

# LIFELINES AUGUST 2020



## Editor's Corner:

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Courage to Change, p. 191, July 9:

“Life is a package deal. It is not enough to look only at the parts we like. It is necessary to face the whole picture...Living with an alcoholic...(was)an ever-shifting...sense of reality...We adapted by taking whatever part of reality suited us and ignoring the rest...reality didn't go away just because it was ignored... While it may be difficult to face certain facts, when we allow ourselves to confront them, we cease to give our denial the power to devastate us at every turn...When I am willing to look at the whole picture, I take the first step toward a more manageable life.”

I like lists. It's all there in writing before my eyes. As I pray for willingness and insight, a pattern of behavior usually emerges as I explore why someone is on that list. This exploration isn't about feeling better. It's about honesty. It's about improving. It's about spirituality. It's about becoming more and more a better me.

In taking Step Eight, I make an effort to face the whole picture. Early in the program some family members were on the top of my list. Then I heard I might find it beneficial to put myself at the top. My recovery and eventually my relationships improved as a result of treating myself with that same respect and love.

This Step helps me identify areas where I need to change. My actions can be harsh words, nastiness, impatience, misplaced anger and money. Recovery isn't stagnant. These behaviors love to resurface during times of stress. Now I usually sense it immediately. Sometimes I stop and apologize on the spot. Often I have to drag around a feeling of discomfort and often make excuses for my behavior before I am ready to face them. I want to deny them because they paint a picture of me that is less than I want to be. I examine my motives: What is driving me to say or do something hurtful? Sometimes these are clear; sometimes, not so much. My actions are out of line with my becoming a better me. If I do not change, I stay stuck and forfeit more meaningful relationships with myself and others.

Gratefully in service,  
Elaine H., Lifelines Editor

**If you are able to**, please consider making a donation to our RIAFG and to our WSO. Our new virtual meeting world has had a serous impact on their finances.

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

**\*DEADLINE FOR THE SEPTEMBER ISSUE IS AUGUST 28TH. 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 an upcoming AI-Anon event to announce? - an inspirational photo?- a personal share? - etc. Please email these to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)**

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Photo by TH

## \$ HOW YOU CAN HELP RIAFG AND WSO \$

### Like the Ocean, Expenses Keep Rolling In



*TRADITION SEVEN: EVERY GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS."*

Our responsibility to be self supporting continues. Many of our groups, the Rhode Island Area Al-Anon/Alateen Family Groups, and the World Service Office **continue to have operating expenses that must be paid.** Here are some ways you can continue to support Al-Anon through your voluntary contributions.

- Make a personal donation to the Rhode Island AFG by sending a check to:  
**RIAFG**  
**106 Rolfe St.**  
**Cranston, RI 02910**
- Make a donation to the World Service Office online at <https://al-anon.org/contributions/> or by sending a check to:  
**AFG Inc.**  
**1600 Corporate Landing Parkway**  
**Virginia Beach, VA 23454**
- Some groups members are choosing to create their own personal *7th tradition envelopes* for their weekly donations and either send their donations to the group treasurer once a month or save their donations and give them to the group treasurer when they resume meeting face-to-face.

Whatever method you choose, it is important that we continue to support our groups, Area, and WSO.

*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*



Photo by TH

### MISSOURI AREA AL-ANON/ALATEEN 52nd CONVENTION via Zoom:

The Missouri Area would like to invite the Rhode Island Area to our 52nd Annual Convention which will be held on Zoom.

Missouri Area 52nd Al-Anon/Alateen Convention (with AA participation)

Seeing Clearly in 2020

Saturday September 26

9:00 am-10:00 pm

To register click below

<https://us02web.zoom.us/meeting/register/tZlvdeCpjjgiGNADqHj-9fO7Xrv25T14K8jz>

Grateful in Service.

MO Area Events

Sue K., Communications Chair

(\*\*If you would like the schedule of events, please email [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com) requesting this and I will be happy to send that information to you. You will need to register to be able to attend and that info is below and on our Events Calendar.)

<p><b>MISSOURI AREA AL-ANON/ALATEEN 52<sup>nd</sup> ANNUAL CONVENTION With AA Participation</b></p>	<p><b>Seeing Clearly In 2020</b></p>	<p><b>Must Register to Attend Space is limited</b> Click below to register <a href="https://us02web.zoom.us/meeting/register/tZlvdeCpjjgiGNADqHj-9fO7Xrv25T14K8jz">https://us02web.zoom.us/meeting/register/tZlvdeCpjjgiGNADqHj-9fO7Xrv25T14K8jz</a></p>
<p><b>SATURDAY SEPTEMBER 26 ON ZOOM 9:00 am – 10:00 pm</b> 7:00 am Room Opens 8:00 am Early Bird Mini-Meeting 9:00 am CONVENTION OPENS Schedule Below</p>	<p><b>AL-ANON SPEAKERS</b> 9:30 am Helga H.-Missouri Noon Doris W.-Oklahoma 6:30 pm Sara M.-Puerto Rico 8:30 pm Angela A.-Louisiana <b>ALATEEN PANEL</b> 2:00 pm TBA <b>AA SPEAKER</b> 4:00 pm Carla R.-California</p>	<p><b>MINI-MEETINGS ALL DAY</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Must choose to attend or not attend Mini-Meetings when registering.</li> <li><input type="checkbox"/> Register by Sept. 15 to guarantee your choice.</li> <li><input type="checkbox"/> After Sept. 15 Mini-Meetings assigned based on availability.</li> </ul>

### AREA FORUM COORDINATOR:

**Trivia Anyone???**

Yes, this could be your lucky "Forum" day!  
Just be the first to respond to the following question:

***In 1949, what was the original title of the "Forum"?***

The first email received at [forum.riafg@gmail.com](mailto:forum.riafg@gmail.com) wins!!!!

Ann H., Area Forum Coordinator

**AREA WORLD SERVICE COMMITTEE: RETURNING TO FACE TO FACE MEETINGS:**

As we continue to go through the Rhode Island phases of reopening, groups are discussing how and when to go back to face to face meetings. Below are the results from the AWSC committee. As we all get more experience in this process, please feel free to share your own groups insights and experiences with all of us. Please submit them to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com).

**THINGS FOR GROUPS TO CONSIDER WHEN DISCUSSING RETURNING TO FACE-TO-FACE MEETINGS**

As your groups begin conversations and come to a group conscience about moving forward with having face-to-face meetings here is a list of things to consider.

Group conscience decisions must take into account all voices especially the minority voice. Each opinion is critical to "making decisions that keep risk factors as low as possible." Plan outreach to absentee group members. Groups determine by group conscience vote whether to return to face – to – face meetings. (Traditions 2, 4; Concepts 4, 5, Warranty 3)

Meet with the host facility regarding their "reopening plan". Determine what physical space will be available including restrooms, adhere to their protocols, and capacity. Does the facility allow for sufficient social distancing? Restroom facilities - post on entrance(s) a request for "only one person at a time "social distancing" even if multi-person capacity. If restrooms are gender designated consider whether they can be considered gender neutral during the meeting time frame. (Tradition 1, 2, 4; Concept 3, 4)

**R.I. Phase III indoor limit of 25** can be accommodated using the 6 foot social distancing mandate. If needed, will group members commit to set up tables / chairs accordingly? Will groups make an effort to establish a second location for overflow if necessary?

Will the facility require the AI-Anon group to disinfect/clean the space after the meeting? Are members willing to commit? Will the facility or the group be responsible for supplying cleaning supplies? Does the group have adequate resources to provide extra masks, sanitation and cleaning supplies to be used prior to the start of the meeting and when the meeting ends? (Tradition 1, 2, 4; Concept 3, 4)

When the decision has been made to go back to meeting in person, notify the Area office [(401) 781-0044 or [alanon.riafg@gmail.com](mailto:alanon.riafg@gmail.com)] and the Area Website Coordinator ([webmaster.riafg@gmail.com](mailto:webmaster.riafg@gmail.com)) of the change so the website can be updated and the office volunteers will be able to direct people accordingly. (Tradition 9, 10)

Group openings/closing need to take into account face-to-face group modifications, protocols, and requirements due to COVID-19. (Tradition 1, 2, 4; Concept 3, 4)

Determine meeting format and use of shared materials: if literature (CAL) will be used, consider having some members/attendees commit to bringing their own books and volunteer to do the readings per topic/ format chosen. (Tradition 1, 2, 4; Concept 3, 4)

Will the group display and sell literature and, if so, how will this be done?

Does the group need additional service positions to accommodate the additional needs of the group (signage, sanitation, greeters to monitor adherence to face masks and room occupancy limit)? Need ongoing trusted servant to maintain group member sign up list with accurate email and phone contact information. (Tradition 1, 2, 4, 9; Concept 3, 4, 9)

Schedule and announce group conscience discussions regarding what's working and what's not working. What concerns do the members have about anonymity, especially if the group decides to meet outdoors? Do our decisions serve our primary purpose of helping families of alcoholics? (Tradition 5, 12)

Group conscience decision made to offer newcomer a seat if meeting at capacity. Will newcomer packets be available or newcomer can sign up to have packet mailed? How to handle newcomer meetings? (Tradition 1, 2, 4; Concept 3, 4)

Group conscience decision made regarding noncompliant members (refuse to wear mask or social distance). Group Conscience may dictate a meeting will be ended anytime anyone is in non-compliance for masking and/or social distancing. (Tradition 1, 2, 4, 9; Concept 3, 4, 9) (cont. on next page)

Create a process to facilitate contact tracing if a member becomes ill (i.e. sign-in sheet, phone list, etc.) and ensure that everyone in attendance is on the list. Tracing members will interfere with personal anonymity. Groups will have to take this into consideration. (Tradition 1, 12; Concept 1, 3)

Tradition Seven: Have a drop box/basket for individual contributions (avoid passing basket). Designate a member to receive contributions for the group. Provide information for those who wish to mail contributions/donations to RIAFG and/or WSO.

Group Donations: Giving to group's treasurer decided by conscience decision

Donate to the Rhode Island Area AFG by sending a check to:  
 RIAFG  
 106 Rolfe St.  
 Cranston, RI 02910

Donate to the World Service Office online at <https://al-anon.org/contributions/> or by sending a check to:  
 AFG Inc.  
 1600 Corporate Landing Parkway  
 Virginia Beach, VA 23454

**Outdoor meeting – Phase III limit of 50 people** (Concept 1; Tradition 12)

- a) Anonymity is paramount.
- b) Consider members with outdoor allergies, hearing limitations (further exacerbated by social distance), and lack of restroom facility.
- c) Restroom facilities - post on entrance(s) a request for "only one person at a time" "social distancing" even if multi-person capacity. If restrooms are gender designated consider whether they can be considered gender neutral during the meeting time frame.
- d) Weather will always be a factor.

**Hybrid meeting** (Tradition 1, 4, 5, 9; Concept 2, 3 )

- a) Technological savvy person present to handle computer requests.
- b) Wi-Fi connections will vary.
- c) Call-ins accepted.
- d) Financial and equipment resources to handle hybrid meetings.
- e) Auditory considerations for those participating electronically.
- f) Provide list of alternative Zoom and or electronic meetings occurring simultaneously if location reaches capacity.

**Signage: Follow all Rhode Island Department of Health Guidelines (visible on used entrance(s)). The CDC website has downloadable print information that could be used as signage.** (Concept 1, 3)

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-social-distancing-cloth-face-coverings-poster.pdf>

By your decision to attend this indoor face-to-face meeting you accept all risk "known and unknown" regarding COVID19. Here are other examples if groups decide to fund and create their own signage.

- a) DO NOT enter this facility/meeting if you have any of the following symptoms as outlined by Center for Disease Control guidelines: fever, chills, cough, problem breathing, fatigue, headaches, body or muscle aches, new loss of taste and/or smell, sore throat, congestion, runny nose, nausea or vomiting, diarrhea.
- b) Masks are mandatory and must be used to cover both nose and mouth.
- c) You must adhere to 6 foot social distancing for all attendees regardless of your personal relationship to another attendee.
- d) Exception to letter c. If family members and or people who live together sit together at meetings, it may/will allow greater space to adhere to safe 6ft social distancing, while providing more room for other members. We allow this at my parish and it is working.

**MEMBERS SHARE:**

This picture reminds me of the beauty and serenity my higher power gives me if I simply look. 😊 Sunset Serenity. by K C

August always reminds me of St. Augustus. This "character flawed" rebel converted to a saint not having the Twelve Steps of Recovery. However he did have a Higher Power changing his life. I have a deep sense of gratitude for my God's help in working the Steps. Now that August is here Step Eight seems to be the main topic: Made A List of All People That We Have Harmed. After doing some intense soul searching in Step Seven, I realize that I need to forgive myself first for the "character shortcomings" that the disease of alcoholism has created in me in order to forgive others and to also see how I have hurt people. I need to forgive myself that I did not ask God to help me more with removing or lessening the presence of my shortcomings. I tried to do it by myself. How lonely that is. When I took Step Three, I should have understood that there are some things that ONLY God can do for me. The Seventh Step uses the word "humbly". I could not be humble until I hit bottom with my shortcomings. This lack of humility hurt me. A couple of my character defects that held me back from healing are taking offense and judging others. I have asked God to help me with these and to forgive myself so that I can do my Higher Power's will. So now that I have the awareness of what situations I need to forgive myself for, I can now make room to let go and to make amends to myself and clear the way to make amends to others. This amends to self means that I need to work on self-care to keep myself healthy enough to not give into my short-comings. This is hard and painful work. Gratefully I have God to help me carry my crosses. Although my step work will probably not lead me to "sainthood" it can make me a healthy, loving person to do God's will.

With Gratitude for Al-Anon,

Ann H.

**2020 EVENTS CALENDAR:**

*(At this time, due to the COVID-19 pandemic, please check the [riafg.org](http://riafg.org) website for updated information.)*

August 19 AWSC meeting from 7 PM to 9 PM. Zoom information will be forthcoming.  
 September 26 Missouri Area 52nd Al-Anon/Alateen Convention, 9:00 AM to 10:00 PM. See notice on page 3  
 October 3 AWSC meeting from 10 AM to Noon. Location TBD  
 November 14 Rhode Island Area Assembly. Information to follow in the upcoming months.

**MEETING NOTICES:**

*\*\*\*Please consult [riafg.org](http://riafg.org) for the latest information regarding groups who are transitioning back to in person meeting, and for the conference bridge numbers and zoom information for the temporary virtual meetings.*

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

**Holiday Notice:**

The North Providence Step Meeting **will not** be meeting on **any holiday** that falls on a Thursday.

**Meetings returning to In-Person:**

Monday 7:00 PM, Self Discovery Al-Anon, Emanuel Lutheran Church, 9 New London Ave., West Warwick  
 7:30 PM, Step Up to the Summit, Summit Baptist Church, 1176 Victory Hwy, Coventry  
 Wednesday 8:00 AM Serenity at Sunrise, St. Rose & Clement Church, 111 Long St., Warwick

**Meetings that have Closed:**

**Let it All Go** AFG, Tuesday 7:30 PM, N. Kingstown Methodist Church, 450 Boston Neck Rd., (Rte 1A)  
**Hope for the Family Disease** meeting Friday at 7:30PM in Tiverton at St Theresa's Catholic Church  
**First Things First** AFG meeting on Monday at 7:00 PM at VA Medical Center, Providence.  
**The Serenity** AFG meeting on Thursday at 8:30 AM at St. Andrew's Church Hall, 183 Willow Ave, Little Compton

**AREA CHAIR'S REPORT:****Welcoming Newcomers into our Virtual Meeting Rooms**

It is so wonderful to see that newcomers are still finding Al-Anon, even in our current world of virtual meeting rooms! The Area also continues to receive emails and phone messages from newcomers. Many thanks to the volunteers who respond to those inquiries.

Without the benefit of your group's bin of literature to share with the Newcomer, how can your group provide them with access to Al-Anon literature and other tools of the program?

**If newcomers enter your virtual meeting room, either a group member or the newcomer can reach out to me at [chair.riafg@gmail.com](mailto:chair.riafg@gmail.com) and I will get a Newcomer Packet to them.**

Also, the WSO has provided a list of some vital links/resources from [al-anon.org](http://al-anon.org) that can help us welcome newcomers to our temporary electronic meetings:

- Sample chapters of CAL: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/...)
- Free downloadable options: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/...)
- Slogans page: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/...)
- Members Blog: [al-anon.org/for-members/members-resources/member-blog](http://al-anon.org/for-members/members-resources/member-blog) which is also available for use for any Al-Anon meeting.
- *The Forum* magazine excerpts: "[The Forum](#)" Magazine Stories
- The 2020 *Al-Anon Faces Alcoholism* magazine: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/...)

Although the Area office isn't open for visitors at the present time, we are still able to process mail orders for literature. Newcomers wanting to purchase Al-Anon literature can contact the Area Office at 401-781-0044 and leave a message. We will be happy to return their call, arrange for payments, put together their literature order, and mail it to them.

Feel free to share this information with your groups and other Al-Anon/Alateen members.

Phyllis H.  
 Area Chair, Rhode Island Al-Anon

**FORUM ARTICLES:****One at a Time**

I found my way to Al-Anon when I accepted that my life was uncontrollable because of my loved ones' abuse of drugs and alcohol, and it changed my life in so many positive ways. Perhaps the most helpful idea I heard is to stay in the present and live "One Day at a Time." I always wanted to be in control and I found that I cannot control the actions of the alcoholics in my life. Trying to do so alters my ability to think straight and function in order to carry on a normal life.

I found the readings and other resources available through Al-Anon have helped me deal with my situation better because I now know I can't control or cure their disease. This allows me to focus more on my needs and my own serenity. Another idea that has helped me is that if I am depressed, I am focusing on the past, and if I am anxious, I am focusing too much on the future. This was my *aha moment* and if I remind myself to live day by day and be grateful for the smaller things, I can get through any troubles that come my way.

Dan A., Rhode Island

(Reprinted with the permission of *The Forum* (July 2020 issue, page 25), Al-Anon Family Groups, Virginia Beach, VA)

**A Safe Place to Finally Say What Was True**

For so many years, I held in what I knew to be true. There seemed to be no safe place in which to tell what was going on in my childhood home. This included nightly arguments fueled by alcohol, a mother whose personality changed as soon as the ice cubes hit the glass, items often thrown against a wall, and my need to cover my head with a pillow to keep out the terrifying shouts of my parents. They dressed well, held jobs, and were supposed to take care of me, but they could not. Each morning, after my father left for work, I began my chores of sweeping up broken glass, emptying sticky glasses, and opening the shades to let the morning light and fresh air clear the stale, boozy air while my mother still slept. I walked teary-eyed to school, sleep-deprived and quietly tense. I learned to be a caretaker then, and to guard the secrets of the house. My mother taught me to never tell anyone what happened behind our closed doors. I obeyed her until I arrived at Al-Anon and found that listening to others bravely share their stories gave me the courage to try to do the same.

I felt compassion and acceptance from these strangers. My first words slowly began to unravel my past. By attending many meetings, I got to know others and they got to know me. I began to feel a release each time it was my turn to speak. Doing so created a freedom from the secrets of the past and allowed help and healing to take the place of fear and repression. In Al-Anon, I found a new way of living and a fellowship of honesty and hope.

Elizabeth B., Massachusetts

(Reprinted with the permission of *The Forum* (July 2020 issue, page 18), Al-Anon Family Groups, Virginia Beach, VA)

**NEWS FROM THE WSO:****Attention: All Trusted Servants for Alateen**

Please be aware that due to the COVID-19 pandemic, the 2020 Area Alateen Recertification deadline has now been extended to **August 15, 2020**.

- If you are interested in initial certification or recertification, please reach out to your Area Alateen Process Person or Area Alateen Coordinator for details relating to your Area process.
- All currently certified Al-Anon Members Involved in Alateen Service (AMIAS) will remain certified during this extension period.

Do not hesitate to reach out to your local links of service for details and support!

For Rhode Island, email the Process person at [aapp.riafg@gmail.com](mailto:aapp.riafg@gmail.com) and the coordinator at [alateen.riafg@gmail.com](mailto:alateen.riafg@gmail.com).

**Our Three Legacies**

The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.

**RECOVERY:** Through the Steps

**UNITY:** Through the Traditions

**SERVICE:** Through the Concepts

### WSO's Website: A Blog for Members!

Al-Anon hosts a blog for members to share their experience, strength, and hope on a variety of topics. New topics will be added each month. July's topic was "How do I practice abundant thinking today?" **The topic for August will be in the August issue of *The Forum*** and on the Blog. Visit [al-anon.org/member-blog](http://al-anon.org/member-blog) for more information. Member sharings on the Member Blog may be used in future Al-Anon publications.

### Al-Anon's First Official Mobile APP

This mobile APP marks the next evolution in Al-Anon Recovery. Now, with just a couple of taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world will be able to come together for Al-Anon recovery.

What it is:

- A social app for Al-Anon members to connect with one another to share our experience, strength, and hope
- A new platform for electronic meetings
- A way to connect with your Al-Anon family in private chats
- A place to create and update a digital Al-Anon Journal
- A place to stay informed on the latest information from the WSO

What it is not:

- It's not a face to face meeting list.

For more information and links to download the app in iTunes and Google Play, visit [al-anon.org/mobileapp](http://al-anon.org/mobileapp)

### Highlights from the 2020 World Service Conference (WSC)

Would you like to know what was discussed at the 2020 WSC?

Read short reports about:

- The Electronic Meeting Work Group
- The Task Force: Reaching and unifying Rural and Large Geographic Populations
- A Chosen Agenda item discussion: How is Al-Anon going to reach new members in the 21st Century and the millennial generation?
- Upcoming Events: Al-Anon's 70th Anniversary, and the 2023 Al-Anon International Convention

See the free download at: [al-anon.org/2020WSCHighlights](http://al-anon.org/2020WSCHighlights)

### Want to Experience Growth and Recovery?

The *Joy of Service* (S-57) leaflet describes experiencing growth and recovery through service.

**"Your fears will diminish, you will reap the benefits of giving to others, and you will learn that by placing our common welfare first, you will receive much more than you give."**

Download this leaflet for free at [al-anon.org/onlinestore](http://al-anon.org/onlinestore).

### How Has Conference Approved Literature Helped You

Please share how *How Al-Anon Works* (B-32); *As We Understood* (B-11); *Opening Our Hearts, Transforming Our Lives* (B-29); or *Intimacy in Alcoholic Relationships* (B-33) helped you. Send your sharings by **August 15** to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "CAL Corner"; at [wso@al-anon.org](mailto:wso@al-anon.org) with "CAL Corner" in the subject line; or at [al-anon.org/forumshare](http://al-anon.org/forumshare).

### WEB Sites, Addresses and phone numbers:

**RI AFG: [www.riafg.org](http://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](http://al-anon.org). Office: 1600 Corporate Landing Parkway, Virginia Beach, VA 23454, Telephone: 757-563-1600**

***STEP EIGHT:***

*Made a list of all persons we had harmed, and became willing to make amends to them all.*

***TRADITION EIGHT:***

*Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centers may employ special workers.*

***CONCEPT EIGHT:***

*The Board of Trustees delegates full authority for routine management of the Al-Anon Headquarters to its Executive Committees.*

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

Photo by T.H.

