

# LIFELINES

## INSIDE THIS ISSUE

- Editor Letter 1
- Upcoming Events/Steps 2
- New meeting & Help Us 3
- C'town New Life anniv. 4
- Butterflies anniv. 5
- Forever Hope anniv. 6
- Office news 7
- Got Literature? 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
- Contact WSO 16



**SUBSCRIBE TO  
LIFELINES**

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

## Rhode Island Al-Anon Family Groups

Area 49

JANUARY 2023

Editor's Corner

### Dry January

Every year, people declare they're abstaining from alcohol for the entire first month. It's called Dry January. Bars and restaurants create special mocktails. Most "dry" folks report feeling better, healthier, more productive in the weeks without booze. That's great.

**In Al-Anon, we know what works.** We know that lasting change comes when we have the help of our Higher Power, when we muster courage, and when we deliberately work through the twelve steps. It's not something we do for 30 days; we do it for life.

Year in and year out, **you can change your life for good by working your program of recovery.** Participate in meetings, read daily literature. Do service when and where you can. Keep those bookmarks on the refrigerator door. Listen to speaker tapes while you take your daily stroll. Have coffee with your sponsor once a month, whether you need it or not.

Results are not guaranteed, of course, but most Al-Anon folks share that they experience positive, lasting changes from working their program. It works if you work it! **Lifelines and RIAFG are always here with resources and support.**

The Al-Anon steps work dry or wet, rain or shine, 365 days a year. We're so glad you're here and on the path to recovery! **RIAFG wishes you a very happy 2023.**

Gratefully in service,  
Eden C., Lifelines Editor [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)

## Upcoming Events

**WEDS. JAN. 11, 12 noon-1pm: "Butterflies are Free" 23rd Anniversary Meeting.** Kingston Congregational Church, 2610 Kingstown Rd, Kingston, RI.

**THURS. JAN. 12 7pm Al-Anon United, NEW meeting, Praise Tabernacle, 330 Park Ave., Cranston RI.**

**JANUARY date TBA: RIAFG Area Service monthly meeting.** Visit [www.riafg.org](http://www.riafg.org) for meeting details.

**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.

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

### **STEP ONE**

We admitted we were powerless over alcohol—that our lives had become unmanageable.

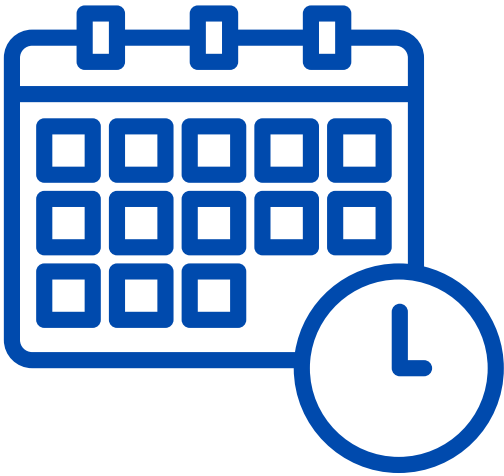
### **TRADITION ONE**

Our common welfare should come first; personal progress for the greatest number depends on unity.

### **CONCEPT ONE**

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

## NEW MEETING starting Jan. 12!



Thursdays, 7:00 P.M.  
Al-Anon United  
Praise Tabernacle  
330 Park Ave, Cranston

## ***WE NEED YOUR HELP.***

Meetings are an important part of Al-Anon, but so is service to your area. **We need more RI members to serve in our Area.** In order to function properly, we need your help now. We'll train you and support you every step of the way. You can choose to serve in a position that works for your time and talents.

Email [alanon.riafg@gmail.com](mailto:alanon.riafg@gmail.com) or visit our website [www.riafg.org](http://www.riafg.org) to learn more. Available positions include:

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

# Charlestown New Life 44th Anniversary

**\*\*\*DATE CHANGE\*\*\***

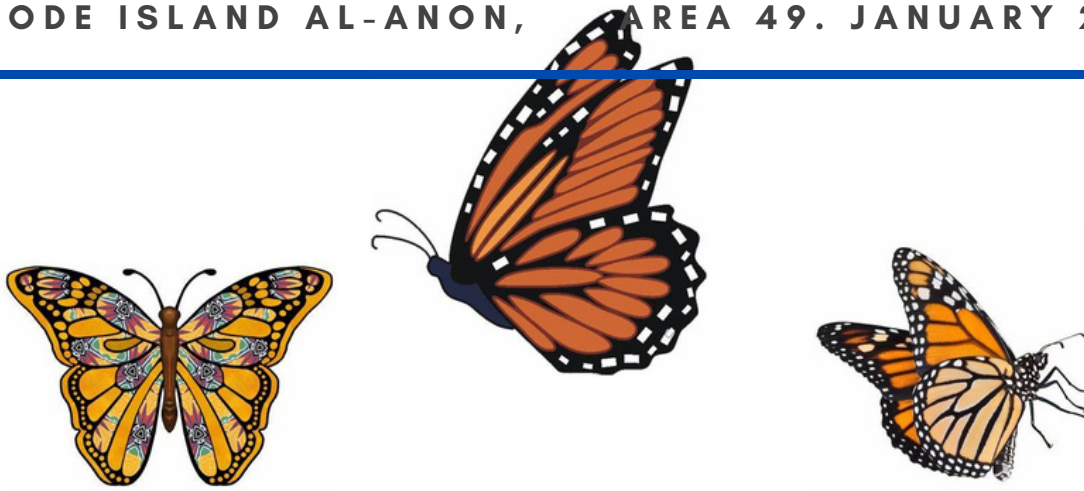


Please come join us as we celebrate

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



Butterflies Are Free  
**23rd Anniversary**  
**January 11, 2023**  
**12 Noon**

**Kingston Congregational Church**  
**Fellowship Hall**  
**2610 Kingstown Road**  
**Kingston, RI**

**FOOD**  
**SPEAKERS**  
**& FELLOWSHIP**

# *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 Office Appeal

## Volunteers Needed If not YOU, then WHO?

Imagine needing help and waiting a week to get a response! Currently, the Rhode Island Al-Anon Family Group's office and Literature Distribution Center in Cranston **has TWO volunteers.** We'd love more! Below is a brief description of what being an office volunteer entails. **Training is provided.**

**In Office volunteer's responsibilities:** answer the phone, return phone calls, mail meeting schedules, greet visitors and fill literature orders.

**At home volunteers' responsibilities:** check voicemail, return calls, mail meeting lists, and when necessary contact the office coordinator.

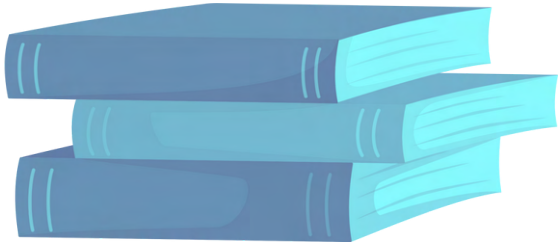
## This is a perfect opportunity for YOU to give back to the Program.

For more information and/or to volunteer, email the office coordinator at: [office.riafg@gmail.com](mailto:office.riafg@gmail.com) or call the office at 401-781-0044.

*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.

**Elaine H., Office 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](http://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](http://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.*

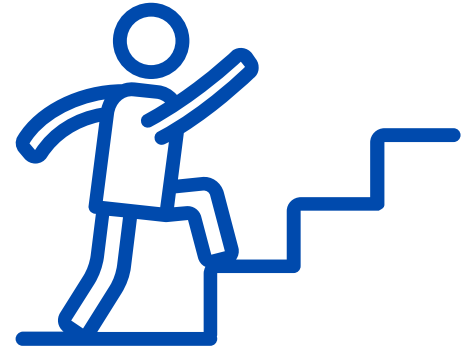
### **To shop at the office:**

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**

# Members' Share: A New Beginning



**A New Year, a new month and a new beginning of the 12 Steps with Step 1.** Acceptance, surrender and letting go are the guiding principles. Letting go of 2022 and remembering all of the year's gifts of Al-Anon recovery opens my path to receive more recovery in 2023. Maybe the alcoholic found sobriety in 2022 and then again maybe they did not. Either case, **surrendering and humbling accepting that I cannot control another person into sobriety**, makes Step 1 the foundation for the remaining 11 Steps of my Al-Anon recovery. 2023 can bring the hope of working each step to better love myself and in turn continue to love the alcoholic(s) regardless if they have found sobriety. I can love them where they are at and focus on my own self-care.

**Step 1 yields the gift of understanding** that although I am powerless over a disease, I can choose to not be a victim of the disease or of the alcoholic(s). This understanding provides freedom, the freedom to achieve sanity as promised in Step 2, a promise that has come true in my life. This sanity comes from a loving power greater than myself and the disease.

Each subsequent step has its own gifts and each new year a different gift on a specific step may be received, gifts of continuous learning. **I look forward to an abundant 2023 full of growth and happiness.**

- Ann H.

## How to share 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](mailto: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](mailto:alanon.riafg@gmail.com) to get started.

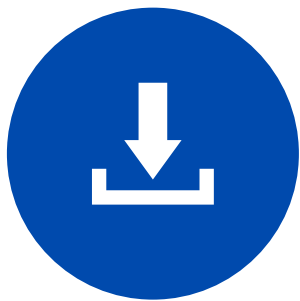


## New to Al-Anon? You'll want to hear this.

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/](https://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/](https://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**

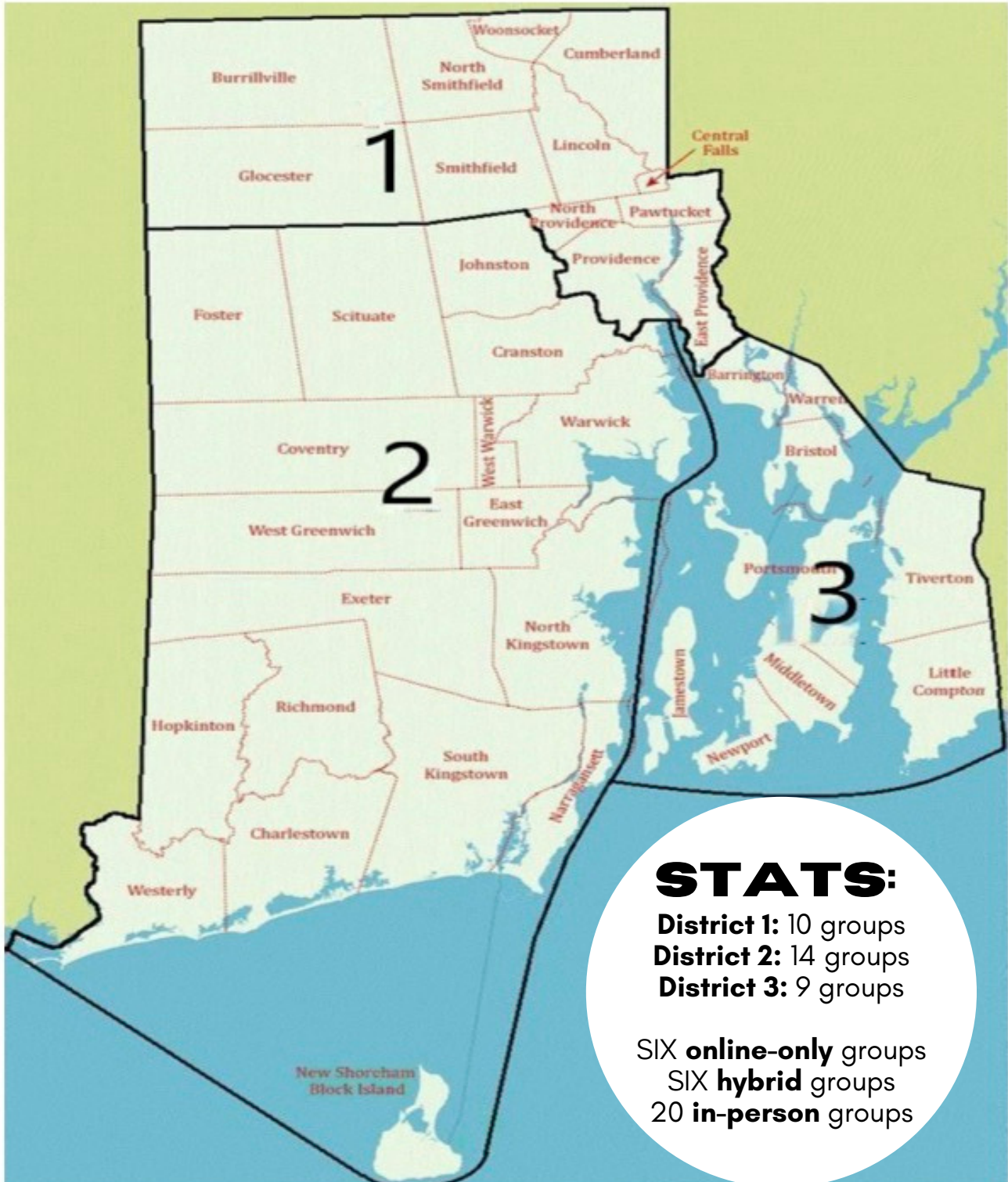
**District 3 Representative**

# 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](http://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](http://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 Us



### CONTACT RIAFG

[www.riafg.org](http://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](mailto:lifelines.riafg@gmail.com)

### CONTACT WSO

[www.al-anon.org](http://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.*