

LIFELINES

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LIFELINES**

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

Rhode Island Al-Anon Family Groups
Area 49 FEBRUARY 2024 Editor's Corner

I'd like to speak to the manager, please

How do you define **unmanageable**?

When I first read this word at the end of Step One, I got defensive. What do you mean, *unmanageable*? I drive my car. I pay my bills. I take my vitamins. *I'm* managing. They're the one with the problem, not me.

But, as I attended more Al-Anon meetings and read Al-Anon literature, **I came to realize that my idea of managing was as disordered as my qualifier's:**

I became incredibly angry every time my qualifier showed any signs of disease. I checked the phone constantly to see if there was a new message. I monitored bank accounts because I didn't trust what my qualifier said. I was like a police officer without a badge.

I planned punishments and consequences for expected failures. Searched the house to confirm my suspicions. Did some angry, silent cleaning and repairing. I rehearsed my lines for the next dramatic confrontation. I was sure I could *manage* getting through to them and get them to change.

Managing? Hardly. But I never would have known without Al-Anon.

Al-Anon shows us that it's not our job to manage our qualifiers. It's hard to realize all your managing was actually just a symptom of the same disease your qualifier has. Admitting this truth, and **resigning from management, is an important step in your recovery.** You don't even have to give two weeks' notice! Al-Anon is your lifeline, and in this case, it's also your pink slip.

Gratefully in service,
Eden C.
Lifelines Editor

STEP TWO

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION TWO

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

CONCEPT TWO

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.



AA 2024 in Newport! **February 9-11**

- speaker and marathon meetings (AA & Al Anon)
- afternoon and evening entertainment
- hospitality rooms
- yoga and meditation workshops
- sobriety countdown
- great fellowship

Get all the details and register NOW at:
<https://aainri.com/area-61-convention/>

New Meeting Alert!



Sunday Night Legacies

Online Meeting registered in Rhode Island

7PM

Starting on February 25th
via **Zoom**

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

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 **Sunday** 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.

El grupo familiar Al-Anon

“Un dia a la vez”

informa:

Que a partir de el 3 de enero de este año
estaremos sesionando en la
siguiente direccion:

St. Luke's Episcopal church
670 Weeden st.

Pawtucket, R. I. 02860.

Reuniones:

Miercoles y Domingo de 7 a 9 p. m.

Telefonos de contacto:

Blanca Isabel: 401 440 5296

Francisco: 917 660 4994

Evelyn: 401 464 1753

“Forever Hope” is changing!

New year, new meeting format

At recent group conscience/business meetings, **the Forever Hope group decided to make some changes** to its meeting format.

We are a small hybrid group which meets on Sundays in-person at the West Greenwich Town Hall and on Zoom. Our goal is to increase Al-Anon members' participation in our meetings. Our meeting format includes open discussion on the 2nd and 4th Sundays, reading and discussing the step of the month on the 1st Sunday, reading and discussing the tradition of the month on the 3rd Sunday, and celebrating member's Al-Anon anniversaries on the 4th Sunday of the month.

After years of meeting for an hour and a half, **we decided to change our “formal” meeting length to one hour**, from 10-11 a.m. After reading the closing, we transition into an informal half hour of fellowship where we continue to share ESH and enjoy talking with each other in a more relaxed atmosphere.

We also have added a “speaker meeting” on the 5th Sunday of those months that have five Sundays. For 2024, in the months of March, June, September, and December we will be asking one or more members from another Al-Anon Family Group to join us to share their experience, strength, and hope. The format for the “speaker meeting” is: the visitor(s) from the other group will share for 20-30 minutes and then the meeting will be opened up for others to share. If the other group wishes, we are happy to have one or more of our members attend their meeting to do the same.

If members of your group would be **interested in attending our speaker meeting** to share your experience, strength, and hope, please reach out to Chris E. at mainstreet445@gmail.com.

In Gratitude,
Phyllis H.
Forever Hope AFG

FOREVER HOPE

AL-ANON FAMILY GROUP

**SUNDAY, MARCH 3, 2024 10:00 AM
36TH ANNIVERSARY AND LOIS W.'S
133RD BIRTHDAY**

**WEST GREENWICH TOWN HALL
280 VICTORY HIGHWAY, ROUTE 102
WEST GREENWICH, RI**

**SPEAKERS, FELLOWSHIP,
FOOD AND SPRITUALITY**

**COME SHARE THE JOYS OF
RECOVERY WITH US**

**PARK ON RIGHT SIDE OF TOWN HALL. ENTRY
IN BACK VIA THE WHEELCHAIR RAMP.**

**ZOOM MEETING INFO:
[HTTPS://US02WEB.ZOOM.US/J/84013128987?PW
D=AMP2ZTR5UXAZSW5KOGTEQKL4VEX0ZZ09](https://us02web.zoom.us/j/84013128987?pwd=AMP2ZTR5UXAZSW5KOGTEQKL4VEX0ZZ09)**

**BY PHONE: 1-929-205-6099
MEETING ID: 840 1312 8987
PASSCODE: 764812**



46th AFG Convention

with Al-Anon, Alateen & AA participation
March 16-17, 2024



OUR PATHWAY
TO PEACE

46th Annual CT AFG Convention 2024
with AA Participation

Pre-Registration

Adults \$30 Teens \$5
click [HERE](#) to register!



Register before 3/1/24 to be entered into a drawing Saturday night for FREE 2025 convention registration! Must be present to win.

Per CT safety guidelines, all teens (including visitors from out of state) MUST complete [these](#) permission slips and obtain a notarized medical authorization form.

Forms must be presented upon arrival at the Alateen registration table, and cannot be mailed.

Walk-In Registration

8:30 am Adults \$35 Teens \$5

Accommodations

Sheraton Hartford South (Marriott Bonvoy)
100 Capital Boulevard
Rocky Hill, CT

Discounted rate through 3/1/24 of \$112 (+tax and service charge) per night [click](#) or call 860-257-6000, then press 0 for the front desk & mention "Al-Anon Convention"

Pre-register and book a hotel room to be entered into a drawing Sunday for 2024 registration & hotel room reimbursement! Must be present to win.

Saturday night banquet meals for \$45 include:
Caesar salad
• Boneless rotisserie chicken OR baked cod OR veggie kabobs with fried rice
Triple chocolate mousse

convention2024@ctalanon.org

First and Last Name (one registrant per form)

City, State, Zip

Telephone

Email Address

Circle fellowship below:

\$30: Al-Anon AA Guest

\$5: Alateen

Circle meal choice (\$45) below:

Chicken Fish Veggie

Registration cost (Adult \$30; teen \$5)

Meal cost (\$45)

Voluntary 7th Tradition contribution

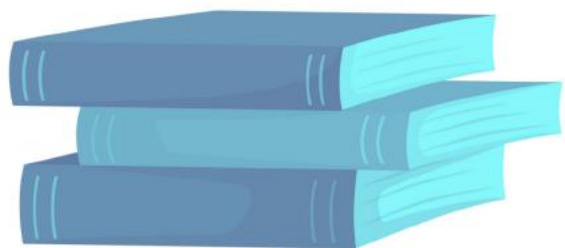
Total enclosed

Mail info & check payable to CT AFG Convention:
CT AFG Convention
P.O. Box 120533
East Haven, CT 06512

Checks are non-refundable! Must be postmarked by 3/1/24

Let us accommodate you! Spanish interpretation Headset for hard of hearing





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

Alateen Needs You!

Alateen is a vital part of Al-Anon Family Groups, and a wonderful way to be of service to young people seeking help with problems that arise when alcoholism afflicts a parent, another close relative, or a friend. **In Alateen, members meet to exchange experiences and to gain an understanding of themselves and the alcoholic.** This helps their own personal development, and can help stabilize troubled thinking resulting from close association with an alcoholic.

RI Area is in need of volunteers who are interested in being Alanon Members Involved in Alateen Service (AMIAS). This includes but is not limited to Alateen Group Sponsorship Roles and Substitute Alateen Sponsorship Roles.

The requirements for who can be eligible for becoming an AMIAS are below:

1. Be an Al-anon member, regularly attending Al-anon meetings
2. Minimum age of 21
3. Have at least 2 years in Al-anon, in addition to any time spent in Alateen
4. Have not been convicted of a felony, and not have been charged with child abuse or any other inappropriate sexual behaviour, and not have demonstrated emotional problems, which could result in harm to Alateen members.
5. Cannot have pending civil action(s), administrative or criminal charge(s), complaint(s), allegation(s) or conviction(s) for any type of neglect, abuse, reckless endangerment of a minor. May not have any other administrative or judicial matters involving minor children, inappropriate sexual or abusive behaviour.
6. Must submit to and provide a background check every 3 years. (can be done quickly at the Attorney General Office for 5\$)
7. Must attend 2 out of 3 Area sponsor meetings a year
8. Must attend Area training before sponsoring a meeting (to be arranged by the Area Coordinator - training is short and simple).

If you are interested in becoming an Alanon Member Involved in Alateen Service, or looking for more information, **please reach out to the Alateen Coordinator at alateen.riafg@gmail.com.**

Members' Share: Are you emotionally sober?

Alcoholism is a family disease! *Family* meaning one that a person is born into and/ or one that a person creates through personal choice.

The disease does not exist in isolation although it likes to isolate family members, friends, co-workers and anyone else who has a relationship with an untreated alcoholic(s).

Why do people isolate? Could it be a low burning resentment embedded by feelings of guilt that makes a person withdraw from the alcoholic and other people?

Or a blatant **expression of anger** that pushes the alcoholic away and any one that may challenge an alcoholic relationship? For myself I have experienced both types of resentments.

Resentments destroy one's sense of safety and the ability to perceive one's life as manageable since too much energy is focused on what the alcoholic is or is not doing i.e. insanity. Resentments also indicate that a person is not taking responsibility for their own life and their part in the dysfunctional relationship(s).

In my recovery journey, **I have lost my emotional sobriety several times to resentments.**

In the beginning of my recovery I had no clue what a resentment was or that I had any!

As I worked the Twelve Steps and became honest with myself, I understood what resentment was and discovered that I had a multitude of resentments that ranged from minor annoyances to

wishing revenge on the people who affected my life with their alcoholism. My behavior showed as politely avoiding people or at the other extreme "in your face" anger.

I got tired of losing my emotional sobriety. I was exhausted by the insanity of my feelings and the depression that resulted from neglecting myself. I had to think differently to feel differently.

Step Two was the grace that saved me. "Came to believe that a power greater than ourselves could restore us to sanity" is not just a statement, it's a promise!

My Higher Power whom I choose to call God, blessed me with the understanding that **gratitude opens the heart to forgiveness.** With forgiveness I could accept the alcoholic and the disease. This forgiveness did not mean that I should enable the abuse to continue. It meant that **I had to learn how to love myself with God's help.**

Gratitude for what my God, recovery programs, therapy, and my friends and family melted the bitterness that I held onto. As I let the resentments go, my life became more manageable and sane. **Today I can make healthy choices for myself** that are not contingent upon what an alcoholic is or is not doing about their disease or how they treat me. I have my own self-love.

That, my friends, is sanity!

- Ann H.

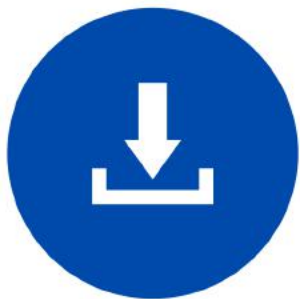


New to Al-Anon? You'll want to hear this.

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!**

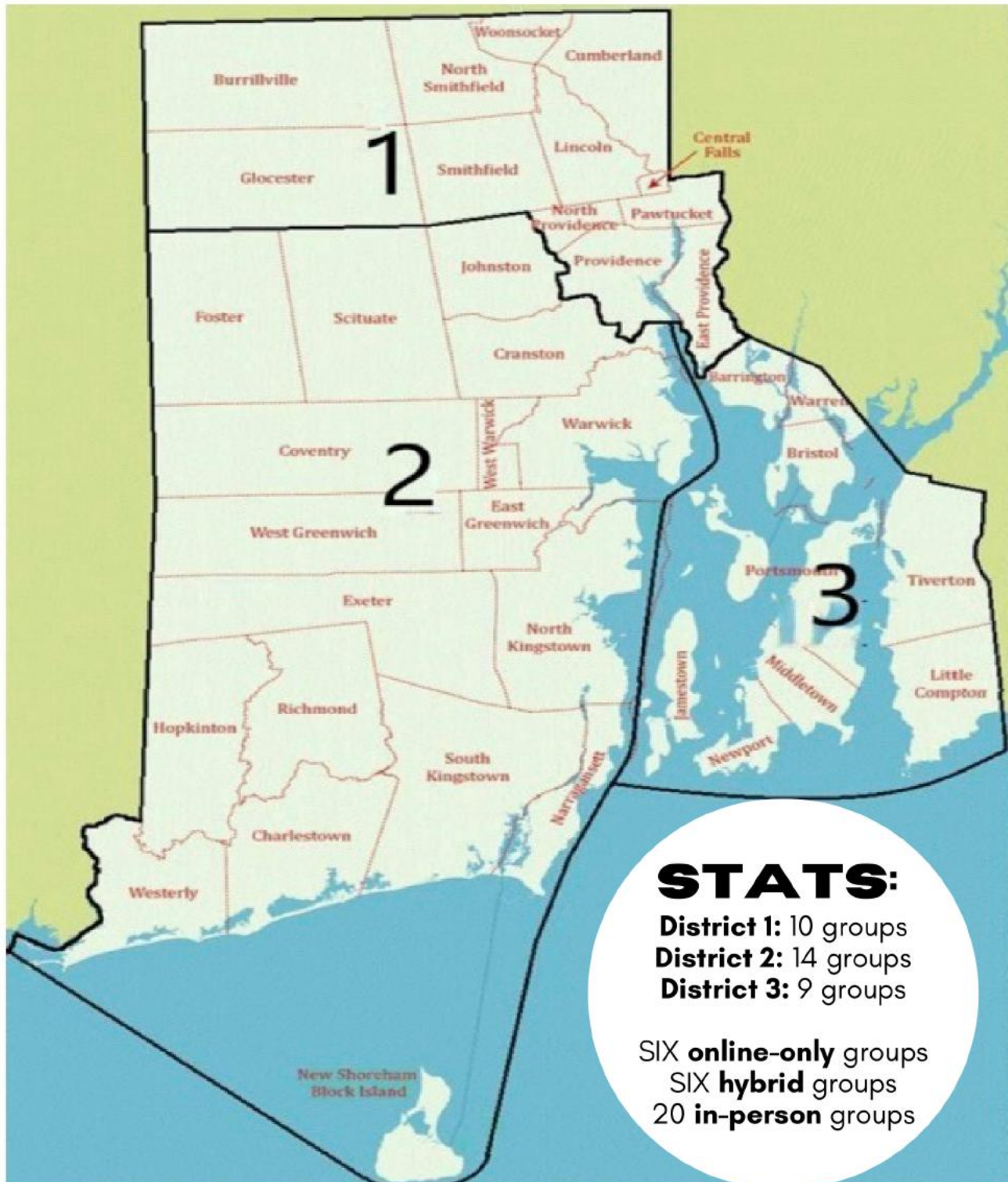
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

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.



Al-Anon's First Official MOBILE APP!

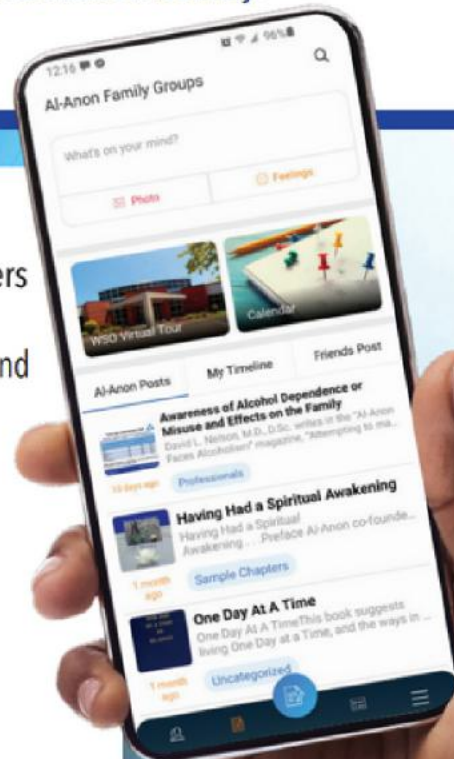
This mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world are able to come together for Al-Anon recovery.

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.*