

LIFELINES

Rhode Island Al-Anon Family Groups

Area 49

MARCH 2024

Editor's Corner

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LIFELINES**

Aim your phone camera
at the QR code
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Does Al-Anon Work? (or is it just Blarney?)

It's a fair question. what does that mean -- "Al-Anon works"? Does it mean our qualifiers are cured? Does it mean we're all happy-happy-happy? Is it just luck o' the Irish? If you've been in Al-Anon for longer than a few meetings, you already know the answer: Yes, Al-Anon WORKS! But it works even better if you work it.

In the most recent Al-Anon Membership Survey (2021). nearly 17,000 members sent in responses. The takeaways:

67 out of 100 members reported being affected by alcoholism spanning two or more generations. 49% came because of a romantic partner's alcoholism/addiction; 14% due to a parent's, and 19% due to a child's.

83% of respondents reported improvement in their mental health within the first year of attending meetings.

93% of members involved four or more years indicated improved mental health. 2 out of 3 of those members said their mental health improvement was significant.

41% of members who got mental health treatment before Al-Anon said they were referred to Al-Anon by a professional. And nearly three out of four of those respondents continue to receive professional counseling even while attending meetings.

Professionals and members know: Al-Anon works. But it works even better if you work it by regularly attending meetings, and making Al-Anon part of your overall recovery program. March into a meeting soon!

Gratefully in service,
Eden C. *Lifelines* Editor

STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him.

TRADITION THREE

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

CONCEPT THREE

The right of decision makes effective leadership possible.

“What’s That Acronym?”

CAL: Conference Approved Literature
Materials created by Al-Anon, for Al-Anon.

“In the early days of Al-Anon, before there was a World Service Conference, individual groups wrote and distributed their own literature. Some of these materials reflected the principles of Al-Anon, others did not. . . . **“Outside” literature may or may not convey the Al-Anon message.** Using other materials in our meetings can lead to dissension and affect our groups’ unity; it can be particularly confusing to a newcomer. Members are always free to read and study whatever they wish outside of meetings; Al-Anon takes no stand of approval or disapproval of any outside material. **Exclusive use of Al-Anon materials at our meetings helps to make sure that Al-Anon will remain Al-Anon.** Our members know that wherever they may go throughout the world, the Al-Anon message of help and hope will be consistently there.”

-- from the “Why CAL?” pamphlet



Let Go & Let God
Al-Anon Family Group
36th Anniversary

When: Wednesday, March 27th 2024

Where: St. Aidan + St. Patrick Hall
1460 Diamond Hill Rd.
Cumberland, RI

Time: 7:00-8:30pm

Parking: Rear Parking Lot
Use Back Door Entrance
Handicapped Accessible

Al-Anon and AA Speakers
~Refreshments~

Online Meeting Alerts!



Sunday Night Legacies *Online Meeting* registered in Rhode Island

7:00PM
Starting on February 25th
via **Zoom**

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

AWSC Meeting

(Area World Service Conference, aka your RIAFG reps)

Thursday, March 21 · 7:00 – 9:00pm

Zoom Virtual Meeting

Description: Al-Anon World Service Committee Meeting

Zoom Virtual Meeting : 7p - 9p Eastern Time

Meeting ID: 893 4328 4197

Passcode: 967792

All Al-Anon members are welcome to attend! Learn more about service, support RIAFG programs, and help plan great RIAFG events to benefit your home group and district.

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.

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

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

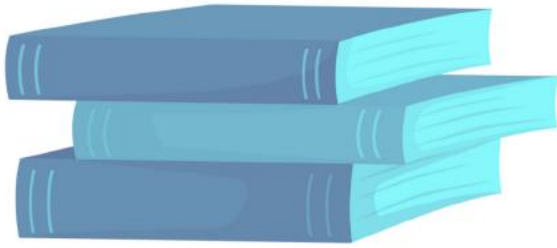
Total enclosed

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.**

How To Send Love Gifts To WSC

A word from the World Service Conference planning committee, as the next Conference approaches in mid-April:

1. **We will accept and distribute cards and letters of support!**
2. Conference members who wish to share love gifts with other attendees will be limited to what they can carry with them to and from the Conference.
3. **We will not accept any physical packages of love gifts at the hotel for distribution**, and we will direct the hotel not to deliver any packages addressed to Conference members to WSO Staff. If Conference members decide to bring love gifts with them, the CLT simply requests that these love gifts only be placed on designated tables in the room where we have our meals so that each Conference member is free to view and select their own love gifts to take home.

The address for those members in your Area who wish to send you cards and letters of support is:

Name (Hold for WSC 4/18–4/21, 2024)
 The Founders Inn and Spa
 5641 Indian River Rd.
 Virginia Beach, VA 23464

Please plan to have your cards arrive after April 13th. Remember to use your trusted servant's name and home address as the return address in the event that mail delivery is delayed.

Therefore, rather than strong insistence on written reprint permission for love gifts, which could possibly bring more work to Staff than it is able to accommodate, the WSO is providing the following guidance to be considered in the creation of love gifts.

1. *Consider using items in public domain, such as one of the 16 slogans, the Serenity Prayer, or Just for Today (M-12).*
2. *If you do quote from CAL:*
 - o *Distribute the love gift only within the fellowship*
 - o *Keep the quotation brief—from a few words to a couple sentences*
 - o *Quote accurately—keep original wording without alterations*
 - o *Include the title and page number the quote is from*
 - o *Limit it to one-time use*



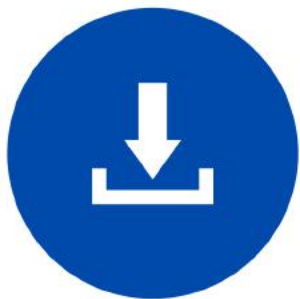


New to Al-Anon? You'll want to hear this.

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!**

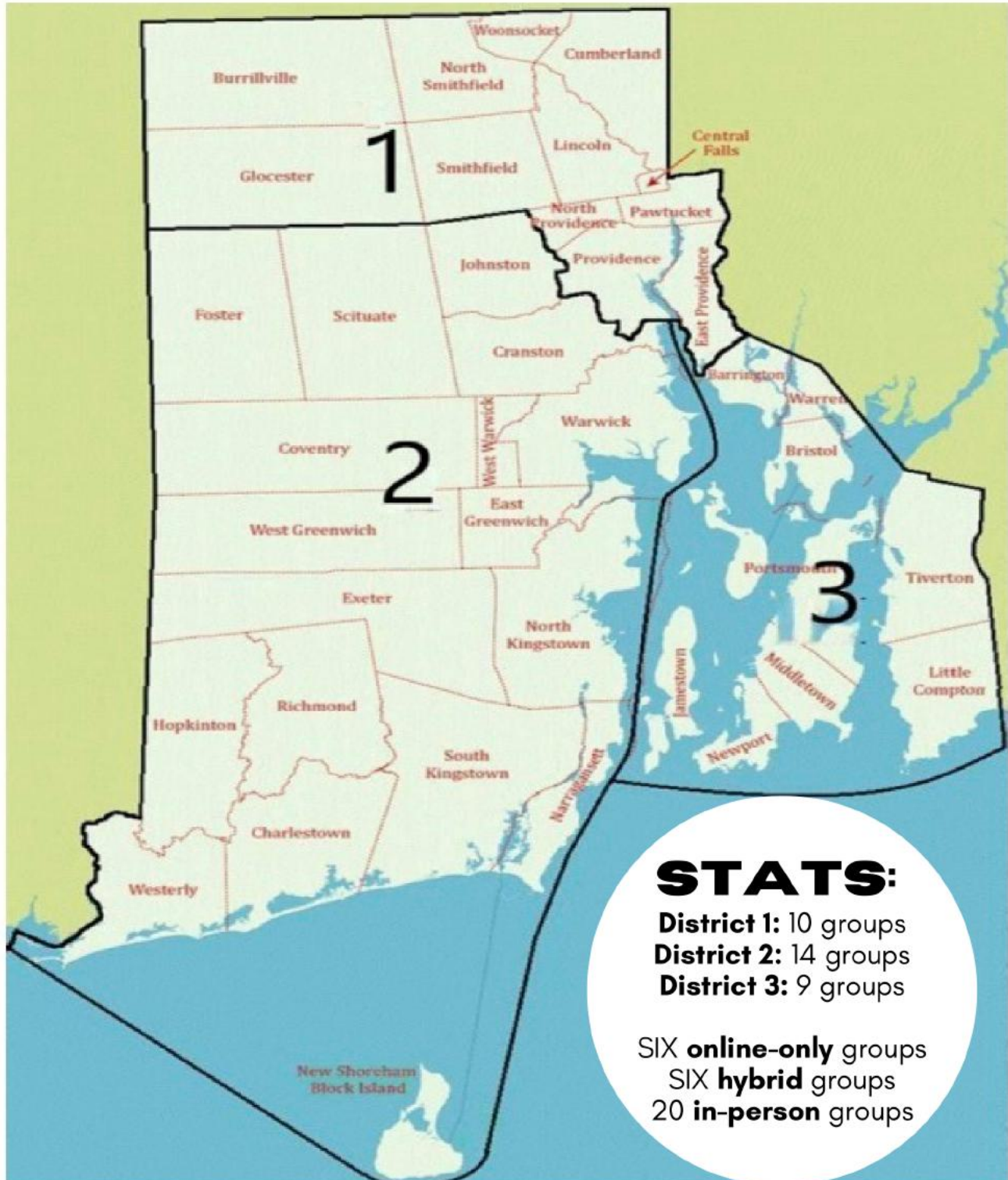
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

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!

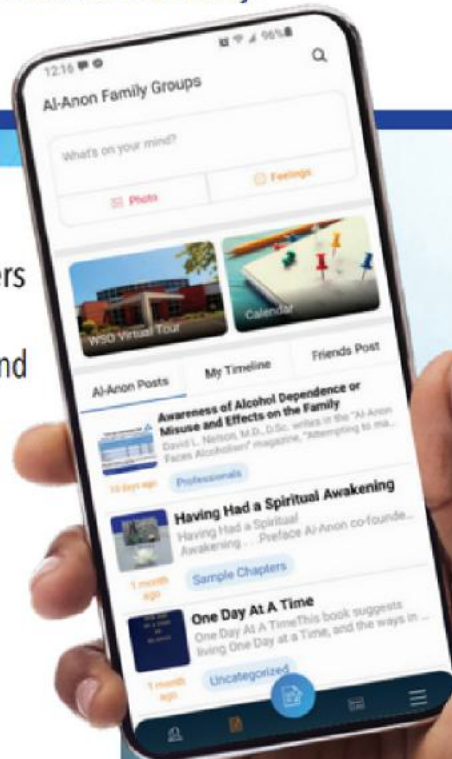
This mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world are able to come together for Al-Anon recovery.

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.*