

LIFELINES

Rhode Island Al-Anon Family Groups

Area 49 APRIL 2022

Editor's Corner

I don't know about you, but **I will do almost anything to avoid looking at my own thoughts, assumptions, and behaviors.** I would much rather inventory my sweaters, clean out the pantry and donate canned goods, and frown at the bad behavior of celebrities.

In our busy world, I love the positive recognition I get from doing the good things. I also love being told how good I am. **How dare you ask me to question myself or my motives!** *Can't you see how hard I am working? Why do I have to look at me?*

I dreaded Step Four, fearing it would be painful, humiliating, and shameful. **I was surprised to find it so interesting!** Using *Blueprint For Progress*, I have found taking my inventory to be deeply moving, and completely necessary. I started working on it with a sponsor and now I work on it independently (but really, I should call my sponsor). I discovered patterns in my behavior that I never knew existed. Step Four helps me get the plank out of my own eye. **I can't work my program without working this valuable step.**

Avoiding Step Four means missing the chance to change. And that's why we are in Al-Anon: ***We need to change.***

Al-Anon fellows are excellent at doing good for others. We're the planners, the organizers, the saviors. But we're also suffering from a disease and we need healing. **Step Four is not meant to make you feel bad about all the good you've done.** It's there to help you examine your motives, acknowledge your errors, and learn about yourself. It asks you to be good to yourself, and others.

Practicing Step Four is the way to be loving and helpful to everyone you meet -- including the person you see in the mirror. (Want to help RIAFG? Check out Pg. 4, and share this issue.)

Gratefully in service,
Eden C., Lifelines Editor lifelines.riafg@gmail.com

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Upcoming Events

April 22-25: World Service Conference in Tarrytown, NY

April 27: RIAFG Public Outreach at Warwick Public Library 7pm

April 29, 30- May 1: Native American Al-Anon Convention in Oregon

May 22: "Serenity On Sunday" 3rd Anniversary, Middletown RI

June 4, 2022: RIAFG Spring Assembly at Amicable Church, 9am -3pm

3736 Main Road, Tiverton RI. More information soon!

April is Alcohol Awareness Month

Please spread the word about RI Al-Anon/Alateen as a recovery resource by leaving conference approved literature wherever appropriate.

Thank you!

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.

RIAFG Literature News

Hello from your Area Lit Coordinator!

I'm happy to share that we have quite the supply of *How Al-Anon Works in the office now*. I know several groups cancelled orders for those books in the past few months, so please feel free to call in or send in orders for them now for your groups. All other titles are available at this time as well.

Love in Service,

Wendy H.

Contact: literature.riafg@gmail.com

How to order Literature from the RI Literature Distribution Center

1. Mail in the literature request form along with a check to: RIAFG, 106 Rolfe St., Cranston, RI 02910. Or

2. Print the request form from www.riafg.org. Click on "Literature." Scroll down to "Order Form," click on it and print it out. To see the catalog of literature, click on "View Catalog." Fill in the form with the literature you want, the unit price, the quantity of that literature and the total amount for that literature. Once the form is complete, add up the totals.

****If you are requesting that the literature be mailed to you, there is a shipping and handling charge of 8% of the total of the order or \$5.00, whichever is greater.** Include a check for the full amount, the name and address to ship it to, and a phone contact in case the office has any questions.

****If you are picking up the order, mail the order form to RIAFG,** then call the office at 401-781-0044. Be sure to include on the form a contact name and phone number. Speak with whoever is in the office or leave a message. You can include a check for the total or pay when you pick up. Especially if it is a large order, mailing it ahead of time gives the office volunteer the time to put the order together and notify you of any problems.

Please note that if you are requesting only a few items, and you want to do pick up, you may call the office with the info.

Gratefully in service, Elaine H., Office Coordinator

RIAFG Office News: How To Help



SERVICE OPPORTUNITY!

Many Rhode Island Al-Anon members have requested the hours of operation for our Cranston office and literature distribution center. Volunteers are needed to make this possible.

Below is a sampling of the hours when the office *could* be available to you - our Rhode Island Al-Anon Family Group. Office volunteers greet callers and visitors, who are usually coming for literature. They retrieve recorded messages, return calls and record them in our log. Volunteers open and distribute mail, and fill literature orders for in-person purchasers. Shifts are only a few hours long. Also listed is who is already working and when.

Monday: Flexible AM and Early afternoon 6:00 PM to 8:00 PM (Dennis)

Tuesday: Flexible AM and Early afternoon 6:00 PM to 8:00 PM (Dennis)

Wednesday: 10:00 AM to 2:00 PM, 5:00 PM to 8:00 PM

Thursday: 10:00 AM to 2:00 PM, 5:00 PM to 8:00 PM (Elaine H.)

Friday: 10:00 AM to 2:00 PM, 5:00 PM to 8:00 PM

Saturday: 10:00 AM to 1:00 PM, 2:00 PM to 5:00 PM

The above are just my ideas. If you want to volunteer for a different schedule, please let me know. Also, if you want to work in the office with another person, that person needs to be an Al-Anon member.

Please always call the office to confirm that there is a volunteer working (I plan on Thursdays). To volunteer please call our office at 401-781-0044 or email me at office.riafg@gmail.com.

Gratefully in Service, Elaine H., RIAFG Office Coordinator



RIAFG: Current ASWC Officers & Coordinators

RIAFG AREA WORLD SERVICE COMMITTEE CONTACT INFO

Delegate: Cindy B. delegate.riafg@gmail.com

Chair: Barbara H. chair.riafg@gmail.com

Treasurer: Terry L. treasurer.riafg@gmail.com

Archives Coordinator Anna P. archives.riafg@gmail.com

Forum Coordinator Ann H. forum.riafg@gmail.com

Group Records Coordinator records.riafg@gmail.com

Lifelines Editor Eden C. lifelines.riafg@gmail.com

Literature Coordinator Wendy H. literature.riafg@gmail.com

Office Coordinator Elaine H. office.riafg@gmail.com

Public Outreach Coordinator Jackie W. outreach.riafg@gmail.com

Website Coordinator Kim C. webmaster.riafg@gmail.com

OPEN AREA POSITIONS

AREA Secretary

AREA Alternate Delegate

District 1 Rep

District 2 Rep

District 3 Rep

AA Liaison

Alateen Process Person

Alateen Coordinator

Email Coordinator

2022 Workshop Coordinator

**To learn more about open positions, attend our monthly meeting
and/or contact any coordinator!**

RIAFG Service Tree



RIAFG MEMBER SERVICE SUPPORT STRUCTURE

GROUPS

In RI
9 # in District 1
15 # in District 2
9 # in District 3

Serves members within the groups

Group Representative serves as liaison between the group's district and Area

DISTRICTS

(3 in RI)
1 = 11 Cities in Northern, RI including Providence
2 = 17 Cities in West Bay, Western and Southern, RI
3 = 9 Cities in East Bay, RI

Districts serve groups within the area and attends area Assemblies

RI is Area #49
Our office is at
106 Rolfe Street
Cranston, RI

Coordinates all services within RI, including finances, literature distribution center, telephone service, website maintenance, organizes assemblies

Area Delegate serves as a liaison between the area and the World Service Office

WORLD SERVICE OFFICE

WSO
Virginia Beach, VA

Serves areas, groups, and members in US, Canada, Puerto Rico, and Bermuda

Native American Al-Anon Conference

April 29, 30, May 1, 2022

Sheraton Portland Airport Hotel

833-425-0931

8235 NE Airport Way, Portland, OR 97220



**Register by Mail or Register Online Using Our
Eventbrite Page (search [Portland, NAAC](#))**

There will be speakers, workshops, and cultural activities throughout the weekend. This event is hosted by the Oregon Area Al-Anon Family Groups. Everyone is invited.

We have special room rates of \$109 a night for the event, but you must reserve a room before April 15th, 2022 and inform the hotel that you're with the Native American Al-Anon Conference.

[Hotel Reservations Link](#)

For more info: nativeamericanalanonconf@gmail.com

Registration Fees:

\$25 for registrations post marked by April 25th

\$30 for registrations postmarked after April 25th and at the door

\$10 for Alateens regardless of registration date.

\$55 for Saturday Night Banquet Dinner

Name _____

Address _____

Phone Number _____ Email _____

Number of Al-Anon and AA Registrations: ____ Alateen(s) Registration ____ Banquet Tickets ____

Total amount Enclosed: _____ (Make Checks Payable to NAAC)

For physical mail-in address, please email us!

nativeamericanalanonconf@gmail.com

Serenity On Sunday Anniversary

3rd Anniversary



“Serenity on Sunday”

Sunday, May 22, 2022

YANA Clubhouse 770 Aquidneck Ave
Middletown, RI 02842

5 PM Pot Luck

6 PM Showing of Documentary Film
“What Lois Remembers”

Contact Beth with Questions
401-523-1653

RIAFG Public Outreach Event

Rhode Island Al-Anon would like to provide the community with an introductory meeting to explain our program and how it helps people affected by a relative or friend's drinking. We will discuss Al-Anon/Alateen's primary purpose as stated in Tradition Five: **To help families of alcoholics.**

We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

We will also discuss the benefits of attending our program, tools of the program, the importance of anonymity, meeting formats, and information about in-person and online meetings.

The Al-Anon/Alateen Introductory meeting will be held at the **Warwick Public Library on Wed., April 27 from 7:00 - 7:30 p.m.** The Warwick Public Library is located at 600 Sandy Lane, Warwick, RI 02889. **All are welcome. Please spread the word.**

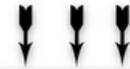
Love in Service and Fellowship,
Jackie W.

Public Outreach Coordinator, RI Al-Anon Area 49

Please consider printing and pinning up the Al-Anon tear off poster below.
Your willingness to do so may attract people to our program.
Please ask for permission at grocery stores, libraries, community centers,
laundromat, mental health facilities, etc.
Thank you!



CUT ALONG THE LINE BELOW



Do you worry about how much someone drinks?

More than half of all adults have a family history of alcoholism.

AL-ANON & ALATEEN CAN HELP

Rhode Island Al-Anon/Alateen
106 Rolfe St. Cranston, RI 02910
401.781.0044 | www.riafg.org |

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CUT ALONG THE ABOVE LINE AND UP BETWEEN EACH BOX TO CREATE TEAR OFF TAGS

The Group Inventory: How Important Is It?

When I think of the word “inventory,” the image of an old-time general store comes to mind, complete with a shopkeeper using a paper list and pencil. The shopkeeper assesses the inventory on the shelves—a good quantity of cleaning solutions but no cleaning tools, a handful of outdated calendars, and a few dented soup cans. The shopkeeper takes an honest look and notes what to keep, what to throw out, and what to add to keep the store welcoming and properly stocked so customers will “Keep Coming Back.”

When I participate in my group’s inventory, I am able to practice using the tools I’ve learned in the Al-Anon program that help me communicate clearly, and not shrink away from my responsibility as a group member.

I am encouraged to share my ideas, even if they’re not the most popular. I am able to feel like a part of, rather than apart from, the group. Knowing my group takes an inventory at regular intervals assures me we are able to welcome newcomers to a healthy, growing group, and “Together We Can Make It.”

How each Al-Anon Family Group conducts an inventory is as varied as the groups. Some follow the Taking a Group Inventory Guidelines (G-8a, G-8b) from start to finish, while other groups “Keep It Simple” and use only a portion of the Guidelines or “Think” of their own questions to be answered by every member. **By taking the time to conduct the inventory, the group is putting “First Things First.”**

What do we hope to discover in our group inventory? We may want to know whether we are welcoming to newcomers. Rather than ask if we are welcoming, we may ask instead, “How are we welcoming?” We may want to know that we are self-supporting, through financial contributions as well as through service opportunities. We may want to know that we apply the spiritual principles of the three Legacies in all group actions to keep the message of help and hope clear and consistent for us all. **We want to “Let It Begin with Me.”**

How do we address the results of the inventory? It may have revealed outdated aspects of our group’s practices or processes that are no longer functional? If we “Keep an Open Mind”, we can “Listen and Learn” from each member’s ideas to keep our groups healthy and invigorating.

Applying the wisdom of Al-Anon’s Twelve Traditions to each idea, **we are able to arrive at an informed group conscience.** Seeking “Progress Not Perfection,” we might attempt new ideas on a trial basis. Although we might not all agree with the group conscience every time, we can “Live and Let Live,” “One Day at a Time.”

*By Christa A., Senior Group Services Specialist—Members
The Forum, December 2020*

Members' Share: Anonymous

A dear friend asked me to write a reflection on step four. I thought it would help me to look at the step and all steps in more detail. And I also was honest with myself that **I haven't officially done the step in Blueprint for Progress.**

When the question was asked **I was in a challenging place** and the person who is suffering with the disease of alcoholism and mental illness was and still is in a challenging place.

Because of the situation I found myself in and the request, I was wondering if I could really name the good qualities within me. Would I only be in the negative column? But I knew "Step Four is to allow us the opportunity to discover that we ourselves possess those same fine qualities we so admire in others."(From *How Al Anon Works*)

Could I hold onto those qualities I thought I had during this difficult time? I was feeling brief moments or thoughts of unmanageability, I seem to be unraveling a bit. My moments of doubt were hanging over me. I questioned if I had truly accepted that I had the inability:

1. to cure the illness,
- 2 to control all of the moments of abusive and destructive words and the disease itself
- 3 AND did I believe that deep within my spirit I did not cause what occurred.

Could I detach and continue to detach with love so that all the criticism from the alcoholic would not take me down? Could I remember the boundaries that I put in place? **Could I take a positive look at who I am and who I can continually become as time moves on?** My higher power is entwined in my thoughts, beliefs and in my behavior. Yes, my God who is my higher power has enriched my being. For this I have gratitude and hope.

I have frequently taken the time to examine who I am, gently looked at what I may have failed to do, **tried to face up to what is wrong and right in my days** and looked with spiritual direction at the present and what can be or not be.

Through my higher power I am grateful to the strength with which He has surrounded me. I have an Al-Anon group who have blessed my life, accepts me where I am, and listens to my words without judging. I have a group of friends who share their journey, and personal stories. Through their words they challenge me, by listening they help me to recharge and to move forward in a good direction and to get back on the road of living one day at a time With my higher power, daily reading, weekly meetings, all the steps and the Al-Anon family I have hope each day. And sometimes knowing I can call out for help, is what continues to fill me with hope.

Yes, taking a look in the mirror I see someone I like. Taking an inventory of myself keeps me in balance and my relationship with the person with the all too familiar disease can be difficult yet it continues to grow as I do also. **My higher power isn't finished with me yet!** And He is not finished with the person who struggles with the disease.

With Al Anon I can continue to love the journey and share hope to those who walk in similar footsteps! -- *Anonymous, RI*

Members' Share: Elaine H.

The word “inventory” begins with an “i.” The focus is on me. I look inward to assess where I’m stumbling, and what strengths I have to work on the characteristics that keep me stuck, holding me back from living a full, joyful, honest life.

Several years ago, I took a Fourth Step Inventory using the *Blueprint for Progress*. I did this with an Al-Anon friend, meeting each Sunday to share our thoughts and insights. It took us two years. **That inventory helped me see the common threads that snaked through the difficulties I had in the past and the present.** Doing that inventory gave me hope because it gave me some clarity. I was not a mess of tangled emotions and problems. Step Four untangled these snarls.

Currently, I am working through *Reaching for Personal Freedom*. I am gaining more insight through the sharings that comprise that workbook. I feel the need to do another Fourth Step.

My life is changing and I am afraid. This fear is clouding my enjoyment of life. My old comfort zone is no longer comfortable. **It’s like strangling myself into an old pair of jeans.** They are too tight. They restrict me throughout my day. Their discomfort distracts me from living. I cannot make these old jeans fit my present body. I do not want to force myself into them anymore. I have spent too many years forcing myself into situations and relationships that no longer were a good fit for me.

Step Four gives me information. The rest of the Steps, along with the slogans, sponsorship and service aid me on my journey more sanely and serenely.

Elaine H., a grateful member of Al-Anon

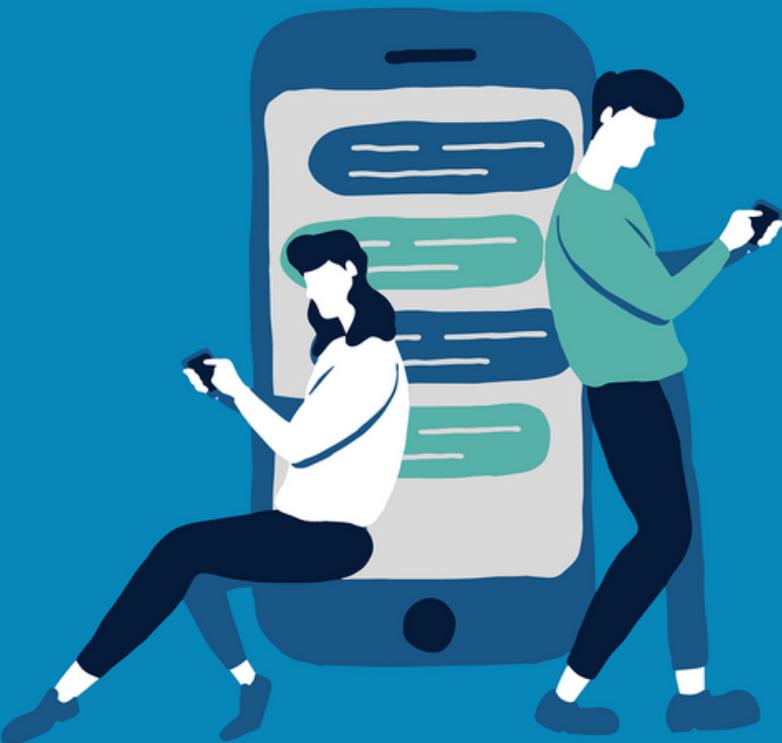


"Where can I find a meeting?"

The current list of meetings is available at www.riafg.org.
The current In-Person/Hybrid and On-line/Phone meetings lists
and coronavirus updates can be found on
under the "AL-ANON MEETINGS" tab.

Click on "MEETING LISTS.

****Please check on line for meetings that fall on holidays***



Looking to Enhance Your AFG Mobile App Experience?

It's easy! Simply subscribe to the Premium Content on the **Al-Anon Family Groups Mobile App** to receive an additional boost of recovery each day. The Premium Content includes a daily sharing on a Step, Tradition, Concept, slogan, feeling, or another thoughtful topic to reflect upon throughout your day.

By subscribing to the Premium Content, you will receive a year's worth of entries, thus ensuring daily bursts of easily accessible serenity while on the go.

Go to www.al-anon.org/mobileapp to get the app.

The Annual Alateen Recertification Window Opens January 12, 2022!

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).

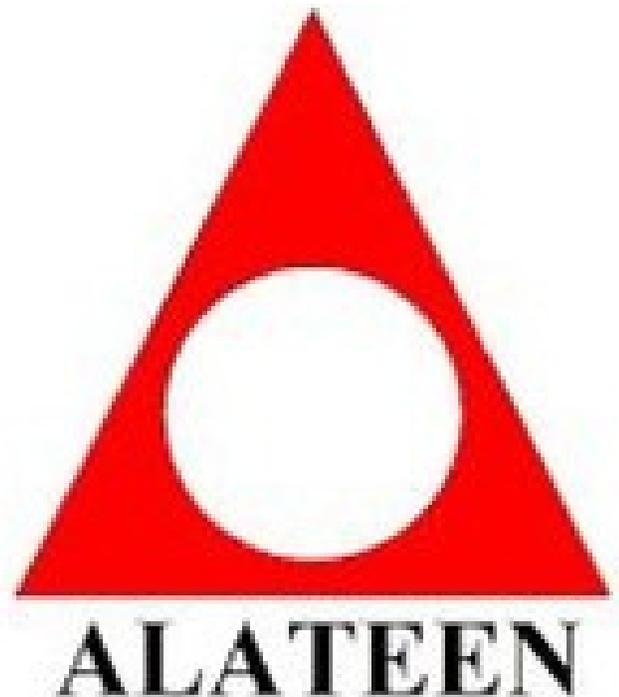
The recertification process has two goals that verify:

1. Every registered Alateen group has currently certified Al-Anon Members Involved in Alateen Service (AMIAS) as Group Sponsor(s) as the Current Mailing Address (CMA) as a Phone Contact for the public
2. The current certification of all AMIAS

We are requesting that Areas complete the Alateen recertification by June 15, 2022!

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!



RIAFG Volunteers Needed!



**Please consider giving back by volunteering
for hours in the office or as a volunteer from your home.**

Both positions have training.

Office volunteers responsibilities:

Greet anyone who calls the office.

Greet visitors to the office. They are usually coming for literature.

Retrieve recorded messages, return calls and record them in our log.

Open and distribute the mail.

Fill literature orders for in-person purchasers.

At-home volunteers responsibilities:

Access the Al-Anon voicemail account from their home phone, retrieving messages.

When a caller leaves message & 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 & communicate with the Office Coordinator.

To volunteer or request more information, please email: office.riafg@gmail.com.

Gratefully in Service, Elaine H., Office Coordinator

RIAFG and WSO Need Your Support



\$\$ Ring in the New Year \$\$

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

Thank You for your continued support! Whenever possible, please send donations to our RIAFG and WSO. It takes all of us to keep the “doors” of Al-Anon open to all who need it. Donate either personally or through your home groups.

Mail your donations to RIAFG:

RIAFG, 106 Rolfe St., Cranston, RI 02910

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

Make a donation to the World Service Office online at

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

Mail donates to WSO:

AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454

Contact Us



CONTACT RIAFG

www.riafg.org

106 Rolfe St.

Cranston RI 02910

401-781-0044 Office hours available by calling this number.

Send your Lifelines announcements to lifelines.riafg@gmail.com

CONTACT WSO

www.al-anon.org

1600 Corporate Landing Parkway

Virginia Beach, VA 23454

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 see the difference.*