

Lifelines – Rhode Island

Your Monthly Newsletter
April 2012 Edition

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*The next AWSC
Committee meeting will
be April 14 at the Rolfe
St Office from 10 AM –
12 Noon*

3 Reasons Why You Should Purchase Al-Anon Literature from the RI Area Literature Distribution Center (LDC)

Did you know you can buy Al-Anon Literature at the RI Area Office? That's because the office also serves as an Al-Anon Literature Distribution Center (LDC). Al-Anon LDCs provide Al-Anon members with local access to Al-Anon books, pamphlets, booklets, kits, posters, films, guidelines, and other Al-Anon material.

Why would you want to purchase Conference Approved Literature (CAL) at an LDC, rather than ordering it straight from the World Service Office (WSO)? Here are 3 reasons:

1. The WSO is not staffed to fill individual literature orders—any orders that come in must be filled by whoever's available, taking time away from the work they are really there to do.
2. The WSO gives LDCs a discount on all Al-Anon books and other materials. In turn, the LDC sells these items to local individuals and groups at full price, and the income from their sale is used to support local Al-Anon services (such as Area office expenses, telephone, e-mail, postage, Web site, public outreach, assemblies, and workshops).
3. You save on shipping and handling.

So, when you buy from your local LDC, you support your local services...and you save on shipping and handling!

Members and groups are welcome to purchase literature from the RI Al-Anon LDC at any local Al-Anon event or whenever the Area Office is open (office hours change frequently, so please call first: 401-781-0044). An order form listing the literature available is posted on the RI AFG Web site (www.riafg.org). By Literature Co-Coordinator, Deb E.



District News



News from District 4 DR, Phyllis H.

District 4 is made up of the following nine towns: Coventry, Cranston, East Greenwich, Foster, Johnston, Scituate, West Greenwich, West Warwick, and Warwick. In total, there are 11 meetings in District 4. However, there are no meetings in three of the towns - Foster, Johnston, and Scituate. If you live or work in one of these towns and would like to help start a meeting there, send me an email at district.rep4@cox.net.so that we can work together to share the gift of recovery.

At the present time, I have Group Representative (GR) or Current Mailing Address (CMA) information for five of the meetings in District 4. If you are the GR or CMA for any of the following meetings, please email me your contact information at district.rep4@cox.net.

- Cranston Step Study Women’s Only Group (Cranston, Wednesday, 7:00 p.m.)
- New Beginning Al-Anon (E. Greenwich, Tuesday, 7:30 p.m.)
- Friday Nite E. Greenwich Al-Anon (E. Greenwich, Friday, 8:00 p.m.)
- Growing Strong Alateen (E. Greenwich, Friday, 8:00 p.m.)
- Step Up to Serenity AFG (Warwick, Thursday, 10:00 a.m.)
- Self-Discovery Al-Anon (W. Warwick, Monday, 7:00 p.m.)



Please Note: The RI Area office is only used for Al-Anon Family groups in accordance with Tradition 3 and Tradition 6.

Al-Anon Web Sites

- ▲ Your local, Area 49 web site
<http://www.riafg.org>
- ▲ The Al-Anon Members' Web site
<http://www.al-anon.alateen.org/members>
- ▲ Podcasts <http://al-anonfamilygroups.org/Podcasts/FirstSteps/>
- ▲ Online meetings and outreach
<http://www.ola-is.org>
- ▲ Public Al-Anon/Alateen site
<http://www.al-anon.alateen.org>

What is Knowledge Based Decision Making (KBDM)...How can we use it in our business meetings.....
Respectfully submitted with love for our program, Barbara M. Area Chair

KBDM has four essential elements:

Open Communication between leadership and membership:

“Talk to each other, and reason things out”, is a phrase we hear at the closing of every Al-Anon meeting. Wiser words were probably never spoken. Many societies function today, by the leadership talking among themselves and conveying the decisions to the membership. The “Paths to Group Conscience” is a graphic that was developed last year and given to Conference members for their use. It can also be found on the back of the 2006 Conference Summary. The writing on Shared Leadership, page 7 of the 2006 Conference Summary best describes our flow of two-way communication between our membership and leadership. KBDM is a process that keeps communication alive.

Dialogue before Deliberation:

Many of us are familiar with using parliamentary procedures adapting *Robert’s Rules*, in varying degrees at our Assemblies and other meetings, both inside the fellowship and outside in our personal lives. This process is most familiar to us because it is what we have done for many years. As a general rule, we know that you must have a motion on the floor with a second before any discussion can take place. After hearing the motion, we then enter discussion and often find ourselves focusing on getting the commas and wording the way we think it should be, rather than discussing the pros and cons of the topic of the motion itself. Often the discussion about whether the underlying idea is something that would have the desired results for the greatest number, fails to happen. The minority may believe that they must wait for the decision before it can adequately be heard.

With KBDM, the procedure is just the opposite. The discussion is held with background information being introduced to frame the topic. Sometimes discussions go on over long periods of time before any decision for a motion or action is made. All points of view are considered at each stage of the decision. Seems so simple doesn’t it? In reality, it is. However; it requires a lot of research and information gathering before and possibly even during the discussion. Each method has its pros and cons but we are seeing the benefits for the KBDM model far outweigh the alternative. In reality, it is what group conscience is supposed to produce—a decision that most, if not all, can support.

All decision makers having common access to full information:

Much of the confusion around this element seems to be that everyone will have full access to all information about everything. To follow this idea would be to abandon our principles as outlined in the Concepts of Service. We know that Concept Four, Participation is the Key to Harmony, does not mean that everyone gets to participate in every decision. That interpretation would violate Concept Three and make the need for a Conference, as discussed in Concept Two, and at Board as discussed in Concept Six, irrelevant. With everyone participating in every decision, we would be back to polling the groups and never be able to serve them. What is essential to know about KBDM is that the members of the group assigned to make a decision will have access to the necessary information required to make an informed decision.

We exist in a Culture of Trust:

After coming into Al-Anon, we find we often learned not to trust others around us. We don’t talk about things that are not comfortable for fear of retaliation. We cannot depend on anyone else in what they do or what they say.

We often hear “fake it till you make it” as we start to talk about faith and trust. As we learn to change we sometimes make mistakes or hesitate to do anything for fear that it won’t be done right. No one criticizes us, instead they offer to help and give us encouragement. Soon, we learn Al-Anon provides us with a loving environment in which we can try new things until we have built our faith and learn to trust one another. Learning to trust, changes the way we interact with each other. We learn to have a firm belief that each of us would knowingly, never do anything to hurt Al-Anon. We have a belief in the reliability and truth of each other.

The office is currently open the following hours but it does vary depending on volunteer hours. I'm changing the message every Sunday to reflect the availability.

Tuesdays 10-11:30 am

Thursdays 4-6:00 pm

Fridays 10-noon

Saturdays 10-1:00 pm

Rebecca - Office Manager

RI Al-Anon/Alateen Events

March - April

Connecticut AFG Convention
Friday - Sunday, **March 30 - April 1, 2012**
Crowne Plaza Hotel, 100 Berlin Rd.
Cromwell, CT 06416

Join our neighbors in Connecticut for their 35th annual Convention. This year's theme is "Hand in Hand We Can." There will be speakers, workshops, and lots of fellowship. Registration form is on our website.

Keep It Simple - Saturdays (KISS)

1st Anniversary Celebration

When: Saturday, **March 31st** from Noon-1:30pm

Where: Butler Hospital, 345 Blackstone Boulevard, Providence

2nd floor in Ray Conference Center (Follow signs to Ray Conf. Center near back of hospital campus)

“Our Spiritual Journey - we get as we give”

The 52nd Annual World Service Conference (WSC) is April 15-19, 2012. Delegates enjoy receiving mail from members and groups in their Areas while they are at Conference. Additionally, it is a common practice for the Areas to exchange love gifts. Groups or individuals send small, hand-crafted tokens (e.g., bookmarks, business cards with slogans on them, key chains, post cards, items unique to Rhode Island) to their delegate to put out at their Area display. Members from other Areas get to learn about our Area and they, in turn, enjoy making crafts to share with us. Delegates collect these love gifts and bring them home to share with members. If any group or individual would like to send cards, notes, or love gifts, they can be sent to:

Dave G. RI, Panel 52 (hold for WSC April 15-19, 2012)

c/o Stamford Marriott Hotel & Spa

243 Tresser Blvd.; Stamford, CT 06901

Please mail your items after April 11th. Remember to write your delegate's name Dave G. and use the office's address (c/o RI AFG-106 Rolfe Ave. Cranston, RI 02910) in the return section of the envelope in the event that mail delivery is delayed. And, if possible, include the name of the group they are sent "with Love" from.

Thank you!

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

106 Rolfe Street, Cranston, RI 02910

Phone/Fax: 401-781-0044

E-mail: RI_Al-Anon@hotmail.com

Lifelines e-subscription: Email to: RI_Al-Anon@hotmail.com (type "Mailing List" in the subject line)

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.

If you are interested in serving on the Lifelines Committee, please call the office at the number listed above. If you would like more information about the tasks and time commitment involved, you may contact Linda F. at lin2169@cox.net or 401-855-6009 (it's safe to leave a message).