

# LIFELINES

## Rhode Island Al-Anon Family Groups

Area 49

NOVEMBER 2024

Editor's Corner

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## What I'm thankful for

- **Volunteers** who lead meetings, order and mail literature, answer phones, balance the books, and **serve selflessly**.
- **Sponsors** who support and challenge us.
- **Meetings** that are safe and welcoming, in-person and online.
- The choice of how to consciously contact my **Higher Power**.
- [www.Al-Anon.org](http://www.Al-Anon.org) and [www.riafg.org](http://www.riafg.org).
- Conference Approved Literature back in stock!
- **Twelve Steps** that work if you work 'em.
- The **hope** that arises from seeing recovery in action, in yourself and others.
- Laughter!
- Sometimes, coffee.
- **Feeling loved**, as you are, right now.
- Experiencing **the peace of the program**.

*... and I'm especially thankful that I've gotten to be your Lifelines Editor for these past few years! Thank you for the opportunity to serve. Best wishes to **Brandon**, your new RIAFG Lifelines Editor.*

*Keep on reading and recovering! See you at a meeting.  
Gratefully, **Eden C.***



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TO  
LIFELINES**

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

# A Letter From The Chair

Hello, Rhode Island Al-Anon Family Group Members!

Your Area World Service Committee (AWSC) is proud to announce that most of our long-standing empty positions have been filled! **All 3 Districts now have District Representatives!**

It is our hope that this will create an atmosphere of positive, open and enthusiastic communication among all Members and Groups!

Please continue to check the Website's Bulletin Board, Events calendar and RIAFG Lifelines for more information and news!

We encourage questions and suggestions to assist in meeting the ever-changing needs within the RIAFG Program.

With Great Gratitude,  
**Christine E.** Area- Chair  
Area Office: 401-781-0044 or [www.riafg.org](http://www.riafg.org)

# (Yes) We've Got Literature!



Office News: The literature has arrived.

The Literature Distribution Center (LDC) is open for business as of **October 22, 2024**.

If you have recently mailed in an order to be shipped, those orders will be sent out starting Monday, October 22. If your check and order were returned to you due to lack of inventory, you can mail the check and order form back to us. Please make sure your telephone number is on the order form. As a reminder, please use the new order form found on [riafig.org](http://riafig.org).

If you want to come to the office to pick up literature for your group, please call the office at 401-781-0044 and leave a message. The office is currently open on Mondays from 10:30 to 12:30. However, special arrangements can be made.

If you are interested in becoming an office volunteer, please leave a message at the office number, 401-781-0044.

Thank you all for your patience during this time of transition.

Gratefully in service,  
**Elaine H.** Office Coordinator

## ..... Highlights.....

# R.I. Al-Anon Family Group Fall Assembly

**October 5, 2024**

### **WSO news:**

New literature – “Healing in our Alcoholic Relationships” – 48-page pamphlet for \$4.00

Call out for shares on “Sponsorship” both personal and service for a new pamphlet.

WSO Conducted Audit – They Issued Clean Opinion – January 2024

WSO reported \$1 million in revenue from sale of new daily reader “A Little Time for Myself”

Group Donations to WSO only 61% of groups contribute. The need is \$330.09 / group annually.

### **Int’l conventions:**

2025 AA with Al-anon participation – 90<sup>th</sup> Celebration – July 3-6, 2025, Vancouver BC

2028 – Al-anon Convention June/July 2028. Location to be **announced**.

### **RIAWSC (R.I. Area World Service Committee)**

RIAWSC is operating in the red – expected loss 2024 \$2100. Annual appeal will be coming.

RI Area – 70 -90% of groups donated to area – average \$200/group. If all groups donated \$273 /year, the budget would be fully funded.

A Task Force was formed to strategize 2026 Financial issues / budget.

A Task Force was approved for determining roles/responsibilities of new Technology Coordinator position. No members volunteered. This will remain open to anyone who wants to volunteer to chair or be on committee

### **Area Position Voting results:**

Delegate position – Open

AA Liaison – Dean H. confirmed (remaining term of 2 years)

Alateen Coordinator – Brian F. confirmed

2024 / 2025 Workshop Coordinator – Open

Email Coordinator - Holly R.

Alateen Process Person – Sally K.

Archives Coordinator – Claudia P.

Forum Coordinator – Kim C.

Lifelines Editor – Brandon H.

Literature Coordinator – Jackie W.

Area Secretary – Anna P.

Public Outreach – Open

Office Coordinator - Open

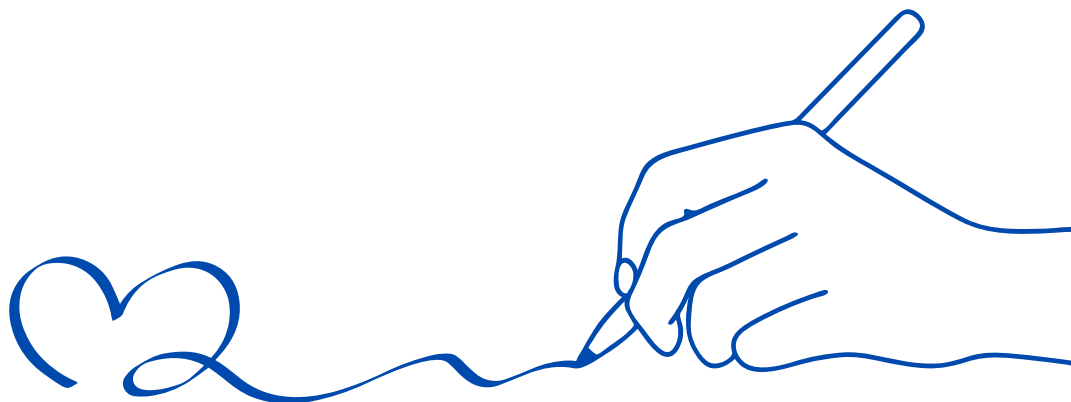
Area Chair – Chris E.

District 1 – Barb W.

District 2 – Scott M.

**2025 Spring Assembly proposed Date is June 14<sup>th</sup> hosted by District # 3**

**The Assembly was a great success! Many Service positions were filled by outstanding people who bring new hope and ideas for a positive future for Al-anon in our State!**



## RIAFG: Forum wants your sharings

The Forum Needs Your Sharings about Our Three Legacies!

Please consider writing about one of the **Twelve Steps**, **Twelve Traditions**, or **Twelve Concepts of Service**, as your World Service Office receives very few sharings about them.

Submissions should range from about 200 to 400 words.

NOTE: Submissions in Spanish or French must be accompanied by an English translation.

Submit online or send your articles to The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; or to [wso@al-anon.org](mailto:wso@al-anon.org).

Here's [how to Submit Online](#)

Gratefully,

Kim C., RIAFG Forum Coordinator

## **STEP ELEVEN**

Continued to take personal inventory and when we were wrong promptly admitted it.

## **TRADITION ELEVEN**

The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

## **CONCEPT ELEVEN**

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

# **What's That Al-Anon Slogan?**

## **“First Things First”**

The slogan, “First Things First” helps us to **set reasonable priorities** and to **keep a realistic perspective**. This slogan helps us to make choices we are comfortable with, and to act with balance rather than react to crises.

“How can I apply “First Things First” to clarify a confounding task today?” *Hope for Today* (B-27), p. 73

“‘First Things First’ helps us make more workable choices and to live with the choices we make.” *How Al-Anon Works for Families & Friends of Alcoholics* (B-32), p. 69

Read more online: [www.al-anon.org/](http://www.al-anon.org/)

# What's on [www.riafg.org](http://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. 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](http://www.riafg.org).



# Blog Share: Space to belong

Lately I've been thinking about a **Higher Power, not as a person, or a thing, but as a space and a perspective.**

To me the "love larger than I know" is what happens in rooms where we gather for spiritual fellowship. It is the shift in perspective that happens there when, rather than being solely an individual, **I am part of community, because I have shifted to quiet attention.** This is why Al-Anon and 12-Step Groups work for me in a way no other religious practice or belief does.

So god is simply, in me, the shift to quiet attention, where I am part of something bigger, a circle, a space, **I am connected to the space of belonging,** of a community, a gathering, and feeling, within the space the presence of a love larger than I know. But the "presence" isn't me or other people or a supernatural ghost, it is the space we enter, the perspective we gain and the space we share that is **a space of quiet attention and listening for one another. . .**

And this is where I need to take my experience, strength, and hope, my sadness and my joys, all my feelings, and as much of my whole self as I can bring to the space. . . . Also in that SPACE of spiritual fellowship, **things that stand in the way or keep me from open-mindedness or presence or listening can just drop away or wait. . .**

So I go to the space. **I immediately experience a love larger than I experience on my own.** I immediately experience patience with myself and others. In fact, I follow practices and guidelines that CONNECT me to love, SHIFT me to a larger perspective, open my mind to ACCEPTANCE of those I might otherwise dismiss, push away, reject and definitely see as different or unconnected to my self, and I EXTEND my patience and my love to myself and to each individual in the space, firmly seated in or standing in, breathing in, or moving in, or speaking in this SPACE.

When it's over, I try to take it with me, and to "practice these principles in all my affairs" and to use prayer, and journaling, haiku, god box, phone-calls, letters, and one-on-one heart-to-hearts to continue my relationship with that space, to continue enlarging perspective beyond petty self-pity, resentment, rage, and shame. To **continue to feel my feelings within a larger space of a love greater than I know.**

-- Sarah

*Read more personal shares online <https://al-anon.org/blog/step-eleven/>*

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)

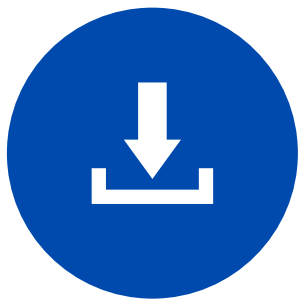
# We're HEAR To Help!



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/](https://al-anon.org/newcomers/first-steps-al-anon-recovery/)



## *Free Downloads!*

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

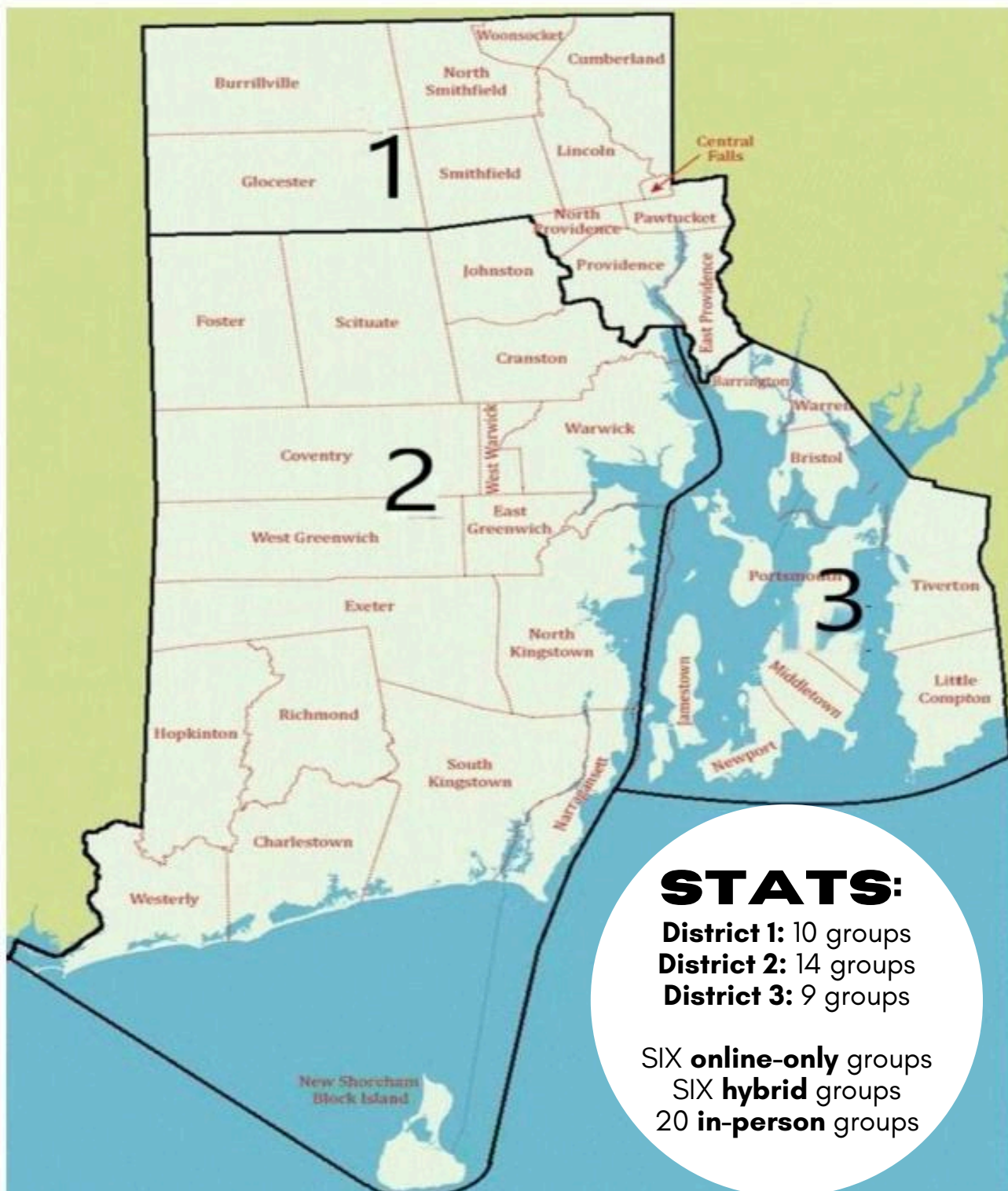
Click to: [al-anon.org/for-members/members-resources/literature/downloadable-items/](https://al-anon.org/for-members/members-resources/literature/downloadable-items/)

# 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!

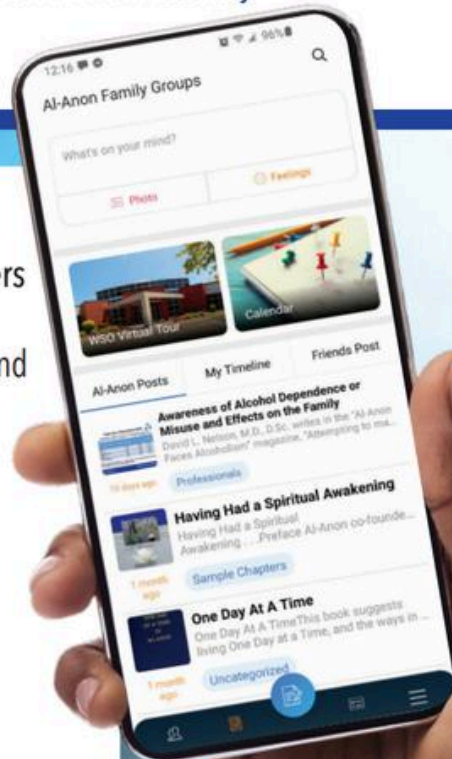
This mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world are able to come together for Al-Anon recovery.

## 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](http://al-anon.org/mobileapp)

## "Where can I find a meeting?"

The current list of meetings is available at [www.riafg.org](http://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](http://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](mailto:lifelines.riafg@gmail.com)**

## **CONTACT WSO**

**[www.al-anon.org](http://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.*