

LIFELINES APRIL 2020

Editor's Corner:

Acceptance! Lately, I have a lot of opportunity to practice acceptance. Shopping for groceries has become a different experience. Waiting in line to be able to enter a drug store is a new experience. Seeing empty shelves in the super markets is certainly something I have not experienced except when there is the panic rush with a prediction of bad weather. Long lines I experienced back in the 70's when there were gasoline shortages. I realize that I am so used to an abundance of stuff whenever and wherever I go.

My parents got married at the end of the "great" depression. Then WWII came along and they were painfully aware of the rationing of essential goods. There were curfews. People had to use black-out curtains so that the enemy would only see darkness if they flew overhead. There were neighborhood wardens who checked to make sure all of this was being followed. This was scary for them. Their enemy could be seen.

Ours cannot. So we social distance. What a term. We have conference calls and zoom meetings. we email, text, Skype, phone family and friends. We can't see this COVID-19. It is something that is lurking in unknown corners.

Acceptance! I read something last week about another aspect of acceptance - *accepting the good*. Consciously, recognizing all the good things in life today. This struck me because I always took acceptance as something that I had to do so I could be more in touch with reality, sometimes grim reality. Acceptance involved the stuff in life that I didn't like or didn't want. So this positive take on it really made me stop and think.

As I sit here there are about 80 sea gulls strolling around in the field behind my house. I need to notice this and accept this as some of the good in my life today. I have everything I need for this day and then some. I have an abundance of Al-Anon meetings available to me via phone or video or both. I accept that for today I am in good health and it is important that I be grateful for this. I found that acceptance of the *good was the gateway to gratitude*. In this exact moment I have everything I need and then some. I forget this, and I need reminders and nudges from my Higher Power to keep me moving toward gratitude.

Gratefully in service,

Elaine H.
Lifelines Editor

There is important information this month on conference and zoom meetings.

Have extra time lately? See the info on becoming an office volunteer from home.

Don't miss the information about the first ever Al-Anon Roundup

Now could be the time to finally write and submit your recovery experience to Lifelines and *The Forum*.

***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's" so your anonymity is protected.

Do you have an upcoming Al-Anon event to announce? - an inspirational photo?- a personal share? - etc. Please email these to lifelines.riafg@gmail.com



Inside This Issue

Editor's Corner

Al-Anon without Borders

Area Chair's Corner

2020 Events Calendar

Meeting Notices

Area Delegate's Corner

Area Forum Coordinator

Spring Assembly

Task Force Committee

Alateen Talk

Donations

Area Office News

Members Share

Anniversary Celebration

Forum Article

District 2 News

News from the WSO

Web Sites, addresses and phone numbers

This Month's Step, Tradition and Concept

Warwick Light Photo by T.H.

Al-Anon Without Borders

First World Wide Roundup

Zoom Link [HTTPS://ZOOM.US/J/787378014](https://zoom.us/j/787378014)

Meeting Id: 787 37 8014 Password 912936

Saturday March 28 & Sunday March 29, 2020

All meetings are **Pacific Time** Starting Saturday

PST 8am/MST 9am/CST 9am/EST 11am/Europe Sat 4pm/Sun 6pm

Saturday	Sunday
8:00a—9:00a STEP 1 Rick J—Toronto, Canada	9:00a—10:00a STEP 8 Cathy H—Cincinnati, Ohio
9:15a—10:15a STEP 2 Juanita U—Santa Fe, New Mexico	10:15a—11:15a STEP 9 Palmer G—Miami, Florida
10:30a—11:30a STEP 3 Tom W—Oakland, California	11:30a—12:30p STEP 10 Magdalena E—Seattle, Washington
11:45a—12:45p Sp Meeting “Living in Sobriety” MARY PEARL T—Little Rock, Arkansas	12:45p-1:45p Speaker Meeting CHUCK L from Superior, Wisconsin
1:00p—2:00p STEP 4 Stephanie B—Granite Shoals, Texas	2:00p—3:00p STEP 11 Cindy M—Tucson, Arizona
2:15p—3:15p STEP 5 Gordy B—Kent, Washington	3:15p—4:15p STEP 12 Judy K—Reno Nevada
3:30p—4:30p STEP 6/7 Ellen C—Addison, Texas	Join Al-Anon without Borders April 4 and 5 Same Schedule, Same ID New Topics, New Speakers

AREA CHAIR'S CORNER:**First Worldwide Al-Anon Roundup**

A former Delegate from Northern California has organized a Unique Zoom Opportunity:

Al-Anon Without Borders – First Worldwide Al-Anon Roundup

Saturday and Sunday, March 28th and 29th. [THIS WILL ALSO OCCUR ON APRIL 4TH AND 5TH](#)

Zoom Link [HTTPS://ZOOM.US/J/787378014](https://zoom.us/j/787378014), Meeting Id: 787 37 8014 Password 912936

Protecting Anonymity on Zoom and Conference Calls

Please remember that this is an anonymous fellowship. If there are others in your home, please protect the anonymity of other members by using headphones and being mindful of who can see your screen or go to another location in your home where the meeting cannot be overheard or seen by others."

Updates to the riafg.org website due to the coronavirus

Hope you all are staying safe and healthy.

Given the number of meeting cancellations and meetings switching to online/phone meetings, I have updated the coronavirus information on our website. There are now 3 links on the homepage (riafg.org).

- The first link [Suggestions & Information](#) addresses meeting and member safety with regard to the coronavirus.
- The second link [Temporary Online & Phone Meetings](#) provides a list of meetings that are meeting "virtually" via Zoom or Conference Call.
- The third link [Temporary Meeting Cancellations](#) provides a list of meetings that are temporarily cancelled or are temporarily meeting in a different location.

Please note that these pages are frequently being updated, so please check back regularly. We continue to receive new notifications on meetings to be added to these lists and we also are receiving notifications of meetings moving from the cancelled list to the online/phone list and/or changes to the "virtual" meeting format used by various meetings.

Love in Service and Fellowship,
Phyllis Hudek
Area Chair
Rhode Island Al-Anon

Let it Begin With Me. When anyone, anywhere, reaches out for help - let the hand of Al-Anon and Alateen always be there, and Let It Begin With Me.

2020 EVENTS CALENDAR:

April 18	AWSC meeting at Cranston Office, from 10:00 AM to Noon. All are welcome
May 30	RIAFG Spring Assembly at Emmanuel Church, 42 Dearborn, Newport, RI. See Flyer
June 10	AWSC meeting at Cranston Office from 7 - 9:00 PM, All are welcome.
July 2-5	2020. A.A. International Convention in Detroit, Michigan. See news from the WSO.

MEETING NOTICES:

*****Please see riafg.org for meeting information regarding temporary cancellations, conference bridge meetings and zoom meeting.**

*****For the WSO meeting list, please refer to <https://al-anon.info/MtgSearch/PhoneMeetings.aspx?language=EN>**

AREA DELEGATE'S CORNER:**World Service Conference* (WSC) April 20-24, 2020****Has Been Cancelled**

In light of government and health authorities' directives regarding COVID-19, the Board of Trustees decided to conduct an abbreviated *virtual* Conference—pertaining only to critical Board matters—the week of April 20, 2020 prior to the Annual Board Meeting and conduct the majority of agenda items via AFG Connects or postpone them to the 2021 WSC.

Therefore, we ask all members who were planning to “Write to Your Delegate,” to consider other ways to show your support. ***Please do not send cards and love gifts to the hotel.*** We know your Delegates and Conference members sincerely appreciate all the hard work that has gone into creating love gifts and encourage you to share them at the Area level since Delegates will be working hard this Conference as always.

Thank you for your help in sharing this message with others who may be planning to mail cards or packages.

Barbara H.,
Area Delegate

AREA FORUM COORDINATOR:**Old Issues of *The Forum***

Do you have old issues of *The Forum* that you would like to pass on? I will be collecting old issues of *The Forum* at the Area Spring Assembly. If you plan on attending or know someone else who is, please bring them.

A Meeting in My Pocket

Hello Al-Anon! How's the social distancing going?

Not being able to physically attend meetings can make the recovery process challenging.

Finding alternate methods to "connect to the program" may feel innovative or intimidating depending on your level of comfort with technology.

Old school methods of "picking up the phone" still apply as well as reading *The Forum*.

I encourage you to complement your recovery with a subscription to *The Form*. It's comforting with a cup of coffee or tea. Also the articles are great conversation material for those one-on-one phone calls with fellow Al-Anon social distance stay-at-home members.

To subscribe: Go to <https://al-anon.org/for-members/members-resources/literature/magazines/forum-magazine-stories/> Or print an on-line form to mail. Don't forget to include your email address. What you save in gas not driving to meetings can pay for the \$11/year subscription.

Happy Reading!!!
Ann H.
Area Forum Coordinator



Rhode Island Area Al-Anon Family Groups

"Hope and Help for Families and Friends of Alcoholics"

2020 Spring Assembly

May 30th 9:30 am – 3:30 pm

Registration at 9:00 am

Registration fee \$10.00 per group

Emmanuel Church • 42 Dearborn Street • Newport, RI 02840



Bring a dish to share or bring your own lunch

Beverages & small dishes provided



GET INVOLVED & GIVE SERVICE

We need YOU to attend to share YOUR GROUP'S voice!



Emmanuel Church (Library Room)
42 Dearborn Street Newport, RI 02840

From Points North and East via Portsmouth:

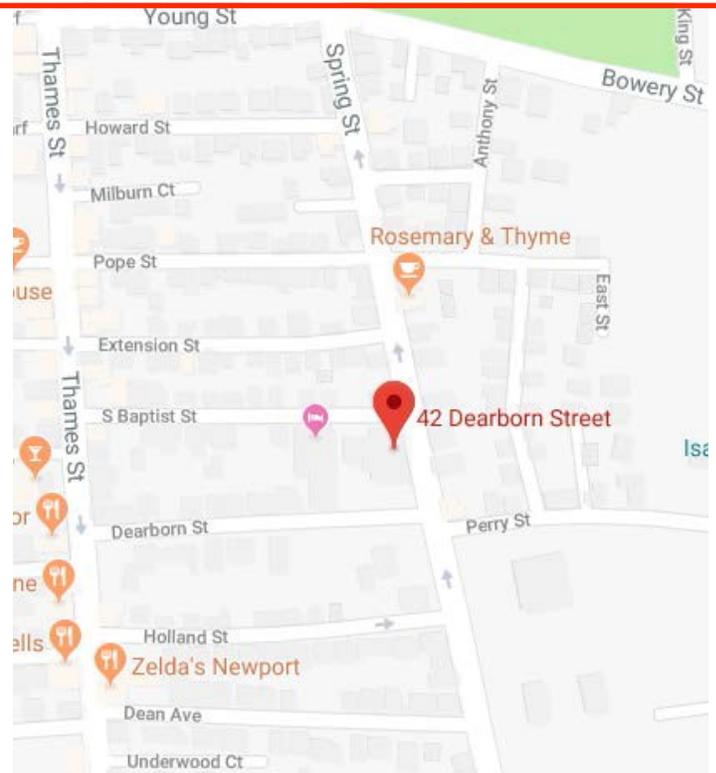
Take Route 24 South to last exit for Route 114/West Main Road South OR
 Take right off Mount Hope Bridge onto Route 114 South. After 1.4miles, turn right at first light to continue onto Route 114 South.
 Take Route 114 / West Main Road South for about 6 miles (Route 24 directions) or 7 miles (Mt. Hope Bridge directions)
 Turn Left onto Valley Road (Route 214) after Speedway, then Getty station and just before Town Fair Tire (there will be a light and left turn lane). Travel for about 2.2 miles.

Continue to merge onto RI-138A W/Aquidneck Ave. Follow RI-138A W for about 1.7 miles.
 Turn left at Bellevue Avenue light (at top of the hill past the Cliff Walk)

Take 4th right onto Perry Street Turn right at end of street onto Spring Street
 Take immediate left onto Dearborn Street. Church will be on the right; church parking lot is on the left.

From points South via Newport Bridge:

Take the Downtown Newport / RI 238 Scenic S exit off Newport Bridge toward Newport
 At the end of the exit, turn right onto RI-238 S / JT Connell / Farewell Street
 In 0.3 miles, turn right at light to continue on RI-238 S / America's Cup Avenue
 After 0.8 miles turn right onto Thames Street
 After 0.4 miles, turn left onto Dearborn Street. The church parking lot will be on the right; the church is across the street on the right.



TASK FORCE COMMITTEE:

Meeting on Thought/Task Force Guidelines

A task force is a temporary unit of people established to work on a single defined task or activity. It uses available resources such as perspectives of members of the task force and staff knowledge to complete its task or activity. (AI-Anon/Alateen Service Manual 2018-2021, pg. 71).

This Task Force will be working on creating guidelines for people to use as Thought/Task Force Chairs so they have a document to follow that describes their responsibilities as a chairperson.

The Task Force Committee will be having our **first meeting on Saturday April 11th at 6pm via Zoom.**

If you would like to be part of the Task Force or if you have any questions about this task force, please email us at - taskforceguidelines@gmail.com. If you decide to join us, we will send you the relevant information to prepare for the first meeting.

Thank you in advance for your service and participation. We look forward to working with you!

With love in service and fellowship,
 Your Task Force Chairs
 Cindy B., Julia G., & Joel B.

The quarterly publication from Al-Anon Family Group's younger members worldwide.

ALATEEN TALK

excerpts from Volumes 49 & 50
www.al-anon.alateen.org

Alateen Saved My Life

Sara

I have been in Alateen for ten years and I can honestly say it has saved my life. I was blessed to be able to come into the program at a very young age and have been enhancing my spirituality and acceptance ever since. I have made some of my best friends in the program. They are always there for me when I am struggling. As I am transitioning into Al-Anon, I am once again taking an inventory and making a gratitude list. I am acknowledging the progress I have made through the program and thanking my Higher Power for all the gifts I have been given, the strengths I have developed through Alateen, and the people I have met from the program. I will be forever grateful for the program, my personal Sponsors, and fellow members through the years. I am hoping I will be able to give back by becoming an Alateen Group Sponsor in the future. Things to think about: Sometimes I spend too much time being negative and focusing on what I need to work on. If I take a moment to acknowledge strengths as well as the progress I have made, it gives me the confidence and drive to accomplish my goals and reach out to others in different ways.



Happiness

Alex

Happiness to me used to mean keeping other people happy. I always made sure that everyone else was happy before I was. I made sure my brother was settled, and that my parents were okay. When everyone else was happy, then I was happy, or so I thought. Then I stepped into Alateen.

Alateen helped me to become happier in my life by showing me that it is okay to put myself first, that it is okay to take care of myself, and that it is okay to focus on myself once in a while. When I realized that others don't need to be happy for me to be happy, life became a lot easier. I was able to build self-confidence, self-respect, and self-worth. I learned to trust within myself that I will grow up to be the person I wish to become, not the person I am expected to be. I control my future, I control the present, and I hope to grow up and say that I controlled my past!

Carrying the Steps wherever I go...

Andrew

When I was seven years old I learned my dad was an alcoholic. Every day he would be drinking with his friends, and it was a problem for my family. His disease got out of control and he would get violent with my mom and other family members. After one violent incident, he became aware of what alcohol was doing to him and to the family, and he did start going to A.A. for a time, but that didn't last. I had been going to Alateen for a while, but wanted to stop when Dad got drunk again. My mom and I had a talk, and she told me not to give up, so I kept going to Alateen. I started trying to apply the Twelve Steps to my feelings about my dad and his drinking. I know Alateen is helping me, and I continue to carry the Steps with me everywhere I go. I live a better life now because of Alateen. I love the program—it's fun and joyful, and I recommend it to all teens that have problems in their lives due to someone's drinking. Thank you, Alateen!

I am responsible for my feelings

D.N.

Al-Anon and Alateen have helped me a lot. I didn't want to come at first. I didn't think it would help me at all. But little did I know—it has helped me a lot. I learned about the Twelve Steps and how to deal with my family members, especially those who are alcoholics. I learned to turn to a Higher Power. I like Alateen because I can be myself, and I have peers who have been through the same things. I know I am not alone in my feelings. I came to Alateen and learned how to better deal with my dad drinking every day. As I attended more meetings, I got better at controlling my anger, and I feel I am a better person.

I say, "No one can get me mad, sad, or angry unless I give them permission."

How Alateen Helps,

Taylor

As I have grown, there have been many events in my life where I have been able to apply the tools I receive from Alateen. The slogans are a simple yet effective tool for reminding me what is important or to take things slower. I use them daily as a means to take more control of my life and my actions. When a lot is going on, I think of "One Day at a Time." Just being able to go to Alateen and speak freely with other teens helps to put things in perspective.

Ashley

Before I came to Alateen, I had big resentments towards my mom. I would get angry when I wouldn't get my way. I started to realize that all this anger, even towards the smallest things, was about my resentments towards my mom. I believed that because of her alcoholism, she deserved to be treated with disrespect. I realized that no matter how much she hurt me, the only person I can change is myself. I love her and I have to keep my expectations for her realistic. The bottom line is that she will always be my mother and I should treat her the way I would want to be treated.

Kathleen

Alateen has helped me be more open when I am with people. Also, Alateen has opened my eyes to understand alcoholics. Most importantly, I am learning to help myself live a better life.



Detachment

Abby

When my parents fight I want to just scream at the top of my lungs. Instead I just stay out of it and try to find something to do. I know that it is not my battle.

things too seriously. If something a little bad happened, I would act like it was the end of the world. When I came to Alateen, I learned the slogan "How Important Is It?" This slogan helped me stay sane in times of trouble. Now I am calm and stable even when things aren't going so great.

Dustin

Before I came to Alateen I was very negative and angry. The program has helped me to be much more positive and much more outgoing. Now I am not afraid to be "me" around everyone!!!! Alateen is great!!!

Anonymous

Alateen has affected my life in many ways. When I was first introduced to Alateen I didn't understand it. Now I know I have options. One of the slogans I use most often is "How Important Is It?" If something happens and I want to react, I ask myself: "How Important Is It?" This helps me pause and think about it differently. Since coming to Alateen my life and attitude have been better. I know I need to keep working my program.

Alateen Talk ISSN#1054-1411 is a publication printed quarterly and copyrighted by Al-Anon Family Group Headquarters, Inc. and may not be reproduced without permission. Alateen members from all over the world share their experience, strength, and hope through the written words of *Alateen Talk*. Their sharings relate to their personal lives, how their Alateen group is functioning, and ways in which to carry the Alateen message to young people who are still suffering from someone else's drinking. Subscriptions to this publication: \$2.50 per year for single issues; multiple rate, \$7.50 per year for 10 copies of each issue.

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Melissa

"Keep It Simple" is my favorite slogan. I picked that one because I always overdo stuff in my life. I also loved pointing out other people's faults. After coming to Alateen, I tell myself to stop concentrating on the bad stuff and concentrate on keeping things simple.

Lizzie

My dad has been drinking a lot lately. I have not seen him in months and it is not something I like. My dad is not doing well but it is not my choice. Alateen has taught me that I should be thankful that he is still alive and that God is still here to deal with it. It is God's choice not mine. For now that is where my faith is, completely in God. That's the way it needs to stay. I am thankful for what I have. I will keep what I have close to me.

\$ HOW YOU CAN HELP RIAFG AND WSO \$



Ideas start out like buds.

They develop into thoughts, plans, solutions, etc.

Here are some thoughts on how to continue to support Al-Anon.

Currently we are not meeting face to face, and thus, not passing the basket. Both our Area Office and the WSO still have their operating expenses. And, GOOD NEWS, Al-Anon members are allowed to make personal donations to the Area office and the WSO.

Checks can be mailed to our Area office: RIAFG, 106 Rolfe St., Cranston, RI 02910

Phyllis, our Area Chair, has been dropping by the office & will deposit any donations into the Area account.

Donations to the WSO can be made online at <https://al-anon.org/contributions/> or checks can be mailed to: AFG, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454

Another idea: **At Home:** Members can create their own personal 7th tradition envelope or piggy bank. Once we can again attend our meetings in person, this money can be given to the group treasurer.

Whatever idea you come up with, it is important that we continue to support our Area and WSO.



AREA OFFICE NEWS:

Become an At-Home Volunteer

Are you sitting at home looking for something to fill your day of social distancing? Please consider becoming an at-home volunteer for our Area Office. If you would like more information, please email office.riafg@gmail.com or call the office at 401-781-0044.

Currently we have these days covered for At-Home Volunteers:

Monday Phyllis H.

Tuesday Dennis S.

Thursday Jane A.

Newcomers calling in asking for information about tour meetings are referred to our website riafg.org. Our website provides information regarding conference call and zoom meetings at this time.

In Service,
Jane A.
Area Office Coordinator

MEMBERS SHARE:



Photo by Heather M.

ANNIVERSARY CELEBRATION:



New Beginnings
Al-Anon Family Group
36th Anniversary Meeting



Tuesday, May 19, 2020

7:30-9:00 pm

St. Luke's Church

Pierce Street

East Greenwich

Come share our experience, strength, and hope as we celebrate with speakers, fellowship, spirituality, and food.

FORUM ARTICLE:

I Found a Safe Place

I remember feeling scared before heading to my first Al-Anon meeting. I was afraid I would be reminded of my alcoholic loved one and would start to cry. My mom passed away from the disease of alcoholism when I was 11 years old. I listened to the other members sharing stories, and I could relate to each of them in some way. As more members began to share, I started to cry. It brought back a whirlwind of memories I had with my mom. After the meeting was over, a very kind woman approached me, gave me a big hug, and told me I wasn't alone. She gave me a newcomer's packet and told me more about the program. I felt welcomed. Ever since then, I have kept coming back. Today I am so thankful that I have found a safe place where I can share my experience, strength, and hope with others.

by Kara I., Florida

(Reprinted with the permission of *The Forum* (March 2020 issue, page 22), Al-Anon Family Groups, Virginia Beach, VA)

DISTRICT 2:**What's NEWS in District 2 – February 2020 Meeting Report**

Once a month, District 2 meets for about an hour at a named location to unite the individual groups within the district. Topics range from informing groups about Area or World Service news to planning program related events. District meetings also coordinate service and public outreach projects and as such are a great way to see the program in action and get involved in service.

The February 2020 District 2 Meeting was held at the Area Office in Cranston. We opened the meeting with the serenity prayer, introductions, and reading the Tradition of the Month & the Concept of the Month. The minutes from January were then read and accepted.

Since there were no new updates on Alateen needs or on creating guidelines for thought/task force chairs, we moved on to revisit the discussion around safety at meetings. Some of the suggestions offered were to take a group conscience; to talk about it for several weeks; and to maybe put something in the group's opening. For more information about Meeting Safety Suggestions, please visit www.riafg.org —> “About Us” —> “Area Business” —> “Area Policies, Procedures, and Guidelines/Suggestions” and scroll down to the last Guideline/Suggestion —> Meeting Safety Suggestions. OR [click here for the Rhode Island Al-Anon Family Group Meeting Safety Suggestions](#).

Next, we discussed how and if we could use Free Conference call as an alternative method for “attending” the District meetings to encourage and improve participation while continuing to observe anonymity. After several months of thoughtful discussion; sharing of concerns; and ongoing member research on this topic, we decided to trial using Free Conference call for those who can't make it to the district meeting in person.

Our meeting concluded with a discussion on how to run a group business meeting well. While groups can hold a business meeting at the beginning of the meeting, during the meeting, or at the end of the meeting and typically elect someone to run the meeting (e.g., the Group Rep or GR), groups are within their autonomy to determine how to conduct their business meeting and how often to have these meetings. Two Al-Anon resources which have additional information about group business meetings include the Al-Anon/Alateen Service Manual 2018-2021 pg. 49-51 and Resource G-11 on the WSO website for Group Representatives. [Click here for Al-Anon Guidelines for Group Representatives](#) or visit www.alanon.org and search Guidelines for GR's - Resource G-11.

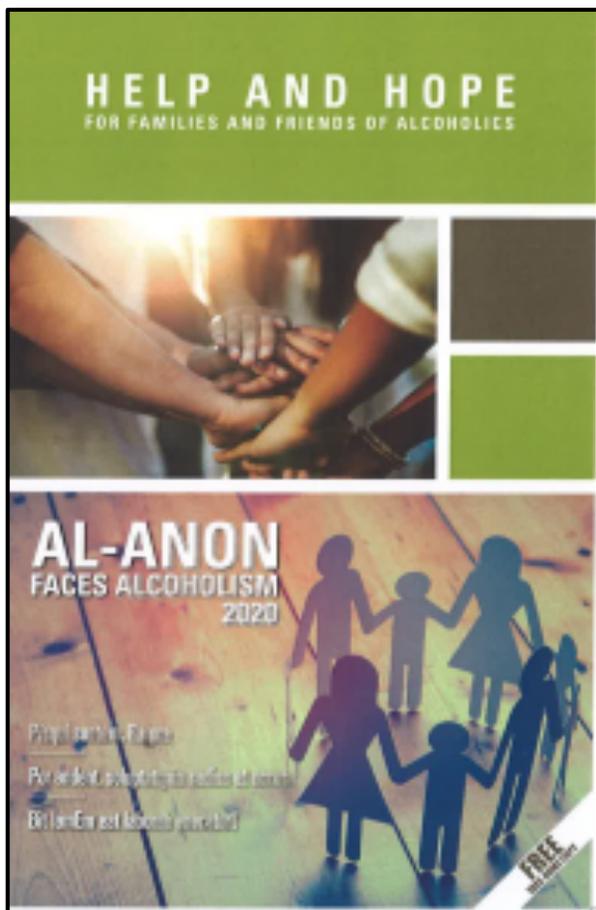
That wraps up another District 2 Report. Our next District 2 Meeting is **Tuesday April 21st, 2020 at 7pm via Free Conference Call**. The **call in number** for the district meeting is **425-436-6303** and the **access code** is **886414 followed by the # sign**. All are welcome to attend and individual meetings are welcome to bring their group's concerns to the District meetings for discussion. Hope to “see you” at our next meeting!

Links of Service

Member + Member = **Group**
Group + **Group** = **District**
District + **District** = **Assembly**
Assembly + **Assembly** = Conference

NEWS FROM THE WSO:**Alateen eBook: Carry an Alateen Book in Your Pocket!**

One of our most popular pieces of Alateen literature is available as an eBook. *Alateen—Hope for Children of Alcoholics* (eB-3) is available to download to your favorite eBook reader, including your Android or Apple smartphone. Visit al-anon.org/eb3 for links to purchase and download the eBook.

AL-ANON FACES ALCOHOLISM**Important news...**

NOW that the “Al-Anon Faces Alcoholism” (AFA) public outreach magazine is available all year round...

the Rhode Island Area Office/ Literature Distribution Center will have them available for groups to purchase.

25 copies for \$8.00

When you buy from your local Literature Distribution Center, you support your local services!

See You in Detroit!

Online registration for A.A.’s International Convention with Al-Anon participation opened September 9, 2019. Registration is \$115.00 and will be \$140.00 after April 15, 2020. The Convention will be held in Detroit, Michigan from July 2 through 5, 2020 to celebrate A.A.’s 85th Anniversary.

Al-Anon participation will include a variety of sessions held during the day on Friday and Saturday. Also, Al-Anon members are welcome to attend the A.A. Big Meetings, which will take place on Friday and Saturday evening and Sunday morning. Many attendees come early or stay late for a vacation. There are many fun things to do, so see you in Detroit!

WSO's Website: A Blog for Members!

We are pleased to introduce a blog for members to share their experience, strength, and hope on a variety of topics. New topics will be added each month.

March's topic was "What is your favorite CAL pamphlet and why?" **The topic for April will be in the April issue of *The Forum* and on the Blog.** Visit al-anon.org/member-blog for more information. Member sharings on the Member Blog may be used in future Al-Anon publications.

NEW DAILY READER NEEDS YOU

A new daily reader is being developed. The Al-Anon member serving as a freelance writer/editor of this book has reviewed all sharings submitted so far, and is currently selecting and editing ones to include in drafts for the Literature Committee to review. Based on those received, we still need sharings about the following topics: Abundance

Abundance	Conference approved Literature	Shame
Abuse	Finances/ money	Spirituality
Concept Two	General Warranties of the Conference	Tradition Six
Concept Six	Respect	Tradition Eight
Concept Seven	Responsibility	Tradition Nine
Concept Eight	Sex	Trust
Concept Eleven		Unity

The Committee hopes that this book will include a variety of members' experiences and backgrounds that clearly demonstrate how Al-Anon can work for *anyone* affected by someone else's drinking. So far, we've received only a few sharings from members who identified themselves as African American; Alateen; Alateen Group Sponsor; of Asian descent; LGBTQ+; men; people of color; or those who live outside the US and Canada.

A writing guideline is available at al-anon.org/dailyreader. Please ask members to send their sharings by **June 1** to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "Daily Reader"; at wso@al-anon.org with "Daily Reader" in the subject line; or at al-anon.org/dailyreader.

Thank you for all your help in making this new daily reader the best it can be!

Worth a Thousand Words

Please submit your photographs for use in *The Forum*. A few things to keep in mind:

Photos must be digital (no physical picture)

Landscape and people (minus full face) shots are welcome

Photos must be high resolution (high quality with crisp, clear images with no graininess); limit file size to under 20mb. File types accepted are: pdf, zip, jpg, jpeg, png, gif.

As with articles in the magazine, readers whose pictures are selected for print will receive a thank you and complimentary copy of that month's issue. Please submit your photos to *The Forum*, to wso@al-anon.org; or at al-anon.org/forumshare.

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

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.

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

Photo by E.H.

