

Lifelines – Rhode Island

Your Monthly Newsletter
July 2013 Edition



RI AFG Spring Assembly

Assembly Feed Back:

We had three first time attendees at the spring assembly!

Most attendees actively participate in group and area activities and the annual workshop.

All attendees have Service Manuals which they use in group conscience meetings, to clarify issues as they may arise and bring them to the assembly.

When a problem arose during the assembly, we used KBDM (Knowledge Based Decision Making) to address the problem by focusing on a solution and putting principles above personalities.

In your own words:

What did you like most about the Assembly?

- Opportunity to learn, having a voice, giving back to Al-Anon
- Getting a clearer picture of the state organization
- Well run - networking - handouts
- Organized
- Meeting other Group Representatives

What did you like least about the Assembly?

- That all GRs were not there or a representative for a group
- Taking an entire day
- Room was very cold

Now that I have participated in an Area Assembly, I plan to take the following action:

- Return to group with new information and better understanding
- Let group members know more about what is on the website
- Infuse enthusiasm for service

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The Ocean State Young Peoples Conference – held at Salve



Having had the opportunity to go Saturday to the AA's - Ocean State Young Peoples Conference with Al-Anon participation is an event I won't soon forget. Attending a meeting, 'Growth through Service,' open to AA and Al-Anon members' and an all-women's meeting, was an eye opener. I heard things like you have to give it back if you want to keep it. Whether it is sobriety or sanity, from the smallest of service (coffee person), to sponsor, to GR/DR and it goes on - it reminded me that all the arms of service are just waiting to give us a BIG hug. Thank you Barbara H for making this event possible as well as the rest of the committee.

Is Being an Alateen Sponsor for You?

I have been an Alateen Sponsor or an AMIAS (Al-Anon Member Involved in Alateen Service) for about six years now. Learning to work with Alateens and then working with teens has been some of the most satisfying service I have been privileged to do. Not only is it rewarding, but it is loving, and has helped me in my own spiritual growth. Sponsoring Alateen is a 12 Step opportunity for you! It breaks my heart because there are so many teens in our state that want help but cannot get it because Alateen is not available for them. Perhaps you are willing to take one hour out of your week to meet with an Alateen group, to share in their laughter, as well as their tears.

If you are at least 21 years old, have been a member of Al-Anon for at least 2 years, have met the area's requirements, and are willing to share your program, Alateen Sponsorship may be for you. Please come to our training this August 14, 2013 at 7pm at 106 Rolfe St, Cranston RI.

You may email me at Rosiam@cox.net for more information.

DELEGATE'S CORNER

Each delegate's annual responsibilities culminate with their Spring/early Summer presentation to their Area assemblies. Throughout the USA and Canada, when delegates return from the Spring annual World Service Conference they report the news and information learned at the Conference back to the GR's in their home Area. GRs then take this information back to the members of their home groups.

In Rhode Island our Assembly for this purpose occurs each June. This year the Assembly took place on June 15 in Exeter, and my presentation to our Area GRs was a part of the Assembly agenda. Much of the new issues and ideas, which I discussed, will or has been posted on our Area Website, and also the national Al-anon Website. Through a question and answer format at the Assembly, the delegate and other Area officers keep abreast of the issues of importance to the Area groups. The goal of the whole process is to foster effective two-way communication between the Area groups and WSO.

Each delegate maintains contact with WSO in several ways during the summer. Quarterly the Delegate receives a letter summary from the WSO Chairperson of the Board of Trustees. Thereafter a board member phones each delegate to learn of any Area concerns or to discuss the contents of the Chairman of the Board letter.

In addition, each delegate continues service on a thought or task force, which has periodic conference calls. I serve on a thought force: *Create Strategies on the Importance of a Home Group*. Our thought force will finish our work by the late Fall, and this will culminate with the thought force's presentation at the 2014 World Service Conference.

If you have questions about the Delegate's service role, or questions about any of the latest developments, please feel free to speak to me or contact me through the Area office.

David G.: Area Delegate
July 2013

'Readiness for Step Twelve' Survey

Last chance to give your feedback!

The WSO is asking for your participation in this very important survey about member participation in Al-Anon service.

The survey is available on-line until Sunday July 21, 2013

- Go to WSo's Members' Website - www.al-anon.alateen.org/members
- Sign in using your group's name followed by the letters, "AFG," without any spaces, e.g., serenityseekersafg
- Click on "Surveys for Members" on the left side bar to find a link for the "Readiness for Step Twelve" Survey.

QUESTIONS AND ANSWERS

Each month we will try and answer questions of general interest from Area members. So, if you have questions or information you would like to know, please send them to: lin2169@hotmail.com

Q: Certain Al-anon acronyms and terms confuse me. Can you define the following? WSO, AREA, DISTRICT, CMA.

A: WSO: World Service Office. The World Service Office is located in Virginia Beach, Virginia. It is the main service structure and location for the Al-anon worldwide fellowship.

AREA: A geographical division of the Al-Anon fellowship in the United States and Canada. Traditionally divided by existing state or Canadian province boundaries, or otherwise for the best service of the groups. Rhode Island is Area 49 in the greater Al-Anon structure.

DISTRICT: A further geographical division of service structure within an individual Area. Each district has a District Representative who helps coordinate service and communication between the groups in the district. Rhode Island currently has three districts.

CMA: Current Mailing Address. This is a group service position. The CMA is the point person for the group to receive email and literature for the group.

Currently WSO sends a monthly e-newsletter to the CMA for each group. Frequently this person is also the GR, but other groups may have a CMA but no GR.

Q: I heard that WSO maintains two main websites. Is this true?

A: Not exactly, but more correctly two websites in one. The Main World Service website, www.al-anon.alateen.org maintains a website for the general public with information for outreach purposes. On this website, there is a portal for members to access a members only website (World Service Main Website for members only). Simply click on Are you a member? and follow the simple steps. The password is entry of any part of a group name followed by “afg.” There is a wealth of information. **TRY IT.**

Q: I go to several meetings and there seems to be no set definition of “crosstalk?” What is the Al-Anon policy on crosstalk?

A: There is no standard or official definition of the word “crosstalk” in our fellowship. What is important is for each group to maintain a loving and welcoming environment for those who attend our meetings. Each group can discuss how to best approach maintaining a “loving interchange” in their group meetings. Many groups have found the *Guideline for Taking a Group Inventory (G-8)* to be a useful tool for promoting discussion and making a group conscience decision. The guideline can be downloaded from the Al-anon members website under the “Group Services” tab.

- **Shipping trial a success:** As I announced at the Area Assembly, the Literature Shipping trial was a success. Several groups throughout RI (and even one in Connecticut) ordered their literature from the Area Office by mail and offered positive feedback. So, we will continue the service indefinitely. *Why order from the Area and not the World Service Office (WSO)?* Groups receive their orders **faster** with us (a week or so with us versus 2-3 weeks with the WSO), and **cheaper** (8% versus 10% with WSO—and we were able to drop our minimum shipping charge from \$6 to \$5), and your funds go to **support local services**. The latest literature catalog and order form are available on the RI Web site at <http://www.riafg.org/>.
- **New pamphlet in development—Parents and Grandparents of Alcoholics:** This year’s World Service Conference (WSC) gave conceptual approval for a new pamphlet for parents and grandparents of young problem drinkers. A guideline for sharing should be available soon—let me know if you would like a copy. In the meantime, please think about your sharing on this topic. Of particular need is how parents and grandparents apply each of the Twelve Steps. If there are aspects of your situation that make a particular Step difficult, how have you worked through these challenges? If you would like me to come out to your group and lead a writing workshop on this topic, let me know!
- **Another e-book to be released:** It was announced at the Conference that, as a follow-up to the *Having Had a Spiritual Awakening* e-book, an e-book edition of *How Al-Anon Works for Families of Alcoholics* is planned to be available this summer through electronic book providers. An audio version of this book is also planned to be available this summer in MP3 format through electronic audio providers.
- **Sharings are needed for “CAL Corner” in the Forum:** Please consider submitting a sharing about how Al-Anon Conference Approved Literature (CAL) has helped you with your recovery. The *Forum* could especially use articles about *Alateen—Hope for Children* (B-3), *Discovering Choices* (B-30), and *Many Voices, One Journey* (B-31). Contact me if you would like a sharing sheet for this project.
- **And don’t forget about Lifelines:** We could always use sharings for our local newsletter. Consider sharing your experience, strength, and hope about using Al-Anon literature. What’s your favorite piece of literature, and why? How does your group incorporate the literature into your meetings? This is a great opportunity to share your ideas with other groups in the state!
- **Next Service Manual:** The Group Services Department, which produces the *Manual*, plans to post the next version on the Members’ Web site, www.al-anon.org/members, later this year and mail it out to the Current Mailing Address (CMA) of all registered groups in early 2014. As David described at Assembly, changes have been made to the sections on Anonymity and Public Outreach.

· **New publication—*Legacies Workbook*:** This is a work that was given conceptual approval by the 2010 World Service Conference. You can read about the discussion that took place at the Conference on page 81 of the *2010 Conference Summary*, available for download on the Members' Web site, www.al-anon.org/members (copies of the *Summary* are also available at the office). The workbook uses members' sharings that have been posted on the Steps, Traditions, and Concepts of Service blogs on the Members' site. Almost 200 postings from the English, French, and Spanish Legacy blogs have been included in the workbook. The workbook will be introduced at the 2013 International Convention this summer, and it will be released simultaneously in English, French, and Spanish. I'll let you know when we have a batch in the office. Stay tuned!

Please contact me any time you need more information, or if you would like me to come out to your group to lead a workshop. And share with us how you use Al-Anon literature in your meetings!

In service,

Debbie E., Area Literature/Literature Distribution Center (LDC) Coordinator
Remember, when you buy from your local LDC, you support your local services!



Will you be willing to grow your recovery by being a trusted servant to RI?

Office Coordinator - The Office Coordinator ensures that our Area Office on Rolfe Street runs smoothly, making sure it is fully stocked with office supplies and coordinating the volunteers who man office hours, answering the phones, following up on messages, and filling literature orders. The Office Coordinator attends the AWSC meetings as a voting member.

Archives Coordinator - Enjoy scrap booking? The Archives Coordinator preserves the experience, history, and memorabilia of the RIAFG. The Coordinator may head up an Archives Committee, which would be responsible for researching the history of Al-Anon in RI. Our archive materials are currently at the Area office. They need to be organized, dated, catalogued, and preserved using archival methods (e.g., acid free paper, boxes). The Archives Coordinator attends the AWSC meetings as a voting member.

Public Outreach Coordinator - The Public Outreach Coordinator informs the general public through the media, professionals, facilities, and organizations about who we are, what we do, and how to get in touch with us. Our goal is to attract to our program those whose lives are or have been affected by someone else's drinking, so that those who need our program can find the help and hope we offer. We also strive for name recognition and credibility as a community resource. The Public Outreach Coordinator serves as a communication link between the WSO and the Area, making presentations or holding workshops at events in the Area and the general community; distributing service projects and information from the WSO to Area Assemblies, Districts, and Groups; encouraging the Area, Districts, and GRs to carry project ideas and information to the groups; and continually educating the fellowship about the need to attract those who are still suffering to our program. The Public Outreach Coordinator attends the AWSC meetings as a voting member.

Workshop Committee Chair - The Workshop Committee Chair heads the Workshop Committee, which plans our annual Fall Workshop. The purpose of the workshop is to allow members to participate in giving back to the program (Participation Is the Key to Harmony) while enjoying a day of recovery. All proceeds help the Area as a whole, which allows us to be self-supporting. Duties include chairing periodic committee meetings and securing volunteers who take on responsibilities for registration, decorating, hospitality, master of ceremonies, speakers, treasury, meetings, food, craft table, Alateen participation, AA participation, Literature table, and Public Outreach table. This committee chair also troubleshoots and supports these tasks as necessary.

WORKSHOP COMMITTEE CHAIR is a one year service and very much needed. This event supports financially our area's ability to send out delegate to the annual World Service Conference!

WANTED: "Having Had a Spiritual Awakening" If you have this book and would like to part with it, please e-mail taokaren@aol.com

Welcome SANDY - confirmed as Forum Coordinator at the RI AFG Assembly!

RI Al-Anon/Alateen Events

**Please note the change in hours for office availability for the summer. Several of volunteers are unavailable during the summer months. Effective immediately, our office will be manned by a volunteer on Wednesday's 11-1.....If you or another member would like to volunteer to staff the office or answer phone messages, please let us know. Thank you to all our office volunteers, we appreciate your service and look forward to Peggy's and Michaela's return in the early fall. And a special thank you to Becky! We appreciate all you do....
With love for our program, Barbara M.*

ps...Remember you can order literature and have it shipped through our Literature Distribution Center (LDC)! Instructions can be found on our RI website www.riafg.org

Aug 4th 10am - 11:30 "CHANGE WHAT YOU CAN" 27TH Anniversary Meeting Pawtucket Memorial Hospital, 111 Brewster St, Pawtucket
Dec 7th - AREA ASSEMBLY

Our area website, RIAFG, now manned by Dean who was confirmed at the area assembly has started a folder on our website with all current information from the assembly. CHECK IT OUT!

CHANNEL 10 played our TV Public Service Announcement - THANK THEM by

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Lifelines e-subscription: Email to: RI_Al-Anon@hotmail.com (type "Mailing List" in the subject line) or email lin2169@hotmail.com

Web: www.riafg.org

An area newsletter is a vital link in keeping groups and members informed. The purposes of *Lifelines* are to: encourage attendance at service events; communicate local, area, and Al-Anon Information Service news ; and attract Al-Anon Members into service.

Editor: Linda S. at lin2169@hotmail.com Please email me with anything you would like to share.