	
N/A	Gert's Place closed	\$29.50		
2-502037	Serenity on the Hill	\$10.00		
January Totals		\$349.50	50.00	

Al-Anon Workshop Chair Needed

The next RI Workshop is scheduled for October 4th and plans are already under way! If you are interested in chairing this important and fun event, please call the office or attend the next Area meeting (see last page).

Meeting Has Moved

"Friday Night Serenity" now meets from 7:30–8:30 PM (used to be 8:00–9:00) at Butler Hospital, Ray Hall, in Providence.

Upcoming Events

March

Alateen Informational Sponsors Meeting

Sat., March 8, 1:00–3:00 PM

Area Office, 106 Rolfe Street, Cranston

All Al-Anon members who are currently involved with Alateen or who are interested in volunteering are welcome!

Forever Hope 20th Anniversary (and Lois W's Birthday)

Sun., March 9, 10:00 AM

West Greenwich Town Hall, 280 Victory Highway, Route 102, W Greenwich

Forever Hope Al-Anon Family Group Celebrates its 20th anniversary and Lois W's birthday. Come share our experience, strength, and hope as we celebrate with speakers, fellowship, spirituality, and food.

Area Meeting

Tues, March 18, 7:00 PM

Area Office, 106 Rolfe Street, Cranston

If you are interested in participating in service, please attend!

Wednesday Night Let Go and Let God Al-Anon Anniversary

Wed., March 26, 7:00 PM

Christ Church, 1643 Lonsdale Ave., Lincoln

Please join us for speakers, food, and fellowship!

Rhode Island AA Convention (w/Al-Anon participation)

March 28–30, 2008

Hyatt Regency Hotel, Newport

This event has sold out! If you were lucky enough to get tickets and are interested in leading an Al-Anon meeting, please e-mail Jenny at HuenemeJen@juno.com or call and leave a message at the office (see below).

Monday Night Greenville AFG Anniversary

Mon., March 31, 7:30 PM

Thomas Church, Route 1 Smith Ave. Rte. 44 & Route 116, Greenville

Please join us for speakers, food, and fellowship!

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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

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.

Lifelines submissions may be sent to destre99@yahoo.com or mailed to the office at the address above. The deadline for the next issue is **March 13**.