

LIFELINES RIAFG NEWSLETTER

April 2019



Inside This Issue

Editor's Corner

Workshop Coordinator Needed

AWSC News

Upcoming Anniversaries

RIAFG Spring Assembly

Upcoming Conferences

Upcoming Conventions

2019 Events Calendar

Meeting Notices

Area Chair News

Area Office News

Forum Article

Members Share

AA Liaison Report

District 3 News

Did You Know?

WSO News

This Month's Step, Tradition and Concept

Web Sites, addresses and phone numbers

Editor's Corner:

Step 4: "Made a searching and fearless moral inventory of ourselves."

A reading on Step 4 in *Reaching for Personal Freedom* uses the analogy of taking stock of one's closet. I find this very helpful. Although going through clothes can be tedious, it doesn't usually involve condemnation or character assassination. I look at each item and ask myself the following questions: Is this something that I need? Does it still fit? Is it worn out and in need of being replaced? Does this work for me in my present circumstances? Would it be more appropriate to let this go because it doesn't fit who I am today? Is this of use to no one, including me, and should be discarded?

I found the following definitions:

Searching: penetrating

Fearless: courageous

Moral: of or relating to principles of right and wrong behavior

Inventory: a detailed list of all the items on hand

Ourselves: makes it personal

If I apply the closet analogy and the definitions when I look at Step 4, it seems less daunting. I look deeply into myself and this requires courage. I consider both the right and wrong behaviors. What "fits" me, i.e. what helps me continue to become the person I want to be and the person whom my Higher Power wants me to be. What prohibits my growth? What are the old survival skills that no longer are necessary? What behaviors negatively affect my life and my relationships? What tools of the program can I use to replace these behaviors?

I have a friend who has been cleaning out her closet. It is a process and since a process is an ongoing thing, this is all about making progress. It takes willingness and time and energy to clean out such a closet, but each attempt works towards that goal. And it helps to have someone who has been doing this to help out. With the help of my Higher Power and my sponsor or trusted Al-Anon friend, I don't have to do this alone.

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

DEADLINE FOR THE MAY ISSUE IS APRIL 27TH

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 an upcoming Al-Anon event to announce? - an inspirational photo? - a personal share? - etc. Please email these to lifelines.riafg@gmail.com

AREA JOB VACANCY:

****NEEDED****

****2019 WORKSHOP COORDINATOR****



Rhode Island Al-Anon Family Groups

2019 WORKSHOP COORDINATOR

Do you enjoy working with others to plan and organize events? Maybe it's not your thing but you know someone in Al-Anon that is a good organizer. The Rhode Island Al-Anon Area Committee is looking for someone to step up to service as the 2019 Fall Workshop Coordinator. If you are interested or would like to recommend someone for this one-year Area position, please send an email to me at chair.riafg@gmail.com or call the Area Office at (401) 781-0044 and leave me a message.

Position Description: 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. (Note: since this is a non-voting position, an Al-Anon member who also is a member of AA is eligible to fill this position.)

Phyllis H. Area Chair

AWSC NEWS:

****OUR STATE AWSC NEEDS YOU****

The following positions are open and the AWSC needs **YOU** to step up to service:

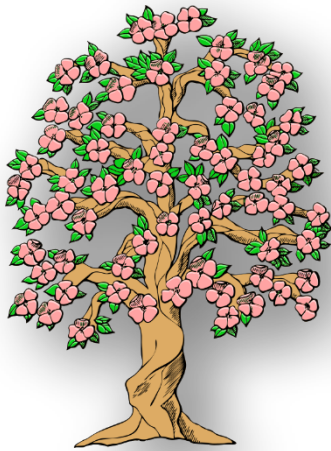
2019 Workshop Coordinator	Term is for 2019 (Non voting position)
Area Secretary	Term is for 3 years to December 2021
Area Alternate Delegate	Term ends on December 2019
Forum Coordinator	Term ends on December 2019
Public Outreach Coordinator	Term ends on December 2019

Everyone is invited to attend the AWSC meetings. So come on down to Cranston and see how this works. Four of the above positions expire the end of this year. What a perfect way to get some experience at the State level!

Worried about doing this alone? You are not alone. We all work together. Also, you can pair up with a friend in Al-Anon to co-perform the job duties. The only requirements are you are a member of Al-Anon and not a member of AA for the voting positions. The Workshop Coordinator can be a member of both programs.

The next meeting is Saturday, April 6th from 10:00 AM to Noon at the state office in Cranston. We are alternating our meetings between Saturdays and Wednesdays. **ALL ARE INVITED TO ATTEND!**

RIAFG SPRING ASSEMBLY:



AL-ANON FAMILY GROUPS SPRING ASSEMBLY

May 18th, 9:30 am – 3:30 pm (Registration at 9:00)

Registration fee \$5.00 per group

St. Luke's Episcopal Church

99 Pierce Street, East Greenwich

(Basement hall, enter through double doors without awning)

Ample parking in lot



Coffee and Beverages Provided / Pot Luck



Bring Your Own Lunch

Everyone is welcome, but only GR's (or appointed proxy) may vote. If your group does not have a GR, or your GR can not attend, the group can designate another group member, who is not a member of AA, to fulfill the role as proxy for the day. Please make every effort to attend so your group's voice/vote can be heard.

Agenda includes:

Delegate's World Service Report

Task Force Reports and filling Area Vacancies

UPCOMING CONFERENCES:

World Service Conference* (WSC) April 13-17, 2019
The 2019 Conference Theme:

“Action is Attraction – There is No Growth in the Comfort Zone!”
Love Gift Requests



Tradition has it that each Area sends “Love Gifts” to their Delegate to share at the World Service Conference. These Love Gifts are arranged on tables in their own special room. The really enjoyable part is that each Delegate gathers the Love Gifts from other Areas to bring back and share!

Here’s the information if your District/Group wishes to participate.

What ?: Gifts are often fun, small, creative items that tie in with a slogan, theme, geographic area, CAL quote, etc. Examples: handmade magnets, Sea Shells/sand, post/note cards with message, teabags (Sereni-tea), state/city pins, little bags of candy, bookmarks, sachets, wild flower seeds, handmade bracelets, special pens/pencils.

There is no end to the creativity that’s been seen!

How ?: Districts/ meetings gather to make/assemble **100** Love Gifts.

When ?: Package your items and plan for mail to arrive **after April 10th**.

Where to mail ?:

Barbara Hicks (Hold for WSC 4/13-4/17, 2019)
 Sheraton Virginia Beach Oceanfront Hotel
 3501 Atlantic Ave.
 Virginia Beach, VA 23451

Return Address in case mail is delayed:

RIAFG
 106 Rolfe Street
 Cranston, RI 02910

*What is a World Service Conference? For more information see our Al-Anon/Alateen Service Manual, 2018-2021, Pgs: 84, 139, 162.

(Questions? Email: delegate.riafg@gmail.com)

Delegates and other trusted servants will meet in Virginia Beach, Virginia, April 13–17, 2019, for Al-Anon’s 59th Annual World Service Conference. As a Past Delegate, I can tell you that **I loved receiving cards from Rhode Island's Al-Anon groups and members** while I was at the Conference. I encourage all groups and members to send cards to our Delegate, Barbara H., while she is representing us at Conference.



Thanks,
 Phyllis H., Area Chair
 Past Delegate, Panel 55

**BOSTON 61st ICYPAA 8/22/19-8/25/19
With Al-Anon/Alateen participation**

ICYPAA = International Conference of Young People in Alcoholics Anonymous.

When: 8/22/19-8/25/19
Where: Boston Marriott Copley Place,
110 Huntington Ave, Boston, MA 02116, USA
Questions: email facilities@icyhost.org

\$30.00 PRE-REG NOW AT ICYPAA.ORG!
Book your room at ICYPAA.ORG

UPCOMING CONVENTIONS:

**43rd Massachusetts Al-Anon/Alateen
Convention**

April 5 - 7, 2019

Where: Sheraton Framingham Hotel and Conference Center,
1657 Worcester Rd. (Rt9 West),
Framingham, MA 01701
Phone: 508-879-7200 for hotel reservations.

Get the registration forms and more information at: **ma-al-anon-alateen.org**.

2019 EVENTS CALENDAR:

April 6	AWSC meeting at Cranston office from 10:00 AM to Noon. ALL ARE WELCOME!
April 5-7	43rd Massachusetts Al-Anon/Alateen Convention at the Sheraton Framingham Hotel and Conference Center. For more details, see page 3 of this newsletter.
April 13-17	World Service Confer, Sheraton Virginia Beach, Atlantic Ave., Virginia Beach, VA
April 26	38th Anniversary Celebration, Friday Night Serenity Meeting, 7:30 to 9:00 PM, Ray Conference Center, Butler Hospital, Providence. Raffle, Refreshments, and Speakers
April 28	Al-Anon Liaison for the 61st ICYPAA Host Committee conference call, 3-5 PM see events calendar at the riafg.org website for all the details
May 5	Pioneer Day at the Wilson House In East Dorset, VT. See events calendar online
May 18	RIAFG Spring Assembly, 9:00AM to 3:30PM at St. Luke Episcopal Church, 99 Pierce St., E. Greenwich. See flyer
May 29	AWSC meeting at Cranston office from 7 PM to 9 PM. ALL ARE WELCOME!
August 22-25	Boston ICYPAA Convention. See above notice for details.
September 7	AWSC meeting at the Cranston office from 10 AM to Noon. ALL ARE WELCOME!
November 6	AWSC meeting at the Cranston office from 7 to 9 PM. ALL ARE WELCOME!

MEETING NOTICES:**Needs Support:**

Cranston/Warwick Day Time Al-Anon, Tuesday at 10:00 AM at Edgewood Congregational Church
1788 Broad St., Cranston.
South County Step meeting, Thursday from 7:30 PM to 8:30 PM needs your support.
Let It All Go AFG, Tuesday 7:30 PM, North Kingstown Methodist Church, 450 Boston Neck Rd.,
North Kingstown
Keep It Simple Saturday K.I.S.S. on Saturdays at 1200 PM, Ray Hall, 2nd floor, Room 4, Butler
Hospital, 345 Blackstone Blvd, Providence
Higher Powered Lunch Bunch on Tuesdays at 12:10 PM at St. Stephen's Church, 114 George St.,
2nd floor, Providence.
Saturday Night Live Al-Anon Group, Saturday, 5:00 PM, Calvary United Methodist Church, 200 Turner
Rd., Middletown
Parents for Love Hope & Recovery, Monday, 7:00 PM, Four Corners Community Chapel, 2110 Diamond
Hill Rd., Cumberland

Location Change:

Westerly Friday Night AFG is now meeting at Grace United Methodist Church, 10 Park Ave., Westerly.
The Saturday Night Live Al-Anon Group is now meeting at 6:30 PM Saturday at Calvary United Methodist
Church, 200 Turner Rd., Middletown

Meeting Closure:

A New Beginning, Thursdays at 7:00 PM at St. Paul's in Portsmouth has closed.

AREA CHAIR NEWS:**Be on the Lookout for your Group's Annual Update Sheet**

The WSO mailed the 2019 Annual Update Sheet to all Al-Anon groups in Rhode Island on Thursday, March 21st. Each group is encouraged to take this opportunity to verify the information the WSO has on file and update the information if needed. Once the information is either confirmed or updated, please return the Annual Update Sheet to the World Service Office for processing. If your group did not receive the Annual Update Sheet, please contact me at chair.riafg@gmail.com or call the Area Office at 401-781-0044 and leave me a message and I will get the current group information to your group so that it can be confirmed or updated.

Thanks.
Phyllis H.
Area Chair

AA LIAISON REPORT:

Dear Al-Anon members,

Thank you for all the help and support you gave to our Al-Anon Fellowship, making Al-Anon's participation at the 43rd AA Convention on Mar. 22 – 24 a great success.

Eloy M., our Al-Anon speaker from Colorado, felt our warm welcome and hospitality. He expressed his gratitude multiple times for the opportunity to serve, and he enjoyed his first trip to RI.

The Links of service within our wonderful fellowship performed well – our area delegate led me to Eloy M. through her work with the World Service Convention. Group members volunteered to open and close the Al-Anon speaker meeting by reading different passages at the podium, and group members within RI and MA served as the five Al-Anon meeting leaders for Al-Anon meetings offered during the AA Convention. Many thanks for your participation!

Jackie, AA Liaison

AREA OFFICE NEWS:**Volunteers Needed**

Step 12: “Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.” Service is one of the ways that we work this step. Please consider volunteering at the State Office in Cranston. You can do this at the office or you can do this in the comfort of your own home. “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.”

The Area Office still needs volunteers! Please consider giving back by volunteering for hours in the office or as a volunteer from your home. Both positions have training.

Office volunteers responsibilities:

- Greet anyone who calls the office
- Greet visitors to the office. They are usually coming for literature.
- Retrieve recorded messages, return calls and record them in our log.
- Open and distribute the mail
- Fill literature orders for in-person purchasers.

At home volunteers responsibilities:

- Access the Al-Anon voicemail account from their home phone, retrieving messages
- When the caller leaves a message and a number, the at home volunteer calls them back
- Mailing a meeting list or referring the caller to riafg.org
- Keep a brief written log of calls returned and communicate with the Office Coordinator

Please call the office for more information and/or to volunteer!

Jane A. RIAFG office coordinator

We currently have 4 Volunteers: Here is the schedule:

Monday:	12:30 to 2:30 PM	Phyllis H.
Wednesday:	12:30 to 2:30 PM	Paul B.
Thursday:	6:00 to 7:30 PM	Jane A.
At-Home Volunteer:	Tuesday	Clara R.

FORUM ARTICLE:**I Thought I was Helping**

I came to Al-Anon because I had an alcoholic child. I felt miserable because my child was in trouble and frustrated because I couldn't seem to do anything about it. I also felt angry that he lied and took advantage of me. As a father, I saw myself as the fixer. I provided wisdom, guidance, and advice - lots and lots of advice. I minimized problems with humor, provided money, and showed disapproval. The effect of my actions put roadblocks in his path to recovery because they gave him no room to breathe, no opportunity to help himself and rebuild his self-esteem. Every time he turned around, I was there to help, or so I thought, by offering what I felt was a better way. We always had long phone chats, which used to consist of him telling me his problems and me giving him advice because I knew that, if he would just listen, all would be well. In truth, my advice, money and disapproval did nothing but injure him. In effect, I was telling him that he did not have the skills necessary to make his own decisions. I was demeaning him, not helping him.

However, by using the tools I learned at Al-Anon meetings, I changed the nature of our conversations. Instead of giving advice, I gave empathy. Instead of telling him what to do, I told him I was sorry to hear about his latest problem and let him solve it for himself. Then a remarkable thing happened. After several weeks of these conversations he said to me, “You know, I really enjoy these talks we’ve been having lately; they mean a lot to me.” At around the same time, he began his own program of recovery.

My new approach did not cause him to recover or even help him to recover, but it did remove some obstacles that I had been putting in his way. In essence, my script had changed, and therefore, our relationship changed. Through this program, I learned that, if I take care of myself and treat myself with respect, then I will be in a better position to help my son in a way that acknowledges that there is a real person, a loving person, inside my alcoholic son. I finally realized that he is an adult and, therefore, has the right to solve his own problems and to live his own life. As a result, in addition to being my son, he once again became a very close and dear friend.

by Frank V., New York

(Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA. March 2019 p.28)

MEMBERS SHARE:**My God Moment**

I was spending the weekend with a friend, and on Saturday afternoon, I received a call from my son (who never calls, he does that text thing). I couldn't understand him. He was crying, and all I heard was "Bones" (his dog, a husky) was dying; he was at the vet and he is dying. I asked what happened. He said that he noticed a lump in his stomach and he thought he had eaten a sock (Bones loved to eat socks). It wasn't a sock. It was cancer and they couldn't do anything for him because he was bleeding inside. I asked my son if he wanted me to come there (I was an hour away). He said, "Yes, if I wanted to say goodbye."

I got to the room and there was my son (he is a very big boy) sitting on the floor inconsolable, clutching Bones, saying "I can't do this, don't ask me to do this." I had never seen him that way.

I felt helpless, there was nothing I could do for him and then I realized all I could do was pray. I asked God to please help my son thru his pain and to take Bones peacefully. The vet came in and said that we could stay as long as we wanted to and my son said, "I can't let you do this here. I can't watch him die on this floor." The vet told him they could go outside. They got the leash and as we were walking outside my son said to the tech thru his tears, "He didn't get his first snow." Bones loved the snow. He would sit for hours in the snow. As we walked outside, it began to snow. We sat, letting him walk around and sniff everything and try to lick the snowflakes from his nose. As he lay on the blanket we said our goodbye, my son was inconsolable and I had never seen him that way. After about 20 minutes he was gone and we walked inside to collect our things. We walked out of the vet's office and the snow stopped.

I got to my car and sat. I thanked God for doing for me what I could not do myself, for giving me the strength to let my son make the decisions and for giving him what may not have felt that way on that day but later some peace. His dog died the way he lived, outside in the snow with the people that loved him most. I called my sponsor to express my grief. My son had his own and I didn't want to burden him with mine.

For the next week I let my son grieve in his own way. I asked him, "Are you okay?" and when he said "I just can't talk about it right now," I respected that and didn't try to take away his pain. He knew I was there if he needed me but I left him alone. If it weren't for this program I would not have thought to "pray" nor would I have stepped back and let my son make the decisions. I would have tried to take away his pain instead of giving him the dignity and respect he deserves. I would have made my grief his and his mine.

This program has not only saved by life but given me a life. Things aren't always perfect and I really wouldn't want them to be. I know that no matter what happens in my life, God, my sponsor and the people I chose to be in my life will be there for me to help me thru the pain and grow on the other side.

Barbara H.

DISTRICT 3 NEWS:

March 2019

District 3 meets the second Thursday of every month at the Portsmouth Library 6-7p, and our latest meeting was March 14, 2019.

We followed up on last month's initiative to strengthen our District's adherence to the first part of Tradition 11: "Our public relations policy is based on attraction rather than promotion", by ensuring that all District 3 meetings are included in all our local newspapers. We confirmed or have initiated meeting announcements in: *The Jamestown Press, Bristol Phoenix, Barrington Times, Warren Times-Gazette, Portsmouth Times*. We are asking District 3 members and Group Representatives to check local papers we have missed and initiate weekly announcements in them. Please contact District 3 Rep for guidance or questions.

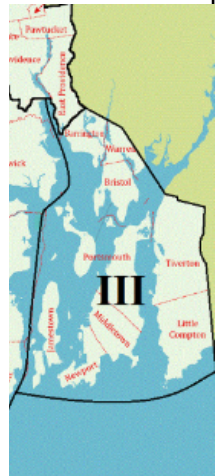
Our district has made much headway toward establishing a new Sunday night meeting in Newport! We are securing the location and will use District money and literature to seed the new group. Next is to initiate the registration process with the World Service Office. We are looking for local volunteers to support group attendance while it gets started. To provide service you can contact Elaine at lifelines.riafg@gmail.com and she will pass your info on to Toby. Look for our new group sometime in April or May!

Last month we discussed the upcoming AA/Alanon Convention taking place in District 3 on Goat Island March 22-24. We are very grateful to our District 3 members who volunteered for open service positions at the conference!

We continue our focus on filling all active meetings with a Group Rep, which is a wonderful opportunity to do service and is required in the WSO Service Manual. Basically, the rep acts as a liaison between the group and the District. Our goal is to increase the health of all active meetings by having this important position filled, ideally in time for the Spring Assembly May 18th.

Our next meeting is April 11th at 6-7p in the Portsmouth Library. We hope to see you there!

Gratefully in Service,
RI District 3



DID YOU KNOW:**Terms used in Al-Anon Service**

Area World Service Committee (AWSC): This committee consists of the officers of the Assembly, District Representatives, Coordinators and liaison members, who meet between Assemblies to discuss Area and District matters, plan the agenda for the Assembly, initiate projects and make recommendations to the Assembly. All Committee members may vote at the meetings of the Area World Service Committee.

Help Spread the Word!

Did you know that every two months excerpts from articles in *The Forum* are translated into Spanish and French? These articles are then published in a separate newsletter in Spanish - *Al-Anon y Alateen en accion* - and in French - *Al-Anon/Alateen Le lien* - for our Spanish and French speaking Al-Anon members. Please share with them that these newsletters are now in vibrant full color and posted on the al-anon.org/revistas and al-anon.org/magazines-fr websites. For subscription information please contact the World Service Office at (757) 563-1600 or by email at wso@al-anon.org.

Editions of the World Service Conference Summaries

Did you know that all 58 editions of the *World Service Conference summary* are posted on the website? That's right - from the first conference in 1961 to the latest conference in 2018! The *2018 World Service Conference Summary (P-46)* covers these conversations and more: What did Conference members discuss following a presentation by the Task Force - Celebrating Our Differences and Our Common Purpose? What was discussed during the Policy Work Group - Virtual Meetings? What is included in the 2017 World Service Office Annual Report? Download it for free at al-anon.org/wscsummary.

NEWS FROM THE WSO:**Awareness of Alcoholism
Opening More Eyes in April**

The literature table at my first Al-Anon meeting immediately caught my attention. Suddenly, I had access to information about alcoholism and its effects on the families of alcoholics. At the time, I felt incredibly isolated because I had never seen, heard, or read anything about alcoholism or Al-Anon. Having access to that literature gave me comfort as I left the meeting. I now had Al-Anon literature to read in my hours of desperation between meetings.

Until that time, the possibility that I could recover from the effects of my husband's drinking, let alone the availability of Al-Anon, was unknown to me. This lack of information in my early program days continues to make me determined to "change the things I can" for other families of alcoholics who are in despair. One important way I can do that is to reach out to them by providing copies of the *Al-Anon Faces Alcoholism (AFA)* magazine to urgent care facilities, employee assistance professional offices, and hospital emergency rooms. I drive by these locations daily on my way to work. It only takes an additional ten minutes for me to stop and speak with the office managers to ask if I can leave copies of *AFA* for their patients and clients. My neighborhood police station is always staffed, and the branch of my public library is open until 7 pm during the week. So, I can add them to my list of places to take *AFA* magazines.

I am only one Al-Anon member, but I can draw attention to the fact that alcoholism is a family disease and to the availability of local and electronic Al-Anon meetings. The information and encouragement in *AFA* magazines can attract newcomers to our program.

It is a good feeling to be one of the Al-Anon members taking action to help more families of alcoholics receive information about Al-Anon and referrals to our program from professionals.

By Claire R.

Associate Director - Public Outreach Professionals

Reprinted with permission fo Al-Anon Family Group Headquarters, Inc., Virginia Beach VA

How Has Conference Approved Literature Helped You?

Please share how *Alcoholism, a Merry-Go-Round Named Denial* (P-3), *Hope and Understanding for Parents & Grandparents* (P-94), or *In All Our Affairs Making Crises Work for You* (B-15) helped you. Send your sharings by April 15 to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, attention: "CAL Corner"; or to: wso@al-anon.org with "CAL Corner" in the subject line; or to al-anon.org/forumshare.

Dear Al-Anon Members,

The WSO is pleased to inform you that the "Let's Talk About Safety in Al-Anon Meetings!" is now posted on the al-anon.org website in **English, Spanish and French** under the Group Resources page (of the respective languages) of the Members menu.

Go to al-anon.org and Click on: [Group Resources](#).

It is important to note and share with members in your Area that the service tool can be photocopied. We encourage any service arms wishing to provide access to the document from a website to hyperlink to al-anon.org to ensure members are provided the most current document. This is also stated on the last page of the safety service tool.

The WSO has received a considerable amount of feedback from members requesting additional copies to be mailed. Making this a free downloadable tool makes this immediately available to members. Please don't hesitate to contact us if you have any questions.

Yours in grateful service,

Sue P.

Associate Director - Group Services

Off Site Job Opportunity

In support of Al-Anon's mission to offer help and hope for families and friends of alcoholics, the WSO is looking for an Al-Anon member with professional Spanish copy editing and translation experience. This is part-time, off-site contract work and requires a minimum of five years continuous Al-Anon membership. Please share this message with other Al-Anon members who may be interested in applying. Here is a link to the work description: www.al-anon.org/pdf/Copy-Editor-Translator-Spanish.pdf

Natalie L., Executive Administrative Coordinator

How Can I Attend Al-Anon Meetings?

My disease does not take a break just because it's the middle of the night, a holiday, or when I'm on vacation. Did you know that Al-Anon meetings are available 24 hours a day, seven days a week and that they can all be found on al-anon.org? The "Al-Anon Meetings" menu provides physical as well as electronic meeting information.

Al-Anon meetings take place face-to-face, on the phone via conference call, and online via email, blog, video conference, and social media. Information can be found under "Virtual Meetings" in the "Al-Anon Meetings" menu of our website. Participating in registered Al-Anon online meetings can fill those challenging times in our lives with hope and serenity.

If you're planning a trip, whether it's business or personal, you can find face-to-face Al-Anon meetings at your destination by using the online meeting search or by accessing "Worldwide Al-Anon Contacts" in the "Al-Anon Meetings" menu. Simply fill in the state or province and follow the links to local websites. The ability to connect with Al-Anon members anytime, anywhere is so important in today's busy work. Let al-anon.org be your first stop for meeting information!

by Sue P.

Associate Director, Group Services

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

Have You Updated Your Group Information Lately?

Keeping your group's information up-to-date is important so that individuals seeking Al-Anon's help will find your meeting. A meeting address is sometimes not enough information to guarantee that someone will find your group. Simple steps, such as hanging signage throughout the building to direct people to the meeting room or adding location instructions on your group record, can help. Consider including the following in your group information:

- A room, a suite, or a floor number where meetings are located
- The description of the building - for instance, in an annex next to the main building
- A specific instruction, such as "see receptionist for room number" or where to park if necessary
- Information about the frequency of the meeting - for example, the meeting is not held weekly or not held on specific days of the year

Keep in mind that you can update your group information at any time during the year using the Online Group Records Form at al-anon.org/update.

Alateen Talk

Have you seen it? *Alateen* Talk has a bright and new design. *Alateen* Talk is a quarterly publication where Alateen members share their experience, strength and hope. Their sharings relate to their personal lives and how Alateen helps them. *Alateen* Talk is a great tool for carrying the Alateen message to young people who are suffering from someone else's drinking. You can subscribe to *Alateen* Talk by filling out the form at al-anon.org/alateentalkform.

STEP FOUR:

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR:

Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

CONCEPT FOUR:

Participation is the key to harmony.

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 E.H..

