Attention Rhode Island Al-Anon

Assembly Information

We will not be holding a Spring Assembly this year. Our next Assembly will be in October. Stay tuned for the time, date and location to be announced.

Items to be included on the Assembly agenda are:

Delegate's Report from World Service Conference
Treasurer’s Financial Report and Budget Presentation
Voting on open Area World Service Committee Positions
Questions email Cindy at Delegate.riafg@gmail.com
Opting out is okay!

It’s okay to opt out! Your editor is writing this while opting not to immediately engage with the qualifiers talking loudly on the other side of the door.

You can opt out of this newsletter, you can opt out of service. You can opt out of whatever “invitations” your qualifiers send. You can opt to choose yourself. **You always have options.** YAHOO!

Detaching, or opting out, isn’t always what we want to do. And sometimes we choose to stay attached, or to take other action. But realize, friend - it’s an option, and it’s one of many. No guilt! You can choose. After saying “I had to ________” for so long, it feels strange to say “I choose to ________.” Evaluating and choosing among options is a skill you practice. But after a while, choosing among options becomes a healthy habit.

**From the Al-Anon pamphlet on Detachment:** *Detachment allows us to let go of our obsession with another’s behavior and begin to lead happier and more manageable lives, lives with dignity and rights, lives guided by a Power greater than ourselves. We can still love the person without liking the behavior.*

**IN AL-ANON WE LEARN:** • Not to suffer because of the actions or reactions of other people • Not to allow ourselves to be used or abused by others in the interest of another’s recovery • Not to do for others what they can do for themselves • Not to manipulate situations so others will eat, go to bed, get up, pay bills, not drink, or behave as we see fit • Not to cover up for another’s mistakes or misdeeds • Not to create a crisis • Not to prevent a crisis if it is in the natural course of events.

Gratefully in service,
**Eden C. Lifelines Editor**

(PS Lifelines needs a new editor in January 2025. Contact us for more information!)
**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.

“What’s That Acronym?“

**Y.A.H.O.O.**
You Always Have Other Options

“Families who begin attending Al-Anon tell us that this program teaches them how to unhook from the disease. Al-Anon challenges them to see what role they have been playing in the life of the alcoholic... One family member told us that by attending Al-Anon she was **learning how to say “no” in a way that honored her and her loved one.** The joy we saw on her face when she explained how she practiced setting healthy boundaries was life-changing for her. This was the same family member who told us just one month prior that she was ready to give up.  

*Al-Anon shows people that the disease of alcoholism is not their fault.*”

“As a professional clinician, I am constantly awestruck by the powerful transformation people experience in the rooms of Al-Anon. No longer mired purely in the problem, they are **solution-focused and empowered** in a way that can feel very freeing.”

The 32nd Maine Area Convention
at Ferry Beach Retreat & Conference Center in Saco, Maine
https://afgmaineconvention.org/
www.ferrybeach.org

August 9-11, 2024
Ferry Beach is a beautiful retreat and conference center located on the coast of southern Maine on a beautiful 32-acre oceanfront campus. Wake up by the sea in quaint cottages and halls, or at campsites in the Grove. A relaxed campus features a sand volleyball court, two playgrounds, an art studio, fire pit, outdoor chapel, and of course, the beach! The dining hall provides healthy, delicious food and good coffee!

Al-anon Area Convention with AA participation
Blog Share: Step Six

Step Six reminds me how I get in the way of myself. It is like stubbing my toe on the same thing over and over. I can identify that what I am doing and how it no longer serves me and instead how it trips me up. I begin to pinpoint where I cause myself to stumble, where I am not being my best self, and where my life path is messy. My reluctance to speak up was part of my silent passive reaction to alcoholic parents who invalidated me and I carried this pattern into my marriage.

Once I have this awareness of myself and patterns, I become SO READY to change. And that is where I become willing and ENTIRELY ready because I can see how blocked my own road is and how my own thinking and habits have caused me to stray from my better potential. The things that have caused me to be misshapen and scarred and the ways my assets have become skewed through my patterns of reacting to life make me want to do it differently. Trusting a Higher Power through the earlier steps makes me willing to make the shift and grow.


Looking for a meeting?

There are meetings all days of the week, in-person and online!

The current list of meetings is available at www.riafg.org under the "AL-ANON MEETINGS’ tab. Click on MEETING LISTS.

"***Please check online for meetings that fall on holidays***
Meetings News!

**Sunday Night Legacies**  
*Online Meeting* registered in Rhode Island  
**8:00PM Sundays via Zoom**  
[https://us06web.zoom.us/j/84329044576?pwd=QiNs2rjJHbuaWrgz2MVUFrSWz2SoDo.1](https://us06web.zoom.us/j/84329044576?pwd=QiNs2rjJHbuaWrgz2MVUFrSWz2SoDo.1)

**The Higher Powered Lunch Bunch**  
has a *new Zoom account*

To join directly, paste this in your browser:  
[https://us02web.zoom.us/j/86424696624?pwd=MGpgWVdxSlVZb0RubXY5SUXxc2EyZz09](https://us02web.zoom.us/j/86424696624?pwd=MGpgWVdxSlVZb0RubXY5SUXxc2EyZz09)

To join via the Zoom App:  
Meeting ID: 864 2469 6624 & Passcode: 232886

To join via phone: 929 205 6099,  
use the same ID & Passcode

**North Providence Step**  
**Al-Anon Family Group**

**IN-PERSON Thursdays at 7PM**  
Allendale Baptist Church, 545 Woonasquatucket Avenue  
North Providence, RI 02911

UPDATE 6/5/24: This group’s meeting site became unavailable and the group decided to disband. You can find a list of current meetings at [www.riaafg.org](http://www.riaafg.org).
Service: All you need is your phone!

A Service Opportunity: Looking for a way to give back to the program? Check messages on our RIAFG office phone number.

The available days for this are **Tuesday** and **Friday**. Work from the comfort of your home. Messages left usually involve: How to find our meeting list, information about Al-Anon, how to attend their first meeting, members wanting to come in to pick up literature, and members requesting office hours.

Office hour questions are given to me and I will coordinate.
If you are interested, please email: **office.riafg@gmail.com** or call the office at 401-781-0044. Gratefully in service, **Elaine H.**, office coordinator

Meeting Space (s) Available

Did you lose your meeting space during the pandemic? Need a different spot? Starting a new meeting group? The **East Greenwich Lutheran Church** on Division Street has available meeting rooms. Contact the office at **firstlutheraneg1@gmail.com**.

**Butler Hospital** in Providence has reopened **Ray Conference Center**, which means it's available (again) for Al-Anon and for other 12 step meetings. Prior to March 2020 there were active meetings on the Butler campus. If you'd like to create a new RIAFG group at Butler, email **alanon.riafg@gmail.com** to get started.
7:00 p.m.

Un Día De La Vez
Español hablando reunión
(Spanish speaking meeting)

Los domingos y miércoles
(Mondays and Wednesdays)

310 Reservoir Ave.
Cranston, RI 02907

Todos son bienvenidos
(All are welcome)
How to order Literature from the RI Literature Distribution Center Office

PLEASE NOTE: There is a new order form available on the riafg.org website. The charge for shipping has been increased due to the increases from the Post Office. The new charges are: Orders from 0.00 to $100.00, the charge is $8.00, orders over $100, the charge is 10% of the total for the order. Please use the new order form when you mail orders into the office. Include the correct total for shipping and be sure to fill out the contact information.

To pick up at the office:
Mail in the literature request form (found on our website: www.riafg.org) to RIAFG, 106 Rolfe St. Cranston, RI 02910. Be sure to include your name and phone number. You will be called back when the order is ready for pickup. Payment is made at time of pickup.

To have literature mailed to you:
Include a check for the full amount of the order, the name and address for shipping, and your name and phone number. Please note the increased shipping charges listed above.

To shop at the office:
Leave a message at 401-781-0044 and someone will let you know when the office will be open.

Please note that if you are requesting only a few items, and you want to do pick up, you may call the office with the info.

Gratefully in service, Elaine H., Office Coordinator
New to Al-Anon?
You'll want to hear this.

Short, informational podcasts just for Al-Anon newcomers! We're glad you're here.

Click to: al-anon.org/newcomers/first-steps-al-anon-recovery/

Free Downloads!
So much to read, print, and share!
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/
Where We Are: The RIAFG District Map

**District 1:** Burrillville, Central Falls, Cumberland, East Providence, Glocester, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, Woonsocket.

**District 2:** Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Johnston, Narragansett, New Shoreham, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, Westerly.

**District 3:** Barrington, Bristol, Jamestown, Middletown, Newport, Portsmouth, Little Compton, Tiverton, Warren.

**STATS:**
- **District 1:** 10 groups
- **District 2:** 14 groups
- **District 3:** 9 groups
- SIX online-only groups
- SIX hybrid groups
- 20 in-person groups
Al-Anon's First Official MOBILE APP!

This mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world are able to come together for Al-Anon recovery.

What it is:

- A social app for Al-Anon members to connect with one another to share our experience, strength, and hope
- A new platform for electronic meetings
- A way to connect with your Al-Anon family in private chats
- A place to create and update a digital Al-Anon journal
- A place to stay informed on the latest information from the World Service Office (WSO)

What it is not:

It's not a face-to-face meeting list.

For more information and links to download the app in iTunes and Google Play, visit al-anon.org/mobileapp

"Where can I find a meeting?"

The current list of meetings is available at www.riafg.org under the “AL-ANON MEETINGS’ tab. Click on MEETING LISTS.

***Please check on line for meetings that fall on holidays***
Thank You for your continued support! Whenever possible, please send donations to our RIAFG and WSO. It takes all of us to keep the “doors” of Al-Anon open to all who need it. Donate either personally or through your home groups.

Mail your donations to RIAFG:
RIAFG, 106 Rolfe St., Cranston, RI 02910
**When you send in donations from your group, include the group number or the group name.***

Make a donation to the World Service Office online at
https://al-anon.org/contributions/
Mail donates to WSO:
AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454

CONTACT RIAFG
www.riafg.org
106 Rolfe St.
Cranston RI 02910
401-781-0044 Office hours available by calling this number.
Send your Lifelines announcements to lifelines.riafg@gmail.com

CONTACT WSO
www.al-anon.org
1600 Corporate Landing Parkway
Virginia Beach, VA 23454
757-563-1600

God, grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to see the difference.