

Lifelines
Rhode Island Al-Anon Family Groups

www.riafg.org

Monthly Focus Topic
Step 3

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

Through Al-Anon, prayer has come back into my life. For many years I questioned faith. I was put off by religious restrictions and, more or less, chose not to make it a priority in my life. I still had faith, but I did not actively practice it.

Al-Anon has changed my thinking and brought me closer to my Higher Power. Listening to others in meetings and reading stories in Al-Anon books and literature opened my mind to the limits of my own power and the limitless power of my Higher Power.

Deciding to turn our will and our lives over is a daily commitment, and the faith to do so does not always come easily. Saying the Serenity Prayer and reflecting on what it truly means helps make it possible for me to let go and let God.

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Member and Readers' Share Page

The Reason I Came to Al-Anon

While I was having lunch with a new Al-Anon friend, she asked me, "Who brought you to Al-Anon?" It took me just seconds to respond. I brought myself to this program. You see, I have learned that no alcoholic, nor any other person, caused *my* actions, reactions, or responses to the people, places, and things in my life.

When I first came to Al-Anon, like many of us, I came because of someone else's drinking. I naively thought that if only the drinking would stop, I would be okay, and my problems would be over. That way of thinking led me to leave Al-Anon after only being in the program for a couple of years. My marriage had ended and so, I thought, did my problem.

It turned out that not living with active alcoholism did ease some of my problems initially, but I hadn't yet realized the effect of multi-generational alcoholism in my life. The way I looked at things, the way I responded to situations, and the way I felt and thought were all distorted by being raised in the disease of alcoholism.

Years later, I returned to Al-Anon for a different reason: to save myself. I now work this program for me, to the best of my ability on any given day, and I walk through it with a loving Higher Power and a Sponsor who helps guide me through the difficult situations life continues to throw at me at times.

I am a very grateful member of this worldwide fellowship, and I deserve to be here because I know now this is where I belong.

By Monique R., Ontario

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My Quiet Half-Hour

"Just for today I will have a quiet half hour all by myself and relax." I had somehow lost track of this wonderful suggestion from Al-Anon's *Just for Today* bookmark (M-12). It's not that I don't have quiet half hours; I live alone. Rather, I had lost sight of the message, "During this half hour, sometime, I will try to get a better perspective of my life."

I hadn't even noticed that it only needed to be "sometime," not the whole time. Isn't that our beautiful Al-Anon way of doing things? I can try too hard, forgetting that the half hour is meant for relaxation

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rather than the (possible) hard work of getting a better perspective. Even if the “sometime” is meant to occur during that half hour, obviously I don’t have to spend those full 30 minutes working out my perspective on life.

Now, I feel forgiven for what I considered my backsliding. Most of my quiet time can be devoted to “Easy Does It.” While I practice “Easy Does It,” my perspective on life will change for the better without any additional effort on my part. Thank you, Al-Anon.

By Beryl S., Australia

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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>

Thank you for your continued CAL purchases at our Literature Distribution Center. Due to the rise in Media Mail cost over the last several years (thankfully no increase in 2026), the shipping cost will now be a flat 10% of the total cost shipped.

The increase is still less than orders at WSO because their shipping costs reflect the standard shipping 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.

Please consider donating gently used CAL to the Cranston Office. I can set it aside for special literature "give aways".

Jackie W.
Literature Coordinator

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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 rialateen@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*

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

Celebrating 75 Years of Al-Anon Family Groups

As part of our 75th anniversary celebrations, Al-Anon's World Service Office is hosting an Open House, and you are invited! Come visit the "Clearing House," aka Al-Anon Family Group Headquarters, Inc., founded by Lois W. and Anne B. in 1951. The World Service Office (WSO) has been at the heart of Al-Anon service for 75 years, and we're opening our doors to celebrate this legacy with you!

The Open House is free and open to all members and friends. It will include refreshments, guided tours, displays of treasured mementos from our Archives, and opportunities to fellowship with other members and Staff.

WHEN:

Saturday, April 25, 2026
10:00 AM – 3:00 PM Eastern Time

WHERE:

Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, Virginia, USA

That evening, a ticketed banquet at the Newport News Marriott at City Center will continue the celebration. Seating is limited.

For complete details, please visit <https://al-anon.org/world-service-office-events/>

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RIAFG Treasurer's Report

Year-end report for 2025

1. Budget Overview

- Income: \$17,203.82
- Expenses: \$14,507.93
- Budget Balance: \$2,695.89

2. Donation Totals

- Group Donations: \$9,743.67
- Personal Donations: \$728.00
- Appeal Donations (including those for 2024 that came in at the beginning of 2025): \$4,114.15

3. Other Income

- Alateen: \$100 – an old Alateen group that no longer exists had a balance of \$100 that it gave to the Area to support Alateen
- Literature account donation: \$1,200
- Workshop income: \$916
- Assembly income: \$195

4. Bank balance as of 12/31/25 was \$7,943.55.

Phyllis H.
RIAFG Treasurer

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