

Lifelines Rhode Island Al-Anon Family Groups

www.riafg.org

Monthly Focus Topic Step 10

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

Promptly admitting my faults is not always easy, but it is essential. I am constantly reminded that self-awareness—real, honest reflection—leads to better outcomes in every area of my life. When I treat others with respect, and when I act from love and compassion rather than fear, anger, or despair, I find myself more open to the quiet guidance of my Higher Power. And often, I am rewarded for that openness. When I make mistakes—and I will—the sooner I acknowledge and correct them, the better the outcome for everyone, including myself. 😊

The phrase Courage to Change speaks volumes even before opening to page one. Change is hard. It takes courage, faith, and the willingness to try something new. But that very effort is where growth begins.

Do you have a story you would like to share in Lifelines? Send it to lifelines.riafg@gmail.com

Each month we will focus on a new topic and share reader responses to the prior month's focus.



October 2025

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Al-Anon BINGO Night Extravaganza!

Un Día a la Vez

Join Us for an Unforgettable Evening of Fun and Prizes



When: Sunday, Oct. 19.

Time: 7:00 – 9:00 PM

Where: Fuerza Laboral, 6 Chaces Lane, Central Falls, RI

Multiple rounds of Bingo—more chances to win!

Exciting prizes for every winner

We can't wait to see you there! Mark your calendar and don't miss it!

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AL-ANON

"UN DIA A LA VEZ"



FUERZA LABORAL
6 Chaces Ln. Central Falls, R.I.

Les Invitan a su tradicional



Domingo 19 de Octubre, 2025
de 7 a 9pm

Tendremos venta de comida
internacional. NO FALTES.

HARRÁ BUENOS PREMIOS

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2025 Fall Workshop



Rhode Island Area 49
Al-Anon Family Groups

Let it begin with me; the journey of self-discovery

With AA & Alateen participation

Saturday, October 18, 2025 | 9 a.m. - 4 p.m.

St. Luke's Episcopal Church

99 Pierce Street, East Greenwich, RI 02818

\$10 per person*

Pay at the door

Cash & Check
accepted

*Alateen NO charge

**Continental breakfast
& potluck lunch**

Please bring a dish to
share or bring your
own lunch

**Raffle Prizes
Requested**

Groups please donate
a basket and/or items
for the raffle!

Register online

Scan the QR code with your phone or copy this
link into your browser:

<https://forms.gle/U9Bn5AVcjKKhH2B7A>



Questions? Please email workshop.riawsc@gmail.com

"The world cannot be discovered by a journey of miles...only by a spiritual
journey...by which we arrive at the ground at our feet, and learn to be at home."

- Wendell Berry

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alanon.riafg@gmail.com

Will YOU Help Spread the Hope?

GRATITUDE APPEAL LETTER TO INDIVIDUAL GROUP MEMBERS

**** Please read and/or circulate this letter at meetings in the month of October ****

September 2025

Dear Rhode Island Al-Anon Family Members,

This year, your Rhode Island Area Al-Anon Family Groups is asking **individual members** to contribute to our **Gratitude Appeal** to raise funds to help our trusted servants and volunteers carry Al-Anon's message of hope to Rhode Island families and friends who have been impacted by someone's problem drinking.

I am always grateful for our groups' continued generosity in giving to the RI Area! However, *group* donations do not fully cover the Area's costs, and that is why I am asking you to consider making a generous gift to the Rhode Island Area Gratitude Appeal. Truly, whatever is right for you is right for Rhode Island Al-Anon.

Please help us to continue spreading the message of hope this year by making a personal donation to Rhode Island Al-Anon during the month of October. **We simply cannot do it without generous people like you.**

Thank you in advance for your generosity, and for keeping the hope alive for somebody else who needs it.

Yours in fellowship and service,

Phyllis H.
Grateful Member of Al-Anon
RIAFG Interim Treasurer

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Please circulate this appeal letter within your meetings during the month of October. See reverse side for directions for making your personal donation.

HOW TO MAKE A PERSONAL DONATION TO THE RHODE ISLAND AREA

Here are three ways Al-Anon members can make a personal donation to the Gratitude Appeal during the month of October:

1. Place a cash donation or check in the gratitude appeal envelope being passed at your meeting during the month of October. At the end of the month the group treasurer will forward the donations to the Area Office.
2. Mail a check or money order directly to:

RIAFG
Annual Appeal
106 Rolfe St.
Cranston, RI 02910

3. Send a donation via Zelle from your personal bank account directly to the RIAFG bank account. To add us as a new contact in Zelle, choose business and enter business name: RIAFG and the email address: treasurer.riafg@gmail.com

(Note: To comply with the RIAFG Financial Policy, personal donations cannot exceed \$1,000 per year)



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Get the Word Out!

New Options for sending Money to RIAFG (Rhode Island Al-Anon Area Office)

To: AWSC District Representatives, Group Representatives, Group Treasures, Electric Group Members and any/all past or present Al-Anon members only!

Send Your Group Donations or Personal Donations To Rhode Island Al-Anon Family Groups

Steps to Send Money with Zelle:

- 1. Log In:** Open your bank's mobile banking app or log in to your online banking account.
*** The Zelle website does list all the bank/credit unions that presently except Zelle.**
- 2. Find Zelle:** Look for a "Send Money with Zelle" or similar option in the app's menu.
- 3 Select a Recipient:** Choose a contact. To add us as a new contact using contact name: **RIAFG** and email: **treasurer.riafg@gmail.com**
- 4. Enter the Amount:** Input the amount of money you wish to send.
- 5. Add a Memo (Optional):** Add a message to the payment for your own reference or for the recipient.
*** PLEASE write in "NAME OF GROUP" the donation is from or write "PERSONAL" donation or "Area Appeal" donation in the Memo/Note Box**
- 7. Review the Payment:** Carefully check the details, including the recipient's information and the amount, to ensure accuracy.
- 8. Confirm and Send:** Select "Send" or "Confirm" to complete the transaction.

This is a great way to send in group donations and personal donations and will also keep a record for the RIAFG Area 49 and yourself/group of all transactions.

Please feel free to contact me at Chair.riawsc@gmail.com if your need help.

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NEW ALATEEN GROUP at YANA, MIDDLETOWN

The AFG Records Team has registered a new Alateen group in your Area and below is the basic group information:

WSO ID#: 30868172

Group Name: You Are Not Alone Alateen

City, State/Province and Zip/Postal Code:
Middletown, RI 02842

Day and Time: Sunday 6:00 PM

Registration Date: 9/17/2025

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Come Celebrate!

Monday Morning

Al-Anon

Is Turning

46!

FOOD!

REFRESHMENTS!

SPEAKERS!

Beverages!

Monday, October 13th - 9:30am to 11:00am

St. Marys Episcopal Church

324 East Main Road (Rte. 138), Portsmouth, RI

(Entrance is at door facing East Main parking lot)

The group will also be meeting via Zoom.

Meeting ID: **4011212121** PW **1212**

Questions? Visit www.RIAFG.org

FELLOWSHIP

FREE BOOK TABLE!

October 2025