

LIFELINES FEBRUARY 2021



Editor's Corner:

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

I lose myself when I am obsessing. My life becomes unmanageable. I wish I could just turn it over to my Higher Power and be done with it. But I have “velcro” finger tips. A thought or situation or person gets stuck in my head. I work hard to release it, but, since all my fingertips are covered in velcro, I cannot. I am trying to remove something using the very fingers that it’s stuck to. I cannot do this alone. I need help from others and my Higher Power. Someone who is not emotionally involved in my situation, and thus can be more objective, can help me peel the obsession off. If I work my program ardently, I can even get insights into why this keeps getting stuck to me; I can get at what lies beneath the surface. Sticky fingers cannot help other sticky fingers release anything. If you have ever kneaded dough, you’ll get the picture.

Lately this is especially true with my own fears and worries and other people’s actions and words. When an obsession is running around in my heart, mind and gut, I tend to chase after it. And it is so easy to catch. My sticky fingers then latch onto it. I can tap into that false belief that if I push it around and examine it and understand it better, I can figure it all out, and, voila, then I can shake it loose with ease. I forget too quickly about the velcro fingertips. I lack the strength and ability to shake this off by myself alone.

I have some pet obsessions. They’re old and familiar acquaintances who subtly dance around in the backstage of my mind making just enough noise to trip me up and distract me. On the surface this may seem benign enough, but within me, they erode my serenity and shade my day in bleak colors.

And I have to go right back to Steps One and Two; admit my powerlessness and remember that this can only be released by accepting help outside of myself. Help can come from unusual places and I need to be aware of it. Sometimes it’s something mentioned at a meeting, a simple statement made during a phone call, a phrase in a piece of our literature, and sometimes even my own words being spoken out loud. My Higher Power has been very creative in giving me opportunities to listen and learn. I know this because I have experienced it. But knowledge does not necessarily cause change. I need to do my own footwork.

To paraphrase page 23 in *Hope for Today*, gratitude is an integral part of my serenity. If I utilize this tool it can permeate my entire life. Gratitude helps me savor my present moment. Gratitude fosters an atmosphere within me of appreciation. Gratitude can pull me from the depths of despair. It shifts my focus from darkness to light; from hopelessness to trust; from obsessing to freedom. It is a powerful tool of Al-Anon that for me seems to work in any situation I encounter.

Without Al-Anon, I easily end up in a place of self-criticism and shame or a full blown resentment. This is very dangerous territory for me. The old stuff from my past is a part of me, like it or not. It can quickly spring to life. My worries and fears feed it. If I don’t turn to the tools of the Program, I hit bottom. When I use something as simple as a gratitude list, my outlook shifts, my breathing slows down and deepens. That aching pit in my gut diminishes.

I have to go outside of myself to achieve serenity within myself. By using the tools of the program, my finger tips become less sticky. I am better able to let go and trust my Higher Power. I can make room within myself for that Higher Power and thus for serenity. My life is no longer ruled by my obsessions, worries and fears.

Gratefully in service,

Elaine H., Lifelines Editor

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Photo by TH

Would you like to be on the distribution list for Lifelines? Send an email requesting this to lifelines.riafg@gmail.com. These

****DEADLINE FOR THE MARCH ISSUE IS FEBRUARY 27TH.**

ANNIVERSARY ANNOUNCEMENT:

FOREVER HOPE
Al-Anon Family Group

Invites you to join us to celebrate our
33rd Anniversary
and
Lois W.'s 130th Birthday

Sunday, March 7, 2020

10:00 a.m.

To join our Virtual Zoom Anniversary meeting paste this in your browser:

<https://us04web.zoom.us/j/267773719?pwd=dnF3aHhWS0t0TXFtM1BmWHNIemdBQT09>

To join by **Zoom App**: Meeting ID: **267 773 719** Passcode: **EasyDoesIt**

To join by **Phone**: Call 929-205-6099; Meeting ID: **267 773 719** Passcode: **596010**

Speakers • Fellowship • Spirituality

Come Share the Joys of Recovery with Us



Having a plan in place to welcome newcomers and visitors to your group throughout the year helps newcomers and members alike.

Here are a few things to keep in mind for your group's "Welcoming Checklist":

- Ensure that your meeting information is accurate in all locations, including:
 - The facility in which the meeting takes place
 - Anywhere the meeting is listed within the community or online
 - Al-Anon Information Service/Intergroup
 - Area website
 - World Service Office
- Provide specific meeting location instructions on meeting schedules and flyers:
 - Are parking instructions needed?
 - Are there special requirements to gain access to the building or does it require special sign-in for visitors?
 - Does the facility's contact know the day, time, and location of the meeting?
 - Does the facility have a way to publish your meeting information?
 - Are special instructions needed for late arrivals, e.g., "After 7:00 pm, ring buzzer by door."
 - Are instructions clear enough for out-of-town visitors not familiar with your community?
- Help people find the meeting room and feel welcome.
 - Are there signs pointing to the right room for the meeting? Have you gained permission from your facility to display the signs?
 - Does your group have a "greeter" to welcome those attending your meeting?
- Does your group have enough Newcomer Packets and literature on hand?
 - Does your group have current meeting lists on hand?
- Consider discussing in a group business meeting if the meeting format should be revised when a newcomer or visitor is present.
 - Discuss the role of the chairperson when new people are present.
 - Is there an optional reading in *Groups at Work* (P-24) that the group would like to read to offer support and hope?

We want everyone to feel welcome in our Al-Anon and Alateen meetings!

2021 EVENTS CALENDAR:

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

- February 6, 2021 WSO Town Hall Meeting, see page 11 for information
- February 11, 2021 7:00 PM AWSC meeting. For information, email secretary.riafg@gmail.com.
- February 14, 2021 NY South Area Zoom Meeting on service, see page 11 for information
- February 26-27, 2021 46th South Carolina AFG Annual Convention, see page 12 for information
- March 7, 2021 10:00 AM Forever Hope 33rd Anniversary. See flyer on page 2 for details.

MEETING NOTICES:

Needs Support: The Monday night Self Discovery Al-Anon West Warwick meeting at 7 PM.
Zoom info: ID: 893 0861 4326 Password: 183597

****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"*

AREA OFFICE NEWS:

Although the Office at 106 Rolfe Square Cranston RI remains closed to the public, we are still available for the following:

- 1) The RIAFG Office does provide curbside literature pickup! Please call and leave a message and our volunteers will respond. It's easy! It's safe!
- 2) The Area Office still needs At Home volunteers! Please consider giving back by volunteering for the office as a volunteer from your home.
This position offers training and service support.

At Home volunteer primary responsibility:

Retrieve recorded messages (RIAFG has a voicemail system.) one time a week, return calls and record them in your log. You choose your hour to call in.

Details:

- Provide information to newcomers, callers.
- Acclimate the caller to riafg.org as a resource for meeting and RI Al-Anon Family Groups information.
- Report back to the Office Coordinator about your progress, and with any questions.
- Keep a brief written log of calls returned and communicate with the Office Coordinator.

Please call the office for more information and/or to volunteer! The number is 401-781-0044.

Jane A., RIAFG office coordinator

FORUM NEWS:

Give the Gift of Love



Treat yourself to a Forum Subscription
If appropriate, treat someone else as well.
It's easy to do and only costs \$11.00 per year - what a bargain!
Go to al-anon.org. Click on Members Page, then literature, then magazines.
You will see the FORUM. click on Forum subscription
You will need to create an account if you don't already have one.
Then follow the directions for ordering



Ann H., Area Forum Coordinator

SERVICE POSITIONS RECENTLY FILLED:

Thank you to the following people who have volunteered for some of our open Area Service positions. These members have been put into place as interim coordinators, until they can be voted in at the next Assembly in May.

Kit T.- Group Records Coordinator

Ashley B. – Alateen Coordinator

Nel P. – AA Liaison

Terry L. – Area Treasurer

OPEN AREA LEVEL SERVICE POSITIONS:

Please share the need to fill these position with your groups and other Al-Anon members. If you know of a possible candidate for any of these positions, please ask them to contact 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.

OPEN AREA LEVEL SERVICE POSITIONS (CONT.):

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.

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.

Literature Coordinator (3-year term) The Literature Coordinator carries the message of recovery and unity through Al-Anon Conference Approved Literature (CAL) to the Districts, Groups, and members in the Area. He/she manages the Literature Distribution Center at the Area Office, maintaining inventory, updating the order sheet, ordering new literature, and making donations from the proceeds to the Area treasury. This Coordinator reads and becomes familiar with each piece of Al-Anon literature, encourages its use in meetings and program events, works with volunteers to display CAL at Area events and the RI AA Convention, develops literature donation projects, and encourages members to write sharings for ongoing and new CAL projects.

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.

QUESTIONS FROM MEMBERS:

****This is a new section in the newsletter. Please submit your group questions or concerns here. Information from other groups will be included in subsequent issues****

The Change What You Can Al-Anon group would like to hear from groups that have a checking account at a bank or credit union for your group's treasury. We would like to know info on banks that have low-cost options, how your group's account is set up, signatories for using it as Treasurer duties rotate, etc. If you can help us, please email lifelines.riafg@gmail.com

Thank you--Wendy H., CWYC Treasurer

MEMBERS SHARE:

Participation is the key to harmony, Concept four, has always been one of my favorites. This concept is expressed through my privilege to serve in Al-Anon. I was recently elected as the RI Area Chairperson. I have been in the program for many years and have held all different types of service positions. I was surprised at how that familiar old nervousness came back after I realized I had been voted in. I felt like a newcomer who takes on service for the first time; the butterflies of self-doubt and fear flew in. Then recovery stepped in and said, "You don't have to do it alone, you will be ok. One day at a time."

We had our first Area World Service Committee meeting on January 12 and I survived! We were able to have some of our positions filled, we had group members join us, and we were able to discuss many agenda items. We are working on transitioning everyone into their service positions, having members join us, and how to best relay area information to our districts that don't have district representatives to get the info out, etc.

I know that it is an honor and responsibility to serve the Al-anon Family groups; it's also a time for me to grow and learn more about myself. I've never grown by staying in my comfort zone or coasting along in recovery. I once heard a member share, "The only way you coast is by going downhill." That statement has stuck with me and that is why I continue to keep showing up and staying involved.

Joel B, Area chair



Photo by Tom WH

MEMBERS SHARE (CONT.):

As Forum Coordinator, I am responsible for announcing the availability of The Forum subscriptions. I visit RI AFG Zoom meetings and share the benefits of having a subscription. I also comment that they make great gifts for Al-Anon members and non-Al-Anon members who may be struggling trying to understand an alcoholic and the disease of alcoholism. I offer raffle subscriptions at Assemblies and the Area Workshop. The Forum Coordinator service position has strengthened my relationships at the Area and group levels. I have also distributed issues to a church as a public outreach gesture. This year my focus will be to encourage members to submit sharing to The Forum.

The Email Coordinator position is new to me. I have responded to several inquiries already. The emails I responded to come from the contact form on the RIAFG website. The inquiries relate to wanting help with an alcoholic situation. Just a few before and during the holidays, but increasing more now that people may not be so distracted by the holiday busyness. I have made it simple by creating one form email that covers all bases. How to find a meeting, how to get a Newcomers packet, and how to order Al-Anon literature helps the inquirer get a good start to the Al-Anon program. I also state that we do not give advice and the email mentions the six suggested meetings to see if Al-Anon is right for them. The position helps me to understand how important our service and recovery is to our communities. I do not have a new goal for this year however I continue to respond within a day of email contact.

Service helps my recovery. I see it as being like "an Al-Anon sponsor" with A LOT of sponsees!

Ann H.,
RIAFG Forum Coordinator
RIAFG Email Coordinator

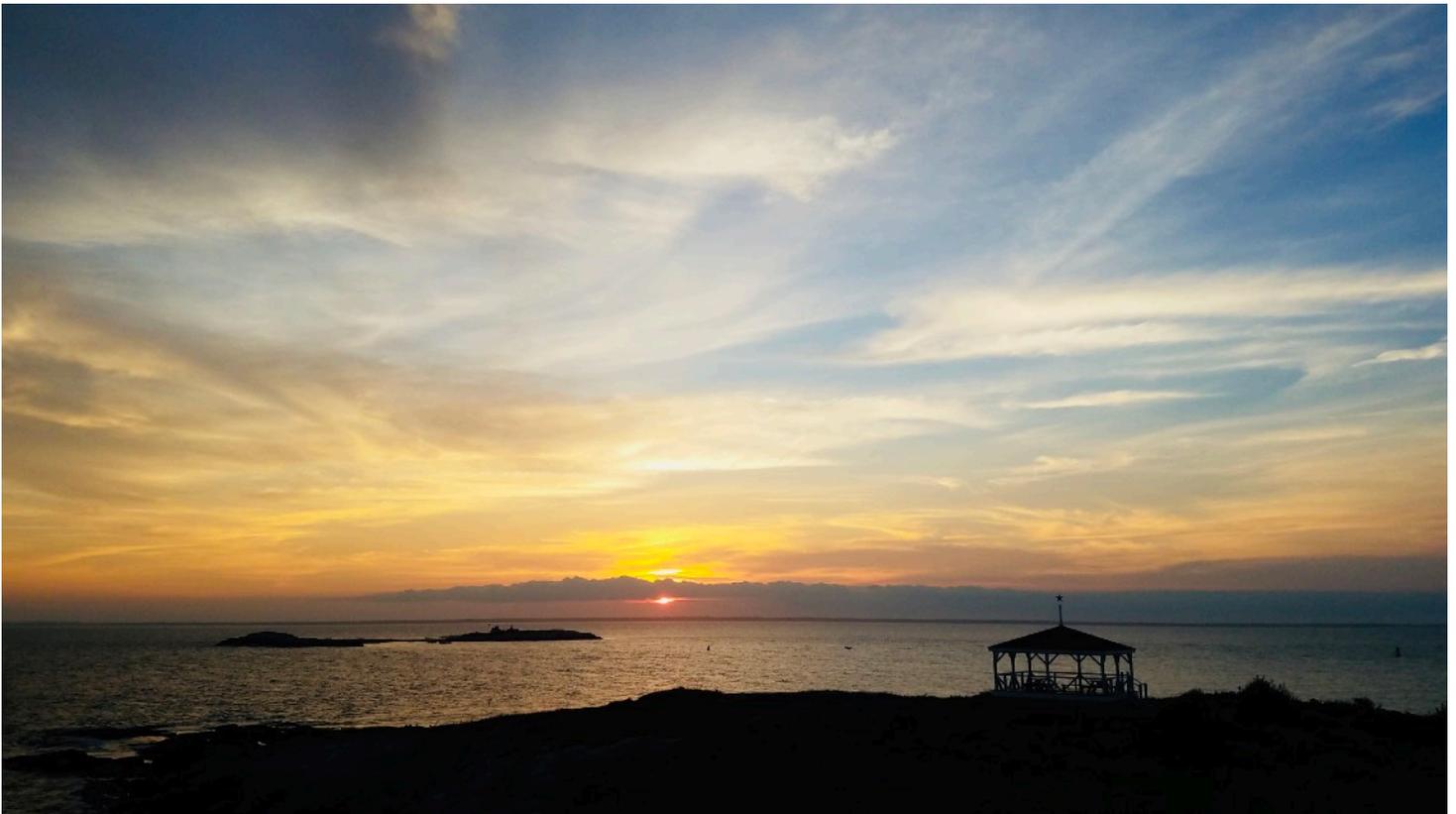


Photo by Tom WH

SPECIAL THANKS:

Hi Everyone,

Although my term as Area Chair has ended, I want to take this opportunity to express my immense gratitude to our members and groups for their 7th Tradition generosity. In 2020, the combined donations from groups and individual members reached an all-time high of \$8,181. Thanks to you, even during a pandemic, Rhode Island Al-Anon continued to meet our commitment to help families and friends of alcoholics.

With much love and gratitude,

Phyllis H.
Past Delegate and Past Area Chair



\$ HOW YOU CAN HELP RIAFG AND WSO \$

Who Keeps Our Doors Open?

You Do!



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

FORUM ARTICLE:**Putting the Focus on Myself**

Growing up, my focus was always on my raging, alcoholic father, and what I could do to stay out of harm's way. He made it clear to me that I was unlovable and worthless. At such a young age, I had no other choice than to accept his belittling remarks as the truth. My attention on my father's behavior exhausted me, filling me with anxiety and fear. It stole the very years I needed to develop my sense of self. Instead, I believed the negative messages I was told—that I would always be a worthless failure. This filled me with shame, which confirmed my fears that I would never be enough and told me everything was my fault.

By the second grade, my behavior at school already demonstrated the effects of living in my house. If my class picture didn't give it away, with my bewildered face, slumped shoulders, and the deeply perplexed look in my eyes, my conduct in class would. Staying after school because of poor grades or behavior resulted in severe punishment at home. My acting out drew attention to the chaos at home. This was unacceptable, as the family had to appear perfect.

My shame led to self-destructive behavior and tore me apart. It dictated the way I looked at myself, and my perceptions about who I believed myself to be were crippling. I felt that if I were given the short end of the stick, I deserved it! I never stood at the front of the line. I hid in the back, content with the scraps.

Life in my house took a more serious turn when my father's unpredictability was escalated by his zealous relationship with firearms. The threats he issued to me were direct, and ratcheted up my already substantial anxiety. My shame told me to never say a word. Years of being told that what happened in the house didn't really happen left me confused, as my denial wrestled with the truth.

My reactions to these events did not go unnoticed. I was 17 when my high school guidance counselor became alarmed at the rapid decline of my academic record and called me into her office. I had been a promising student, but now my grades were horrendous. She asked me what was going on, and in a moment of complete frustration, honesty, and emotional agony, I spilled the beans. She seemed stunned, and excused herself to leave the office. When she returned, she handed me two pamphlets. One was for Alateen and the other for Al-Anon. Unable to grasp the blessing of this God-given moment, I chose to decline the possibilities offered me. I thought I could fix this situation myself, and her gesture angered me. Yet, a seed was planted that day that would take almost 30 years to sprout.

When I came into recovery at 47, I had been brought to my knees by my shame. I came close to killing myself to silence shame's persistent voice, and I was finally ready to find a healthy solution for my pain. At my first Al-Anon meeting, I was unable to do anything other than close my eyes and hold my head in my hands. With the air conditioner humming in the window behind me, an angel named Alice began to speak. She was leading the meeting on Step One. Her voice was calm and reassuring as she read from her book. I felt comforted by these strangers.

Soon after, I went to my first Al-Anon adult children meeting, which opened my eyes to the fact I was the adult child of an alcoholic. I heard that I needed to put the focus on myself. I didn't know how to do that! I was still weighted down with shame, and as hopeless as I felt, I couldn't comprehend such a thing. As time went by though, with the help of many other members, I slowly took steps toward putting the focus on myself. Through many meetings and much spiritual growth, I began developing the sense of self that those early years stole, shattering the paradigm I grew up in.

However, despite my growth, I began to realize that there was still a younger part of myself, deep inside, that spent many years crying out for love, protection, and validation. The pain from being abandoned and not valued was still there, and I needed to not only pay attention to it, but also provide comfort, care, and love to ease the hurt. The relationship I have with myself is the same one I have with the rest of the world. If I love myself, I love the rest of the world. If my shame tells me I am worthless and I retreat into self-loathing, I will see the world the same way. The key to how I feel about myself is in my relationship with that part of me that still feels all the fear, anxiety, and shame. It is only by allowing that part to come forward to be nourished and protected that I feel the true sense of wholeness, serenity, and self-worth. By looking into my eyes in the mirror, I am able to affirm that I love myself, and my whole being hears me.

Shame can still occasionally be a nagging force that attempts to regain control of me. When shame rears its head today, I am able to confront it and disagree with its message. These are old recordings. It is up to me to be a loving parent to myself so I can reclaim my power over shame's persistence. The thing that stands in my way is my way out. I am so worth it.

By Craig W., New York

(Reprinted with the permission of *The Forum* (January 2021 issue), Al-Anon Family Groups, Virginia Beach, VA)

EVENTS OUTSIDE OUR AREA:

WSO Town Hall Meeting

Hosted by South Dakota Area 51

Saturday, February 6, 2021 10:00-11:00 AM Central Time

WSO PRESENTERS:

**Debbie G., Chair of Executive Committee
Vali F., Executive Director
App Lynette K., Chair of the Board**

TOPICS:

**WSO Finances
Electronic/Hybrid Meetings & Mobile
Requirements for Serving on the Board**

QUESTIONS

There will be 15 minutes of question and answer time following presentation. Questions related to presented topics only. South Dakota members questions will be first.

Please send questions by February 4th to: SD Delegate Sue R@sddelegatepanel60@gmail.com

Login begins at 9:45 AM CT. Please include your first name and state abbreviation when logging in. <https://us02web.zoom.us/j/6627500579?pwd=ajFkZlBERlNLR1E4RFpwcHZWNHpGZz09>

Meeting ID: 662 750 0579 Passcode: TOWNHALL

NY SOUTH AREA AL-ANON

Date: Sunday, February 14, 2021 1:00pm—2:30pm EST

Share and hear how service has aided our recovery in program.

The Digital Coordinator will host a conversation about Service Without a Title.

LOVE IN SERVICE Will be the topic.

SWAT (Service Without a Title)

All members are welcome Discuss how service with love and gratitude has impacted your life

Pre-registration is Required by February 11. After Registering you will receive a confirmation email with instructions to join the meeting. The link to register is:

<https://us02web.zoom.us/meeting/register/tZMlc-ivpjovEtM3LYFBtojUYKzNxD1GoZaw>

Please go to NYSAAFG.org to make a seventh tradition contribution.

EVENTS OUTSIDE OUR AREA (CONT):



46TH SOUTH CAROLINA AFG ANNUAL CONVENTION

With AA Participation -

February 26 - 27, 2021

Speakers

- AFG: Robyn V., Winston-Salem, NC
- WSO: JP Martinek, S.E. Region Trustee
- AA: Lillie H., South Portland ME
- Alateen: Jaylen, Mt. Pleasant, SC
- AFG: Pete T., Birmingham, AL

Must Register to Attend! Space is limited

Registration is free. Donation Info: Accepting donations for SC Convention, WSO and Alateen.

Donation online
<https://scafg2021convention.eventbrite.com>.

Send Donation by checks to:

SCAFG 2021 Convention 2056 Lake Carolina Drive Columbia, SC 29229
Indicate SC Convention, WSO, or Alateen in the memo line.

Saturday Workshops

- 10:45 a.m. - 11:45 a.m. (Choose 1)
1. Many Voices in a Virtual World
 2. Many Voices in a Group Conscience
 3. Many Voices in AA (Open)
 4. The Magic in the Journey (Alateen) (Open)

**MUST REGISTER TO ATTEND
SPACE IS LIMITED**

- 2:10 p.m. – 3:10 p.m. (Choose 1)
1. Recovery – One Voice at a Time
 2. Masks in Recovery: Real or Imagined
 3. The Journey and Many Voices of Sponsorship
 4. Together is Better—Who you meet on the Yellow Brick Road to Serenity

Need more information?

Send your questions to:
scafg2021convention@gmail.com



PUBLIC OUTREACH:

"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 (page194)



Love in Service and Fellowship,
Jackie W.
Public Outreach Coordinator, RI Al-Anon Area

NEWS FROM THE WSO:**New Topic for the Member Blog**

January's topic was, "How has the program helped you distinguish the difference between realistic goals and fantastical thinking?"

Check the al-anon.org website for February's topic.

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

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

New topics are being added each month!

The Al-Anon Membership Survey Is Coming!

Historically, this is the time of year when the World Service Office (WSO) would be kicking off the 2021 Al-Anon Membership Survey; but this year, we are revamping the survey. Our goal is to "Keep It Simple" while still collecting the appropriate evidenced-based data which will help professionals in their decision to refer their patients/clients to Al-Anon. So, to provide a more simplified and streamlined survey, the WSO needs a little more time. The survey will be coming this summer and will be open to all Al-Anon members and newcomers aged 18 and older.

The Annual Alateen Recertification Window Opens January 13, 2021!

Every year, each Area in the World Service Conference Structure is required to take part in the Annual Alateen Recertification process in order to continue to use the Alateen name.

This is explained in the 2003 Alateen Motion from the Board of Trustees and the policy for Alateen. Both are found beginning on page 93 of the 2018-2021 Al-Anon/Alateen Service Manual (P-24/27), version two (2).

The recertification process is two-fold:

1. To verify that every registered Alateen group has current certified Al-Anon Members Involved in Alateen Service (AMIAS):
 - as Group Sponsor(s)
 - as the Current Mailing Address (CMA) to the Alateen group
 - as a Phone Contact for the Public for the Alateen group
2. To verify the current certification of all AMIAS

We are requesting that all Areas complete the Alateen recertification by June 15, 2021!

This allows the WSO to verify that the Area recertification is complete by June 30.

Contact your Area Alateen Coordinator, Area Alateen Process Person, or District Representative to verify the process in your Area. Don't miss out on this opportunity to share your recovery with teens and younger members!

Got Sponsors?

Sponsorship is a mutual and confidential sharing between two Al-Anon members. Experience shows that having a Sponsor is a valuable aid to personal understanding and use of the Al-Anon program of recovery.

There are no requirements for Al-Anon sponsorship. However, it helps to choose someone who is committed to using the program in his or her own life, and who can share experience, strength, and hope as a result of practicing the Twelve Steps. Having close, personal support between meetings can help newer members apply tools of the program to their lives. It is up to both members to establish the relationship.

The choice of a Sponsor is a personal one. The act of asking someone to be a Sponsor is part of one's personal recovery, and most members ask someone they relate to, who "has what they want," to be their Sponsor. Many members share that they listen to members share at meetings for a period of time before asking someone for help. Al-Anon is a program of "attraction rather than promotion." As an alternative, some meetings offer announcements of members willing to be temporary Sponsors. There are no geographic restrictions or time constraints to a sponsorship relationship.

Al-Anon Faces Alcoholism

The latest edition of our public outreach magazine, *Al-Anon Faces Alcoholism*, is available now for ordering and immediate shipping for your public outreach projects.

Ideas on how to distribute them:

Drop- off or mail to counselors', therapists', and doctors' offices

Give to local libraries, community centers, and other public places

This disease will not stop, so our outreach needs to be nonstop! To order visit al-anon.org/orderafa.

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 TWO: Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION TWO: For our group purpose there is but one authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

CONCEPT TWO: The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

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.***

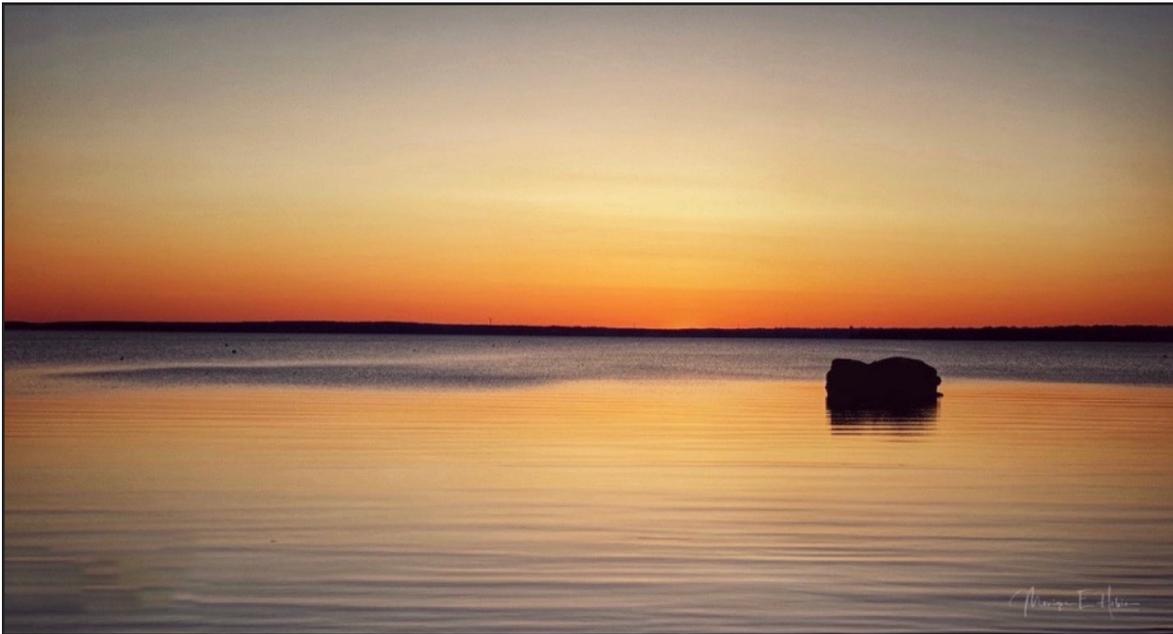


Photo by TOM WH