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Photo by T.H.

Editor's Corner:

A quote from page 126 in *Hope for Today* reads, "using my own slogans...of non-recovery." I also recall somewhere in our literature about paying close attention to my own "self-talk." When I read this, I was in a place of self-criticism. How could I write an editorial for Lifelines? I wasn't working a perfect program. Fortunately, my imperfect program kicked in. I decided to write down my negative slogans: be quiet, sit still, be invisible, never speak ill of my family, never speak ill of the dead, suffer now or pay later, and the real kicker: be wary of happiness because it always goes away. These are the messages that became a part of my core growing up. But I learned very well how to project a peaceful facade.

I also became aware of my three R's: rumination, resentment, and revenge. These old tools are really a big shovel. I pick it up and I start digging myself into a hole. It's habitual, and I know this. But knowing it doesn't help me drop the shovel. I keep digging until I am ready to throw the shovel down and my hands up in surrender. The tools of the program help me crawl out and get back on track. I turn to my Higher Power. It does not matter if I have a clear understanding of Who that Power is. I entrust myself to my Higher Power because I know it has worked for me.

I decided to write down positive versions of my negative slogans: my "imperfect program" shifts to I am doing the best that I can; be quiet (don't make waves) to speak my truth; sit still to be still in a place of awareness; be invisible to go on record for my beliefs, opinions, and needs; don't speak ill of my family or the dead to asking my Higher Power for help gaining a balanced perspective. Suffering becomes one of my choices, not some bad fate. And the real kicker changes to remembering that I have been given the gift of life, and I believe my Higher Power wants peace and love to be a big part of it. I can change my attitude, and still experience my feelings, putting some boundaries around them, and then, doing the next right thing.

With the help of this program, I can change my old three R's to new ones: release, resolve, and recover. I release my "shovel" to my Higher Power, asking for guidance and insight. Whenever possible, I resolve the problem by using the Twelve Steps. I recover with the help of the tools of the Program: the Slogans, Steps, Literature, Meetings, and my Sponsor.

Changing my slogans and three R's needs the strength gained from proper spiritual nourishment. If I feed my spirit garbage, I will be spiritually deficient just as my body is if I only eat junk food. I used to think my pre-program self was hard wired and changing my attitudes and self-talk was impossible. I now know I can rewire me, creating healthier mental habits and patterns. This takes time and a whole lot of effort. The Al-Anon program makes this possible.

One last thought: K.I.S.S. - Keep It Simple, Stupid. I remember using that Slogan a lot because of my tendency to complicate things. However, do I really want to call myself "stupid?" That's just more negative self-talk. I decided to rephrase this to Keep It Simple Sweetie, or Keep It Simple & Serene. Being affected by someone else's drinking does not make me stupid. I learned how to survive. I'm still here. Now my recovery is a continual shift from surviving to thriving. The Al-Anon Program has made this possible.

Gratefully in service,

Elaine H., Lifelines Editor

****DEADLINE FOR THE JULY ISSUE IS JUNE 28TH.**

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.

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 5/14/21)**

SUNDAY: None at this time

MONDAY: 7:30 p.m., Step Up To The Summit, Coventry, Summit Baptist Church, 1176 Victory Hwy. (Jct. Rtes 117 & 102)

TUESDAY: **Hybrid Meeting starting June 1, 2021:** in-person Charlestown New Life AFG, 7-8:30 p.m., Cross Mills Baptist Church, 4403 Old Post Rd., Charlestown. COVID protocols are being followed.
Via Zoom: ID: 8447358546, Password: alatuesday.
7:30 PM New Beginning AFG, St. Luke’s Episcopal Church, 99 Pierce St., E. Greenwich. The group will start as a “closed” meeting until they get reacclimatized to in-person meeting and determine space availability.

WEDNESDAY: 9:00 a.m., Serenity at Sunrise, Warwick - Sts 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

THURSDAY: 10:00 a.m., Let it Begin with Me, West Warwick - Emanuel Lutheran Church, 9 New London Ave., Enter rear of building - Masks must be worn at all times. Social distancing of 6 feet must be maintained at all times.

FRIDAY: 7:00 p.m., Westerly Friday Night AFG, Westerly Senior Center, 39 State St., Westerly

SATURDAY: None at this time

2021 EVENTS CALENDAR:

At this time, due to the COVID-19 pandemic, please check the riafg.org website for updated information.

June 7, 2021 AWSC meeting, 7PM, All welcome to attend. For information, email secretary.riafg@gmail.com.
 August 16,2021 AWSC meeting, 7PM, All welcome to attend. For information, email secretary.riafg@gmail.com.

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:

No one submitted a sharing for this section. Please remember this is YOUR newsletter. No sharing is too short. You can sign them "anonymous" if you prefer. The same applies to inspirational photos. Please consider during the month of June to do something for this section of Lifelines. Some ideas to think about:

How Al-Anon helped you during the pandemic?

What are your favorite slogans and why?

What ideas have you taken from your meetings that helped you improve?

What is your favorite piece of Al-Anon literature?

What did you find most difficult during the pandemic?

How has having a Sponsor enhanced your recovery?

What tools do you use when you feel yourself slipping back into unhealthy thoughts or actions?

The above are just a sampling!!

Please consider to take those few moments to submit your thoughts, insights, photos, etc. to lifelines.riafg@gmail.com.

OPEN AREA LEVEL SERVICE POSITIONS:

Please share the need to fill these position with your groups and other Al-Anon members. If you know of a possible candidate for any of these positions, please ask them to contact chair.riafg@gmail.com.

VOTING POSITIONS OF AWSC AND EXPECTATION OF ATTENDANCE AT AWSC MEETINGS.

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

AREA OFFICERS

Delegate (3-year term) The Delegate represents the Area at the annual World Service Conference (WSC) and serves as the primary communication link between the World Service Office (WSO) and the Area and Groups within the Area. He/she is a channel through which information and concerns flow from the Groups and Area to WSO, and from WSO back to the Area and Groups. The Delegate monitors and participates in AFG Connects, the WSO's communication and document sharing tool. At the Spring Assembly, the Delegate provides a comprehensive WSC report to the Area. The Delegate attends the Northeast Regional Delegates Conference (NERD) each year prior to the World Service Conference, to discuss and receive information on Al-Anon issues within the Region. Throughout the term of service, he/she participates on WSO committees, task forces, and/or thought forces, provides Area information to WSO, and responds to requests from WSO. The Delegate is expected to attend each Area World Service Committee meeting, and needs to work well with the Area Chair. He/she is expected to get to know other Delegates and share information on Area issues. As the point person for information of trends and developments in Al-Anon, the Delegate is expected to be proactive in making suggestions to the Area and Groups for constructive changes to further the Al-Anon purpose. The Delegate is encouraged to consider standing for Area Chair at the completion of his/her term. The information learned as Delegate can then be used to support the new Delegate and the Area as a whole.

Qualifications - Members who meet the following 3 criteria are eligible to serve as Delegate: (1) is an active Al-Anon member; (2) is an outgoing or current Area World Service Committee member or former Area World Service Committee member who has remained active in service at the Area level, and (3) is not also a member of Alcoholics Anonymous. A past delegate who has served a full three-year term may not succeed him/herself as Delegate or Alternate Delegate, but may be re-elected after an interim three-year term provided, he/she has remained active in service at the Area level.

OPEN AREA LEVEL SERVICE POSITIONS (CONT.):

Alternate Delegate (2 years remaining on current term) If the Delegate is unable to finish his/her 3-year term, the Alternate Delegate steps in to complete the term as the new Delegate and represents the Area for the remainder of the term at the annual World Service Conference. The Alternate Delegate works along with the Delegate as much as possible in communicating with the groups. He/she can also provide valuable service to the Area by visiting Area groups and districts; assisting Area committees; developing Alateen groups, encouraging Al-Anon members to sponsor them, and setting up Alateen workshops; other responsibilities as assigned by the Area.

Qualifications - Members who meet the following 3 criteria are eligible to serve as Alternate Delegate: (1) is an active Al-Anon member; (2) is an outgoing or current Area World Service Committee member or former Area World Service Committee member who has remained active in service at the Area level, and (3) is not also a member of Alcoholics Anonymous. A past delegate who has served a full three-year term may not succeed him/herself as Delegate or Alternate Delegate, but may be re-elected after an interim three-year term provided, he/she has remained active in service at the Area level.

AA Liaison (3-year term) The AA Liaison (Al-Anon member) is a link between Al-Anon and AA in the spirit of cooperation between the two programs. He/she attends the monthly RI AA Convention Committee meetings as a voting member in all affairs except “finances” and attends the RI AA Convention. The AA Liaison obtains the Al-Anon main speaker, coordinates travel and accommodations (including communicating the speaker’s needs to the Committee), and hosts the speaker for the weekend. He/she works with the Literature Coordinator to ensure that Conference Approved Literature (CAL) is available at the Convention, assists with the set-up of the Literature table, and communicates the Literature Coordinator’s needs to the Committee, i.e. number of tables, chairs, etc. The AA Liaison provides the Al-Anon meeting schedule and topics (to coincide with the AA meetings at the convention) and coordinates Al-Anon members to chair the scheduled Al-Anon meetings. He/she provides the Al-Anon information for the participant packets (1200). At the Liaison’s discretion and schedule, he/she provides assistance in the Convention mailing and stuffing of participant packets. He/she informs Al-Anon/Alateen groups in the Area about the convention and cooperates with AA in publicizing the convention within the fellowship including posting the flyer and registration forms on the Al-Anon website and in the *Lifelines* newsletter and emailing flyer/registration forms to the RI Area Al-Anon DRs for distribution to the GRs and to the Area World Service Committee members. If requested, the AA Liaison will assist in the Al-Anon Workshop including obtaining the AA Speaker and arranging for the AA Outreach Coordinator to set-up an information table at the Workshop.

AREA COORDINATORS

Qualifications - Members who meet the following 2 criteria are eligible to serve in any of the Area Coordinator positions listed below: (1) is an active Al-Anon member and (2) is not also a member of Alcoholics Anonymous. Any position-specific qualifications are listed in the position description.

Archives Coordinator (1 year remaining on current term) The Archives Coordinator preserves the experience, history, and memorabilia of the RI AFG. The Coordinator may head up an Archives Committee, which would be responsible for researching the history of Al-Anon in RI. The archive materials are currently at the Area office. Anonymity is stressed when displaying photographs that might identify individual members. The materials collected can be displayed at workshops, assemblies, group anniversaries, or public information displays.

Literature Coordinator (3-year term) The Literature Coordinator carries the message of recovery and unity through Al-Anon Conference Approved Literature (CAL) to the Districts, Groups, and members in the Area. He/she manages the Literature Distribution Center at the Area Office, maintaining inventory, updating the order sheet, ordering new literature, and making donations from the proceeds to the Area treasury. This Coordinator reads and becomes familiar with each piece of Al-Anon literature, encourages its use in meetings and program events, works with volunteers to display CAL at Area events and the RI AA Convention, develops literature donation projects, and encourages members to write sharings for ongoing and new CAL projects.

Workshop Coordinator 2021 (1-year term) The Workshop Coordinator heads the Workshop Committee, which plans our annual Fall Workshop. The purpose of the Workshop is to allow members to enjoy a day of recovery while participating in giving back to the program (Participation Is the Key to Harmony). All proceeds help the Area as a whole, which allows us to be self-supporting. The Workshop Coordinator chairs periodic committee meetings and secures volunteers who take on responsibilities for registration, decorating, hospitality, master of ceremonies, speakers, meetings, food, craft table, Alateen participation, AA participation, Literature table, and Public Outreach table. This person troubleshoots and supports these tasks as necessary.

Qualifications – Any active Al-Anon member is eligible to serve as Workshop Coordinator. As this is a non-voting position, the position can be filled by a member who also is a member of Alcoholics Anonymous.

DISTRICT REPRESENTATIVES (DR)

The District Representative is usually any incoming, outgoing, or active past Group Representative who is willing to represent the District at Area World Service Committee (AWSC) meetings and Area Assemblies. He/she should have knowledge of Al-Anon traditions and concepts as well as how they are applied. The District Representative meets and/or communicates with Group Representatives in his/her district to provide the GRs with information from the AWSC, encourages members’ subscription to the *Forum*, listens to group concerns, and takes any questions or concerns to the AWSC meetings. He/she maintains an email group list to send out messages and announcements to GRs within the District. Also, the DR may choose to offer an orientation meeting for new GRs upon rotation. The DR is elected by the District’s GRs. **Qualifications** - Members who meet the following 3 criteria are eligible to serve as District Representative: (1) is an active Al-Anon member, (2) preferably is an incoming, outgoing, current,

OPEN AREA LEVEL SERVICE POSITIONS (CONT.):

or active past Group Representative, or if not, otherwise has service experience of sufficient scope that they possess the qualifications for this position and, (3) is not also a member of Alcoholics Anonymous.

District Representative for District 2 (3-year term) Middle and Southern RI includes Block Island, Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Narragansett, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, and Westerly.

PUBLIC OUTREACH:

[You're needed at the next Public Outreach Meeting.](#)
[Please attend the June Zoom meeting to spread the word about Al-Anon throughout RI.](#)

**Public Outreach Zoom Meeting Agenda
Wednesday, June 9 2021 7:00 p.m.**

I. Moment of Silence, Serenity Prayer, Read Step 11 and Tradition 11

- Welcome and Introductions

II. Updates and new project:

- General Public Outreach
 - Libraries
 - RIAFG Website
- Professional Outreach
 - Police Stations – Community Service Divisions
 - Clinicians
 - Invite a local religious leader, police officer, teacher to an open meeting?
- Media Outreach
 - WSO public service announcements at College, University, Catholic, and Cox Cable stations
 - News release through Providence Journal
401-277-7600

III. Discuss and delegate actions steps

To Join the Public Outreach Meeting on Wednesday, June 9, 2021 at 7:00 p.m.

Join Zoom Meeting

<https://providence.zoom.us/j/95505381828?pwd=QTJJPY2Z1Ri9BamVYMldEOXIFb3gxQT09>

Meeting ID: 955 0538 1828

Passcode: 942725

One tap mobile

+13017158592,,95505381828# US (Washington DC)

PUBLIC OUTREACH CONTINUED:

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



FORUM ARTICLES:**Hearing the Words that Helped Me to Listen**

At my first meeting I was angry. I had been ordered to attend meetings and thought I didn't need to go. I sat in my first few meetings with my arms folded across my chest thinking, "What do these people have in common with me?"

Then we read pages 28 and 29 of *How Al-Anon Works for Families & Friends of Alcoholics* (B-32). I sat up in my chair, uncrossed my arms and listened for the first time. "We lose the ability to say 'no.'" That did it. I realized the people in the meeting were just like me. They *did* understand my struggles. Now I look forward to meetings. Those strangers are now friends, even the newcomers.

By Misty C., California The Forum, May 2021

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

The Path Isn't Chosen by Me

The illusion of control made me feel powerful in a world where I had frequently felt powerless and resentful towards the people, places, and things in my life while growing up. In adulthood, I micromanaged the lives of those closest to me so I could focus on their missteps, rather than on my own character defects and my unhealthy relationship with control.

My people-pleasing ways brought me to Al-Anon. I took the suggestion to try several meetings before I settled on one—it was crowded with individuals who had the serenity and recovery I so desperately desired. As I began to accept the fact that I have no control over anyone, and lovingly handed my closest family and friends over to the care of their respective Higher Powers, I was amazed at how much time I had to develop my own interests and hobbies. I also began to sleep better at night, because I no longer had to worry about how I was going to solve everyone's problems.

Before Al-Anon, I struggled to not feel responsible for the actions of the alcoholic and others. For the most part, letting go of the illusion of control has also led me to feel significantly less responsible for the actions of others. Without my attempts to force solutions, my loved ones feel less resentful toward me, and I've been amazed at the lives my stepsons have created for themselves—without my meddling!

Recently, I purchased an automatic vacuum that uses Wi-Fi signals to clean each room in my house. The vacuum signaled it had reached the end of the cycle and would return to its docking station. I watched as it meandered in the general direction of the docking station. The haphazard nature of the path caused a family member to stand on the edge of this path, forcing the vacuum onto an alternate path. I chuckled to myself knowing that I'd behaved similarly with the lives of my loved ones. Much like the Wi-Fi for my vacuum, the Higher Power of my loved ones had been guiding them on the path they were destined to take, without needing my interference!

By Natalie S., California 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 §

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



BE A STAR

NEWS FROM THE WSO:**The Annual Alateen Recertification Deadline is June 15, 2021!**

Every year, each Area in the World Service Conference Structure is required to take part in the Annual Alateen Recertification process in order to continue to use the Alateen name. This is explained in the 2003 Alateen Motion from the Board of Trustees and the policy for Alateen. Both are found beginning on page 93 of the 2018-2021 Al-Anon/Alateen Service Manual (P-24/27), version two (2).

The recertification process is two-fold:

1. To verify that every registered Alateen group has current certified Al-Anon Members Involved in Alateen Service (AMIAS):
 - as Group Sponsor(s)
 - as the Current Mailing Address (CMA) to the Alateen group
 - as a Phone Contact for the Public for the Alateen group
2. To verify the current certification of all AMIAS

We are requesting that all Areas complete the Alateen recertification by June 15, 2021!

This allows the WSO to verify that the Area recertification is complete by June 30.

Contact your Area Alateen Coordinator, Area Alateen Process Person, or District Representative to verify the process in your Area. Don't miss out on this opportunity to share your recovery with teens and younger members!

Stand and Be Counted—Anonymously, of Course!

Next month, 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.

Do you regularly travel more than 25 miles to your Al-Anon meeting and want to be of service? To reflect our mobile society and better support our rural communities, the World Service Office recently changed its procedure. Now members living more than 25 miles away can serve as the Current Mailing Address (CMA) without impacting their meeting information on al-anon.org. As group election season rolls around, we hope this expands your opportunities to serve!

**Stock Up Professionals with Al-Anon Materials**

Professionals are still meeting with clients who could benefit from Al-Anon recovery. Do you have any public outreach pamphlets, bookmarks, or *Al-Anon Faces Alcoholism (AFA)* magazines lying around? Donate them to local counselors, institutions, libraries, senior centers, community centers, or anywhere people go for help, growth, or social interaction. That one piece sitting in your house or in the group literature box just might save a life—all you need to do is *let it go*.

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.

Celebrating Al-Anon's 70th Anniversary!

Many Voices, One Journey (B-31) will be offered at a reduced price during June 2021. A compilation of Al-Anon members' reflections about our first 60 years, this book is ideal for helping members become more familiar with our fellowship's rich history. Available in English, French, and Spanish.

Price \$8.00

Case \$192.00 plus shipping.

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!

AL-ANON'S STRATEGIC PLAN



April 2021 Chairperson of the Board Letter

Dear fellow Al-Anon members,

The purpose of this Chairperson of the Board Letter is to share with you some of the highlights from our 2021 World Service Conference (WSC), along with updates from the Board of Trustees' Quarterly Meeting and the Annual Meetings of the Board. You will also find updates from our Policy Chairperson, a finance update from our Treasurer, and an update from our outgoing and incoming Conference Leadership Team (CLT).

World Service Conference:

The 61st World Service Conference (WSC) was held virtually April 12–16, 2021. The theme of the Conference, "Moving Forward with Unity, Courage, and Perseverance," guided us throughout the week. The Conference Leadership Team (CLT), having ample time this year to plan a virtual Conference, gave us five full days of Conference with an agenda that contained nearly all of the elements of a face-to-face Conference. The virtual format of the Conference allowed us to welcome 12 International guests and gave them an opportunity to share their experience, strength, and hope with us.

Two historic decisions were made at this year's WSC. The first decision was to recognize permanent electronic meetings as Al-Anon Family Groups. The second decision was to allow creation of non-geographically based Areas, the first of which will be a non-panel Area for groups which meet on electronic platforms. These decisions allow groups which meet electronically to elect all the service positions identified in the *Service Manual*, including a Group Representative (GR). Everything in the *Service Manual* will apply equally to all groups whether they meet physically or electronically.

Some other important decisions made at this year's WSC are:

- Conceptual approval was given to develop an Alateen "Just for Tonight" bookmark
- Interpretation will continue to be part of the WSC and will be funded through the Full Amount/Equalized Expense paid by each Area for their Delegate to attend the WSC
- Conceptual approval was given to add a new introduction to *One Day at a Time in Al-Anon* (B-6) that places the book in historical perspective
- Approval of the revised Alateen Preamble language that was presented, which will be updated in all Conference Approved Literature (CAL)
- Conceptual approval was given to add a new introduction to *The Dilemma of the Alcoholic Marriage* (B-4) that places the book in historical perspective and to create a booklet of gems from this book

- Approval of a Longitudinal Study starting in 2021 which consists of annual surveys of Al-Anon members who opt-in to the study (more details below).
- Approval to allow the election of the Regional Committee on Trustee Chairpersons, Alternates, and the drawing of the names for Out-of-Region Delegates to occur outside the general Conference session and prior to the WSC. This decision will allow more time on the WSC agenda for other discussions.

(See the CLT Update for more updates on the 2021 WSC.)

I want to send a huge shout-out to the members of the WSO Conference Tech Team! Your support and knowledge throughout the week were invaluable.

Thank you for all you did to make Conference week flow as smoothly as it did.

For a more detailed report of the 2021 World Service Conference, please look for the free online *Conference Summary* which is scheduled for posting in July.

A printed version will be made available for purchase in August.

WSO Volunteers:

Five Regions—US North Central, US Northeast, US Northwest, US Southeast, and Canada West—began the process of nominating Regional Trustees by forming their respective Regional Committees on Trustees (RCT). While the process for nominating a Regional Trustee and Trustee at Large is different, the deadline for résumés to be submitted to the WSO is August 15, 2021.

The Conference gave traditional approval and during the Annual Meeting the Board of Trustees, in their legal capacity, elected the following trusted servants:

Regional Trustee:

Debbie P., Canada Central, Tony S., Canada East, Linda R., US Southeast

Trustees at Large:

Lynette K., Don B., Kathi M., Nancy S.

Board Officers 2021-2022:

Lynette K., Marianne B., Cindy M.

First three-year term

First three-year term

Remaining one year of a first three-year term

Second three-year term

First three-year term

First three-year term

Remaining two years of a first three-year term

Chairperson of the Board Vice Chairperson of the Board Treasurer

The Board of Trustees, in its legal capacity, elected the following:

Executive Committee:

Deborah (Debbie) G., Terry F., David B.

Third one-year term Second one-year term First one-year term

Chairperson of the Executive Committee:

Deborah (Debbie) G. Third one-year term

Executive Committee for Real Property Management Chairperson:

Elizabeth (Liz) D. One-year term

Save the Date—Road Trip!

Mark your calendars for this year's Road Trip! event which will be held in Cleveland, OH on October 23, 2021. This event gives Al-Anon members an opportunity to interact with members from the Board of Trustees and the Executive Committee. Be on the lookout for more details and registration information regarding the Cleveland Road Trip! Event.

Longitudinal Study/Membership Survey:

WSO Staff began the process of developing the 2021 Membership Survey in 2020. During this process, Staff reached out to research professionals in the field of alcoholism/addiction asking for their opinions regarding our survey process. The professionals suggested a longitudinal study which would consist of asking the exact same group of members the exact same questions over a period of five to ten years. This would allow the WSO to track an Al-Anon member to understand the impact that consistent Al-Anon membership has on mental health, etc. As with the Membership Survey, the data would be anonymous.

The Longitudinal Study participants will be selected at random from members who opt-in at the time they take the upcoming Membership Survey. Members who opt-in to the longitudinal study will be contacted via email and asked a set of ten questions, the same questions each year, for a period of five years from 2022 through 2026.

All Al-Anon members are welcome to participate in the Membership Survey regardless of the amount of time you have in the program. The Membership Survey will be available in English, Spanish, and French at the following link al-anon.org/membersurvey starting June 16, 2021 to July 27, 2021.

Electronic Welcome Packet (eK-10):

The brand-new *Welcome, Newcomer!* will be available through all the eBook vendors in May, most for \$1.40 per copy! Due to Apple's pricing policy, the booklet will be \$1.99 per copy on Apple Books. The *Welcome, Newcomer!* has been reformatted and streamlined. This new recovery tool helps newcomers learn about the family disease of alcoholism, understand how Al-Anon can help families and friends of alcoholics, find meetings, and discover CAL. The current print version of the *Al-Anon Newcomer Packet* (K-10) will also be reformatted and streamlined with the next printing which will happen when the copies currently in the warehouse are sold.

2023 Al-Anon International Convention:

Here is another opportunity for Al-Anon members to come together and celebrate recovery! Al-Anon's Seventh International Convention will be held June 29 – July 2, 2023 in Albuquerque, NM. This exciting event will be here before you know it. Stay tuned for more details as 2023 approaches.

Online Store Update:

Conference members received a preview of the online store upgrades which will be completed in mid-May. The new store will be mobile friendly, which means you will be able to order from your phone, tablet, or other mobile device. Different topics have been created such as Newcomer, Parent or Grandparent, Al-Anon History, or Al-Anon Essentials (literature every member needs) to help you quickly find literature related to those topics. There will also be a quick order option—if you know the product code and quantity, you can enter and check out quickly. The new store will offer CAL for sale in all three languages: English, Spanish, and French!

COB Letter Presentation:

At the April 2021 Quarterly Board Meeting, the Board of Trustees approved a trial through November 2021 to present the COB Letter to Conference members in a virtual format, similar to the Town Hall events, with interpretation provided as needed. Each presentation will be an hour-long and will involve all Trustees. The agenda will consist of: 15 minutes; COB Letter updates 10 minutes – Policy update 10 minutes – CLT update :10 minutes – Finance update: 15 minutes – Questions and Answers

The presentations will take place on May 1st, August 7th, and November 6th. The sessions will be recorded and made available only to WSC members via AFG

Connects. Delegates will be able to share the information in the updates with their respective Areas. Following the May 1st presentation, there will be breakout rooms available for the purpose of a “meet and greet” so Delegates can have the opportunity to make contact with their newly assigned Trustee.

The COB Letter will still be translated into Spanish and French. Once the letter has been translated, it will be posted and made available to all Al-Anon members.

Being a part of the 2021 WSC has left me feeling grateful that I get to be a tiny part of this amazing worldwide organization. As the Delegates return to their Areas and share the information they received at Conference, I hope you will get to experience that same feeling.

In appreciation,

Lynette K., Chairperson, Board of Trustees,

Al-Anon Family Group Headquarters, Inc. Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

STEP SIX:	<i>Were entirely ready to have God remove all these defects of character.</i>
TRADITION SIX:	<i>Our Al-Anon Family Groups ought never endorse, finance, or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.</i>
CONCEPT SIX:	<i>The Conference acknowledges the primary administrative responsibility of the Trustees.</i>

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*

