



# Lifelines

The Newsletter of the RI AFG, April 2008

## Assembly Reports

*Part 4 of a Monthly Series on the November 2007 Assembly*

### Group Records

There are presently 54 listed meetings.

Two meetings closed in 2007: Friday night "How It Works" in Bristol and Friday Night "New Hope" in Bristol (this was our only Portuguese-speaking meeting).

One meeting started in 2007: "Let It Begin with Me" in Providence.

**It is very important that each group keep their mailing address up to date.**

When the World Service Office (WSO) sends a mailing to a group and the envelope is returned as undeliverable, the group is placed in "suspended mail." If the WSO is not notified of the new mailing address after a year of being placed in "suspended mail," the group will be considered "inactive" and members will no longer be referred to that group if they call the toll-free meeting line. If WSO gets returned mail from a group for 2 years, the group will be placed in "suspended mail."

If you feel your group is not getting mail, you may contact me by e-mail (gils1925@cox.net) or notify your DR, who will notify me. Supply the present mail address and I will check it against WSO's records and make corrections where needed. If the address is the GR's, WSO asks for the name, address, phone, and e-mail, if you have one. All information is considered confidential to protect your anonymity.

Each year, WSO sends to each address a copy of the Group Info as they have it recorded. Groups can make any changes needed and return it to WSO. They then record the info and forward it to me for my records. Of the 54 meetings in RI, only about 10 responded to the WSO questionnaire.

Respectfully Submitted,  
*Gil S., Group Records*

### Literature

At the last Area Assembly in November, I had the opportunity to report about how groups and individuals can support the Area by purchasing Conference Approved Literature (CAL) from the Area Office and by volunteering their time at the Area Office.

**Support the Area by Buying Literature.** In Rhode Island, we are fortunate to have an Area Office that also serves as a Literature Distribution Center (LDC). At the Area Office, we generally have copies of all current Al-Anon/Alateen CAL. The Area purchases literature in bulk and receives a 7% discount (after shipping costs). So, when a group or individual buys literature

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### *The Next Area Assembly Is June 14th!*

*Barbara will be back from the  
World Service Conference with  
lots to share that is pertinent to  
your groups.*

*All Group Representatives and  
Area Coordinators and Officers  
are requested to attend.*

*Your group's voice is important!  
Make sure your group is  
represented!*

*The next issue of Lifelines will  
provide details about the next  
Assembly agenda.*

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### *New Meeting*

You are invited to a new Al-anon Family Group meeting! It's called "**Hope for the Family Dis-Ease**" and it starts Friday, April 25th, 2008. We'll meet every Friday, from 7:30-9:00 PM, at St. Theresa's Rectory Basement Hall, 265 Stafford Rd., Tiverton.

Newcomers are welcome! Baby-sitting, if needed, has been offered by some of our "Free to Be Me" Monday night Alateens!

## Assembly Reports

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from the Area Office, they don't have to pay anything for shipping and the Area makes a small profit on each book or pamphlet. That 7% may not sound like a lot, but it plays a large role in supporting Al-Anon in Rhode Island. For the past 3 years, profits from literature sales have totaled: \$3,700 in 2005, \$4,000 in 2006, and \$4,000 in 2007. This would not be possible without groups like yours purchasing literature from the Area Office.

If your group purchases literature directly from WSO, please consider supporting the Area with your literature purchases. It is also important to note that all literature orders from WSO are filled mostly by volunteers. Because of this, WSO is not equipped to handle a lot of small orders; they simply do not have the manpower. That is another reason buying your literature from Literature Distribution Centers like ours is encouraged.

**Support the Area by Volunteering Your Time.** In order to support the needs of groups and individuals across Rhode Island, our Area Office needs the support of Al-Anon members. Right now, the office is only open certain days and certain hours during the week. Your group may have found that this makes it hard to purchase your literature at the office, if it is not open during hours that are convenient to you. Please keep two things in mind.

First, the wonderful Area Office volunteers are happy to work with your group to ensure you can pick up the literature you need at a time convenient to you. (This sometimes involves leaving literature in an agreed upon location and you can slide the check or money under the door to the office.) Please call the office for more information about this. Second, the hours our Area Office is open is limited only by when volunteers are willing to serve. If you have the ability or willingness to help for a few hours a week, during either the day or evening, or if you have questions about what volunteering involves, please call the Area Office and leave a message.

Thank you for this opportunity to serve,  
*Leah D., Literature Coordinator*

## Treasury Report

The following is a listing of the donations to the Area Office for February.

Please remember to put the group name and *entire* group number on all checks when sending in donations. Your group number is provided on the meeting list.

To speed check processing, you may mail checks directly to me at:

Valerie Bacon  
68 Elmgrove Avenue  
Smithfield, RI 02917

Peace in the Program,  
Valerie, Area Treasurer

Group #	Group	Area	Alateen
3-030109	Monday Morning Al-Anon	\$25.00	
2-502037	Serenity on the Hill	\$10.00	
3-012434	Sunday Night Step	\$20.00	
2-0040461	Keep it Simple	\$15.00	
1-026403	Sunday Night Al-Anon	\$100.00	
4-036734	Living Recovery	\$10.00	
5-053697	Open Doors Al-Anon	\$20.00	
3-026686	Saturday Night Live	\$60.00	
5-503443	Essential Steps and Traditions	\$25.00	
2-037296	Change What You Can	\$25.00	
2-0062815	HUGS	\$25.00	
5-012437	Charlestown New Life	\$50.00	\$50.00
	<b>February Totals</b>	<b>\$385.00</b>	<b>\$50.00</b>

### *Meetings Need Support*

Thursday morning "Step Up to Serenity" could use support. We meet every Thursday at 10:00 AM at St. Paul Ev. Lutheran Church, 389 Greenwich Ave (Church Office Bldg.) in Warwick.

### *Meeting Time Has Changed*

"Friday Night Serenity" now meets from 7:30–8:30 PM (used to be 8:00–9:00) at Butler Hospital, Ray Hall, in Providence.

### *Please Read at All Alateen Meetings*

**Attention Alateens:** This page is for you! Alateen is a vital part of RI Al-Anon/Alateen Family Groups and, as such, should be represented in its newsletter.

If you are an Alateen who likes to write or express yourself artistically, please consider submitting something for the next issue, either on your own or as a group. Please e-mail your submissions to Deb E. at [destre99@yahoo.com](mailto:destre99@yahoo.com), or drop off or mail them to the Al-Anon office (see last page).

Please provide your first name and/or the town or group to which you belong, unless you wish to remain anonymous.

### *Al-Anon Members Needed for Alateen Service*

Alateen needs Al-Anon members to become certified and volunteer to support existing groups as alternates to help fill in at meetings.

## Alateen Spoken Here

### *More Sharings on the Serenity Prayer*

#### **Anonymous**

When I first came into the rooms of Al-Anon and Alateen, I thought the Serenity Prayer was simple. That was exactly what I needed. My life was out of control and the Serenity Prayer was all I could handle. When I was feeling overwhelmed, alone or afraid, I would say it and it instantly gave me some peace and serenity. I learned I couldn't only use it with the alcoholic but in all areas of my life. It helped me in the accepting process and learning how to turn things over. Today I use it when I'm in fear, stressed out at work or angry with my family. I love the Serenity Prayer today.

### *Tools help overcome isolation*

#### **Mandy, OR**

As a newcomer to Alateen, I felt alone, like no one understood what I was going through. Since I've been coming here, I have learned that I'm not alone, that there are other people going through the same things I am.

The tools that I use in Alateen are the Twelve Steps. I don't always think about the repercussions of my actions. Since I have had Alateen in my life, I think about the consequences. When I am rude to people and have an attitude, they give it back. If I am nice, people are nice back.

*Used with permission from Alateen Talk, Vol. 45, No. 3.*

## Don't JADE Yourself

I really related recently to a share at a meeting that made sense to me. It was about someone's "personal slogan": JADE (do not Justify, Argue, Defend, or Explain).

I was the youngest in my family by many years and felt that I had all of these "adults" controlling me and telling me what was best...yada yada.

As a result, I grew up feeling that I owed nearly everyone I met an explanation, justification, defense, and very little argument from me. For so long, I literally felt like an "adult child," meaning a child in an adult's body.

It took lots of Al-Anon and self-searching to get to bottom of this and be my own person. Attending adult child meetings, journaling, talking things over with a sponsor and those who have gone before me on this journey have helped tremendously.

While healing I have found I have to be careful to just look back on this old stuff and not to STARE—I could easily get stuck from focusing on it too closely. Learning to balance my recovery focus this way is important and, in the process, I learn that, as an adult, it is my right not to JADE myself.

Peace and love,  
*Sharon, Tuesday Morning Cranston/Warwick Daytime*

## Upcoming Events

### May

#### Area Meeting

Thurs., May 22, 7:00 PM

Area Office, 106 Rolfe Street, Cranston

If you are interested in participating in service, please attend!

#### Alateen Informational Sponsors Meeting

Sat, May 31, 1:00 PM

Area Office, 106 Rolfe Street, Cranston

All Al-Anon members who are currently involved with Alateen or are interested in volunteering are welcome!

### June

#### Area Assembly

Sat, June 14th, 9:00 AM-3:00 PM

St. Joseph's Hospital, 21 Peace Street, Providence

All Group Representatives and Area Coordinators and Officers are requested to attend. We will hear about the topics discussed at the recent World Service Conference and discuss issues that affect the health of our groups.

Your voice is important. **Make sure your group is represented!**

MAY 2008

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4	5	6	7	8	9	10
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JUNE 2008

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15	16	17	18	19	20	21
22	23	24	2	26	27	28
29	30					

#### RI Al-Anon Family Groups Area Office/Literature Distribution Center (LDC)

106 Rolfe Street, Cranston, RI 02910

Hours: Please call the office

Phone/Fax: 401-781-0044

E-mail: RI\_Al-Anon@hotmail.com

Web: www.RIAFG.org

An area newsletter is a vital link in keeping groups and members informed. The purposes of *Lifelines* are to: encourage attendance at service events; communicate local, area, and Al-Anon Information Service news; and attract Al-Anon members into service.

*Lifelines* submissions may be sent to [destre99@yahoo.com](mailto:destre99@yahoo.com) or mailed to the office at the address above. The deadline for the next issue is **May 15**.

If you wish to receive *Lifelines* and other Area news via e-mail, please e-mail [destre99@yahoo.com](mailto:destre99@yahoo.com) and type "Mailing List" in the Subject line.