

LIFELINES

INSIDE THIS ISSUE

Editor Letter 1
Upcoming Events/Steps 2
New meeting & Help Us 3

C'town New Life anniv. 4
Forever Hope anniv. 5
RIAFG Literature 6

Got Literature? 7
Prioritizing Serenity 8
Members Share 9
Meeting Space 10

Free Downloads 11
RIAFG Contacts 12
RIAFG where we are 13

Find a Meeting/app 14
Donate to RIAFG 15



**SUBSCRIBE TO
LIFELINES**

Aim your phone camera
at the QR code
and sign up anonymously

Rhode Island Al-Anon Family Groups

Area 49 FEBRUARY 2023

Editor's Corner

The Best Kept Secret?

Al-Anon sometimes feels like the best-kept secret out there. There was a time when you didn't know about Al-Anon. Aren't you grateful that you know *now*? Of course, anonymity must always be respected, but that doesn't mean we can't **share the good news of Al-Anon with people who desperately need it.** Sharing Al-Anon can be part of your recovery.

Tradition Eleven: *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.*

You can support RIAFG as we share experience, strength, and hope, **without losing your anonymity!** How?

1. **Donate to WSO and to RIAFG.** And of course, support your group by putting a donation basket at your meetings. (See pg. 15)
2. **Buy CAL (Conference Approved Literature)** through RIAFG.org. Subscribe to *The Forum*. (See pg. 6-7)
3. **Serve RIAFG as a volunteer.** If anyone knows how to respect anonymity and aid your recovery, it's the Al-Anon fellows who do service with you! (See pg. 10)
4. **Print out this *Lifelines* and leave it in a public space.**

You need Al-Anon, as do so many people who've never even heard of it. **It's anonymous, but it's not a secret!**

Gratefully in service,
Eden C., Lifelines Editor lifelines.riafg@gmail.com

Upcoming Events

TUE. FEB. 14, 6pm to 8:30pm: Charlestown New Life 44th Anniversary. Cross' Mills Baptist Church, 4403 Old Post Rd. Charlestown Potluck in basement 6pm, Speakers/meeting on main floor 7-8:30pm.

THURS. FEB. 16: RIAFG Monthly Meeting 3rd Thursday of the Month, 7:30pm, online. All are welcome. Get Zoom link from our website, www.riafg.org.

SUN. MARCH 5: 10am **Forever Hope** Anniversary Meeting, W. Greenwich Town Hall, Exeter RI.

STEP TWO

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

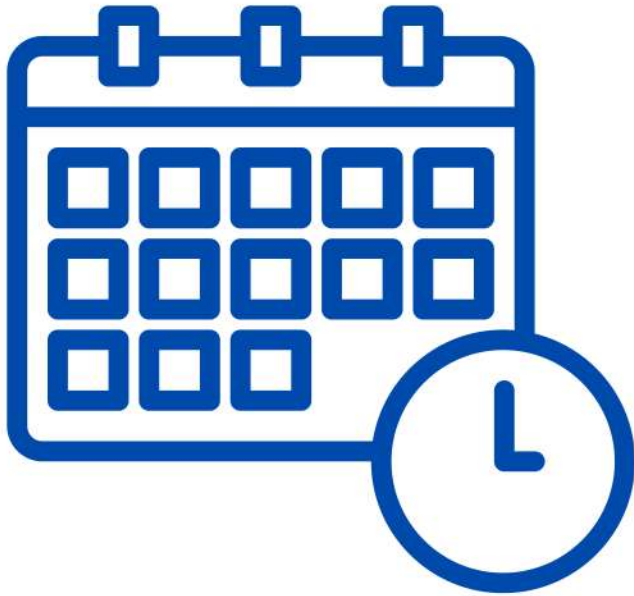
TRADITION TWO

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.

NEW MEETINGS!



Thursdays, 7:00 P.M.

Al-Anon United

Praise Tabernacle

330 Park Ave, Cranston RI

Fridays 5-6pm

Let It Begin with Me

St. Paul's Parish Hall,

76 Main St., Wickford, RI

WE NEED YOUR HELP.

***Alternate Delegate Area Chair Area Secretary
Website Coordinator Public Outreach Coordinator
Group Records Coordinator Group Representatives
Forum Coordinator. Alateen Coordinator
District 1 Representative
District 3 Representative***

We need more RI members to serve our Area. We'll train you and support you every step of the way. You can serve in a position that works for your time and talents. Service is a great way to work your program of recovery! Email alanon.riafg@gmail.com or visit our website www.riafg.org to learn more.

Charlestown New Life
44th Anniversary
*****DATE CHANGE*****



Please come join us as we celebrate

Where: **Cross' Mills Baptist Church**
4403 Rd. Old Post Rd.,Charlestown
(next to the Cross' Mills Library)

When: **Tuesday, February 14th, 2023**
Food & Fellowship: 6:00 PM
Speakers/Meeting: 7:00 to 8:30 PM

Pot luck will be in the basement of the church
Speakers/ meeting on the main floor

FOREVER HOPE *Al-Anon Family Group*

**Invites you to join us to celebrate our
35th Anniversary**

and

Lois W.'s 132nd Birthday

Sunday, March 5, 2023

10:00 a.m.

West Greenwich Town Hall

280 Victory Highway, Route 102, West Greenwich, RI

Speakers • Fellowship • Spirituality

Come Share the Joys of Recovery with Us

Park in the large lot to the south (right) of the Town Hall. Entry is at the back via the wheelchair ramp.

RIAFG Literature News!



A Quick Note from your Literature Coordinator:

The new **Service Manual** hard-copy publication date has been pushed back to the end of February, 2023. I would say that is being optimistic, so please remember that the new Service Manual is available as a free download at this address:

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

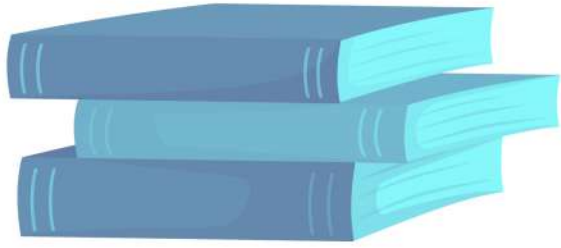
While a few items continue to be out of stock at WSO, **we continue to have a good stock of most Al-anon Literature items**, so please feel free to follow the steps for buying literature from the office listed elsewhere in this *Lifelines* issue. To remind you, there is a new Order Form that lists slightly higher mailing prices, if you want your order mailed to you.

Also—**Congrats to the two new meetings that have started up** over the last two months!! If someone from those meetings wants to contact me, **we do have a store of literature returned to the office** from disbanded meetings that could be used to kick-start your new group's literature supply. Contact Wendy at literature.riafg@gmail.com if interested. Thank you for supporting the RI Area by buying Literature through the Office!

Yours in Service,

Wendy H

RIAFG Literature Coordinator



Got Literature?

How to order Literature from the RI Literature Distribution Center

PLEASE NOTE: *There is a new order form available on the riafg.org website. The charge for shipping has been increased due to the increases from the Post Office. The new charges are: Orders from 0.00 to \$100.00, the charge is \$8.00, orders over \$100, the charge is 10% of the total for the order. Please use the new order form when you mail orders into the office. Include the correct total for shipping and be sure to fill out the contact information.*

To pick up at the office:

Mail in the literature request form (found on our website: riafg.org) along with a check to: RIAFG 106 Rolfe St. Cranston, RI 02910. Be sure to include your name and phone number. You will be called back when the order is ready for pickup. Payment is made at time of pickup.

To have literature mailed to you:

Include a check for the full amount of the order, the name and address for shipping, and your name and phone number. *Please note the increased shipping charges listed above.*

To shop at the office:

Leave a message at 401-781-0044 and someone will let you know when the office will be open.

Please note that if you are requesting only a few items, and you want to do pick up, you may call the office with the info.

Gratefully in service, Elaine H., Office Coordinator

Prioritizing Serenity



When I first came into the program, **my priorities were informed by the family disease of alcoholism** and the recent death of my father. My immediate priority after losing my dad to alcohol abuse was to save my mom, also an alcoholic, from the same fate. My priority then, above all else—above sleep, sanity, my family, my health—was to **stop my mother from drinking and, by extension, dying.**

I came into the program because, no matter how much I fought, cried, and begged, **my mom refused to stop drinking.** She told me she couldn't and wouldn't, and suggested I get over it. I didn't know how to get over it. I didn't know how to just accept that those were her choices. So I found an Al-Anon meeting and became willing to learn.

It's been six years since I started going to meetings, and my recovery has been at times swift, at times stalled, but slowly, with time, patience, and the wisdom of the program and my fellow Al-Anon members, I started to understand that **my mother's choices were not something I had the ability to change.**

I began to see that the real change I needed was inside of me—a spiritual change. I needed to “Let Go and Let God” and to re-prioritize, **putting my serenity above all things.** What I quickly realized was that my serenity was a great barometer of whether I was trying to force solutions, control others, or exert my will. If I lost my serenity at any time, it was likely because I had once again “fallen off the wagon” and resorted to my old way of thinking—that I was responsible for the actions of others and that I could change them if only I tried hard enough.

Today, my serenity comes first. What gives me serenity is my connection with my Higher Power, my love for my family, and working my program in all things. And the fact that I have serenity at all, despite my mother's continued drinking and the consequences of her drinking that I must deal with every day, is the true miracle of my life. And it is all thanks to Al-Anon.

By Diana M., December 2022 Ontario

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Members Share:

Resolutions in February?

"Courage to Change" is the title of one of Al-Anon's daily readers. As January ends and February begins, the need to "change ourselves " still continues. **Some New Year resolutions may seem like a burden after the hope of the resolutions wears off.** Whether it is a desire for better health, financial security or healthier relationships, making changes can be stressful especially when dealing with a loved one's alcoholism. The good news is that Al-Anon recovery helps us to keep the "focus on ourselves " . With humility, we can practice the Serenity Prayer.

Change may seem scary, however it is not impossible. Attending meetings helps me to gain a healthier perspective and encouragement. Slowly the hope for my changes return as I practice my recovery principles and change my attitude towards the challenges that create doubt about succeeding at fulfilling my New Year resolutions.

Sometimes it may mean that I need to change the resolution(s) based on what life presents. One thing that I can take comfort in is that if I appreciate and practice my Al-Anon program **eventually my life will return to a sense of well-being and gratitude**, "One Day at A Time " .

**In service,
Ann H., Rhode Island**

Writing about your recovery is a great way to work your program. Submit a short essay of 200-300 words, to lifelines.riafg@gmail.com. Letters may be edited for clarity and space.

Sharing Al-Anon (anonymously)

Give back to Al-Anon by spreading the message that **Al-Anon exists**.
You can do this while remaining anonymous!

Check out the Public Outreach page on our RIAFG website.
<https://www.riafg.org/public-outreach-mission.html>

Public Outreach mission
Suggested Public Outreach Activities
WSO Public Outreach resources

*"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** (page 194)*

Meeting Space (s) Available!

Did you lose your meeting space during the pandemic?
Need a different spot? Starting a new meeting group?
The **East Greenwich Lutheran Church** on
Division Street has available meeting rooms.
Contact the office at firstlutheraneg1@gmail.com.



Butler Hospital in Providence has reopened **Ray Conference Center**, which means it's available (again) for Al-Anon and for other 12 step meetings. Prior to March 2020 there were active meetings on the Butler campus. If you'd like to create a new RIAFG group at Butler, email alanon.riafg@gmail.com to get started.

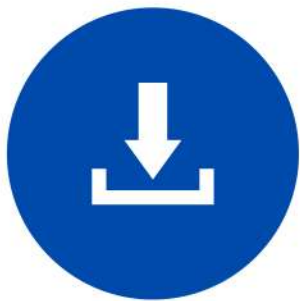


New to Al-Anon? You'll want to hear this.

Short, informational podcasts
just for Al-Anon **newcomers!**

We're glad you're here.

Click to: al-anon.org/newcomers/first-steps-al-anon-recovery/



Free Downloads!

So much to read, print, and **share!**

Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

RIAFG: Current ASWC Officers & Coordinators

Cindy B--Area Delegate

Terry L--Area Treasurer

Wendy H--Literature Coordinator

Eden C--Lifelines Editor

Elizabeth P--Area Alateen Process person

Ann P--Archives Coordinator

Elaine H--Office Coordinator

WELCOME our new coordinators:

Martha R--District 2 Representative

Sarah W--Email Coordinator

Chris E--AA Liaison

THANK YOU for your service!

Phyllis H--Group Records Coordinator

Ann H--Email Coordinator

Jackie W--Public Outreach Coordinator

Kim C--Website Coordinator

We still need help! Open positions:

**Alternate Delegate. Area Chair. Area Secretary
Website Coordinator. Public Outreach Coordinator**

Group Records Coordinator

Forum Coordinator. Alateen Coordinator

District 1 Representative

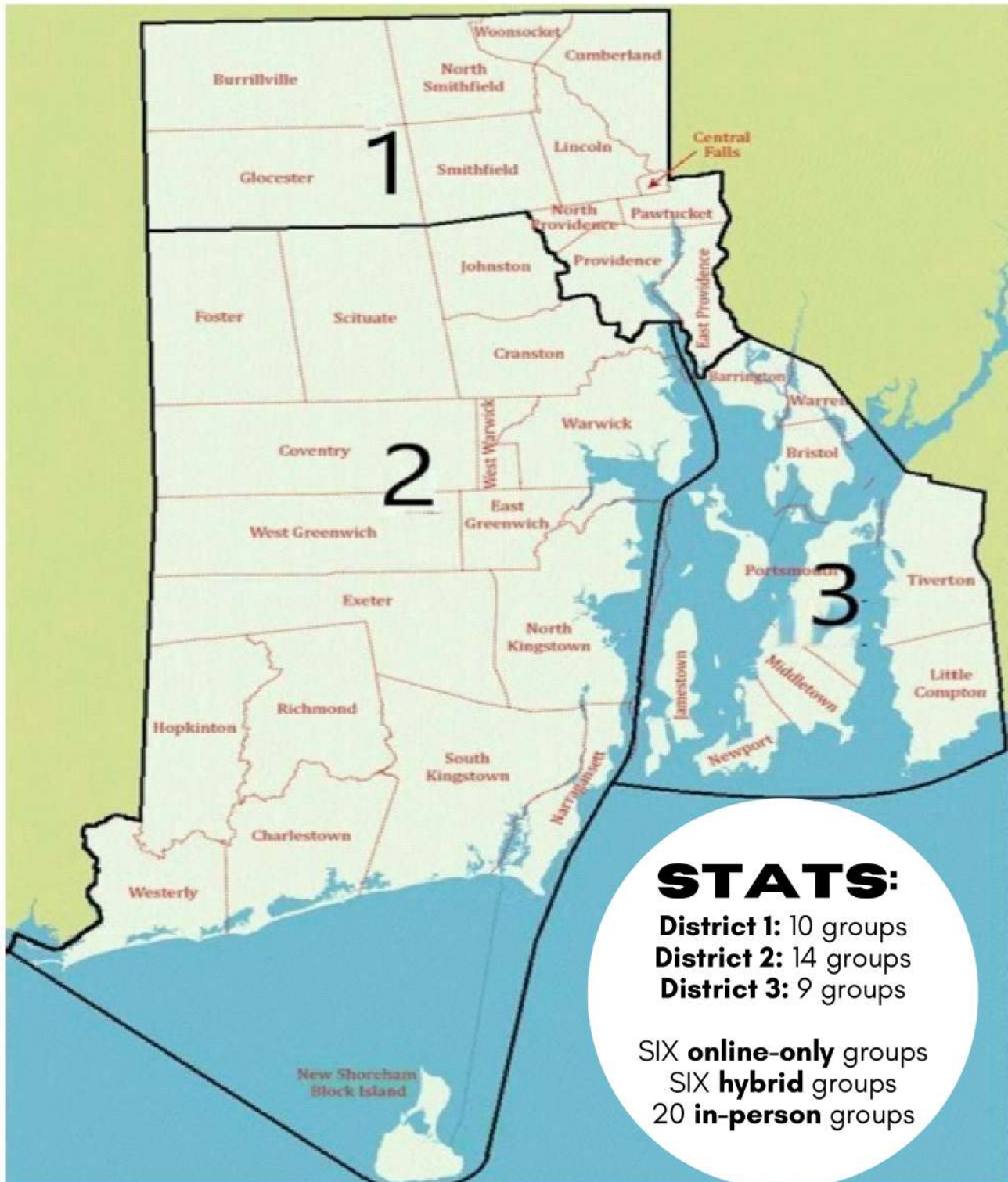
District 3 Representative

Where We Are: The RIAFG District Map

District 1: Burrillville, Central Falls, Cumberland, East Providence, Glocester, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, Woonsocket.

District 2: Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Johnston, Narragansett, New Shoreham, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, Westerly.

District 3: Barrington, Bristol, Jamestown, Middletown, Newport, Portsmouth, Tiverton, Warren.



"Where can I find a meeting?"

The current list of meetings is available at www.riafg.org.
The current In-Person/Hybrid and On-line/Phone meetings lists
and coronavirus updates can be found
under the "AL-ANON MEETINGS" tab.
Click on "MEETING LISTS.

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



Stay on the beam
&
in the know.

Download the
AFG Mobile App
today!

It's easy! Simply subscribe to the Premium Content on the **AI-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 to get the app.

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 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.*