

Dear Rhode Island AL-Anon:

I am writing to share the dire situation of RI AL-Anon. This has been an on-going situation, even though it might not have been discussed. The Rhode Island Area World Service Committee currently has 11 open positions. Without these positions being filled, it is very difficult for RI AL-Anon to continue to function the way an Area is intended to function, as laid out in the Service Manual. These openings put a lot of strain on the members that hold positions currently-these openings put gaps in the Service Structure. All service positions are separate, but for the Area to function as a whole, these need to be filled.

Overwhelming response from the Fall Assembly feedback forms was that we should talk about service positions less. Without Area Service positions being filled; RI AL-Anon structure does not exist.

I feel that I should explain why an Assembly is held. An Assembly is a business meeting-not a fellowship meeting. (Page 67 of Service Manual)

An Assembly is held to discuss business topics and to elect new Area members. One of the main functions of an Area Assembly is to discuss service positions. (Page 140 of Service manual)

The following positions are currently open in the Area:

Alternate Delegate	Area Chair
Area Secretary	Alateen Coordinator
District 1 Representative	District 3 Representative
Forum Coordinator	Group records Coordinator
Public Outreach Coordinator	Website Coordinator
Workshop Coordinator	

In Addition to this we do not have volunteers for our RI AL-Anon Office and many groups do not have Group Representatives.

If these service positions are not filled-then the future of RI AL-Anon is in jeopardy. Concept ten teaches us that double headed management should be avoided. This applies to our current AWSC members doing just the service position they volunteered and were elected to do.

Any questions concerning the open service positions and the future of RI AL-Anon please reach out to me at:Delegate.riafg@gmail.com

Love in Service and Fellowship,

RI Area 49 Delegate,

Cindy Brimmer

“The future of RI AL-Anon is in your hands.”

LIFELINES

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ISSUE

Rhode Island Al-Anon Family Groups

Area 49

APRIL 2023

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What We Fear Step Four Is:

You are required to carefully list and examine in detail your shortcomings, failings, and bad mistakes -- and you must confess your faults to your sponsor. You must be very hard on yourself.

If that was really what Fourth Step was about, we'd be old hands at it. Think of how we talk to ourselves looking in the mirror before swimsuit season. "Ugh, I hate my tummy!" "Eew, I had too many cookies this winter." "Why did I get my mom's knees?" No wonder **people fear that the Fourth Step is about as much fun as getting stitches.**

What Step Four Actually Is:

You are welcome to think about your attributes, both positive and negative, and then use this information to continue your recovery, with the help of a trusted but impartial guide.

Our fears bring us to Al-Anon. We fear a loved one's addiction, fear our own responses to the insanity that's around us and in us. Working the steps, including the Fourth Step, helps to break the cycle of fear and discover strength and hope we *feared* did not exist.

What We Fear Al-Anon Service Is:

You'll be assigned a tedious, time-consuming task with no support or training. You will be expected to execute your service flawlessly with no guidance, no financial help, and no appreciation. Everyone will criticize and judge you. Getting stitches will be more fun than doing service. If you fail at service, you clearly are a failure.

What Al-Anon Service Actually Is:

You are welcome to serve the area using your own unique skills and talents, fitting it around your regular activities. We want you just as you are! You will be thanked repeatedly by a group of very tired but grateful fellow volunteers. **You will find that service deepens and strengthens your own recovery**, while stabilizing our entire area and helping to bring the good news of Al-Anon to people who desperately need it.

Fear not. Start your Fourth Step or start it again. Fear not. Serve your area, or serve it again. **RIAFG is here for you, each step of the way.** Contact Delegate.riafg@gmail.com to learn how you can serve.

Gratefully in service,

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



**SUBSCRIBE TO
LIFELINES**

Aim your phone camera
at the QR code
and sign up anonymously

Upcoming Events

APRIL 15-19: Our **RIAFG Delegate and Interim Area Chair Cindy B.** represents RIAFG the Al-Anon World Service Conference in Virginia Beach. Send her a note of support! (see pg. 10 of this *Lifelines* issue)

MAY 21: Serenity on Sunday 4th Anniversary Celebration. See Page 7 for more details.

JUNE date TBA: RIAFG Spring Assembly open to ALL. Please attend and help keep RIAFG operating in the Ocean State.

JUNE 29-JULY 2: Al-Anon International Convention in Albuquerque, NM. More information here: <https://al-anon.org/wso-events/2023-al-anon-international-convention/>

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

TRADITION FOIUR

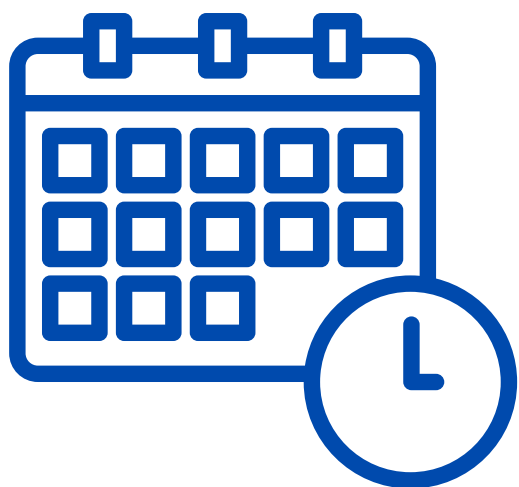
Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

CONCEPT FOUR

Participation is the key to harmony.

NEW MEETINGS!

Full meeting list (in person & online) at riafg.org



Thursdays, 7:00 P.M.

Al-Anon United
Praise Tabernacle
330 Park Ave, Cranston RI

Fridays, 5:00 P.M.

Let It Begin With Me
St. Paul's Episcopal Church
Parish Hall (Fireplace Room),
76 Main St., Wickford RI

WE NEED YOU!

***Alternate Delegate Area Chair Area Secretary
Website Coordinator Public Outreach Coordinator
Group Records Coordinator Group Representatives
Forum Coordinator. Alateen Coordinator
District 1 Representative
District 3 Representative***

Service is a great way to work your program of recovery!

Your RI Area needs you, NOW!

Email alanon.riafg@gmail.com

or visit our website www.riafg.org to learn more.

4th Anniversary

“Serenity on Sunday”

Sunday, May 21, 2023

YANA Clubhouse 770 Aquidneck Ave
Middletown, RI 02842

5 PM Pot Luck

6 PM Showing of Documentary Film
“Lois W. & the Pioneers”

Contact Beth with Questions
401-523-1653

“ . . . When I was fully ready to make a real searching and fearless inventory, I had learned enough to do it with loving kindness, with my healing in mind.

Being in Al-Anon I discovered that if I met someone just like me, I would want to be my own friend. That was a spiritual awakening for me. . .

. . . My 4th Step has allowed me to truly let go. I let go of the shame and guilt.

I released myself from the prison of my own self-hatred.

I can't yet say I love myself – but I am now able to treat myself with kindness and forgiveness.

My sponsor was right, healing was on the other side of my 4th Step. . . .

I still work a new 4th Step every year and learn more each time, because although I feel I am on the right track, it's incredibly easy to slip right into the ditch.”

-- Katherine F.,

Read more at: <https://al-anon.org/blog/step-four/#comments>

RIAFG Literature News!



April 2023 Note from your Literature Coordinator:

By the time you are reading this, the new hard-copy **Service Manuals** will be in stock at the RIAFG Office. The new price is \$11. While it might be wise for each in-person group to have a hard copy, please also remember that the new Service Manual is available as a free download at this address:

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

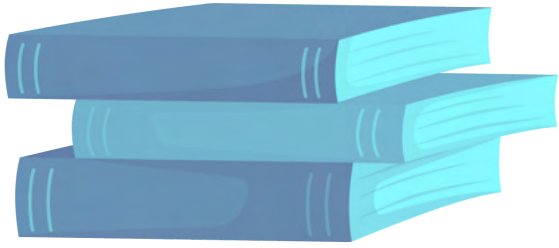
While a few items continue to be out of stock at WSO, **we continue to have a good stock of most Al-Anon Literature items**, or can order things quickly, so please feel free to follow the steps for buying literature from the office listed elsewhere in this Lifelines issue. To remind you, there is a new Order Form on the website under the Literature tab that lists the new prices on items since last August, and slightly higher mailing prices, if you want your order mailed to you. Elaine and I continue to work to be able to meet with you for in-person sales, so please email or call the office as needed.

Look What's Coming Next Summer!

Al-Anon's next daily reader, "A Little Time for Myself-A Collection of Al-Anon Personal Experiences" (B-34), will be making its debut at the 2023 Al-Anon International Convention in Albuquerque, New Mexico, from June 29–July 2, 2023! Just as our earlier daily readers reflected the times in which they were written, this book will represent the personal experiences and many voices of the Al-Anon fellowship as it is today."

I will be able to pre-order supplies of this reader to be available after the Convention at our RIAFG office. Stay tuned!!As always, thank you for supporting the RI Area by buying Literature through the Office!

Yours in Service,
Wendy H
RIAFG Literature Coordinator



Got Literature?

How to order Literature from the RI Literature Distribution Center Office

PLEASE NOTE: *There is a new order form available on the riafg.org website. The charge for shipping has been increased due to the increases from the Post Office. The new charges are: Orders from 0.00 to \$100.00, the charge is \$8.00, orders over \$100, the charge is 10% of the total for the order. Please use the new order form when you mail orders into the office. Include the correct total for shipping and be sure to fill out the contact information.*

To pick up at the office:

Mail in the literature request form (found on our website: riafg.org) along with a check to: RIAFG 106 Rolfe St. Cranston, RI 02910. Be sure to include your name and phone number. You will be called back when the order is ready for pickup. Payment is made at time of pickup.

To have literature mailed to you:

Include a check for the full amount of the order, the name and address for shipping, and your name and phone number. *Please note the increased shipping charges listed above.*

To shop at the office:

Leave a message at 401-781-0044 and someone will let you know when the office will be open.

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

All Are Welcome!



Black members share about **attending their first meeting:**

- "I felt very uncomfortable—I was the only person of African descent, and one of only two men present. I tried to project "just a normal guy" vibes to everyone but sensed some fear projected at me. I remained because my friend was there—I returned because I was deeply moved by the sentiment/sincerity of Al-Anon's Suggested Closing."

- "I was supposed to be a role model, a leader, a teacher, one of the perfect ones. I was still trying to project that image when I came to Al-Anon the first time. So, not only did I feel that I was letting my husband down, but I also felt like I was letting my people down. After all of those years of trying to be one of the perfect ones, here I was not just admitting that I had a problem that I couldn't solve, but also admitting it in a room full of "white folk.""

- "I had my concerns about the program when I first started. Being African-American, I had a distrust for non-African-American members. This mistrust stemmed more from my upbringing rather than my present experience. Trusting the program, as well as trusting people of other ethnic backgrounds, was an internal barrier I had to overcome."

Al-Anon members are old, young, female, male, Asian, Black, Hispanic, Native American, Aboriginal, Pacific Islander, and Caucasian. They are children of, employers and employees of, friends of, parents of, grandparents of, siblings of, spouses and partners of alcoholics.

We will not find all of these types of people at every meeting, but we will find a common bond: alcoholism, which we call a family illness.

DOWNLOAD this FREE pamphlet and discover other FREE resources:

<https://al-anon.org/for-members/members-resources/literature/downloadable-items/>

Send Some Love (with a stamp)

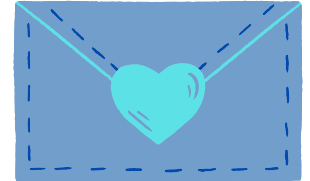
In Lieu of Love Gifts...

... we invite members and groups to send cards and letters of support to their Delegate at the World Service Conference. Please address as follows:

CINDY B. RIAFG (Hold for WSC 4/20-4/23, 2023)



The Founders Inn and Spa
5641 Indian River Rd.
Virginia Beach, VA 23464 USA



Plan to have your card arrive after April 15th. **Remember to use your trusted servant's name and home address as the return address** in the event that mail delivery is delayed.

If you have questions, please contact your Delegate.

Meeting Space (s) Available!

Did you lose your meeting space during the pandemic?
Need a different spot? Starting a new meeting group?
The **East Greenwich Lutheran Church** on
Division Street has available meeting rooms.
Contact the office at firstlutheraneg1@gmail.com.



Butler Hospital in Providence has reopened **Ray Conference Center**, which means it's available (again) for Al-Anon and for other 12 step meetings. Prior to March 2020 there were active meetings on the Butler campus. If you'd like to create a new RIAFG group at Butler, email alanon.riafg@gmail.com to get started.

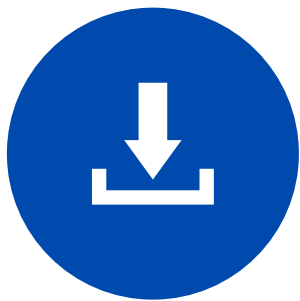


New to Al-Anon? You'll want to hear this.

Short, informational podcasts
just for Al-Anon **newcomers!**

We're glad you're here.

Click to: al-anon.org/newcomers/first-steps-al-anon-recovery/



Free Downloads!

So much to read, print, and **share!**

Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

RIAFG: Current ASWC Officers & Coordinators

Cindy B--Area Delegate

Terry L--Area Treasurer

Wendy H--Literature Coordinator

Eden C--Lifelines Editor

Elizabeth P--Area Alateen Process person

Ann P--Archives Coordinator

Elaine H--Office Coordinator

WELCOME our new coordinators:

Martha R--District 2 Representative

Sarah W--Email Coordinator

Chris E--AA Liaison

THANK YOU for your service!

Phyllis H--Group Records Coordinator

Ann H--Email Coordinator

Jackie W--Public Outreach Coordinator

Kim C--Website Coordinator

We still need help! Open positions:

**Alternate Delegate. Area Chair. Area Secretary
Website Coordinator. Public Outreach Coordinator**

Group Records Coordinator

Forum Coordinator. Alateen Coordinator

District 1 Representative

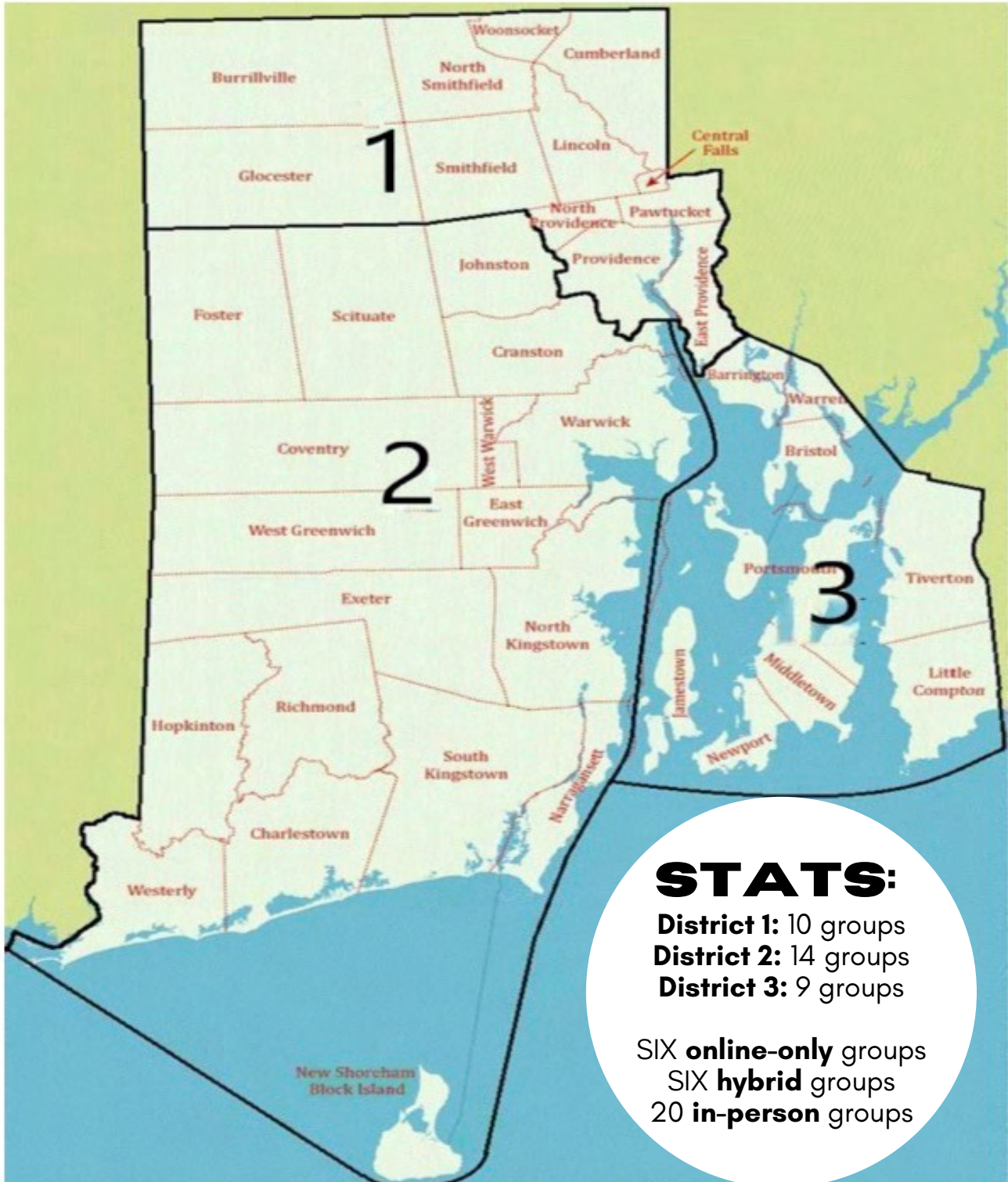
District 3 Representative

Where We Are: The RIAFG District Map

District 1: Burrillville, Central Falls, Cumberland, East Providence, Glocester, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, Woonsocket.

District 2: Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Johnston, Narragansett, New Shoreham, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, Westerly.

District 3: Barrington, Bristol, Jamestown, Middletown, Newport, Portsmouth, Little Compton, Tiverton, Warren.



"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
under the "AL-ANON MEETINGS" tab.
Click on "MEETING LISTS.

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



Stay on the beam
&
in the know.

Download the
AFG Mobile App
today!

It's easy! Simply subscribe to the Premium Content on the **AI-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.

RIAFG and WSO Need Your Support

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 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.*