Lifelines
Rhode Island Al-Anon Family Groups

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Monthly Focus Topic
Step 6

Were entirely ready to have God remove all these defects of character.

In Step Six we learn to "Let Go and Let God".

In Step Six, we learn to "Let Go and Let God." This means trusting the God of our understanding to steer our boat rather than trying to navigate every challenge on our own. By the time we reach Step Six, we have already done the difficult work of identifying and acknowledging our character defects. Now, we become willing to hand them over to our Higher Power and allow that guidance to lead us toward change.

This process does not happen overnight, even when we are “entirely ready.” Some defects may be more difficult to release than others. For many of us, controlling situations has served as a form of protection for a long time. We may have held tightly to that need for control, even though we now recognize that it no longer serves us—and perhaps never truly did.

Step Six invites us to loosen our grip, surrender the reins, and trust our Higher Power to guide the transformation. While willingness is essential, change is often gradual. Old habits can be difficult to break, and growth requires patience, humility, and self-awareness. As we continue this journey, we learn that letting go is not a sign of weakness but an act of faith and courage.

Member and Readers’ Share Page

Would you like to share your story 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.

Courage to Heal

I imagined a bandage covering an open wound: the alcoholism of someone else and its effects on my life. I covered it carefully, hiding it from everyone around me because I did not want to reveal its cause.

Over time, and with the help of Al-Anon, I realized that only after I was willing to remove the bandage, look at the wound, and openly discuss it with others who also tended to hide their wounds, would I begin to heal. I had to accept that being willing to say my naked truth was the *only* way to heal. Al-Anon gave me a safe place to do this. I had to discover the courage to let the wound heal over, even if it left a scar, trusting that I no longer needed to cover it up to be okay.

I learned from the Steps, the slogans, and, most importantly, my Sponsor that we can heal our wounds safely and without judgment in the rooms of Al-Anon. Today, I look at my scar and understand that it no longer has any power over me.

By Barbi T., Florida

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I Didn't Want to Look at Myself

When I look back at my past decisions, I can honestly say that I spent more time trying to fix others than working on myself. I probably did this because I didn't want to look at my defects. I didn't know I had any. Maybe it was denial that helped me cope. I deflected. In my childhood, feelings weren't discussed, and self-reflection wasn't a part of life. You just "got by." Mom and I were on welfare, so there didn't seem to be many choices; we'd move our furniture around to make it seem like it was all new. Ta-da! A new perspective.

In some ways I was successful, but emotionally, I wasn't mature. Some days I still find myself doing the same things while expecting different outcomes. I react quickly, looking for an instant fix or sometimes pity. I don't like sitting with my thoughts or emotions for too long. Maybe I can only handle a little bit at a time. But thinking before acting, I can use that pause to make better choices, which will help me feel better in the long run. Maybe I don't have to force success or even force sanity. Maybe I just have to trust that my Higher Power can take care of whatever it is when I ask for help in making healthier decisions.

I have the choice to act differently and therefore be healthy and whole. Thanks to Al-Anon for teaching me that letting go of my control can, in fact, bring me peace.

By Heidi H., Newfoundland

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Cranston Office News

The Cranston office is now open on Tuesday evenings from 4:00 to 7:00 PM.

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 support and purchases from our Rhode Island Al-Anon Family Groups.

Please visit our office at 106 Rolfe St., Cranston, RI 02910 to browse our Conference Approved Literature (CAL). Volunteer hours are the third Saturday (9:00–10:30 a.m.) and fourth Wednesday (5:30–6:30 p.m.) of each month.

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: www.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.

CAL will be available for sale at the Area Assembly on June 6. If you or your groups would like to place an order in advance, please do so by Friday, May 29. I will bring your items to the assembly and can accept cash or checks. Please note that I will only be at the meeting until 11:00 a.m. due to a prior afternoon commitment.

Additionally, the 2026-2029 Service Manual is now available in hard copy for $11.00. Please help spread the word! You can also download a free digital copy at Al-Anon.org by navigating to the Members page under "Manuals and Guidelines."

Jackie W.
RI Area 49 Literature Coordinator

Would you like to receive Lifelines in your inbox each month?
Please send an email to lifelines.riafg@gmail.com
with your email address and we will add you to the distribution list.

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How Do You Use Technology to Enhance Your Recovery?

When used mindfully, technology can be a great ally in recovery by helping us stay connected to our program and other members and maintain healthy habits wherever we are.
June's blog topic invites reflection: "How Do You Use Technology to Enhance Your Recovery?"
We also welcome sharings about Al-Anon's three Legacies, with this month featuring Step Six, Tradition Six, and Concept Six, and how they guide personal growth, group life, and service.
Please share with us at **al-anon.org/member-blog**
Sharings on the Member Blog may be used in future Al-Anon publications.
New topics are being added each month!

An Al-Anon Group Is an Al-Anon Group—Even Online

I wasn't sure what bothered me about electronic Al-Anon groups when I first started attending them. They were new and different to me, and with my camera off and a made-up name, I could be completely invisible. I could drop in and out when I felt like it, without considering any disruption I might cause or sharing in the responsibility of serving the group. This made me vaguely uncomfortable, but the convenience swept me off my feet: I could do some household tasks or "just listen in," letting the other members carry the meeting.
Then I started comparing my participation in electronic meetings with my participation in face-to-face meetings. The difference was stark! When I realized how little effort I put into "attending" an electronic meeting, I decided to change the way I showed up. I started joining the meeting on time and making myself available to help ensure the meeting opened when it was supposed to and included helpful topics. I sat up straight, kept my camera on, and paid attention. I started doing my best to recognize that an Al-Anon group is an Al-Anon group; whether we meet in a hospital conference room, a church basement, or on an electronic platform, it still remains an Al-Anon group.
Now, when I attend an Al-Anon meeting online, I think about how I'm supporting the group and how that affects Al-Anon as a whole. Am I contributing by serving, sharing in leadership, and taking turns so as not to control? Do I contribute financially to the electronic "basket" even though the expenses for the electronic platform or welcome materials are not obvious to me? Do I encourage other members to participate in the group and share Al-Anon-related announcements? Do I participate in group business meetings to keep the group informed and vibrant?
When I first started attending Al-Anon, I had only three face-to-face weekly meetings to choose from in a 40-mile radius, no matter the weather or any unexpected obligations that came up. After all these insights, I'm more grateful than ever for the many ways I can find recovery in an Al-Anon group—whether in person or online, almost anytime.
By Christa A.
Group Services & Alateen Coordinator

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Something Great: the 2026 International Al-Anon General Services Meeting (IAGSM), Slovenia, Europe

The International Al-Anon General Services Meeting (IAGSM) is held biennially. The International Coordination Committee (ICC) invites Delegates from all the General Service Offices (GSOs) to attend. Each GSO can elect two International Delegates to participate in the IAGSM. Every four years, the IAGSM is held in the US, and the biennial meeting is held in a country outside of the US. The GSOs submit bids to host the IAGSM, and the ICC and IAGSM Delegates vote to select the host country. The 2026 IAGSM will be held this fall in Slovenia.
This humble structure shares on their decision to host:

When Slovenia contemplated hosting and organizing the 2026 International Al-Anon General Services Meeting (IAGSM), we first asked ourselves, "Why?" The answer didn't come out of any statistics about our community; it was born of our gratitude and the experiences that have shaped us over the past 35 years of living and working the Al-Anon program in Slovenia and throughout Europe and attending IAGSMs in the US. We understand the quality of life we've managed to develop is both a privilege and a responsibility.

The Slovenian Al-Anon community is small. There are few of us, only a few groups, and the reality we live in is challenging. Alcoholism is strongly present, and its effects reach deep into families and society. That's precisely why we, as family members, have developed an exceptional determination not to push the pain aside. In practicing the principles we found in the Al-Anon program, we've learned that sharing our stories and revealing secrets can provide us with valuable insights, and that inaction can quietly paralyze us—either as individuals or as a community. As individuals at meetings, we open up about our pain, air it out, and process it into compost, new ground that creates conditions for renewed growth. We continue life in recovery, with patience and inner strength, reframing the residue of our past hardships. As a community, we live in a mostly rural environment, and the Al-Anon program we bring into our daily lives teaches and affirms simple truths. For survival and quality of life, there's no room for procrastination. What needs to be done needs to be done. This means taking the bull by the horns, confronting even the most difficult tasks, and persevering. It's precisely in these moments of confrontation that a person truly changes and grows—both in their personal life and within our community. That's why, as a small community, it seemed natural to us to take on a big task. Organizing a conference like the IAGSM is perhaps one of the most demanding forms of service within Al-Anon. That's exactly why we recognized it as an opportunity for learning and growth. Every step of preparation is a practice grounded in cooperation, humility, and trust in the structure’s process.

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Why hold the IAGSM in Slovenia? Because we want to translate our gratitude into action. Because this is our Twelfth Step in serving the worldwide Al-Anon family. And because this September, at Lake Bled, we want to open a space where people from all over the world can come together, because we believe in collective growth, because what we are striving for and gathering for in Al-Anon all over the world *is something great*.
By Slovenia GSO

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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

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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 effect 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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RIAFG Treasurer's Report

First Quarter 2026 (1/1-3/31)

1. Budget Overview
    - Income: $1,852.15
    - Expenses: $1,610.30
    - Budget Balance: $241.85
2. Donation Totals
    - Group Donations: $1,837.15
    - Personal Donations: $15.00
3. Bank balance
    - January 1, 2026 starting balance: $7,943.55
    - March 31, 2026 ending balance: $8,567,95

Phyllis H.
RIAFG Treasurer

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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Step Twelve in Action: Ensure Hope Is Within Reach

During warmer weather, travelers and newcomers often search for Al-Anon support in unfamiliar places. When someone seeks an Al-Anon meeting, whether in person or virtually, accurate information becomes their lifeline. Keeping your group's meeting time, location, virtual links, and Phone Contact for the Public details up to date is Step Twelve in action.
"When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and—*Let It Begin with Me*."
To update your group's information, please visit: **al-anon.org/update**

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SAVE the Date

Rhode Island Al-anon Family Groups

2026 Spring AWSC Assembly

JUNE 6th

9:00 a.m. to 3:00 p.m.

Richmond-Carolina Fire Station

208 Richmond Town House Rd. (Rt. 112)

Carolina, R.I. 02812

Share the Day by Bringing an Al-anon Friend!

Share Your Ideas, Thoughts and Outlook!

Share & Learn the Experience of Area Service!

- Refreshments, Snacks and Deserts provided
- Please bring your own bag lunch or enjoy local eateries
- Parking available
- For More Information or Questions, please contact Chair.riswc@gmail.com

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Charlestown New Life
47th Anniversary!

Please 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 9th, 2026**
Food & Fellowship: 6:00 PM
Speakers Meeting: 7:00 to 8:00 PM
Zoom Meeting ID: 741 035 1630 Passcode: RQ9MhT

Potluck will be in the basement of the church.
Speakers meeting will be on the main floor

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RIAFG District 3 Summer Picnic:

- This event will take place at Colt State Park in Bristol, RI **at Site 18**. See the park map for reference (Site 18 is at the end of "Area 1"): https://riparks.ri.gov/sites/g/files/xkgbur881/files/assets/documents/map-colt.pdf
- All RIAFG members are welcome, no matter which district you are in. You may bring family and friends as well!
- Please bring a dish or drinks to share. **No alcohol is allowed on state park property.** If you have any allergies, please bring your own food. We will provide plates, cutlery, some refreshments, and trash cans. The park has a carry-in/carry-out policy.
- We have picnic table seating for 60 people. Bring your own lawn chair or blanket if you'd like.
- If you have a pop-up/canopy tent that you can bring, please email Megan at workshop.riawsc@gmail.com
- We will pass the basket to cover group expenses. Any and all donations are greatly appreciated.

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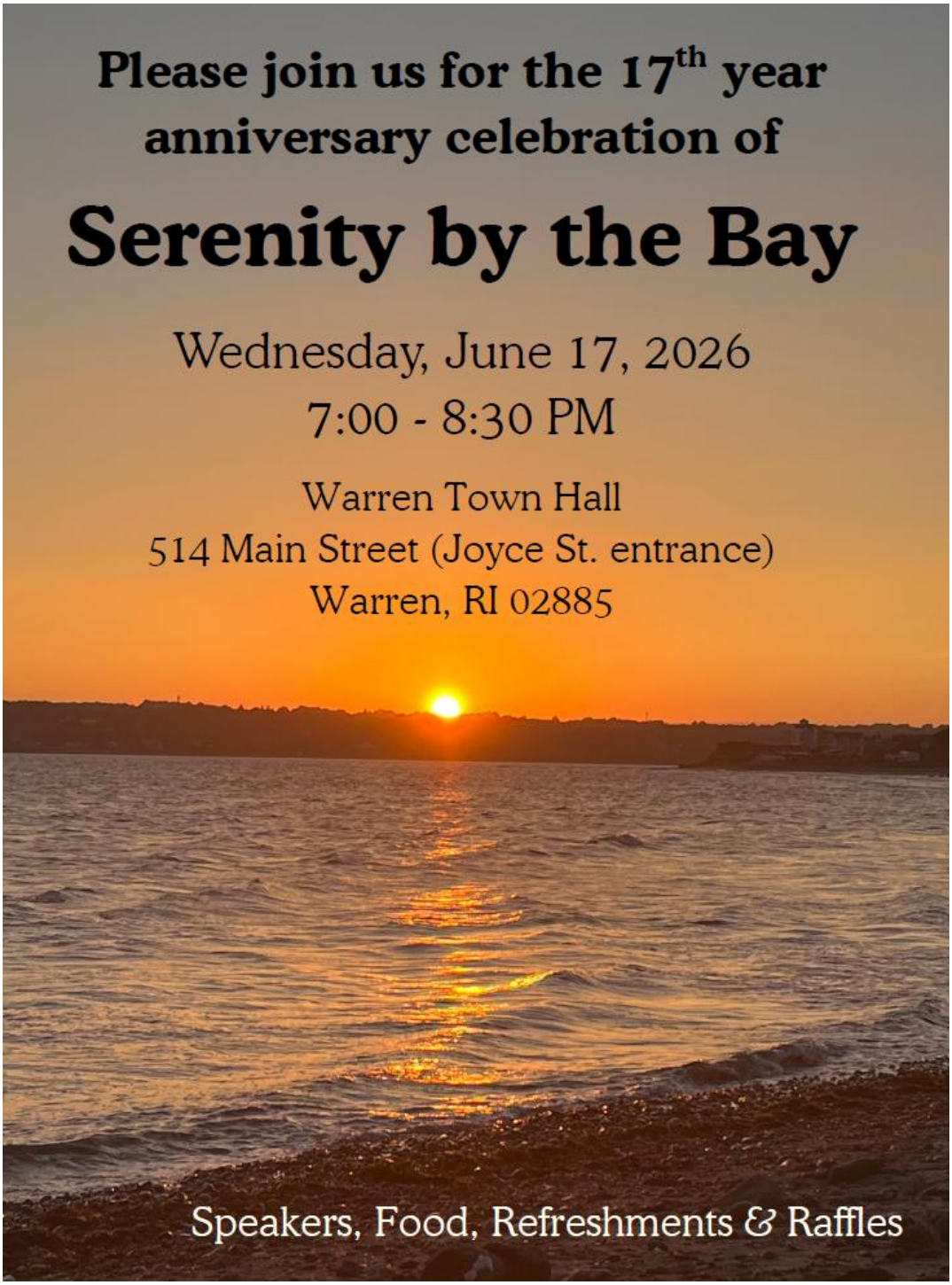

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Sharing Area Highlights – WSC 2026

Rhode Island; Barbara W., RIAWSC Delegate Panel 64

Rhode Island is tiny, 37 miles wide by 48 miles long, and as Area 49, we have 3 districts, 34 in-person/hybrid meetings including one Spanish-speaking meeting and one Alateen meeting, and 10 online meetings. There has been a healthy increase in interest in service at the AWSC level and spirits are high!

Highlights

- RIAWSC Area 49 held two in-person assemblies, one in the Spring hosted by District 3 and one in the Fall hosted by District 1. Five additional AWSC meetings were held via Zoom or in hybrid format.
- RI Area World Service Committee is rocking! All but three service positions have been filled.
- The Budget is out of the red and into the black, thanks to member responses to fundraising efforts.
- Workshop Coordinators planned and held the annual all-day Al-Anon Workshop in October featuring Al-Anon and AA speakers, breakout sessions, and AA participation.
- Alateen Coordinator and Alateen Process Person worked hard to get Alateen up and running again post-Covid. RI has one new Alateen in-person meeting started and one that is in process.
- New Tech Coordinator position was created and filled.
- The Area held a successful Writing Workshop on Zoom and at the Annual Workshop.
- A Task Force for office accessibility has been established.
- The Rhode Island AA Convention with Al-Anon participation was sold out, there was an Al-Anon speaker, several Al-Anon meetings held, and literature available.

Challenges

- We are still looking for an Alternate Delegate, a Public Outreach Coordinator and a Forum Coordinator.
- There was no elected Delegate for 2025 and thankfully our chairperson attended WSC, doing double duty.
- We are working to figure out how to best support our Spanish-speaking group at assemblies and workshops.

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Writing Workshop

Al-Anon Family Groups of Rhode Island, Area 49.
This resource is designed to encourage members to share their experience, strength, and hope through the written word. Key highlights from the document include:
● The Purpose of Writing: Personal sharings are the foundation of all Al-Anon conference-approved literature. Writing helps provide comfort and understanding of the disease to families and friends of alcoholics while helping the writer navigate obstacles like denial and resentment.
● Prompt Ideas: The guide includes several prompts to help members get started, such as reflecting on what first brought them to Al-Anon, their favorite Step or slogan, and the changes they have seen in themselves.
● Writing Tips: It emphasizes keeping the focus on Al-Anon, writing in the first person ("I, Me, My"), and avoiding a "teaching voice" or outside issues.
● Submission Guidelines: Members are reminded that the World Service Office handles

final grammar and punctuation, so they should feel free to write from the heart.
Suggested word counts range from short quotes (15-50 words) to standard sharings (300-400 words).

Send your articles by mail to Al-Anon Family Groups Headquarters, Inc., Attn: CAL Corner 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 or by email to wso@al-anon.org, or online at Al-Anon.org/forumshare.

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Explore the Latest CAL Titles Now Available as eBooks

The World Service Office continues to release Conference Approved Literature (CAL) in ebook format each month. See what's new this month!

Most recent ebook releases:

- *From Survival to Recovery* (eB-21)
- *Discovering Choices—Recovery in Relationships* (eB-30)

Existing ebooks:

- *Alateen—Hope for Children of Alcoholics* (eB-3)
- *One Day at a Time in Al-Anon* (eB-6)
- *Al-Anon's Twelve Steps & Twelve Traditions* (Revised) (eB-8)
- *Alateen—a day at a time* (eB-10)
- *As We Understood…* (eB-11)
- *…In All Our Affairs: Making Crises Work for You* (eB-15)
- *Courage to Change: One Day at a Time in Al-Anon II* (eB-16)
- *How Al-Anon Works for Families & Friends of Alcoholics* (eB-22)
- *Courage to Be Me—Living with Alcoholism* (eB-23)
- *Having Had a Spiritual Awakening…* (eB-25)
- *Hope for Today* (eB-27)
- *Opening Our Hearts, Transforming Our Losses* (eB-29)
- *Intimacy in Alcoholic Relationships* (eB-33)
- *A Little Time for Myself* (eB-34)
- *2026-2029 Al-Anon/Alateen Service Manual* (eP24/27)

Meetings in Your Pocket: The *AFG Mobile App*

The *Al-Anon Family Groups Mobile App* connects over 270,000 active members through a safe digital space. On the app, you can access 142 virtual meetings, including 11 daily options; share your experience, strength, and hope through its secure newsfeed; journal your a-ha moments; and keep up with World Service Office news—all from your phone. Additionally, members can subscribe to receive premium content, currently *Today's Reflection*, to enhance their program experience. Available on iOS and Android, it's another valuable tool for your Al-Anon toolbox, accessible wherever you are. Learn more at **al-anon.org/mobileapp**

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From Letters to Logins: WSO's Role in Our *Mobile App*

As we celebrate 75 years of Al-Anon Family Groups, we honor the vision of Lois W. and Anne B. who founded the Clearing House in 1951 to share the collective wisdom of members with members. Through letters, newsletters, and the development of Conference Approved Literature, the Clearing House became the heartbeat of our fellowship.

Thirty years ago, in 1996, the Clearing House, known as the World Service Office (WSO), relocated from New York to Virginia Beach, Virginia. The move was prompted by the rising rental costs in New York and the Board's fiduciary responsibility to make best use of the members' Seventh Tradition contributions. While the location changed, the mission did not. Today, WSO Staff continue to support the Al-Anon Family Groups by responding to member correspondence, publishing electronic newsletters, developing Conference Approved Literature, and more.

In 2020, Al-Anon Family Groups launched its first mobile app, *the Al-Anon Family Groups Mobile App*, which includes a way for members to meet electronically. In doing so, the WSO became more than a clearinghouse; it also became a virtual venue. Just as local churches, libraries, or community centers provide a key to access the space for in-person meetings, WSO Staff now provide login credentials to access the meeting rooms within the *Mobile App*. As with physical venues, challenges can arise, whether technical or related to access. For groups meeting in the *Mobile App*, those challenges are appropriately raised with the WSO Staff responsible for maintaining the virtual venue.

Through every challenge, our principles endure: unity, service, and self-support. For 75 years, WSO has continued to support the shared wisdom and flow that move through our fellowship, keeping us connected through letters, literature, and now, logins.

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Preserving Our Shared Journey: Archives and Digital Innovation in Al-Anon

Across the Al-Anon fellowship, archives play a vital role in preserving our shared history, wisdom, and growth. Whether meeting flyers, newsletters, or personal reflections, these materials tell the story of how members around the world have found healing and hope. As technology evolves, so do the ways we access and care for these treasured resources.

Digitization helps service arms and groups scan and store documents, making them easier to share and use, especially for members who may not be near a physical archive. This includes newsletters, group histories, and audio recordings of speakers and events.

Recent advances in digital preservation tools support long-term storage and help ensure that digital files such as emails, websites, and scanned documents remain readable and secure for future generations.

The World Service Office (WSO) Archives holds a rich collection of written records, photographs, and audio materials that reflect Al-Anon's journey since its founding. Many local Areas also maintain archives—sometimes in their Literature Distribution Centers or Information Services, other times in members' homes or off-site storage units.

Together, these efforts preserve the spiritual legacy of Al-Anon so that anyone, anywhere, can connect with our shared experience and find hope.

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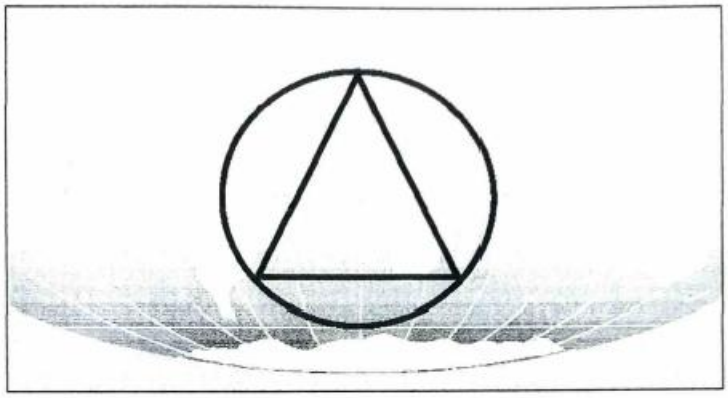
Area 11 General Service Committee, Inc.

Rompiendo Fronteras / Breaking Frontiers 2026

25° Día de Compartimiento **BILINGÜE** Anual de AA

"25 Años de Servicio con Amor!"



25th Annual AA **BILINGUAL** Sharing Day

"25 Years of Service with Love"

SÁBADO, 1 DE AGOSTO DE 2026 / SATURDAY, AUGUST 1, 2026

St Joseph School, 29 Edson St, New Britain, CT 06051

9:00 AM - 3:00 PM

☒ **Mesas de trabajo**	☒ **Workshops**
☒ **Habrán intérpretes disponibles**	☒ **Interpreters will be present**
☒ **Almuerzo incluido**	☒ **Lunch included**
☒ **Participación de Al-Anon y Alateen**	☒ **Al-Anon & Alateen participation**

https://ct-aa.org/rompiendo-fronteras-2026-registration

Para más información llame a / For more information contact: **RompiendoFronteras@CT-AA.org**

Formulario de Registración / Registration Form

Costo de registración $17.00 por persona por adelantado-**ANTES DEL 1 DE JULIO DE 2026** o $20.00 en la puerta
Registration fee is $17.00 per person in advance-**UNTIL JULY 1, 2026** or $20.00 at the door
Por favor haga su cheque o money order a nombre de: **RF/BF 2026**
Please make check or money order payable to: **RF/BF 2026**

NOMBRE / NAME: _____

DIRECCIÓN / ADDRESS: _____

TEL: _____ FECHA DE SOBRIEDAD / SOBRIETY DATE: ____AÑOS /YEARS ____MESES/MONTHS

A.A. _____ AL-ANON _____ ALATEEN _____

Por favor envíe con su pago a:
RF/BF 2026
P.O Box 573
Bantam, CT 06750

Please mail with your payment to:
RF/BF 2026
P.O Box 573
Bantam, CT 06750