



# Lifelines

The Newsletter of the RI AFG, May 2008

## The Next Area Assembly Is June 14<sup>th</sup>!!!

The first 2008 Area Assembly will be held on Saturday, June 14, from 9:00 AM–3:00 PM, at St. Joseph's Hospital on 21 Peace Street in Providence.

### *What Is An Assembly?*

The Area Assembly is the business meeting where the groups send their representatives to express a voice and vote on behalf of the group. During an Assembly, the Delegate reports the activities of the World Service Conference (our world-wide AI-Anon group conscience).

An Assembly can meet at least one or two times a year, or a minimum of once every three years. Our Area meets twice a year: once in the Spring/Summer to hear the Delegate's report from World Service Conference and once in the Fall/Winter to hear Group Representatives and Area Officers share questions, issues, and concerns for the Delegate to bring to the next Conference. Every 3 years, we use the Fall Assembly to vote new members into Area service (that'll be this November).

### *Who Should Attend?*

**All Group Representatives and Area Coordinators and Officers are expected to attend.** Your voice is important. Make sure your group is represented!

Of course, any interested member of our RI AI-Anon Family Groups (that's you!) is welcome to attend.

### *What Will We Discuss at this Assembly?*

During this first Assembly of the year, we will hear about the topics discussed at the recent World Service Conference and discuss issues that affect the health of our groups, including:

- ▲ The Links of Service and trusted servants
- ▲ Affirming new members into service positions
- ▲ Delegate's report from the 2008 World Service Conference; possible topics may include:
  - Motions from the Conference regarding the 11th Tradition: Are we really anonymous?
  - Bequest and Legacies and Stepping Stones—Lois and Bill's legacy
  - The 7<sup>th</sup> Tradition: Are we truly fully self-supporting?
  - What World Service is doing internationally
  - Conflict resolution

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### New Meeting

You are invited to a new Al-anon Family Group meeting! It's called "Hope for the Family Dis-Ease." We meet every Friday, from 7:30–9:00 PM, at St. Theresa's Rectory Basement Hall, 265 Stafford Rd., Tiverton.

Newcomers are welcome! Baby-sitting, if needed, has been offered by some of our "Free to Be Me" Monday night Alateens!

### Meeting Has Moved

The **Wednesday night Gift of Hope** meeting has moved to Church of the Redeemer, 655 Hope St. (across from East Side Prescription Center) in Providence—back to District 1. We are very happy about the move! We meet at the same time, 7:00 to 8:15.

### Service Opportunity

The Area needs a **ALTERNATE LIFELINES COORDINATOR**. If you are interested in being *Lifelines* Coordinator next year, this is a great opportunity to get your feet wet. Or, if you are just willing to help brainstorm article ideas, write articles, type, or proofread, please e-mail [destre99@yahoo.com](mailto:destre99@yahoo.com) or leave a message for Deb at the Area Office (see last page).

### New Meeting Schedule

The new **SPRING MEETING SCHEDULE** is on our Web site and there are changes. Groups are asked to update their schedules when passing them out to newcomers. Our Web address is [www.riafg.org](http://www.riafg.org).

## Assembly

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### What Should I Bring?

It's a good idea to bring your *Service Manual* (all groups have one; if yours doesn't, they can be purchased at the Area Office or downloaded from the WSO Web site for free). GRs should ask their groups what issues they would like to bring to the Assembly for discussion.

***In the spirit of the Seventh Tradition, all groups are asked to support the Assembly with a \$15 donation.*** This amount will cover the cost of the meeting place and lunch. Checks may be sent to the Area Office (see last page) before the Assembly, or GRs may bring the amount with them to the Assembly. Checks should be made out to "RI AFG," with "June 2008 Assembly" in the Memo space.

Groups are expected to support their GRs at the Assembly by reimbursing any expenses (this includes the \$15 donation, mileage, *Service Manual* purchase, etc.).

If a group cannot provide the attendance fee due to hardship, they must write a letter to the Area Office to petition for an alternative donation.

Any Al-Anon member who is not a GR but would like to attend is asked to donate what they can.

## Opportunities for Service

Area officer positions will be open in December 2008, which marks the end of the 3-year term for all Area Officers *and* Group Representatives.

Area officer positions include:

- |                                |                                    |
|--------------------------------|------------------------------------|
| ▲ Area Chair                   | ▲ Area Delegate                    |
| ▲ Treasurer                    | ▲ Secretary                        |
| ▲ District Representatives (5) | ▲ Literature Coordinator           |
| ▲ AA Liaison                   | ▲ Public Outreach                  |
| ▲ <i>Lifelines</i> Coordinator | ▲ Office Manager                   |
| ▲ Workshop Chair               | ▲ Webmaster                        |
| ▲ Alateen Coordinator          | ▲ Group Records                    |
| ▲ Alateen Process Person       | ▲ Alternates for each of the above |

Information about these positions can be found in your *Service Manual* (every group should have one). New officers and coordinators will be elected at the November Assembly. Members are asked to think about service positions, particularly what positions in which they may want to serve or whom they think may be a good candidate for election to an office.

## Alateen Spoken Here

### *From the Together We Stand Alateen Group in California*

**KT**

When I first attended Alateen, I was quiet and not confident enough to share. I didn't think I would come back to the meetings, but I was interested in how everyone else was changing their life by sharing what was going on. When I finally told everyone how my father's non-stop drinking affected my family, it felt great. I didn't feel so alone. Having friends here with the same issues, I have changed so much. Now I share and treat others better because I'm improving my life at home and bettering my life. Some days are hard, some aren't. I just have to remember that today I can't change what's going to happen the next day or the next week, but I can change how I react. I'm so glad that I have friends who understand what I'm going through and help me.

**Amy**

As a newcomer I was resentful and full of anger. Everything made me mad no matter how big or how small. Now, I still have my resentments but they don't control every aspect of my life. I still have to struggle with my anger, but it's getting better. The slogans are what have helped me the most. In particular: "Live and Let Live", "Let Go and Let God", and "Easy Does It". Also, the Serenity Prayer helps me calm down and look at the situation rationally. If not for the Serenity Prayer, I might have gotten myself in more trouble. As my attitude changes, friends around me notice and are more willing to hang out. They enjoy the fact that I'm not going to yell at them for no apparent reason.

### *Younger Members*

**Troy, age 10, Texas**

I don't know when I noticed that when my dad had a drink he was OK to be around. When he didn't have a drink he was angry. I thought, "OK, he's angry, he needs a beer." That's how I thought before I came to Alateen. Alateen taught me that alcoholism was a disease. I didn't make him an alcoholic. I learned that it was OK to get mad sometimes, that I had a right to be mad at the alcoholic. I love him, but sometimes I think he doesn't love me. He does, he's just angry with something. He might have stubbed his toe or jammed his finger in the door or something else. That's his problem. I can still have a good day.

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

## My Step 6 Prayer

Step 6: "Were entirely ready to have God remove all these defects of character." For me, this means becoming teachable.

My Step 6 prayer has been helpful to me:

*HP, help me not say the first thing in my head. This is my old self. Help me be slow to speak today, quick to hear, and slow to anger. Help me not say things more than once, to prevent the illusion or delusion of control. Thanks HP.*

*Sam B.*

### *Please Read at All Alateen Meetings*

**Attention Alateens:** This page is for you! Alateen is a vital part of RI Al-Anon/Alateen 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. Please e-mail your submissions to Deb E. at [destre99@yahoo.com](mailto: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.

### *Al-Anon Members Needed for Alateen Service*

Alateen needs Al-Anon members to become certified and volunteer to support existing groups as alternates to help fill in at meetings.

## Treasury Report

The following is a listing of the donations to the Area Office for March and April.

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

### International Convention

May 31, 2008 is the last day to register for the 2008 International Convention at a cost of \$125.00. The cost increases to \$150.00 starting June 1, 2008. For more information about the Convention, go to:  
<http://www.al-anon.alateen.org/international2008.html>.

### e-Cal Contest

May 31, 2008 is the deadline for submissions to the contest for most notable e-CAL.

Contest details are available at:  
[www.al-anon.alateen.org/members/eCAL/contest.html](http://www.al-anon.alateen.org/members/eCAL/contest.html).

Winning entries will be shown at the 2008 International Convention.

Group #	Group	Area	Alateen
3-030119	Mon Morning Al-Anon	\$40.00	
2-502037	Serenity on the Hill	\$30.00	
3-502810	Live & Let Live	\$100.00	
4-064957	Freedom Group	\$20.00	
3-012435	Our Daily Bread	\$75.00	
2-0062815	HUGS	\$25.00	
2-037296	Change What You Can	\$50.00	
5-0012431	Ashaway Al-anon	\$15.00	\$15.00
1-045173	Higher Powered Lunch	\$50.00	\$50.00
5-063170	Butterflies Are Free	\$35.00	\$35.00
<b>March Totals</b>		<b>\$440.00</b>	<b>\$100.00</b>
4-0012475	Cranston/Warwick Day	\$33.00	
6564???	?????	\$20.00	
4-064957	Freedom Group	\$20.00	
3-0507902	Let It Begin with Me	\$30.00	
2-040889	Let Go & Let God	\$100.00	
2-503064	Step Up to Serenity	\$25.00	
Journey to Serenity, Bradley Hospital (closed)		\$215.00	
2-502037	Serenity on the Hill	\$10.00	
1-0026403	Sun Evening Al-Anon	\$40.00	
2-0062815	HUGS	\$25.00	
3-0502202	Free To Be Me	\$50.00	
2-037296	Change What you Can	\$25.00	\$25.00
2-012457	North Providence Step	\$20.00	
5-012437	Charlestown New Life	\$50.00	\$50.00
<b>April Totals</b>		<b>\$663.00</b>	<b>\$75.00</b>

## Upcoming Events

### May

#### Alateen Informational Sponsors Meeting

Sat, May 31, 1:00 PM

Area Office, 106 Rolfe Street, Cranston

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

### June

#### Area Assembly

Sat, June 14th, 9:00 AM–3:00 PM

St. Joseph's Hospital, 21 Peace Street, Providence

All Group Representatives and Area Coordinators and Officers are requested to attend. We will hear about the topics discussed at the recent World Service Conference and discuss issues that affect the health of our groups. Your voice is important. **Make sure your group is represented!**

### August

#### Area Meeting

Wed., Aug 13, 7:00 PM

Area Office, 106 Rolfe Street, Cranston

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

#### Friday Night East Greenwich Al-Anon

##### 25<sup>th</sup> Anniversary

Fri, August 22, 7:00–9:30 PM

St. Luke's Episcopal Church, 2<sup>nd</sup> floor, 99 Pierce Street, East Greenwich

Join us for a summer evening of recovery with guest speakers

Sr. Rose R (Al-Anon) and Sr. Maurice D (AA)!

We will also have food and fellowship.

### MAY 2008

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

### JUNE 2008

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	2	26	27	28
29	30					

#### 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](mailto:destre99@yahoo.com) or mailed to the office at the address above. The deadline for the next issue is **June 12**.

If you wish to receive *Lifelines* and other Area news via e-mail, please e-mail [destre99@yahoo.com](mailto:destre99@yahoo.com) and type "Mailing List" in the Subject line.