



Editor's Corner:

Step One: We admitted we were powerless over alcohol - that our lives had become unmanageable.

Tradition One: Our common welfare should come first; personal progress for the greatest number depends upon unity.

Years ago, I went to my first twelve step meeting with my future husband. He told me that his sobriety was the most important thing in his life; that he wouldn't have a life without AA; and wanted me to go with him to a meeting. This was a large meeting. The room was decorated with blue felt banners of two sizes. The ones for the Twelve Steps and Twelve Traditions were large. The letters were in bright gold felt. The smaller banners had the slogans, also in gold letters. I went because he was important to me and so AA was important to me.

What I did not expect was the feelings I had while I listened to the meeting introduction, nor did I expect to identify so closely with the the emotions of the stories I heard that night. I wasn't an alcoholic so this puzzled me. I continued to go with him to meetings because I got so many insights and I felt so much better afterwards. But I didn't belong there. I was just "tagging along."

A couple of years later, I was talking with one of the AA members about a problem I was having and he suggested I try Al-Anon. I thought I might consider this, but just not then. I was no longer living with active drinking. Another longtime friend suggested I try Al-Anon when I was having difficulties with one of my kids. I wanted her to change so that we could have a good relationship.

One of my husband's AA meetings was held at a church where there were also simultaneous Alateen and Al-Anon meetings. Walking into that first Al-Anon meeting was difficult. I was solo, and I wasn't sure I belonged but two people whom I trusted had suggested giving this a try. I found a place where I could relate even more to what I was hearing.

But I wasn't powerless over alcohol. I wasn't living with active drinking. However my life was unmanageable. Did I belong in Al-Anon? I was trying to control other people's thoughts, feelings and actions. That was my struggle. And I can still slip into thinking that if only someone else would "see the light," change to my liking, then everything would be fine. At least now I realize this is faulty thinking.

My first home group was a mix of men and women in recovery. About a year after I started Al-Anon conflicts arose in that group and I was simultaneously terrified that the group wouldn't make it and emotionally neutral that I could just find another meeting. Growing up in an alcoholic home, I learned that conflict was bad; something to be avoided; and I was so good at running away from it or dancing around issues pretending all was well. What happened there was I experienced people discussing a problem in a healthy way and reaching a group conscience. To see conflict handled in a way that was direct and respectful was a new experience for me. I was amazed that people who disagreed about something could talk about it (not yell and scream) and a resolution could be reached without any blood shed. Even the people that felt otherwise accepted the group conscience. The welfare of the group held more weight than individual opinions and emotions.

As I begin a new year, I still need to live one day at a time. I need to remember what works for me in my recovery. My life today is not perfect, but it is a good life for which I am grateful. I am thankful that two people in my life suggested Al-Anon and that by the grace of something much bigger than me, I got here. I am no longer tagging along. I belong.

Gratefully in service,

Elaine H., Lifelines Editor

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

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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 E H

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

2021 EVENTS CALENDAR:

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

January 12, 2021 7:00 PM, AWSC Zoom meeting. All are welcome to attend!
Information on AWSC Zoom meetings is available to all. Please email secretary.riafg@gmail.com
for this information.

March 7, 2021 10:00 AM Forever Hope 33rd Anniversary. See flyer on page 2 for details.

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”***

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

OPEN AREA LEVEL SERVICE POSITIONS CONTINUED:

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 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.

OPEN AREA LEVEL SERVICE POSITIONS CONTINUED:

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.

MEMBERS SHARE:**My Christmas Gratitude List! Thank you Santa! (aka God)**

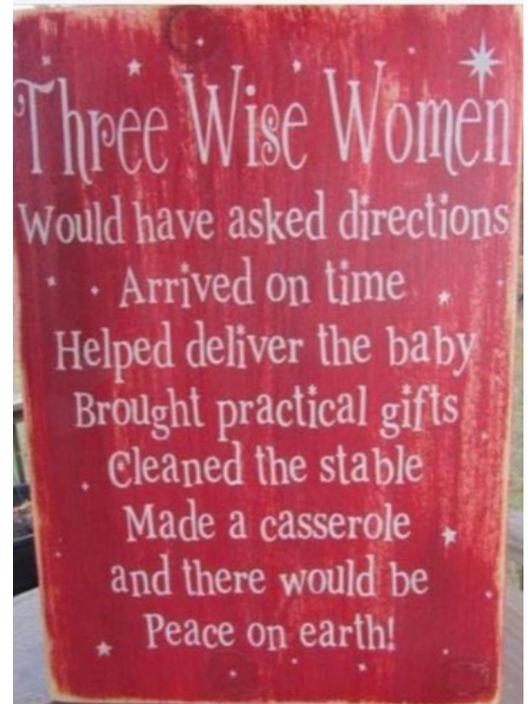
As I sit here after Christmas Eve Mass eating homemade holiday cookies that my neighbor left at my door, I am feeling so blessed! Although it's been a strange year, I must say that my Higher Power, whom I call God, has done a wonderful job keeping my recovery moving forward. I am overwhelmed with a sense of peace this Christmas.

I have a place to live that I love and a neighborhood that I feel safe in. I have a job with co-workers who are helpful and uplifting. I earn enough income and I am paying off my credit card debt! Now how's that for a miracle? My recovery meetings are full of inspiring and loving members. My aging mother is provided for and we have an ever deepening relationship thanks to recovery. Guess who stopped taking their mother's inventory? LOL.

My cat acts like a little messenger from God — so perceptive of my needs and gives me "extra lovin'" when needed. My friends support my recovery too. No more feeling like something's wrong with me because of another person's drinking. Most importantly, I feel self-love and self-respect. No more seeing myself as a victim!

So thank you Santa, God, and Al-Anon. You have taught me to receive and to give. Service work (others and mine) has gone full circle. May it continue to circle throughout the New Year!

Ann H., Forum and Email Coordinator

MEMBERS SHARE CONTINUED:

from Tom W H

INSIDE AL-ANON FAMILY GROUPS:**Where Do Al-Anon Slogans Come From?**

Al-Anon's slogans have developed through the years and have grown along with the fellowship. In the development of *How Al-Anon Works for Families & Friends of Alcoholics* (B-32), a discussion regarding slogans resulted in concurrence that they evolve from common usage, not Conference action. While members have been known to use a wide variety of different sayings, they often differ greatly from region to region. They are not considered to be Al-Anon slogans unless they are used throughout the entire fellowship, which often happens over time.

The indexes of current Conference Approved Literature list 16 Al-Anon slogans. You can find all of them in the index of *Many Voices, One Journey* (B-31), which gives information on when each slogan first made its way into our literature.

(Reprinted with the permission of *The Forum* (December 2020 issue, page 13), Al-Anon Family Groups, Virginia Beach, VA)

****Editor's note:** per the index on page 425 of *Many Voices, One Journey* (B-31), the 16 slogans are the following: But for the Grace of God, Easy Does It, First Things First, How Important Is It?, Just for Today, Keep an Open Mind, Keep Coming Back, Keep It Simple, Let Go and Let God, Let It Begin With Me, Listen and Learn, Live and Let Live, One Day at a Time, Progress Not Perfection, Think, and Together We Can Make It.

FORUM ARTICLE:**It's Elemental**

There had not been an active alcoholic in my life for over 35 years when an event happened involving loss and betrayal that had nothing to do with alcohol. This event caused all of my past decisions, losses, and hurts to pop-up like corks on water. I was filled with self-doubt and loathing, and I blamed myself for issues over which I had no control.

A friend suggested that I might benefit from Al-Anon. Although I did not understand the connection, it was pointed out that quite possibly my alcoholic upbringing contributed to how I viewed everything and everyone. I agreed to give it a try.

At the very first meeting, I found an environment unlike any other. There was no judgment or criticism, only acceptance. There were people who spoke about themselves but sounded as if they knew my story. I knew I was in the right place. I began attending a second group as well, where I found the same level of acceptance, and I began to heal.

When I am asked about being a newcomer in Al-Anon, I reply that it feels as though I enter a pool of water that is always the perfect temperature: cool and refreshing when I am upset or angry, warm and soothing when I feel cold and lonely.

Al-Anon meetings and literature are like air and water to me. I could no more do without them than I could give up breathing air or drinking water. It is a comfort to know that throughout my life and wherever I go, Al-Anon will be there for me.

By Anonymous

(Reprinted with the permission of *The Forum* (December 2020 issue, page 6), Al-Anon Family Groups, Virginia Beach, VA)

NEWS FROM THE WSO:**Every Moment Can Be an Opportunity for Growth**

My former Sponsor used to share a “growth opportunity” expression—one not appropriate for polite company—which reminded me that good can be found in every challenging situation. The expression often allowed me to laugh instead of cry. It usually also reminded me both of our saying, “This Too Shall Pass,” and the need for me to pay attention for the lesson. Over the last twelve months, I have heard many members use variations of that expression as the 2020 theme, and I have found that encouraging. Not because it lessened the intensity of the experience but because it informed me again that I am not alone and that even in the midst of struggle, I can always choose to turn the moment into an opportunity for growth.

In 2020, I have experienced many “growth opportunities” and I’m grateful for the support of both temporary and permanent electronic meetings, which have helped me to connect, to stay hopeful, and to grow personally and in my reliance on my Higher Power. In 2020, I have felt enormous amounts of fear—for our program, our future, and the wellbeing of my family—and I have felt despair. Each time I have been reminded to return to the foundation of my program, often through my service as a Sponsor or the kind words of members during a meeting. As suggested in [From Survival to Recovery](#) (B-21), “I focused on members of my Al-Anon group and remembered how they urged me not to buy into crazy thinking. I have a choice, I remembered.” (p. 112)

As we roll over into 2021 with its continued uncertainty, I am buoyed by the knowledge that through their reliance upon the God of *their* understanding, Al-Anon members are and will continue to find ways to connect with each other and expand our message of hope. Whether through the Al-Anon Family Groups mobile app; electronic, hybrid, or face-to-face meetings; or virtual Assemblies, we will continue to meet the challenge of both the family disease of alcoholism *and* the pandemic with grace and dignity. I am grateful for all of you.

By Vali F., Executive Director

Al-Anon Family Groups Mobile App Updates

Enjoying the Mobile App? Thanks for being a part of the next evolution in Al-Anon recovery. The next iteration will provide even more features!

Highlights include:

- Simplified registration – Mobile number and date of birth are no longer needed
- Dedicated Alateen meetings – Alateen Chat in the mobile app
- In-app Group Chat – Private conversations with a group of friends
- News Feed enhancements – More room to explore friends’ posts
- Interactive Timeline – Respond with emoticons or comment on friends’ posts

Al-Anon Family Groups, the official mobile app, is truly your connection to Al-Anon worldwide. Download it today!



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)

The special set will be available through January 10, 2021.

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

December's topic was, "What is your favorite Al-Anon slogan? Why and/or how do you use it in your life?" Check the al-anon.org website for January'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!

October 2020 Chairperson of the Board Letter

Dear Al-Anon and Alateen members,

The purpose of this Chairperson of the Board (COB) Letter is to share with you some of the highlights from the October 2020 Board Week. You will also find Updates from our Policy Chairperson, a Finance Update from our Treasurer, and a Conference Leadership Team (CLT) Update.

I want to start this letter as I did the July letter by giving a big thank you from the Board of Trustees to all of you. We are grateful and overwhelmed by how Al-Anon members have stepped up and continue to send in contributions to the World Service Office (WSO). Your support is truly appreciate. Find this on the al-anon.org website, go to Members, then choose Board of Trustees. The letter is there.

With gratitude,

Lynette K.
Chairperson, Board of Trustees
Al-Anon Family Group Headquarters, Inc.

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.

How Has Al-Anon Literature Helped You?

Please share how *Many Voices, One Journey* (B-31), *Alcoholism, the Family Disease*(P-4), *Opening Our Hearts, Transforming Our Lives* (B-29) or *Hope & Understanding for Parents & Grandparents* (P-94) have helped you. Send your sharings by **January 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

\$ HOW YOU CAN HELP RIAFG AND WSO \$

Keep Our Lights On and Your Light Shining



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.

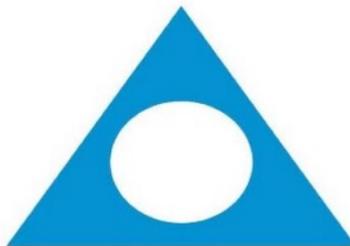
- Make a personal or group donation to the Rhode Island AFG by sending a check to:

**RIAFG
106 Rolfe St.
Cranston, RI 02910**

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*



STEP ONE: *We admitted we were powerless over alcohol — that our lives had become unmanageable.*

TRADITION ONE: *Our common welfare should come first; personal progress for the greatest number depends upon unity.*

CONCEPT ONE: *The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.*

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