

# LIFELINES

AUGUST, 2018

RIAFG NEWSLETTER

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## Editor's Corner

I went to a meeting recently where the topic was patience. Images began to flash through my head: all those crazy summer drivers on our roads; my dog chewing our new furniture; getting into the shortest line at the super market that never moves while everyone around me is checked out and on their way. I could go on but you get it. And my impatience becomes a self inflicted down hill slide.

Again and again I am amazed by how easily I forget to use the program in all areas of my life. Those crazy drivers? Honestly, our state has some of the weirdest road configurations in spots, never mind lane closures and construction. Patience! My dog? This reminds me of the story in one of our daily readers about the man sitting on a bench under a tree with several pigeons in it. My dog is young and loves to chew. She is being a dog; of course, a dog who could use more training. And whose responsibility is that? Patience! That super market line? I do not ALWAYS end up in the slowest line, but when it happens, my mind thinks, "this *always* happens to me." Patience!

Whenever I find my mind going to the "always" or "never" world of gross over generalizations, my thinking has become distorted. I need to slow down, remember that I have a Higher Power, and remember that I am exactly where I need to be whether it's messy traffic; mischievous dogs; or the wonderful world of the super market. These are all part of my "all our affairs." I can practice the principles of our program anywhere.

I need to get in touch with what is going on within me. Why the impatience? Will 5 seconds or even 10 minutes throw my whole life out of balance and off schedule? What is the real source of this anger? Control. The world is not conforming to how I want things to be. I may no longer be obsessed with trying to control a loved one's behavior, but I would really like to change some folks in my corner of the world.

I need to remember that the drivers on the road are not there to annoy me. They are trying to get someplace, just as I am. Behavioral changes take time and effort for me and for my dog. There's some work and time that needs to be put into this. And realistically lines at the market are what they are: lines at the super market. I can only change my attitude. I can ask my Higher Power for patience.

A grateful member of Al-Anon,  
Elaine H.  
Lifelines Editor

***YOU'RE INVITED***

**TO THE**

**“CHANGE WHAT YOU CAN”**

**AL-ANON FAMILY GROUP**

**31st ANNIVERSARY MEETING**

**SUNDAY ~ AUGUST 5, 2018**

**10:00-11:30 AM**

**Pawtucket YMCA**

**Summer St**

**2<sup>nd</sup> Floor**

**Handicap Accessible**

**Guest Speakers:**

**AA, Al-Anon, Al-A-Teen**

**Refreshments**

**All are welcome**

## Did You Know?

What are our Three Legacies?

*Recovery*  
Through the Steps

*Unity*  
Through the Traditions

*Service*  
Through the Concepts

## Forum Article:

### H.O.P.E.

Recently at a meeting I attended, the topic was hope. The chairperson shared her thoughts on what hope meant to her by breaking down the meaning of the word letter by letter. Here's what she shared:

**H** = I *hear* others share their courage, strength, and hope, which can benefit me on my road to recovery.

**O** = I *open* my heart and mind to different ideas and become willing to consider that what has helped others may help me, too.

**P** = I *practice* what I learn using the Steps, Serenity Prayer, Slogans and other program tools to gain peace of mind.

**E** = I *educate* myself about the disease of alcoholism, so I can better understand what my loved one is going through. And I use Al-Anon Conference Approved Literature to work toward recovery.

Linda C., New Brunswick

(Reprinted with permission of The Forum, copyright issue January, 2018, Al-Anon Family Group Hdqtr., Inc., Virginia Beach, VA.)\*\*Editor's Note: Would you like your own subscription to the "Forum?" A subscription form is in the back of all issues. The cost is \$11.00 per year and there is also an online version available.

## Members Share:

I'd like to share my favorite slogan: **THINK**. The acronym is "T- is it thoughtful? H- is it honest? I- is it intelligent? N- is it necessary? K- is it kind? If so, then it's probably ok for me to say it." (Paths to recovery page 106.)

I have used this tool for many different situations and most times I find myself not saying anything because it doesn't "fit" the think criteria. Joel

The only people  
who get upset  
about you setting boundaries  
are the ones  
who were benefiting from you  
having none

In love, MC

## Save the Date!

### October 20, 2018

Fall RIAFG Area Assembly  
Emmanuel Church In Newport

## Area Chair's Corner:



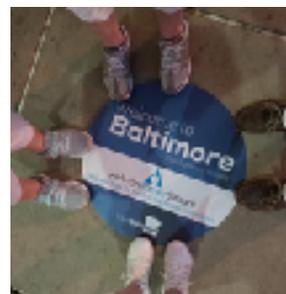
### “Celebrating One Day at a Time” – Reflections on Al-Anon’s 2018 International Convention

Having attended several Al-Anon and AA International Conventions, I knew that Al-Anon’s 6<sup>th</sup> International Convention in Baltimore would be an unbelievable experience – and it was!!! There were 4,029 people, ranging from those with only a day or two in the program to others with 60+ years.

I returned to Rhode Island infused with enormous gratitude for all that I experienced. I watched fireworks over Baltimore’s Inner Harbor with fellow Panel 55 delegates on the 4<sup>th</sup> of July. I reconnected with program friends from throughout the U.S. and Canada and made new program acquaintances from around the globe including Australia, New Zealand, Singapore, and South Africa. I even met a woman who had attended meetings with Lois W. and an Al-Anon member who had just moved to Rhode Island from California! I marched in the Language of Love Parade with 3 other Rhode Islanders, heard amazing speakers at the 3 Big Meetings, and attended inspiring discussion meetings on Spirituality – Exploring My Options, Anonymity and the Internet, Sponsorship, and Working Together Separately.

After the Spiritual Meeting on Sunday morning, as we hugged and said our good-byes, our thoughts were on reuniting in 2023 at the next Al-Anon International Convention in Albuquerque, NM.

Phyllis H., Area Chair, Past Delegate Panel 55



## Area Office News:

	<p><b>NEW!</b></p> <p>This new pamphlet is now available for purchase from our Area Literature Distribution Center. Parents and Grandparents in Al-Anon share their inspiring stories about dealing with young problem drinkers. (\$0.75)</p>
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We currently have 4 Volunteers: Here is the schedule:

Sunday		
Monday	12:30-2:30 PM	Phyllis H.
Tuesday		
Wednesday	12:30-2:30 PM	Paul B.
Thursday	6:00 PM-7:30 PM	Jane A.
Friday		
Saturday		
**At-Home Volunteer	(Tuesdays)	Clara R.

**Service Opportunity:** If you are an active member of Al-Anon who has benefited from this wonderful program, please **consider becoming an Office Volunteer or At-Home Volunteer** as part of your own recovery process. We need your help to help others. Please call the area office (401) 781-0044 – and leave your contact info in a message for Jane. We especially invite you to a Saturday morning/midday shift. Currently we are covered for the first Saturday of the month only. Thank you!

Jane A.  
RIAFG office coordinator

## News from the WSO:



## Members' Website Set To Be Archived

On August 1, 2018, the old Members' site pages will be permanently archived and no longer accessible. The WSO transferred most of the key information from the old Member's site to the new website. Feel free to familiarize yourself with the [new member section of the website](#).



Al-Anon's New Book on Intimacy is Here!

Trusted Servants, we need your help! We are looking for someone with five years continuous Al-Anon membership with webmaster expertise to fill our "Webmaster" position at the World Service Office in Virginia Beach. This position is part of the Digital Strategy Team and an integral part of our Public Outreach efforts. We strongly believe we will get the best candidates from the efforts of members like you who know a fellow member, if not yourself, who has the expertise for this position. Please get the word out!

Please use this link to see the job description [al-anon.org/pdf/webmaster.pdf](http://al-anon.org/pdf/webmaster.pdf).

Thank you!

NATHALIE L.  
Executive Administrative Coordinator

### **Help Make Al-Anon's Next Daily Reader Something Special**

Al-Anon's three Legacies: the Steps, Traditions and Concepts of Service, are the foundation of our program. Please help the New Daily Reader, working title, be the first Al-Anon daily reader to include sharings on all 3 by submitting your thoughts on any of them.

Type [al-anon.org/sharing](http://al-anon.org/sharing) in your browser to submit your sharings.

The WSO has mailed the **Annual Group Update Sheet** to the registered groups. Please make sure that the WSO has the current information for your group meeting.

### **Get the Latest News**

#### **From the 2018 World Service Conference**

Al-Anon's largest representative group conscience, the World Service Conference, met in West Harrison, New York on April 16-20

The Conference Theme was

"Al-Anon —There is No Standing Still!"

For Highlights of the Conference, go to

[\*\*al-anon.org/18WSCnews\*\*](http://al-anon.org/18WSCnews)

Would you like to be on the distribution list for Lifelines? Send an email requesting this to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com). These are sent as "BCC's" so your anonymity is protected.

**Do you have a story or an Al-Anon event to share? Would you like to share why your home group is so special to you? Would you like to share your insights? Do you have an inspirational photo? Please email these to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com).**

### **Fall Workshop:**

**Save the date!** We've set the date for the Fall RIAFG Al-Anon Workshop (w/ AA participation). It will be at Butler Hospital on Saturday, **September 29, 2018**. We have the date, we have our purpose, but **we need more volunteers!**

This year's workshop will be **SHARING THE GIFT: Sponsorship & Service**

It's been heard at meetings: "but I don't have a Sponsor..." "people I've asked don't think they can do it..." .... "Am I ready to be a sponsor..."

We are looking to help empower members to be open to becoming Sponsors, and we hope we can increase newcomer retention through this fabulous service. I believe helping our newcomers feel welcome can give all of us a stronger Al-Anon Family Group! And stepping up to service helps us enrich our own program of recovery. This work is the ultimate gift to all of us!

Thanks for your consideration!

Holly R.

Rhode Island Area  
Al-Anon Family Groups



Hope & Help for Families  
& Friends of Alcoholics

## 2018 Annual Workshop

*Our Day will include speakers, meetings, raffles, food, fun, fellowship and Most of All- Recovery!*



*Volunteers requested! Check <http://riafg.org/> for updates and the workshop agenda.*

September 29th, 2018  
9:00 am - 3:00 pm

Suggested Donation  
\$10.00\*  
•  
No charge for Alateen

Butler Hospital  
Ray Conference Center  
345 Blackstone Boulevard  
Providence, RI 02905

\*Do not let Financial Hardship prevent you from attending a day of recovery. To offer to volunteer in lieu of donating or make other arrangements, please contact the office.

**Potluck Lunch**  
We ask each participant to bring a dish to share.

**CAN YOU DO SERVICE?**  
Call out for Groups and members to volunteer for service on the day of the Workshop. To volunteer or ask any questions on opportunities, contact:  
2018 Workshop Chair by email [Workshop.riafg@gmail.com](mailto:Workshop.riafg@gmail.com) or contact the office at 401-781-0044

**Donations Requested**  
Groups & Members- Please donate gift baskets and/or items for our raffles!

*We welcome Love Gifts to share!*

## Upcoming Events:

- |                        |                                                                                                                                                                                          |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Aug 5, 2018</b>     | “Change what you can “ 31st Anniversary Meeting, Sunday 10:00-11:30 AM, Pawtucket YMCA, Summer St., 2 <sup>nd</sup> Floor. Handicap Accessible<br>Guest Speakers: AA, Al-Anon, Al-A-Teen |
| <b>Aug 24-26, 2018</b> | 27th Maine Area Al-Anon Convention, including Alateen and with AA participation at Ferry Beach Retreat & Conference Center, 21 Ferry Park Avenue, Saco, Maine                            |
| <b>Sept 15, 2018</b>   | AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All re welcome.                                                                                                              |
| <b>Sept 29, 2018</b>   | RIAFG Fall Workshop with AA participation<br>9:30 AM to 3:00 PM at Butler Hospital, Ray Hall, 345 Blackstone Blvd., Providence                                                           |
| <b>Oct 20, 2018</b>    | Fall Assembly at Emmanuel Episcopal Church in Newport<br>More details to follow                                                                                                          |
| <b>Oct 26-38, 2018</b> | New Hampshire Al-Anon/Alateen Convention: “Transformation through the 12 Steps.” Margate Resort at Winnipesaukee, 76 Lake St., Laconia, New Hampshire                                    |
| <b>Nov 17, 2018</b>    | AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All are welcome.                                                                                                             |
| <b>Mar 22-24, 2019</b> | Rhode Island AA Convention with Al-Anon participation                                                                                                                                    |

### **I have an update for the AA Convention with Al-Anon participation.**

Eloy M. from Colorado, Panel 56 has agreed to be the Al-Anon speaker. He spoke at the WSO Conference this spring. I listened to his recording and he brings home the message of a loving Higher Power and the incredible benefits of staying consistent with Al-Anon program. The convention is March 22 - 24, 2019, in Newport, RI at the Gurney's Resort on Goat Island. Eloy will speak on Saturday, March 23, most likely in the morning. Registration for the conference will open in September.

Jackie G.  
AA Liaison

## Al-Anon Meeting Updates:

### **NEW MEETING**

"Let it all go" - Tuesday evenings 730pm, at North Kingstown Methodist Church

### **MEETING CHANGE**

Westerly Friday Night group has moved to a new location: Christ Church, 7 Elm St., Westerly

### **MEETING HAS CLOSED**

Women's Step Study group in Cranston is no longer meeting.

## WEB Sites, Addresses and phone numbers:

- |         |                                                                                                                                   |
|---------|-----------------------------------------------------------------------------------------------------------------------------------|
| RI AFG: | www.riafg.org Office:,106 Rolfe St., Cranston, RI 02910<br>Telephone:401-781-0044. Office hours available by calling this number. |
| WSO:    | al-anon.org. Office: 1600 Corporate Landing Parkway,<br>Virginia Beach, VA 23454. Telephone: 757-563-1600                         |

**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.

