

Editor's Corner:

Anger and anxiety. Surrender and serenity.

Anger and anxiety weave through both my past and present. I use a critical light while considering the past, magnifying the hurts, slights, injustices, and abuses that stemmed directly or tangentially from growing up in an alcoholic home. The drinking and the chaos created by the non-drinker, who tried to control the drinker, overshadow everything. My past can look grim, especially when I take on a victim role and assign blame for what happened then and all the difficulties I've experienced since. I was angry and anxious about what I would come home to. My three A's then were anger, anxiety, and alcoholics.

But that is not a complete and honest picture of my family of origin. I need a softer focus on the bad stuff to get to a place of balance, of reality. My mother had a great sense of humor and lightness sometimes. She was sensitive to other people's feelings and needs. She taught me how to cook, clean, and iron clothes. She taught me to be kind. She taught me how to play cards and board games. We watched TV shows together and shared a good laugh. She was so much more than the woman who had to fix my father's "beer habit" by trying to manage his desire for booze. My father grew up with a violent alcoholic parent who spent his paycheck at bars, neglecting his family. My own father was light years better as a parent and a provider. I need to remember that he too grew up in this chaotic disease.

I had no power over my parents. I had no voice. My surrender then was an act of giving up in defeat. To survive, I created a fantasy world where people were always kind and never argued. All was perfect, and I was loved. But I was numb emotionally. I focused on the good times to blot out the tough times. My smiling face was a mask covering the turmoil. I flew under the radar and did not make waves. My serenity was an act.

Today I still have anger and anxiety. I wish I didn't, but denying it would be a continuation of the way I used to cope. This past year had many moments of anger and anxiety. I feel anxiety about the future. I made great plans when I realized this pandemic was with us for the long haul. I'd finish some writing projects; go through old photos and create albums for my kids; lose those 20 pounds; exercise everyday, no matter what. I could go on. I am angry that I have let this time, that only comes round once, slip through my fingers. I have never had so much time available to me and accomplished so little.

By using the tools of Al-Anon, I can experience a truer serenity. Perhaps a softer focus would be better. What do I gain by looking at myself under a microscope? Certainly not serenity. I really have no choice. I have to surrender the realities of this stage of my life: aging, health issues, the finiteness of resources; in other words, who I am and where I am right now.

I cannot do this alone. I need the Al-Anon program, every nook and cranny of it. I can only be present to my day by using the tools and continually asking my Higher Power for help. I need my new three A's: awareness, acceptance and action. My awareness tells me that I have made progress during this past year. I journal and read everyday. I pray and meditate. I have more contact with my Sponsor. My age and my health issues are facts, and beating myself up with "should haves" and "could haves" gets me nowhere. Some days putting one foot in front of the other is all that I can accomplish. And that's enough. I surrender all that I am to my Higher Power as best as I can in the here and now. Trusting the process of recovery and the benevolence of my Higher Power leads me to the gift of serenity.

Gratefully in service,

Elaine H., Lifelines Editor

****DEADLINE FOR THE MAY ISSUE IS APRIL 28TH.**

Would you like to be on the distribution list for Lifelines? Send an email requesting this to lifelines.riafg@gmail.com. These are sent as "BCC" so your anonymity is protected.

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SPRING ASSEMBLY:

SAVE THE DATE

SPRING ASSEMBLY MAY 15, 2021

VIRTUAL ZOOM EVENT BEGINNING AT 9:00 AM

THIS IS A REMINDER that our **Spring Assembly** is scheduled for May 15, 2021, starting at 9:00 AM. An official flyer will be sent to all Districts in the Assembly Packet to be sent out April 18th.

THIS ASSEMBLY IS FOR THE GROUP REPRESENTATIVES. We need you to attend so your voice and vote can be heard. If your group does not have a Group Representative, please appoint a proxy. The proxy can vote on the group's behalf. The only requirement is that the proxy be approved by the group and that the proxy not be a member of AA.

When the District Representatives receive the Assembly Packet, please email it out to your groups as soon as possible.

EVENTS OUTSIDE OUR AREA:



BROWN BAG BLUE RIBBON LUNCHEON

A VIRTUAL EVENT TO HONOR LONGTIME AL-ANON MEMBERS

FUNDRAISING EVENT FOR THE AL-ANON DENVER AREA SERVICE CENTER
HOSTED BY JACK S.

SAVE THE DATE

12-3 P.M. SATURDAY, APRIL 10TH, 2021

TENTATIVE EVENT SCHEDULE

11:30 A.M.	ROOM OPEN
12:00 P.M.	OPENING REMARKS
12:30 P.M.	SPEAKER 1
1:00 P.M.	WORKSHOP
2:00 P.M.	SPEAKER 2
2:30 P.M.	RECOVERY COUNT
3:00 P.M.	CLOSING REMARKS
3:30 P.M.	ROOM CLOSED

FOR MORE INFORMATION OR TO JOIN THE COMMITTEE PLEASE EMAIL
DENVER-AL-ANON@CENTRAL.COM

BLUE RIBBON LUNCHEON

EVENTS OUTSIDE OUR AREA (CONT.):

"2020 Vision of Hope"

**44th Massachusetts Al-Anon/Alateen Virtual Convention
April 9 @ 12:00 am - April 11 @ 12:00 am**



Registration Fee:

- \$10 Registration fee on or before March 15, 2021
- \$15 Registration fee after March 15, 2021
- For Alateen program please enter promo code provided

Advanced registration recommended. Registration fees cover the costs of large capacity Zoom meeting licenses, ticket processing fees, etc.

A virtual weekend of Zoom meetings celebrating recovery:

- Friday night speakers
- Al-Anon/Alateen and AA speakers and workshops
- AA Keynote speaker on Saturday afternoon
- Al-Anon Keynote speaker on Saturday night
- Sunday morning spiritual speakers and workshops

Visit the Massachusetts Al-Anon/Alateen website for convention details:

<https://ma-al-anon-alateen.org/news-and-events/afgconvention/>

Contact us at: RegisterAFGConventionMA@gmail.com

If you are unable to register online, please call and leave a message at 508-202-1092.



Al-Anon Family Groups of Massachusetts

EVENTS OUTSIDE OUR AREA (CONT.):



44th Annual Southern California Al-Anon Family Groups Convention

With AA/Alateen* & YHA Participation!

Schedule of Events

Friday, April 30th

MAIN ROOM

Saturday, May 1st

- 5:00 pm **Early Bird Meeting**
'Different Steps to Serenity'
Panel Speakers:
Reed C., Culver City
Monette M., Los Angeles
Michelle A., Santa Clarita
- 7:30 pm **Opening Ceremony**
- 8:00 pm **Opening Meeting**
'Seriously Serenity??'
Speaker: Larcine G., Hawthorne
- 9:45 pm **Entertainment**

- 9:00 am **Family in Recovery Meeting**
'Walking Together for Serenity'
Panel Speakers:
Jida S. (Al-Anon) & Bruce B. (AA),
& Ginger B. (Alateen), Aqua Dulce
- 11:00 am **Brown Bag Lunch Speaker**
'Footsteps to Serenity'
Speaker: Michele RF., Yorba Linda
- 1:00 pm **Business Meeting**
Participate in the election of your 2023 Chairperson!
- 2:30 pm **Longtimer's Gathering**
'The Priceless Gift of Serenity'
Sharings from a Panel with 25 years or more in Al-Anon
- 4:30 pm **Spiritual Meeting**
'Following in the Footsteps to Serenity'
Speakers:
Kitty R., Oceanside
Kelly L., Yorba Linda
- 7:00 pm **Closing Meeting**
Speakers:
AA: Tiffany D., Eastvale
Al-Anon: Chuck S., Huntington Beach
- 9:15 pm **Entertainment**
YHA Game Night

BOUTIQUE DONATIONS ARE NEEDED!
Call: Dee F. @ 949.307.4323
CLICK THE URL BELOW TO SHOP MERCHANDISE ON OUR WEBSITE
<https://www.afgconvention.org/store>

PLEASE OBSERVE THE 7TH TRADITION BY SCANNING PAYPAL OR VENMO CODE



PAYPAL



VENMO



For updates, follow us on Facebook, Instagram, and Twitter

All meeting times subject to change

**MARATHON MEETINGS!
AA, ENGLISH, & SPANISH!**
Friday 4-11 pm/Saturday
8:00 a.m. -11:00 pm
See website for meeting times, topics, & rooms!

* Alateen Program Pending Final Approval

Go to www.afgconvention.org to receive your Zoom I.D. and password.

2021 EVENTS CALENDAR:

At this time, due to the COVID-19 pandemic, please check the riafg.org website for updated information.

April 5, 2021	AWSC meeting, 7PM, All welcome to attend. For information, email secretary.riafg@gmail.com .
April 9-11, 2021	44th Annual Massachusetts Al-Anon/Alateen Convention, see page 4 for more information
April 10, 2021	Denver Blue Ribbon Luncheon, see page 3 for more information.
April 30 - May 1	44th Annual S CA AFG convention, see page 5 for more information.
May 3, 2021	AWSC meeting, 7PM, All welcome to attend. For information, email secretary.riafg@gmail.com .
May 15, 2021	Save the Date! Rhode Island Area Spring Assembly , see page 2 for info.
June 7, 2021	AWSC meeting, 7PM, All welcome to attend. For information, email secretary.riafg@gmail.com .

MEETING NOTICES:

Re: The "Together We Can Make It" group that meets on Tuesday at noon at the Hope Congregational Church in East Providence. The members of the group have decided to **TEMPORARILY** close the meeting until the pandemic is over.

******Please consult riafg.org for the latest information regarding groups who are transitioning back to in person meetings, changing to a Hybrid format, and for the conference bridge numbers and zoom information for the temporary virtual meetings.***

******For the WSO meeting list, please refer to al-anon.org and click on "Meetings"***

IN PERSON MEETING UPDATES**THE FOLLOWING MEETINGS ARE RETURNING TO IN- PERSON FORMAT (UPDATED 2/25/21)**

SUNDAY:	None at this time
MONDAY:	7:30 p.m., Step Up To The Summit, Coventry, Summit Baptist Church, 1176 Victory Hwy. (Jct. Rtes 117 & 102)
TUESDAY:	None at this time
WEDNESDAY:	9:00 a.m., Serenity at Sunrise, Warwick - Sts Rose and Clement Church 111 Long St. Per church: Masks must be worn and social distancing maintained. 7:00 p.m., Let Go and Let God, Cumberland - St. Aidan's Church, 1460 Diamond Hill Rd. Park in back of church, enter via the Rear door. This Group will also be meeting via Zoom - To join the Zoom Meeting, paste this in your browser: https://zoom.us/j/88189707610 . To join the meeting manually, go to zoom.us in your browser, enter the Meeting ID# 88189707610 and the password is 483079
THURSDAY:	10:00 a.m., Let it Begin with Me, West Warwick - Emanuel Lutheran Church, 9 New London Ave., Enter rear of building - Masks must be worn at all times. Social distancing of 6 feet must be maintained at all times.
FRIDAY:	None at this time
SATURDAY:	None at this time

AREA OFFICE NEWS:**Volunteers Needed**

The Area Office still needs volunteers! Please consider giving back by volunteering from your home. Training is provided.

At home volunteers responsibilities:

- Access the Al-Anon voicemail account from their home phone, retrieving messages
- When the caller leaves a message and a number, the at home volunteer calls them back
- Mailing a meeting list or referring the caller to riafg.org
- Keep a brief written log of calls returned and communicate with the Office Coordinator

Please call the office at 401-781-0044 for more information and/or to volunteer!

Jane A., RIAFG office coordinator

MEMBERS SHARE:**The Candle Al-Anon**

I am a retired first responder. One of the first elements of my training was learning how fire comes to live and breathe. Fire requires 3 crucial elements to burn, that being heat, fuel, and oxygen. With any one of these elements removed the flame cannot exist. This is known as the fire tetrahedron or fire triangle if you will.

Each one of is a candle with a flame aspiring to burn brightly.

The Heat comes from the smoldering spark created by your current struggle.

The Fuel is your will and desire to overcome that struggle.

The Oxygen is the air your Al-Anon family breathes into your life to keep you strong and focused.

May your candle burn brightly today and every day.

by Keith M.

* * * * *

Probably one of the greatest gifts that recovery has offered me is to learn how to practice acceptance not only of myself and others but of life situations.

Without practicing acceptance I would not be able to grasp the foundational Steps 1, 2, and 3 of the 12 Steps. Here are some things that I have learned about acceptance:

- Acceptance leads to forgiveness. This "power of forgiveness" has restored me to sanity.
- Acceptance alleviates depression. Turning my will and life over and trusting my God keeps me hopeful and strong to live life on life's terms.
- Acceptance reveals truth instead of enabling denial. Understanding the truth of powerlessness helps me to not blame myself or others. Truth helps me to create workable boundaries instead of practicing controlling behaviors. Step 1 does not mean that I am helpless. I can take responsibility for myself.
- Acceptance helps maintain my thinking in the present. Another Step 2 sanity benefit. Not getting "lost" in the past or the future. No more obsessions!!!
- Acceptance challenges the victim role. How can I stay a victim if I am truly practicing Step 3? By trusting God my ability to discern increases and I make better decisions.
- Acceptance keeps a healthy perspective. All feels are valid. No need to over dramatize. Yes another Step 2 perk.
- Finally acceptance does not mean defeat. It means victory!

By Ann H.

* * * * *

There was a time, early in my recovery, when I only spent time by choice with other recovery folk. When I thought that everyone needed a 12-step program, I was busy concentrating on what needed to change in others, and I found it hard to trust any but fellow members. Thanks to HP and the wisdom of Al-Anon sharing and the steps, I've come to realize that everyone is imperfect, and everyone is also wonderful. I now have just as many beloved friends outside the program as inside the rooms. I can "take what I like and leave the rest," reveling in their goodness, having compassion for their woundedness. This is all commensurate with the reveling and compassion I have for myself. And it is program people, sitting in meetings, week after week, extending love and compassion to me that have made it possible for me to look upon myself, then others, in this way. A lot to be grateful for. one

By Anonymous

OPEN AREA LEVEL SERVICE POSITIONS:

Please share the need to fill these position with your groups and other Al-Anon members. If you know of a possible candidate for any of these positions, please ask them to contact chair.riafg@gmail.com.

VOTING POSITIONS OF AWSC AND EXPECTATION OF ATTENDANCE AT AWSC MEETINGS.

Per RIAFG Policy 02-2010, all of the following Service Positions are voting positions for AWSC meetings, except for Workshop Coordinator. Members serving in voting positions are expected to regularly attend all AWSC meetings.

OPEN AREA LEVEL SERVICE POSITIONS (CONT.):**AREA OFFICERS**

Delegate (3-year term) The Delegate represents the Area at the annual World Service Conference (WSC) and serves as the primary communication link between the World Service Office (WSO) and the Area and Groups within the Area. He/she is a channel through which information and concerns flow from the Groups and Area to WSO, and from WSO back to the Area and Groups. The Delegate monitors and participates in AFG Connects, the WSO's communication and document sharing tool. At the Spring Assembly, the Delegate provides a comprehensive WSC report to the Area. The Delegate attends the Northeast Regional Delegates Conference (NERD) each year prior to the World Service Conference, to discuss and receive information on Al-Anon issues within the Region. Throughout the term of service, he/she participates on WSO committees, task forces, and/or thought forces, provides Area information to WSO, and responds to requests from WSO. The Delegate is expected to attend each Area World Service Committee meeting, and needs to work well with the Area Chair. He/she is expected to get to know other Delegates and share information on Area issues. As the point person for information of trends and developments in Al-Anon, the Delegate is expected to be proactive in making suggestions to the Area and Groups for constructive changes to further the Al-Anon purpose. The Delegate is encouraged to consider standing for Area Chair at the completion of his/her term. The information learned as Delegate can then be used to support the new Delegate and the Area as a whole.

Qualifications - Members who meet the following 3 criteria are eligible to serve as Delegate: (1) is an active Al-Anon member; (2) is an outgoing or current Area World Service Committee member or former Area World Service Committee member who has remained active in service at the Area level, and (3) is not also a member of Alcoholics Anonymous. A past delegate who has served a full three-year term may not succeed him/herself as Delegate or Alternate Delegate, but may be re-elected after an interim three-year term provided, he/she has remained active in service at the Area level.

Alternate Delegate (2 years remaining on current term) If the Delegate is unable to finish his/her 3-year term, the Alternate Delegate steps in to complete the term as the new Delegate and represents the Area for the remainder of the term at the annual World Service Conference. The Alternate Delegate works along with the Delegate as much as possible in communicating with the groups. He/she can also provide valuable service to the Area by visiting Area groups and districts; assisting Area committees; developing Alateen groups, encouraging Al-Anon members to sponsor them, and setting up Alateen workshops; other responsibilities as assigned by the Area.

Qualifications - Members who meet the following 3 criteria are eligible to serve as Alternate Delegate: (1) is an active Al-Anon member; (2) is an outgoing or current Area World Service Committee member or former Area World Service Committee member who has remained active in service at the Area level, and (3) is not also a member of Alcoholics Anonymous. A past delegate who has served a full three-year term may not succeed him/herself as Delegate or Alternate Delegate, but may be re-elected after an interim three-year term provided, he/she has remained active in service at the Area level.

AREA COORDINATORS

Qualifications - Members who meet the following 2 criteria are eligible to serve in any of the Area Coordinator positions listed below: (1) is an active Al-Anon member and (2) is not also a member of Alcoholics Anonymous. Any position-specific qualifications are listed in the position description.

Archives Coordinator (1 year remaining on current term) The Archives Coordinator preserves the experience, history, and memorabilia of the RI AFG. The Coordinator may head up an Archives Committee, which would be responsible for researching the history of Al-Anon in RI. The archive materials are currently at the Area office. Anonymity is stressed when displaying photographs that might identify individual members. The materials collected can be displayed at workshops, assemblies, group anniversaries, or public information displays.

Literature Coordinator (3-year term) The Literature Coordinator carries the message of recovery and unity through Al-Anon Conference Approved Literature (CAL) to the Districts, Groups, and members in the Area. He/she manages the Literature Distribution Center at the Area Office, maintaining inventory, updating the order sheet, ordering new literature, and making donations from the proceeds to the Area treasury. This Coordinator reads and becomes familiar with each piece of Al-Anon literature, encourages its use in meetings and program events, works with volunteers to display CAL at Area events and the RI AA Convention, develops literature donation projects, and encourages members to write sharings for ongoing and new CAL projects.

Workshop Coordinator 2021 (1-year term) The Workshop Coordinator heads the Workshop Committee, which plans our annual Fall Workshop. The purpose of the Workshop is to allow members to enjoy a day of recovery while participating in

OPEN AREA LEVEL SERVICE POSITIONS (CONT.):

giving back to the program (Participation Is the Key to Harmony). All proceeds help the Area as a whole, which allows us to be self-supporting. The Workshop Coordinator chairs periodic committee meetings and secures volunteers who take on responsibilities for registration, decorating, hospitality, master of ceremonies, speakers, meetings, food, craft table, Alateen participation, AA participation, Literature table, and Public Outreach table. This person troubleshoots and supports these tasks as necessary.

Qualifications – Any active Al-Anon member is eligible to serve as Workshop Coordinator. As this is a non-voting position, the position can be filled by a member who also is a member of Alcoholics Anonymous.

DISTRICT REPRESENTATIVES (DR)

The District Representative is usually any incoming, outgoing, or active past Group Representative who is willing to represent the District at Area World Service Committee (AWSC) meetings and Area Assemblies. He/she should have knowledge of Al-Anon traditions and concepts as well as how they are applied. The District Representative meets and/or communicates with Group Representatives in his/her district to provide the GRs with information from the AWSC, encourages members' subscription to the *Forum*, listens to group concerns, and takes any questions or concerns to the AWSC meetings. He/she maintains an email group list to send out messages and announcements to GRs within the District. Also, the DR may choose to offer an orientation meeting for new GRs upon rotation. The DR is elected by the District's GRs. **Qualifications** - Members who meet the following 3 criteria are eligible to serve as District Representative: (1) is an active Al-Anon member, (2) preferably is an incoming, outgoing, current, or active past Group Representative, or if not, otherwise has service experience of sufficient scope that they possess the qualifications for this position and, (3) is not also a member of Alcoholics Anonymous.

District Representative for District 2 (3-year term) Middle and Southern RI includes Block Island, Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Narragansett, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, and Westerly.

District Representative for District 3 (2-year term) East Bay includes Barrington, Bristol, Warren, Tiverton, Portsmouth, Little Compton, Middletown, Jamestown and Newport.

AREA CHAIR REPORT:

Hope all is well in your groups! The upcoming May 15 assembly is looking for a Group Representative who is willing to be on a panel to share for 10 minutes on what it is you do? How did you get involved in service? What have you learned? Who helped you? Deadline for submission is April 9th.

The May 15th assembly is all about you, the GR's!

The assembly committee would like each group to submit a question they would like to talk about. The cut-off date for submission is April 12.

Literature Coordinator -

Hope this email finds you all well! We have some service opportunities available. Since each position has its own description, I will be sending them out one at a time. Even though many of our groups are still not meeting in person, the Al-Anon program continues to run in RI and all over the world. Trying out a service position in your group or on the Area World Service Committee helps in aiding our recovery.

This job opening is for a Literature coordinator. Below is the job description. Please email me, Joel, if you have questions or are interested. Thank you. Chair.riafg@gmail.com

The Literature Coordinator carries the message of recovery and unity through Al-Anon Conference Approved Literature (CAL) to the Districts, Groups, and members in the Area. He/she manages the Literature Distribution Center at the Area Office, maintaining inventory, updating the order sheet, ordering new literature, and making donations from the proceeds to the Area treasury. This Coordinator reads and becomes familiar with each piece of Al-Anon literature, encourages its use in meetings and program events, works with volunteers to display CAL at Area events and the RI AA Convention, develops literature donation projects, and encourages members to write sharings for ongoing and new CAL projects.

In Service,
Joel B., RI Area 49 Chair

PUBLIC OUTREACH:

Dear Al-Anon Fellowship Friends,

I'm grateful for those who attended the first Public Outreach meeting, and the outreach attendees offered to do and did! Please come to the next meeting Wednesday, April 14, at 7:00 p.m. via Zoom.

The April 14 Public Outreach Zoom meeting will focus on updates from the last four weeks, WSO's Public Outreach updates, and new ideas. Remember, April is Alcohol Awareness Month. It's a great time to spread the word about who Al-Anon is, what we do, and how to get in touch with RI Al-Anon.

Thank you for considering it, and I hope to see you on April 14. The agenda and Zoom link follow.

Please come to the next Public Outreach Zoom Meeting on April 14
and learn about progress made and new plans!

Public Outreach Zoom Meeting Agenda

Wednesday, April 14 2021

7:00 p.m.

I. Moment of Silence, Serenity Prayer, Read Step 11 and Tradition 11

- Welcome and Introductions

II. Thank you for doing Public Outreach

III. Updates:

- General Public Outreach
 - Libraries
 - High Schools
- Professional Outreach
 - Police Stations – Community Service Divisions
 - Clinicians
- Media Outreach
 - <http://www.n2pub.com/> - local online and delivered neighborhood papers
 - Al-Anon in RI PDF poster on Providence College Slavin TV
 - New posters from WSO and updated information on PSA TV and Radio spots

IV. Continue with Public Outreach projects - April's National Alcohol Awareness Month

- Invite a local religious leader, police officer, teacher, to an open meeting?
- Call local papers to ask if list Al-Anon contact information for free (ongoing)

V. Vote on projects, discuss and delegate actions steps

To Join the Public Outreach Meeting on Wednesday, April 14, 2021 at 7:00 p.m.

Paste this in your browser:

<https://providence.zoom.us/j/95505381828?pwd=QTJJPY2Z1Ri9BamVYMIldEOXIFb3gxQT09>

Topic: Public Outreach RIAFG

Time: Apr 14, 2021 07:00 PM Eastern Time (US and Canada)

Meeting ID: 955 0538 1828

Passcode: 942725

One tap mobile

+13017158592,,95505381828# US (Washington DC)

Jackie W.

Public Outreach Coordinator, Area 49

FORUM ARTICLE:

I Have an Amazing Life

I had recently separated from my husband. He had a drinking problem that I was trying to ignore. A couple of my close friends knew some of what was happening at my house. A few months before my husband and I separated, one of my friends strongly encouraged me to go to Al-Anon. I was in complete denial and didn't want to add another thing to deal with to my crazy life.

A couple of months after we separated, I finally attended my first meeting. I went because I feared for my kids' safety while they were at their dad's, and it was almost too much to bear. My fear for their safety was now greater than my shame and fear of admitting that my husband had a drinking problem. I remember shaking when going to my first meeting, my second meeting, and my third meeting. I could barely read the Twelve Steps. I was still afraid of facing the reality of the situation I had lived with for several years, as well as the new situation of making sure my kids were okay when they were under their dad's care.

Why did I originally come? Initially it was hard to do, but I had tried everything else. I wanted to find the serenity that I sensed in the people at the meetings. I learned that I was there for me, that I did not cause my husband to drink, and that I was not responsible for him or his actions. The word "love" was mentioned several times. I wanted that and peace.

Why do I continue to come back? I realized that Al-Anon has been one of the best gifts I have been given in my life. Living with the disease of alcoholism had taken away almost everything in my life—my confidence, my security, and my trust in almost everything and everyone. Working the Al-Anon program helped to build myself back up and gave me so much more than I ever thought possible. Even though I still deal with many of the day-to-day effects of alcoholism on myself and my kids, I have an amazing life beyond anything I had ever dreamed. I am now living life, dealing with the tough stuff, and enjoying the wonderful things that life has to offer.

I have been in Al-Anon for three years. I keep coming back for so many reasons, but the most important to me is that I am a better, more fulfilled person than I was yesterday, and I see how the next day will be better than the day before for the rest of my life while I continue to participate in all that Al-Anon has to offer me.

By Anonymous

(Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA, January 2021, p.29)

§ HOW YOU CAN HELP RIAFG AND WSO §

REFLECT YOUR LIGHT

TRADITION SEVEN: EVERY GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS."

Thank You for your support during these difficult times!

Whenever possible, please support our RIAFG and WSO

to keep the "doors" of Al-Anon open to all who need it.

Donate either personally or through your home groups.

Send donations to RIAFG:

RIAFG **When you send in donations from your group, include the group number or the group name.**

**106 Rolfe St.
Cranston, RI 02910**

Make a donation to the World Service Office online at

<https://al-anon.org/contributions/>

or by sending a check to: **AFG Inc.**

**1600 Corporate Landing Parkway
Virginia Beach, VA 23454**



NEWS FROM THE WSO:**Raise Awareness about Al-Anon During
Alcohol Awareness month**

April marks the national Alcohol Awareness Month outreach campaign. Local service arms can use this time to raise awareness about how alcoholism affects the loved ones of alcoholics and how Al-Anon can help. Check with your Area Public Outreach Coordinator, Jackie W. by emailing her at outreach.riafg@gmail.com

The Al-Anon Membership Survey Is Coming!

Historically, this is the time of year when the World Service Office (WSO) would be kicking off the 2021 Al-Anon Membership Survey; but this year, we are revamping the survey. Our goal is to “Keep It Simple” while still collecting the appropriate evidenced-based data which will help professionals in their decision to refer their patients/clients to Al-Anon. So, to provide a more simplified and streamlined survey, the WSO needs a little more time. The survey will be coming this summer and will be open to all Al-Anon members and newcomers aged 18 and older.

How Has Al-Anon Literature Helped You?

Please share how *Opening Our Hearts*, *Transforming Our Loses* (B-29), *Hope & Understanding for Parents & Grandparents* (P-94), *Al-Anon's Twelve Steps & Twelve Traditions* (B-8), or *Living Today in Alateen* (B-26) have helped you. Send your sharings by **April 15** to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: “CAL Corner”; at wso@al-anon.org with “CAL Corner” in the subject line; or at al-anon.org/forumshare.

The Annual Alateen Recertification Deadline is June 15, 2021!

Every year, each Area in the World Service Conference Structure is required to take part in the Annual Alateen Recertification process in order to continue to use the Alateen name. This is explained in the 2003 Alateen Motion from the Board of Trustees and the policy for Alateen. Both are found beginning on page 93 of the 2018-2021 Al-Anon/Alateen Service Manual (P-24/27), version two (2).

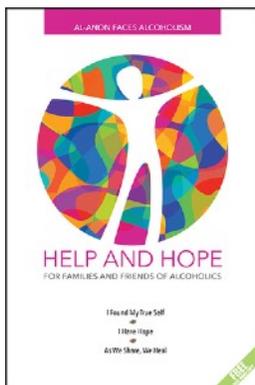
The recertification process is two-fold:

1. To verify that every registered Alateen group has current certified Al-Anon Members Involved in Alateen Service (AMIAS):
 - as Group Sponsor(s)
 - as the Current Mailing Address (CMA) to the Alateen group
 - as a Phone Contact for the Public for the Alateen group
2. To verify the current certification of all AMIAS

We are requesting that all Areas complete the Alateen recertification by June 15, 2021!

This allows the WSO to verify that the Area recertification is complete by June 30.

Contact your Area Alateen Coordinator, Area Alateen Process Person, or District Representative to verify the process in your Area. Don't miss out on this opportunity to share your recovery with teens and younger members!

**New Public Outreach Magazine Available!**

****These are available in our Cranston office. Call 401-781-0044 to order.****

The latest *Al-Anon Faces Alcoholism (AFA)* magazine is ready for distribution. As many of us have been in some degree of sheltering in place, we may not have been able to participate in this valuable outreach project. But the magazine has an exciting new look and is ready for you to share with anyone who is regularly in contact with families and friends of alcoholics. Going forward, *AFA* magazines will no longer include a year on the cover, making them available to use anytime.

New Public Outreach Posters!

The World Service Office (WSO) is pleased to introduce a new series of Al-Anon and Alateen poster designs developed specifically for local public outreach. The poster templates will be available at al-anon.org/posters and can be downloaded and customized with local contact information. You will be able to choose from different designs and orientations (vertical or horizontal) that best fit your project. Check them out!



WSO Director of Programs

The WSO Programs Department, which is most directly responsible for interacting with members and groups within the WSC Structure and groups and structures across the globe, is looking for a new Director beginning September 2021. The Director of Programs position is essential to ensuring our Core Value—Spiritually based: adhering to our Legacies—is achieved within the WSO and encouraged and supported throughout the fellowship. Interested? For more information, check the al-anon.org website.

January 2021 Chairperson of the Board Letter

Dear Al-Anon and Alateen members,

The purpose of this Chairperson of the Board (COB) Letter is to share with you some highlights from the January 2021 Board Week. You will also find updates from our Policy Chairperson, the Conference Leadership Team (CLT), and a Finance Update from our Treasurer.

Last year was an unprecedented year. One example of this is, thanks to your generosity, contributions exceeded literature sales! On behalf of the Board of Trustees of Al-Anon Family Group Headquarters, Inc., we want to thank you for your financial support in 2020. The number of contributions received, which by the way was over \$3 million, is overwhelming and beyond what we had imagined. We are truly grateful! (See the Financial Update for details.)

It is my pleasure to welcome the new Panel 61 Delegates as members of our largest representative group conscience, the World Service Conference (WSC). The Board and Executive Committee (EC) members, World Service Office (WSO) Staff, and Panel 59 and 60 Delegates wish you all success in your new role as Delegate. Due to continued pandemic related restrictions, the 2021 WSC will not be held face-to-face but instead will be held using a virtual/electronic format similar to last year. (See the CLT Update for more information.)

With gratitude,
Lynette K.

Chairperson, Board of Trustees, Al-Anon Family Group Headquarters, Inc.



Mobile Serenity

Searching for tranquility? Consider adding “mobile serenity” to your gratitude list by subscribing to the premium content in the Al-Anon Family Groups mobile app. In doing so, you will receive a year’s worth of “Today’s Reflection” entries, thus ensuring daily bursts of easily accessible serenity while on the go. This can be an especially welcome resource throughout the year!

Now You Can Read The Forum Online!

Did you know Al-Anon's monthly magazine is available to download on your tablet, smart phone, or computer? One advantage the electronic version offers is the ability to enlarge text and images for easy reading on most devices. Why wait for the mail when you can order current and past issues of The Forum online from your electronic media provider?



STEP FOUR: Made a searching and fearless moral inventory of ourselves.

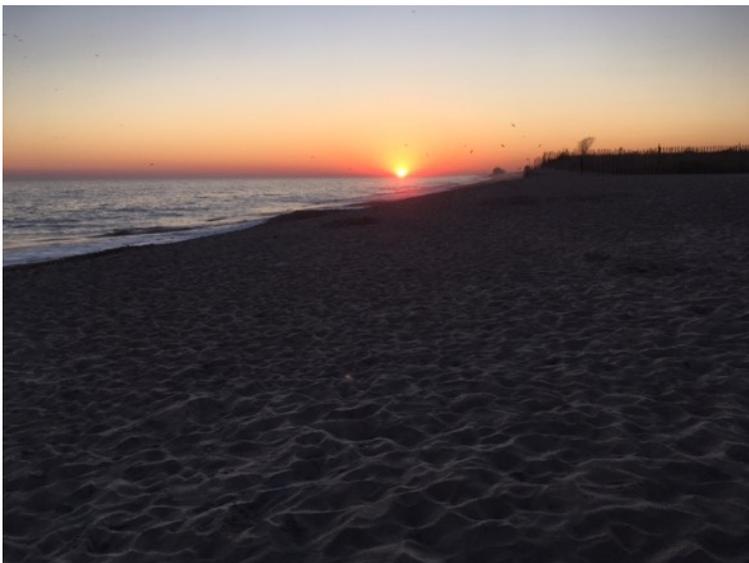
TRADITION FOUR: Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

CONCEPT FOUR: Participation is the key to harmony.

WEB Sites, Addresses and phone numbers:

**RI AFG: www.riafg.org Office: 106 Rolfe St., Cranston, RI 02910
Telephone: 401-781-0044. Office hours available by calling this number.**

WSO: al-anon.org. Office: 1600 Corporate Landing Parkway, Virginia Beach, VA 23454, Telephone: 757-563-1600



***God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can
and wisdom to know the difference***

Photo by T.H