

Dear Rhode Island AL-Anon:

I am writing to share the dire situation of RI AL-Anon. This has been an on-going situation, even though it might not have been discussed. The Rhode Island Area World Service Committee currently has 11 open positions. Without these positions being filled, it is very difficult for RI AL-Anon to continue to function the way an Area is intended to function, as laid out in the Service Manual. These openings put a lot of strain on the members that hold positions currently-these openings put gaps in the Service Structure. All service positions are separate, but for the Area to function as a whole, these need to be filled.

Overwhelming response from the Fall Assembly feedback forms was that we should talk about service positions less. Without Area Service positions being filled; RI AL-Anon structure does not exist.

I feel that I should explain why an Assembly is held. An Assembly is a business meeting-not a fellowship meeting. (Page 67 of Service Manual)

An Assembly is held to discuss business topics and to elect new Area members. One of the main functions of an Area Assembly is to discuss service positions. (Page 140 of Service manual)

The following positions are currently open in the Area:

| | |
|-----------------------------|---------------------------|
| Alternate Delegate | Area Chair |
| Area Secretary | Alateen Coordinator |
| District 1 Representative | District 3 Representative |
| Forum Coordinator | Group records Coordinator |
| Public Outreach Coordinator | Website Coordinator |
| Workshop Coordinator | |

In Addition to this we do not have volunteers for our RI AL-Anon Office and many groups do not have Group Representatives.

If these service positions are not filled-then the future of RI AL-Anon is in jeopardy. Concept ten teaches us that double headed management should be avoided. This applies to our current AWSC members doing just the service position they volunteered and were elected to do.

Any questions concerning the open service positions and the future of RI AL-Anon please reach out to me at:Delegate.riafg@gmail.com

Love in Service and Fellowship,

RI Area 49 Delegate,

Cindy Brimmer

“The future of RI AL-Anon is in your hands.”

LIFELINES



**INSIDE
THIS
ISSUE**

Rhode Island Al-Anon Family Groups

Area 49

JULY 2023

Editor's Corner

Killing them softly

We all know someone who has died because of drinking. Alcoholics also suffer and die because of *us*.

We do everything we can think of to help our qualifiers, never thinking that we have to heal ourselves *first*. So we're monitoring bottles in the recycling bin, anxiously checking up on our qualifiers and calling it caring, issuing ultimatums, crying and pleading, driving past bars looking for a license plate. None of it works but we keep doing it. **We'll do anything but examine ourselves and our actions.**

In her song "Anti-Hero" (which is not CAL but is a good song!), Taylor Swift describes this mindset pretty well: "I'll stare directly at the sun but never in the mirror." Ouch!

"It's a family disease," Alcoholics Anonymous and Al-Anon tell us. "and we're all suffering from it." **Alcoholism is such a tricky, evil disease!** It targets its victims at random, with many different causes, symptoms, and prognoses. The alcoholic is Patient Zero in an everyday epidemic and we are the lousy first responders who should have just stayed in the truck.

It's terrible to realize that in trying to help our qualifiers, we've probably hurt them. It makes us feel guilt and shame, and hopelessness. Because we're all dealing with the disease, we can't understand what we're doing any more than they can understand why they drink. We literally kill them, softly, with our disease-distorted actions and reactions.

No one wants to see their qualifier suffer. We don't want to suffer, either. We want treatments and cures, hope and serenity. Want to know the good news?

We have Al-Anon.

See you in the rooms!

Gratefully in service,
Eden C., Lifelines Editor lifelines.riafg@gmail.com

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Upcoming Events



NOVEMBER 4: RIAFG Fall Assembly 9am-1pm

location to be announced! We had a great time at our June assembly at St. Luke's Church in EG.

You'll have to take our word for it --
Of course we keep anonymity at our assemblies, too.

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.

NEW MEETINGS!

Full meeting list (in person & online) at riafg.org

Thursdays, 7:00 P.M.

Al-Anon United
Praise Tabernacle
330 Park Ave, Cranston RI

Fridays, 5:00 P.M.

Let It Begin With Me
St. Paul's Episcopal Church
Parish Hall (Fireplace Room),
76 Main St., Wickford RI

Read this if you meet online!

A message from our Webmaster, Kim:

RIAFG Groups that are remaining "Online Only" need to register as **Electronic Groups** with WSO and can choose Rhode Island as the Location and Local Group. Once the registration is confirmed, the Electronic Group can be posted on the RIAFG website. Register your online group at:

<https://al-anon.org/for-members/group-resources/group-records/new-electronic-meeting-registration/new-emeeting-form/>

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.

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 to get started.

RIAFG Literature News Pg. 1

*July 2023 Note from your Literature Coordinator:
Below is an article from the WSO about the
new Al-Anon Daily Reader, which will be available in July.*



Discovering A Little Time for Myself!

Ever since *One Day at a Time in Al-Anon* (B-6) was first introduced 55 years ago, Al-Anon members have considered our daily readers among their favorite pieces of Conference Approved Literature. Whether first thing in the morning, last thing at night, or somewhere in between, **members have found it helpful to take a little time to absorb the thought-provoking meditations found in these books.**

Our newest daily reader is *A Little Time for Myself—A Collection of Al-Anon Personal Experiences* (B-34). Gathered from over 2,000 sharings from the fellowship, it is being introduced at the 2023 Al-Anon International Convention in Albuquerque, New Mexico. It will be available at local Literature Distribution Centers and on the Al-Anon Online Bookstore starting July 5 for \$17 US.

As fundamental as our daily readers have been to my own recovery, one of their greatest assets for me personally was that I wasn't limited to reading only the page of the day. Anytime I needed instant relief, I could flip through the index in the back and find the topic I needed. Through the years, **I've found that comparing the index of each new reader to those that preceded it gave me evidence that just as I continue to grow,** so does our program and the literature that describes it. However, I was quite surprised, in comparing *A Little Time for Myself* to our five other Al-Anon and Alateen daily readers, that its index includes 95 topics not found in the others!

From "Acting as if," "All-or-nothing thinking," "Anticipation," and "Avoidance" to "Us versus them' mentality," "Vulnerability," "Welcoming others," and "Worthiness," an abundance of helpful ideas and perspectives appear in this book. And it's also the first of our daily readers to include sharings about all 16 slogans, all Twelve Concepts of Service, and all five General Warranties of the Conference, as well as all Twelve Steps and Twelve Traditions.

RIAFG Literature News Pg. 2

Here's a brief excerpt from page 186 of *A Little Time for Myself* (B-34):

“Little by little, I added self-care to the top of the list. I took time to think about what I needed. Starting my day with prayer, meditation, and time to write created so much more ease and peace in my whole day.”

By Tom C., Associate Director—Literature

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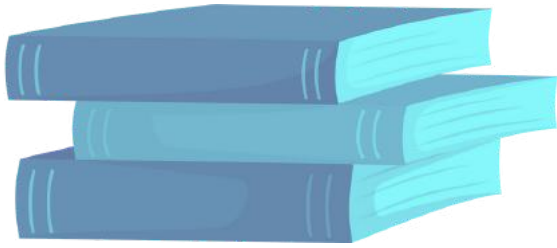
I'm sure this article, with its comments on the index, has you excited for getting a chance to have a copy of *A Little Time for Myself*!

The new Daily Reader will be shipping to RIAFG sometime in July. I have pre-ordered a supply for purchase through our office, and will let you know on the RIAFG website when they are in, if they arrive before the August Lifelines.

I may need to limit numbers per group to begin with, depending on supplies from the WSO. The New Reader will cost \$17.00, is just available in the smaller size, and will be available in Spanish, as well. **Please remember that you are supporting the RI Area by buying Literature through our RIAFG Office!**

Yours in Service,
Wendy H
RIAFG Literature Coordinator





Got Literature?

How to order Literature from the RI Literature Distribution Center Office

PLEASE NOTE: *There is a new order form available on the 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) 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

"Live And Let Live"

Although my parents did drink alcohol on occasion, I never considered them to be alcoholics. What I did learn was that, when my parents were children, their parents were alcoholics; therefore, my parents were adult children of alcoholics. The grandparents I knew were not drinkers, but **their earlier drinking had affected my parents greatly, and those effects were passed along to me.** For instance, I had a need to try to take care of everybody and everything. I also had a superficial glibness that I used to deflect serious situations, as well as a tendency to shy away from expressions of love while expressing anger with ease. Furthermore, I learned to do everything myself because that was the only way to ensure things got done right, or so I thought. **However, through Al-Anon, I not only recognized these traits in my parents and myself; I understood where they came from and how to correct them.** I will always be a work in progress, but I continue to get better.

By Timothy B., California

Al-Anon Faces Alcoholism 2020

Despite my repeated attempts to curb my wife's behavior through subtle manipulation, my words always fell short, and, if anything, the behavior got worse—both hers and mine. So, **when I first heard the slogan "Live and Let Live," I knew it was something I had to learn right away.**

It wasn't long before I saw some progress in myself. I still had a lot to work on, there was no doubt about that, but the constant watching and repeated attempts to control decreased. I learned that I could not control anyone else, and after a handful of meetings, even the thought of trying sounded completely ridiculous. It had never worked before, so what would make me think it would now?

I'm constantly working to get better in this area—keeping track of my own life and letting other people deal with theirs. I strive to make significant and constant progress, knowing that it will be a lifelong process. **But I know if all else fails, this slogan has real-life meaning to me.** It will constantly be there as a reminder that I have to take care of myself first and let everyone else do the same... if they want to. And if they don't, that's their choice too.

By Peter B.

The Forum, December 2022

Discover new experience, strength, and hope in the **Members Resources** area of [www.al-anon.org](https://al-anon.org/for-members/members-resources/): <https://al-anon.org/for-members/members-resources/>

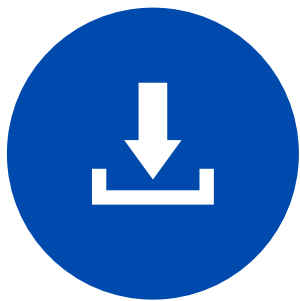


New to Al-Anon? You'll want to hear this.

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/



Free Downloads!

So much to read, print, and **share!**

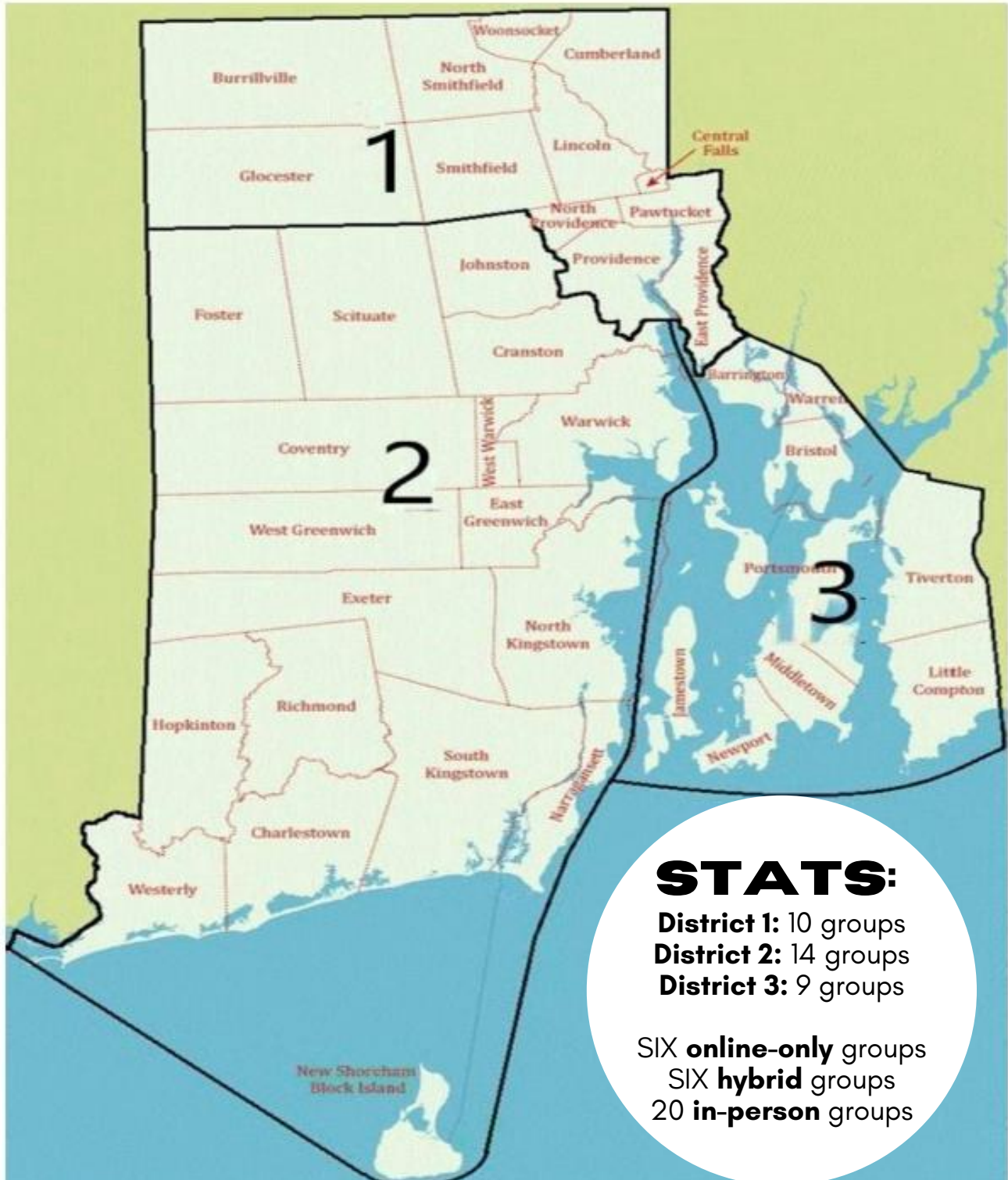
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

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.
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 **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 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 RIAFG

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

CONTACT WSO

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.*