

Lifelines – Rhode Island

Your Monthly Newsletter
May 2012 Edition

From the Convention:

Growing beyond my wildest dreams! What it was like for me:

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I am not really sure where to begin to describe to you my first experience as your new AA Liaison during the 2012 AA Convention with Al-Anon participation. I have a new understanding of the expression “I don’t go where I’m not invited or stay where I’m not made welcome” more than ever before! I felt invited and welcome on a whole new level. Feeling part of and accepted is something I struggle with every day and I can tell you I felt both of those things this weekend. Asking for help is another struggle, yet whenever I asked someone was there for me. When I felt overwhelmed there was always someone there not to fix it just to remind me that “this too shall pass” and “remember to breathe”.

*The next AWSC
Committee meeting will
be May 19th 10 AM -
Assembly Prep at the
Rolfe St Office from 10
AM – 12 Noon*

Meeting and spending time with Paul G. our Al-Anon Speaker from NJ was a wonderful and rewarding experience. Hearing his story has made me look at my own in a different way. In a way of self-acceptance, forgiveness and love that I never before thought of putting into words. When he thanked everyone for their Service, so that when the people he loves whom are still inflicted with the disease are ready, they will have a place to go. He has accepted that he can’t help them and he promised to continue to do Service so that the people they Love who have been affected by someone else’s disease will have a place to go, because he can help them. Something in me changed, I look at Service now more than just giving back what has been given to me, it is being there for the ones who, both mine and yours, have been affected by someone else’s drinking. To have a safe place to go when they are ready to receive the gifts Al-Anon has to offer. I do have a life beyond my wildest dreams for before Al-Anon I never dared to dream. I am blessed to have had the opportunity to experience the love and acceptance that working my program has to offer. I want to thank all of you for giving me the opportunity to serve as your AA Liaison.

Love in Service
Barbara H.

Member's Shares



Please Note: The RI Area office is only used for Al-Anon Family groups in accordance with Tradition 3 and Tradition 6.

How it feels to have your inventory taken.

The other day in conversation with someone I had my inventory taken by them. My first reaction was surprise, then anger, then a need to explain to them. I felt triggered by the person's remarks. This was an old response to old feelings. I stopped and used THINK, is it Thoughtful, Honest, Intelligent, Necessary, and Kind? Then it's probably ok to say it. I calmly responded to this person rather than reacting. The anger was still simmering underneath; but with the help of the program I was able to say what I needed to say without being mean when I said it.

The person who took my inventory had me doubting myself, much like the alcoholic can. I almost believed what this person said to me; notice I said almost? I ran these things by my sponsor and was able to realize with her help that I didn't need to doubt myself. I was ok, but that behavior of trusting in me is still a work in progress. I also noticed that the time-frame that I held onto the issue lasted only for a day; which is progress for me, who used to hold onto these things for weeks, months, or even years. The program allows me to be able to see clearly and move forward so I don't stay stuck in the problems for as long as I used to. Thank you Al Anon! J.C.

Al-Anon Web Sites

- △ Your 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>



HELP WANTED: The Portsmouth Thursday Morning 12-12-12 group needs support. To my knowledge, we are the only group in Rhode Island that studies the 12 Steps, 12 Traditions, and 12 Concepts. We meet in Portsmouth on Thursday morning at 9:30am in St. Mary's Church, East Main Rd.

Karen M. Group Rep

NEEDED:

Archives Coordinator -if you like scrapbooking, you will love this service.

District Representatives

For District 2, 3, 5

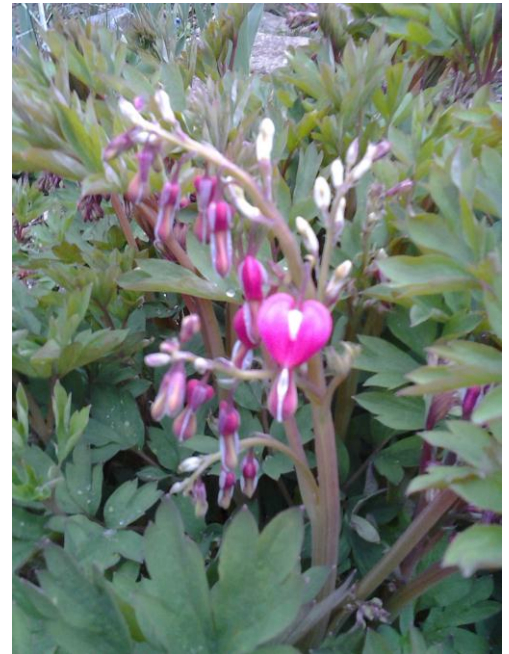
Meet with GR's to pass info from World Service Committee

Area Delegate - Go to world Service Conference and bring information home to your Assembly.

Group Rep - Meet with District Representative to bring news from WSO to the individual groups.

Area Secretary - take minutes at the Area meetings and assemblies.

The only way the meetings stay alive is by service, we do this by chairing meetings, taking group and area positions. The only way to keep what we have is to give it back.



The office is currently open the following hours but it does vary depending on volunteer hours. The message on the phone is changed every Sunday to reflect the availability.

401-781-0044

RI Al-Anon/ Alateen Events



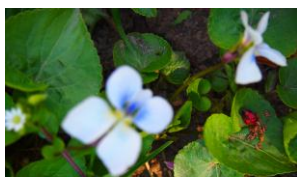
THE RHODE ISLAND AREA ASSEMBLY
 June 9, 2012 9:00 - 3:30 -- \$5.00 Bring Your Lunch
 Anchor Recoery Community Center
 249 Main Street, Pawtucket, RI 02860
 For Directions, go to: <http://www.anchorrecovery.org/>

May 6th, 2012 Pioneer Day @ the Wilson House, East Dorset, VT for more info - email horsenaround_143@yahoo.com

May 9th, 2012 at 7PM Serenity by the Bay, Joyce St, Warren, RI will be having their anniversary meeting.

May 22nd, New Beginnings Anniversary Meeting; 7:30-9:00 pm; St. Luke's Church, Pierce St East. Greenwich.

June 22nd-24th, 36th Ocean State Young People's Conference; contact Nancy F 401-575-0734 for more information.



June 23, 2012, TEAM Program - Carrying the Message
 Southern New Hampshire University, Hooksett, NH
 Email Pat with questions at team@nhal-anon.org

July 20th to 22nd, VT Al-Anon Convention, Sheraton Convention Center, Burlington, VT
 For more information check out <http://www.starwoodneeting.com/Book/Alanon2012>

July 29th, 2012 AA Bilingual Sharing Day "United With One Purpose"; Masonic Temple, 112 East Main St., Meriden, CT 9:00 am to 3:00 pm; for more info email rompiendofronteras@ct-aa.org

August 17th - 19th, 21st Annual Maine Al-Anon/Alateen Convention with AA Participation
 Visit www.maineafg.org to download registration form.

September 21-23, 2012 Ridin' into Recovery; 29th New Hampshire Al-anon and Alateen Convention with AA Participation - updates to follow

Lifelines e-subscription: Email to: 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.

Editor: Linda F. at lin2169@cox.net or 401-855-6009 (it's safe to leave a message).

A special thank you to Phyllis.