

LIFELINES

Rhode Island Al-Anon Family Groups

Area 49

AUGUST 2023

Editor's Corner

Hot Topic

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You know the saying: *If you can't take the heat, get out of the kitchen.* In Al-Anon, we leave the kitchen (after cleaning it up for the second time today) only to find, to our horror, the rest of the house is on fire. How can we save anything when it's all going up in flames?

Try as we might (and boy have we tried!), **we can't escape the effects of someone else's drinking.** We can't just walk out and be healed. It's heartbreaking to realize we can't protect our qualifiers. We didn't start the fire, but we're all going to feel its effects. Wherever we go, there we are.

Al-Anon helps us survive the heat. Step by step, we turn away from the blazing intensity and walk toward the peace of serenity. It's not easy, but it's the only way out.

*"I remember how hard I tried to change my teenage son who had become addicted to drugs and alcohol," recalled Lee E. **"How hard I tried to "fix" him. I tried all kinds of tactics—manipulation, threats, and control. Actually, I became really good at these things—but nothing worked. As I went to Al-Anon meetings, I learned that I can't change another person. I can only change myself. That's when the healing began. . .***

*Before Al-Anon, I would have been a basket case upon hearing about my grandson, but **because of Al-Anon I'm okay.**"*

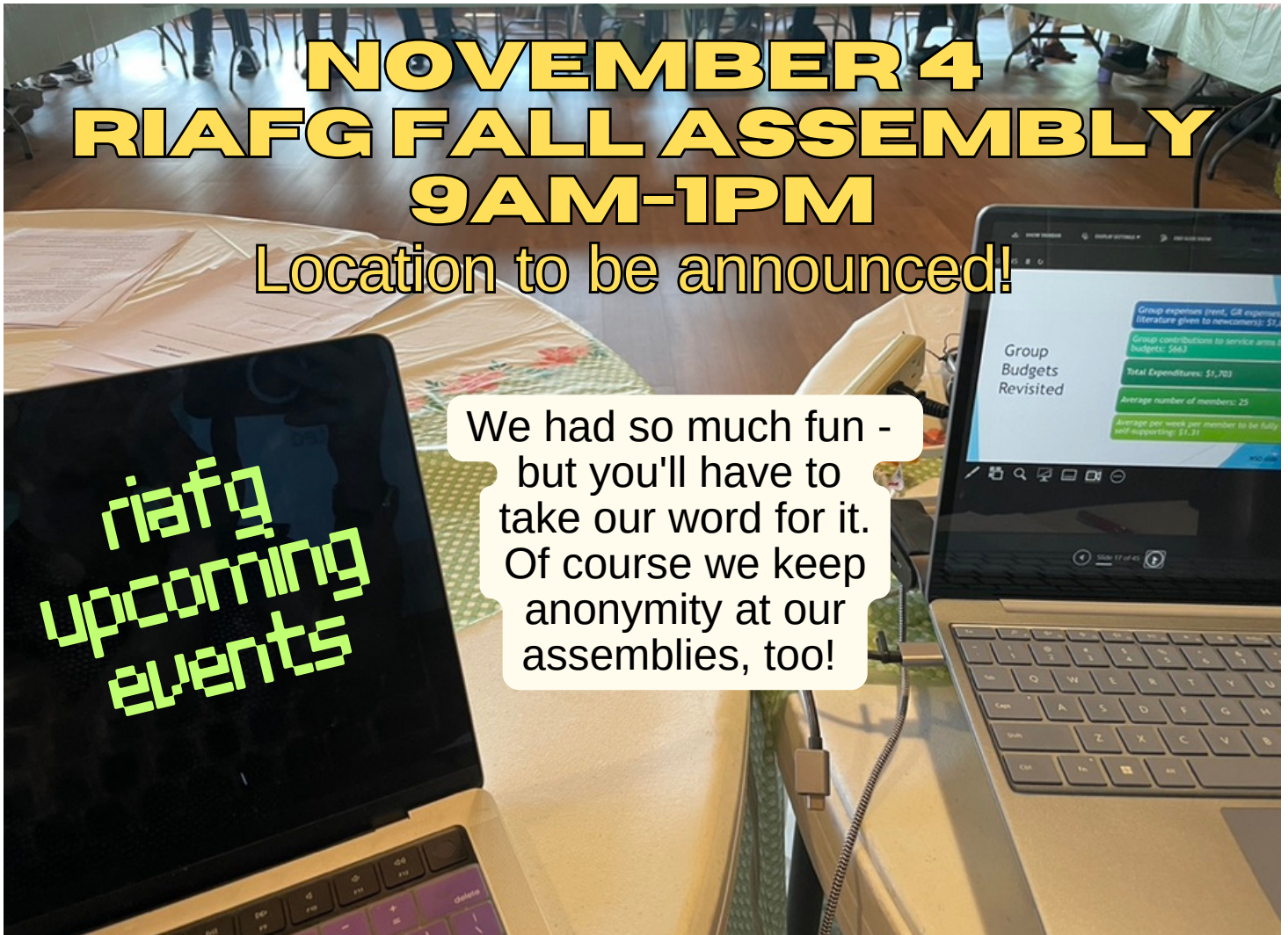
You don't have to fight fire with fire. Let the experience, strength, and peace of Al-Anon surround you. See you at a meeting.

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



SUBSCRIBE TO LIFELINES

Aim your phone camera at the QR code and sign up anonymously



STEP EIGHT

Humbly asked Him to remove our shortcomings.

TRADITION EIGHT

Every group ought to be fully self-supporting, declining outside contributions.

CONCEPT EIGHT

The Trustees have legal rights while the rights of the Conference are traditional.

NEW MEETINGS!

Full meeting list (in person & online) at riafg.org

Thursdays, 7:00 P.M.

Al-Anon United
Praise Tabernacle
330 Park Ave, Cranston RI

Fridays, 5:00 P.M.

Let It Begin With Me
St. Paul's Episcopal Church
Parish Hall (Fireplace Room),
76 Main St., Wickford RI

Read this if you meet online!

A message from our Webmaster, Kim:

RIAFG Groups that are remaining "Online Only" need to register as **Electronic Groups** with WSO and can choose Rhode Island as the Location and Local Group. Once the registration is confirmed, the Electronic Group can be posted on the RIAFG website. Register your online group at:

<https://al-anon.org/for-members/group-resources/group-records/new-electronic-meeting-registration/new-emeeting-form/>

Meeting Space (s) Available!

Did you lose your meeting space during the pandemic?

Need a different spot? Starting a new meeting group?

The **East Greenwich Lutheran Church** on

Division Street has available meeting rooms.

Contact the office at firstlutheraneg1@gmail.com.

Butler Hospital in Providence has reopened **Ray Conference Center**, which means it's available (again) for Al-Anon and for other 12 step meetings. Prior to March 2020 there were active meetings on the Butler campus. If you'd like to create a new RIAFG group at Butler, email alanon.riafg@gmail.com to get started.

Spring 2023 Assembly Follow-Up

First, I want to thank all the Group Representatives that showed up to this Assembly and participated and gave feedback. Without you, RI Al-Anon business would not happen.

Next. I would like to give a huge thank you to the AWSC members that helped plan the Assembly. Without an Area Chair, your help is essential. RI Al-Anon would not exist without each and every one of you. I would also like to thank all the members that showed up and volunteered to help on this day.

I want to give a little insight into the feedback forms from the June 10th, 2023 Assembly. A few suggestions that were made by multiple people:

***To shorten the day**

--RI Assemblies have historically been held from 9AM – 3:30PM. This is already very short compared to most other areas, which use an entire weekend for Assemblies. It was very difficult to include all the information that needed to be shared this year and we shortened; assembly was from 9AM-1PM. Assemblies moving forward will be most likely back to 9AM-3:30PM.

***To have healthier food options.**

--All the food was donated by members. This was not purchased by the AWSC. The food did not come out of the Assembly budget. May I suggest, if healthier options are needed, then please feel free to bring something to donate or bring your own lunch/snacks.

***More information on RI Area Budget vs WSO Budget.**

--The Rhode Island Area Treasurer-Terry gives her full report at the Fall Assembly, when she presents her budget for the next year. The Delegate has the responsibility, as a trusted servant, to bring back information from the World Service Conference. This includes World Service Office finances.

***Shorter Delegates Report/report over allotted time.**

--The main purpose of a Spring Assembly is for the Delegate to give their report from the World Service Conference. As a trusted servant, all information is shortened and included in the report. Report did go over allotted time listed on the agenda, as I thought it would be better to stop after each section and let members ask questions instead of waiting until the Q&A at the end. Assembly did end on time.

All AWSC meetings are listed on the website www.riafg.org. **All members are invited to attend.** You will have a voice, but no vote. Meetings are currently virtual Via Zoom. Zoom information is also included on the calendar on the RI Area website.

We currently have two Districts without District Representatives. The DR' s would be the members to attend the AWSC meetings and bring the information back to their District. The DR would hold meetings for the GRs to receive information. I welcome any member to step up to a DR position in District's 1 & 3. This would ensure that the information from AWSC meetings was getting back to the groups. Until this happens, invites will not be sent out by the Area-as that is not the process. **Please feel free to visit the website and get information for AWSC meetings.**

Any questions please feel free to email me at Delegate.riafg@gmail.com.

Hugs In Service,

Cindy Brimmer

RI Panel 61 Delegate

RIAFG Literature News



Hello!

The new Daily Reader is in at the RIAFG Office and available for purchase. The new Reader, entitled *A Little Time for Myself*, costs \$17.00, and is only available in the usual small Reader size—there is no LP edition. I also have some available in Spanish. I will re-order as soon as stocks run low, so please be patient if you happen to be ordering and needing to wait. The good news is that, so far, these are in stock at the WSO.

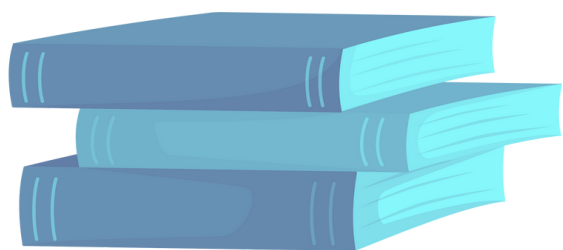
I added the Reader to the top of the Literature Catalog on www.riafg.org, so you can see find it easily when you are filling out an Order Form. The link is also available on www.riafg.org, under the Literature tab.

Please remember that you are supporting the RI Area by buying Literature through our RIAFG Office!

Yours in Service,

Wendy H

RIAFG Literature Coordinator



Got Literature?

How to order Literature from the RI Literature Distribution Center Office

PLEASE NOTE: *There is a new order form available on the riafg.org website. The charge for shipping has been increased due to the increases from the Post Office. The new charges are: Orders from 0.00 to \$100.00, the charge is \$8.00, orders over \$100, the charge is 10% of the total for the order. Please use the new order form when you mail orders into the office. Include the correct total for shipping and be sure to fill out the contact information.*

To pick up at the office:

Mail in the literature request form (found on our website: riafg.org) along with a check to: RIAFG 106 Rolfe St. Cranston, RI 02910. Be sure to include your name and phone number. You will be called back when the order is ready for pickup. Payment is made at time of pickup.

To have literature mailed to you:

Include a check for the full amount of the order, the name and address for shipping, and your name and phone number. *Please note the increased shipping charges listed above.*

To shop at the office:

Leave a message at 401-781-0044 and someone will let you know when the office will be open.

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

Al-Anon Slogan: "How Important Is It?"

“How important is it?” Helps me to see that **many things are not important**. It helps me to remember what is important: my health, my serenity, my relationship with HP, my Sponsor relationship, & my recovery. **A lot of things are out of my hands and aren't urgent or an emergency**. Many things resolve themselves when I get out of the way, pause, & pray. My Sponsor always says “give it 24 hours”.

-- M., *Al-Anon.org* blog post response

Over the years, I have used all the slogans in turns. All of them have helped me without fail, depending on the circumstances and on my willingness to put them into action. However, the slogan that has been the most present in my recovery and that has become my favorite is “How Important is It?”

Being a person who has perfectionism tendencies, who can lose herself into details and who performing takes too much importance at times, **this slogan keeps me in the reality of the situation**. I still have to ask myself how important is the task at hand, how much of my energy and time the situation I am facing is requiring of me and how I can manage everything in a reasonable manner, and this slogan does the trick for me!

Problems are still coming into my life, life being what it is, but because I resort to the slogans to “calm the storm down”, **I come to a resolve that is satisfying and peaceful, most of the time**. After applying this slogan or others at time, I can then apply one or more of our Three Legacies, depending on the situation. Using the slogans helps me to transit and resort to a solution that is based on the essence of our program, our Three legacies.

B., *Al-Anon.org* blog post response

Read more responses here: <https://al-anon.org/blog/what-is-your-favorite-al-anon-slogan/>

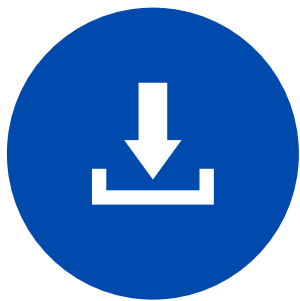


New to Al-Anon? You'll want to hear this.

Short, informational podcasts
just for Al-Anon **newcomers!**

We're glad you're here.

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



Free Downloads!

So much to read, print, and **share!**

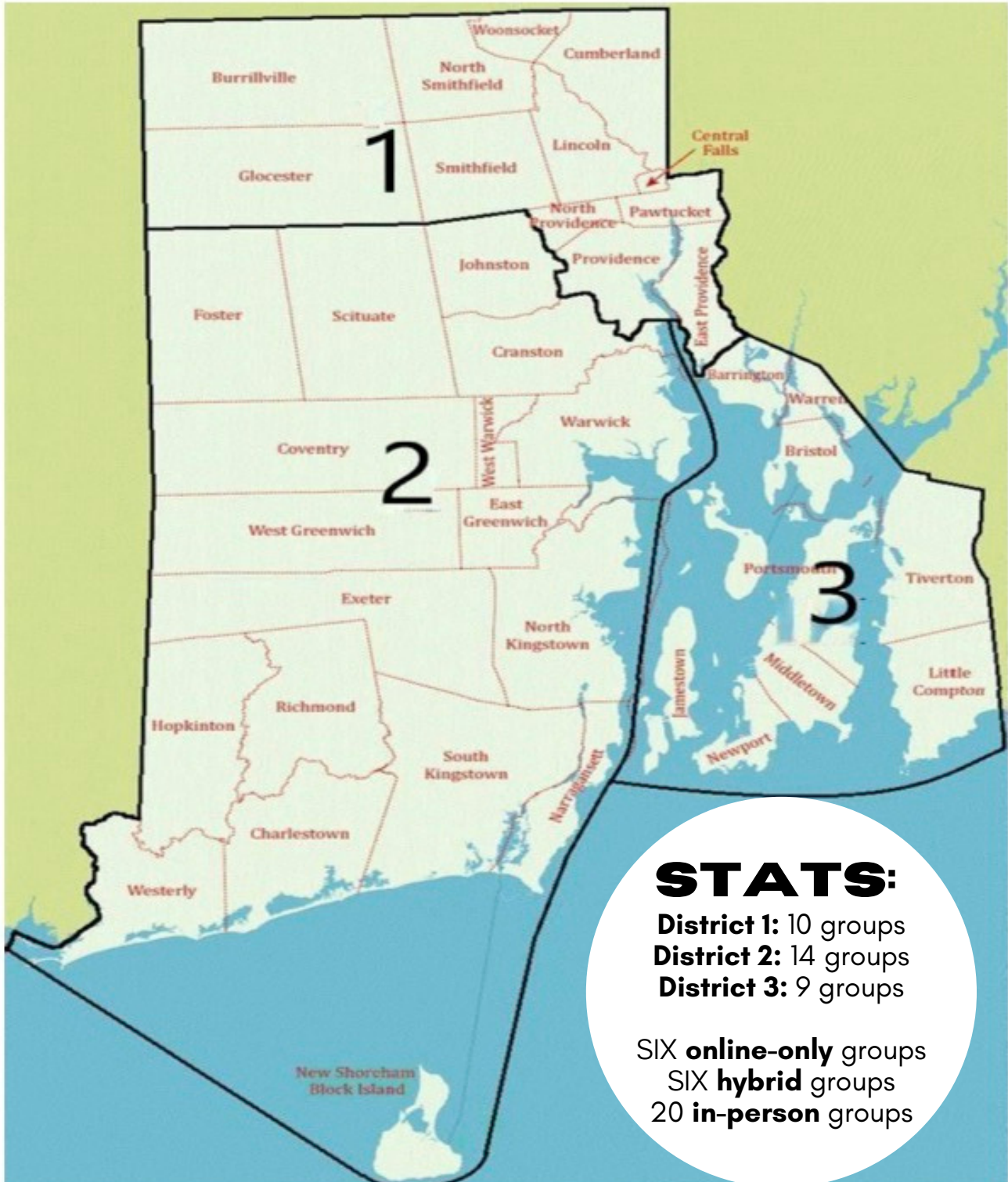
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

Where We Are: The RIAFG District Map

District 1: Burrillville, Central Falls, Cumberland, East Providence, Glocester, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, Woonsocket.

District 2: Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Johnston, Narragansett, New Shoreham, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, Westerly.

District 3: Barrington, Bristol, Jamestown, Middletown, Newport, Portsmouth, Tiverton, Warren.



"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
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 **Al-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 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.*