

# LIFELINES JANUARY 2022



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## **Editor's Corner:**

I was never any good at making New Year's resolutions. They always struck me as setting myself up for failure. I would expect that I would stick with a resolution even when my personal history showed otherwise. Then I would beat myself up for failing. Often the behavior I was trying to change got worse. Resolutions for me were negative. I would not eat chocolate. I would give up snacking after supper. I would start a new exercise routine no matter how much I did not enjoy the activity.

I do not look at January 1, 2022 as a clean slate that has been erased by some divine hand; removing all the mistakes, misgivings, disappointments, failures, etc. that seemed to thrive in the previous year. It is a new day, just as every day is a new day. I learned that in Al-Anon. And I can restart my day at any point. This is not driven by a 24 hour clock anymore.

In Al-Anon I learned to not act if I were confused. I learned to not speak until I had used the tool "THINK." I learned to not fear but to have faith that a Power bigger and more benevolent than me stood by ready when I became ready.

I know all this in my head. My difficulty is remembering it and applying it to my day to day. In a major crisis, I hit that panic wall and then remember I can ask for help with anything. With the day to day stuff of living, this does not always kick in. I still go to that place of "I've got this" mode. My conscious contact with my Higher Power slips away when I leave my self to my own devices: overthinking, worry, and rumination.

I will never "arrive" at applying this program of recovery to all facets of my life. And that is why I keep coming back whether I feel like it or not. I have received the grace of remembering that I don't like me without Al-Anon.

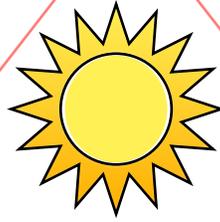
Gratefully in service,  
Elaine H., Lifelines Editor

**Lifelines needs an editor! Please help the area continue to produce our newsletter by serving in this position. It has been amazing for me!**

**Would you like to be on the distribution list for Lifelines? Send an email requesting this to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com). These are sent as "BCC" so your anonymity is protected.**

**Do you have an upcoming Al-Anon event to announce, an inspirational photo, personal share, etc.? Please email these to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)**

**SERVICE APPEAL:**



**SHINE**

**SERVICE HELPS INTRODUCE NEW EXPERIENCES**

Expand your world from self care to service

Focus on giving back

Put gratitude into action

Grow beyond your comfort zone

Learn something new

Just as in recovery, you are not alone

Help in a healthy manner

Work Step 12 - carry the message

Share your experience, strength and hope

Experience the Traditions and Concepts of Service

**Don't wait for someone else to do it - Be the someone who steps up.**

**Rhode Island Al-Anon needs you!**

Interested? email: [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com).

**RHODE ISLAND AA CONVENTION WITH AL-ANON PARTICIPATION:**

**AA Convention with Al-Anon participation  
Together again!**

Barbara H, from Foster, RI is our Al-Anon speaker. 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.

**MARRIOTT HOTEL**

25 America's Cup Avenue, Newport, RI 02840

Rooms: \*\$119 + 13 % tax per a night

\*\$1 tourism assessment (single, double, triple, quad)

Valet Parking at the Marriott: Valet Parking \$25 per night.

More parking 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@ainri.com](mailto:conventionregistrar@ainri.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

**Call 800-228-9290 and reference Area 61 RI Convention 2022**

<https://ainri.com/area-61-convention/>

RHODE ISLAND AA CONVENTION WITH AL-ANON PARTICIPATION FLYER:

Space is limited and ALL registrations will close once we get 600 participants! DON'T MISS OUT! REGISTER EARLY!



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://aainri.com

Marriott reservations: call 800-228-9290 (reference Area 61 RI Convention 2022)

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.

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

CONVENTION REGISTRATION \*REGISTER EARLY\* Space is limited due to this being a smaller venue.

To register online, visit the Area 61 website aainri.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 AAINRI 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:

Meal selection boxes for Friday Dinner (\$48), Saturday Plated Breakfast (\$24), Saturday Luncheon Buffet (\$42), Saturday Evening Dinner (\$55), and Sunday Plated Breakfast (\$24).

\$ \_\_\_\_\_ Friday total

\$ \_\_\_\_\_ Saturday total

\$ \_\_\_\_\_ Sunday total

For additional information, go to riafg.org, click on upcoming events, then go to February and click on date to get information.

**EVENTS OUTSIDE OUR AREA;****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	6:00 pm Banquet/Alateen Pizza Party
7:00 am Workshops Begin	7:30 pm Keynote Speaker
11:00 am Lunch	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.

**UPCOMING EVENTS:**

January 6, 2022	7:00 PM AWSC meeting in the Cranston office. All are welcome.
February 8, 2022	7:00 PM AWSC meeting in the Cranston office. All are welcome.
March 17, 2022	7:00 PM AWSC meeting in the Cranston office. All are welcome.
February 12-13, 2022	<b>AA Convention</b> at the Newport Marriott
March 25-27, 2022	Massachusetts Al-Anon/Alateen Convention, see page 10

**MEETING NOTICES**

**\*\*\*The current In-Person/Hybrid and On-line/Phone meetings lists and coronavirus updates can be found on [riafg.org](http://riafg.org) under the "AL-ANON MEETINGS" tab. Click on "MEETING LISTS."\*\*\*Please check on line for meetings that fall on holidays\*\***

**IN-PERSON MEETING UPDATES:  
(UPDATED 12/14/2021)**

**SUNDAY**

- 10:00 a.m., Al-Anon Forever Hope** (2-039006), will return to In-person meetings in West Greenwich - Town Hall, 280 Victory Hwy. (Rte. 102) . The group will also be meeting via Zoom. To join the Zoom Meeting:<https://us02web.zoom.us/j/84013128987?pwd=amp2ZTR5UXAzSW5KOGtEQkl4VEEx0Zz09>  
Zoom ID: 840 1312 8987 Passcode: 764812 By Phone: 1-929-205-6099 Meeting ID: 840 1312 8987 Passcode: 764812
- 6:00 p.m., - Serenity On Sunday, Newport** – IN PERSON ONLY. YANA Clubhouse, 770 Aquidneck Ave, Middletown
- 7:00 p.m. Sunday Evening Al-Anon** (1-026403), Providence - First Unitarian Church, 1 Benevolent St. (Benevolent & Benefit).
- 7:00 pm East Side Alateen**, Providence, First Unitarian Church, 1 Benevolent St. (Benevolent & Benefit) Meets in person and Zoom. For Zoom info, email: [alateenri@gmail.com](mailto:alateenri@gmail.com)

**MONDAY**

- 9:30 AM Monday Morning Al-Anon** is returning to in person meeting in Portsmouth. St. Mary's Episcopal Church, 324 East Main St. (rte 138). They will also meet via zoom: ID: 4011212121 and password: 1212.
- 5:30 to 7:00 p.m., Woonsocket KIS Meeting** is back at their room in the Northern RI Health Center, 55 Cummings Way, Woonsocket, RI. Entrance as before is at the door on the sidewalk of Social Street.
- 6:00 p.m., Live & Let Live Group** (3-502810) will return to In-person meetings in Jamestown - The Conanicut Grange Senior Center, 6 West St.
- 7:00 p.m., Self Discovery Al-Anon**, West Warwick, - Emanuel Lutheran Church, 9 New London Avenue (rear building).
- 7:30 p.m., Step Up To The Summit**, Coventry, Summit Baptist Church, 1176 Victory Hwy. (Jct. Rtes 117 & 102)
- 7:30 p.m., There Is Hope AFG, Tiverton** - Amicable Congregational Church, 3804 Main Rd. (Rte. 77). Please refer to the Online and Phone Meetings page for information to join remotely.

**\*\*\*Update\*\*\*7:30 PM Wakefield Just For Today** will **meet in-person only** at Fellowship Hall,t Wakefield Baptist Church , 236 Main St., Wakefield,. Per the Church, masks are required for unvaccinated people.

**TUESDAY**

- \*\*\*Starting December 1, 2021\*\*\*12:10 PM, Higher Powered Lunch Bunch, Providence, St. Stephens's Church** - 2nd floor, 114 George St., Prof. They meet also via Zoom: ID: 419 551 717, Password: 705024.
- 7:00 p.m. - 8:30 p.m. Charlestown New Life** - Cross Mills 1st Baptist Church, 4403 Old Post Rd. (Rte. 1A) Charlestown, RI 02813- If you are fully vaccinated, you do not need to wear a mask. The group will also be meeting via Zoom. All are welcome to participate. To join the Zoom Meeting, ID: 741 035 1630, Password: RQ9MhT
- 7:30 p.m., New Beginning Al-Anon Family Group**, East Greenwich, St Luke's Episcopal Church - 99 Pierce Street The group holds a separate Newcomers group meeting as needed.
- 6:30 p.m., How Al-anon Works, Middletown**, YANA Clubhouse, 770 Aquidneck Ave, Middletown 02842.

**MEETING NOTICES(CONT.)****WEDNESDAY**

- \*\*\*Needs Support\*\*\* 9:00 a.m., Serenity at Sunrise, Warwick - Sts Rose and Clement Church 111 Long St. Per church: \*\*\*It is highly recommended to wear a mask if you have not received the COVID vaccine. Continuing to maintain social distancing is also a recommended practice.**
- 7:00 p.m., Let Go and Let God, Cumberland - St. Aidan's Church, 1460 Diamond Hill Rd. Park in back of church, enter via the Rear door.**
- 7:00 p.m., Serenity by the Bay, Warren - Warren Town Hall, 514 Main Street, Joyce street entrance. \*\*\*NOTE\*\*\* The meetings are in person, 7-8 pm, with the *EXCEPTION* of the first Wednesday of the month. On those dates we phone conference: call 712-770-4990, access code 666 383#.**
- 7:30 p.m., Gift of Hope Al-Anon, Providence - St. Martin's Church, 50 Orchard Ave., 3rd floor – (Enter church via door on Orchard Place, facing the synagogue parking lot). \*\*The group has discontinued Zoom.**

**THURSDAY**

- \*\*\*Needs Support\*\*\*10:00 a.m., Let it Begin with Me, West Warwick - Emanuel Lutheran Church, 9 New London Ave., Enter from the rear of building and this location is handicap accessible.**
- \*\*\*Starting December 1, 2021\*\*\*12:10 PM, Higher Powered Lunch Bunch, Providence, St. Stephens's Church - 2nd floor, 114 George St., Prof. They meet also via Zoom: ID: 419 551 717, Password: 705024.**

**FRIDAY**

- 12:00 p.m., Essential Steps & Traditions Study Group - Kingston - Kingston Congregational Church, 2610 Kingstown Rd. (Rte.138) (Fireplace Room - enter thru kitchen from back parking lot). This meeting will be hosting a Zoom meeting **thru 12/31/2021**. To join the meeting manually, go to zoom.us in your browser, enter the Meeting Number: 88947181514 and the password 449263. To access by phone: Call (646) 876-9923; MeetingID: 889 4718 1514;Password: 449263**
- 6 p.m., Anchor of Hope, Narragansett - Christian Anchor Fellowship Assembly - 32 Avic St. Narragansett.**
- 7:00 p.m., Westerly Friday Night AFG, Westerly - Westerly Senior Center, 39 State Street.**
- 7:00 p.m., You Are Not Alone, Woonsocket - Landmark Hospital, 115 Cass Avenue, meetings will return in-person. IMPORTANT!! Please do NOT enter the hospital thru the main entrance. Go to the emergency room entrance. Pass the emergency room and there is a parking lot and the hospital building will be on the right. At ground level, there will be a door clearly labeled "Christiansen Conference Center" Please enter thru this door. Masks are not required but feel free to wear one if you wish.**

**SATURDAY**

- 11:00 AM Loving Hearts Al-Anon Group will meet in person at 11 AM. St. James Lutheran Church, 49 Middle Highway, Barrington, RI 02806 (Use the back entrance, which is handicap accessible. 1st room on right) The meeting format is Open Discussion.**

**PUBLIC OUTREACH:**

Please consider dropping Al-Anon Faces Alcoholism pamphlets or Public Outreach free book markers at your local library, police station, doctor's office, dentist office or as a free addition to gifts you may be giving this time of year.

Did you hear the Al-Anon Public Service Announcement (PSA) on 92.3 FM on Sunday, Dec. 12? Yes, on the radio! I did not request this PSA, but I am thrilled it was broadcasted.

Local Police Stations and Public Libraries throughout RI are still housing Al-Anon/Alateen materials as resources for those who may need them. Please thank the Warwick, Woonsocket, Newport, Providence, East Greenwich and West Warwick police officers if you have a chance (and feel comfortable doing so). Please also thank the Warwick, East Greenwich, Cranston, Pawtucket library staff for their openness to have our CAL on display.

Jackie W., Public Outreach Coordinator

**PUBLIC OUTREACH (CONT.):**

**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!**



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](http://www.riafg.org) |

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**CUT ALONG THE ABOVE LINE AND UP BETWEEN EACH BOX TO CREATE TEAR OFF TAGS**

**MEMBERS SHARE:**

Christmas has an additional meaning for me this year:

Continuous Honest Recovery Involves Surrender, Time, Meetings, And Service.

**Continuous** awareness of the effects of the family disease of alcoholism helps me to keep a healthy perspective on who I am.

**Honesty** provides the protection of not falling into denial that can create an emotional relapse.

**Recovery** is my recovery, no one else is responsible for it.

**Involves** is an action verb that means I have to participate on this journey. Yes

**Surrender!** How many times have I picked up my will instead of God's will (something that I learn about in the recovery journey)? Way too many times but my God and fellow Al-Anoners still love me in a very special way. LOL.

**Time**, time, time, why so much? It took years for the family disease to have its effect on me and it takes a lot more to undo its effects. Has anyone heard of patience? It's a virtue and a recovery tool!

**Meetings.** Let's not forget about meetings. Emotional sobriety does not happen in a vacuum. Whether it is a Zoom meeting or in-person meeting, sharing our story and listening to another's story is the life support of emotional sobriety.

**Service.** And finally service. This is the expression of humble gratitude that fills the heart with joy. To care for the vitality of Al-Anon and the lives of others has opened my heart to be a more loving person instead of a sad victim to the disease.

May this CHRISTMAS bless you in many, many ways.

Ann H.  
Email and Forum Coordinator

This past year has been a doozy for me and my family. Both my parents passed away, my dad peacefully in his sleep, my mom after a terminal diagnosis that was unexpected and hard to live through. The Alanon program provided for me by showing me how to accept the reality of the situation, understanding what I could do and what was out of my control, turning over to my Higher Power and letting go. This program has taught me to reach out when I need help, call my sponsor, read CAL, and feel what I'm feeling and trust the process.

My parents gift to their family was unconditional love and support and I pray that I give that to my family, too. Shortly before the holidays, one of my children suggested we go away this Christmas to "change things up." I went along with the plans not really sure if I'd be able to stay the entire weekend as I was feeling anxious just thinking about the trip. I talked with my sponsor, had a Plan B, shared with my family my anxious feelings and then took the weekend one day at a time and had the best time. My family gave me the give of support, love and took care of me when I couldn't take care of myself. We skied and hiked in the mountains of New Hampshire. We cried happy tears on Christmas day and simply enjoyed the beauty surrounding us and within us. I feel much more centered today as a result of "changing things up." I'm so grateful for all this program has taught me and for the love that my parents spread to my family, as that loves continues to grow and manifest every time it is given away.

Here's to a Happier New Year in 2022.  
Kim C.

**WHAT DOES “SELF-SUPPORTING” MEAN?:****THROUGH SERVICE:****Embracing New Opportunities to Serve**

When I think of the many service roles I was encouraged to stand for during my volunteer years, I am reminded of this quote from *When I Got Busy, I Got Better* (P-78): “I am not encouraged to identify myself with any of the roles I try on, and I am encouraged to pass the job on after a fairly definite period of time. Al-Anon calls this arrangement ‘rotation of leadership,’ and I find in this concept the encouragement to participate without exerting control and to let go without worrying that others might not step forward to carry on” (p. 50). This idea helped me to identify and accept my service roles and opportunities in Al-Anon—and to pass them along when the time came.

As a previous Sponsor once told me, new experiences, should we accept them, come into our lives to teach us something about ourselves. I have learned that my willingness to accept a new experience when presented gives me the courage to release control of the outcome. After all, I am reminded, I took on a service role or job that someone before me decided to let go. So, it may be time for me to do the same in order to experience a new opportunity that has been placed before me.

As we come to the end of this year, hopefully many Areas have had members step forward to fill vacant positions and embark upon exciting new opportunities in service. Here at the World Service Office, we are excited that members have applied for and accepted positions that will help our continuing efforts to disseminate current information to those seeking our support.

I am grateful that we in our fellowship practice rotation of leadership. And because of this practice, we have learned, or are learning, that embracing new service opportunities—as well as passing them on to the next trusted servant—ultimately supports those seeking our Al-Anon message of hope.

*By Marsha W., Director of Programs Emeritus The Forum, December 2021*

(Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.)

**THROUGH CONTRIBUTIONS:****RIAFG AND THE WSO NEED YOUR SUPPORT**

*\$\$ Ring in the New Year \$\$*



**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.

Send donations to RIAFG: **\*\*When you send in donations from your group, include the group number or the group name.\*\***

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

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**

**ALATEEN CORNER:**

**Dear Al-Anon and Alateen members,**

The World Service Office is currently accepting sharings from Alateen members for a new Just for Tonight Alateen Bookmark, which was given conceptual approval by the 2021 World Service Conference. Please encourage all Alateen members to submit sharings for this project by **December 31, 2021.**\*\*\*Deadline extended. Read below\*\*\*

Alateen members can find the writing guide and/or submit sharings online at [al-anon.org/sharing](http://al-anon.org/sharing).

They can also email sharings to [wso@al-anon.org](mailto: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

**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 [al-anon.org/sharing](http://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](http://al-anon.org/sharing), Alateen members can email sharings to [wso@al-anon.org](mailto: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!

**FORUM ARTICLE:****A Journey of Self-Discovery**

I remember in my first Al-Anon meetings hearing people say, “To thine own self be true.” This was confusing for me as I thought I was an honest person, knew myself so well, and had sincere motives. The more I attended Al-Anon and read the literature, though, the more I discovered that I really did not know anything about myself at all—not my favorite color, favorite food, favorite recreational activity, favorite type of music, whether I preferred rural or city settings, and the list went on. Sometimes I even wondered whether I was part of the human race!

Having grown up in alcoholism and then continued on in life with one alcoholic after another, I realized that I did not know myself at all. I was whatever the alcoholic wanted me to be (or so I thought). This awareness was the point at which I figured out that in order for me to live a full and happy life—which meant being true to myself—I would have to work the Twelve Steps of Al-Anon. The journey to *me* began with Step One, and by the time I reached Step Twelve, I had discovered myself—a beautiful, spiritual woman on a human journey.

Today, I can answer all of those questions for myself with honesty and sincerity. In Al-Anon, I have learned that this journey of self-discovery is an ongoing process of consistently practicing the Steps and being awakened to my Higher Power’s desire for me. This has become a way of life and a design for living. Thank you, Al-Anon, for giving me the tools to find myself and learn how to live as William Shakespeare suggested: “To thine own self be true.”

*By Ally G., California  
The Forum, December 2021*

(Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.)

**OFFICE NEWS:****Volunteers Needed**

The Area Office needs volunteers! 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](http://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](mailto:office.riafg@gmail.com).

Gratefully in Service, Elaine H., Office Coordinator

## NEWS FROM THE WSO:

**Are Our Magazines CAL, and Can They Be Read at Meetings?**

The experience, strength, and hope of Al-Anon members as shared in their own words is at the heart of Al-Anon Conference Approved Literature (CAL), and *The Forum* is no exception. For our French- and Spanish-speaking members, we publish *Le lien* and *Al-Anon y Alateen en acción*, bimonthly French and Spanish magazines, which use translated excerpts from *The Forum*.

Thanks to the *Forum* Editorial Advisory Committee (FEAC), submitted sharings undergo a review process, although an abbreviated one, that qualifies *all three of our magazines* as CAL. Each month, FEAC volunteers read 50 sharings and provide recommendations for publication to the Magazine Editor. Once a manuscript has been developed, it goes through multiple additional reviews by World Service Office Staff and a final approval by the Director of Programs and the Executive Director. For each issue of *Le lien* and *Al-Anon y Alateen en acción*, the WSO Translation Team translates selected articles into French and Spanish. This process ensures that each issue of our magazines is consistent with Al-Anon policies and perspective.

According to our service tools: “*The Forum* can be used, and is encouraged to be used, by all members and groups for meetings. *The Forum*, as a concept, is Conference Approved.” *2018–2021 Al-Anon/Alateen Service Manual (P-24/27), version two (2), p. 114.*

“The *Al-Anon y Alateen en acción* magazine is a handy, readily available resource. We’ve had meetings in our [Spanish-speaking] group using topics from this magazine that led to great discussions and much recovery.” – Rosie M., Vice-Chairperson of the Board of Trustees, *2020 World Service Office Annual Report, p. 21.*

“The idea of presenting Steps, Traditions, and Concepts in advance allows members to use *Le lien* for monthly workshops on the Legacies.” – Thérèse S., Member of the Board of Trustees, *2020 World Service Office Annual Report, p. 21.*

Consider reading a member sharing from this magazine to start the discussion at your next meeting or use the “Instant Meeting” section by reading the two short member sharings and discussing the questions that follow. *The Forum*, December 2021

**Send Your Sharings to *The Forum***

*The Forum* is the “voice” of Al-Anon recovery, and our fellowship needs to hear from you! Sharings from men, sharings with humor, and sharings about our three Legacies are especially needed, and all Al-Anon focused topics and perspectives are welcome. Remember to share from your own experiences, using “I” or “me” statements. Regular sharings range from 150 to 800 words, and Legacy sharings range from 200 to 400 words. When writing about the Legacies, please focus on one of the Twelve Steps, Twelve Traditions, or Twelve Concepts of Service.

Send your articles to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; to [wso@al-anon.org](mailto:wso@al-anon.org); or submit online at [al-anon.org/forumshare](http://al-anon.org/forumshare).

**Holiday Special****The Al-Anon Family Groups Alateen Bundle with Free Shipping!**

Give a teen, or a member you care about, the gift of Alateen literature. This \$20 special set includes free shipping.

*Available as a set for a limited time—through January 2022*

The Alateen Bundle (K-72) includes:

*Alateen—a day at a time* (B-10)

*Alateen—Hope for Children of Alcoholics* (B-3)

*Alateen Talks Back on: Serenity* (P-69)

*Just for Today*, Alateen Bookmark (M-13)

### Lois on “Letting Go” in Al-Anon Service

As the end of 2021 approaches, I am reflecting on my recovery over the past year. One of the lessons I’ve resisted the most is letting go of dominance in my marriage. Because I’ve been affected by the disease of alcoholism, I fall into thinking that I’m the only one who cares, who knows how, who takes responsibility, who will do a good job—on and on it goes. But when I let go of this distorted thinking—in any area of my life—others get the chance to step up, and I gain respect for their dignity. Love flows back into my heart.

Following is a letter from our Cofounder, Lois W., from the October 1968 issue of the *Al-Anon Family Groups Forum*. Her wisdom and experience remind me that, whether it’s in my family or in Al-Anon service, letting go is hard but necessary—for my personal growth and for the good of my fellows.

*By Carol C., Magazine Editor The Forum, December 2021*

*Dear Longtimers in Al-Anon,*

*We older members of Al-Anon play a very important role in our groups. By our attitudes and general bearing, we can prove to the new members that Al-Anon really works. What we are affects the group for good or bad much more than what we say. Whether we like it or not, newcomers will judge Al-Anon by what it has done for us.*

*If we have achieved even a degree of serenity, tolerance, and understanding, newer members will aim to acquire these qualities also.*

*On the other hand, if we try to dominate and do not give the newer members a chance to develop, we are stunting our groups and keeping newcomers away.*

*From a place on the sidelines, oldtimers can give the group purpose and continuity, but not management—unless asked to fill a special function. We are always willing to help where we can, but the active leadership of the group should be in newer hands. Our passive but inspirational leadership is much more important than the active direction of a group.*

*If at one time we held the active leadership of our group, it may be particularly hard to “let go.” It is so easy to believe that because we have been in Al-Anon for years, we must be qualified to tell others what to do, but our “actions speak louder than words.”*

*When taking an inventory, we longtimers need to constantly remind ourselves of this point and ask ourselves if for some personal reason (thoughtlessness, egotism, a desire to dominate) we are still telling others what to do and how to do it.*

*I have to learn this lesson myself and want to pass it on to all you other longtimers. . .*

*Yours in longtime Al-Anon,  
Lois*

(Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.)

### How Has Al-Anon Literature Helped You?

Please share how *In All Our Affairs (B-15)*, *Intimacy in Alcoholic Relationships (B-33)*, *When I Got Busy, I Got Better (P-78)*, *Living with Sobriety (P-49)*, *From Survival to Recovery (B-21)*, or *Reaching for Personal Recovery (B-92)* have helped you. Send your sharings by **January 15** to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: “CAL Corner”; to [wso@al-anon.org](mailto:wso@al-anon.org) with “CAL Corner” in the subject line; or at [al-anon.org/forumshare](http://al-anon.org/forumshare).

### 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 [al-anon.org/mobileapp](http://al-anon.org/mobileapp) to get the app.

*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](http://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](http://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.*

