

LIFELINES

**RIAFG NEWSLETTER 106 ROLFE STREET, CRANSTON, RI 02910
401-781-0044**

Inside This Issue

Editor's Corner

Spring Assembly Info

Spring Assembly Agenda

Open Service Positions

Fellowship Events

Anniversary

Forum Article

Members Share

News from the WSO

RIAFG Fall Workshop

Area Office News

Area Chair's Corner

Upcoming Events

Al-Anon Meeting Updates

Web sites, addresses and
phone numbers

Editor's Corner

"Were entirely ready to have God remove all these defects of character." When I first read this step, I thought I would never be able to accomplish this. I had confused "entirely" with "perfectly," and I could never be perfectly ready. I read somewhere in our literature that the only task I can perform perfectly is the one I never attempt.

And I have learned through our program that behind my perfectionism is fear: fear of failure, fear of not measuring up to someone else's expectations, fear of the unknown, fear of change.

How many years did I abuse myself thinking that being perfect would solve my problems. If I were the perfect mother, my daughters wouldn't have difficulties in their lives; if I were the perfect wife, my husband would always love me; if I were the perfect daughter, my parents wouldn't fight and my father wouldn't drink and I wouldn't be such a mess inside.

What a relief to be freed from all these "if's." Today, "entirely" means that I have surrendered my will and my life, and I certainly don't do this perfectly. I no longer want fear to rule my life. I no longer want someone else's behaviors and attitudes ruling my life. I accept that I can only change with the help of my Higher Power.

When a relative is having problems, I need to remember that I am not their Higher Power. When things don't go my way, I need to remember that I am not in charge. When I feel regret for my past and fear for my future, I need to remember that on my own, my best thinking leads to more regrets and more despair and discouragement.

I become entirely ready by working my program. I also come right back to Step Three: "Made a decision to turn our will and our lives over to the care of God as we understood him." I ask for awareness and guidance and trust. The previous steps have made me aware of my defects, I allow my Higher Power the time and space to remove my defects, and I trust that my Higher Power will do this. This is how I become entirely ready. Perfection has no role in it.

A grateful member of Al-Anon,
Elaine H.
Lifelines Editor

Spring Assembly Information:

R.I.A.F.G.



Assembly

Please come and benefit from a day of fellowship and service to support our

Al-Anon Area 

Saturday - June 9, 2018
Four Corners Community Chapel
200 Angell Road
Cumberland, RI 02864

The Al-Anon program was there for me when I needed it. I will do what I can to ensure that it continues to thrive. I know that any service I offer will strengthen my own recovery.

Courage to Change - October 2

CONFERENCE TO CHANGERS - October 5

What is an Assembly?

An Area Assembly is the business meeting where groups send their GR or other group appointed proxy to express a voice and vote on behalf of the group. Also in attendance are the District Representatives and the Area Officers and Coordinators. Any and all interested Al-Anon and Alateen members are encouraged to attend as well.

The Rhode Island Area has two Assemblies per year - Spring and Fall - where we discuss issues pertinent to our Area as well as issues our Delegate may bring to us from the World Service Conference and WSO. GRs hear reports from the Delegate and other Area Officers/Coordinators; elect new officers and coordinators; and review and vote on the Area budget, proposed Area policies and guidelines, and proposed changes to Area operations.

At the Assembly, the GRs and group appointed proxies are the only people who can vote on issues before the Assembly. In addition to voting at the Assembly, the GRs/proxies carry information from the group to the Assembly and back from the Assembly to their groups.

Spring Assembly Information:

RI Al-Anon/Alateen
106 Rolfe Street
Cranston RI 02910
401-781-0044



May 2, 2018

Happy Spring Everyone,

We are excited to share with you the Spring 2018 Assembly Agenda. As Group Representatives, you are the conduit between your groups and the Area. We look forward to seeing you at the Assembly and request that you take the items below to your groups for discussion prior to the Assembly.

WHAT: RIAFG Spring Assembly

WHEN: Saturday, June 9, 2018, 9:30 a.m. -3:30 p.m. (registration 9:00-9:30 a.m.)

WHERE: Four Corners Community Chapel, 200 Angell Rd., Cumberland

- All GRs are encouraged to BRING ONE OR MORE AL-ANON FRIENDS with them to the Assembly FOR FREE. To help defray the costs of the Assembly, groups are asked to send their GR (or other representative) with a \$5 per group registration fee. Please let your groups know that all members of Al-Anon/Alateen are welcome and have a voice at the Assembly (although only the GR, Alternate GR, or Proxy can vote on behalf of the group).
- We need your group's ideas and thoughts on "Attracting Members to Service". What works? What doesn't work? What motivated you to step up to service? What stands in your way? Do we need to change the number of Area positions? Do we need to change the position requirements? What other questions do we need to ask? We will have breakout sessions at the Assembly to discuss this important topic.
- Open Area positions – Encourage group members to get involved in service by standing for one of the open positions (see attached list). Anyone standing for a position should, if possible, attend the Assembly. If someone who wants to stand for a position is unable to attend, he/she should contact me at chair.riafg@gmail.com, prior to the Assembly to let me know of their interest.

Remember, if the GR or Alternate GR cannot attend, the group can send a proxy (note that any member who also is a member of AA cannot be a GR, Alternate GR, or group proxy). If a proxy is sent, he/she should bring a signed note from the group giving him/her permission to vote on behalf of the group.

Coffee, tea, and water will be provided. All participants are responsible for providing their own lunch and should feel free to bring a dish to share.

Please be sure to print out the attached packet and bring it with you to the Assembly. Extra copies of this material will not be available at the Assembly.

Love In Service,

Phyllis H.

Phyllis H.
Area Chair

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.

**SPRING ASSEMBLY AGENDA
JUNE 9, 2018**

Location: Four Corners Community Chapel, 200 Angell Rd., Cumberland, RI

- 9:00 – 9:30 **Registration / Check-in**
- 9:30 -9:50 **OPENING/WELCOME**
- Moment of silence followed by the serenity prayer
 - Read Steps/Traditions/Concepts/Warranties
 - Roll Call/Introductions
 - What is an Assembly?
 - Housekeeping/Facilities Information
- 9:50 – 10:50 **DELEGATE’S REPORT: World Service Conference**
- 10:50 – 11:00 **BREAK**
- 11:00 - 11:30 **AREA BUSINESS**
- Review and Acceptance of November 4, 2017 Assembly Minutes
 - Date and location of next Assembly – District 3
 - Treasurer’s Report
- 11:30 – 12:00 **DISTRICT REPORTS**
- 12:00 – 12:45 **LUNCH** (brown bag bring your own)
- District Meetings during lunch
- 12:45 – 1:15 **SERVICE SHARES AND OPEN SERVICE POSITIONS**
- Alternate Delegate ● Secretary ● Archives Coordinator ● Forum Coordinator
 - Public Outreach Coordinator ● Website Coordinator
- 1:15 – 1:45 **BREAKOUT SESSION – Attracting Members to Service**
- 1:45 – 2:05 **BREAKOUT SESSION REPORT BACK AND DISCUSSION**
- 2:05 – 2:25 **ASSEMBLY ACTION ITEMS**
- Voting on open Area Positions and affirmation of interim officers
- 2:25 – 2:35 **BREAK**
- 2:35 – 3:20 **DO YOU KNOW? Game**
- 3:20 – 3:25 **ASK IT BASKET**
- 3:25 – 3:30 **CLOSING**
- Housekeeping matters, evaluation forms, etc.
 - Motion to adjourn
 - Closing prayer and AI-Anon Declaration

RI (Area 49) Open Positions**Brief Description of Duties**

Per RIAFG Policy 02-2010, all of the following Service Positions are voting positions for AWSC meetings. Members serving in voting positions are expected to regularly attend all AWSC meetings.

Alternate Delegate – (1.5 years remaining on current term)

- Steps in to complete the term of the Delegate, if the Delegate is unable to finish his/her term
- Works with Delegate in communicating with the groups
- Other responsibilities as assigned by the Area

Secretary – (6 months remaining on current term)

- Takes minutes of all Area meetings and Assemblies and sends draft minutes to AWSC members in a timely manner
- Finalizes minutes once approved and sends copy to Website Coordinator
- Maintains a binder of minutes in the Area Office

Archives Coordinator – (6 months remaining on current term)

- Sorts and organizes the history and memorabilia of the RI AFG
- May head up a committee to help preserve documents, etc.
- Displays materials collected at workshops, assemblies, group anniversaries, etc.

Forum Coordinator – (1.5 years remaining on current term)

- Encourages groups and members to subscribe to the *Forum* magazine
- Encourages groups and members to submit sharings to the *Forum* magazine
- Conduct writing workshops or outreach activities

Public Outreach Coordinator – (1.5 years remaining on current term)

- Informs the general public and professionals about what Al-Anon is, what we do, and how to get in touch with us
- Serves as a communication link between WSO and the Area on Public Outreach
- Contacts area TV and radio stations encouraging playtime for Al-Anon Public Service Announcements

Website Coordinator – (1.5 years remaining on current term)

- Maintains the Area website and updates Area news, service opportunities, and events calendar
- Uploads monthly *Lifelines* newsletter
- Revises and uploads Area meeting list

Fellowship Events:

BLACKSTONE BOULEVARD WALK AND ICE CREAM SOCIAL



The Blackstone Boulevard Walk and Ice Cream Social fellowship event organized by District 1 was a beautiful afternoon! The weather was gorgeous and many of the flowering trees along the walk were in bloom. There were 18 of us who participated and was great to see old friends and make some new ones along the way! The ice cream was delicious and we enjoyed it in the fresh air!

Stay tuned for more fun outings!

Coming next: Food Truck Friday Fellowship on June 22, 2018

“Keep close to Nature’s heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.” –John Muir

RIAFG Fellowship Event

FOOD TRUCK FRIDAY FELLOWSHIP



Organized by District 1

Friday, June 22, 2018

5:30pm

Meet at the Roger Williams Park Carousel Village

Let's meet between 5:30 – 6:00pm inside the carousel.



Carousel rides while we wait for the group are only \$2 each,
Then we can go buy our food and enjoy a meal together in fellowship!

No need to RSVP, just show up! All are welcome!

****Rain will cancel this event****

FAQs

Are there ID or minimum age requirements to enter the event? no

What can I bring into the event?

You order and pay for your own refreshments at the food truck(s) of your choice.

What can I expect?

Enjoy live music and over 15 locally owned food trucks. Food available until 8:30pm.

Food trucks rotate each week, for more info visit www.foodtrucksin.com/carousel

Not Hungry?

Join us for fellowship only! Admission is free

Anniversary Meeting:

Serenity by the Bay Anniversary is celebrating their anniversary on **Wednesday, June 13, 2018** from 7:00 to 8:00PM at the First United Methodist Church, 25 Church St., Warren. Park on Baker St. Enter through back door. Speakers, Refreshments, Raffle, Fellowship

Forum Article:

I Became Willing to Surrender

I didn't realize how deeply I was affected by alcoholism until I went to Al-Anon. When I Was living in it, around it and next to it, I simply became a part of it and I became an expert at my own role. My role? Let's fix it before anyone finds out! The trouble was, nothing remained fixed. My frustration and resentment were covered up with denial and determination, accented with my need to control.

One of the first things I learned in Al-Anon was that I was powerless, and, if anything, I was controlled by the alcoholic. After months of struggling with the First Step, I finally accepted how unmanageable my life had become. When I finally admitted I was powerless and my life had become unmanageable, what followed was a sense of freedom. I no longer felt responsible for the alcoholic.

It was only then that I became aware of not only how stubborn I was, but how strong-willed I had become. Me, surrender? No way was I giving up, because that meant I had failed. I would rather die trying!

I can laugh about that now, because my journey became an endless battle of letting go and taking it back. When I finally did surrender, not only to my powerlessness, but to the Al-Anon program and my Higher Power, life became much easier.

The freedom that followed gave me the ability to finally let go of what I was not responsible for and move forward to a life of discovering who I was. No longer does my past dictate who I am, but I allow it to be a part of who I am becoming.

Today, I owe everything I am or hope to be to the God of my understanding. He works through Al-Anon and all those He puts in my life. I am slowly giving the alcoholics in my life their dignity and the right to live as they choose. I'm learning to respect their feelings, their rights and their decisions along with my own. I believe today that God has a plan for each of us, and no one has the right to interfere - least of all me!

by Anne F., Ontario

(Reprinted with permission of The Forum, copyright issue June 2017, Al-Anon Family Group Hdqtr., Inc., Virginia Beach, VA.)**Editor's Note: Would you like your own subscription to the "Forum?" A subscription form is in the back of all issues. The cost is \$11.00 per year and there is also an online version available.

Members Share:

Some acronyms I love and have found useful for my recovery:

PAUSE - please assist until serenity enters

FEAR - face everything and recover, false evidence appearing real, "F" everything and run

NUTS - not using the steps

Anonymous

Members Share:

This poem was written in the days before I joined Al-Anon. I can see now that it paraphrases what in recovery language we call Steps One, Two, Three, and Four. Admitting defeat, I find the courage to ask for help, and "In the morning" I wake up to some beautiful clarity. I am not alone.

Blanks

Drawing blanks
is my name O God.
The vacancy in my heart
astounds me.

You are welcome
to stay the night.
In the morning
we'll see.

Jon W

Members Share:

ESSENTIAL STEPS AND TRADITIONS STUDY GROUP

Noon, Fridays, Kingston Congregational Church, Fireplace Room, Kingston, RI

The one-hour meeting each week alternates the reading and studying of the 12 Steps and Traditions, from the REVISED 12&12 book. The group conscience requests that sharing be related to this book's reading. After the chairperson initiates the sharing, individual sharing occurs when one is ready rather than by going around the room. Please plan to share only once, and remember to keep the focus on oneself by using "I" statements. Please keep the focus on the Al Anon program and not on outside fellowships, self help groups or counseling. The group does not offer cross-talk. The group defines cross talk as commenting after someone has shared, interrupting while someone else is speaking or using one's own speaking time to address someone else's sharing. The chair is requested not to comment between sharings. Babies and small children are most welcome, and we respectfully ask parents/caregivers to be conscious that the speaker can be heard. This group tries to be as fragrance free as possible because some people cannot attend meetings due to sensitivity to fragrances. If you are wearing perfume, cologne, or scented lotion today, please stay. However, please keep this issue in mind for future Friday meetings.

A Grateful Member

News from the WSO:

Help Make Al-Anon's Next Daily Reader Something Special

Al-Anon's three Legacies: the Steps, Traditions and Concepts of Service, are the foundation of our program. Please help the New Daily Reader, working title, be the first Al-Anon daily reader to include sharings on all 36 by submitting your thoughts on any of them.

Type al-anon.org/sharing in your browser to submit your sharings.

The WSO has mailed the **Annual Group Update Sheet** to the registered groups. Please make sure that the WSO has the current information for your group meeting.

RIAFG Fall Workshop:

Save the date! We've set the date for the Fall RIAFG Al-Anon Workshop (w/ AA participation). It will be at Butler Hospital on Saturday, **September 29, 2018**. We have the date, we have our purpose, but **we need more volunteers!**

This year's workshop will be **SHARING THE GIFT: Sponsorship & Service**

It's been heard at meetings: "but I don't have a Sponsor..." "people I've asked don't think they can do it..." "Am I ready to be a sponsor..."

We are looking to help empower members to be open to becoming Sponsors, and we hope we can increase newcomer retention through this fabulous service. I believe helping our newcomers feel welcome can give all of us a stronger Al-Anon Family Group! And stepping up to service helps us enrich our own program of recovery. This work is the ultimate gift to all of us!

Our committee is forming, and you can help. Simply reach out to the Workshop Coordinator at workshop.riafg@gmail.com. Your questions, comments, and ideas will be greatly appreciated

Thanks for your consideration!
Holly R.

Area Office News:

Office and Literature Distribution Center Report 2018

We have a healthy volume of calls: Since January 2018 there were 48 calls and 22 walk-ins.

Most calls are inquiries about meetings, or if we are open for literature purchases. And some are from Al-Anon members who give us updates for the meeting list or other group announcements (anniversaries, temporary changes, closings for holidays.) These are noted on the website.

We are also here to open mail and process donations, and for opening and shelving literature orders from WSO.

We currently have 5 Volunteers: Here is the schedule:

Sunday		
Monday	12:30-2:30 PM	Phyllis H.
Tuesday		
Wednesday	12:30-2:30 PM	Paul B.
Thursday	6:00 PM-7:30 PM	Jane A.
Friday		
Saturday	1 st Saturday of each month 12:00-2:00PM	Linda R.
**At-Home Volunteer	(Tuesdays)	Clara R.

Service Opportunity: If you are an active member of Al-Anon who has benefited from this wonderful program, please **consider becoming an Office Volunteer or At-Home Volunteer** as part of your own recovery process. We need your help to help others. Please call the area office (401) 781-0044 – and leave your contact info in a message for Jane. We especially invite you to a Saturday morning/midday shift. Currently we are covered for the first Saturday of the month only. Thank you!

Jane A.
RIAFG office coordinator

Area Chair's Corner:

Al-Anon's Sixth International Convention

In approximately one month, over 1,500 Al-Anon members will be gathering in Baltimore Maryland for Al-Anon's Sixth International Convention (July 6-8, 2018). Are you registered to attend the Convention? I am looking forward to connecting with other Rhode Islanders who will be there. Please email me at chair.riafg@gmail.com if you plan to attend. If you haven't registered, but want to attend, it's not too late. The registration fee, both online and onsite, is \$195.00. While hotels are filling up, rooms are still available! Visit <https://al-anon.org/al-anon-international-conventions/> for more information and to register and reserve a hotel room. Having attended several International Conventions, I can share that it is an unbelievable experience. Imagine being surrounded by several thousand people in recovery - Al-Anon, Alateen and AA - who understand the devastation of this family disease and who, like you, have chosen the path of recovery. There will be Al-Anon workshops with a variety of topics such as the Steps & Traditions, Slogans, Spiritual Principles, Intimacy, and Humor. Also, there will be Alateen workshops and AA meetings.

Hope to see you there.
Phyllis H.
Area Chair

Northeast Regional Trustee -

Reminder - The deadline to submit a résumé for the **Northeast Regional Trustee** position is **June 30, 2018**. Every 3 years the Northeast Region, which includes Rhode Island, is asked to submit nominees for a Northeast Regional Trustee. Each Area in the Region collects and reviews Trustee résumés from their respective Areas and the qualifying chosen résumé is submitted to the WSO by the Area Delegate. Anyone interested in being considered for the Northeast Regional Trustee should submit their résumé to me by the deadline at chair.riafg@gmail.com

All active Al-Anon members with at least 10 years of continuous membership, who are not also members of AA, are eligible to stand for the position of Trustee.

Phyllis H.
Area Chair

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's" so your anonymity is protected. Do you have a story or an Al-Anon event to share? Would you like to share why your home group is so special to you? Would you like to share your insights? Do you have an inspirational photo? Please email these to lifelines.riafg@gmail.com.

Upcoming Events:

- | | |
|------------------------|--|
| June 9, 2018 | RIAFG Spring Assembly, Registration 9:00AM, 9:30 AM to 3:30PM
Four Corners Community Chapel, 200 Angell Rd., Cumberland More
details to come |
| June 13, 2018 | Serenity by the Bay Anniversary. 7PM to 8PM. First United Methodist
Church, 25 Church St., Warren. Park on Baker St. Enter through back
door. Speakers, Refreshments, Raffle, Fellowship |
| June 22, 2018 | District 1 is sponsoring a Food Truck Friday from 5:30 to 8:30 PM.
See details on the flyer included in this Newsletter. |
| June 23, 2018 | AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All
are welcome. |
| July 6-8, 2018 | International Al-Anon/Alateen Convention, Baltimore, MD
“Celebrating One Day at a Time” Baltimore Convention Center,
Baltimore, MD, see the Events Calendar on riafg.org for more details |
| Sept 15, 2018 | AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All
re welcome. |
| Sept 29, 2018 | RIAFG Fall Workshop with AA participation
9:30 AM to 3:00 PM at Butler Hospital, Ray Hall, 345 Blackstone
Blvd., Providence |
| Oct 20, 2018 | Fall Assembly at Emmanuel Episcopal Church in Newport
More details to follow |
| Oct 26-38, 2018 | New Hampshire Al-Anon/Alateen Convention: “Transformation
through the 12 Steps.” Margate Resort at Winnepesaukee, 76 Lake St.,
Laconia, New Hampshire |
| Nov 17, 2018 | AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All
are welcome. |
| Mar 22-24, 2019 | Rhode Island AA Convention with Al-Anon participation |

Al-Anon Meeting Updates:

ANNIVERSARY MEETING

Serenity by the Bay Anniversary: June 13, 2018,. 7PM to 8PM. First United Methodist Church, 25 Church St., Warren. Park on Baker St. Enter through back door. Speakers, Refreshments, Raffle, Fellowship

MEETING CHANGE

A New Beginning group, Thursday nights at St Paul’s Episcopal Church Hall, 2679 East Main St., Portsmouth, is no longer a women’s only meeting.

Hope for the Family Disease group, Friday nights at St. Theresa’s Catholic Church, 265 Stafford Rd., Tiverton, is now a ONE hour meeting, 7:30 to 8:30, coincides with the next door AA meeting.

High Powered Lunch Bunch group at St. Stephen’s Church, 114 George St., Providence, is changing its twice-weekly meeting schedule. They are cancelling their Thursday AM meeting and will only meet on Tuesdays, effective February 20th.

You Are Not Alone group, Friday nights at Landmark Hospital, 115 Cass Ave., Woonsocket, has changed it’s starting time to 7:00 p.m.

Westerly Friday Night group has moved to a new location: Christ Church, 7 Elm St., Westerly

MEETING HAS CLOSED

The Block Island Al-Anon group is no longer meeting.

Women’s Step Study group in Cranston is no longer meeting.

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 the things I cannot change,
courage to change the things I can and wisdom to know the difference.**

Photo by T. H.

