

# LIFELINES

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## Rhode Island Al-Anon Family Groups Area 49 JUNE 2022

Editor's Corner

### Ever feel like the whole world needs a meeting?

The news can be pretty depressing. War, anger, fear, pain, and violence are all around us. We can't help but absorb some of that trauma as we watch it unfold, live, on a screen.

It may remind us of what brought us to Al-Anon. And we feel helpless.

Whenever I feel that way, I know it means that **I need to work my own program.**

Sitting in a meeting, I am reminded that **I'm not alone.** I'm reminded of what I'm responsible for, and what I cannot change. And even if my own world feels dark, I might just be the light someone else needs.

In meetings, **I get to focus on myself and my own actions.** The rest of the world can wait for an hour. When the Serenity Prayer is said and the chairs are put away, I'll be able to face the future with renewed experience, strength, and hope.

I sometimes watch the news, shake my head and think, "*That person could use a meeting.*" When that thought pops into my head, I know it means **I need a meeting.** If you spot it, you've got it.

**Come to EMERGENCE: The RIAFG Spring Assembly on June 4 in Tiverton** and get experience, strength, and hope in-depth. Information is in this issue.

Gratefully in service,  
Eden C., Lifelines Editor [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)

## **Upcoming Events**

**June 4, 2022:** EMERGENCE: RIAFG Spring Assembly at Amicable Church, 9am -3pm 3736 Main Road, Tiverton RI.

### **STEP SIX**

Were entirely ready to have God remove all these defects of character.

### **TRADITION SIX**

Our 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 co-operate with Alcoholics Anonymous.

### **CONCEPT SIX**

The Conference acknowledges the primary administrative responsibility of the Trustees.



# RI SPRING ASSEMBLY



**June 4, 2022 at 9:00 – 3:00p**  
**Amicable Congregational Church**  
**3736 Main Road • Tiverton, RI 02878**

Registration donation \$5 per group

## Area Business:

- 🦋 Delegate's Report from WSC
- 🦋 New! Electronic Group Discussion
- 🦋 Vote New Service Positions
- 🦋 Vote in a District Rep

🦋 The Assembly is now *in-person only!*

🦋 Breakfast items and beverage will be available; but lunch is BYOB (bring your own bag)

## Directions to Amicable Congregational Church

### From Points North and West Bay:

- Make your way to **Route 195 East**
- Take **exit 14A for MA-24 South** towards Tiverton/Newport
- After about 4 miles, take **exit 5 for Fish Road**. Keep left at the fork, follow signs for Fish Road. Turn left onto Fish Road.
- At the end of Fish Road, **turn right onto RI-177 West (Bulgarmarsh Rd)**
- At the end of RI-177 (Bulgarmarsh Rd), **turn left onto RI-77 South (Main Road)**
- Drive almost 3 miles and church will be on your left. It is preceded by a road sign on the right that says "Church".

### From East Bay / Aquidneck Island:

- Make your way North or West to **RI-24 North**
- Take **exit 4** and bear right at the light **onto RI-77 South (Main Road)**
- Drive about 5 miles, and church will be on your left. It is preceded by a road sign on the right that says "Church".

### From South County:

- Make your way to RI-138 East
- Take RI-138E over Jamestown and Newport Bridges
- Use the left lane to **merge onto RI-138/RI-138A/RI-238 toward RI-114/RI-24/Middletown/Portsmouth**
- Turn **left onto RI-138/Admiral Kalbfus Rd** (signs for RI-114)
- Turn **left onto West Main Road**
- After about 7 miles, use the right lane to take the **RI-24 N ramp towards I-195/Fall River/Providence**
- After about 4 miles, take **exit 4 and merge onto RI-77 South (Main Road)**
- Drive about 5 miles, and church will be on your left. It is preceded by a road sign on the right that says "Church".

### Parking: 2 Parking Lots & 1 Roadside

- Coming from the North the **1<sup>st</sup> driveway** leads immediately into an upper parking lot in front of the building entrance. Some spots will be reserved for Assembly attendees.
- If you drive South past the church, there is a **2<sup>nd</sup> driveway** on the left into a gravel parking lot.
- If both lots are full, you can park on the **shoulder of Main Road**.

# RIAFG Spring Assembly Agenda

**SPRING ASSEMBLY  
UPDATED - AGENDA  
June 4, 2022**

**Location: Assembly at Amicable Church, Tiverton**

- 9:00 – 9:30     **Registration / Check-in**
- 9:30 – 10:00    **OPENING/WELCOME**
- Moment of silence followed by the Serenity Prayer
  - Read Steps/Traditions/Concepts/Warranties
  - Roll Call/Introductions
  - What is an Assembly
  - Assembly Etiquette
  - KBDM (Knowledge-Based Decision Making) – overview
- 10:00 – 11:00    **AREA BUSINESS**
- November 15, 2021 Assembly Minutes
  - Date and location of Fall Assembly – District
  - Workshop Idea Presentation
  - Affirmation of Interim Officers and Coordinators
    - Lifelines Editor
    - Archive Coordinator
    - Group Records Coordinator
  - Open Area Positions
    - AA Liaison
    - Alternate Delegate
    - Area Secretary
    - Alateen Coordinator
    - Alateen Process Coordinator
    - Email Coordinator
    - Workshop Coordinator 2022
- 11:00 – 11:15    **BREAK**
- 11:15 – 11:30    **TREASURER’S REPORT**
- 11:30 – 12:30    **DELEGATES REPORT**
- 12:30 – 1:30     **LUNCH** (brown bag, bring your own)  
District Meetings, DR Election Caucuses
- 1:30 – 2:00      **AREA ELECTIONS**
- 2:00 – 3:00      **ELECTRONIC GROUP TASK FORCE**  
Report, Discussion
- 3:00 – 3:30      Coordinator Reports  
Public Outreach  
Forum Raffle
- 3:30     **CLOSING**
- Motion to adjourn
  - Closing prayer and Al-Anon Declaration

# Preparing For The Assembly

## **What is an Assembly:**

The Area Assembly is the business meeting where the groups send their representatives to express a voice and vote on behalf of the group. During an Assembly, the Delegate reports the activities of the World Service Conference. An assembly can meet at least one or two times a year, or a minimum of once every three years.

## **The Purpose of an Assembly:**

- To assure adequate interchange of information and ideas about service activities, not only the immediate Area, but where worldwide Al-Anon is concerned.
- GR's to elect a District Representative
- To discuss pertinent issue to our Area as well as issue our Delegate may bring to WSC and WSO
- Hear the reports from the Area Delegate and Officers/Coordinators
- Elect New Officers or Coordinators
- Review and approve the Area Budget

## **Who can attend an Assembly:**

- All Al-Anon member

## **Voice and Vote:**

- All Al-Anon members have a voice
- Group Representatives or Proxy's may bring a motion (voting member)
- Group Representatives or Proxy's may vote (voting member)

## **Assembly meeting guidelines:**

- Share on a topic only once

Take a few notes and review your thought/question prior to speaking

- Limit sharing to two (2) minutes
- All members have the right and responsibility to express their opinion.

However, if someone else has expressed a member's perspective, it is not necessary to say it again.

- Don't take it personally if you are reminded that your thought or question has been stated, asked and or answered.

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.

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.

# RIAFG Open Area Positions: 1



## **AA Liaison**

The **AA Liaison** (Al-Anon member) is a link between Al-Anon and AA. They attend the monthly RI AA Convention Committee meetings as a voting member in all affairs except “finances” and attend 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. They work with the Literature Coordinator to ensure that Conference Approved Literature (CAL) is available at the Convention and communicate the Literature Coordinator’s needs to the Committee, i.e., number of tables, chairs, etc.

The AA Liaison provides the Al-Anon meeting schedule, topics, and coordinates Al-Anon members to chair the scheduled Al-Anon meetings. They inform Al-Anon/Alateen groups in the Area about the convention and cooperate with AA in publicizing the convention within the fellowship including posting the flyer, registration forms, and/or registration link on the Al-Anon website, in the Lifelines newsletter, RI Area Al-Anon GRs, and Area World Service Committee members. If requested, the AA Liaison will assist in the Al-Anon Workshop including obtaining the AA Speaker.

## **Alternate Delegate**

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.

## **Secretary**

The **Secretary** attends to all regular secretarial work and takes minutes of all Area meetings and Assemblies. These minutes should be sent to the Area World Service Committee members soon after the meeting (within two weeks as a goal) and be recorded in a permanent minute book to be passed along to a successor. Minutes are also kept in a log at the Area office. A minute template is also available.

# RIAFG Open Area Positions: 2

## **Alateen Coordinator**

The **Alateen Coordinator** is the vital link of communication between the WSO and the Area on matters relating to Alateen. This coordinator is a resource for Alateen at all levels of service. He/she is responsible for the training and certification of Al-Anon Members involved in Alateen Service (AMIAS). The Alateen Coordinator works with the Alateen Process Person to submit all required forms to WSO, manages the recertification of Al-Anon members involved in Alateen Service (AMIAS), and verifies certification of members serving Alateen for Al-Anon conventions and other events with Alateen participation. He/she serves as Chair of the RI Alateen Safety Guidelines Committee. The Area Alateen Coordinator is required to be certified as an Al-Anon Member in Alateen Service (AMIAS).

## **Alateen Process Person**

The Area **Alateen Process Person** (AAPP) serves as the Area's designated Alateen Contact with the WSO Group Records Department regarding Alateen forms and registration requirements, and works with the Alateen Coordinator implementing the Alateen Behavioral and Safety Requirements, and assisting with filing forms and training of and certification of AMIAS. The Alateen Process Person is required to be certified as an Al-Anon Member in Alateen Service (AMIAS).

## **Email Coordinator**

The **email coordinator** maintains the Area email account, checking it regularly for messages, and responding to messages as needed or forwarding them to other AWSC members for an appropriate response. Members' anonymity is protected at all times.



## **Workshop Coordinator for 2022**

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.



## New to Al-Anon? Now hear this!

Short, informational podcasts  
just for Al-Anon newcomers!

Click to: [al-anon.org/newcomers/first-steps-al-anon-recovery/](https://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/](https://al-anon.org/for-members/members-resources/literature/downloadable-items/)

## RIAFG Literature News

Hello Groups -- This is Wendy H., your Area Literature Coordinator!  
If your group is needing Literature soon, another way to order it is to plan to  
**pick it up at the Area Assembly on June 4!!** Just email me at  
Literature.riafg@gmail.com, and you can pay for it and pick it up at the  
Assembly.

**Please email me by June 1,** and I will have it ready for you.

In Service, Wendy H.

### How to order Literature from the RI Literature Distribution Center

1. Mail in the literature request form along with a check to: RIAFG, 106 Rolfe St., Cranston, RI 02910. Or . . . .
2. Print the request form from [www.riafg.org](http://www.riafg.org). Click on "Literature." Scroll down to "Order Form," click on it and print it out. To see the catalog of literature, click on "View Catalog." Fill in the form with the literature you want, the unit price, the quantity of that literature and the total amount for that literature. Once the form is complete, add up the totals.

**\*\*If you are requesting that the literature be mailed to you, there is a shipping and handling charge of 8% of the total of the order or \$5.00, whichever is greater.** Include a check for the full amount, the name and address to ship it to, and a phone contact in case the office has any questions.

**\*\*If you are picking up the order, mail the order form to RIAFG,** then call the office at 401-781-0044. Be sure to include on the form a contact name and phone number. Speak with whoever is in the office or leave a message. You can include a check for the total or pay when you pick up. Especially if it is a large order, mailing it ahead of time gives the office volunteer the time to put the order together and notify you of any problems.

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**

# RIAFG: Current ASWC Officers & Coordinators

## RIAFG AREA WORLD SERVICE COMMITTEE CONTACT INFO

**Delegate:** Cindy B. [delegate.riafg@gmail.com](mailto:delegate.riafg@gmail.com)

**Chair:** Barbara H. [chair.riafg@gmail.com](mailto:chair.riafg@gmail.com)

**Treasurer:** Terry L. [treasurer.riafg@gmail.com](mailto:treasurer.riafg@gmail.com)

**Archives Coordinator** Anna P. [archives.riafg@gmail.com](mailto:archives.riafg@gmail.com)

**Forum Coordinator** Ann H. [forum.riafg@gmail.com](mailto:forum.riafg@gmail.com)

**Group Records Coordinator** [records.riafg@gmail.com](mailto:records.riafg@gmail.com)

**Lifelines Editor** Eden C. [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)

**Literature Coordinator** Wendy H. [literature.riafg@gmail.com](mailto:literature.riafg@gmail.com)

**Office Coordinator** Elaine H. [office.riafg@gmail.com](mailto:office.riafg@gmail.com)

**Public Outreach Coordinator** Jackie W. [outreach.riafg@gmail.com](mailto:outreach.riafg@gmail.com)

**Website Coordinator** Kim C. [webmaster.riafg@gmail.com](mailto:webmaster.riafg@gmail.com)

### OPEN AREA POSITIONS

AREA Secretary

AREA Alternate Delegate

District 1 Rep

District 2 Rep

District 3 Rep

AA Liaison

Alateen Process Person

Alateen Coordinator

Email Coordinator

2022 Workshop Coordinator

**To learn more about open positions, attend our monthly meeting (information at [riafg.org](http://riafg.org) calendar) and/or contact any coordinator!**

# RIAFG Service Tree -- how it works



## RIAFG MEMBER SERVICE SUPPORT STRUCTURE

### GROUPS

# In RI  
9 # in District 1  
15 # in District 2  
9 # in District 3

Serves members within the groups

Group Representative serves as liaison between the group's district and Area

### DISTRICTS

(3 in RI)  
1 = 11 Cities in Northern, RI including Providence  
2 = 17 Cities in West Bay, Western and Southern, RI  
3 = 9 Cities in East Bay, RI

Districts serve groups within the area and attends area Assemblies

RI is Area #49  
Our office is at  
106 Rolfe Street  
Cranston, RI

Coordinates all services within RI, including finances, literature distribution center, telephone service, website maintenance, organizes assemblies

Area Delegate serves as a liaison between the area and the World Service Office

### WORLD SERVICE OFFICE

WSO  
Virginia Beach, VA

Services areas, groups, and members in US, Canada, Puerto Rico, and Bermuda

**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!**



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](http://www.riafg.org) |

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401.781.0044  
[www.riafg.org](http://www.riafg.org).

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

# "Where can I find a meeting?"

The current list of meetings is available at [www.riafg.org](http://www.riafg.org).

The current In-Person/Hybrid and On-line/Phone meetings lists and coronavirus updates can be found on 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 **AI-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](http://www.al-anon.org/mobileapp) to get the app.

# The Annual Alateen Recertification Window: Deadline Approaching

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).

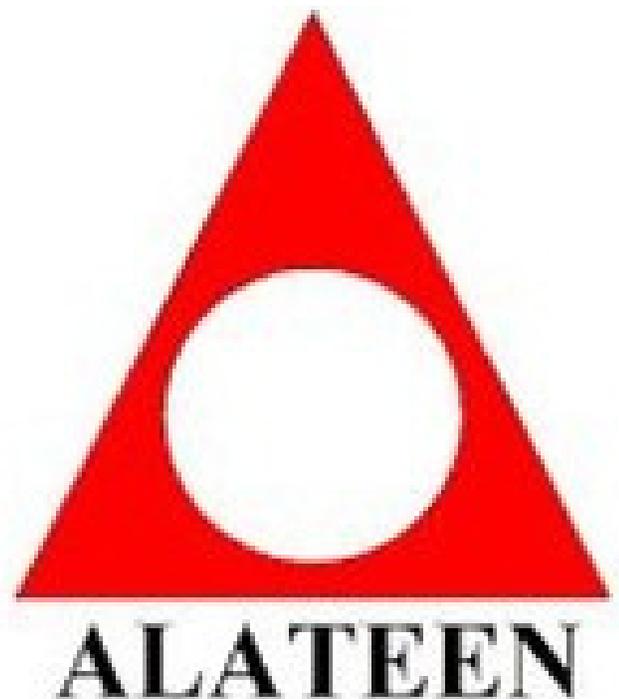
**The recertification process has two goals that verify:**

1. Every registered Alateen group has currently certified Al-Anon Members Involved in Alateen Service (AMIAS) as Group Sponsor(s) as the Current Mailing Address (CMA) as a Phone Contact for the public
2. The current certification of all AMIAS

We are requesting that Areas complete the Alateen recertification by June 15, 2022!

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!



## Members' Share: "This Must Be Serenity!"

From as far back as I can remember, **I lived with constant anxiety.**

As a person affected by the family disease of alcoholism, I worried about everything and lived in **a constant state of fear.** I chewed my fingernails. I had eczema. I had a bleeding stomach ulcer by the time I was in second grade. When I was 15 years old, I finally had a complete breakdown and ended up in a mental hospital for two months.

My life went out of control and eventually crashed. Through my therapist, I was led to Al-Anon. When I walked into my first meeting, I knew that I was “home” with other people who understood and accepted me. I remember many times when members told me, “We will love you until you learn to love yourself.” I felt cradled in their love.

As I worked the Steps with a Sponsor, little by little I found my life beginning to turn around. **I vividly remember the day I first felt serenity.** I was standing in my living room all by myself, and a feeling of peace washed over me. Surprised, I said to myself, “This must be serenity!” I had never felt it before in my life. My very next thought was, “Now how do I keep this?!”

The feeling of serenity was all kinds of delicious! Like a beautiful sunset, the best dessert, a symphony, and the beach all rolled into one. Since that day, I have continued my journey in Al-Anon and discovered that, in fact, **I can continue to live every single day in serenity.** It feels as if I have awakened from a long, dark confinement in a prison of fear and anxiety and emerged into a bright day of joy and light. Some days I am so happy and joyful, I feel like I could just pop!

**I am so grateful for Al-Anon’s Steps, Traditions, and Concepts of Service,** and for being part of the loving, compassionate, and wise family of Al-Anon members. Through this journey, I have come to build my life on a whole new foundation of peace and serenity.

By Amy T., North Carolina

*The Forum*, May 2022

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# 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 Us



### CONTACT RIAFG

[www.riafg.org](http://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](mailto:lifelines.riafg@gmail.com)

### CONTACT WSO

[www.al-anon.org](http://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.*