

**Attention Rhode Island
Al-Anon**

Save the date!

Assembly Information

**RIAFG FALL ASSEMBLY
October 5, 2024**

Items to be included on the Assembly agenda are:

**Delegate's Report from World Service Conference
Treasurer's Financial Report and Budget Presentation
Voting on open Area World Service Committee Positions
Questions email Cindy at Delegate.riafg@gmail.com**

Location TBA

LIFELINES

Rhode Island Al-Anon Family Groups

Area 49

AUGUST 2024

Editor's Corner

Awaiting the hurricane

Weather forecasters keep warning that this will be a very active hurricane season. And now we're in August, at maximum risk.

Are you prepared to get out of harm's way? Do you know where your important papers are? Where will you evacuate? Or will you choose to wait it out, with doors boarded up, candles and a generator standing by?

Or will you throw a party and dare the impending storm to drown you? Will you invite your friends to come over and ignore the weather together?

After every weather calamity, someone's on TV standing in front of a flooded house saying **"I had no idea it would be this bad.** If I had known it was going to be this bad, I would have left a lot sooner. Why didn't anyone warn me? Now what do I do?" Buddy: Make a different choice next time.

In Al-Anon, we always have choices. We're not ever required to stay where there's a risk of harm, but we can choose to stay in tough situations, even if it's a choice that others think is unwise. The decision -- and the consequences -- are up to us. (Go talk it over with your sponsor, though.)

In Al-Anon, we might (we will!) hear stories and experiences of people who made choices different from ours. Ultimately the choice is up to you, but in Al-Anon **we can discover and decide which risks are worth it, and which aren't.**

Step Eight is there for us too, helping us see who we've harmed with our choices and decisions. Once we've identified the harm we've caused, we can make amends and finally heal. (You may need to look into the mirror for some of this work.)

In Al-Anon, we learn new ways of relating so no one says, "Why didn't anyone *warn* me?"

Addiction is like a hurricane -- we didn't cause it, we can't control it, we can't cure it. But we can see it for what it is, and choose to follow a path out of harm's way. Al-Anon recovery helps us stop harming our loved ones, and ourselves. **Blue skies ahead!**

Gratefully in service,
Eden C. Lifelines Editor

Lifelines needs a new editor starting February 2025!
Contact lifelines.riafg@gmail.com for information.

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THIS
ISSUE**

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**SUBSCRIBE TO
LIFELINES**

Aim your phone camera
at the QR code
and sign up anonymously

STEP EIGHT

Made a list of all persons we had harmed, and became willing to make amends to them all.

TRADITION EIGHT

Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

CONCEPT EIGHT

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

“What’s That Slogan?”

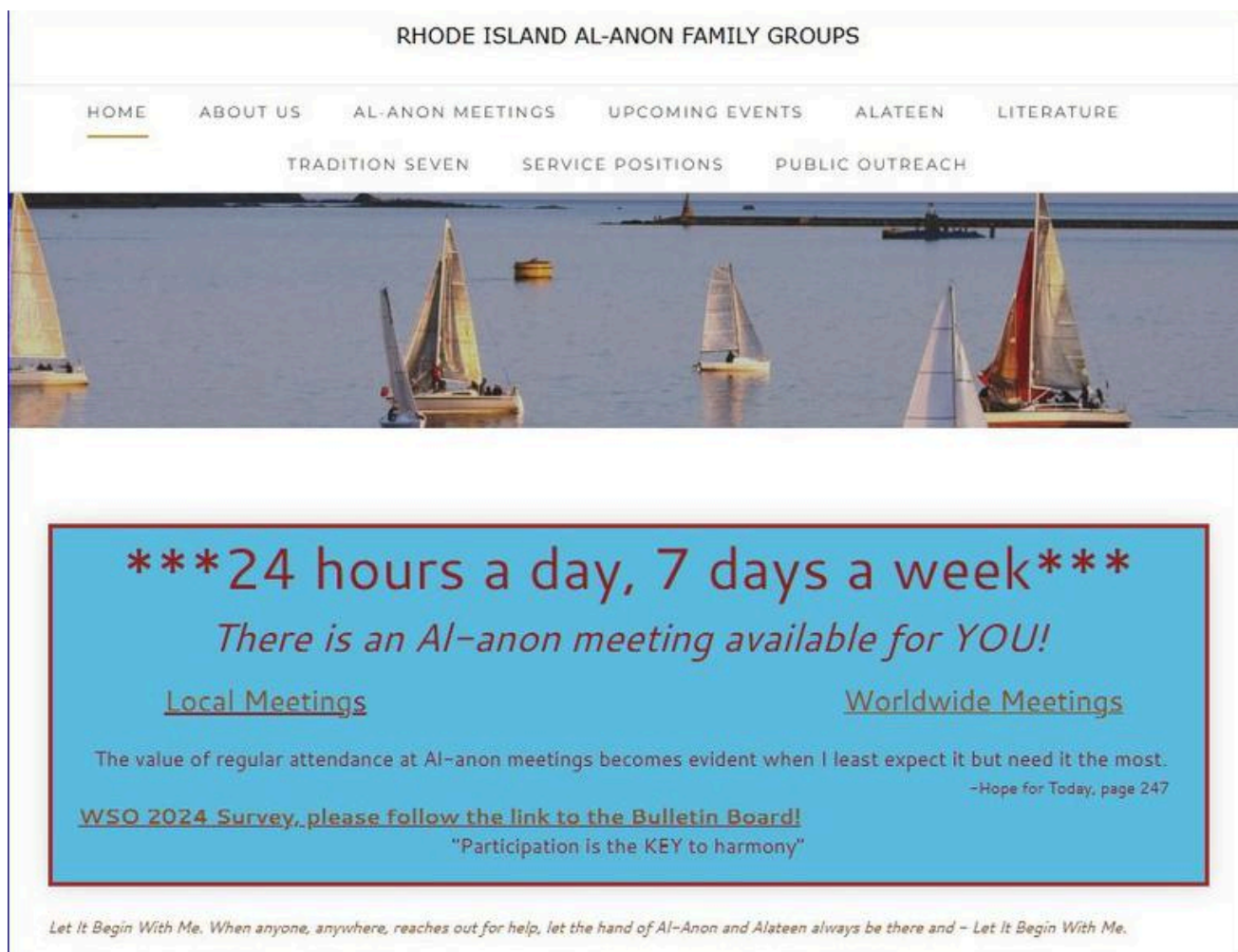
Keep an open mind.

“I'd heard the slogan, ‘Keep an Open Mind’ but never reflected on what that really meant... I learned about some aspects of open-mindedness I'd never considered—like **letting go of the pictures in my mind of how things ought to be.**

As long as I clung to those pictures, I set myself up for disappointment or anger when real life didn't measure up. If I let go of them, I realized, **I could be open** to enjoying new experiences and outcomes.”

“Opening the doors of my mind,” from *The Forum* April 2017

What's on www.riafg.org?



RHODE ISLAND AL-ANON FAMILY GROUPS

HOME ABOUT US AL-ANON MEETINGS UPCOMING EVENTS ALATEEN LITERATURE
TRADITION SEVEN SERVICE POSITIONS PUBLIC OUTREACH

*****24 hours a day, 7 days a week*****
There is an Al-anon meeting available for YOU!

[Local Meetings](#) [Worldwide Meetings](#)

The value of regular attendance at Al-anon meetings becomes evident when I least expect it but need it the most.
-Hope for Today, page 247

[WSO 2024 Survey, please follow the link to the Bulletin Board!](#)
"Participation is the KEY to harmony"

Let It Begin With Me. When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there and - Let It Begin With Me.

The RIAFG Website is a great resource for everyone! It's always accessible and available. Find meetings in-person and online, worldwide. Order literature, read back issues of LifeLines. Get connected to Al-Anon's abundant online resources and discover our many Rhode Island groups. Explore ways to serve and support RIAFG so we can bring experience, strength, and hope to more people in The Ocean State and beyond. Al-Anon works if you work it, and our site is bound to click with you if you click on over and connect! See you online at www.riafg.org.

The 32nd Maine Area Convention

at Ferry Beach Retreat & Conference Center in
Saco, Maine

<https://afgmaineconvention.org/>

www.ferrybeach.org



August 9- 11, 2024

Ferry Beach is a beautiful retreat and conference center located on the coast of southern Maine on a beautiful 32-acre oceanfront campus. Wake up by the sea in quaint cottages and halls, or at campsites in the Grove. A relaxed campus features a sand volleyball court, two playgrounds, an art studio, fire pit, outdoor chapel, and of course, the beach! The dining hall provides healthy, delicious food and good coffee!

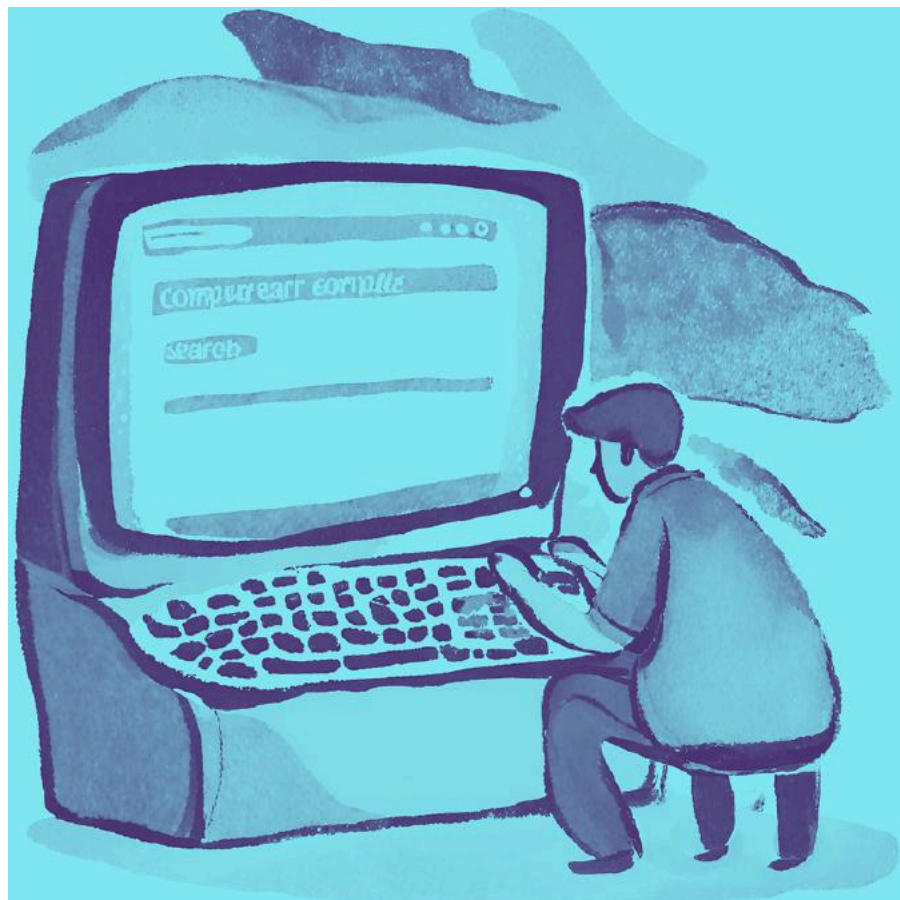
Al-anon Area Convention with AA participation

Blog Share: Step Eight

“It was difficult at first making a list of everyone I had harmed because, wasn't I the victim in all of this? **Wasn't I the one that had been harmed?** Once I understood my part in it, I accepted that **I had indeed harmed others.** I harmed others by taking away their responsibilities, by participating in the insanity, and by engaging in the destructive behavior. Making this list and becoming willing to make amends started the process of freeing myself.” -- Sandra

In working the steps for the second time and making a list of all those who I had harmed, I realized that I'd left someone very important off the list the first time I worked the steps. **That person was me!** For so long I treated myself with hate and disrespect. With the tools of the program I am learning self worth and self love and with these tools I can acknowledge that I hurt myself deeply and that **I deserve to be at the top of my amends list.**” -- Emery

Read more at al-anon.org/blog/step-eight



Looking for a meeting?

There are meetings all days of the week, in-person and online!

The current list of meetings is available at

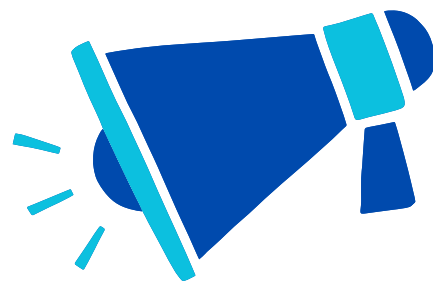
www.riafg.org

under the

“AL-ANON MEETINGS’ tab.
Click on **MEETING LISTS**.

“***Please check on line for meetings that fall on holidays**

Meetings News!



Sunday Night Legacies

Online Meeting registered in Rhode Island

8:00PM Sundays via Zoom

[https://us06web.zoom.us/j/84329044576?
pwd=QiNs2rjJHbuaWrgz2MVUFRSWz2SoDo.1](https://us06web.zoom.us/j/84329044576?pwd=QiNs2rjJHbuaWrgz2MVUFRSWz2SoDo.1)

The Higher Powered Lunch Bunch has a new Zoom account

To join directly, paste this in your browser:

[https://us02web.zoom.us/j/86424696624?
pwd=MGpqWWdxSIVZb0RubXY5SUxxc2EyZz09](https://us02web.zoom.us/j/86424696624?pwd=MGpqWWdxSIVZb0RubXY5SUxxc2EyZz09)

To join via the Zoom App:

Meeting ID: 864 2469 6624 & Passcode: 232886

To join via phone: 929 205 6099,
use the same ID & Passcode

North Providence Step Al-Anon Family Group

~~IN-PERSON Thursdays at 7PM~~

~~Allendale Baptist Church, 545 Woonasquatucket Avenue
North Providence, RI 02911~~

UPDATE 6/5/24: This group's meeting site became unavailable and the group decided to disband. You can find a list of current meetings at www.riafg.org.

Service: All you need is your phone!



A Service Opportunity: Looking for a way to give back to the program? Check messages on our RIAFG office phone number.

The available days for this are **Tuesday** and **Friday**. Work from the comfort of your home. Messages left usually involve: How to find our meeting list, information about Al-Anon, how to attend their first meeting, members wanting to come in to pick up literature, and members requesting office hours.

Office hour questions are given to me and I will coordinate.

If you are interested, please email: office.riafg@gmail.com or call the office at 401-781-0044. Gratefully in service, **Elaine H.**, office coordinator

Meeting Space (s) Available

Did you lose your meeting space during the pandemic? Need a different spot? Starting a new meeting group? The **East Greenwich Lutheran Church** on Division Street has available meeting rooms. Contact the office at firstlutheraneg1@gmail.com.

Butler Hospital in Providence has reopened **Ray Conference Center**, which means it's available (again) for Al-Anon and for other 12 step meetings. Prior to March 2020 there were active meetings on the Butler campus. If you'd like to create a new RIAFG group at Butler, email alanon.riafg@gmail.com to get started.

7:00 p.m.

Un Día De La Vez

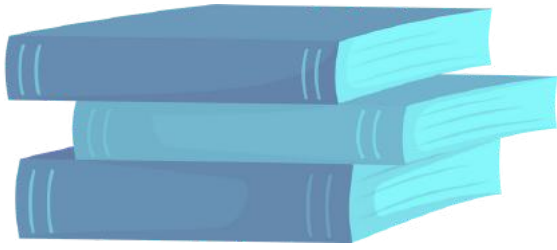
Español hablando reunión
(Spanish speaking meeting)

Los domingos y miércoles
(Mondays and Wednesdays)

310 Reservoir Ave.

Cranston, RI 02907

Todos son bienvenidos
(All are welcome)



Got Literature?

How to order Literature from the RI Literature Distribution Center Office

ATTENTION RI AFG MEMBERS: The Area needs YOU. We desperately need an Area Literature Coordinator. The literature supplies at the office are dwindling. No new literature can be ordered because there is no one in this service position. YOU can fill a critical need for our Area. For more information, call the office at 401-781-0044. Training is provided.

To pick up at the office:

Mail in the literature request form (found on our website: www.riafg.org) to RIAFG, 106 Rolfe St. Cranston, RI 02910. Be sure to include your name and phone number. You will be called back when the order is ready for pickup. Payment is made at time of pickup.

To have literature mailed to you:

Mail the NEW ORDER form available at riafg.org, including the shipping address, your name and phone number, and a check for the full amount of the order including the new shipping charges.

To shop at the office:

Leave a message at 401-781-0044 and someone will let you know when the office will be open.

Please note that if you are requesting only a few items, and you want to do pick up, you may call the office with the info.

Gratefully in service, Elaine H., Office Coordinator

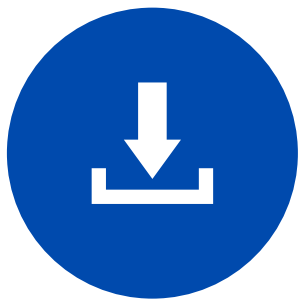


New to Al-Anon? You'll want to hear this.

Short, informational podcasts
just for Al-Anon **newcomers!**

We're glad you're here.

Click to: al-anon.org/newcomers/first-steps-al-anon-recovery/



Free Downloads!

So much to read, print, and **share!**

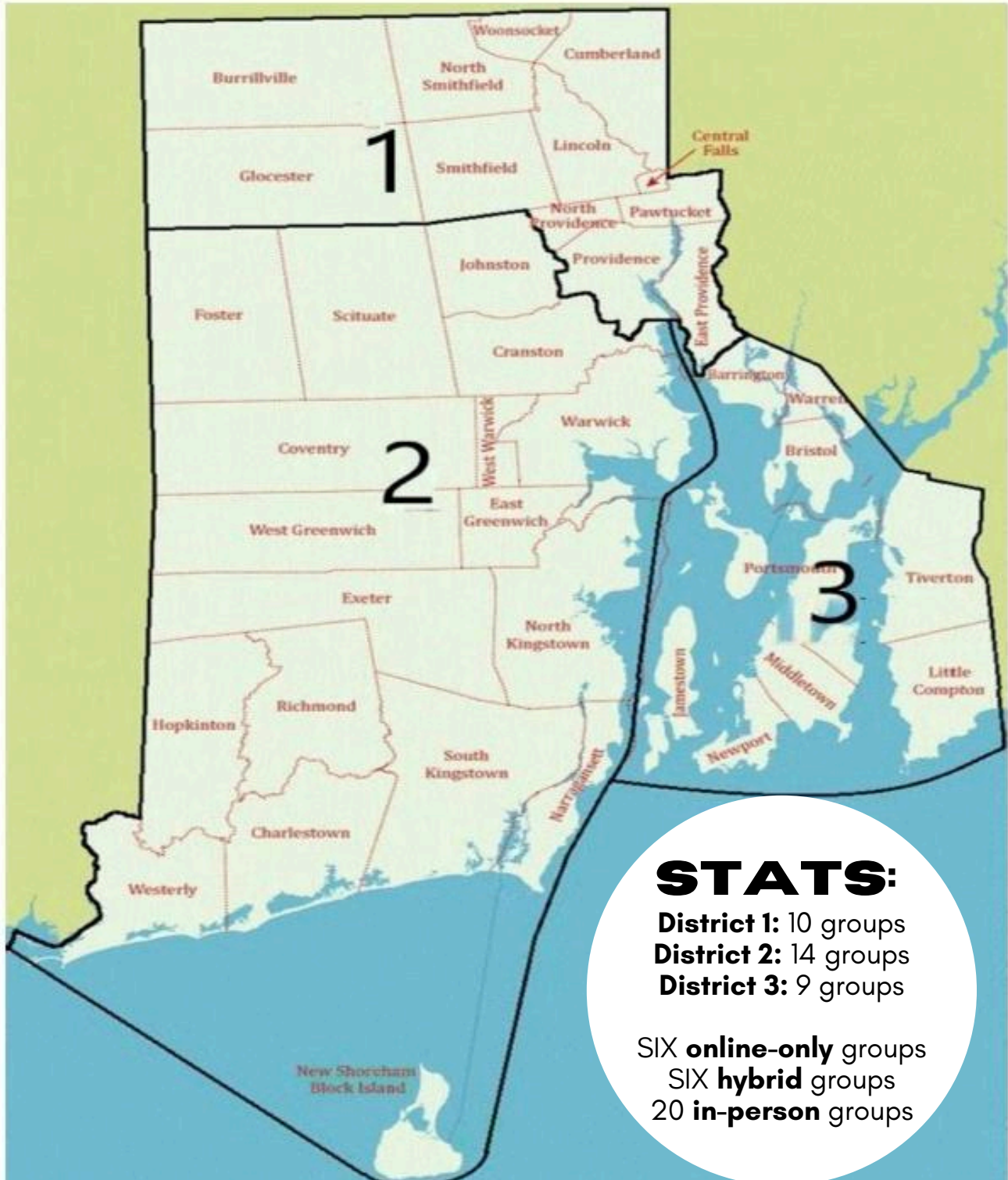
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

Where We Are: The RIAFG District Map

District 1: Burrillville, Central Falls, Cumberland, East Providence, Glocester, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, Woonsocket.

District 2: Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Johnston, Narragansett, New Shoreham, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, Westerly.

District 3: Barrington, Bristol, Jamestown, Middletown, Newport, Portsmouth, Tiverton, Warren.



Al-Anon's First Official MOBILE APP!

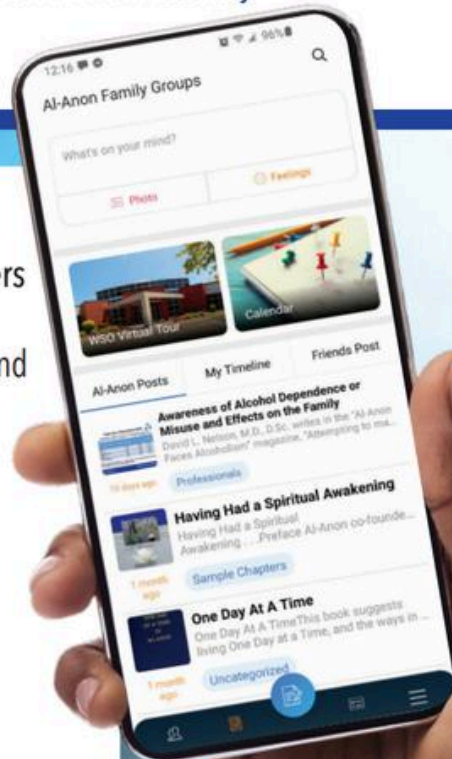
This mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world are able to come together for Al-Anon recovery.

What it is:

- A social app for Al-Anon members to connect with one another to share our experience, strength, and hope
- A new platform for electronic meetings
- A way to connect with your Al-Anon family in private chats
- A place to create and update a digital Al-Anon journal
- A place to stay informed on the latest information from the World Service Office (WSO)

What it is not:

It's not a face-to-face meeting list.



For more information and links to download the app in iTunes and Google Play, visit al-anon.org/mobileapp

"Where can I find a meeting?"

The current list of meetings is available at www.riafg.org under the "AL-ANON MEETINGS" tab. Click on **MEETING LISTS**.
****Please check on line for meetings that fall on holidays***

RIAFG and WSO Need Your Support

TRADITION SEVEN: EVERY GROUP OUGHT TO BE FULLY SELF SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.

Thank You for your continued support! Whenever possible, please send donations to our RIAFG and WSO.

It takes all of us to keep the “doors” of Al-Anon open to all who need it. Donate either personally or through your home groups.

Mail your donations to RIAFG:

RIAFG, 106 Rolfe St., Cranston, RI 02910

When you send in donations from your group, include the group number or the group name.

Make a donation to the World Service Office online at

<https://al-anon.org/contributions/>

Mail donates to WSO:

AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454

CONTACT RIAFG

www.riafg.org

106 Rolfe St.

Cranston RI 02910

401-781-0044 Office hours available by calling this number.

Send your Lifelines announcements to lifelines.riafg@gmail.com

CONTACT WSO

www.al-anon.org

1600 Corporate Landing Parkway

Virginia Beach, VA 23454

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 see the difference.*