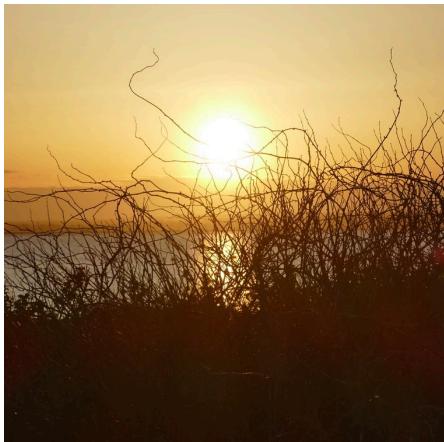


LIFELINES JANUARY 2020



Editor's Corner:

There are times when I find myself right back at Step One: “*We admitted we were powerless over alcohol - that our lives had become unmanageable.*” I am uncomfortable when I feel powerless. I don’t like it especially when I have a good case of the “should” running around inside my head; that same head that is hitting against a familiar wall. I turn left, back track and turn right, but I am still confronted with this wall. Sometimes my head has to get really sore before I remember that I cannot do anything about the situation and that it doesn’t belong in my hands and turn it over to my Higher Power.

My family is in the midst of relationship issues and significant life changing events. I want to make this less stressful for everyone, and by doing this, I get stressed out and my better judgement flees because I want to force solutions.

I like to think that I have achieved a respectable level of wisdom. It’s that piece about wisdom knowing the difference between what I can and cannot control that needs more work.

So I am back at Step One as we head into January. Who says my Higher Power doesn’t have a sense of humor? Good timing! I cannot control outcomes or make someone else more sensitive to another family members needs. I cannot make everyone play “nice.” I cannot push, pull, urge, find the right words to make someone else change their mindset. The only one I can change is me, which falls to a low place on my “to do” list when family stuff is going on. So, I need this Power greater than me to release me from this old behavior that has never worked for me, *but maybe this time?* I know that I have no clue how all this turmoil will play out, and worrying about it only robs me of my present moment and my serenity and my living my own life no matter what anyone else is doing or not doing around me.

But fear bubbles up from the core of me and fear is very powerful for me. I have to say this stuff out loud or on paper because then I remember that I have been working hard to turn this fear over, to pray for the willingness and the help to do this, and then trust that everyone is doing the best than can, even if I don’t think so. I am not their Higher Power. It is not my job to make adults behave the way I want them to.

So, as I begin 2020 finding my self at Step One yet again, I try to remember that none of the steps are items to check off as “done.” My recovery is a widening spiral of revisiting old issues in newer circumstances. I need to release my sticky fingers and pray for the peace that comes from trusting my Higher Power, and the Al-Anon program.

A Grateful Member of Al-Anon
Elaine H., Lifelines Editor

***DEADLINE FOR THE FEBRUARY ISSUE IS JANUARY 29TH.**
Would you like to be on the distribution list for Lifelines? Send an email requesting this to lifelines.riafg@gmail.com. These are sent as “BCC’s” so your anonymity is protected.

Do you have an upcoming Al-Anon event to announce? - an inspirational photo?- a personal share? - etc. Please email these to lifelines.riafg@gmail.com

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ALATEEN NEEDS YOU:

Knock, Knock. Who's there?
The next generation looking for help!

We need YOU to meet soaring demand

Consider carrying your 12th step message through Alateen service

Right now we're down to **one** – yes, just a measly one! – active Alateen group in the entire state of Rhode Island...

But the emails and calls are NOT slowing down... Parents, teens, school staff, and social workers all reaching out for help with the family disease of alcoholism because they have nowhere else to turn.

A sad truth. But a silver lining: YOU could help change that sad fact.

Willing to find out how?

Have you been a member of Al-Anon for at least two years? You qualify!

Are you also a member of AA? You qualify.

Can you do this with another Al-Anon member? Yes!

For additional information, please email Ashley B.: alateenri@gmail.com

ALATEEN CORNER:**55 YEARS OF ALATEEN TALK**

This year, *Alateen Talk* celebrates 55 years of providing help and hope to teens and younger members affected by the family disease of alcoholism. We want to thank all Alateen contributors, Al-Anon members involved in Alateen Service, Area Alateen Coordinators, and Area Alateen Process Persons for sharing their experience, strength, and hope through the written words of *Alateen Talk*!

To subscribe to *Alateen Talk*, visit al-anon.org/alateentalkform. There are also subscription forms available in the November 2019 issue of *The Forum*.

ANNIVERSARY CELEBRATIONS:

Save the Date

January 14th 2020

Charlestown New Life's 41st Anniversary

Where: Cross' Mills Baptist Church
4403 Rd. Old Post Rd., Charlestown
(next to the Cross' Mills Library)

Pot Luck: 6 PM (in the basement of the church)

Speakers: 7 PM (in the church)

We hope you'll join us for food, fun & fellowship!

See you there & please bring a dish to share.

FOREVER HOPE

Al-Anon Family Group

Invites you to join us to celebrate our

32nd Anniversary

and

Lois W.'s Birthday

Sunday, March 1, 2020

10:00 a.m.

West Greenwich Town Hall

280 Victory Highway, Route 102, West Greenwich, RI

**Speakers • Fellowship • Spirituality
Finger Foods • Hot & Cold Beverages**

Come Share the Joys of Recovery with Us

**Park in the large lot to the south (right) of the Town Hall.
Entry is at the back via the wheelchair ramp.**

2020 EVENTS CALENDAR:

January 14	41st Anniversary Celebration of Charlestown New Life. (Info on page 3)
January 25	AWSC Meeting at Cranston office from 10AM to Noon. All are welcome.
March 1	Forever Hope Anniversary (see flyer on previous page for details.)
March 20-22	2020, 44th AA Convention with Al-Anon participation. Gurney's Newport Resort, see flyer
May 30	RIAFG Spring Assembly at Emmanuel Church, 42 Dearborn, Newport, RI
July 2-5	2020. A.A. International Convention in Detroit, Michigan. See news from the WSO.

MEETING NOTICES:

Holiday Notice:

The **North Providence Step Meeting** will not be meeting on **any holiday** that falls on a Thursday.

Wakefield Just for Today at Wakefield Baptist Church on Monday @ 7:30 **WILL NOT MEET** on any holiday that falls on a Monday.

The **Cranston-Warwick Daytime AFG WILL BE MEETING ON DEC 31**. This meeting is held on Tuesdays at 10 AM at the Edgewood Congregational Church, 1788 Broad St., Cranston

The Tuesday evening **New Beginnings** at 7:30 PM in E. Greenwich **WILL NOT MEET ON DECEMBER 31st**, New Year's Eve.

New Meeting:

Newport Sunday Night Al-Anon Family Group Discussion Meeting has changed its name to Serenity on Sunday and still meets at the same time and place: Sundays, from 6:00 to 7:00 PM at Emmanuel Church, 42 Dearborn, Newport, RI, in the library, Guild room chapel.

Starting Sunday October 13th there is a new meeting for **Adult Children of Alcoholics** at the Peace Dale Congregational Church, Community Room 2nd floor, 261 Columbia St., Peace Dale.

Needs Support:

The **Cranston-Warwick Daytime AFG** on Tuesdays at 10 AM at the Edgewood Congregational Church, 1788 Broad St., Cranston

Now Wheelchair Accessible:

The **K.I.S.S.** has moved to the first floor and is now wheelchair accessible. They meet Saturday 12:00 PM at Butler Hospital, Ray Hall, first floor, room 1.

Meetings that have Closed:

Let it All Go AFG, Tuesday 7:30 PM, N. Kingstown Methodist Church, 450 Boston Neck Rd., (Rte 1A)

The **Ashaway** Al-Anon Group meeting Thursdays at the Trinity Lutheran Church, Ashaway, has closed.

The **Saturday Night Live** Al-Anon Group meeting, Saturdays at 6:30 PM, at Calvary United Methodist Church, 200 Turner Rd., Middletown has closed.

AREA OFFICE NEWS:

Volunteers Needed to staff our RIAFG office in Cranston. If you are interested, please call the office at 401-781-0044 and leave a message.

We currently have 4 Volunteers: Here is the schedule:

Monday:	12:30 to 2:30 PM	Phyllis H.
Wednesday:	12:30 to 2:30 PM	Paul B.
Thursday:	7:00 to 8:30 PM	Jane A.
At-Home Volunteer:	Tuesday	Clara R.

AA Liaison Report:

Rhode Island AA Convention with Al-Anon participation

The convention will take place Friday, March 20 – 22, 2019 at the Gurney's Resort in Newport, RI. Sarah S., delegate from Area 31, Panel 57 Missouri has agreed to be our speaker. Sarah has been a member of Ala-teen as well as Al-Anon. She tells her story with humor enthusiasm and grace. She will speak Saturday, Mar. 21 at 10:15 am. Five Al-Anon meetings will be available. Please see below. Please consider leading one – a great way to serve! Meeting leaders are responsible for the \$25.00 registration fee. Registration: <https://aainri.com/area-61-convention-2020/>

Jackie
AA Liaison

44th AA CONVENTION WITH AL-ANON PARTICIPATION:



Alcoholics Anonymous with Alanon participation!
Area 61 Assembly of Alcoholics Anonymous

Events include:

- Speaker & Marathon Meetings
- Afternoon & Evening Entertainment
- Hospitality Rooms
- Great Fellowship
- Yoga & Meditation Workshops
- Evening Ice Cream Parties (nominal cost)

New early registration benefit:

- For every meal purchased before February 18th, participants will be entered in a raffle to win a **free registration to Convention 2021**. Two winners will be chosen and announced at the Saturday Night Meeting during Convention 2020!

Resort amenities:

- Beautiful rooms
- Amazing food
- Pool
- Deluxe Spa
- Complimentary shuttle into downtown Newport

The Convention begins at 3PM on Friday, March 20th.

CONVENTION REGISTRATION * REGISTER EARLY * space is limited due to fire codes

To register online, visit the Area 61 website aainri.com OR mail this form before February 18th

MAIL TO: RI Convention, PO Box 449, Charlestown, RI 02813

Name _____ What do you want on your badge? _____

Address _____ City _____ State/ZIP _____

Phone _____ E-mail _____

Assistance needs _____

If you require Spanish translation at speaker meetings, Please advise/register by January 14, 2020. Hearing assistance equipment is available.

Registration cost: **before February 18th- \$25** **after February 18th- \$30**

MEALS: The purchase of meals offsets the cost of meeting spaces and helps the Convention Committee meet its financial obligations to the hotel. Orders taken until 2/18/2020 (on this form or online). **Please make your selections below:**

Friday Dinner: \$46

- Grilled Chicken Breast
- Oven Baked Scrod/herb stuffing
- Curried Roasted Vegetables/couscous, arugula, & lemon

\$ _____

Saturday Luncheon Buffet: \$32

- New England Clam Chowder, salads, assorted cold cuts (roast beef, turkey, ham, hard salami), assorted cheeses, breads, rolls. Cookies, tea, coffee.

\$ _____

Saturday Evening: \$48

- 6 oz. New York Sirloin
- Pan Seared Atlantic Salmon
- Whole Wheat Penne Pasta/broccoli rabe, heirloom tomato ragout

\$ _____

Scholarship fund:

Please consider donating to our Scholarship Fund. Any amount will help those in need who might not be able to attend.

\$ _____

Convention service opportunities: (circle one)
Greeters, Parking, Lead a Marathon Meeting, Hospitality, Registration, Decorations, other _____

*The earlier you register, the more flexible the scheduling is.
You will be contacted by phone or mail to discuss scheduling.*

Convention Chair: Ken D.
Email: conventionchair@aainri.com
Registrar: Lisa B.
Email: conventionregistrar@aainri.com

TOTAL ENCLOSED

\$ _____
Checks payable to
RI Convention

AL-ANON FAMILY GROUPSriafg.com**2020 A VISION FOR US:**

Alcoholics Anonymous with Al-Anon participation! 44th Rhode Island Convention
March 20 - 22, 2020

Five Al-Anon meetings will be available. Please consider leading one! Meeting leaders are responsible for the \$25.00 registration fee. Registration: <https://aainri.com/convention/>

Special Note: Sarah S., our AL-Anon guest speaker gives her talk on Sat., Mar. 21 at 10:15 am.

Al-Anon Meetings:

- Sat., Mar. 21 at 9:00 am: **How do I see myself when I use the Al-Anon program?**
- Sat., Mar. 21 at 11:30 am: **Steps, Traditions, and Concepts: A new Vision?**
- Sat., Mar. 21 at 2:30 pm: **Illusions and fantasies I've let go, since coming to Al-Anon.**
- Sat., Mar. 21 at 5:00 pm: **2020 reasons to Keep Coming Back!**
- Sun., Mar. 22 at 8:30 am: **Changing my attitude by changing my perspective.**

If you would like to lead a meeting, please contact Jackie G. by email: aa.riafg@gmail.com or leave a message at our Area Office phone number, (401) 781-0044.

Parking is FREE and available at the hotel, though it's limited. The hotel offers valet parking @ \$20.00 per night. We have a FREE trolley that runs from the Newport Visitors Center parking lot (there will be a sign) 23 Americas Cup Ave from, Friday, March 20, 6-8:00 pm, 9:30-midnight & Saturday, March 21, 8am-8pm, 9:30-midnight: <https://www.discovernewport.org/about-newport/visitor-center/>



FORUM ARTICLE:

In an Atmosphere of Unconditional Love

I remember the first few meetings I went to in Al-Anon. I had no idea what anyone was talking about, and I felt totally lost. I came from an alcoholic family, had married an alcoholic, and had alcoholic children. My husband ran away from home and left me several hundred thousand dollars in debt. I went to an Al-Anon meeting in search of answers, to fix my family. I stayed because I heard these words in the Closing — “though you may not like all of us, you’ll love us in a very special way, — the same way we already love you.” I was shocked! I was in a room full of strangers, and they loved me. I found my answers in a fellowship of unconditional love. I never thought it could happen to me.

By Anonymous

(Reprinted with the permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA. From *The Forum*, January 2019, p. 9)

MEMBERS SHARE:**

(**Hi Everyone, When I sent the sharings from the area assembly writing workshop, I enclosed a letter explaining how these sharings came about. I included my contact info. Below you will see an email from the WSO that I wanted to share with you. It was nice for Hannah to acknowledge receipt of the writings.)

Thank you for sending in sharings from a recent the recent workshop. These aids to personal recovery and guides for meeting topics are made possible through the caring efforts of members like you. We invite you all to submit additional sharings online to wso@al-anon.org.

These sharings clearly reflects the understanding and insight achieved through the program. We deeply appreciate your willingness to help carry the Al-Anon message through the voice of the fellowship.

Due to the volume of sharings received, and space limitations, we cannot guarantee publication of any particular sharing. If any of the submissions are printed in *The Forum*, we will notify the author (if their name and contact information is provided) and send them a complimentary copy of the issue in which their article appears.

Best wishes,
Hannah B.
Programs & Digital Strategies Assistant
Al-Anon Family Groups
WSO Staff

The Value of a Sponsor

I have been carried through my recovery by a long line of wonderful, caring sponsors who gave me hope and guidance when I had none. Coming into Al-Anon from an alcoholic family, I had little sense of support or structure in how to live a healthy life. All I had were my fears, insecurities, and old rust tools developed in childhood to navigate the world. I took the first big step by walking through the doors of Al-Anon, but I didn't know what to do next. Sponsors helped in times of trouble and joy, they taught me the tools of the program, gave me healthy ways of coping, and brought me through the Steps. Even 30 years later I remember and try to live the many gifts they gave me. I remember what living life in isolation outside of Al-Anon felt like. i can't imagine walking through recover without the support and fellowship of sponsors.

Terry L.

Having a spiritual awakening is one of the gifts I have received from my experience in Al-Anon. Looking at myself more fully and honestly with courage and compassion has opened me up to a breadth of perspective that is at times astonishing. By putting a keen focus on my daily practice, I have a newfound level of gratitude and wonder and urgency into the little time I have left on this planet.

I have come to the realization and shared in a meeting that I will most assuredly die in almost complete obscurity, and, in a very short number of generations, be completely forgotten, irrelevant and insignificant. And yet, within each moment of every day, there is such a wonder, a magnificence in all that there is. The work of Al-Anon has been like a rush of fresh air on the smoldering embers of my mind resulting in a roaring fire of passion, joy, love, gratitude and most of all humility. As a friend reminded me recently, 158,000 people died yesterday, and a number greater than that arrived to replace those who are no longer here. And we're still here today, helping in ways both large and small, contributing to the advancement of humankind.

Anonymous

Walking through my fears

Real life has its way of making unexpected changes happen. This year my Al-Anon recovery has seen me through the death of a close friend, finding an elderly living arrangement for my mother of 79 years, lacking a full time job with 3 months of no income, and thus having to move to a new home on a very limited budget. Talk about stress!

However, attending regular Al-Anon meetings, participating in Al-Anon service work, and making a commitment to work the twelve Steps of recovery with 100% trust in God, I have survived these changes. I remain grateful. I have seen that often God had better ideas for me.

My mother has found care. I have grieved the loss of my friend who I loved as a second mother. I have full time and part time employment with enough income to help with the increase in my living expenses. God has provided for all my needs — a God that I have learned to trust through my commitment to Al-Anon.

With Gratitude,
Ann H.

DISTRICT 2:

What's NEWs in District 2 – November 2019 Meeting Report

Once a month, District 2 meets for about an hour at a named location to unite the individual groups within the district. Topics range from informing groups about Area or World Service news to planning program related events. District meetings also coordinate service and public outreach projects and as such are a great way to see the program in action and get involved in service.

The November 2019 District 2 Meeting was held at the Area Office in Cranston. We opened the meeting with the serenity prayer, introductions, and reading the Tradition of the Month & the Concept of the Month. The minutes from October were then read but not accepted because there were not enough Group Reps (GRs) present to approve them. However, as of the writing of this report, the minutes from October were read and accepted at our December meeting, as were the minutes for November.

After a brief wrap up was given on the Fall Assembly, we discussed whether or not to close the Tuesday night meeting in North Kingstown – Let It All Go – which had been struggling for quite a while to establish a core group and regular attendance. After all voices were heard, a motion was made, seconded, and passed to delist the meeting.

Next, we revisited the topic of creating Task Force Guidelines for task force chairs. In an effort to preserve district meeting time for district business, two district members stepped forward to start a sub-committee to work on creating these guidelines. The sub-committee said that they would have something to present to the district for discussion before the Spring Assembly. They also said that they would let the District 2 rep know when they were meeting so that he could invite other district members to join and contribute. As of the writing of this report, the sub-committee has not yet set any dates to meet.

The topic of this District's meeting format was also revisited. Although a group conscience was taken at the end of the October meeting to shorten the opening AND the new opening was used at the November meeting, the District rep felt it was important to revisit this topic so as many voices as possible could be heard, including those present during the original discussions on changing the meeting format. What it boiled down to was an hour has not been enough time to "do it all" – Al-Anon business and any extras, such as discussing a concept of service for 8-10 minutes. A suggestion was made to extend the district meeting to 75-90 minutes but several members were not in favor of that. Another member suggested rotating in additional items (e.g., GR report, Area report, Concept of Service, etc) from the Guidelines for District Meetings (G!5) when there isn't much on the agenda. A motion was made, accepted, and passed to keep the opening as it was tonight and when there is additional time to include the GR/Area reports or discuss a concept of service.

Finally, a discussion was started around setting a consistent day, time, and location for our District meetings. A suggestion was made about considering participation by virtual attendance (i.e., possibly using Zoom Meetings) in order to make it more convenient for members to attend the meetings from home, especially for those who have to drive a long distance to get to the meetings. This sounded like a great idea because it could possibly encourage more participation at the district meetings. However, several concerns were expressed including anonymity, finding a quiet and private location for the meeting time, and whether these virtual meeting sites would be paid or free. One member volunteered to do research on other virtual meetings/chats besides Zoom that may be free and bring that information to the next district meeting. Because we ran out of time, further discussion on this topic was tabled until the December meeting.

That wraps up another District 2 Report! Our next District 2 Meeting is **Tuesday January 14th, 2020 at 7pm at the Area Office** (106 Rolfe Square, Cranston). All are welcome to attend. We hope to see you there!

Links of Service

Member + Member = **Group**
Group + Group = District
District + District = **Assembly**
Assembly + Assembly = Conference

DISTRICT 3:

The holiday season typically slows down District 3 activity but we made progress at the December 12th meeting even with a small turnout. With an outgoing District Rep and no replacement, we are brainstorming how to continue service at the district level. We drew up a list of potential action items and future goals for the District to consider moving forward:

Having each D3 meeting host future District Meetings on a rotating basis:

We would keep the same time/place 6p on 2nd Thursday monthly at Portsmouth Library, but each month we would pick a meeting at random to host it. That means developing an agenda, sending reminders, showing up, and taking and distributing notes.

Suggested District 3 Goals Going Forward:

- Spring 2020 Assembly - District 3 is hosting the RIAFG Spring Assembly at Emmanuel Church in Newport May 30th. Toby and Dan stepped up to be co-chairs, and the District will need to work together to provide food, volunteers, etc. to make the Assembly a success.
- Alateen Meetings Needed in District 3 - we currently have requests to create Alateen meetings in Tiverton, Warren, Portsmouth, and Middletown. District 3 could focus on creating a new Alateen presence and/or adding Alateen meetings to existing Alanon meetings
- Stronger District Service body - including a new District Representative plus having stronger district meeting attendance with District officers, treasury, etc.
- Expanding Group Representative service - approximately 50% of District 3 meetings have a GR; our goal would be to get to 100% participation. This would help the District and its meetings increase its voice in and connection to the greater Alanon service organizations.

We asked for group feedback on the new meeting style and District goals by January 8th so we could discuss at the next meeting.

Love in Service,
Terry L.
District 3 Representative,
RI Alanon Family Groups
Email: district3.riafg@gmail.com

NEWS FROM THE WSO:

***The Forum* Needs a Few Good Men!**

Gentlemen, consider sharing your stories with readers. Your experience as husbands, partners, fathers, brothers, and sons of alcoholics means that you have a story to tell that others could benefit from. Please submit your sharings to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; at al-anon.org/forumshare; or wso@al-anon.org with "Sharings by men" in the subject line.

***The Forum* Needs You!**

Please submit your sharing about our three Legacies (the Steps, Traditions, and Concepts of Service). In particular, consider writing about the Traditions and Concepts, as there are very few sharing about them.

Consider the following:

- How has working a particular Legacy influenced your recovery?
- Was there a Legacy that challenged you? How did you work through it?
- How have you incorporated one of the Legacies into your own life and/or recovery?

Let others benefit from your experiences with these staples of Al-Anon recovery. Submissions should range from about 150 to 400 words. Please submit your articles to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 or at al-anon.org/forumshare Please put "Legacy Sharing" in the subject line

How Has Conference Approved Literature Helped You?

Please share how *The Al-Anon Family Groups — Classic Edition* (B-5), *Hope & Understanding for Parents & Grandparents* (P-94), *As We Understood* (B-11), or *Three Views of Al-Anon — Alcoholics Speak to the Family* (P-15) helped you. Send your sharing by January 15 to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: “CAL” Corner; at wso@al-anon.org with “CAL Corner” in the subject line; or at al-anon.org/forumshare

New Feature on the WSO’s Website: A Blog for Members!

We are pleased to introduce a blog for members to share their experience, strength, and hope on a variety of topics. New topics will be added each month.

December's topic was "How have you seen a group conscience being formed in Al-Anon?"

Visit al-anon.org/member-blog for more information. Member sharings on the Member Blog may be used in future Al-Anon publications.

See You in Detroit!

Online registration for A.A.’s International Convention with Al-Anon participation opened September 9, 2019. Registration is \$115.00 and will be \$140.00 after April 15, 2020. The Convention will be held in Detroit, Michigan from July 2 through 5, 2020 to celebrate A.A.’s 85th Anniversary.

Al-Anon participation will include a variety of sessions held during the day on Friday and Saturday. Also, Al-Anon members are welcome to attend the A.A. Big Meetings, which will take place on Friday and Saturday evening and Sunday morning. Many attendees come early or stay late for a vacation. There are many fun things to do, so see you in Detroit!

For a Good Night’s Sleep

The *Just for Tonight* Bookmark (M-81) offers thoughtful reflections on Al-Anon principles to help prepare for a peaceful, restful night. It serves as a perfect companion piece to Al-Anon’s classic *Just for Today* Bookmark (M-12).

“Just for tonight, I will be grateful. I will give thanks for the past day, its failures as well as its successes, its sadness as well as its joy, and its pain as well as its pleasure. I will take comfort in knowing that every event and circumstance that occurred today can be used for my good and the good of others.” From the *Just for Tonight* Bookmark.

STEP ONE: We admitted we were powerless over alcohol - that our lives had become unmanageable.

TRADITION ONE: Our common welfare should come first; personal progress for the greatest number depends upon unity.

CONCEPT ONE: The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

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 things I cannot change, courage to change the things I can and wisdom to know the difference.

Photo by EH

