

Lifelines
Rhode Island Al-Anon Family Groups

www.riafg.org



Monthly Focus Topic
Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

It seems fitting that Step Twelve aligns with December—a season of reflection, gratitude, and sharing. This time of year invites us to pause, appreciate our family and friends, and extend to others the blessings we've been given.

So how do we carry our spiritual awakening into all of our affairs?

One Day at a Time.

What can I do today?

Is there someone I can reach out to with a helping hand, a kind word, or encouragement?

Is there a quiet good deed I can offer with no expectation of recognition?

Can I give without needing to receive?

Can I find the courage to make one small change in myself?

And can I move through each day—one opportunity at a time—bringing serenity into all my affairs?

I welcome both the opportunity and the New Year to practice these principles.

Happy Holidays and a blessed New Year to all!

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Member and Readers' Share Page

I've Been There Too

Have you ever been sitting in an Al-Anon meeting and, after a member shares, you hear someone respond with, "Glad you are here"? Maybe on your way out, you pass someone chatting with a newcomer and hear them say, "Glad you are here." On my first listen, I thought it was a strange response. And it's usually delivered in a happy, upbeat tone, possibly with a smile.

"Glad you are here!" What? *Why?* Who says such a thing in a situation like this? My misery and desperation are what got me to the room, so why would anyone be glad that I am here? The last thing a newcomer may be is happy to be in an Al-Anon meeting.

However, these four important words carry a powerful message of experience, strength, and hope. To me, they convey the message that "I've been where you are," showing the newcomer that through the fellowship of Al-Anon, they, too, will find the strength I have found. Most importantly, this message offers the hope that, with each passing day, life can get better.

By Tracy B., Texas

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Seeking Answers

I came into Al-Anon looking for answers, believing I needed to fix the alcoholic in my life. I expected to hear how to do that at an Al-Anon meeting. Life was chaotic at the time, and I wanted a quick fix to my problems. I must admit that I got all the answers I ever wanted, but the answers were never given to me directly. No one told me what I should do or how I should do it. Instead, I listened to how others worked the Twelve Steps and used them to make changes in themselves, not the alcoholic. As they changed, so did the alcoholic's reaction to them. At the end of each meeting, I heard "Keep Coming Back!" I began to do what I heard others sharing.

I learned to listen! I attended meetings. I asked someone to be my Sponsor. I began working the Twelve Steps with that Sponsor. I read my Conference Approved Literature (CAL) every day, which at that time was *One Day at a Time in Al-Anon* (B-6) and *Courage to Change* (B-16). I started doing service work and became the Group Representative (GR) for my home group. I made a conscious effort to truly listen to others as they shared their experience, strength, and hope. I attended workshops. I found the God of my own understanding. It was a magical time in my life, and, amazingly, it continues to be that way after many years in the program.

The answers I was looking for years ago when I came in have been revealed to me, but new challenges keep arising, leading me to ask new and different questions. My life is still chaotic at times, which is why I "Keep Coming Back." What began as search for answers and a quick fix has evolved into a journey of personal change for me, with the help of my Higher Power, and a program for living.

By Sue M., Missouri

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Learning to Listen

Before I came to Al-Anon, I thought I was a great listener and that I had the answers to everything. I would often give advice and voice my opinions, even when no one asked. I did this mostly with my husband, who's the alcoholic in my life, but it also extended to my stepchildren, coworkers, and just about anyone else who crossed paths with me.

Then I finally came to the program. One morning, after I made a comment to my stepdaughter about her outfit, my husband confronted me in a fit of rage over my actions. Confused, I called my Sponsor to discuss the situation. After I told her my story, she asked, "Did your stepdaughter ask for your opinion?" I replied, "No." She gently explained that next time I can try to refrain from offering an opinion unless I'm asked. It's been two years since that incident, and I've learned that if I wait and listen to what's being said to me, I will hear much more than I could ever anticipate.

By Vicki M., California

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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.

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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. 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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New Alateen Meeting Coming to Cranston!

- Beginning Thursday, January 8th 2026 7pm-8pm EST
- Praise Tabernacle Church
- 330 Park Avenue
- Cranston RI 02910

If you're a local teen/preteen whose life has been affected by someone else's drinking then Alateen might be for you!

No dues, no judgment, just a safe space.

Please email riateen@gmail.com or rpankiw0727@gmail.com for more information or any questions

**There's an Alanon and AA meeting at the same time for additional flexibility*



Alateen Holiday Open House

- Thursday, December 18th at 7pm EST
- Praise Tabernacle Church
- 330 Park Avenue
- Cranston RI 02910
- Lower Level Youth Group Area
- Enjoy food, fun, and fellowship ahead of the holidays
- Regular Alateen meeting starting on Thursdays at 7pm EST beginning January 8th 2026

Please email riateen@gmail.com or rpankiw0727@gmail.com for more information or any questions



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RIAFG Treasurer's Report

As we come to the end of 2025, I am happy to report that our area's finances have improved and we now anticipate ending the year with a positive budget balance and our Prudent Reserve fully restored.

Over the past several months, the Area has taken several steps to reduce our expenses

1. We cancelled the internet connection at the Area office as of 8/11/25. Since our office rent includes access to a guest internet account paid for by our landlady, we are using that internet connection. Our new Office Coordinator has been using this connection for the past few weeks with no issues.
2. In September our Area Chair was able to get Cox Communications to reduce our phone and voicemail charges by \$5 per month.
3. I am in the process of transitioning the group and personal donation receipts process from regular mail to email, which is saving on postage, paper, envelopes, and toner expenses.

In addition to the reduction in expenses, we had an increase in donations/income:

1. We held a Gratitude Appeal during the month of October. So far, we have received over \$3,000 in response to the appeal.
2. The literature coordinator gave the Area an additional donation of \$600.
3. We received over \$1,000 from our Fall Workshop and Fall Assembly.

The fellowship's response to our budget crisis has been amazing. For me, it has been a wonderful reminder that we can do this together. I am looking forward to working together in 2026 to make sure that the Rhode Island Al-Anon Family Groups will have the resources to make sure that "the hand of Al-Anon and Alateen will always be there" for Rhode Island families and friends who have been impacted by someone's problem drinking.

In much gratitude,

Phyllis H.
RIAFG Treasurer

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Special note on Tradition Seven Donations Receipts

We are changing how we acknowledge receipt of donations from groups and members. We are doing this as a cost savings measure (postage, paper, toner expenses).

- For group donations, we will email the donation receipt to the “group representative” (GR) or “current mailing address” CMA (which we have on file). If your group prefers that we send the receipt to the group treasurer or someone else, please include a note with the check providing the email for that person.
- For personal, memorial, and appeal donations, please include a note with your email address.
- If you use Zelle to send a donation from your bank account to the RIAFG bank account, please include the email address in the memo/note box.

In gratitude,

Phyllis H.
RIAFG Treasurer



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Honoring More Than 75 Years of Public Outreach

As Al-Anon Family Group Headquarters, Inc. approaches its 75th anniversary, we celebrate the enduring impact of public outreach in bringing hope to families and friends of alcoholics. Even before our incorporation as a nonprofit in 1951, Al-Anon members shared the message—one conversation, one meeting, one phone call at a time.

Carrying the message is at the heart of our Twelfth Step. While members and groups share their recovery locally, the World Service Office (WSO) is entrusted with crafting outreach efforts for broader audiences. Over the decades, these efforts have evolved. Service tools, public service announcements (PSAs), and social media presence have expanded our reach in ways once unimaginable, yet the message remains the same: help and hope are available.

A review of *World Service Conference Summaries* (available at al-anon.org/wscsummary), dating back to 1961, reflects the realization of our Cofounders Lois and Anne's vision for the WSO as a clearinghouse of information that would unite the family groups. It underscores the vital role of public outreach in the growth of the Al-Anon/Alateen fellowship. Among the many milestones chronicled is the evolution of the publication *Al-Anon Faces Alcoholism*. Originally published as a book in 1965 to raise awareness of Al-Anon, it was transformed in 2007 into a magazine distributed by members to professionals, helping them feel confident to guide clients, patients, and students to Al-Anon or Alateen. This public outreach tool also serves as a bridge to anyone unfamiliar with our program, inviting them to discover the help and hope Al-Anon offers.

As we look ahead, let us recommit to carrying the message—one day, one person, one act of service at a time.

"Inside Al-Anon Family Groups" presents news, policy, and commentary from volunteers, staff, and readers sharing experience through service. Please feel free to reprint these articles

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New! Holiday History Bundle!

The *Al-Anon Family Groups History Bundle* with Free Shipping!

Al-Anon's 75th anniversary is coming up in 2026, and now you can follow the fascinating story of our fellowship's beginnings and development through the years and revisit one of our first pamphlets with the ***Al-Anon Family Groups History Bundle (K-75)*** with free shipping.

The ***Al-Anon Family Groups History Bundle (K-75)*** includes:

Many Voices, One Journey (B-31)

The Al-Anon Family Groups—Classic Edition (B-5)

Alcoholism, the Family Disease (P-4)

This discounted set is just \$25 US and includes free shipping.

Available as a set for a limited time—through January 2, 2026

Go to al-anon.org/shop to purchase.

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