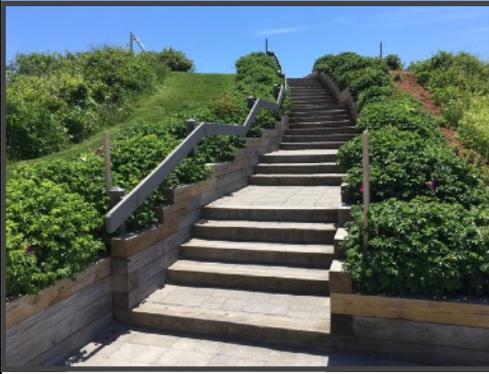


LIFELINES JULY 2021



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Web Sites, addresses and phone numbers

Photo by T.H.

In this issue:

Public Outreach could use your help spreading the Al-Anon message of hope.
See page 2.

More AFG groups are meeting again in person, some with Zoom options
We have three members shares this month.

Important news from the WSO, especially the Survey

Editor's Corner:

I read recently that "Figure It Out" is not a program slogan. I used to think that if I could figure things out, I could fix them. My "what - if's" tagged along nicely while I continued to insist that if I could understand the how and why, I could form an action plan. In some areas of my life, this worked. In my dealing with someone else's drinking and/or behavior, not so much.

I came into recovery with a whirlwind of worries persistently nagging at me. I felt that there was no way to stop this worry chain. It was a solid part of my life, of my thinking process. I knew I was digging myself deeper and deeper into an emotional pit. I spiraled downward. I hit bottom.

When I walked into my first meeting, I had a glimmer of an open mind, ready to see if there could possibly be another way to live. I did not like admitting I was wrong, never mind powerless. But I could admit that my way was simply not working. I grabbed onto a few slogans that made sense to me at the time: One Day at a Time, Keep an Open Mind; and Listen and Learn.

I came to understand that using worrying as a way to handle problems was a form of self abuse. I learned also that it was not based in competence but in fear. The program gave me permission to stop doing this. I made a conscious attempt to live one day, each day, at a time. I read Al-Anon literature with an open mind because I believed what you said in the meetings. You said our Conference Approved Literature had a lot of wisdom in it. I listened and learned from what you shared of your stories and yourselves at the meetings.

I gradually realized that life was not about having it all figured out; it was about living - living in the present moment. In reality, I can be no where but in this moment. I trusted what you told me and began to have a renewed trust in a Higher Power.

And I began to feel a release from trying to carry all the "what -if's" around with me. I began to have room in my head and my heart to experience the beauty in my day. I began to find many things to be grateful for. I felt the tight knot in my gut loosening up.

I can too easily slip back into "I've got to figure it out" mode. For me, this is just as insidious and cunning and baffling as the disease of alcoholism. I have come to understand that I need the tools of this program to survive and thrive. I have come to accept that I cannot do this alone.

Gratefully in service,

Elaine H., Lifelines Editor

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.

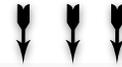
Do you have an upcoming Al-Anon event to announce, an inspirational photo, personal share, etc.? Please email these to lifelines.riafg@gmail.com

PUBLIC OUTREACH:

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!



CUT ALONG THE LINE BELOW



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 |

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



MEETING NOTICES:

**The First Lutheran Church in East Greenwich has offered the church backyard as a meeting place.
For more information, please contact the pastor, Linda Forsberg, at 401-884-5572.**

****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"*

IN-PERSON MEETING UPDATES:

**THE FOLLOWING MEETINGS ARE RETURNING TO IN-PERSON FORMAT
(UPDATED 06/27/2021)**

- SUNDAY:** **Starting July 4, 2021:** 10:00 AM, Al-Anon Forever Hope, West Greenwich Town Hall, 280 Victory Highway (rte 102).
7:00 PM Sunday Evening Al-Anon, Providence at the First Unitarian Church, 1 Benevolent St. (Benevolent & Benefit). Once the in-person meeting begins, the Zoom meeting will be suspended.
- MONDAY:** 7:00 PM, Self Discovery Al-Anon, West Warwick at the Emanuel Lutheran Church, 9 New London Ave (rear of building).
7:30 p.m., Step Up To The Summit, Coventry, Summit Baptist Church, 1176 Victory Hwy. (Jct. Rtes 117 & 102)
- TUESDAY:** 7:00 - 8:30 PM, Charlestown New Life AFG, Cross Mills Baptist Church, 4403 Old Post Rd., Charlestown. I you are vaccinated, you do not need to wear mask.
Via Zoom: ID: 8447358546, Password: alatuesday.
7:30 PM New Beginning AFG, St. Luke's Episcopal Church, 99 Pierce St., E. Greenwich.
The group holds a separate Newcomer's group meeting as needed.
- WEDNESDAY:** 9:00 a.m., Serenity at Sunrise, Warwick - Saints Rose and Clement Church, 111 Long St.
Per church: Masks must be worn and social distancing maintained.
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. This Group will also be meeting via Zoom - To join the Zoom Meeting, paste this in your browser:
<https://zoom.us/j/88189707610>. To join the meeting manually, go to zoom.us in your browser, enter the Meeting ID# 88189707610 and the password is 483079
7:30 PM, Gift of Hope Al-Anon, St. Martin's Church, 50 Orchard Ave., Providence, 3rd floor
(Enter church via door on Orchard Place, facing the Synagogue parking lot)
Zoom: id: 9414840522, password: 974794. For links, and phone info, please see riafg.org.
- THURSDAY:** 10:00 a.m., Let it Begin with Me, West Warwick - Emanuel Lutheran Church, 9 New London Ave., Enter rear of building, handicap accessible
- FRIDAY:** **Starting July 2:** 12:00 PM, Essential Steps and Traditions, Kingstown Congregational Church, Kingston in the Fireplace Room. There will be a 3 month hybrid trial with Zoom.
To join the Zoom Meeting, paste this in your browser:
<https://us02web.zoom.us/j/88947181514?pwd=VExDZk1ycnkzcFJ5NEVSRU5zRndXZz09>.
To join the meeting manually, Meeting Number: 88947181514 and password 449263.
To access by phone: Call (646) 876-9923; Meeting ID: 889 4718 1514; Password: 449263.
6:00 PM, Anchor of Hope, at Christian Anchor Fellowship Assembly, 32 Avic St., Narragansett
7:00 p.m., Westerly Friday Night AFG, Westerly Senior Center, 39 State St., Westerly
Starting July 2, 2021: 7:00 PM. You are Not Alone, Landmark Hospital, Woonsocket.
Do Not enter through the main entrance to the hospital. Drive past the emergency room entrance and enter through the Chistiansen Conference Center.
- SATURDAY:** None at this time

AREA GROUP RECORDS COORDINATOR: IMPORTANT!

Al-Anon Family Groups World Service Organization has informed RIAFG Records Coordinator that meetings with bounced emails and incorrect mailing addresses will be deleted from their data base within 2 years. Please be sure to keep your meeting's contact information current! Questions? Contact me at: records.riafg@gmail.com.

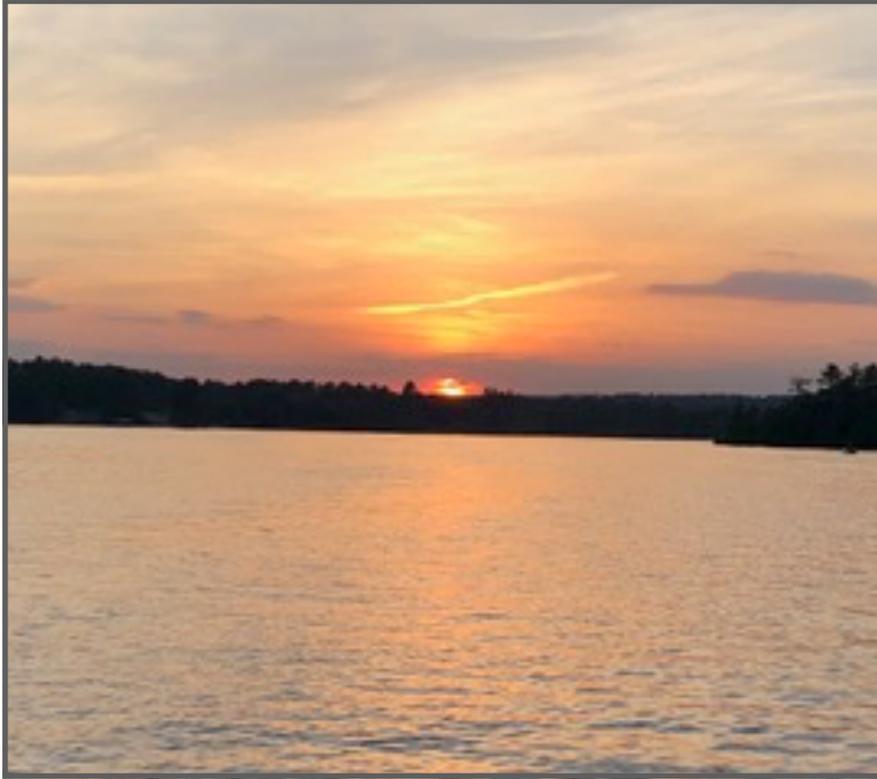
Thank you, In service, Kit, RIAFG Records Co-ordinator

MEMBERS SHARE:

by Barbara E.

Before Al-Anon I had no understanding of setting limits and boundaries with people and organizations. I was under the illusion that if you gave all that you could that everything would be just fine. Reality showed me differently. In recovery, I am learning self-care. Learning how to treat myself well and be there for others to uphold my responsibilities. It has been a challenge to learn not to react to situations with co-dependent decisions. I have grown thanks to Al-Anon and another 12 Step program. Being good to myself does not mean that I am selfish or that I can not still be there for others when they need me. It simply means that I remember my needs as I am helping others. I do not have to play the martyr role or fall into the "poor me" pit because "can't everyone see how hard I am trying to make YOU happy." Al-Anon has taught me how to have balance in my choices on a daily basis. The slogan 'Just For Today' really is a life saver! I can take time to make my decisions. I do not have to rescue or fix anything. I just need to do my part and live by the principles of the Al-Anon program. I must say with sincere gratitude that Al-Anon is teaching me to live life on life's terms, not my own.

by -Ann H.

MEMBERS SHARE (CONT.):

I can hear my Higher Power saying, "Rest now. All is well."
by Kim C.

FORUM ARTICLE:**Deciding Where to Look**

After work, I rode home to the 20th-floor apartment I shared with my alcoholic partner. It faces a main avenue of our city. When I got off at the bus stop in front of our building, I looked up at the windows to see what was awaiting me. If there were no lights on, he was either out or asleep. If I saw one light, he probably was in the kitchen preparing a nice meal. But if all the lights were on, that meant he was as brightly lit up as the flat.

Those bus rides were a source of anxiety, because I never knew whether my evening would bring solitude, a pleasant dinner, or alcoholic chaos. Over time, the discomfort began to creep into my afternoons as I started worrying long before finishing at my job. Eventually, I was anxious from the moment I walked into the office and a wreck by quitting time.

Once I began attending Al-Anon meetings, I learned not to suffer in advance of things that haven't happened yet. I began to see that worrying about the future robbed me of days and weeks, but never changed the outcome. Instead, if I focused on "Just for Today" and not tomorrow or next week, I could bring myself back to my own life in the present.

One day, I decided that when I got off the bus, I wouldn't look up at all. Instead, I would think about any purchases I needed to make or if I wanted to take a walk and think about what had happened that day. I decided not to anticipate anything at home until I put my key in the door, since whatever it was would still be waiting for me then. Several times a week, I attended Al-Anon meetings before going home, which reinforced my determination to enjoy myself.

My new outlook began to filter into my days, as I slowly freed myself from concern about what another person was doing in my absence. It also spread to my other dealings with the alcoholic, because I realized that he was in the grip of a disease that he couldn't control, despite his efforts.

That all happened a long time ago. The alcoholic and I parted ways, and I bear him no resentment. However, to this day, I sometimes remind myself not to "look up" at what someone else is doing that might, or might not, disturb or complicate my life. I'm too busy seeing what's down here on the ground, right in front of me, right now.

By Tim F., New York, The Forum, May 2021

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

\$ HOW YOU CAN HELP RIAFG AND WSO \$



Keep Spreading the Serenity

TRADITION SEVEN: EVERY GROUP OUGHT TO BE FULLY SELF SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.”

Thank You for your continued support during these unusual times!
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:

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

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

Make a donation to the World Service Office online at

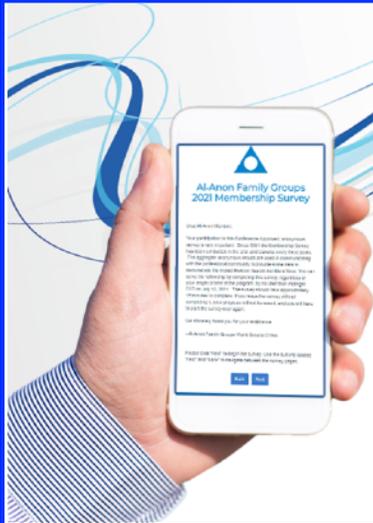
<https://al-anon.org/contributions/>
or by sending a check to: **AFG Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454**

NEWS FROM THE WSO:

Stand and Be Counted—Anonymously, of Course!



In July, we will be kicking off our 13th Membership Survey. The World Service Office (WSO) has conducted the survey every three years since 1984 to provide mental health, alcoholism/ addiction, and medical professionals the evidence-based data they rely on when assessing the impact Al-Anon may have for their clients. This year’s survey has been simplified so you can complete it in only 10-20 minutes. Consider taking the time to participate in this important service and to encourage everyone in your group to do so as well.



2021 Al-Anon Membership Survey
Is Open!
Available in English,
Spanish, and French.

Take the survey:
al-anon.org/membersurvey

Al-Anon Membership Survey Is Open Now!

The Survey Is: Conducted every three years since 1985.

Open from **June 16, 2021 to July 27, 2021**.

Available to all Al-Anon members, ages 18+ years—regardless of time in the program.

Available in English, Spanish, and French.

Short enough to be taken in 15 minutes.

Mobile-friendly.

The Survey Is Not:

Collecting personal information.

Breaking members' anonymity.

Calling All Members – 1 day to 70 years!

Concept Four says “Participation is the key to harmony.” This includes all of us, no matter how long we have been in the program or how new we are to it. It is no coincidence that, every three years, Survey results indicate the average age of Al-Anon members has increased by three years. Yet, looking around the meeting rooms, whether in face-to-face or electronic meetings, we see a diverse group of members, including many in their 20s and 30s. To reflect the unique membership of every group, it is important to share with every member the value of Membership Survey results to professionals. Ideally, all members will be represented in the results. Survey findings help raise awareness of Al-Anon Family Groups among professionals, researchers, students, the media, and anyone seeking information about Al-Anon Family Groups.

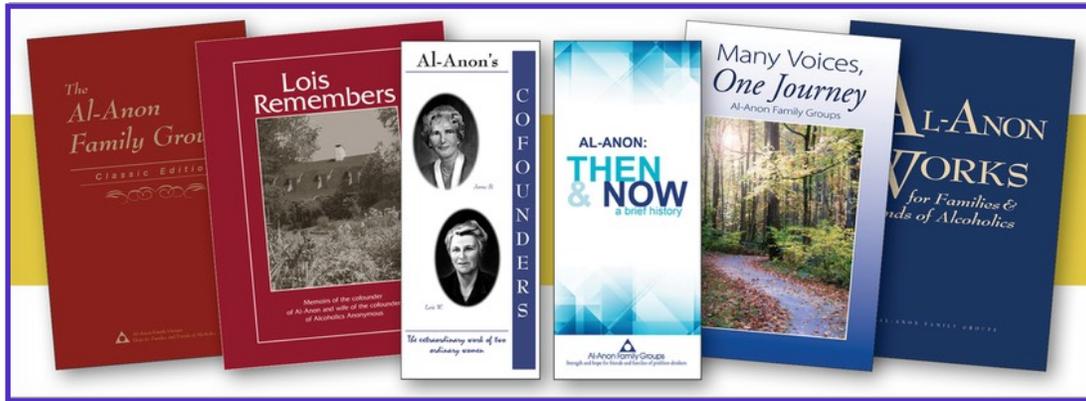
Why Is It Important?



Addiction and mental health providers are a primary source of referrals to Al-Anon Family Groups; however, not all professionals are recommending Al-Anon to their clients.

The survey is our opportunity to provide data-supported proof of Al-Anon's impact on members' quality of life. It also lets professionals know that some Al-Anon members continue to receive professional help in addition to their Al-Anon recovery.

Helping professionals to be more informed could mean more referrals, more newcomers in meetings, and a stronger fellowship for all of us.



Where Can I Find Out More about Al-Anon's History?

The following materials can provide helpful information on the growth of our fellowship:

- *The Al-Anon Family Groups—Classic Edition* (B-5)
- *Lois Remembers* (B-7)
- *Many Voices, One Journey* (B-31)
- *How Al-Anon Works for Families & Friends of Alcoholics* (B-32), "Al-Anon's History," pages 141-149
- *Al-Anon's Cofounders: The Extraordinary Work of Two Ordinary Women* (P-87)
- *Al-Anon: Then and Now* (AR-2)
- *Lois W. & the Pioneers* audio interview

Books available from your local Literature Distribution Centers or at the Al-Anon Online Store.

Hold Your Meeting on the App!

The *Al-Anon Family Groups* Mobile App is a platform to hold Al-Anon meetings! If you and other Al-Anon members are considering opening a new permanent electronic Al-Anon meeting, take a look at the *Al-Anon Family Groups* mobile app as an option. Using the app connects you to other Al-Anon members, allows you to keep a personal journal, and can provide you a daily dose of Al-Anon recovery with a subscription to premium content.

The ability to connect with Al-Anon anytime, anywhere is so very important in today's busy world.

Let the mobile app be one of your steps for recovery and meeting information!

A dose of serenity could be a tap away with

electronic literature

from Al-Anon Family Groups!

Find it at: al-anon.org/e-cal

CAL in Your Pocket!

Conference Approved Literature (CAL) available in eBook and/or audiobook formats can be accessed on your smart phone or tablet. A dose of serenity could be a tap away whenever you need it, even when you're not alone—nobody will know what you are listening to or reading.

CAL eBooks also make great gift ideas. Check out your favorite eBook provider for more information on how to give a friend or newcomer the gift of Al-Anon CAL eBooks.

2021 Virtual/Electronic World Service Conference (WSC)

What did Conference members share during the 2021 Virtual/Electronic WSC? Would you like to know about the Electronic Meeting Work Group Updates and Recommendations presentation? What happened during the Delegate-led Thought Force: Dreaming Big—Envisioning Our Future session, or what discussion did the Literature Committee initiate regarding the book, *The Dilemma of the Alcoholic Marriage* (B-4)?

The *2021 World Service Conference Summary*, the annual report to the groups about the World Service Conference and World Service Office activities, will include these reports and more, and will be available online in July.

STEP SEVEN: *Humbly asked Him to remove our shortcomings.*

TRADITION SEVEN: *Every group ought to be fully self-supporting, declining outside contributions.*

CONCEPT SEVEN: *The trustees have legal rights while the rights of the Conference are traditional.*

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.