

LIFELINES

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Rhode Island Al-Anon Family Groups

Area 49 AUGUST 2022

Editor's Corner

Making a list, checking it twice

I love making lists -- presents to buy, chores to do (so I can cross them off my list!), places to visit, books I want to read. But Al-Anon invites me to make a list I really don't want to make.

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

Why is it so hard to make a list for Step 8? Because I've convinced myself it's going to take forever, that's why. Because I'm defensive and guilty about it. Because I dearly want to believe I don't need this step. But oh, I sure do!

My sponsor had a great suggestion: "Start by putting yourself at the top of the list."

Me? I've harmed myself? Yes, I sure have . . . *by putting myself last* in the time before I found Al-Anon. I worried about my qualifiers, I spent a lot of time enabling my qualifiers, and didn't give a thought to my own actions. I thought I was such a good helper! After I list myself, it's a lot easier to list other people, and to be willing to make amends.

I'm so glad I have a program that invites me to not only hold myself accountable, but to **heal myself with forgiveness and love.**

Your RIAFG friends are working on some great initiatives for fall and beyond. We need your help! More information in this issue of *Lifelines*.

Gratefully in service,
Eden C., Lifelines Editor lifelines.riafg@gmail.com

Upcoming Events

TUESDAY AUGUST 2 @7:30pm: RIAFG Monthly Meeting at Cranston office. In Person and open to the public. More info at www.riafg.org.

TUESDAY AUGUST 4 @7:00pm: RIAFG Workshop Thought Force Meeting (online via Zoom, info in this issue)

THURSDAY AUGUST 11 @7:00pm: RIAFG Electronic Meetings Task Force (online via Zoom, info in this issue)

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 non-professional, but our service centers may employ special workers.

CONCEPT EIGHT

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.



Thought Force Online Meeting

ALL ARE WELCOME TO ATTEND.

One of the things that came out of our Spring Assembly was the formation of a Thought Force to work on ideas for having a workshop in lieu of the Area Workshop Coordinator Position remaining unfilled since 2020. (Yes, Covid made having a workshop in 2020 and 2021 challenging).

The annual workshop is one of RIAFG's biggest fundraisers, the proceeds from which go towards supporting the Area as a whole so we can be self-supporting. Historically, the money raised has gone primarily towards helping send our delegate to the annual World Service Conference.

**The next Workshop Thought Force Committee Meeting is
Thursday August 4th at 7pm on Zoom (details below).**

If you are interested in participating or learning more, **please come!**
And, if you could please **share this with your groups** that'd be great.
All are welcome to attend and participate.

THURSDAY August 4 7pm EST: Join Zoom Meeting

[https://us02web.zoom.us/j/81279744127?](https://us02web.zoom.us/j/81279744127?pwd=bGtTMFpMc2sxV3Z4dU5PemRwdjJ5QT09)
[pwd=bGtTMFpMc2sxV3Z4dU5PemRwdjJ5QT09](https://us02web.zoom.us/j/81279744127?pwd=bGtTMFpMc2sxV3Z4dU5PemRwdjJ5QT09)

Meeting ID: 812 7974 4127

Passcode: 059810

One tap mobile

+16465588656,,81279744127#,,,,*059810# US (New York)
+13017158592,,81279744127#,,,,*059810# US (Washington DC)

Office Appeal

*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.*

Each of us can be that hand.

Imagine being someone looking for help and it takes a week to get a response!

Currently, the Rhode Island Al-Anon Family Group's office and Literature Distribution Center in Cranston has **ONE** volunteer - **YES, just one volunteer.**

This is a perfect opportunity for YOU to give back to the Program.

Below is a brief description of what being an office volunteer entails. Training is provided.

In Office volunteer's responsibilities:

- Answer any phone calls.
- Retrieve recorded messages, return calls and record them in our log.
- Mail meeting schedules when requested by callers.
- Greet visitors to the office. They are usually coming for literature.
- Open and distribute the mail
- Fill literature orders and call purchaser back with status.

At home volunteers' responsibilities:

- Access the Al-Anon voicemail account from their home phone, retrieving messages
- Call back per requests made on the messages
- Mail a meeting list or refer the caller to riafg.org
- Keep a brief written log of calls returned
- Communicate any actions required at the office with the Office Coordinator

**For more information and/or to volunteer, email the office coordinator at:
office.riafg@gmail.com or call the office at 401-781-0044.**

Elaine H., Office Coordinator

Got Literature?

How to order Literature from the RI Literature Distribution Center

1. **Mail in the literature request form** along with a check to: RIAFG, 106 Rolfe St., Cranston, RI 02910. Or
2. **Print the request form** from www.riafg.org. Click on "Literature." Scroll down to "Order Form," click on it and print it out. To see the catalog of literature, click on "View Catalog." Fill in the form with the literature you want, the unit price, the quantity of that literature and the total amount for that literature. Once the form is complete, add up the totals.

****If you are requesting that the literature be mailed to you, there is a shipping and handling charge of 8% of the total of the order or \$5.00, whichever is greater.** Include a check for the full amount, the name and address to ship it to, and a phone contact in case the office has any questions.

****If you are picking up the order, mail the order form to RIAFG,** then call the office at 401-781-0044. Be sure to include on the form a contact name and phone number. Speak with whoever is in the office or leave a message. You can include a check for the total or pay when you pick up. Especially if it is a large order, mailing it ahead of time gives the office volunteer the time to put the order together and notify you of any problems.

Please note that if you are requesting only a few items, and you want to do pick up, you may call the office with the info.

Gratefully in service, Elaine H., Office Coordinator



RIAFG Electronic Groups Task Force

You're Invited to our next meeting:

Thu, August 11, 7pm – 8pm online

Join Zoom Meeting

[https://us02web.zoom.us/j/85124505836?
pwd=dW1tVHYrcUJIRzIzWUZtKzVrMDJ2dz09](https://us02web.zoom.us/j/85124505836?pwd=dW1tVHYrcUJIRzIzWUZtKzVrMDJ2dz09)

Zoom App

Meeting ID: 851 2450 5836

Passcode: 099003

Join by phone:

+1 646 558 8656 US (New York)

I Cannot Save Others From Drinking.

After my fiance died from progressive drinking, I begged God to let me die too. I had failed to save him, and I had failed his parents, who had said I was their last hope. Someone close to me said they didn't understand why someone so smart with so many opportunities couldn't stop drinking.

That question intensified by grief and feelings of devastating loss. I felt abandoned. In my mind, the way his parents had responded to his drinking only increased his guilt and shame and drained him of any remaining motivation to quit. **I could not stop blaming and resenting them.**

At his memorial service, his best friend, who has years of sobriety through A. A., quietly suggested that **Al-Anon might be good for me.** I was nervous at my first meeting but discovered that everyone there understood. People hugged me and told me they were glad I had come. I bought a daily reader and read it with my breakfast every morning. I cried at meetings for several months. No one judged my grief. No one criticized me.

I have learned that **alcoholism is not a moral problem** and that his parents had no intention of propelling him toward death, nor the power to do so. I realized I, too, had responded in ways that only served to temporarily make me feel less anxious about his precarious state.

Through Al-Anon, **I have learned my job is to work on changing myself, not saving others.** I had become as sick as my departed alcoholic fiance, had lived in reaction to someone's drinking since birth, and had spent my life trying to save others to alleviate my own fears. The most important part of my new awareness is accepting that I **am powerless over alcohol** and all people, places, and things. The serenity I am beginning to experience is an unexpected gift from God.

Melinda D., New Hampshire

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Get literature of all kinds right here in Rhode Island: literature.riafg@gmail.com

RIAFG Open Area Positions: 1



AA Liaison

The **AA Liaison** (Al-Anon member) is a link between Al-Anon and AA. They attend the monthly RI AA Convention Committee meetings as a voting member in all affairs except “finances” and attend the RI AA Convention. The AA Liaison obtains the Al-Anon main speaker, coordinates travel and accommodations (including communicating the speaker’s needs to the Committee) and hosts the speaker for the weekend. They work with the Literature Coordinator to ensure that Conference Approved Literature (CAL) is available at the Convention and communicate the Literature Coordinator’s needs to the Committee, i.e., number of tables, chairs, etc.

The AA Liaison provides the Al-Anon meeting schedule, topics, and coordinates Al-Anon members to chair the scheduled Al-Anon meetings. They inform Al-Anon/Alateen groups in the Area about the convention and cooperate with AA in publicizing the convention within the fellowship including posting the flyer, registration forms, and/or registration link on the Al-Anon website, in the Lifelines newsletter, RI Area Al-Anon GRs, and Area World Service Committee members. If requested, the AA Liaison will assist in the Al-Anon Workshop including obtaining the AA Speaker.

Alternate Delegate

If the Delegate is unable to finish his/her 3-year term, the **Alternate Delegate** steps in to complete the term as the new Delegate and represents the Area for the remainder of the term at the annual World Service Conference. The Alternate Delegate works along with the Delegate as much as possible in communicating with the groups. He/she can also provide valuable service to the Area by visiting Area groups and districts; assisting Area committees; developing Alateen groups, encouraging Al-Anon members to sponsor them, and setting up Alateen workshops; other responsibilities as assigned by the Area.

Secretary

The **Secretary** attends to all regular secretarial work and takes minutes of all Area meetings and Assemblies. These minutes should be sent to the Area World Service Committee members soon after the meeting (within two weeks as a goal) and be recorded in a permanent minute book to be passed along to a successor. Minutes are also kept in a log at the Area office. A minute template is also available.

RIAFG Open Area Positions: 2

Alateen Coordinator

The **Alateen Coordinator** is the vital link of communication between the WSO and the Area on matters relating to Alateen. This coordinator is a resource for Alateen at all levels of service. He/she is responsible for the training and certification of Al-Anon Members involved in Alateen Service (AMIAS). The Alateen Coordinator works with the Alateen Process Person to submit all required forms to WSO, manages the recertification of Al-Anon members involved in Alateen Service (AMIAS), and verifies certification of members serving Alateen for Al-Anon conventions and other events with Alateen participation. He/she serves as Chair of the RI Alateen Safety Guidelines Committee. The Area Alateen Coordinator is required to be certified as an Al-Anon Member in Alateen Service (AMIAS).

Alateen Process Person

The Area **Alateen Process Person** (AAPP) serves as the Area's designated Alateen Contact with the WSO Group Records Department regarding Alateen forms and registration requirements, and works with the Alateen Coordinator implementing the Alateen Behavioral and Safety Requirements, and assisting with filing forms and training of and certification of AMIAS. The Alateen Process Person is required to be certified as an Al-Anon Member in Alateen Service (AMIAS).

Email Coordinator

The **email coordinator** maintains the Area email account, checking it regularly for messages, and responding to messages as needed or forwarding them to other AWSC members for an appropriate response. Members' anonymity is protected at all times.



Workshop Coordinator for 2022

The **Workshop Coordinator** heads the Workshop Committee, which plans our annual Fall Workshop.

The purpose of the Workshop is to allow members to enjoy a day of recovery while participating in giving back to the program (Participation Is the Key to Harmony).

All proceeds help the Area as a whole, which allows us to be self-supporting. The Workshop Coordinator chairs periodic committee meetings and secures volunteers who take on responsibilities for registration, decorating, hospitality, master of ceremonies, speakers, meetings, food, craft table, Alateen participation, AA participation, Literature table, and Public Outreach table.

This person troubleshoots and supports these tasks as necessary.



New to Al-Anon? Now hear this!

Short, informational podcasts
just for Al-Anon newcomers!

Click to: al-anon.org/newcomers/first-steps-al-anon-recovery/



Free Downloads!

So much to read, print, and share!

Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

RIAFG: Current ASWC Officers & Coordinators

RIAFG AREA WORLD SERVICE COMMITTEE CONTACT INFO

Delegate: Cindy B. delegate.riafg@gmail.com

Chair: Barbara H. chair.riafg@gmail.com

Treasurer: Terry L. treasurer.riafg@gmail.com

Archives Coordinator Anna P. archives.riafg@gmail.com

Forum Coordinator Ann H. forum.riafg@gmail.com

Group Records Coordinator records.riafg@gmail.com

Lifelines Editor Eden C. lifelines.riafg@gmail.com

Literature Coordinator Wendy H. literature.riafg@gmail.com

Office Coordinator Elaine H. office.riafg@gmail.com

Public Outreach Coordinator Jackie W. outreach.riafg@gmail.com

Website Coordinator Kim C. webmaster.riafg@gmail.com

OPEN AREA POSITIONS

AREA Secretary

AREA Alternate Delegate

District 1 Rep

District 2 Rep

District 3 Rep

AA Liaison

Alateen Process Person

Alateen Coordinator

Email Coordinator

2022 Workshop Coordinator

To learn more about open positions, attend our monthly meeting (information at riafg.org calendar) and/or contact any coordinator!

RIAFG Service Tree -- how it works



RIAFG MEMBER SERVICE SUPPORT STRUCTURE

GROUPS

In RI
9 # in District 1
15 # in District 2
9 # in District 3

Serves members within the groups

Group Representative serves as liaison between the group's district and Area

DISTRICTS

(3 in RI)
1 = 11 Cities in Northern, RI including Providence
2 = 17 Cities in West Bay, Western and Southern, RI
3 = 9 Cities in East Bay, RI

Districts serve groups within the area and attends area Assemblies

RI is Area #49
Our office is at
106 Rolfe Street
Cranston, RI

Coordinates all services within RI, including finances, literature distribution center, telephone service, website maintenance, organizes assemblies

Area Delegate serves as a liaison between the area and the World Service Office

WORLD SERVICE OFFICE

WSO
Virginia Beach, VA

Services areas, groups, and members in US, Canada, Puerto Rico, and Bermuda

**Your willingness to do so may attract people to our program.
Please ask for permission at grocery stores, libraries, community centers,
laundromat, mental health facilities, etc.
Thank you!**



CUT ALONG THE LINE BELOW



Do you worry about how much someone drinks?

More than half of all adults have a family history of alcoholism.

AL-ANON & ALATEEN CAN HELP

Rhode Island Al-Anon/Alateen
106 Rolfe St. Cranston, RI 02910
401.781.0044 | www.riafg.org |

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www.riafg.org.

CUT ALONG THE ABOVE LINE AND UP BETWEEN EACH BOX TO CREATE TEAR OFF TAGS

"Where can I find a meeting?"

The current list of meetings is available at www.riafg.org.
The current In-Person/Hybrid and On-line/Phone meetings lists
and coronavirus updates can be found on
under the "AL-ANON MEETINGS" tab.

Click on "MEETING LISTS.

****Please check on line for meetings that fall on holidays***



Stay on the beam
&
in the know.

Download the
AFG Mobile App
today!

It's easy! Simply subscribe to the Premium Content on the **AI-Anon Family Groups Mobile App** to receive an additional boost of recovery each day. The Premium Content includes a daily sharing on a Step, Tradition, Concept, slogan, feeling, or another thoughtful topic to reflect upon throughout your day.

By subscribing to the Premium Content, you will receive a year's worth of entries, thus ensuring daily bursts of easily accessible serenity while on the go.

Go to www.al-anon.org/mobileapp to get the app.

RIAFG and WSO Need Your Support



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

Thank You for your continued support! Whenever possible, please send donations to our RIAFG and WSO. It takes all of us to keep the “doors” of Al-Anon open to all who need it. Donate either personally or through your home groups.

Mail your donations to RIAFG:

RIAFG, 106 Rolfe St., Cranston, RI 02910

When you send in donations from your group, include the group number or the group name.*

Make a donation to the World Service Office online at

<https://al-anon.org/contributions/>

Mail donates to WSO:

AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454

Contact Us



CONTACT RIAFG

www.riafg.org

106 Rolfe St.

Cranston RI 02910

401-781-0044 Office hours available by calling this number.

Send your Lifelines announcements to lifelines.riafg@gmail.com

CONTACT WSO

www.al-anon.org

1600 Corporate Landing Parkway

Virginia Beach, VA 23454

757-563-1600

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