

LIFELINES

INSIDE THIS ISSUE

Editor's Corner 1

Upcoming Events & Steps 2

RIAFG Fall Assembly 3-4

Anniversary Meeting 5

Assembly Agenda 6

Office Appeal 7

Got Literature? 8

Serve, share, support 9

Anonymous, Meeting, Laptop

10

The Gift of Recovery 11

Open Area Positions 12-13

Newcomer Podcasts and Free

Downloads! 14

RIAFG Contact Sheet 15

RIAFG Where We Are 16

RIAFG Print Me! 17

Find A Meeting 18

Al-Anon Mobile App 18

Donate to RIAFG/WSO 19

How to Contact RIAFG 20

Rhode Island Al-Anon Family Groups

Area 49 DECEMBER 2022

Editor's Corner

Let there be peace on Earth

"Is money really what I want? No, of course not. What I really want is to feel better. Nothing will eliminate all problems from my life. Since there are difficulties with which I must live, the only real answer is to seek the serenity to accept the things I cannot change. Today I know that serenity is available to me free of charge when I go to Al-Anon meetings and then apply the principles I learn there to my life." -- Courage to Change, pg. 346

Good news! Peace on Earth begins with you! **Service in RIAFG is a great way to continue your program of recovery** so you can experience serenity, hope, and *peace!*

We need you now, more than ever. Even if you've never held a RIAFG service position previously -- we want you! Many positions have a minimal time commitment. Service benefits you and our whole RIAFG community.

Open RIAFG positions will be discussed at the **Dec. 3 Assembly** in Cumberland RI (more information in this newsletter). Whether we see you in person or in the rooms, we're here for you and hope you'll continue to be part of our fellowship.

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

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.

Upcoming Events

SAT. DECEMBER 3: 9am-2:15 pm **FALL ASSEMBLY in person** at St. Aidan's Church in Cumberland, 1460 Diamond Hill Road, Cumberland RI. Speakers, information, and support, open to all. Fee: \$5 per group representative, payable at the door.

TUE. DEC. 13, 7:00pm – 8:30pm: **RIAFG AWSC Meeting** via Zoom. Zoom Meeting ID: 841 6559 4657
Passcode: 340086

TUE. JAN 10, 6pm to 8:30pm: **Charlestown New Life** 44th Anniversary. Cross' Mills Baptist Church, 4403 Old Post Rd. Charlestown Potluck in basement 6pm, Speakers/meeting on main floor 7-8:30pm.

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

TRADITION TWELVE

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

CONCEPT TWELVE

The spiritual foundation for Al Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.



RI FALL ASSEMBLY

Saturday, December 3, 2022 at 9:00a – 2:15p

St. Aidan-St. Patrick Church

1460 Diamond Hill Rd., Cumberland, RI

Registration donation \$5 per group



RI Area Business:

- 🍁 Budget Approval Vote
- 🍁 New Electronic Meeting Policy.
- 🍁 New Service Positions
- 🍁 Vote in a District Rep

At this time, the Assembly is ***in-person only***

Breakfast items, snacks and beverages will be available,
but lunch is BYOB (bring
your own bag lunch)

Directions to St. Aidan – St. Patrick Church

From the South:

Take Rt. 146 North to Route 295.

Take Route 295 North to Exit 22 (Route 114 South, Diamond Hill Rd.).

Turn right onto Diamond Hill Rd. and drive about one mile south.

On your right, you will drive past a big red and blue sign that reads "The Monastery."

The entrance to St. Aidan is the first driveway past the Monastery (Cumberland Public Library) on your right.

From the North:

Take I-95 South to Route 295 South.

Take Exit 22 (Route 114 South / Diamond Hill Rd.) in Cumberland.

Drive about 1 mile south.

On your right, you will drive past a big red and blue sign that reads "The Monastery."

The entrance to St. Aidan is the first driveway past the Monastery (Cumberland Public Library) on your right.



Charlestown New Life 44th Anniversary



Please come join us as we celebrate

Where: Cross' Mills Baptist Church
4403 Rd. Old Post Rd., Charlestown
(next to the Cross' Mills Library)

When: Tuesday, January 10th, 2023
Food & Fellowship: 6:00 PM
Speakers/Meeting: 7:00 to 8:30 PM

Pot luck will be in the basement of the church
Speakers/meeting on the main floor

Fall Assembly Agenda

Location: St. Aidan – St. Patrick Parish
1460 Diamond Hill Road, Cumberland

9:00 – 9:30 **Registration / Check-in**

9:30 – 10:00 **OPENING/WELCOME**

- Moment of silence followed by the Serenity Prayer
- Read Steps/Traditions/Concepts/Warranties
- Roll Call/Introductions
- Assembly Etiquette

10:00 – 11:00 **AREA BUSINESS**

- Review and acceptance of June 4, 2022 Assembly Minutes
- Date of next Assembly
- Open Area Positions-Descriptions and voting

- Area Chair
- Alternate Delegate
- Area Secretary
- AA Liaison-appointment of Chris E (Interim)
- Alateen Coordinator
- Email Coordinator
- Forum Coordinator
- Group Records Coordinator
- Website Coordinator
- Workshop Coordinator 2023
- District Representatives for districts 1,2,3

11:00-11:10 **Break**

11:10-11:15 **Public Outreach**

11:15 –12:15 **ELECTRONIC GROUP TASK FORCE REPORT**

11:30 – 12:30 **TREASURER'S REPORT / PROPOSED BUDGET**

12:30 – 1:00 **LUNCH**

District Meetings, DR Election Caucuses

1:00 – 1:45 **Workshop Thought Force Report**

1:45 – 2:15 **Question & Answer**

2:15 **CLOSING**

- Motion to adjourn
- Closing prayer and Al-Anon Declaration

RIAFG Office Appeal

**Volunteers Needed
If not YOU, then WHO?**

Imagine needing help and waiting a week to get a response! Currently, the Rhode Island Al-Anon Family Group's office and Literature Distribution Center in Cranston **has TWO volunteers.** We'd love more! Below is a brief description of what being an office volunteer entails. **Training is provided.**

In Office volunteer's responsibilities: answer the phone, return phone calls, mail meeting schedules, greet visitors and fill literature orders.

At home volunteers' responsibilities: check voicemail, return calls, mail meeting lists, and when necessary contact the office coordinator.

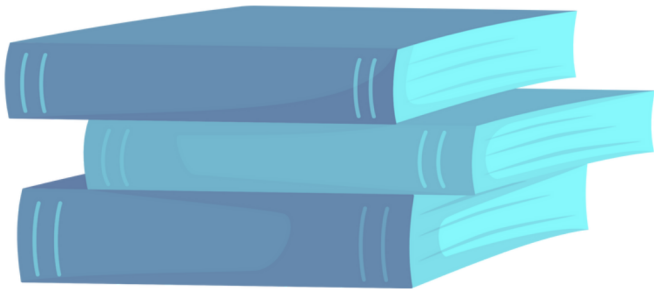
**This is a perfect opportunity for YOU
to give back to the Program.**

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

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.

Elaine H., Office Coordinator



Got Literature?

How to order Literature from the RI Literature Distribution Center

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:

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 of the order, the name and address for shipping, and your name and phone number.

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

Serve, share, and support!

Being introduced to service positions as newcomers helped us to feel part of the group at a time when we might otherwise have found it difficult to connect with others.

Service is about sharing the responsibilities of our Al-Anon group or our service structure. Since the early days of Al-Anon, this principle of service has been important for all to embrace.

Likewise, the concept of rotation of service warrants understanding from the beginning. The general length of time for District and Area service positions is three years. **This can work magnificently**—the first year is spent learning the responsibilities of the role; the second year is spent effectively carrying out the duties; and by the third year, the experience gained can be shared with the incoming trusted servant. . . .

But what happens when no one steps up to fill a vacancy? Will the group go unrepresented or disconnected from the District or Area? Will our group funds be mismanaged and our bills become delinquent? How will potential members ever find us if we don't have a way to keep our meeting information current?

. . . Groups can become reliant on those who are always ready to take charge. The group's health can suffer when all members don't get the opportunity to serve. Encouraging rotation of service helps to foster the understanding of shared leadership.

. . . . **Taking a turn at various service positions can provide experience applying recovery principles that could not be obtained otherwise.** The sense of belonging we may have lost as a result of someone else's drinking can be restored as we serve our fellowship.

As we serve, we develop self-esteem and a sense of self-worth. . . . Rotation of service brings an interchange of experience. . . . The opportunity to serve helps all members practice the principles of Al-Anon. **What better expression of self-care is there?**

By your Group Services team:

Sue P., Associate Director—Group Services

Christa A., Senior Group Services Specialist

Tracey S., Group Services Specialist

The Forum, December 2022

*Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA. **Subscribe to The Forum: www.al-anon.org/forum***

How to share Al-Anon, anonymously!

Give back to Al-Anon by spreading the message that Al-Anon exists.
You can do this while remaining anonymous!

Check out the Public Outreach page on our RIAFG website.
<https://www.riafg.org/public-outreach-mission.html>

Public Outreach mission Suggested Public Outreach Activities WSO Public Outreach resources

"If...Al-Anon groups do not let the public know of our presence, perhaps by announcing the time and place of meetings in local newspapers or by some other means, we block ourselves off from those in need." **Lois Remembers** (page 194)

Let me know if you have feedback, questions, or concerns.
Love in Service and Fellowship,
Jackie W.

Public Outreach Coordinator, RI Al-Anon Area 49

Meeting Space 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.



Got a laptop?

RIAFG needs a **newer laptop or tablet** to be used in the Cranston office. Mac or PC is fine.
This extra device will help us host hybrid meetings!
Contact any RIAFG representative if you have one to donate.



Members' Share: **The Gift of Recovery**



The season of gift giving is upon us. This expression of love through "giving and receiving gifts" helps people sustain challenging family dynamics that often occur during the season of celebration. For myself, Steps Three, Six and Seven, Eleven as well as Step Twelve all have elements of giving and receiving.

In Step Three: " Made a decision to turn our will and our lives over to the care of God as I understand Him", I give my will and **receive the guidance, nurturing and protection of a loving God** who truly cares about my life.

With Steps Six and Seven: "Were entirely ready to have God remove all these shortcomings " and "Humbly asked Him to remove our shortcomings " respectively, I give my "readiness " to stop reacting to the disease of alcoholism and in return **I receive the gifts of freedom and peace of mind** from the insanity of engaging in alcoholic dysfunction. The exchanges continue with Steps Eleven and Twelve.

By giving time to my Higher Power through prayer and meditation, **I develop a relationship with my God that helps me develop discernment.** Acquiring wisdom about my old attitudes and behaviors helps me to work my recovery program to create healthier choices to cope with the effects of the disease.

Finally, the gifts of sponsorship, chairing meetings and offering Area service work manifests joy and a healthy mind to live a fulfilling life inspite of the hardships involved coping with the disease of alcoholism, a disease that I have no control over.

May the gifts of recovery bless you with a wealth of gratitude.

-- Submitted by Ann H.

"Certain that other members would ensure the Al-Anon program's future by doing all the work, **I was content to stay on the sidelines**, plodding along in my recovery.

Eventually, I stepped into service simply to spend more time with others who were in recovery by attending District and Area meetings. Little did I know that it would help break down my walls of isolation, self-reliance, and insecurity.

Members from other places welcomed and valued my input and helped me broaden my understanding of our Legacies. As I began to acknowledge the incredible improvement in my life that was so affected by alcoholism, **I felt a greater need to carry Al-Anon's message of help and hope in any way I could.** No matter how, when, or why we get involved, we know that we can "March Forth" together."

Christa A. Senior Group Service Specialist, March 2021

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.

Area Chair

The Area Chair should have leadership and organizational ability. They must be able to plan an agenda and conduct business meetings in an orderly manner. Member is an active Al-Anon member; is an outgoing or current Area World Service Committee member or former member who has remained active in service at the Area level, or otherwise has service experience of sufficient scope that they possess the qualification for this position. Member is not also a member of Alcoholics Anonymous. Area Chair should have knowledge of Al-Anon Traditions and Concepts as well as how they are applied. The Area Chair facilitates and chairs Area Assemblies, distributes Assembly Agenda and meeting materials at least 30 days in advance of each Assembly. The Chair also:

- Oversees the functions of the Area
- The Chair ensures that Area business is conducted at regular intervals.
- Facilitates Area World Service Committee meetings
- Creates AWSC meeting Agenda with input from the AWSC Members
- Creates the Assembly Agenda with input from the AWSC Members
- Responds to member questions and/or forwards to the appropriate Officer or Coordinator
- Schedules AWSC meetings
- Additional responsibilities include participation on the RI Alateen Safety Guidelines Committee and serves on the Area Budget Committee.



**We Need You:
RIAFG Service
Positions**

RIAFG Open Area Positions: 2

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.

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).

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 2023

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.

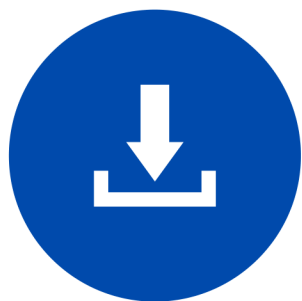


New to Al-Anon? You'll want to hear this.

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/

RIAFG: Current ASWC Officers & Coordinators

RIAFG AREA WORLD SERVICE COMMITTEE CONTACT INFO

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

Chair: OPEN

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

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

Alateen Process Person Beth P. (email forthcoming)

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 Chair (**NEW VACANCY**)

AREA Secretary

AREA Alternate Delegate

District 1 Rep

District 2 Rep

District 3 Rep

(FILLED) AA Liaison

(FILLED) Alateen Process Person

Alateen Coordinator

Email Coordinator

2023 Workshop Coordinator

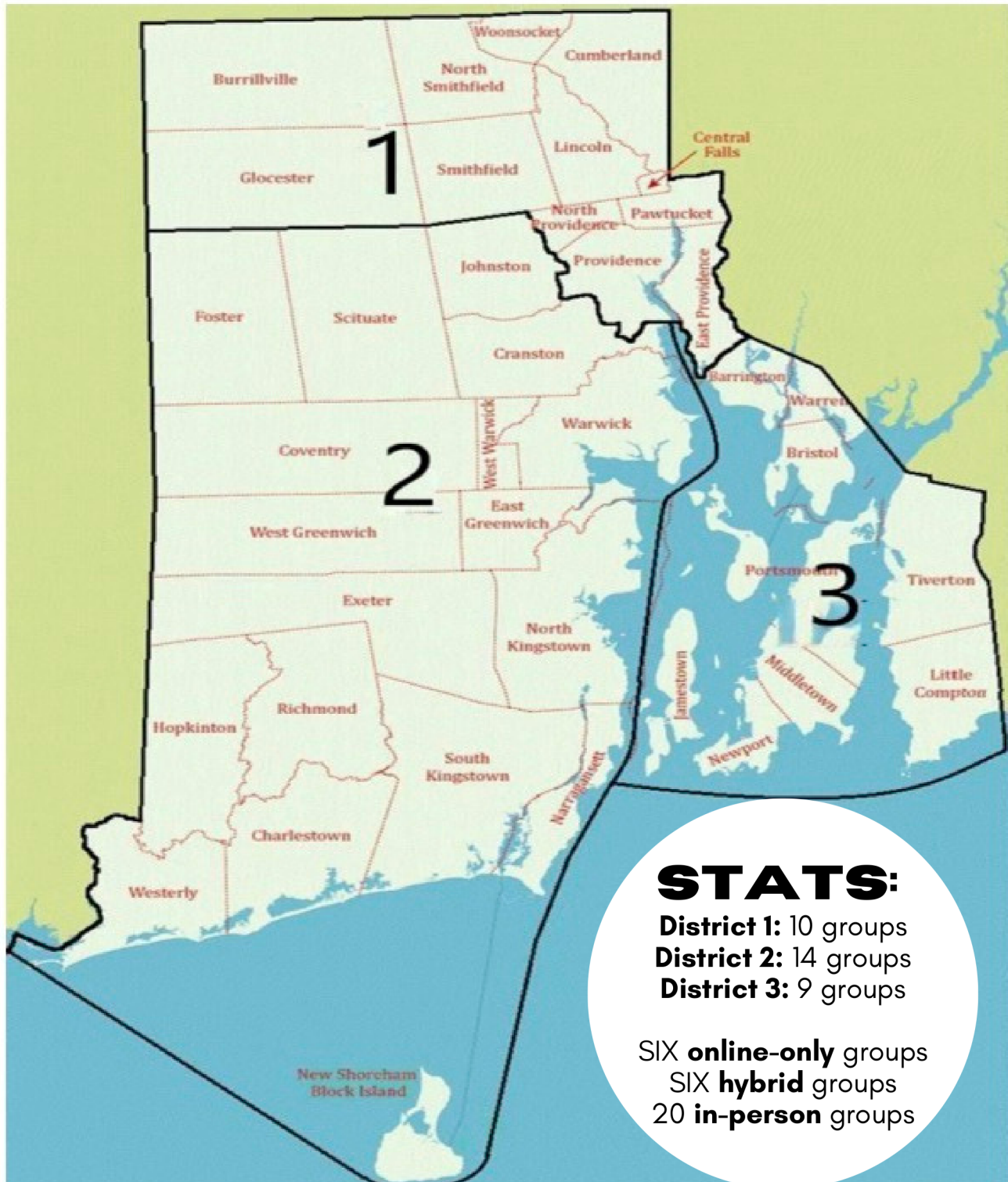
**To learn more about open positions, attend our monthly meeting
(information at riafg.org calendar) and/or contact any coordinator!**

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, Little Compton, Tiverton, Warren.



**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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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 **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 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.*