Lose The Shame Game

You should be ashamed of yourself.
You haven't done enough. It's a lack of love on your part.
You did too much. It's all your fault.
You could have fixed it if they'd only let you.
You could have fixed it if you tried hard enough.
Everyone's blaming you, they just don't say it to your face.
You let everyone down. You'll never get the steps right.
You alone made it worse. That's unforgiveable.

Their drinking is your problem to solve.
You have the ability to make things better, so you always should.
If you don't intervene, you will suffer the consequences.

How could you possibly do a Fourth Step when you've worked so hard to make everyone better? Let alone a Fifth Step?
It's better to keep quiet about all of this.
If I keep quiet, no one will see how it's my fault.
I know I made it worse, and that kills me.
I tried meetings already and nothing's improving.

I don't deserve to go to meetings.
I don't deserve to speak at meetings, my story is just too awful.
I don't deserve a sponsor. My sponsor will hate me.
I don't deserve love or mercy. I hate myself.

Have you said some (or all) of these to yourself? Oh dear friend. That's SHAME talking to you. No one wins The Shame Game.
Stop playing! Al-Anon helps you learn new ways to talk to (and love) yourself and your qualifiers. Read your literature, listen to a podcast, and get to a meeting, in person or online. Just go!

Gratefully in service,
Eden C. Lifelines Editor

(PS Lifelines needs a new editor in January 2025. Contact us for more information!)
STEP FIVE
Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

TRADITION FIVE
Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

CONCEPT FIVE
The rights of appeal and petition protect minorities and insure that they be heard.

“What’s That Acronym?”
S.H.A.M.E.
Should Have Already Mastered Everything

Shame tells us we’re all better after a few steps.
Shame tells us we don’t need as many meetings as we used to.
Shame says we should have solved our qualifiers’ problems for them by now.

“Shame tells me that anyone who knows my story will think less of me. The truth is, telling my story to safe people in Al-Anon offers me the freedom and opportunity to move forward through my circumstances.”
Tammy B., Florida. Reprinted from The Forum, October 2021
Charlestown New Life
45th Anniversary

Please come join us as we celebrate

Where: Cross' Mills Baptist Church
        4403 Rd. Old Post Rd., Charlestown
        (next to the Cross' Mills Library)

When: Tuesday, June 4th, 2024
      Food & Fellowship: 6:00 PM
      Speakers Meeting: 7:00 to 8:30 PM

Potluck will be in the basement of the church.
Speakers meeting will be on the main floor
Sunday, May 19, 2024
5 PM Potluck
6 PM Guest Speaker

YANA Clubhouse
770 Aquidneck Ave
Middletown, RI 02842

Contact Brian with Questions
401-924-3274

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

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

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

NEW! North Providence Step Al-Anon Family Group

**IN-PERSON Thursdays at 7PM**

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

Free parking in rear of Church, lot entrance on Peach Hill Ave, enter rear door of building from lot. Meeting is in the parlor on the ground floor. This group reads from CAL on a different step each week with member shares. We are looking forward to seeing some familiar faces and hopefully some new ones as well!
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 día a la vez”

informa:

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

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
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 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.
RIAFG

SPRING ASSEMBLY

Date and Location to be announced soon.
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.