



Lifelines

The Newsletter of the RI AFG, May, 2011



Submitted by Linda F

Rhode Island Area Assembly - June 4, 2011

Who - All Group Reps are strongly encouraged to attend. If the GR can't make it, please ask your Alternate GR to attend. To ensure each group has one vote, any group that sends a proxy who is not a GR or Alternate GR is asked to provide a signed note from the group.

What - The Assembly agenda includes a report from our Delegate's recent trip to the Al-Anon Family Groups World Service Conference in Virginia, as well as discussion and possible vote on proposed Assembly Guidelines and two proposed Area policies.

When - Saturday, June 4, 9:00am-3:30pm; registration begins at 8:30am

Where - Coventry Senior Center, 50 Wood Street, Coventry, RI

Food - Breakfast will be provided. Lunch: bring your own/brown bag. The Area will provide coffee, tea, cold drinks and all paper goods.

How much - \$5 donation for each group/attendee. Donations will be used to cover the cost of the interim assembly. Groups are encouraged to fully support their Group Rep and reimburse for the \$5 donation, as well as the cost of food and mileage.

Opportunity for service - We are looking for volunteers to assist with set up, registration and clean up. If you are interested in helping, please contact **Denise G** (401-368-2825).

Questions? If you have any questions about the interim assembly, please contact the Area Chair (leahdonaldson@gmail.com) or your District Representative (Doreen, Judy, Marguerite, Denise or Rose).

OPPORTUNITY FOR AL-ANON SERVICE:

Opportunity for Al-Anon service - Area Secretary

Are you ready to "step up" your recovery? Al-Anon/Alateen service is a wonderful way to boost your recovery. Rhode Island Al-Anon needs a new Area Secretary... Could it be you?

What does the Area Secretary do?

The Area Secretary takes minutes of Area Assemblies and Area World Service Committee (AWSC) meetings. These minutes are sent to AWSC members soon after the meeting. Once the minutes are accepted at the next meeting, the final minutes are kept in a log at the Area office. For more details, see page 151 in the Al-Anon Alateen Service Manual, 2010-2013.

When are the meetings the Area Secretary attends?

The position would begin immediately and lasts until December 2011. Area Assemblies are held twice each year on a Saturday (June/November). This year AWSC meetings are on a Tuesday each month (September/October/December).

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

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

Inside This Issue

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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>

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 the area email account RI_Al-Anon@hotmail.com

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.

Who is eligible to serve as Area Secretary?

Any member who is an active Al-Anon member, and is not also a member of Alcoholics Anonymous, is eligible to serve as Area Secretary.

What if I've never been a secretary before? What if I do it wrong?

Al-Anon service is a great way to try out new skills, gain courage and build self-esteem. Instead of the criticism we may be used to (at home, at work, or in our own heads), when we do Al-Anon or Alateen service, we receive praise and support as we learn what we are capable of doing. Service, in any form, is an opportunity to replace old messages of self-doubt with new messages of courage and self-respect.

Sign me up!

If you are interested in this service opportunity, please contact the Area Chair (leahdonaldson@gmail.com) or your District Representative (Doreen, Judy, Marguerite, Denise or Rose). And please plan to attend the June 4th Assembly. See you there!

"As I do service work, I see myself accomplishing things, giving, receiving, and growing. I see my progress as I learn to learn, and as the lessons become a part of me, I take them into all areas of my life."

Courage to Change, pg. 336

District News

As for District 3: Schedule of District 3 Meetings

- 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 with Marguerite as DR

As for 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

I am very grateful to be part of The Butterflies Are Free group that meets in Kingston @ the Kingston Congregational Church on Wednesdays from 12-1.

As a double winner, I have never felt like 'the enemy' in that meeting. The love, support and program friendships I have made there are absolutely invaluable to me. The lessons I learn in that one hour each week I do my best to take out into my everyday life. When I do that, I have the ability to find the elusive contentment and happiness promised to me much more often than I ever could've dreamed of before program.

Lisa S

Alateen Corner

OPEN LETTER OF THANKS

To ALL who attended the Friday night open Alateen meeting on April 29thmany thanks....I was unable to attend due to illness....without your help this couldn't have been a success for our teens. Special thanks to Scott R, "you did a wonderful job", also to Jennine A, Scott C, Marguerite O, Lindsay K, Devin P, and Samantha....you are all an inspiration. If I have not mentioned anyone who spoke my apologies, you are never forgotten and always loved.

Hugs to all
Marie G

STEPS

If it wasn't for the 12 steps in Alateen, I would not know how to deal with my alcoholic parents. I work on each step until I accomplish it, no matter how long it takes. Even when I get into trouble, I think of step 10 – "Continued to take personal inventory and when I was wrong promptly admitted it." When I do something wrong, I admit to my wrong doings so I don't feel guilty about myself. I am happy to be in Alateen with the steps. The steps have kept me out of trouble.

THINGS TO THINK ABOUT:

➡ When a situation is going on, read each step until you find the one that is connecting with you at the moment.

➡ Just don't practice your steps when you are in a bad situation, practice them every day so you feel better.

By: Devin P.

ALATEENS:

Do you have a favorite slogan? How has it helped you in your program of recovery? Write about it and e-mail me at lin2169@cox.net or give it to your sponsor to give to me for publication in the next issue of Lifelines.

Facing My Fears by Anna M.

Having grown up in a family with many compulsive tendencies – including alcoholism it's no wonder that I find so much wisdom in my Al-Anon meetings. What has become clear to me is that I have a "false self" who gets very preoccupied with others – what they are doing, not doing, thinking, not thinking etc.

All of this is to avoid intimacy with my fears – which are many. When I take it easy, and work on one day at a time it becomes very apparent to me the level of anxiety that keeps me looking outside myself for solace.

My "true self" becomes apparent to me when I am feeling grateful. And this is the part of me with faith in my Higher Power and the fortitude to transform my fears through self-love, understanding and empathy towards others.

Recently a friend told me there are really only two key fears: the fear one won't survive and the fear of not being good enough. This resonated with me as I reflected on the nature of my fears. Al-Anon has a way of gently nudging me along the path to my true self away from fear, and for this I am truly grateful.

One of my fear-based compulsions is a tendency towards perfectionism – through my Fourth Step work I am finding this tendency is just the mistaken idea that I can be "perfect" in any way. Only my Higher Power can be perfect – whew, what a relief! Practicing the Twelve Steps is what helps me manage my imperfections with my Higher Power's help. I am good enough even though I will always be imperfect.

We are never alone; Our HP is with us at all times.



Al-Anon Upcoming Events

May

Hope for the Family Disease-May 20th 3rd Anniversary-7PM
 St. Theresa's Parish Hall, 265 Stafford Road Tiverton, RI 02878

New Beginnings Anniversary-May 24th- 7PM
 St. Luke's Church, Pierce Street, East Greenwich

June

RI Area Assembly
 Sat., June 4- 2011, 9:00 AM-3:30 PM
 Coventry Senior Center, 50 Wood St, Coventry, RI

AA's Serenity by the Sea--Young People Convention
 with Al-Anon Participation-Friday - Sunday, June 17 - 19
 Salve Regina University, Newport

Note:
 Please forward any questions or interests in volunteering to my attention
 Barbara M. at RI_Al_Anon@hotmail.com

July

Alateen Sponsors Meeting
 July 13th, 7PM – Area Office, 106 Rolfe St., Cranston

MAY 2011						
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JULY 2011						
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24	25	26	27	28	29	30
31						

CHALLENGE: Many of us do service at the group level and above. Some open meetings, chair meetings, take minutes, spend time on the phone with another in the fellowship, run workshops, etc. What has service meant to your recovery? Does giving of yourself come back to you in abundance? Please send me your thoughts on service for the next issue of Lifelines.
 Thanking you in advance,
 Linda F

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

To ALL of you who help me – THANK YOU!