

# Lifelines

## Rhode Island Al-Anon Family Groups

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

### Monthly Focus Topic

### Step 4

#### ***Made a searching and fearless moral inventory of ourselves.***

When I first came to Al-Anon, the idea of taking a moral inventory made little sense to me. I didn't see myself as the one who needed it. Looking back, that probably should have been my first sign that I was exactly where I needed to be.

I carried a sense of self-righteousness without even realizing it. I believed I had things figured out, that I could guide others, and that it was my place to remind them—again and again—when they failed to follow my advice. At the time, I didn't recognize these as negative traits.

As I've learned to keep the focus on myself rather than the alcoholic, my perspective has shifted. I've begun to see where my own flaws lie, and I've come to understand that working on them is my responsibility.

Resentment has been another major challenge for me. I've repeatedly tried to fix or rescue the alcoholics in my life. Each time, I end up resenting the very person I thought I was helping. Slowly, I'm learning that my "help" often delays both their recovery and my own.

It is humbling—and at times lonely—to step back and change both my attitude and my actions. But through Al-Anon, I've found strength and courage to keep going. I'm beginning to see where a new way of thinking and behaving can lead, and I know this is something I could not do on my own.

#### **Member and Readers' Share Page**

*Would you like to share your story in Lifelines? Send it to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)*

*Each month we will focus on a new topic and share reader responses to the prior month's focus.*

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### Cranston Office News

The Cranston office is now open on Tuesday evenings from 4:00 to 7:00 PM. Our literature coordinator is also there on the 3rd Saturday of the month from 9:00 to 10:30 AM and the 4th Wednesday of the month from 5:30 to 8:30 PM.

Please call the office ahead of time if you are planning to come in. Literature orders can be mailed in using the order form on our website: [riafg.org](http://riafg.org). Please include a check made out for the total of the order including any shipping charges if you want the literature mailed to you. Please include a contact name and phone number. If there are questions about the order, we need contact information to clear up any issues. If you plan on picking up the order, please include a contact name and phone number so we can let you know the status of your request. Please note that the office still accepts only cash or checks.

### Conference Approved Literature (CAL) in RI!

Please check out our literature page on our RI Al-Anon website:

<https://www.riafg.org/literature.html>

Thank you for your continued support and purchases from our Rhode Island Al-Anon Family Groups.

I recently attended a Spanish-speaking Traditions meeting in Connecticut. The host group used the pocket-sized CAL pamphlet, "**Conflict Resolution Using Our Twelve Traditions**," which is available at our Literature Distribution Center at the RIAFG office. This piece of literature includes discussion questions that encouraged great participation during the meeting. The host group offered a potluck supper and generously gifted a copy of the pamphlet to each attendee. I highly recommend this Al-Anon pamphlet as an excellent meeting topic.

Best regards,  
Jackie Wheeler  
Literature Coordinator RIAWSC

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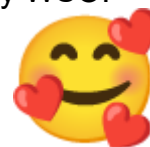
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These are the Highlights and letters that Barbara W. (Our RIAWSC Area Delegate) presented at the NERD Conference she attended in March.

Also, I and including the WSO instructions on how groups can send her Letters of Thank You and support While she is representing us at the WSO WORLD Conference in Virginia this Month!

The only change in the instructions would be for the Return address on any letter sent be the RIAFG office address in Cranston instead of Barbara's address as suggested by WSO.



All cards and letters show our love and support for her service and time.

Christine Egerton  
Area 49 Chair.

Thank you!

### 2026 World Service Conference Mail

Al-Anon's 66<sup>th</sup> World Service Conference will convene in Newport News, Virginia, USA, from April 20 to April 24, 2026. The Conference, Al-Anon's annual business meeting, provides guidance to the World Service Office (WSO) on service matters that are brought to its attention.

Delegates and other trusted servants enjoy receiving mail from members and groups in their Areas while they are at the Conference. We invite you to send *cards and notes* of support to Conference members. We ask that members and groups refrain from mailing boxes, packages, or large envelopes (love gifts) to the hotel as Conference members who wish to share love gifts with other attendees will be limited to *what they can carry with them to and from Conference*.

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Name (Hold for WSC 4/20-4/24, 2026 )  
Newport News Marriott at City Center  
740 Town Center Dr.  
Newport News, VA 23606

Please plan to have your mail arrive **after April 17**. Remember to use your trusted servant's name and home address as the return address in case mail delivery is delayed.

### 75 Years, One Purpose

Tradition Five is my favorite tradition, it states that Al-Anon's one purpose is to help families of alcoholics and that I can be helped by working the 12 Steps, encouraging and understanding the alcoholic, and welcoming and giving comfort to other Al-Anon members.

By the time I walked into my first Al-Anon meeting in Chicago in 1992, I felt as though I had tried everything I could think of to get my alcoholic husband to act normally, to no avail. I was in deep despair, hopeless and in pain. I reached out for help by walking into that Al-Anon meeting, and it was such a relief to feel open to help for the first time in my life.

I had asked for help before but I never actually wanted feedback. I used my problems and extremely chaotic situations as topics of conversation to gain attention and shock and distance people. The "help" I received was never helpful so I nodded, smiled, and quickly and disdainfully discarded suggestions.

As I attended these early meetings, I realized I had found people who understood and whose sole purpose was to help me! I was gently helped indirectly by listening, sharing, working the 12 Steps, and reading literature. Al-Anon appeared set up to give me no reasons to criticize or reject what I was hearing, and no way to mess it up or fail at it.

Al-Anon was my lifeline. Everyone was kind and I began to feel heard, "a part of" despite sharing my great imperfections, and it was a fantastic and new feeling. After a meeting, I felt poured back into my body. I began to understand the disease of alcoholism and that there were reasons for my struggles, and it all made sense. I learned to have more compassion for myself, my family, alcoholics, and friends and families of alcoholics.

Before Al-Anon, helping others gave me a reason for existing. In Al-Anon, I have learned to offer help without strings or resentment. I benefit myself by giving only what I am able to give, which in turn, benefits others in a healthier way.

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Aversion to help is a primary way that I've been affected by the disease of alcoholism. I volunteered as third-year delegate to continue to give service when I can, to develop my ability to accept help from a mentor, a service sponsor and members, to try new scary things and to accept my imperfect humanity. Attending the WSC is yet another opportunity for me to show gratitude for the gift of the Al-Anon program through service.

Barb W., Panel 64  
RI Delegate, Area 49  
[delegate.riawsc@gmail.com](mailto:delegate.riawsc@gmail.com)

## Sharing Area Highlights – WSC 2026

### Rhode Island; Barbara W., RIAWSC Delegate Panel 64

Rhode Island is tiny, 37 miles wide by 48 miles long, and as Area 49, we have 3 districts, 34 in-person/hybrid meetings including one Spanish-speaking meeting and one Alateen meeting, and 10 online meetings. There has been a healthy increase in interest in service at the AWSC level and spirits are high!

#### Highlights

- RIAWSC Area 49 held two in-person assemblies, one in the Spring hosted by District 3 and one in the Fall hosted by District 1. Five additional AWSC meetings were held via Zoom or in hybrid format.
- RI Area World Service Committee is rocking! All but three service positions have been filled.
- The Budget is out of the red and into the black, thanks to member responses to fundraising efforts.
- Workshop Coordinators planned and held the annual all-day Al-Anon Workshop in October featuring Al-Anon and AA speakers, breakout sessions, and AA participation.
- Alateen Coordinator and Alateen Process Person worked hard to get Alateen up and running again post-Covid. RI has one new Alateen in-person meeting started and one that is in process.
- New Tech Coordinator position was created and filled.
- The Area held a successful Writing Workshop on Zoom and at the Annual Workshop.
- A Task Force for office accessibility has been established.
- The Rhode Island AA Convention with Al-Anon participation was sold out, there was an Al-Anon speaker, several Al-Anon meetings held, and literature available.

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### **Challenges**

- We are still looking for an Alternate Delegate, a Public Outreach Coordinator and a Forum Coordinator.
- There was no elected Delegate for 2025 and thankfully our chairperson attended WSC, doing double duty.
- We are working to figure out how to best support our Spanish-speaking group at assemblies and workshops.

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### ALATEEN MEETING

Are you a teen that has been affected by someone else's alcoholism? Do you believe no one could possibly understand how you feel? Do you cover up your real feelings by pretending you don't care? Do you feel neglected, uncared for, or unloved? Do you tell lies to cover up for someone else's drinking or what's happening in your home? There is hope! Alateen is a support group for teenagers whose lives have been impacted by someone else's alcoholism.

#### **You Are Not Alone Alateen**

Meetings every Sunday 6-7pm

Location:

YANA of Newport County

770 Aquidneck Ave

Middletown, RI 02842

<https://yananewport.com/events/alateen-meeting/>

<https://al-anon.org/newcomers/teen-corner-alateen/>

Ages: 13 - 18

*Only Alateen members, prospective Alateen members, and Alateen group sponsors are allowed to attend Alateen meetings. Adults are invited to attend Al-Anon meeting occurring at the same time at the same location. Al-Anon is a support group for anyone who has been affected by or is concerned about someone else's drinking.*

#### **What is Alateen?**

Alateen is a place where teens come together to:

- Share experiences, strength, and hope with each other to find effective ways to cope with problems
- Discuss difficulties and encourage one another
- Help each other understand the principles of the Al-Anon program through the use of the Twelve Steps and Alateen's Twelve Traditions

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### New Alateen Meeting Coming to Cranston!

- Beginning Thursday, January 8<sup>th</sup> 2026 7pm-8pm EST
- Praise Tabernacle Church
- 330 Park Avenue
- Cranston RI 02910

If you're a local teen/preteen whose life has been affected by someone else's drinking then Alateen might be for you!

No dues, no judgment, just a safe space.

Please email [riateen@gmail.com](mailto:riateen@gmail.com) or [rpankiw0727@gmail.com](mailto:rpankiw0727@gmail.com) for more information or any questions



*\*There's an Alanon and AA meeting at the same time for additional flexibility*

### Special note on Tradition Seven Donations Receipts

We are changing how we acknowledge receipt of donations from groups and members. We are doing this as a cost savings measure (postage, paper, toner expenses).

- For group donations, we will email the donation receipt to the "group representative" (GR) or "current mailing address" CMA (which we have on file). If your group prefers that we send the receipt to the group treasurer or someone else, please include a note with the check providing the email for that person.
- For personal, memorial, and appeal donations, please include a note with your email address.
- If you use Zelle to send a donation from your bank account to the RIAFG bank account, please include the email address in the memo/note box.

In gratitude,

Phyllis H.  
RIAFG Treasurer

**Honoring More Than 75 Years of Public Outreach**

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### **Celebrating 75 Years of Al-Anon Family Groups**

As part of our 75th anniversary celebrations, Al-Anon's World Service Office is hosting an Open House, and you are invited! Come visit the "Clearing House," aka Al-Anon Family Group Headquarters, Inc., founded by Lois W. and Anne B. in 1951. The World Service Office (WSO) has been at the heart of Al-Anon service for 75 years, and we're opening our doors to celebrate this legacy with you!

The Open House is free and open to all members and friends. It will include refreshments, guided tours, displays of treasured mementos from our Archives, and opportunities to fellowship with other members and Staff.

#### **WHEN:**

Saturday, April 25, 2026  
10:00 AM – 3:00 PM Eastern Time

#### **WHERE:**

Al-Anon Family Group Headquarters, Inc.  
1600 Corporate Landing Parkway  
Virginia Beach, Virginia, USA

That evening, a ticketed banquet at the Newport News Marriott at City Center will continue the celebration. Seating is limited.

For complete details, please visit <https://al-anon.org/world-service-office-events/>

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