

LIFELINES DECEMBER 2021



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Editor's Corner:

"If my mind is clouded with nameless dreads, I will track them down and expose their unreality." p. 328 *One Day At a Time*, November 23.

When I read this page recently, I was stopped by the word "dreads." I realized that I still can be dragged down by feelings of dread. I didn't realize how pervasive and sneaky it can be. It slips into my anticipation of events, even ones I am happy about. It is a hang over from growing up in an alcoholic home and a first marriage that was deeply affected by alcohol. I might as well have prayed: "Give us this day our daily dread..." I was so used to feeling this way. Dreads spring from experience. What was home going to be like when I walked in from school? Could I somehow manipulate my ex so that he would come home on Friday rather than go out for "Happy Hour." There was nothing happy about this for me. What did I do? I strived to be the good kid by doing well at school, and not causing any trouble. I tried to figure out what was wrong with me that made my husband go to a bar rather than come home.

Thanks to Al-Anon, I know that my parents were so preoccupied by this cunning and baffling disease. My behavior had little impact on their issues. I know my ex drank because that's what alcoholics do; they drink. If I had somehow attained the perfection in all facets of my being, he still would have gone out to the bars. I did not know how to accept life on life's terms. I continued to strive to become the impossible - a perfect person, and then all my problems would be solved.

There is no dread for the past. I might regret some of the things I have done, but I cannot dread them. It is over and done with. The future is where dread lives. It lurks in the background, waiting to pounce. When it does, I can be engulfed in fear. Dread is fear of a future event. It is futile for me to think I can prepare for any and all outcomes. I can get lost in the sea of "have-to's" and "what if's." I lose my present moment, and I can never get it back. It's gone forever.

Al-Anon tools are the only ways that I have successfully dealt with this emotional hang over. I pray, meditate, read our literature, talk with my sponsor, go to meetings and perform service. Dread is difficult for me to talk about, but keeping it a secret does not spare me from being hurt. Secrets nurture shame and pain.

Ultimately, gratitude brings me back. Gratitude is what pulls me into the present, back to reality. I have no dread when I focus on this moment. This present is where I am closest to my Higher Power. I experience the wealth that is mine. I achieve self awareness.

Gratitude fills me. Gratitude for my past is a big part of this. I would not be where I am today without having the experiences of my past. Everything, the good, the bad, the easy, the difficult has led me to this moment. I know today that my most significant spiritual growth has resulted from walking through the tough times. In hindsight I see a Power greater than myself available no matter whether I realized or appreciated it at the time.

Would I have liked to have grown up in a healthier family? Sure. Would I have liked to not be affected by this cunning disease? Sure. But I realize that I would not be me without having experienced all that has come before this moment. I see my life as a process rather than a bunch of random events. Al-Anon provides me with the means to live a full life, as free from dread as possible.

Gratefully in service,
Elaine H., Lifelines Editor

Lifelines needs an editor! Please help the area continue to produce our newsletter by serving in this position. It has been amazing for me!

Would you like to be on the distribution list for Lifelines? Send an email requesting this to lifelines.riafg@gmail.com. These are sent as "BCC" so your anonymity is protected.

Do you have an upcoming Al-Anon event to announce, an inspirational photo, personal share, etc.? Please email these to lifelines.riafg@gmail.com

RIAFG FALL ASSEMBLY, AREA POSITIONS:

The following Area positions were voted on and approved at Assembly:

Area Delegate:	Cindy B., term: present through December 2023 email: delegate.riafg@gmail.com
Area Chair:	Barbara H., term; present through December 2023 email: chair.riafg@gmail.com
Literature Coordinator:	Wendy H., term: present through December 2023 email: literature.riafg@gmail.com
Office Coordinator:	Elaine H., term: Jan 2022 through December 2024 email: office.riafg@gmail.com

The following Area positions are currently filled:

Area Treasurer:	Terry L., term: through December 2023 email: treasurer.riafg@gmail.com
Alateen Coordinator:	Ashley B., term: through December 2023 email: alateenri@gmail.com
Email Coordinator:	Ann H., term: through December 2024 email: alanon.riafg@gmail.com
Alateen Process Person:	Ashley B., term: through December 2024 email: AAPP.riafg@gmail.com
Forum Coordinator:	Ann H., interim term: *Ann will serve up to Spring Assembly email: forum.riafg@gmail.com
Group Records Coord:	Kit T., term: through December 2022 email: records.riafg@gmail.com
Public Outreach Coord:	Jackie W., term: through December 2022 email: outreach.riafg@gmail.com
Website Coordinator:	Kim C., term through December 2022 email: webmaster.riafg@gmail.com

The following Area positions are open:

Area Alternate Delegate:	term: present through December 2023
Area Secretary:	term: January 2022 through December 2024
Area AA Liaison:	term: present through December 2023
Area Archives Coordinator:	term: January 2022 through December 2024
Lifelines Editor:	term: January 2022 through December 2024
Workshop Coordinator:	term: one year term 2022 workshop
District I Rep:	term: January 2022 through December 2024
District II Rep:	term: present through December 2023
District III Rep:	term: present through December 2022

As you can see, we still have many open service positions. Please consider volunteering for an area service position. The benefits of service are immeasurable. Become a part of ensuring that if anyone anywhere reaches out for help, the hand of Al-Anon and Alateen is always here in Rhode Island!

SERVICE APPEAL:



SERVICE HELPS INTRODUCE NEW EXPERIENCES

Expand your world from self care to service

Focus on giving back

Put gratitude into action

Grow beyond your comfort zone

Learn something new

Just as in recovery, you are not alone

Help in a healthy manner

Work Step 12 - carry the message

Share your experience, strength and hope

Experience the Traditions and Concepts of Service

Don't wait for someone else to do it - Be the someone who steps up.

Rhode Island Al-Anon needs you!

To volunteer now and/or get more information about these service positions,
email: lifelines.riafg@gmail.com.

RHODE ISLAND AA CONVENTION WITH AL-ANON PARTICIPATION:

Space is limited and ALL registrations will close once we get 600 participants! DON'T MISS OUT! REGISTER EARLY!



2022 Rhode Island AA Convention February 11-13, 2022

Marriott Hotel 25 America's Cup Avenue, Newport, RI 02840

For online registration (preferred) and additional information go to http://aainri.com

Marriott reservations: call 800-228-9290 (reference Area 61 RI Convention 2022)

Rooms: *\$119 + 13% tax per night + \$1 tourism assessment (single, double, triple, quad) *This is a special convention room rate - reservations must be made by January 21, 2022.

The Convention begins at 3PM on Friday, February 11th.

Early registration benefit:

- For every meal purchased before January 11th, participants will be entered in a raffle to win a FREE registration to Convention 2023!! Two winners will be chosen and announced at the Saturday Night Meeting during Convention 2022!

Resort amenities:

- Beautiful nautical themed rooms
Amazing food
Pool & Spa
Great Location in downtown Newport!

Events include:

- Speaker & Marathon Meetings (AA & Alanon)
Afternoon & Evening Entertainment
Hospitality Rooms
Great Fellowship
Yoga & Meditation Workshops
Sobriety Countdown
Evening Ice Cream Parties (nominal cost)
And Much More!

CONVENTION REGISTRATION *REGISTER EARLY* Space is limited due to this being a smaller venue.

To register online, visit the Area 61 website aainri.com OR mail this form- Mail in registrations must be received by 12/1.

Name _____ What do you want on your badge? _____
Address _____ City _____ State/ZIP _____
Phone _____ E-mail _____
Assistance needs _____

If you require Spanish translation at speaker meetings, Please advise/register by January 11, 2022. Hearing assistance equipment is available.

Registration cost: \$30 - deadline February 1st... if we have not sold out by then! You can go to the AAINRI website to see how close we are to selling out!

MEALS: The purchase of meals offsets the cost of meeting spaces and helps the Convention Committee meet its financial obligations to the hotel. Food orders taken until 2/1/2021. Please make your selections below:

Friday Dinner: \$48
Saturday Plated Breakfast: \$24
Saturday Luncheon Buffet: \$42
Sunday Plated Breakfast: \$24
Saturday Evening Dinner: \$55

\$ _____ Friday total

\$ _____ Saturday total

\$ _____ Sunday total

For additional information, go to riafg.org, click on upcoming events, then go to February and click on date to get information.

EVENTS OUTSIDE OUR AREA;

2022 Massachusetts Al-Anon/Alateen Convention with AA Participation, March 25-27, 2022



[Register Online or Call 508-202-1092](#)

Friday, March 25

Registration 4-8 pm

4 pm Hotel Check-in
5 pm Workshops Begin

Saturday, March 26

Registration 7 am-12 pm

7-9 am Breakfast	6:00 pm Banquet/Alateen Pizza Party
7:00 am Workshops Begin	7:30 pm Keynote Speaker
11:00 am Lunch	9:30 pm Dance Party

Sunday, March 27

7-9 am Breakfast
7:00 am Workshops Begin
11:00 am Check out

Best Western Royal Plaza Hotel

181 Boston Post Road West, Marlborough, MA

Registration includes a limited number of remote access workshops.

- Registration \$35 / \$25 on or before March 18, 2022 / \$10 Alateen* Registration call 508.202.1092
- Meal orders must be made by March 18, 2022. All-inclusive package of registration + all meals available for \$125 or the à la carte options are \$41 banquet dinner, \$22 box lunch, and \$22 for each breakfast. All meals purchased support the convention by lowering expenses.
- Hotel reservations made before February 22, 2022 receive the special rate of \$99/night and support the convention by lowering expenses. Reserve hotel room online or call 508-460-0700 and mention Al-Anon for the \$99/night special convention rate.
- Volunteers needed: registration, greeter, hospitality, literature, raffle, AMIAS, speaker, workshop chair, and more.
- Live transcription and ASL services are available for the hearing-impaired.
- Registration includes a limited number of remote access workshops.

[Register Online](#)

or

[Call 508-202-1092](#)

For anonymous registration concerns, payment by check, Alateen registration, or any other questions please call 508-202-1092 and leave a message with your first name and phone number.

Those struggling with financial hardship may call 508-202-1092 to request complimentary registration.

CDC, federal, state, local and hotel safety guidelines will be followed.

Every Alateen member must be accompanied by a parent/legal guardian staying at the convention or an AMIAS with a signed notarized "Alateen Medical Authorization Form" and a signed "Alateen Transportation and Overnight Stay Permission Form." If needed, please acquire required forms from the accompanying AMIAS prior to arrival.

Please add * RegisterAFGconventionMA@gmail.com * as a SAFE SENDER in your email account.

UPCOMING EVENTS:

February 12-13, 2022 **AA Convention** at the Newport Marriott
 March 25-27, 2022 Massachusetts Al-Anon/Alateen Convention, see page 10

MEETING NOTICES

*****The current In-Person/Hybrid and On-line/Phone meetings lists and coronavirus updates can be found on riafg.org under the "AL-ANON MEETINGS" tab. Click on "MEETING LISTS."***Please check on line for meetings that fall on holidays****

IN-PERSON MEETING UPDATES: (UPDATED 09/28/2021)

SUNDAY

10:00 a.m., Al-Anon Forever Hope (2-039006), will return to In-person meetings in West Greenwich - Town Hall, 280 Victory Hwy. (Rte. 102) . The group will also be meeting via Zoom. To join the Zoom Meeting:<https://us02web.zoom.us/j/84013128987?pwd=amp2ZTR5UXAzSW5KOGtEQkl4VEx0Zz09>
 Zoom ID: 840 1312 8987 Passcode: 764812 By Phone: 1-929-205-6099 Meeting ID: 840 1312 8987 Passcode: 764812

****Updated Location** 6:00 p.m., - Serenity On Sunday, Newport – IN PERSON ONLY.** YANA Clubhouse, 770 Aquidneck Ave, Middletown

7:00 p.m. Sunday Evening Al-Anon (1-026403), Providence - **First Unitarian Church**, 1 Benevolent St. (Benevolent & Benefit).

****In-Person Only** 7:00 pm** In Person Only. AA, Al-Anon, & Alateen, First Unitarian Church, Prov, 1 Benevolent St. (Benevolent & Benefit)

MONDAY

9:30 AM Monday Morning Al-Anon is returning to in person meeting in Portsmouth. St. Mary's Episcopal Church, 324 East Main St. (rte 138). They will also meet via zoom: ID: 4011212121 and password: 1212.

5:30 to 7:00 p.m., Woonsocket KIS Meeting is back at their room in the Northern RI Health Center, 55 Cummings Way, Woonsocket, RI. Entrance as before is at the door on the sidewalk of Social Street.

6:00 p.m., Live & Let Live Group (3-502810) will return to In-person meetings in Jamestown - The Conanicut Grange Senior Center, 6 West St.

7:00 p.m., Self Discovery Al-Anon, West Warwick, - Emanuel Lutheran Church, 9 New London Avenue (rear building).

7:30 p.m., Step Up To The Summit, Coventry, Summit Baptist Church, 1176 Victory Hwy. (Jct. Rtes 117 & 102)

7:30 p.m., There Is Hope AFG, Tiverton - Amicable Congregational Church, 3804 Main Rd. (Rte. 77). Please refer to the Online and Phone Meetings page for information to join remotely.

7:30 PM Wakefield Just For Today will return to in person meetings with a Zoom option. They meet at Wakefield Baptist Church , 236 Main St., Wakefield, in the Fellowship Hall. Per the Church, masks are required for unvaccinated people. For Zoom, paste this in your browser: <https://soom.us/j/6127824537>

TUESDAY

****Updated Zoom Info** 7:00 p.m. - 8:30 p.m. Charlestown New Life** - Cross Mills 1st Baptist Church, 4403 Old Post Rd. (Rte. 1A) Charlestown, RI 02813- If you are fully vaccinated, you do not need to wear a mask. The group will also be meeting via Zoom. All are welcome to participate. To join the Zoom Meeting, ID: 741 035 1630, Password: RQ9MhT

7:30 p.m., New Beginning Al-Anon Family Group, East Greenwich, St Luke's Episcopal Church - 99 Pierce Street The group holds a separate Newcomers group meeting as needed.

****Location Change** 6:30 p.m., How Al-anon Works, Middletown, YANA Clubhouse**, 770 Aquidneck Ave, Middletown 02842.

WEDNESDAY

*****Needs Support*** 9:00 a.m., Serenity at Sunrise, Warwick** - Sts Rose and Clement Church 111 Long St. Per church: ***It is highly recommended to wear a mask if you have not received the COVID vaccine. Continuing to maintain social distancing is also a recommended practice.

7:00 p.m., Let Go and Let God, Cumberland - St. Aidan's Church, 1460 Diamond Hill Rd. Park in back of church, enter via the Rear door. This Group will also be meeting via Zoom - To join the Zoom Meeting, paste this in your browser: <https://zoom.us/j/88189707610>. To join the meeting manually, go to zoom.us, enter Meeting ID# 88189707610 and the password is 483079

7:00 p.m., Serenity by the Bay, Warren - Warren Town Hall, 514 Main Street, Joyce street entrance. *****NOTE***** The meetings are in person, 7-8 pm, with the **EXCEPTION** of the first Wednesday of the month. On those dates we phone conference: call 712-770-4990, access code 666 383#.

7:30 p.m., Gift of Hope Al-Anon, Providence - St. Martin's Church, 50 Orchard Ave., 3rd floor – (Enter church via door on Orchard Place, facing the synagogue parking lot). **The group has discontinued Zoom.

THURSDAY

10:00 a.m., Let it Begin with Me, West Warwick - Emanuel Lutheran Church, 9 New London Ave., Enter from the rear of building and this location is handicap accessible.

MEETING NOTICES(CONT.)**FRIDAY**

12:00 p.m., Essential Steps & Traditions Study Group - Kingston - Kingston Congregational Church, 2610 Kingstown Rd. (Rte.138) (Fireplace Room - enter thru kitchen from back parking lot). This meeting will be hosting a Zoom meeting for a trial period. To join the meeting manually, go to zoom.us in your browser, enter the Meeting Number: 88947181514 and the password 449263. To access by phone: Call (646) 876-9923; MeetingID: 889 4718 1514;Password: 449263

****Holiday Change** Anchor of Hope will NOT meet on 12-24 and 12-31. 6 p.m., Anchor of Hope, Narragansett** - Christian Anchor Fellowship Assembly - 32 Avic St. Narragansett.

7:00 p.m., Westerly Friday Night AFG, Westerly - Westerly Senior Center, 39 State Street.

7:00 p.m., You Are Not Alone, Woonsocket - Landmark Hospital, 115 Cass Avenue, meetings will return in-person. **IMPORTANT!!** Please do NOT enter the hospital thru the main entrance. Go to the emergency room entrance. Pass the emergency room and there is a parking lot and the hospital building will be on the right. At ground level, there will be a door clearly labeled "Christiansen Conference Center" Please enter thru this door. Masks are not required but feel free to wear one if you wish.

SATURDAY

****Starting Saturday, October 2, 2021** Loving Hearts Al-Anon Group will meet in person at 11 AM.** St. James Lutheran Church, 49 Middle Highway, Barrington, RI 02806 (Use the back entrance, which is handicap accessible. 1st room on right) The meeting format is Open Discussion.

RIAFG AND THE WSO NEED YOUR SUPPORT

*Keep those donations
rolling in*



**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.

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

**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**

PUBLIC OUTREACH:

Please consider printing and pinning up the Al-Anon tear off poster below.
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!



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

MEMBERS SHARE:

Today, at my home group meeting, I celebrated 37 years of recovery. Celebrating member's anniversaries is a wonderful tradition of the Forever Hope group in West Greenwich. Our tradition includes passing around a card that members can sign and having the recipient choose a member to give the card and an Al-Anon medallion to them.

When I walked into my first meeting in November 1985, I had no idea what a wonderful journey lay ahead of me. I still remember the love and acceptance that I received from that room full of strangers. They were happy to see me, even though they didn't know me, and they encouraged me to keep coming back.

Naively, I looked at the 12 steps that were hanging on the wall and I thought, I will study and do those steps, they will give me a test (which I will pass with flying colors), and I will graduate and my life will be calm and wonderful!!! Today I am grateful that Al-Anon doesn't work like that. Instead, I get to keep coming back, learning and growing one day at a time, for the rest of my life - a wonderful life that may not always be calm, but will always include going to Al-Anon meetings, working the steps, practicing the traditions and doing service in Al-Anon.

Phyllis H.

ALATEEN CORNER:

Dear Al-Anon and Alateen members,

The World Service Office is currently accepting sharings from Alateen members for a new Just for Tonight Alateen Bookmark, which was given conceptual approval by the 2021 World Service Conference. Please encourage all Alateen members to submit sharings for this project by **December 31, 2021**.

Alateen members can find the writing guide and/or submit sharings online at al-anon.org/sharing.

They can also email sharings to wso@al-anon.org (with "Alateen Just for Tonight" in the subject line), or mail to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attn: "Alateen Just for Tonight."

Thank you for your help in sharing this information!

Yours in Service,
Tom C., Associate Director-Literature

FORUM ARTICLES:**The Sound of Silence**

There have been times in my life when silence has been healing for me. Moments spent in meditation, reading a book, or observing nature help turn off the noise of my rapid thoughts and provide me with peace. Growing up in an alcoholic home, I prayed for silence from the angry yelling, swearing, and loud music that often echoed throughout the house. When all became quiet, I knew it was time to lay my worries to rest on my pillow.

There were also times, though, when the silence in my life could be destructive. Silence was my punishment whenever I tried to verbally share my feelings. This silence was louder than any yelling, swearing, or loud music. A turned back or a dirty look was a common response to my pleas for the drinking to stop. All the anxiety, frustration, and loneliness that was building on the inside had nowhere to go. I learned to stop expressing my emotions and instead began to hold them in until they all came bursting out in waves of anger. I learned to try and drink my pain away with alcohol, and by the age of 15, I, too, had a drinking problem. Yet still, in my home, my problem was not acknowledged. Again, silence.

By the time I reached the legal drinking age of 21, I had quit drinking and found new, healthy ways to cope. I knew nobody at home was going to help me with my problem, and therefore, I had to "Let It Begin with Me." Decades later, with one parent deceased and the other still drinking, I found that teenage girl who was full of anxiety, frustration, and loneliness resurfacing. I reached out to a local Al-Anon family group and, for the first time, found support among people who understood what I was going through. With a simple response of "Thank you," my feelings were safe and validated. I can trust that whenever I walk into an Al-Anon meeting, the emotions I express will be heard and will never be silenced.

By Jennifer S., Michigan, The Forum, November 2021

(Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA)

FORUM ARTICLES (CONT.):

Doing Things Differently, Not Doing More Things

When I became aware of my 15-year-old son's drinking, I put him into a treatment program. The staff at the facility recommended I attend Al-Anon. My first thought was, *How can I do one more thing to help my son?* I was already getting him to treatment three days a week, taking him to meetings, driving him back and forth to school, and monitoring all of his time. This was in addition to trying to parent two younger children and maintain our household. I had no idea how I could fit one more thing into a schedule that didn't even have room for what I was already trying to accomplish. However, I came to realize that what I was doing was not making my son sober, because his disease progressed despite all of my efforts.

In desperation, I attended my first Al-Anon meeting. As I listened to people sharing about their own experiences, I began to understand that my efforts weren't going to cause an instant change in his disease. I kept going back, and I began to change some of the things I was doing. Constant checking up on my son had not stopped his drinking, so I made time for myself and the other family members. Yelling, crying, negotiating, and punishment did not stop his drinking, so I stopped doing those things too.

There were many painful days and nights when my fear for my son affected my daily life, but I got a Sponsor, started working the Steps, read Conference Approved Literature, attended meetings regularly, and developed a relationship with my Higher Power. I came to understand that making Al-Anon a part of my own life was not doing *more*, it was doing things *differently*. The things I learned in Al-Anon helped me identify my motives and understand that rescuing my son from the consequences of his disease was not helping him or me. I also learned how to work on a loving relationship with my son.

Today, after several years of drinking, my son is sober. He's an adult now, and we have a relationship of love and respect. I have become a better mom and a better person from attending Al-Anon and applying the principles of the program to all areas of my life.

By Tracy G., The Forum, November 2021

(Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA)

Others' Alcoholism Affected Me Too

As a newcomer to Al-Anon, it took several months before I could share the most painful parts of my past—the things that had happened to me and the mistakes I had made.

Growing up in an alcoholic home, I learned to stuff my feelings, to isolate, and to shut down emotionally. Those were the ways I learned to survive. I didn't want to feel those feelings. Guilt, shame, and self-doubt played equal parts in thrashing my happiness, triggering my unease, and sabotaging my capacity to love myself.

Working and practicing the Steps allowed me to see some harsh realities that I needed to accept in order to move on. I learned that I had just as cunning, baffling, and powerful a disease as the problem drinkers in my life. I hid. I pretended. I lied to myself over and over again.

In meetings, others suggested I keep coming back. I heard phrases like "Don't leave before you get your miracle," and "It works if you work it." I found these suggestions inspiring, and so I kept coming back. By choosing to be honest, open-minded, and willing, I discovered that Al-Anon's spiritual principles continually help me to accept, to forgive, and to love myself and others—to be the best version of myself that I can be.

Because of practicing this beautiful way of life, I now know there is strength in being vulnerable and that tears are brave, beautiful, and healing. Sharing my story has put me on a path to inner peace and contentment, as well as continued spiritual growth. Today, I choose to live emotionally healthy, happy, and free.

By Rosemary B., Arizona The Forum, November 2021

(Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA)

NEWS FROM THE WSO:

The Forum Needs Your Sharings about Our Three Legacies!

Please consider writing about one of the Twelve Steps, Twelve Traditions, or Twelve Concepts of Service, as your World Service Office receives very few sharings about them. Submissions should range from about 200 to 400 words. Send your articles to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; to wso@al-anon.org; or submit online.

Are You Ready to Welcome Newcomers this Holiday Season?

The holidays are quickly approaching. For newcomers seeking help at this time of year, please make sure that your group meeting information is correct.

Ask yourself and your group, “What did I need when I went to my first meeting?” Specific location or login instructions about your meeting can be helpful to a newcomer attending Al-Anon/Alateen for the first time. We want everyone to feel welcome in our Al-Anon and Alateen meetings!

Is the group’s temporary electronic meeting information removed from your group record if you’re back to meeting in person?

Are there passwords or login instructions needed to join the Al-Anon/Alateen meeting electronically?

Is there a special door to gain access to the building or a room number for the Al-Anon/Alateen meeting?

Is there a sign on the door or chat notice to alert people if your group won’t be meeting that week?

Is there a volunteer from the group to be a “Greeter” for those attending your Al-Anon meeting for the first time?

You can submit Al-Anon group changes online throughout the year at al-anon.org. For help with submitting Alateen changes, contact your Area Alateen Process Person.



Holiday Special

The Al-Anon Family Groups Alateen Bundle with Free Shipping!

Give a teen, or a member you care about, the gift of Alateen literature. This \$20 special set includes free shipping. *Available as a set for a limited time—through January 2022*

The **Alateen Bundle (K-72)** includes:

Alateen—a day at a time (B-10)

Alateen—Hope for Children of Alcoholics (B-3)

Alateen Talks Back On: Serenity (P-69)

Just for Today, Alateen Bookmark (M-13)

How Has Al-Anon Literature Helped You?

Please share how *In All Our Affairs* (B-15), *Intimacy in Alcoholic Relationships* (B-33), *When I Got Busy, I Got Better* (P-78), or *From Survival to Recovery* (B-21) has helped you. Send your sharings by **December 15** to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: “CAL Corner”; to wso@al-anon.org with “CAL Corner” in the subject line; or at al-anon.org/forumshare.

Where Will You Be June 29–July 2, 2023?

Al-Anon’s next International Convention will be held June 29–July 2, 2023, in Albuquerque, New Mexico, United States!

International Conventions are fabulous combinations of fun, fellowship, and recovery, as well as opportunities to meet new friends, explore new attractions, and vacation in new locales.

Our friends in Alcoholics Anonymous (A.A) will join us by holding daytime A.A. meetings on Friday and Saturday. Al-Anon’s daytime offerings will include Book Studies, Next Picks, Panel and Speaker meetings, Table Topics, and Workshops. The daytime options will be in addition to our Big Meetings on Friday, Saturday, and Sunday, where we’ll hear family stories, talks from members in other countries, and spiritual sharings.

Mark your calendar and stay tuned for more details as the summer of 2023 approaches. We look forward to seeing you in Albuquerque June 29 through July 2, 2023!



Twelfth Stepping Through the Holidays

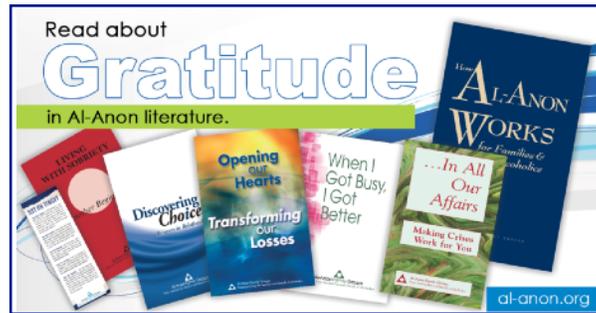
For some groups, it may have been a while—perhaps nearly two years, prior to the pandemic—since anyone looked inside the Conference Approved Literature box. What Al-Anon treasures await the brave souls who decide to embrace the adventure? Could there be some outreach bookmarks or perhaps some *Al-Anon Faces Alcoholism* magazines? Maybe some *Al-Anon Family Groups Welcome* pamphlets (S-67, S-68, S-69) or even some copies of our recovery magazine, *The Forum*? We are fortunate to have so many tools to attract others to our program. So, let’s empty those boxes!



Welcome Newcomer! e-booklet

As the holiday season approaches, groups begin to prepare for the influx of newcomers into our meeting rooms. It’s important to take an inventory to ensure we have plenty of newcomer kits and meeting lists on hand.

Now, in addition to the *Al-Anon Newcomer Packet* (K-10), groups can choose to “gift” newcomers the *Welcome Newcomer!* e-booklet (eK-10), if they would prefer electronic literature. *Welcome Newcomer!* is sold through various e-book vendors, and direct links to them can be found at al-anon.org. Information about gifting can be found on the e-book vendors’ websites.



Want to Read about Gratitude?

Here's where to find some inspiring sharings on the topic of gratitude in Al-Anon's Conference Approved Literature:

- *Discovering Choices—Recovery in Relationships* (B-30), pp. 58-9, 257
- *How Al-Anon Works for Families & Friends of Alcoholics* (B-32), "Gratitude," pp. 78-9
- *...In All Our Affairs* (B-15), pp. 230-2
- *Just for Tonight* Bookmark (M-81)
- *Living with Sobriety* (P-49), pp. 44-5
- *Opening Our Hearts, Transforming Our Losses* (B-29), "Gratitude," pp. 170-2
- *When I Got Busy, I Got Better* (P-78), pp. 33-4

Available from local Literature Distribution Centers or at al-anon.org.

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.*

General Warranties: *In all its proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:*

- 1. that only sufficient operating funds, including an ample reserve, be its prudent financial principle;***
- 2. that no Conference member shall be placed in unqualified authority over other members;***
- 3. that all decisions be reached by discussion, vote, and whenever possible, by unanimity;***
- 4. that no Conference action ever be personally punitive or an incitement to public controversy;***
- 5. that though the conference serves Al-Anon, it shall never perform any act of government, and that, like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.***

WEB Sites, Addresses and phone numbers:

**RI AFG: 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. Office: 1600 Corporate Landing Parkway, Virginia Beach,
VA 23454, Telephone: 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 know the difference.*

