

**Lifelines**  
**Rhode Island Al-Anon Family Groups**

[www.riafg.org](http://www.riafg.org)

**Monthly Focus Topic**  
**Step 11**

***Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us.***

*Looking at the steps leading up to Step 11, it becomes clear that this step is the culmination of everything we've done so far—a reflection of the journey that has brought us to this point.*

*Prayer and meditation are powerful tools. Personally, I've always believed that when life presents challenges, obstacles, and moments of doubt or fear, there must be a power greater than ourselves to guide us. Through a conscious connection with God, we can find the strength to overcome fear and doubt and discover the path to serenity. Every day, life gives us countless opportunities to practice this—what do we have to lose?*

*By the time we reach Step 11, we've already done the work to begin trusting in a higher power. But it's a process that requires perseverance, as fear is a force that must be faced and managed. The good news is, with practice, success becomes possible. And with continued practice, we can experience deep, lasting success.*

*As I work to quiet my mind and dismiss the thoughts that often creep in, I am constantly reminded of the importance of this step. Prayer and meditation lead us to serenity and illuminate the solutions to our challenges.*

*God's will for us may not always align with what we expect, but if we remain still, focused, and patient enough to hear His guidance, we will be rewarded. The key is to trust that, in time, the answers will come.*

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### Readers' Share Page

Step Eleven is about seeking; a desire to have a spiritual awakening and thus achieve serenity. This requires effort on my part to maintain as much as possible conscious contact with my Higher Power. My Higher Power's will for me involves asking for guidance to do the next right thing. It is not a path that's all laid out ahead of time, and I have to figure it out through trial and error. My HP meets me where I am. My HP is not hidden along a predetermined route. In the midst of the crisis d'jour or a major life event, I can count on this Presence. My role is to be consciously aware of the availability of this Power wherever I might be and whatever I might be doing. It is a constant in my life. This awareness is fundamental to my Al-Anon program. When I choose to tap into this Presence, I regain the strength to continue putting one foot in front of the other. This cannot be felt but it is real whether or not I feel it. This is the abundance I experience in my life. No matter how weighty my needs may be, my HP cannot be diminished. There is more than enough to go around for everyone. Gratefully, Elaine H.

*Do you have a story you would like to share in Lifelines? Send it to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)*

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



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106 Rolfe Street, Cranston, RI 02910 • (401) 781-0044 • [www.riafg.org](http://www.riafg.org) •  
[alanon.riafg@gmail.com](mailto: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)

# Get the Word Out!

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[www.riafg.org](http://www.riafg.org)

## **New Options for sending Money to RIAFG (Rhode Island AI-Anon Area Office)**

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

**Send Your Group Donations or Personal Donations To Rhode Island AI-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](mailto:Chair.riawsc@gmail.com) if your need help.

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**Cranston Office News**

The Cranston office is now open on Tuesday evenings from 4:00 to 7:00 PM. Our literature coordinator is also there on the 3rd Saturday of the month from 9:00 to 10:30 AM and the 4th Wednesday of the month from 5:30 to 8:30 PM. Please call the office ahead of time if you are planning to come in. Literature orders can be mailed in using the order form on our website : [riafg.org](http://riafg.org). Please include a check made out for the total of the order including any shipping charges if you want the literature mailed to you. Please include a contact name and phone number. If there are questions about the order, we need contact information to clear up any issues. If you plan on picking up the order, please include a contact name and phone number so we can let you know the status of your request. Please note that the office still accepts only cash or checks.

**Conference Approved Literature (CAL) in RI!**

Please check out our literature page on our RI Al-Anon website:

<https://www.riafg.org/literature.html>

You'll find the CAL catalog with prices.

I'm available for in person CAL purchases the third Saturday of the month from 9:00 - 10:30 AM and the fourth Wednesday of the month from 5:30 - 6:30 PM.

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# ALATEEN MEETING

Are you a teen that has been affected by someone else's alcoholism? Do you believe no one could possibly understand how you feel? Do you cover up your real feelings by pretending you don't care? Do you feel neglected, uncared for, or unloved? Do you tell lies to cover up for someone else's drinking or what's happening in your home? There is hope! Alateen is a support group for teenagers whose lives have been impacted by someone else's alcoholism.

### You Are Not Alone Alateen

Meetings every Sunday 6-7pm

Location:

YANA of Newport County

770 Aquidneck Ave

Middletown, RI 02842

<https://yananewport.com/events/alateen-meeting/>

<https://al-anon.org/newcomers/teen-corner-alateen/>

Ages: 13 - 18

*Only Alateen members, prospective Alateen members, and Alateen group sponsors are allowed to attend Alateen meetings. Adults are invited to attend Al-Anon meeting occurring at the same time at the same location. Al-Anon is a support group for anyone who has been affected by or is concerned about someone else's drinking.*

### What is Alateen?

Alateen is a place where teens come together to:

- Share experiences, strength, and hope with each other to find effective ways to cope with problems
- Discuss difficulties and encourage one another
- Help each other understand the principles of the Al-Anon program through the use of the Twelve Steps and Alateen's Twelve Traditions

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### Last Call for Submissions: New “Al-Anon Faces Alcoholism” Needs Your Sharing!

[Al-Anon Faces Alcoholism](#), Al-Anon’s public outreach magazine, is getting an update, and your personal perspective is needed on how Al-Anon Family Groups can help people troubled by someone else’s drinking.

As you compose your sharing, consider the following questions:

- How did you hear about Al-Anon?
- How did you overcome any initial resistance to attending a meeting?
- What brought you back to your second meeting, and what keeps you coming back today?
- What would you share with a potential member about the help and hope you have found in Al-Anon?

**Please send your sharing by November 21, 2025.** Check out the [writing guide](#) and submit your sharing today!

**Note:** *All submissions become the property of Al-Anon Family Group Headquarters, Inc. and may be used in whole or in part to develop Al-Anon/Alateen material in print and/or digital formats. Publication is not guaranteed.*

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**November Blog Topic**

**Practicing Group Conscience at Home**

Affected by the family disease of alcoholism, we may have learned that it wasn't safe to share our feelings and thoughts, especially with those closest to us. Al-Anon gives us the tools and principles to ask our loved ones for their opinion, encourage everyone to be heard, and find a common, loving authority in our environment. How do you exercise the concept of a group conscience in your personal life?

Please share with us at [al-anon.org/member-blog](http://al-anon.org/member-blog)

As always, you can also write about Al-Anon's three Legacies. This month features Step Eleven, Tradition Eleven, and Concept Eleven.

Sharings on the Member Blog may be used in future Al-Anon publications.

New topics are being added each month!

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