

LIFELINES DECEMBER 2020



Editor's Corner:

Newton's First Law of motion: Inertia...innate force of matter...by which every body...endeavors to preserve its present state...

Inertia (in common usage): "the resistance to a change in motion...an object will continue moving at its current velocity until some force causes its speed or direction to change..."

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

"...white clouds hung suspended...I suddenly realized that the entire mass was in motion. An unseen force was driving them...invisible to my eye, and yet it had such power. All I could see of it was the effects of its power... spiritual awakening..."(p. 103-104 *As We Understood*)

My spiritual awakening was the force that changed my direction. Sometimes it was glimpses of insight. Some involved a sharpening of my awareness of a Higher Power active in my life. Some were "nudges" to move forward no matter how scary the prospects might be. Some awakened an inner strength that was hiding behind my fears. And some revealed that more work was needed on a key "issue."

In this Step, the next part is carrying the message. My spiritual awakening is for me and about me, but keeping it tucked away diminishes it. It must be shared. I share it at meetings, in my journaling, and through talking and messaging others. It is for me but it is not all about me.

I have learned the value and the pain of honesty, the release of no longer being in control, the joy from others sharing their own spiritual path, and the comfort during dark times. But I so easily forget and slip into old habits. I need to continually reinforce my spirit through practice of these principles. I go to meetings, use the slogans and the Steps, talk with Al-Anon friends, read our literature, write in a journal and do Al-Anon service work.

Working on this newsletter requires time and effort. And facing an empty page each month can be challenging. Yet, an unseen force seems to flow from my heart and mind and through my hand onto the page. I gain insights from this commitment. I produce as best as I can. I have experienced the support and encouragement of other trusted servants. I have drawn from their thoughts and suggestions. I have personally grown from those who submit their personal shares.

Gail G, one of Al-Anon's trustees, spoke at the Fall Assembly. She commented that "I don't give back, I get..." while sharing about her service experiences. That has been my experience also. I took on this position because I felt that it was time for me to "give back." The wealth I receive far outweighs the time and energy I expend. My recovery, and thus my life, has received an immeasurable abundance from serving.

You will find a list of the RIAFG service positions that need volunteers. Please read through them and be open to what you could do in giving back to this wonderful program. Your experience just might give you more than you thought possible.

Gratefully in service,

Elaine H., Lifelines Editor

Inside This Issue

Editor's Corner

Fall 2020 Virtual Assembly Highlights

Area Chair's Corner

Open Area Level Service Positions

2020 Events Calendar

Meeting Notices

Members Share

Forum Article

Support RIAFG & WSO

Treasurer's Report

News from the WSO

Al-Anon's Three Legacies

This Month's Step, Tradition and Concept

Web Sites, addresses and phone numbers

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.

photo by Martha R.

****DEADLINE FOR THE JANUARY ISSUE IS DECEMBER 28TH.**

FALL 2020 “VIRTUAL” ASSEMBLY HIGHLIGHTS:

I want to begin by acknowledging and thanking the Committee that worked diligently over the past several months researching and organizing this Assembly, testing and re-testing the Zoom features before the Assembly, and for participating in their various roles during the Assembly to make it a success. Thank you, Kim C., Jackie W., Julia G., Barbara H., Cindy B., and Tami K. It was a pleasure working with all of you as we forged new territory to bring Rhode Island AI-Anon together for our first-ever Virtual Assembly.

Although there were only 7 groups represented by GRs/proxies, they – along with the Area committee members – were active participants in discussing and attending to the Area’s business.

Assembly business included voting on the 2021 Area Budget, discussion and approval of the proposed Guidelines for Thought and Task Force Chairs, the Delegate’s report on the 2020 World Service Conference, and a wonderful presentation by Gail G., a WSO Trustee who joined us “virtually” from British Columbia.

There were 14 open positions up for election. Gratefully, five members stepped up and were elected to serve effective January 1, 2021: Joel B., Area Chair; Ann H., Email Coordinator; Jeannie O., Literature Coordinator; Jackie W., Public Outreach Coordinator; and Liz P. District 3 Representative. Congratulations to all of you and thank you for stepping up to Area Service.

Information on the remaining 10 open positions can be found starting on page 3 of this Newsletter.

Phyllis H.
Area Chair

AREA CHAIR’S CORNER:

As we approach the end of 2020, I want to take this opportunity to thank the following Area World Service Committee (AWSC) members, who are completing their current term of service: Barbara H., Area Delegate; Tami K. Area Treasurer; Charles W., District 2 Representative; Jackie W., AA Liaison; Ashley B., Alateen Coordinator; and Ann-Marie C., Literature Coordinator. It has been a pleasure and honor serving with all of you over the past 3 years.

Phyllis H.
Area Chair

Turning Bad News into Good News

The Bad News is that Rhode Island Area AI-Anon will be starting 2021 with 10 vacant positions: Delegate, Alternate Delegate, Treasurer, Alateen Coordinator, AA Liaison, Archives Coordinator, Group Records Coordinator, 2021 Workshop Coordinator, District 1 Representative, and District 2 Representative (see page 3 through 5 for job descriptions and qualifications).

How can you help turn the Bad News into Good News and give your recovery a boost? By stepping up to Area-level service in one of these positions. As my sponsor told me “All of these positions are for one day at a time, and we grow into them with support from our membership who are our mentors and guidance from our Higher Power.”

Phyllis H.
Area Chair

Opportunities to Serve on At-Large Committees of the AI-Anon’s Board of Trustees

Have you ever thought about doing AI-Anon service above the group and/or Area level, but were concerned about the time or travel commitment? The WSO is currently looking for volunteers to serve on the following four At-Large Committees (descriptions of these positions can be found in detail in the November issue of Lifelines):

Forum Editorial Advisory Committee (5 At-Large members), **Public Outreach Committee** (5 At-Large members)
Literature Committee (5 At-Large members), **Audit Committee** (2 At-Large members)

For more information about applying go to <https://al-anon.org/for-members/board-of-trustees/wso-volunteers/at-large-committees/>.

The deadline for submitting résumés is January 1, 2021. Applicants will be reviewed, approved, and notified by April.

Phyllis H., Area Chair

OPEN AREA LEVEL SERVICE POSITIONS:

Please share the need to fill these position with your groups and other Al-Anon members. DRs are asked to forward this information to their GRs/CMAs and ask them to share the information with their groups. If you know of a possible candidate for any of these positions, please let me know and/or ask them to contact me at chair.riafg@gmail.com.

VOTING POSITIONS OF AWSC AND EXPECTATION OF ATTENDANCE AT AWSC MEETINGS.

Per RIAFG Policy 02-2010, all of the following Service Positions are voting positions for AWSC meetings, except for Workshop Coordinator. Members serving in voting positions are expected to regularly attend all AWSC meetings.

AREA OFFICERS

Delegate (3-year term) The Delegate represents the Area at the annual World Service Conference (WSC) and serves as the primary communication link between the World Service Office (WSO) and the Area and Groups within the Area. He/she is a channel through which information and concerns flow from the Groups and Area to WSO, and from WSO back to the Area and Groups. The Delegate monitors and participates in AFG Connects, the WSO's communication and document sharing tool. At the Spring Assembly, the Delegate provides a comprehensive WSC report to the Area. The Delegate attends the Northeast Regional Delegates Conference (NERD) each year prior to the World Service Conference, to discuss and receive information on Al-Anon issues within the Region. Throughout the term of service, he/she participates on WSO committees, task forces, and/or thought forces, provides Area information to WSO, and responds to requests from WSO. The Delegate is expected to attend each Area World Service Committee meeting, and needs to work well with the Area Chair. He/she is expected to get to know other Delegates and share information on Area issues. As the point person for information of trends and developments in Al-Anon, the Delegate is expected to be proactive in making suggestions to the Area and Groups for constructive changes to further the Al-Anon purpose. The Delegate is encouraged to consider standing for Area Chair at the completion of his/her term. The information learned as Delegate can then be used to support the new Delegate and the Area as a whole.

Qualifications - Members who meet the following 3 criteria are eligible to serve as Delegate: (1) is an active Al-Anon member; (2) is an outgoing or current Area World Service Committee member or former Area World Service Committee member who has remained active in service at the Area level, and (3) is not also a member of Alcoholics Anonymous. A past delegate who has served a full three-year term may not succeed him/herself as Delegate or Alternate Delegate, but may be re-elected after an interim three-year term provided, he/she has remained active in service at the Area level.

Alternate Delegate (2 years remaining on current term) 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.

Qualifications - Members who meet the following 3 criteria are eligible to serve as Alternate Delegate: (1) is an active Al-Anon member; (2) is an outgoing or current Area World Service Committee member or former Area World Service Committee member who has remained active in service at the Area level, and (3) is not also a member of Alcoholics Anonymous. A past delegate who has served a full three-year term may not succeed him/herself as Delegate or Alternate Delegate, but may be re-elected after an interim three-year term provided, he/she has remained active in service at the Area level.

Area Treasurer (3-year term) The Treasurer is the primary budget officer for the Area and serves on the Area Budget Committee which is charged with preparing an annual budget to be submitted at the Fall Assembly for approval each year. He/she maintains the Area bank account, makes deposits of Area funds, and pays all bills for expenditures approved by the Area World Service Committee. The Area has a checking account with Washington Trust Bank. The Treasurer prepares and maintains the Area Income & Expense Report, the Group Donations Report, and the Area Appeal Report (currently on Excel spreadsheets). The records are kept on a thumb drive, which is passed along to the next Treasurer. Donations are sent to the Area office and are forwarded to the Treasurer by the office volunteers. The Treasurer makes quarterly financial reports to the Area and Assembly.

Qualifications - Members who meet the following 3 criteria are eligible to serve as Treasurer: (1) is an active Al-Anon member; (2) is an outgoing or current Area World Service Committee member or former Area World Service Committee member who has remained active in service at the Area level, or otherwise has service experience of sufficient scope that they possess the qualifications for this position, and (3) is not also a member of Alcoholics Anonymous.

AREA COORDINATORS

Qualifications - Members who meet the following 2 criteria are eligible to serve in any of the Area Coordinator positions listed below: (1) is an active Al-Anon member and (2) is not also a member of Alcoholics Anonymous. Any position-specific qualifications are listed in the position description.

AA Liaison (3-year term) The AA Liaison (Al-Anon member) is a link between Al-Anon and AA in the spirit of cooperation between the two programs. He/she attends the monthly RI AA Convention Committee meetings as a voting member in all affairs except “finances” and attends 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. He/she works with the Literature Coordinator to ensure that Conference Approved Literature (CAL) is available at the Convention, assists with the set-up of the Literature table, and communicates the Literature Coordinator’s needs to the Committee, i.e. number of tables, chairs, etc. The AA Liaison provides the Al-Anon meeting schedule and topics (to coincide with the AA meetings at the convention) and coordinates Al-Anon members to chair the scheduled Al-Anon meetings. He/she provides the Al-Anon information for the participant packets (1200). At the Liaison’s discretion and schedule, he/she provides assistance in the Convention mailing and stuffing of participant packets. He/she informs Al-Anon/Alateen groups in the Area about the convention and cooperates with AA in publicizing the convention within the fellowship including posting the flyer and registration forms on the Al-Anon website and in the *Lifelines* newsletter and emailing flyer/registration forms to the RI Area Al-Anon DRs for distribution to the GRs and to the Area World Service Committee members. If requested, the AA Liaison will assist in the Al-Anon Workshop including obtaining the AA Speaker and arranging for the AA Outreach Coordinator to set-up an information table at the Workshop.

Alateen Coordinator (3-year term) 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 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 AMIAS.

Archives Coordinator (1 year remaining on current term) The Archives Coordinator preserves the experience, history, and memorabilia of the RI AFG. The Coordinator may head up an Archives Committee, which would be responsible for researching the history of Al-Anon in RI. The archive materials are currently at the Area office. Anonymity is stressed when displaying photographs that might identify individual members. The materials collected can be displayed at workshops, assemblies, group anniversaries, or public information displays.

Group Records Coordinator (2 years remaining on current term) The Group Records Coordinator serves as the Area’s designated contact with the WSO regarding all Rhode Island Al-Anon group records. He/she uses the WSO Online Group Records application to notify WSO of any and all meeting changes including registering new groups. As needed, the Group Records Coordinator generates reports for the Area Chair and other AWSC members to use when sending out the Area Appeal and other pertinent Area information. This position maintains and updates the RIAFG AWSC contact list, including providing copies to AWSC members. (Personal information is considered confidential and treated as such.) He/she assists the Area Assembly Committee with registration by providing up-to-date sign-in sheets for all attendees and nametags for the AWSC members. The Group Records Coordinator receives communication from WSO via email and the AFG Connects Group Records Coordinator e-Community. He/she must have computer and Internet availability and be familiar with Microsoft Office Programs, such as Word and Excel.

Workshop Coordinator 2021 (1-year term) 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.

Qualifications – Any active Al-Anon member is eligible to serve as Workshop Coordinator. As this is a non-voting position, the position can be filled by a member who also is a member of Alcoholics Anonymous.

DISTRICT REPRESENTATIVES (DR)

The District Representative is usually any incoming, outgoing, or active past Group Representative who is willing to represent the District at Area World Service Committee (AWSC) meetings and Area Assemblies. He/she should have knowledge of Al-Anon traditions and concepts as well as how they are applied. The District Representative meets and/or communicates with Group Representatives in his/her district to provide the GRs with information from the AWSC, encourages members' subscription to the *Forum*, listens to group concerns, and takes any questions or concerns to the AWSC meetings. He/she maintains an email group list to send out messages and announcements to GRs within the District. Also, the DR may choose to offer an orientation meeting for new GRs upon rotation. The DR is elected by the District's GRs. **Qualifications** - *Members who meet the following 3 criteria are eligible to serve as District Representative: (1) is an active Al-Anon member, (2) preferably is an incoming, outgoing, current, or active past Group Representative, or if not, otherwise has service experience of sufficient scope that they possess the qualifications for this position and, (3) is not also a member of Alcoholics Anonymous.*

District Representative for District 1 (*1 year remaining on current term*) **Northern RI** includes Burrillville, Central Falls, Cumberland, East Providence, Gloucester, Johnston, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, and Woonsocket.

District Representative for District 2 (*3-year term*) **Middle and Southern RI** includes Block Island, Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Narragansett, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, and Westerly.

2020 EVENTS CALENDAR:

At this time, due to the COVID-19 pandemic, please check the riafg.org website for updated information.

December 2 AWSC meeting 7 to 8:30 PM via zoom. For details, email a request to lifelines.riafg@gmail.com.

MEETING NOTICES:

****Please consult riafg.org for the latest information regarding groups who are transitioning back to in person meetings, changing to a Hybrid format, and for the conference bridge numbers and zoom information for the temporary virtual meetings.*

****For the WSO meeting list, please refer to al-anon.org and click on "Meetings"*

MEMBERS SHARE:**The 3 AAAs.- Awareness, Action, and Acceptance.**

Sometimes I feel like my life is being "towed away by Triple AAA". The effects of alcoholism can make this mind and heart (the engine) feel broken down and in need of major repair.

Thankfully, I have the 12 Steps and Traditions of Al-Anon to help with getting the mind and heart running again! Through working the program, I have discovered and practiced the principles of Awareness, Action and Acceptance. It can sometimes take a long time for me to be Aware of a character defect and how I act out on it (Steps 4 & 5). It used to be revealed through pain and suffering. Now that I work the program, they are revealed through mindful reflection! So much more gentle.

Then I have to decide how to respond, not react. I can weigh my options and decide between what is real (healthy) and what is fantasy (dysfunctional) in changing my behavior and letting go of a character defect (Steps 6 & 7, and 8 & 9). I work with my Higher Power God on my defects of character and with other people by making amends and discontinuing a self-harming behavior.

The engine is really racing then! To keep the mind and heart on cruise control (recovering) I practice Steps 10 through 12. I get the oil changed (Step 10), seek advice from the mechanic (Step 11), and let my Higher Power do a lot of driving (Step 12). It's nice to be the passenger! While riding with my HP, I have the opportunity to practice Acceptance. Sometimes it's a bumpy road, with twists and turns and talk about those POT HOLES!

Life is a smoother drive and ride with my program and my God. Keep on cruising fellow Al-Anoners and avoid the tow truck!!!

Ann H., RIAFG Forum Coordinator, RIAFG Email Coordinator



"My Higher Power is a beacon of safety and comfort in the calm and stormy seas of life." By Kim C.

Recipe for Recovery

I would like to take a few minutes to talk about my Recipe for Recovery, which is simply stated on page 126 in *How Al-Anon Works*: "Al-Anon's three legacies, Recovery through the Steps, Unity through the Traditions, and Service through the Concepts, interconnect to create the foundation of [my] program." The first ingredient in my recipe, the Steps, have become my "how-to" guide for carrying out my life on a daily basis. The second ingredient, the Traditions, are the spiritually based principles that keep me focused on my purpose. The third ingredient, the Concepts of Service, are the guideposts that help me to develop healthy ways to interact with others.

To fully realize the gifts of my recovery, I need to utilize all three ingredients – the steps, the traditions, and service – in my life and my program. I am enormously grateful for the gift of recovery in my life today, and that gratitude is the primary reason I include service in my Recipe for Recovery.

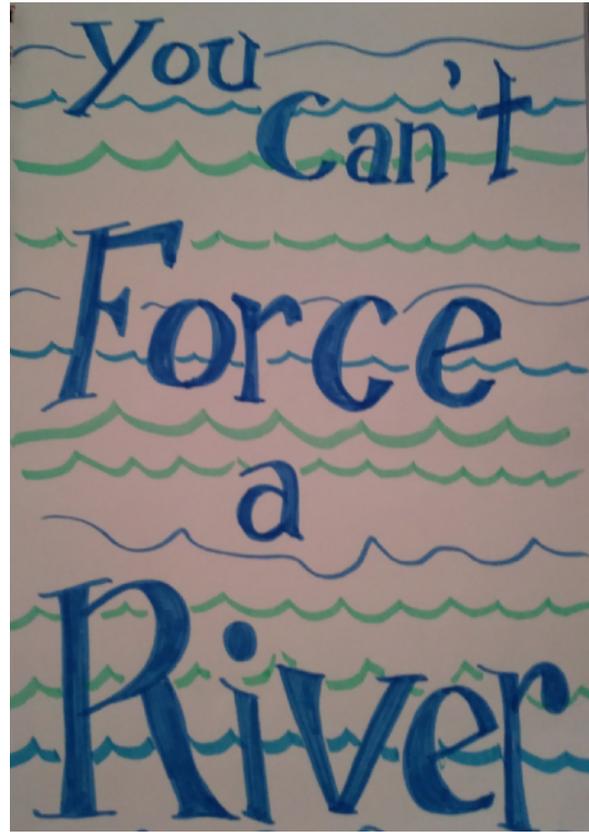
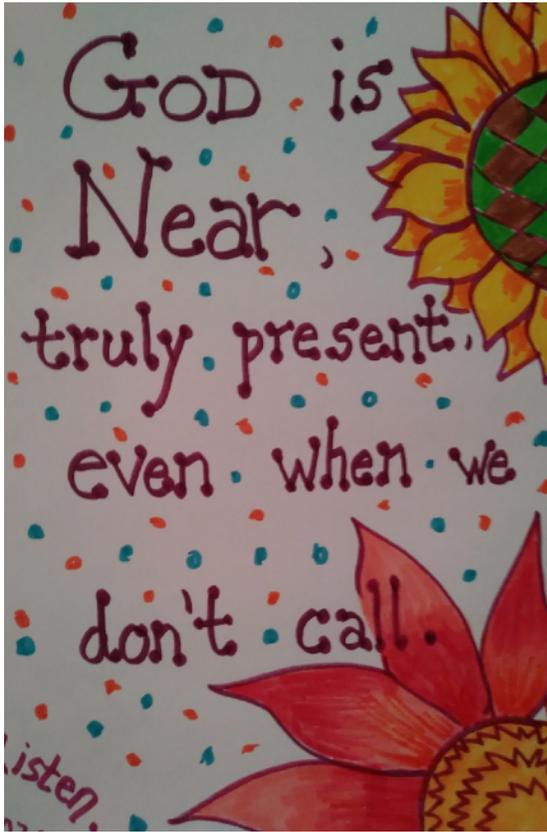
35 years ago, when I was desperate for help, I was given the name and number of an Al-Anon member who took me to my first meeting. When I arrived at that first meeting there were chairs for us to sit in, there was literature on the table, someone opened and led the meeting, and people encouraged me to keep coming back. As I grew in the program, so did my appreciation for the thousands of members who over the years have generously volunteered to be trusted servants, including Lois W. and Anne B. who co-founded Al-Anon nearly 70 years ago. From that appreciation came my realization that I wanted and needed to do my part to ensure the continuation of this life saving program.

So, I stepped outside of my comfort zone (i.e. my home group) and I volunteered to be the webmaster for the Area website. Then, when a GR was needed for my home group, I volunteered for that which led to my becoming Alternate DR for my District. After 3 years as GR, I was elected DR for my district. At the end of my 3-year term as DR, I stood for and was elected Delegate. I also have been a volunteer at the Area Office and Literature Distribution Center and an Alateen Group Sponsor. And now, 14 years after my first venture into Area service, I am completing my 3-year term as Area Chair. Little did I know when I set out to "give back to the program" that I would get more than I gave.

As a result of my giving back in gratitude, I began to reap the benefits of being a trusted servant. I became more confident in group settings – including getting up and speaking at the mic numerous times when I was a Delegate at the World Service Conference and leading the Area Committee meetings and Assemblies as Area Chair. I discovered that I have a voice and that others are interested in my input. I became a better listener and I grew in patience and tolerance. And most importantly, I knew that I was doing my part to keep the doors of Al-Anon open for all of us and those yet to walk through them.

As I complete my final year as Area Chair, I continue to be filled with gratitude for this life-saving program and for the many gifts I have received. My hope for 2021 is that others will decide to give their recovery a boost by adding the ingredient of Service to their Recipe for Recovery.

Thank you for allowing me to grow through service, Phyllis H., Area Chair



Journal sketches by Barbara E.

FORUM ARTICLE:

The Persistent Professional

I still very clearly remember getting to my first meeting. I had finally started to realize that I was not going to get my husband to stop drinking. I had already tried everything I could think of and decided I was going to save myself. I found a counselor and not for the first time, but this one was familiar with the program and recognized right away that I belonged there. She kept saying week after week, when I relayed some incident or anger, “Now do you think you need Al-Anon?”

I strongly resisted because I knew I wasn’t one of those people who married an alcoholic; I refused to be one of those women! I wasn’t a doormat type who let people walk all over her. I wasn’t weak. I could make decisions. How could I have married an alcoholic? How could I admit it?

Weeks went by. The counselor kept asking me the same question. Finally, I said, “Okay.” I would go to a meeting, but only to shut her up and to get her to stop talking about that program.

There was an 11 am meeting not far from me that would be taking place in two days. I had two preschool boys, and that meant I would have to get a babysitter in order to go. On such short notice I knew it wouldn’t be easy and was hoping, of course, that I could’t find one! But I did. My next dilemma was what to wear to the meeting. I knew it was at a church. Did that mean I had to wear “church clothes?” I wanted to fit in. I didn’t want anyone to notice me, and they might if I was dressed incorrectly.

I can clearly remember one of the women at that meeting, I even remember her name. She said she had been coming to the meetings three times a week for eight years. I was completely horrified! How awful to *have* to do that just to survive! I wasn’t planning on doing that, trust me. I would “get it” much quicker and be done. But today I understand. She kept coming because she *wanted* to. She felt better, she felt hopeful, and she could laugh again. She had serenity! Today I have all that, too, thanks to a persistent counselor who wouldn’t let me stay in denial. I found hope. I found my home.

by Margaret D., Ohio

(Reprinted with the permission of *The Forum* (November 2020 issue, page 15), Al-Anon Family Groups, Virginia Beach, VA)

\$ HOW YOU CAN HELP RIAFG AND WSO \$

Walk the Walk!



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

Thank You for your support during these difficult times! Whenever possible, please support our RIAFG and WSO to keep the “doors” of Al-Anon open to all who need it. Donate either personally or through your home groups.

- Make a personal or group donation to the Rhode Island AFG by sending a check to:
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

*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*



Photo by TH

AREA TREASURER’S REPORT:

Thank You to all who have been able to make donations to our RIAFG office. Your support is greatly appreciated, and has been keeping our Area financially sound during these difficult times. Your donations matter..

Thank you so much for your continued support and I wish you good health and serenity!

Tami K.

RI Area Treasurer

****When you send in donations on behalf of your group,
 please include the group number or the group name.****

NEWS FROM THE WSO:

Switchboard Changes at WSO

Greetings!

The pandemic has brought about many challenging changes, yet through this adversity, the World Service Office (WSO) Staff has identified a positive opportunity. As we continue navigating through 2020, we want to share with you this helpful change in process at the WSO.

As a result of staffing assessments this year, we realized having a live receptionist to answer and direct all incoming calls was not the most efficient use of our members' contributions to the WSO. We researched technology that would provide cost-efficient alternatives while maintaining WSO standards of service to the fellowship. In the process, we discovered that a simply configured, automated reception phone system would achieve our goals.

What this means to you is that starting December 7, 2020, members calling our main number- (757) 563-1600-will be greeted with a more efficient, direct dial experience. Members will now have the opportunity to reach the team they need directly! Importantly, members will also be offered the option to speak with a live person if they prefer. This change will have no impact on the WSO toll-free meeting line which continues to be answered by Staff available to support members and newcomers with finding a meeting.

We are grateful and excited about the opportunity to turn challenge into benefit and wanted to share our enthusiasm with you! We look forward to the opportunity to be of continued service.

Niketa W., Director of Finance & Operations

PSA Project Is Undergoing Major Change

Dear Trusted Servant,

We have received many requests for the PSA distribution and airplay lists. Historically, at the launch of a new PSA campaign, WSO provided the lists to members and asked for their help to deliver the Al-Anon message of hope to their local TV and radio stations. This year, we have held off in publishing these lists because of recent information from our new PSA vendor that required a discussion among the Public Outreach Committee.

First, it is important to note that our previous contracts for distribution were limited to 1,000 TV and 2,770 radio stations, as costs associated with producing and physically mailing copies impacted the number of stations we could contact. Our current vendor's contract is for electronic distribution to all Nielsen-tracked TV and radio stations in US and Canada. Previously, it was necessary for members to reach out to stations that were not on the distribution list to fill in the gap and encourage those stations to play our PSAs. Given the scope of our new contract, the gap no longer exists.

In fact, our efforts of cold-calling TV and radio station managers now could work against the efforts being made by our distribution vendor. Not only do they send the PSAs out electronically, but they also follow up with emails and phone calls to encourage stations to play our PSAs. Additionally, some stations have reached out requesting that we no longer send thank you notes, as opening the additional mail requires staff resources that could be used for other tasks important to the success of their station.

The early results from the first 55 days have shown significant improvement, with 12,473 airplays, compared to just 5,403 a year ago, including airplays in all of the top ten designated market areas (DMAs) which include: New York, Los Angeles, Chicago, Philadelphia, Dallas, San Francisco, Atlanta, Houston, Washington D.C., and Boston. For comparison, last year's campaign was not aired in any of the top ten DMAs. DMAs are ranked based on the population. Even in an election year, we are seeing record number of airplays and broad reach to include 74% of the top 100 DMAs in North America.

Based on this information, the PO Committee recommended and the Executive Committee approved members' involvement in the PSA Public Outreach Project to be limited to maintaining existing media relationships and outreach to other non-media outlets such as movie theaters, schools, and institutions, or sharing the PSAs with their social media networks.

This message will be included in *In The Loop* on December 4, 2020.

Scot P., Associate Director–Digital Strategy

New Topic for the Member Blog

November's topic is, "As the year comes to a close, what growth have you seen in yourself?"

Now, you can also write about Al-Anon's three Legacies. This month features Step Eleven, Tradition Eleven, and Concept Eleven.

Sharings on the Member Blog may be used in future Al-Anon publications.

New topics are being added each month!



Holiday Special! The Al-Anon Family Groups—Gratitude Bundle

Give yourself, or those you care about, a gift of gratitude with this special set at a reduced price and with free shipping. The *Gratitude Bundle* (K-71) includes:

- *Hope for Today* (B-27)
- *...In All Our Affairs: Making Crises Work for You* (B-15)
- *When I Got Busy, I Got Better* (P-78)
- *Just for Today* Bookmark (M-12)

Available as a set for a limited time—November 2020 through January 10, 2021



Searching for tranquility this holiday season? Consider adding “mobile serenity” to your gratitude list by subscribing to the premium content in the Al-Anon Family Groups app. In doing so, you will receive a year’s worth of “Today’s Reflection” entries, thus ensuring daily bursts of easily accessible serenity while on the go. This can be an especially welcome resource throughout the holidays!

Paying It Forward with *AFA*

What better way to give thanks for our gift of recovery than to pass it on to the families and friends of alcoholics who are still unaware of the help they can find in Al-Anon? *Al-Anon Faces Alcoholism 2020 (AFA)* magazines are available to order through the end of December. Why not order copies and mail them to offices of counselors, therapists, and doctors in your area for them to pass on to the families they help.

How Has Al-Anon Literature Helped You?

Please share how *Reaching for Personal Freedom* (P-92), *Many Voices, One Journey* (B-31), *Alcoholism, the Family Disease* (P-4), or *Opening Our Hearts, Transforming Our Lives* (B-29) have helped you. Send your sharings by **December 15** to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: “CAL Corner”; at wso@al-anon.org with “CAL Corner” in the subject line; or at al-anon.org/forumshare.

Our Three Legacies

The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.

RECOVERY: Through the Steps
UNITY: Through the Traditions
SERVICE: Through the Concepts

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.*



Photo by T.H