

LIFELINES

Rhode Island Al-Anon Family Groups

Area 49

DECEMBER 2023

Editor's Corner

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Wake-Up Call

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and practice its principles in all our affairs.

So *that's* why they have coffee at so many meetings -- to help with the *spiritual awakening!* (Just kidding.)

For most of us Step Twelve feels like a continuation of the work we've done in the previous eleven steps. If we're lucky, **we may come away with a little more understanding** as we move through the months and years.

Of course we'd rather have bells, alarms, and exterior signs that show the world *we've worked hard at this*. Sorry, you probably won't get that! **This step is not like getting a gift off of your wish list.**

No matter how good you are, **spiritual awakening is not bestowed on you like a reward**. Think of it as a homemade present you share with everyone else in your life. Sometimes you'll be really aware of how Higher Power is working in your life; sometimes less so. But, just like last year's fruitcake, it'll never go away!

The spiritual awakening of the Twelfth Step really is a gift -- **a gift of peace and hope** that keeps on giving in all parts of your life.

Keep working your program during this busy month, in person and/or online! Meeting times and literature lists are at www.riafg.org. Our new Al-Anon books will wind up on your wish list, for sure! (Or, be your own Santa and buy some books now before they sell out!) And. . .if you're into end-of-year giving, check out the last page of this newsletter (and thank you).

May you all enjoy the gifts of serenity and harmony this holiday season, and in the year to come.

Gratefully in service,

Eden C.

Lifelines Editor



**SUBSCRIBE TO
LIFELINES**

Aim your phone camera
at the QR code
and sign up anonymously

STEP TWELVE

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.

TRADITION TWELVE

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

CONCEPT TWELVE

The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.



AA 2024 in Newport! February 9-11

- speaker and marathon meetings (AA & Al Anon)
- afternoon and evening entertainment
- hospitality rooms
- yoga and meditation workshops
- sobriety countdown
- great fellowship

Get all the details and register NOW at:
<https://aainri.com/area-61-convention/>

SERENITY BREAKFAST

January 21, 2024

REG

8:00-8:45



BUFFET

9:00-10:15



SPEAKERS

10:15



OUR PATHWAY
TO PEACE

▲ 46th Annual CT AFG Convention 2024 ▲

SHERATON
HARTFORD
SOUTH
100
CAPITOL
BLVD,
ROCKY
HILL, CT

Spanish Interpretation available
Raffle - Great Prizes

\$33.00 Registration via Eventbrite or check

Name: _____

Address: _____

Email: _____

Phone: _____

Al-Anon Alateen AA Spanish Interpretation

Make checks payable to ctafg_convention 2024

Mail check & info by 01/07/24 to

CT AFG Inc p.o. box 120533 East Haven, CT 06512

Questions? Email convention2024@ctalanon.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 **Sunday** 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

Read this if you meet online!

A message from our Webmaster, Kim:

RIAFG Groups that are remaining "Online Only" need to register as **Electronic Groups** with WSO and can choose Rhode Island as the Location and Local Group. Once the registration is confirmed, the Electronic Group can be posted on the RIAFG website. Register your online group at:

<https://al-anon.org/for-members/group-resources/group-records/new-electronic-meeting-registration/new-meeting-form/>

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.

Fall 2023 Assembly at YANA Club, Newport November 4, 2023

**Statewide updates
and elections**

RI Al-Anon Family
Groups
2023 Fall Assembly
November 4, 2023

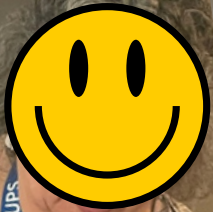


New Literature raffles!

**Special workshops with WSO on how to
evaluate service opportunities**

Hospitality, humor, hope . . .

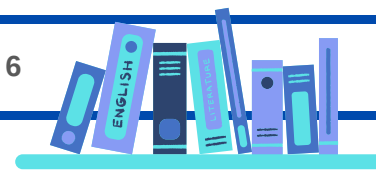
Al-Anon Declaration
and Alateen always be there
Let It Begin with Me.
Al-Anon Family Groups,
hope for families & friends of alcoholics



Making new friends from WSO

. . . and Hugs!

Next RIAFG Assembly: June 2024



RIAFG Literature News

December 2023 Note from your Literature Coordinator:

I'm happy to report that while the new Daily Reader is out of stock again at the WSO, we have a good supply still in our office!!

The new Reader, entitled *A Little Time for Myself*, costs \$17.00, and is only available in the usual small Reader size—there is no LP edition. The more modern typeface and spacing of text on the page seems to help those that usually prefer the LP. I also have some available in Spanish.

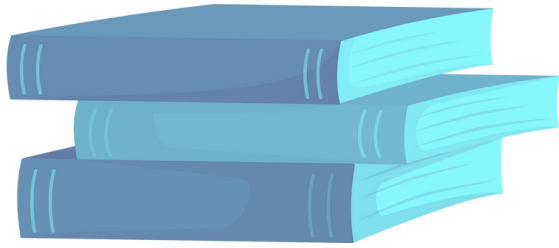
I added the new Reader to the top of the Literature Catalog on www.riafg.org, so you can find it easily when you are filling out an Order Form. If you need materials mailed to your group, please use the Order Form posted on the website, as it has the newest mailing rates.

We continue to have ample supply of almost all pieces of literature at the Office, so call/send in orders, and we can have those to you fairly quickly. You can also always email either myself at literature.riafg@gmail.com or Elaine at office.riafg@gmail.com for literature requests.

As always, thank you for supporting the RI Area by buying Literature through our RIAFG Office!

Yours in Service,
Wendy H.
RIAFG Literature Coordinator





Got Literature?

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

Plan ahead for the holidays



Al-Anon members' anonymity is always protected so that they can share about their situation without fear.

“I grew up in an alcoholic home. At the time, I would not have said that that’s what was happening; but we would wait for my dad to get home to have dinner. And that could sometimes be late. And I’m one of eight children so that would be a big waiting game for all of us kids. And then **the holidays were a time for us where we didn’t really know what was going to happen.** Because it could be a really happy holiday and everybody’s happy, or if there’s something that goes wrong—and it could’ve easily been my mother that got mad at something that my dad did—then there would be tension and everybody would be waiting for the explosion.

“That didn’t change when I grew up and got married. **The holidays were very stressful for me** because when I was married to an active alcoholic there were a lot of money problems and there was always that tension of what was going to happen next?

What I discovered in going to Al-Anon, is that the alcoholic situation doesn’t always get better. There are relatives that I’m still around today that’s what they do is they drink, and they haven’t chosen sobriety. I’m lucky that my husband is sober today, so that makes the home life a whole lot better. But what I have today, is that the tools that Al-Anon has taught me, is that **I can have another plan.** That my happiness, in that event, doesn’t have to be waiting for the other person to behave themselves.” --

TRISHA, from al-anon.org

Watch Trisha’s interview at:

<https://al-anon.org/blog/you-can-have-happy-holidays-even-when-your-loved-one-is-drinking/>

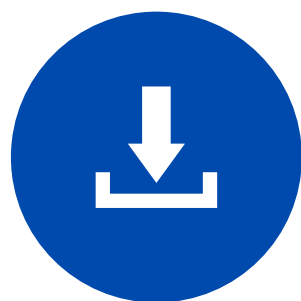


New to Al-Anon? You'll want to hear this.

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!**

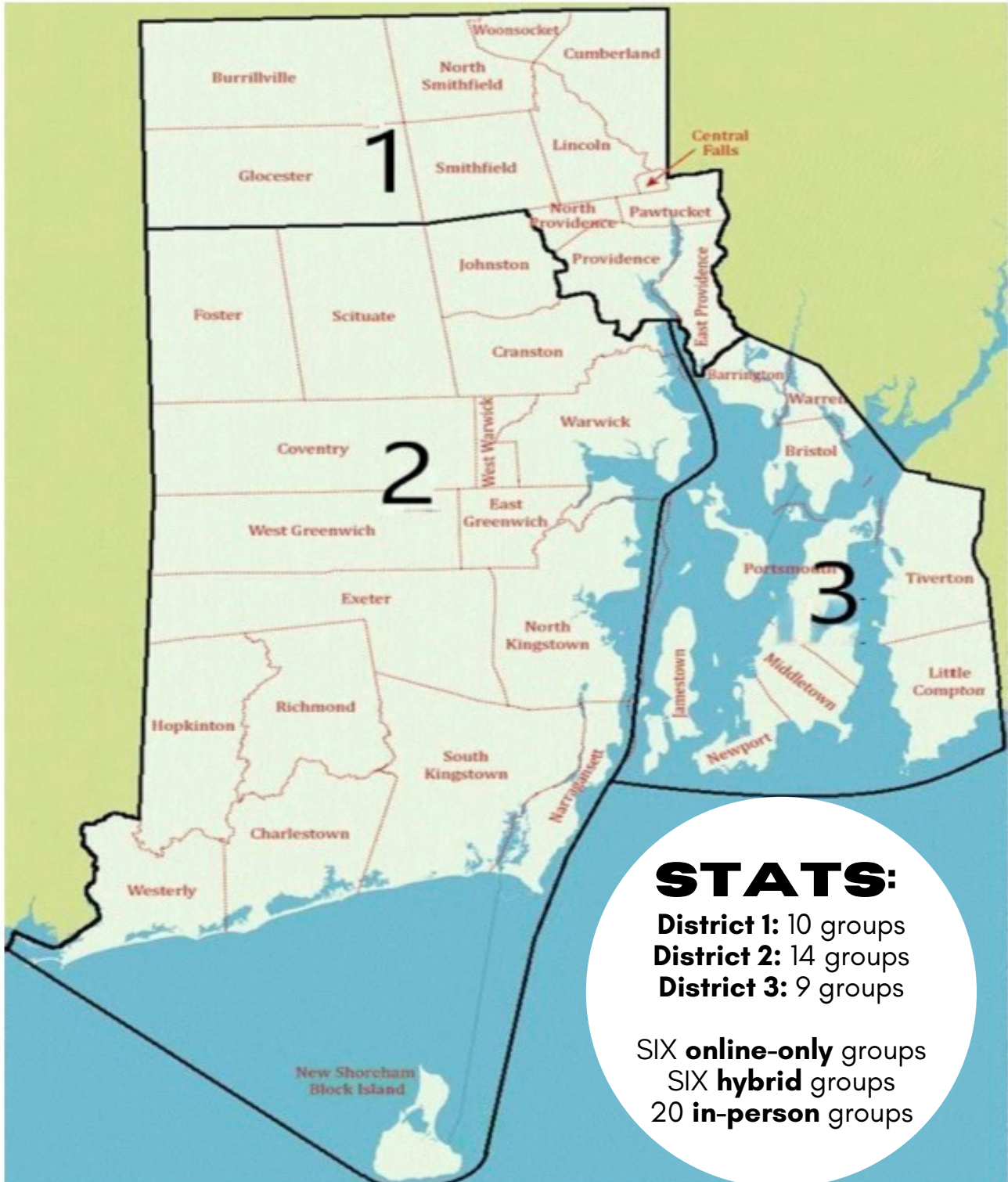
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

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, Tiverton, Warren.



Al-Anon's First Official MOBILE APP!

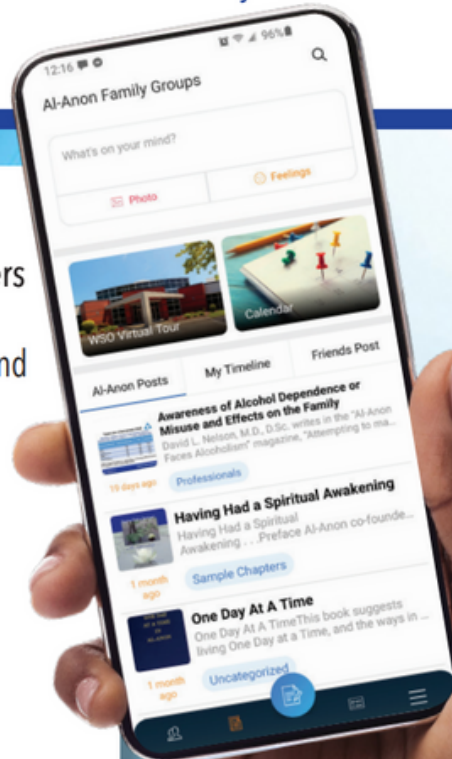
This mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world are able to come together for Al-Anon recovery.

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***

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 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.*