Attention Rhode Island Al-Anon

Assembly Information

We will not be holding a Spring Assembly this year. Our next Assembly will be in October. Stay tuned for the time, date and location to be announced.

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
Life, Liberty, and The Pursuit Of Serenity

You probably know the phrase from the U.S. Declaration of Independence, signed 248 years ago this month. Thomas Jefferson wrote about the inalienable right to “Life, Liberty and the Pursuit of Happiness.”

We certainly hope for happiness when we come to Al-Anon, but serenity is our true goal. Serenity allows us to be unbothered by the good or the bad. I guess if Jefferson wrote “serenity” instead of “happiness,” the United States might still be a bunch of tea-drinking colonies? The Founders do not seem like “Live and Let God,” “Easy Does It” kinds of fellows!

Serenity might not lead a country to declare independence, but serenity is definitely good for us as people in recovery.

“Today, my serenity comes first,” wrote Diana M. at al-anon.org. “What gives me serenity is my connection with my Higher Power, my love for my family, and working my program in all things. And the fact that I have serenity at all, despite my mother’s continued drinking and the consequences of her drinking that I must deal with every day, is the true miracle of my life. And it is all thanks to Al-Anon.”

I don’t know about you, but reading stories like this, and hearing people share at meetings -- it makes me happy. I’m happy that serenity has come for them. I’m happy that we have a program that celebrates life, and our freedom to choose how we live. When we arrive in the rooms, we often feel trapped and out of options. Al-Anon shows us the many options we have in front of us. We learn about them one step at a time.

Our independence from addiction’s effects probably won’t be commemorated with parades. Fireworks? Hopefully only in the sky. But as you work the steps, may you find serenity -- and may serenity find you.

Gratefully in service,
Eden C. Lifelines Editor

Lifelines needs a new editor starting February 2025! Contact lifelines.riafg@gmail.com for information.
STEP SEVEN
Humbly asked Him to remove our shortcomings.

TRADITION SEVEN
Every group ought to be fully self-supporting, declining outside contributions.

CONCEPT SEVEN
The Trustees have legal rights while the rights of the Conference are traditional.

“What’s That Saying?“
Keep the focus on yourself.

“For most of my adult life, I found it so easy to blame other people, rather than myself. However, focusing on myself means to live my own life and let others live theirs.

I have learned to take my own inventory, let others take theirs and mind my own business. I was so busy focusing on my daughter with her problems and my husband with his problems that I neglected to spend any time on me with my problems.

I learned in Al-Anon to put myself first.” -- Bonnie B.

Read more sharings online: al-anon.org/blog/putting-the-focus-where-it-belongs/
What’s on www.riafg.org?

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 Seven

“Step Seven also mentions to remove my shortcomings. Remove means to take away, it is not to say that it won’t come back.

There were some shortcomings that I was ready to have removed. However, I had some restrictions on others. I felt, for example, that anger, sarcasm, and being reactive were some shortcomings that could be handy as some defense or survival mechanisms. When, with time those shortcomings were failing me, they lost their importance and I was ready to let them go.

Step Seven came to life in my heart and mind when I was able to be true to myself and see myself for who I was and see my weaknesses and my strengths for what they were. Today, when one shortcomings shows up, I am Aware of it and I can see it for what it is. When I Accept that it is what it is, I can choose to let it go and go into positive Action.

It is not an all-successes journey, but I have improved a lot and I have better life. People around me can better appreciate the person I have become by putting Step Seven into practice.” -- Trudy C., from al-anon.org/blog/step-seven

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=MGpqWWdxSlVZb0RubXY5SUxxc2EyZz09](https://us02web.zoom.us/j/86424696624?pwd=MGpqWWdxSlVZb0RubXY5SUxxc2EyZz09)

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](http://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)
Area 11 General Service Committee, Inc.

Rompiendo Fronteras / Breaking Frontiers 2024

23rd Día de Compartimiento BILINGÜE Anual de AA

"Construyendo Puentes con Amor, Unidad y Servicio"

23rd Annual AA BILINGUAL Sharing Day

"Building Bridges with Love, Unity and Service"

SÁBADO, 27 DE JULIO DE 2024 / SATURDAY, JULY 27, 2024

St. Francis of Assisi, 1755 Stanley St., New Britain, CT 06053

9:00 AM - 3:00 PM

- Mesas de trabajo
- Habrá intérpretes disponibles
- Almuerzo incluido
- Participación de Al-Anon y Alateen

- Workshops
- Interpreters will be present
- Lunch included
- Al-Anon & Alateen participation

Para registrarse en línea vaya a: To register online go to https://ct-aa.org/annual-events/

Para más información llame a: Rolando P. (203) 676-4757 For more information contact: Matthew E. (860) 567-3403

RomiendoFronteras@CT-AA.org

Formulario de Registración / Registration Form

Costo de registración $17.00 por persona por adelantado - ANTES DEL 1 DE JULIO DE 2024 o $20.00 en la puerta

Registration fee is $17.00 per person in advance - UNTIL JULY 1, 2024 or $20.00 at the door

Por favor haga su cheque o money order a nombre de: Rompiendo Fronteras 2024

Please make check or money order payable to: Rompiendo Fronteras 2024

NOMBRE / NAME: _______________________________

DIRECCIÓN / ADDRESS: _______________________________

TEL: ___________________ FECHA DE SOBRIEDAD / SOBRIETY DATE: ___ AÑOS / YEARS ___ MESES / MONTHS

A.A. ___ AL-ANON ___ ALATEEN ___

Por favor envíe con su pago a: Please mail with your payment to:

Rolando P., Treasurer
122 Cherry Ann Street
Hamden CT 06514
Got Literature?

How to order Literature from the RI Literature Distribution Center Office

**PLEASE NOTE:** There is a new order form available on the riafg.org website. The charge for shipping has been increased due to the increases from the Post Office. The new charges are: Orders from 0.00 to $100.00, the charge is $8.00, orders over $100, the charge is 10% of the total for the order. Please use the new order form when you mail orders into the office. Include the correct total for shipping and be sure to fill out the contact information.

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:
Include a check for the full amount of the order, the name and address for shipping, and your name and phone number. Please note the increased shipping charges listed above.

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, Little Compton, Tiverton, Warren.

**STATS:**
- **District 1:** 10 groups
- **District 2:** 14 groups
- **District 3:** 9 groups

- SIX online-only groups
- SIX hybrid groups
- 20 in-person groups
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.