

LIFELINES

**RIAFG NEWSLETTER 106 ROLFE STREET, CRANSTON, RI 02910
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Editor's Corner

January for me is a time to regroup, not so much regarding New Year's resolutions that always seem to lose steam, but as a time to revisit the first step: "We admitted we were powerless over alcohol - that our lives had become unmanageable."

I had no control over my father's drinking. Nor did I have any control over how my mother reacted. I thought I could change the dynamics by being the "good" kid, the A student, the polite person who never made waves. In reality I was buffeted by waves: the waves of disappointment, anxiety, and insecurity. I was drowning in feelings that I was told I had no right to have in the first place.

I am powerless over many things in my life. The weather, other people's feelings and actions and words. Sometimes, even my own feelings. I have learned in Al-Anon that it is critical for me to give myself the time and space necessary to acknowledge, feel and release them to my Higher Power. But I do not have to be ruled by them. This is similar to dealing with young children. A three year old will repeat something over and over until the parent stops what they are doing and listens and responds. If that doesn't happen, the cry for attention can easily turn into a temper tantrum. The same is true with emotions. The more I try to ignore, stifle, deny or push down or away "unpleasant" feelings, the more they are likely to morph into something else. Many a time my anger, or fear, or worry would come out sideways spilling into situations where they did not belong. Today I have the tools of the program to help me change the way I deal with my emotions.

Today I try to live in the moment. I try to slow down. By realizing what I need and feel, I am better able to deal with my day. I heard someone at a meeting use the phrase "Pause and Pray." I pause then I ask for guidance from my Higher Power. Using this simple tool makes my life more manageable.

A grateful member of Al-Anon,
Elaine H, Lifelines Editor

FORUM ARTICLE

I Stepped Off the “Worry Bus”

Back when my son was in high school, providing me with a multitude of avenues filled with worry, I used to spend a lot of time on what I called the “worry bus.” It was quite large and could hold a lot of family and friends.

It had a destination banner in the front that could be changed in a second. We would all pile in and discuss the destination. A first destination might be “Will he die or get thrown in jail?” and we could all discuss it with much distress.

When he would get apprehended for some offense, the destination banner would immediately switch to “Will he make his court date?” to “Will he comply with the judge’s decision?” and eventually to “Will he survive jail?”

The bus was never late, and there was always another if I happened to miss the first one. After some time in Al-Anon, I came to a better understanding of what “detachment with love” meant. At one point, I refused to board the bus. Friends and relatives leaned out the window aghast. “Have you given up on your son?” “What’s wrong with you?” I, however, felt more loving and supportive of my son than I could ever remember. I had a clarity and faith that I could deal with, one revelation at a time. Without the constant worry, I felt my love was not diluted by strings and expectations. Rather, my love was stronger with detachment. It became visible and a more valuable gift to my son than worry.

by Kirk F., California

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****Editor’s Note:** Would you like your own subscription to the “Forum?” A subscription form is in the back of all issues. The cost is \$11.00 per year and there is also an online version available.

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’s” so your anonymity is protected.

UPCOMING EVENTS

- | | |
|-------------------------|--|
| Jan 9, 2018 | Charlestown New Life Anniversary, Cross Mills First Baptist Church
4403 Post Rd, Charlestown, RI
Pot Luck at 6 PM followed by Al-Anon and AA speakers at 7 PM |
| Feb 16-19, 2018 | 29th Southeastern Mass Roundup (with Al-Anon Participation)
Holiday Inn, 31 Hampshire St., Mansfield, MA. |
| Mar 23-25, 2018 | 42nd RI AA Convention with Al-Anon participation
“Let Your Light Shine” The Gurney’s Newport Resort and Marina
Goat Island, Newport, RI |
| Mar 23-25, 2018 | CT AL-ANON Convention Raddison Hotel, Cromwell, CT
see ctalanon.org for information |
| Apr 13 -15, 2018 | 2nd Native American Al-Anon Conference
The Lodge at Sante Fe, 750 N. St. Francis Dr., Sante Fe, NM
see the Events Calendar on riafg.org for more details |
| Apr 20-22, 2018 | 42nd Massachusetts Al-Anon/Alateen Convention
Sturbridge Host Hotel, 336 Main St., Sturbridge, MA
see the Events Calendar on riafg.org for more details |
| July 6-8, 2018 | International Al-Anon/Alateen Convention, Baltimore, MD
“Celebrating One Day at a Time” Baltimore Convention Center,
Baltimore, MD, see the Events Calendar on riafg.org for more details |

MEMBERS' SHARE

My son and daughter were victims of an impaired driving accident almost five years ago. The impaired driver was their father. Their dad, who suffers from alcoholism, was secretly drinking that July day. My kids spent two hours in a car at night with their severely impaired father and wound up in Westerly Hospital. My son received 11 stitches on his forehead, but gratefully, beyond his injury and bruises, those were the only physical injuries the two kids incurred. My son, who was 10-years-old at the time, had called 911 before the car their dad was driving hit another vehicle. My son was able to tell State Police the make, model, and color of the car and which Rte. 95 exit in Connecticut they were passing. After the crash, my 12-year-old daughter, got out of the vehicle on her own and flagged down help from other drivers. People did help. I like to call them angels. Police arrived on the scene in record time, due in large part, to my son's 911 call.

I share this with Al-Anon friends because I have learned through service work, I heal. I show a good example to my beautiful, heroic children and life moves forward. I thank you all for being there when I didn't even have the strength to talk about the accident. I thank you for being there and listening when I finally could talk about it. I thank you for your warm welcome and practice of the program so I might follow in your footsteps. I thank my Higher Power for gently guiding me to Al-Anon before and after that catastrophe. And now I try to pray daily "Only for the Knowledge of His Will for Us and the Power to Carry That Out"(Step Eleven, Paths to Recovery). When I do this, wonderful loving opportunities come my way and I am grateful.

Jackie G.

RI AFG STATE AREA NEWS

Below is a list of the new state Al-Anon officers along with their emails. These positions were approved at the November 4, 2017 State Fall Assembly.

Area Delegate	Barbara H.	delegate.riafg@gmail.com
Area Chair	Phyllis H.	chair.riafg@gmail.com
Area Treasurer	Tami K.	treasurer.riafg@gmail.com
DR 1	Shawn J.	district1.riafg@gmail.com
DR 2	Charles W.	district2.riafg@gmail.com
DR 3	Terry L.	district3.riafg@gmail.com
AA Liaison	Jackie G.	AA.riafg@gmail.com
Alateen Co-coordinator	Ashley B.	alateen.riafg@gmail.com
Alateen Co-coordinator	Joe G.	alateen.riafg@gmail.com
Alateen Process Coord.	Joy C.	AAPP.riafg@gmail.com
Email Coordinator	Dennis S.	alanon.riafg@gmail.com
Group Records Coord.	Chris L.	records.riafg@gmail.com
Lifelines Editor	Elaine H.	lifelines.riafg@gmail.com
Literature Coord.	Ann-Marie C.	literature.riafg@gmail.com
Office Coordinator	Jane A.	office.riafg@gmail.com
Workshop Chair 2018	Holly R.	workshop.riafg@gmail.com

The following state positions are open. If you are interested in volunteering for these please contact the area delegate and/or the chair: Area Secretary, Archives Coordinator, Forum Coordinator, Public Outreach Coordinator, Website Coordinator. The job descriptions are available on the state web site.

DELEGATE'S CORNER

Happy New Year Everyone.

In December 2013 the Group Representatives (GR) in attendance at the Area Assembly approved a motion to stagger the terms of the Area World Service Committee (AWSC) officers, coordinators, and District Representatives (DR), with approximately 1/3 of the positions changing each year. 2015 – 2017 were transition years during which some of the current AWSC members continued in their positions for 1-3 additional years. The transition period ended with the elections at the Assembly last month. The positions of Delegate, Area Chair, Treasurer, Alateen Coordinator, AA Liaison, and Literature Coordinator were voted on by the GRs in attendance. Also, the District 2 DR was up for election by the District 2 GRs.

Some of us were elected to new positions (Barbara H. (Delegate), Phyllis H. (Area Chair), Ann Marie C. (Literature Coordinator)), Tami K. was re-elected as Treasurer, and Jackie G. will be joining the AWSC as the AA Liaison. Post-Assembly, Ashley B. and Joe G. were temporarily appointed to be Alateen Co-ordinators (to be confirmed by the GRs at the next Assembly). In addition, Holly R. was elected to the one-year position of Workshop Committee Chair. As the newly elected Area Chair, I look forward to working with the continuing and newly elected officers and coordinators in 2018.

Finally, I want to take this opportunity to thank those who will not be returning to the AWSC in 2018 for their service – David G. (Area Chair), Megan B. (Alateen Coordinator), and Tom H. (2017 Workshop Committee Chair).

Phyllis H., Outgoing Delegate, Incoming Area Chair

PUBLIC OUTREACH

A reminder: The deadline for ordering the second printing of the Al-Anon Faces Alcoholism 2018 magazine is February 7, 2018, 5 PM EST. Magazines are printed in March and delivered before April 1, 2018. The order forms are available on the WSO website: www.al-anon.org. 25 copies costs \$18.00. Be sure you specify English, French or Spanish.

NEWS FROM WSO

The **2018-2021 Service Manual** is now available electronically for the English Edition. You will find this under the members' menu on the al-anon.org website.

Member Survey: The WSO will be conducting a survey in 2018 of the Al-Anon membership. The findings help the WSO's communication with professionals by providing data about Al-Anon that show improvements in our health and well-being. Information about the 2018 Membership Survey is time sensitive. The 2018 Al-Anon Membership Survey will be available online at al-anon.org/18membersurvey from January 10, 2018 to February 27, 2018. The WSO's Al-Anon Membership Survey is Conference Approved and has been conducted every three years since 1984. This is our twelfth study. Members' participation in the survey is anonymous and confidential.

VOLUNTEER OPPORTUNITIES

The Rhode Island Area Office still **needs volunteers** in the office in Cranston.. We also need help returning phone messages left on the answering machine. You can do this from your own home. The calls are usually requests for meeting schedules, but some are seeking general information on what Al-Anon is all about. If you are interested, please call the state office at 401-781-0044 and leave a message with your name and phone number and state that you are interesting in volunteering.

AL-ANON MEETING UPDATES

HOLIDAY & TEMPORARY CHANGES

The Al-Anon at Noon Westerly, Christ Epis. Church does **NOT** meet on New Years Day.
Forever Hope group, at West Greenwich Town Hall in West Greenwich **will meet** on New Year's Eve.

Monday Morning Al-Anon at St. Mary's Episcopal Church, Portsmouth, **will meet** on New Years day (January 1, 2018)

Change What You Can group at Memorial Hosp in Pawtucket **will meet** on New Year's Eve.
Wakefield Just For Today at Wakefield Baptist Church in Wakefield will **NOT** meet on New Year's Day.

Step Up To the Summit group at Summit Baptist Church in Coventry **will meet** on New Year's Day.

Self Discovery Al-Anon group at Emmanuel Lutheran Church in West Warwick **will not meet** on New Year's Day.

Live and Let Live group, at the Conanicut Grange/Senior Center, Jamestown **will meet** on New Years Day.

Parents for Love, Hope & Recovery group, at Four Corners Community Chapel in Cumberland will **NOT** meet on New Years Day

Sunday Evening Al-Anon group, at First Unitarian Church in Providence will **NOT** meet on New Years Eve.

ANNIVERSARY MEETING

Charlestown New Life, Cross Mills 1st Baptist church, 4403 Old Post Rd(route 1A), Charlestown is holding their anniversary on January 9, 2018. A pot luck supper will start at 6 PM, followed by the meeting at 7 PM. There will be an AA and Al-Anon speaker.

MEETING CHANGE

Change What You Can group Sunday mornings at 10 AM has moved to a new location: Pawtucket YMCA, 22 Summer St., Pawtucket as of December 10, 2017.

A New Beginning, Thursday 7 PM at St Paul's Episcopal Church Hall, 2679 East Main St., Portsmouth, is **no longer a women only meeting**.

South County Step meeting, Wakefield Baptist Church, Main St., Wakefield is changing its meeting format. The first meeting of the month will be the step for that month; the second meeting, the tradition for that month; the third meeting, the concept for that month; and the rest of the month will be discussion meetings starting in January 4, 2018..

NEEDS SUPPORT

A New Beginning, Thursday 7:00 PM at St. Paul's Episcopal Church Hall, 2679 East Main Rd., Portsmouth.

Hope for the Family Disease, Friday 7:30 PM at St. Theresa's Catholic Church, 265 Stafford Rd., Tiverton.

Cranston-Warwick Daytime meeting, Tuesday 10:00AM at the Edgewood Congregational Church, 1788 Broad St., Cranston.

South County Step, Thursday 7:30pm to 8:30pm at Wakefield Baptist Church, Main St., Wakefield

Parents for Love Hope & Recovery, Monday 7:00pm at Four Corners Community Chapel, 2210 Diamond Hill Rd., Cumberland.

NEW MEETINGS

A **new meeting** will begin on Tuesday, January 2, 2018 at 7 PM to 8 PM at North Kingstown Methodist Church, 450 Boston Neck Rd., N. Kingstown.

First Things First, Monday 7:00pm, VA Medical Center, 830 Chalkstone Ave., (5th floor, classroom 2), Providence.

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 the things I cannot change,
courage to change the things I can and wisdom to know the difference.**

Photo by Tom H.

