

Lifelines

The Newsletter of the RI AFG, December, 2011

AREA NEWS:

Reflection on the Area Assembly

I attended the RIAFG Area Assembly on November 5th, both as an outgoing member of the current Area World Service Committee and as a GR representing my home group, Forever Hope AFG. As an outgoing member of the AWSC, I was filled with hope as we moved forward with the election of our new AWSC officers and coordinators. As a GR, I was honored to be a representative of my home group participating in the selection of our new AWSC.

As our current Area Chair guided us through the Assembly Guidelines and the roll call was taken to determine the number GRs present to vote in the elections, I was eager to see who would step forward to fill the various positions. As we moved from position to position with no one stepping up, I found my mood changing. However, I was even more moved by the Area Chair's calm focused leadership as she kept saying, "Okay, we will come back to that one" and she moved on to the next position. Finally, a trusted servant stepped forward for the position of treasurer. It was the beginning, followed by others stepping forward for other positions. After our afternoon break, the Chair began the process again starting with Delegate and an outgoing DR stepped up. This was followed by someone stepping up to be Area Chair and as we moved through the remaining positions all but four of them were filled. In the end, our new AWSC was in place and ready to guide us through the next 3 years.

As I reflected on this miraculous process, I was reminded of what our outgoing Area Chair has said so many times over the past 3 years "HP is in charge." I am so grateful to this wonderful program of recovery and, especially, to our traditions and concepts that ensure that when anyone, anywhere, reaches out for help, the hand of Al-Anon and Alateen will always be there.

As the newly elected District Representative for District 4, I am looking forward to working with the new AWSC over the next 3 years and the growth and recovery that I will continue to receive through service in our beloved program.

Phyllis H., outgoing Website Coordinator and GR, Forever Hope AFG; incoming District 4 DR



* A copy of the full minutes for this—and every—Area meeting and Assembly are available to all at the Area office

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Service Share

JUST RAISE YOUR HAND!

I remember how pleased I was when I was able to overcome my fears and hesitation to Raise my Hand in School.....don't you?

Better yet, when the Teacher recognized me and there was that split second of Aha! Not so bad.....Golden. I felt Golden.

Well, that same feeling returned not too long ago....you see I was the Group Representative for my Home Group..... this followed several baby steps towards the Joy of Service. To this day I don't remember saying I would like to step up and be Secretary but someone was stepping "aside" to make room for me (Her words exactly as she handed me the binder!) ...I think she knew I was on the fence and just needed a little "nudge" toward the position....and that is how it all began.

Since that day six years ago I have been blessed with several other positions, all of which have prepared me for my current service: District 3 Representative.

I have had the honor of representing D3 for the remaining 18 months of a three-year term. Again, there I went "Raising my Hand"! Our District Rep, Veronica, was a very well organized and enthusiastic DR.....she motivated the GR's and led productive meetings. It was at just one of those meetings that I "raised my hand" ...yes, I "MIGHT" be interested in being the Alternate.....being Alternate GR sounded supportive and well, not too complicated. I just "Follow the Leader".....and she was a very good Leader.

However, her HP was leading her down another path. Her announcement of departure left us saddened but of course we understood; uh, oh....gulp....this means the Alternate could take her place and finish out the Term. There was the old question of inadequacy raising its familiar head...I cannot possibly do it as well!

...just differently I convinced myselfand with the support of my Sponsors and the spirit of Recovery I jumped in!

Over the last 18 months I have learned so much about myself and our Program.....the importance of good communication, taking a deep breath if drawn into a controversy.....remembering I am a spokesperson for HP. Everyone helped. It can take a whole Village to keep a District running smooth!

A wonderful personal gift developed through my efforts to attend every Meeting in the District at least once; this broadened my recovery and I really liked meeting the Group Representatives in their home meetings....enjoying the pride they felt with the way the meeting was unfolding. I always felt very welcomed; this helped me to remember that we all enter the "rooms" with the hope that we will hear that one beautiful nugget that will help catapult us into Serenity or remind us we are not alone.

We are not only like-minded people!! We have a bond of recovery that can only continue to excel as each of us steps up and brings their Talents to the Table.

As I end my Term next month I hold the deepest trust that HP will provide D3 with new Group Representatives and a District Representative who will continue to champion our Beautiful Al-Anon Program. Come On...Just Raise Your Hand!!!

~~~ **Marguerite**



- ▲ Our local, Area 49 Web site <http://www.riafg.org>
- ▲ The Al-Anon Members' Web site <http://www.al-anon.alateen.org/members>
- ▲ Podcasts <http://al-anonfamilygroups.org/Podcasts/FirstSteps/>
- ▲ Online meetings and outreach <http://www.ola-is.org>
- ▲ Public Al-anon/Al-ateen site <http://www.al-anon.alateen.org>

## Workshop Share

### OPEN LETTER OF THANKS

Congratulations to the workshop committee...the speakers were fabulous; the day was filled with fun and fellowship. The poster that Marcia D created was once again a work of art...it truly brightened the stage. The baskets for the raffle were beautiful as always. The food was extraordinary; we have so many gifted chefs among us. Many thanks AA for the coffee and donuts. Alateens enjoyed the day and had a wonderful time selling the donations from our entire fellowship. The decorations were a welcomed sight as we entered our meetings. I would like to thank all those who worked so hard on this event and all those who attended and supported the workshop. I am blessed to have been able to enjoy such a wonderful day.

Thank-you for your service,

**Marie G**

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*Our Area Web site is a great central reference point for information applicable to the entire Area!*

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*The Members' Web site is a password-protected site; the password is the name of your group plus the letters "afg".*

*This site is loaded with valuable program information and resources.*

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### NOTICE

If you know that a meeting on one of the following days is going to be open or closed, please send an email to Phyllis H., Website Coordinator at [RI Al-Anon@hotmail.com](mailto:RI Al-Anon@hotmail.com): Saturday, December 24, Christmas Eve, Sunday, December 25, Christmas Day, Saturday, December 31, New Years Eve, Sunday, January 1, New Years Day.

## Results From a Previous Sponsorship Workshop

### QUALITIES WE'D EXPECT OF A SPONSOR

- *Sharing life experience, rather than give advice.*
- *Listening ear*
- *Be available within reason.*
- *Negotiate good boundaries for both sides.*
- *Respect Anonymity*
- *Respect for each other*
- *Non-judgmental*
- *Inspires Trust*
- *A seasoned Program member steeped in knowing and working The Steps*
- *Approachable and willing*
- *Understands tough love*
- *Compassionate, but discerning*
- *Living the Program*
- *Suggests, not demanding*
- *Keeps focus on the Program, not outside issues*
- *Sponsor should know their limits and when to refer the Sponsee to a Professional*
- *Ability to decline sponsorship*
- *Good understanding of the Serenity Prayer*
- *Patience*
- *Ability to release a Sponsee with love*
- *Allowing a Sponsee to release the Sponsor with love*
- *Maintains sense of humor with themselves and with Sponsee*
- *Has good Karma with Sponsee*
- *Encouragement*



My sponsor has encouraged me to do things I would have never done by making suggestions which I took very seriously. This person has guided me into a healthier physical, emotional and spiritual life. In essence, she saved me from myself and self-will and by example, surrendering to my HP. I have a long way to go but I feel confident that sponsorship is a key element to a healthy program. Thank you V. Anonymous

**QUALITIES WE'D EXPECT OF A SPONSEE**

- Confidentiality
- Attend meetings regularly (more than one meeting a week)
- Listener
- Honesty
- Open dialogue
- Committed to working the Steps
- Set Boundaries and then abide by them
- Considerate of Sponsor's time
- Anonymity
- Responsibility of Sponsee to communicate with Sponsor *regularly*
- Share the positives and negatives in your life
- Get involved in Service
- Take what you like and leave the rest
- Don't expect advice
- Read Conference Approved Literature on regular basis
- Commonality between the individuals
- Ask questions when they arise, or you need help
- Willingness to change
- Able to end or change a Sponsor relationship
- Willing to keep the focus on themselves
- Willing to experience different meetings
- Be careful about what you leave on answering machine-both ways
- Trust



Do you see anything in the clouds?

**New Al-Anon Meeting**

Tuesday night at the Middletown Police Station (front door, first floor, Community Room), 123 Valley Road in Middletown at 7:30 p.m. beginning November 29, 2011. It is an hour-long and is wheelchair accessible.

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**Meeting Day Changed**

The "Cranston Step Study Women's Only Group" at Edgewood Congregational Church has changed their meeting day from Thursday to Wednesday. Time is the same - 7:00-8:30 p.m.

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**Meeting Closed**

Monday daytime meeting at St. Theresa's Catholic Church in Tiverton has closed effective immediately.

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Tuesday night Alateen meeting at the Coventry Senior Citizen's Center will be closed during the school year. It will reopen in June 2012.

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Wednesday night meeting at the Essex Apartments in North Kingstown has closed effective immediately.

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**New Alateen Meeting**

Wednesday night at the Four Corners Community Chapel, 200 Angell Rd. (corner of Angell and Diamond Hill Rd.) in Cumberland at 7:00 p.m. There is an Al-Anon meeting at this location at the same time.

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**Meetings Need Support**

**The following meetings are struggling and could use support. Please consider attending an extra meeting or two as a form of service.**

Monday morning "Living Recovery" in Coventry at Sts. John and Paul's Church, 10 a.m.

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Monday night Greenville AFG meeting in Greenville at St. Thomas Church, 6:30 p.m.

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Tuesday night "How You Get Serenity" meeting (gay & lesbian group) in Pawtucket at Park Place Congregational Church, 7:30 p.m.

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Wednesday evening "Open Doors" in North Kingstown at Essex Village Apartments Community Room, 7:30 p.m.

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Wednesday evening "Serenity by the Bay" in Warren at Warren Town Hall, 7:30 p.m.

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Thursday morning "Cranston Freedom" in Cranston at Edgewood Congregational Church, 10:00 a.m.

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Saturday evening "Hope Step Al-Anon" in East Providence at Hope Congregational Church, 7:30 p.m.

## Upcoming Events

### **District 4 Meeting**

*Saturday, December 10, 10:00 AM*

*Area Office, 106 Rolfe Street, Cranston*

Any and all District 4 members wishing to learn more about service are invited to join the outgoing and the incoming District 4 GRs at the December District 4 meeting. Bring a friend and come celebrate service with us.

### **New Year's Eve Sober Celebration**

*Saturday, December 31*

*St Luke's Episcopal Church*

*99 Pierce St, East Greenwich, RI*

With Dinner \$25 Dance Only \$10

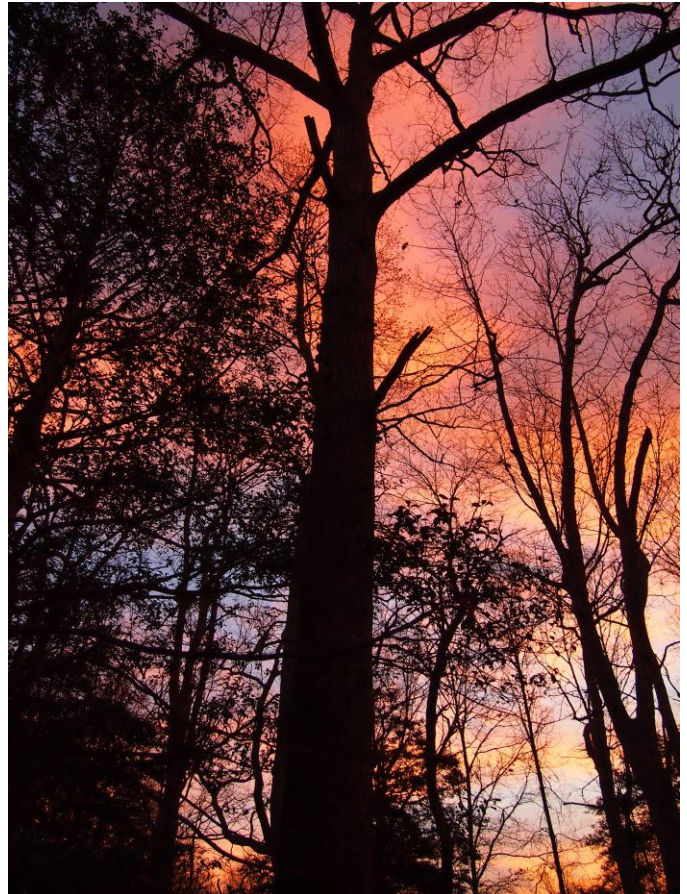
Dinner tickets must be purchased by 12-23

### **Save the Date:**

March 23, 24, 25, 2012 36<sup>th</sup> Rhode Island

### **Convention**

**The next World Service Area Meeting will be on Saturday, January 28<sup>th</sup>, 2012 10AM – 12 noon**



### **RI Al-Anon Family Groups Area Office/Literature Distribution Center (LDC)**

106 Rolfe Street, Cranston, RI 02910

*Hours:* Please call the office

*Phone/Fax:* 401-781-0044

*E-mail:* RI\_Al-Anon@hotmail.com

*Lifelines e-subscription:* destre99@yahoo.com (type "Mailing List" in the subject line)

*Web:* www.RIAFG.org

An area newsletter is a vital link in keeping groups and members informed. The purposes of *Lifelines* are to: encourage attendance at service events; communicate local, area, and Al-Anon Information Service news; and attract Al-Anon members into service.

If you are interested in serving as *Lifelines* Editor, or serving on the committee, please call the office at the number listed above. If you would like more information about the tasks and time commitment involved, you may contact Linda F at [lin2169@cox.net](mailto:lin2169@cox.net) 401-855-6009 (it's safe to leave a message).