Dear RIAFG Friends: That was some blizzard, wasn't it?

I'm so grateful to have a warm house, where I feel safe and protected and can watch the snow swirl. And still, my mind races: "I should call my friends. Do they have gas in their car? I should call my family and check in. They didn't get to the store in time, did they? I should make sure they have food, make sure they have gloves, make sure they have what they need and are all right. I will be all right if they are all right. It's my job to make sure they're all right."

Left unsaid but playing over in my brain: "And then, after they receive my attention and care, they should thank me for all that I do for them." Today's forecast: 100% resentment with a chance for misery.

I can control other people about as well as I can control Mother Nature. From Courage to Change pg. 153: "A longtime member says 'An expectation is a premeditated resentment'. . . . I have the right to choose my own standards of conduct, but I do not have the right or power to impose those standards on others."

In Al-Anon I learn how live and let live, to avoid setting up situations that lead to resentment. Regular meetings and practicing my steps keep my good intentions and hidden expectations from paving a road to you-know-where. And just like building bridges, smoothing bumps and repairing potholes, my own road benefits from consistent maintenance! Al-Anon literature and podcasts are always available online, come rain or come shine.

I'm grateful for the opportunity to serve RIAFG as your new Lifelines Editor. I'm also so grateful for Elaine H. and the RIAFG volunteers who've helped me take on this new role! Please feel free to contact me if you'd like to comment, share, or write.

Gratefully in service,
Eden C., Lifelines Editor

Send your announcements, comments, and more to me at lifelines.riafg@gmail.com
Upcoming Events

February 8, 2022 7:00 PM AWSC meeting in the Cranston office. All are welcome.

February 12-13, 2022: AA Convention with Al-Anon Participation at Newport Marriott

March 6, 2022: Forever Hope 34th Anniversary Meeting

March 17, 2022 7:00 PM AWSC meeting in the Cranston office. All are welcome

March 25, 2022: Essential Steps & Traditions Study Group Anniversary Meeting

March 25-27, 2022: Keys To Recovery Massachusetts Al-Anon/Alateen Convention

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.
FOREVER HOPE
Al-Anon Family Group

Invites you to join us to celebrate our
34th Anniversary
and
Lois W.’s 131st Birthday

Sunday, March 6, 2022
10:00 a.m.

To join our Virtual Zoom Anniversary meeting, paste this in your browser:
https://us02web.zoom.us/j/84013128987?pwd=amp2ZTR5UXAaSW5kOGtEQkd4VEx0Zz09

To join by Zoom App: Meeting ID: 840 1312 8987 Passcode: 764812

To Join by Phone: Call 1-929-205-6099 Meeting ID: 840 1312 8987 Passcode: 764812

Speakers • Fellowship • Spirituality

Come Share the Joys of Recovery with Us
Essential Steps & Traditions Study Group

Anniversary Meeting

On Friday March 25 from noon to 1pm, Essential Steps & Traditions Study Group will hold their Anniversary Meeting at Kingston Congregational Church, 2610 Kingstown Rd., Kingston, in the fireplace room. There will be an AA and Al-Anon speaker. Presently, this will be in-person only.

RIAFG Area Office News

Due to the continuing issues with COVID, the Cranston office will remain closed.

Phone calls and postal mail is being sorted through and followed up on.

If you have a book order, please go to the riafg.org website and obtain an order form. Mail the completed order sheet along with a check to the office: RIAFG, 106 Rolfe Street, Cranston, RI 02910. Please remember to include a check for the books and, if applicable, any postage amounts.

If you are picking up the books, please leave a message on the office phone, 401-781-0044, to coordinate the pick up.

The office needs volunteers! This service opportunity can be done either at the Cranston office or from your home. If you are interested, please call the office at 401-781-0044 and leave a message or email me at: office.riafg@gmail.com.

Gratefully in service, Elaine H., Office Coordinator
RI AA Convention -- with Al-Anon Participation!

Together again!

Barbara H, from Foster, RI is our Al-Anon speaker at the Newport Marriott, site of this year’s Rhode Island AA Convention. She offers a beautiful story of recovery filled with humor, service, love, and grit. She also serves as our current Area Chair. Come hear her speak on Sat., Feb. 12 at 10:15 a.m.

We have two Al-Anon meetings so far - Saturday at 11:30 a.m. and 2:30 p.m. Please consider leading a third, fourth or fifth meeting at 9:30 a.m. or 5:00 p.m. on Saturday or Sunday at 8:00 a.m.

Registration is $30.00 with a $1.25 registration fee. Please see the information below. Come for the day or plan to stay the weekend. Reservation information on the next page.

VALET PARKING available for overnight guests. MORE PARKING available at the nearby Gateway Parking Lot- 21 Long Wharf Mall: Spaces may be limited. Park your car in the lot and get on a trolley to travel throughout town worry-free. 8AM-12AM. Additional parking options are being explored. HANDICAP SPACES: We have 8 free handicap parking passes available for valet parking at the Marriott. If you require a handicap parking space & have the necessary placard, please email Sandy C. at Email: conventionregistrar@aainri.com. Passes will be mailed to the first 8 who have registered and requested them.

This is a special convention room rate- reservations must be made by January 21, 2022 NEED TO CALL: Dial 800-228-9290 and reference Area 61 RI Convention 2022

For all convention details, scroll to next page and/or visit: https://aainri.com/area-61-convention/
Space is limited and all registrations will close once we get 600 participants! Don’t miss out! Register early!

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 & Al-Anon)
- Afternoon & Evening Entertainment
- Hospitality Rooms
- Great Fellowship
- Yoga & Meditation Workshops
- Sobriety Countdown
- Evening Ice Cream Parties (nominal cost)
- And Much More!

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://ainri.com

Marriott reservations: call 800-228-9290

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.

Convention registration *register early* Space is limited due to this being a smaller venue.
To register online, visit the Area 61 website ainri.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 AINRI 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
  - [ ] Stuffed Chicken with prosciutto & gruyere
  - [ ] Herb Crusted Cod
  - [ ] Vegetarian

- **Saturday Plated Breakfast:** $24
  - [ ] Fresh scrambled eggs with smokehouse bacon, sausage links, with caramelized apples.
  - [ ] Thick cut vanilla French toast with strawberries, blueberries, and raspberries, butter, maple syrup and smokehouse bacon
  - Both choices include hash browns or home fries, breads/ muffins, OJ, coffee and tea.

- **Saturday Luncheon Buffet:** $42
  - [ ] New England Clam Chowder, Mini Lobster rolls, New England Pot Roast, spinach salad, vegetable, mashed potatoes, rolls, dessert.

- **Saturday Evening Dinner:** $56
  - [ ] New York Sirloin steak
  - [ ] Honey balsamic Glazed Salmon
  - [ ] Roasted mushroom Gruyere Tart
  - Both choices include hash browns or home fries, breads/muffins, OJ, coffee and tea.

- **Sunday Plated Breakfast:** $24
  - [ ] Fresh scrambled eggs with smokehouse bacon, sausage links, with caramelized apples.
  - [ ] Thick cut vanilla French toast with strawberries, blueberries, and raspberries, butter, maple syrup and smokehouse bacon

Amount owed:

- **Friday total** $________
- **Saturday total** $________
- **Sunday total** $________
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
7:00 am Workshops Begin
11:00 am Lunch
11:00 am-12 pm Lunch
6:00 pm Banquet/Alateen Pizza Party
7:30 pm Keynote Speaker
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.
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!

CUT ALONG THE LINE BELOW

AL-ANON

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|

CUT ALONG THE ABOVE LINE AND UP BETWEEN EACH BOX TO CREATE TEAR OFF TAGS
"Where can I find a meeting?"

The current list of meetings is available at [www.riafg.org](http://www.riafg.org). The current In-Person/Hybrid and On-line/Phone meetings lists and coronavirus updates can be found on under the “AL-ANON MEETINGS’ tab. Click on “MEETING LISTS.”

***Please check on line for meetings that fall on holidays***

Looking to Enhance Your AFG Mobile App Experience?

It’s easy! Simply subscribe to the Premium Content on the Al-Anon Family Groups Mobile App to receive an additional boost of recovery each day. The Premium Content includes a daily sharing on a Step, Tradition, Concept, slogan, feeling, or another thoughtful topic to reflect upon throughout your day.

By subscribing to the Premium Content, you will receive a year’s worth of entries, thus ensuring daily bursts of easily accessible serenity while on the go.

Go to [www.al-anon.org/mobileapp](http://www.al-anon.org/mobileapp) to get the app.
I slept and dreamt that life was joy.
i awoke and saw that life was service.
I acted and behold, service was joy.

I recently read the above Bengali poem. Such a clear and concise way to express what I have personally experienced doing service work in Al-Anon. When I began as the Editor of Lifelines, I had never done a newsletter. Thanks to Al-Anon, I knew that it didn’t have to be perfect, and that was okay. I did my best, and I learned by doing. I had lots of support from other members of the Rhode Island Area World Service Committee. I never felt that I had to do it alone. When I requested your personal sharing, you responded with wonderful experience, strength and hope!

I had some mixed feelings when my term was up. What would I do if no-one stepped up? How would information get out to all the RIAFG members? Would I have a problem giving up something that helped me grow in my program?

I had to let go and trust. Easy to say; not so easy for me to do. When Eden volunteered, I was relieved. When we had a chance to talk about the newsletter, I was thrilled. Lifelines is in good hands.

And I know myself well enough. I need to continue to do what works. Service enriches my recovery. I am now the Office Coordinator for our Cranston office. It’s a whole new experience. My predecessor has shown me how the office is organized. She has set up clear guidelines for the various tasks I know that if I run into any problems, I can contact her. I am not alone.

When I first came into program, I could not imagine myself doing Al-Anon service work. I thought it was reserved for people who had their act together, who were more skilled at working this program of recovery, and they stood a few rungs above me on my “ladder” of success. I was grasping to put my life back together somehow. Al-Anon gave me tools and you showed me that they had worked in your lives. I found hope. Maybe, this program would work for me. I learned that we are all equals in Al-Anon. I did not have to do this alone.

I wanted my life to be joyful. I did not know how. I was weighed down with the effects of growing up in an Alcoholic home. My experience has shown me that my life is happier when I serve. I have received so much more than I have given: knowledge, experience, self-confidence, trust, new relationships, and joy. It works for me. I have seen it work for others. So, I keep striving to work it, knowing that I am not alone.

Gratefully, Elaine H.
"Al-Anon has taken such a hit in the last year or so, many groups still Zooming (sorry, don't feel like it replaces a meeting but better than nothing I guess, I just like the chatting afterwards) and many groups just ending for good . . . so many service positions are still open and so many are still afraid to leave their house. There's so much paranoia, fear and judging, who's vaxxed, who's not, and that's also entered into meetings so it's all difficult.

"IF and when we can ever get past covid, I guess we'll have a lot to talk about but meanwhile, thank God some meetings like mine are still in person! I really love and appreciate my Al-Anon friends. Who else can I text or call and say exactly how I feel without editing it beforehand? I've been in it for a long time and nothing in my life can replace it, help me with any problem going on in my life, and keep me in balance. It's a beautiful way of life!"

Kathy H.

If you're reading this page, then you know that Members' Sharing is important! Share a part of your story and help others in Al-Anon. It's fast and it's appreciated.

Click here to email your short Members' Share story.
Dear Al-Anon and Alateen members,

Due to the limited number of sharings received so far from Alateen members for the new Just for Tonight Alateen Bookmark, the deadline of December 31, 2021 has been extended to March 31, 2022. The new deadline has been added to the Online Sharing Form and the writing guideline found at www.al-anon.org/sharing.

Because the previous deadline is in the latest Alateen Talk newsletter, which is currently in the mail to all subscribers, please let members in your Area know of this extended deadline and that the Literature Committee still needs sharings from Alateen members for the bookmark.

In addition to submitting sharings online at al-anon.org/sharing, Alateen members can 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
The Annual Alateen Recertification Window Opens January 12, 2022!

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 has two goals that verify:

1. Every registered Alateen group has currently certified Al-Anon Members Involved in Alateen Service (AMIAS) as Group Sponsor(s) as the Current Mailing Address (CMA) as a Phone Contact for the public

2. The current certification of all AMIAS

We are requesting that Areas complete the Alateen recertification by June 15, 2022!

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!
Please consider giving back by volunteering for hours in the office or as a volunteer from your home. Both positions have training.

**Office volunteers responsibilities:**
- Greet anyone who calls the office
- Greet visitors to the office. They are usually coming for literature. *(Currently closed due to COVID)*
- Retrieve recorded messages, return calls and record them in our log.
- Open and distribute the mail
- Fill literature orders for in-person purchasers.

**At home volunteers responsibilities:**
- Access the Al-Anon voicemail account from their home phone, retrieving messages when the caller leaves a message and a number, the at-home volunteer calls them back
- Mailing a meeting list or referring the caller to riafg.org
- Keep a brief written log of calls returned and communicate with the Office Coordinator

To volunteer or request more information, please email: office.riafg@gmail.com.

Gratefully in Service, Elaine H., Office Coordinator
RIAFG and WSO Need Your Support

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

Thank You for your continued support! Whenever possible, please send donations to our RIAFG and WSO. It takes all of us to keep the “doors” of Al-Anon open to all who need it. Donate either personally or through your home groups.

Mail your donations to RIAFG:
RIAFG, 106 Rolfe St., Cranston, RI 02910
**When you send in donations from your group, include the group number or the group name.**

Make a donation to the World Service Office online at
https://al-anon.org/contributions/

Mail donates to WSO:
AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454
Contact Us

CONTACT RIAFG

www.riafg.org
106 Rolfe St.
Cranston RI 02910
401-781-0044 Office hours available by calling this number.
Send your Lifelines announcements to lifelines.riafg@gmail.com

CONTACT WSO

www.al-anon.org
1600 Corporate Landing Parkway
Virginia Beach, VA 23454
757-563-1600

God, grant me the serenity to accept the things I cannot change,
courage to change the things I can and wisdom to see the difference.