

# LIFELINES

**RIAFG NEWSLETTER 106 ROLFE STREET, CRANSTON, RI 02910  
401-781-0044**

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## Editor's Corner

November 4, 2017 is an important date for all Al-Anon members in Rhode Island. The Fall Assembly will be held at Kingston Congregational Church in Kingston, RI. All Al-Anon and Alateen members are welcome but only GR's or their proxy's may vote. Agenda items include election of new Area Officers/ Coordinators, adoption of the Area Budget for 2018 and a presentation by a Trustee from WSO on WSO/Budget Matters.

Every group is encouraged to send a representative to vote. They are **your** voice. If your group does not have a GR, or your GR cannot attend, the group can designate a group member to fulfill the role for the day as the Proxy. Registration is \$5.00 per Group. So no matter how many members from a group attend, the fee is only \$5.00 for all those members.

One of my favorite things about Al-Anon is that we are a fellowship of equals. There are no "Gurus." No experts. I can be in program for 40 years and still feel comfortable talking about having a tough time using the principles of the program. No one gasps or says, "Why doesn't she know better?" I don't need to pretend or become someone else. I can be me. In service there are no experts. No one has to do any service position alone. I can leave my crazy attempts at perfection behind me. I can be me and I am not alone. To quote the AA speaker at the fall workshop, "This is not a program of talking; it is a program of doing."

And please don't forget writing for this newsletter. Did something at the Fall workshop give you insight into your own recovery? Inspire you? Give you a new tool to use? Does your group need support? Please share your thoughts with your Al-Anon friends in Rhode Island by submitting your sharing to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com). This is your newsletter!

A grateful member of Al-Anon,

Elaine H, Lifelines Editor

## FORUM ARTICLE

### I'm No Longer Alone

My mother didn't drink, but devoted her life to my father, who liked to drink. As a child, the middle of three girls and one younger brother, I found myself feeling sympathy for my father. I blamed the beatings I got from him on my mother.

I had two alcoholic husbands, two children, and four grandchildren. Yet, after all, I found myself totally alone. Had I failed them or had they failed me?

After many months on my own and my only friends being strangers on Facebook, I read a post about Al-Anon and decided to contact them. A lovely woman picked me up and took me to my first meeting.

The first thing I learned was that alcoholism is a disease. I hadn't realized that, and it gave me food for thought until my next meeting. Because I was alone, I wondered if I was in the right place. I had no one in my life anymore, so why should I keep going to those meetings?

I realized that even though I was alone, I needed to heal. I hung on every word said at the meetings. I realized that years of going to church did not bring me the peace these meetings did. My faith in my God had always been strong. "Let Go and Let God" had been my salvation prior to joining Al-Anon. I am a survivor, a child of God, and I had done my best for all of my family.

At each meeting, I heard a word or phrase that I'd carry with me throughout the week. I continued to go and realized I was right where I needed to be. I had found a family of people who understood the pain caused by alcoholism. They have helped me far more than all the mental health workers I had dealt with in the past did.

I continue to grow in the knowledge that I needed to take care of myself, realizing that the only person I have control over is me. I can't fix my family. I can only take care of me now. Life on my own is a struggle and going to my meetings is my reward. I am no longer alone.

By Ina C. B., British Columbia

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## UPCOMING EVENTS

**Nov 4, 2017 RI Area 2017 Fall Assembly**      Kingston Congregational Church  
2610 Kingstown Rd, (rt 138) Kingston, RI  
Registration at 9:30 AM, Meeting 10:00AM to 3:30PM

**March 23-25, 2018 42nd RI AA Convention with Al-Anon participation**  
"Let Your Light Shine" The Gurney's Newport Resort and Marina  
Goat Island, Newport, RI

**March 23-25, 2018 CT AL-ANON Convention** Raddison Hotel, Cromwell, CT  
see [ctalanon.org](http://ctalanon.org) for information

**April 13 -15, 2018 2nd Native American Al-Anon Conference**  
The Lodge at Sante Fe, 750 N. St. Francis Dr., Sante Fe, NM  
see the Events Calendar on [riafg.org](http://riafg.org) for more details

**April 20-22, 2018 42nd Massachusetts Al-Anon/Alateen Convention**  
Sturbridge Host Hotel, 336 Main St., Sturbridge, MA  
see the Events Calendar on [riafg.org](http://riafg.org) for more details

**July 6-8, 2018 International Al-Anon/Alateen Convention, Baltimore, MD**  
"Celebrating One Day at a Time" Baltimore Convention Center, Baltimore, MD  
see the Events Calendar on [riafg.org](http://riafg.org) for more details

## PUBLIC OUTREACH

Our groups have the opportunity to join the AFG fellowship in carrying Al-Anon's message of help and hope to offices of professionals and other public places so that people can learn about the availability of Al-Anon.

The deadline for ordering the second printing of the Al-Anon Faces Alcoholism 2018 magazine is February 7, 2018, 5 PM EST. Magazines are printed in March and delivered before April 1, 2018. The order forms are available on the WSO website: [www.al-anon.org](http://www.al-anon.org). 25 copies costs \$18.00. Be sure you specify English, French or Spanish.

## RI AFG STATE OFFICE NEWS

Currently, due to our small volunteer pool, **calling** the office before coming **to** the office is the best avenue. If you wish to expedite a successful literature purchase, call first!" RIAFG Office [401-781-0044](tel:401-781-0044). Volunteering at the office is easy and rewarding service. Training is a breeze and you always have 'backup' mentors to support you. Please call [401-781-0044](tel:401-781-0044) leave your name and #, and we'll discuss this opportunity.

Jane A., RI AFG Office Manager.

## VOLUNTEER OPPORTUNITIES

Many service positions are open at the state level. A description of the position responsibilities is available on [riafg.org](http://riafg.org). Please read over these and consider volunteering to serve our wonderful state Al-Anon members. "When I got busy I got better," to quote the title of one of our CALs.

The RI AFG still **needs volunteers** to work in the office at 106 Rolfe St., Cranston. Duties include answering the phone, picking up messages, opening and distributing orders for literature, and greeting anyone who comes to the office usually to purchase literature. **Having the office open as much as possible is an important way to carry the Al-Anon message to those in need. This is a great opportunity to do service work.**

The state office also needs help returning phone messages left on the answering machine. You can do this from your own home. The calls are usually requests for meeting schedules, but some are seeking general information on what Al-Anon is all about. Please contact the office by phone at: [401-781-0044](tel:401-781-0044) or email the office at [office.riafg@gmail.com](mailto:office.riafg@gmail.com). In either case, leave your name, phone number and/or email address stating that you are interested in volunteering.

## MEMBERS SHARE

I have had an epiphany. When we 'do without' an RIAFG Area position, when it remains open and unfilled, I sort of get used to it being invisible. Today I reread the *Lifelines* editions that are now in circulation and realize that, as David said in an email 8/10/17 "It has been four years since our Area Newsletter stopped. My personal opinion is the monthly newsletter is the best means we have to get information out to our members."

I realize that this insightful informative tool is available for my use once again, and I am delighted!! It has taken the cycle of a couple of issues for me to wake up to the reality that "It's back and available for me!!" again. The invisibility factor became a fact of life over the past four years. Wonderful that Lifelines is active once more!!! For all of us.

A grateful member in Al-Anon Service

## WEB Sites, Addresses and phone numbers

RI AFG: [www.riafg.org](http://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](http://al-anon.org). Office: 1600 Corporate Landing Parkway,  
Virginia Beach, VA 23454. Telephone: 757-563-1600

## NEWS FROM WSO

In September the WSO is launching a re-branded Group eNews. The new English email is called In the Loop; the French, Le Messenger; and the Spanish, En Contacto. Anything newsworthy from the WSO will now be available within the [News from the WSO](#) page found under the members' tab on the new website.

Member Survey:: The WSO will be conducting a survey in 2018 of the Al-Anon membership. The findings help the WSO's communication with professionals by providing data about Al-Anon that show improvements in our health and well-being. Information about the 2018 Membership Survey is time sensitive. The 2018 Al-Anon Membership Survey will be available online at [al-anon.org/18membersurvey](http://al-anon.org/18membersurvey) from January 10, 2018 to February 27, 2018. The WSO's Al-Anon Membership Survey is Conference Approved and has been conducted every three years since 1984. This is our twelfth study. Members' participation in the survey is anonymous and confidential.

## DELEGATES CORNER

It's hard to believe, but in a couple of months I will be ending my term as Delegate for Rhode Island Al-Anon. In preparation for the World Service Conference in April 2018, I have been asked to submit topics for discussion at Conference. Specifically, they have requested topics that relate in some way to the 2018 World Service Conference theme:

I am reaching out to you and your fellow group members for suggestions. Please email your suggested topics to me at [delegate.riafg@gmail.com](mailto:delegate.riafg@gmail.com) no later than December 15, 2017, and I will submit them to the Conference Leadership Team for consideration.

Our new Delegate, to be elected at our Fall Assembly on November 4, 2017, will also be given a chance to submit topics once his/her term begins in January.

Exciting news! Registration for the 2018 Al-Anon International Convention in Baltimore Maryland, July 6-8, 2018, is now open. I plan to attend and hope that other Rhode Islanders will take advantage of our relatively close proximity to Baltimore to attend as well.

I can share that, having attended several International Conventions (both Al-Anon and AA), it is an unbelievable experience, especially the Opening Big Meeting! Imagine being immersed in a weekend of recovery, surrounded by several thousand people who speak the language of Al-Anon, share openly from the heart, understand the devastation of this family disease, and have chosen the path of recovery. For more information on the Convention visit the International Convention website: [www.al-anon.org/al-anon-international-conventions/](http://www.al-anon.org/al-anon-international-conventions/).

Love in Service and Fellowship,

Phyllis H  
Delegate, Panel 55  
Rhode Island

Editor's note: Below is information regarding a Day of Connectivity scheduled the day before the convention begins.



**PRESENTATIONS**

- Al-Anon's International Reach—Our Worldwide Fellowship
- Telephone Book or the Internet—What's Your Digital Age? Al-Anon on Social Media
- Know Your WSO—Service IS Its Middle Name!
- Al-Anon's Financial Stewardship—Gratitude in Action

**DISCUSSION MEETINGS**

- Dusty Bookshelves Full of CAL – Going Beyond the Daily Readers
- Tag—You're It! NOW WHAT?—Becoming the Leaders Others Know You Can Be
- Attitudes—Are Mine Worth Catching? The Twelve Traditions
- The Three T's of Public Outreach—Tips, Tools and Techniques—Successful Public Outreach

**PANELS**

- Are They Still the Best Kept Secret in Al-Anon? Living the Twelve Concepts of Service
- Young Members Wanted: Alateen Opportunities
- Big "P" or Little "p" — Big "T" or Little "t"
- "FaceTime" it's not what it used to be!—The Changing "Face" of Meetings

**LEADERSHIP TALKS**

Learn more about how Al-Anon works. Listen to Al-Anon members in leadership roles share their service experiences. Hear about service involvement, time commitments, and how serving has affected their personal lives.

**ROUNDTABLE DISCUSSIONS**

Seize this opportunity to collaborate with someone from another Area in an informal setting. Grab a chair and enjoy sharing your experience, strength and hope.

**If you are coming to the International Convention, why not come early and spend the day before the Convention, learning, sharing and deepening your understanding and commitment to our third legacy: Service.**

**Hosted by the Board of Trustees and members of the WSO staff.**

**There is a participation limit; registration is required.**

**There is a separate registration fee of \$40.00 U.S. if received by May 31, 2018 and \$45.00 U.S. if received June 1 through the event.**

**All sessions at the "Day of Connecting" will be conducted in English only.**

**For more information: [al-anon.org/day-of-connecting/](http://al-anon.org/day-of-connecting/)**

## **AL-ANON MEETING UPDATES**

### **HOLIDAY & TEMPORARY CHANGES**

The Al-Anon at Noon Westerly meeting at Christ Episcopal Church does NOT meet on Monday Holidays

### **NEW MEETING**

First Things First, Monday Nights 7:00 PM VA Medical Ctr, 830 Chalkstone Ave., 5th floor, Classroom 2, Providence

### **MEETING CHANGE**

Saturday Night Live Al-Anon Group, Saturday nights at Calvary United Methodist Church, 200 Turner Rd., Middletown will be changing the time of its meeting to 5:00 PM as of October 7, 2017

How Al-Anon Works Group, Tuesday Night at the Calvary United Methodist Church, 200 Turner Rd., Middletown will be changing the time of its meeting to 6:30 PM as of September 5, 2017

A New Beginning Women's Only Group, Thursday nights at St. Paul's Episcopal Church 2679 East Main Rd., Portsmouth will be changing the time of its meeting to 7:00 PM as of August 3, 2017

### **NEEDS SUPPORT**

Cranston-Warwick Daytime meeting, Tuesday 10:00AM at the Edgewood Congregational Church, 1788 Broad St., Cranston.

**God, grant me the serenity to accept the the things I cannot change, courage to change the things I can and wisdom to know the difference.**



Photo by Tom H.