

LIFELINES DECEMBER 2019

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

Spiritual awakenings are as unique as we are. For me some were subtle awarenesses and some were more dramatic. Early in the program, I had just returned home from a long day at work and my teenage daughter was acting just like a teenager. She was in her room and made some remark that I cannot remember now, but I was ready to jump into an argument. Suddenly, HALT came to mind. Was I hungry? Yes. Was I angry? Yes. Was I lonely? Being the parent of a teenager certainly felt like I was the only one being reasonable. Was I tired? Yes. And suddenly I realized that HALT means "STOP!" So, I stopped. I stopped my mouth. I stopped my finger pointing. I stopped the direction that I was going in. I said goodnight to my daughter, gave her a kiss, told her I was tired and I loved her, and I turned around and left her room. I was waking up to the fact that I needed to take care of me first before anything and anyone else. I deserved to eat if I was hungry; to remove myself from a volatile situation if I was angry; to remember that I was not alone in this life of mine; and that I could allow myself to rest if I was tired. All this occurred well before I even thought about tackling the Steps. I was making baby steps in the program by using the slogans, reflecting on the daily readings, and remembering the nuggets of wisdom I received from attending meetings. My spirit was coming back to life.

Carrying the message to others can be as simple as showing up for a meeting, helping set up or put supplies away, chairing a meeting, or talking with and listening to a newcomer after the meeting. I feel that carrying the message is a large part of how I practice these principles in all my affairs. How I conduct myself and treat others at meetings spills over into my work, social and home life. The concept of not interrupting someone when they are speaking enhances my ability to communicate in all areas of my life. Learning the skill of listening, rather than preparing my comeback, gives me wisdom and the ability to remember the importance of an open mind. I also learn that I don't need to always have a "comeback" in these situations. I can honestly share how I am feeling and that I need to think about what they have said and get back to them. I don't have to be right. I do have to be kind, considerate, caring, and thoughtful in all my affairs.

At our fall assembly several participants shared their experience strength and hope on paper. In the coming months you will read their writings in the Members Share section of the newsletter. I found all of them inspirational. It was wonderful how well they expressed themselves under a time crunch!

A Grateful Member of Al-Anon

Elaine H., Lifelines Editor

***DEADLINE FOR THE JANUARY ISSUE IS DECEMBER 29TH.**
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

ALATEEN NEEDS YOU:

Knock, Knock. Who's there?
The next generation looking for help!

We need YOU to meet soaring demand

Consider carrying your 12th step message through Alateen service

Right now we're down to **one** – yes, just a measly one! – active Alateen group in the entire state of Rhode Island...

But the emails and calls are NOT slowing down...Parents, teens, school staff, and social workers all reaching out for help with the family disease of alcoholism because they have nowhere else to turn.

A sad truth. But a silver lining: YOU could help change that sad fact.

Willing to find out how?

Have you been a member of Al-Anon for at least two years? You qualify!

Are you also a member of AA? You qualify.

Can you do this with another Al-Anon member? Yes!

For additional information, please email Ashley B.: alateenri@gmail.com

ALATEEN CORNER:**55 YEARS OF ALATEEN TALK**

This year, *Alateen Talk* celebrates 55 years of providing help and hope to teens and younger members affected by the family disease of alcoholism. We want to thank all Alateen contributors, Al-Anon members involved in Alateen Service, Area Alateen Coordinators, and Area Alateen Process Persons for sharing their experience, strength, and hope through the written words of *Alateen Talk!*

To subscribe to *Alateen Talk*, visit al-anon.org/alateentalkform. There are also subscription forms available in the November 2019 issue of *The Forum*.

2019-2020 EVENTS CALENDAR:

Jan 14,2020	41st Anniversary Celebration of Charlestown New Life. More info to follow
Mar 20-22	2020, 44th AA Convention with Al-Anon participation. Gurney's Newport Resort, see flyer
May 30, 2020	RIAAG Spring Assembly at Emmanuel Church, 42 Dearborn, Newport, RI
July 2-5	2020. A.A. International Convention in Detroit, Michigan. See news from the WSO.

MEETING NOTICES:**Holiday Notice:**

The **North Providence Step Meeting will not** be meeting on **any holiday** that falls on a Thursday.
Wakefield Just for Today at Wakefield Baptist Church on Monday @ 7:30 **WILL NOT MEET** on any holiday that falls on a Monday.

The **Cranston-Warwick Daytime AFG WILL BE MEETING ON BOTH DEC 24 AND DEC 31.**
 This meeting is held on Tuesdays at 10 AM at the Edgewood Congregational Church,
 1788 Broad St., Cranston

The **Higher Powered Lunch Bunch WILL MEET ON DECEMBER 24TH** from 12:10 to 11:10 PM
 at St Stephen's Providence.

The Tuesday evening **New Beginnings** at 7:30 PM in E. Greenwich **WILL NOT MEET ON DECEMBER 24TH.**

The **Let Go and Let God** meetings Wednesday at 7:00 PM at Chapel 4 Corners in Cumberland, **WILL NOT MEET** on Christmas Day, December 25th.

New Meeting:

Newport Sunday Night Al-Anon Family Group Discussion Meeting has changed its name to Serenity on Sunday and still meets at the same time and place: Sundays, from 6:00 to 7:00 PM at Emmanuel Church, 42 Dearborn, Newport, RI, in the library, Guild room chapel.

Starting Sunday October 13th there is a new meeting for **Adult Children of Alcoholics** at the Peace Dale Congregational Church, Community Room 2nd floor, 261 Columbia St., Peace Dale.

Needs Support:

The **Cranston-Warwick Daytime AFG** on Tuesdays at 10 AM at the Edgewood Congregational Church, 1788 Broad St., Cranston

Now Wheelchair Accessible:

The **K.I.S.S.** has moved to the first floor and is now wheelchair accessible. They meet Saturday 12:00 PM at Butler Hospital, Ray Hall, first floor, room 1.

Meetings that have Closed:

Let it All Go AFG, Tuesday 7:30 PM, N. Kingstown Methodist Church, 450 Boston Neck Rd., (Rte 1A)

The **Ashaway Al-Anon Group** meeting Thursdays at the Trinity Lutheran Church, Ashaway, has closed.

The **Saturday Night Live Al-Anon Group** meeting, Saturdays at 6:30 PM, at Calvary United Methodist Church, 200 Turner Rd., Middletown has closed.

AA Liaison Report:**Rhode Island AA Convention with Al-Anon participation**

The convention will take place Friday, March 20 – 22, 2019 at the Gurney's Resort in Newport, RI. Sarah S., delegate from Area 31, Panel 57 Missouri has agreed to be our speaker. Sarah has been a member of Ala-teen as well as Al-Anon. She tells her story with humor enthusiasm and grace. She will speak Saturday, Mar. 21 at 10:15 am. Five Al-Anon meetings will be available. Please see below. Please consider leading one – a great way to serve! Meeting leaders are responsible for the \$25.00 registration fee. Registration: <https://ainri.com/area-61-convention-2020/>

Jackie
 AA Liaison

44th AA CONVENTION WITH AL-ANON PARTICIPATION:



44th Rhode Island Convention
March 20 - 22, 2020

Gurney's Newport Resort & Marina
Goat Island, Newport, RI 02840

For online registration (preferred) and additional information go to http://aainri.com

For Hotel information and reservations call 833-235-7500 or 401- 851-3366 (reference 2020 State Convention)

- Reservations must be made directly through the hotel
72 hour hotel room cancellation policy
All rooms *\$150 + 13% tax per night (single, double, triple, quad)
*this is a special convention room rate available for reservations made by February 18, 2020

Alcoholics Anonymous with Alanon participation!
Area 61 Assembly of Alcoholics Anonymous

Events include:

- Speaker & Marathon Meetings
Afternoon & Evening Entertainment
Hospitality Rooms
Great Fellowship
Yoga & Meditation Workshops
Evening Ice Cream Parties (nominal cost)

New early registration benefit:

- For every meal purchased before February 18th, participants will be entered in a raffle to win a free registration to Convention 2021. Two winners will be chosen and announced at the Saturday Night Meeting during Convention 2020!

Resort amenities:

- Beautiful rooms
Amazing food
Pool
Deluxe Spa
Complimentary shuttle into downtown Newport

The Convention begins at 3PM on Friday, March 20th.

CONVENTION REGISTRATION * REGISTER EARLY * space is limited due to fire codes

To register online, visit the Area 61 website aainri.com OR mail this form before February 18th

MAIL TO: RI Convention, PO Box 449, Charlestown, RI 02813

Name _____ What do you want on your badge? _____

Address _____ City _____ State/ZIP _____

Phone _____ E-mail _____

Assistance needs

If you require Spanish translation at speaker meetings, Please advise/register by January 14, 2020. Hearing assistance equipment is available.

Registration cost: [] before February 18th- \$25 [] after February 18th- \$30

MEALS: The purchase of meals offsets the cost of meeting spaces and helps the Convention Committee meet its financial obligations to the hotel. Orders taken until 2/18/2020 (on this form or online). Please make your selections below:

Friday Dinner: \$46

- [] Grilled Chicken Breast
[] Oven Baked Scrod/herb stuffing
[] Curried Roasted Vegetables/ couscous, arugula, & lemon

\$ _____

Saturday Luncheon Buffet: \$32

- [] New England Clam Chowder, salads, assorted cold cuts (roast beef, turkey, ham, hard salami), assorted cheeses, breads, rolls. Cookies, tea, coffee.

\$ _____

Saturday Evening: \$48

- [] 6 oz. New York Sirloin
[] Pan Seared Atlantic Salmon
[] Whole Wheat Penne Pasta/broccoli rabe, heirloom tomato ragout

\$ _____

Scholarship fund: []

Please consider donating to our Scholarship Fund. Any amount will help those in need who might not be able to attend.

\$ _____

Convention service opportunities: (circle one)

Greeters, Parking, Lead a Marathon Meeting, Hospitality, Registration, Decorations, other _____

The earlier you register, the more flexible the scheduling is. You will be contacted by phone or mail to discuss scheduling.

Convention Chair: Ken D.
Email: conventionchair@aainri.com
Registrar: Lisa B.
Email: conventionregistrar@aainri.com

TOTAL ENCLOSED

\$ _____
Checks payable to
RI Convention

AL-ANON FAMILY GROUPS*riafg.com***2020 A VISION FOR US:**

Alcoholics Anonymous with Al-Anon participation! 44th Rhode Island Convention
March 20 - 22, 2020

Five Al-Anon meetings will be available. Please consider leading one! Meeting leaders are responsible for the \$25.00 registration fee. Registration: <https://aainri.com/convention/>

Special Note: Sarah S., our AL-Anon guest speaker gives her talk on Sat., Mar. 21 at 10:15 am.

Al-Anon Meetings:

- Sat., Mar. 21 at 9:00 am: **How do I see myself when I use the Al-Anon program?**
- Sat., Mar. 21 at 11:30 am: **Steps, Traditions, and Concepts: A new Vision?**
- Sat., Mar. 21 at 2:30 pm: **Illusions and fantasies I've let go, since coming to Al-Anon.**
- Sat., Mar. 21 at 5:00 pm: **2020 reasons to Keep Coming Back!**
- Sun., Mar. 22 at 8:30 am: **Changing my attitude by changing my perspective.**

If you would like to lead a meeting, please contact Jackie G. by email: aa.riafg@gmail.com or leave a message at our Area Office phone number, (401) 781-0044.

Parking is FREE and available at the hotel, though it's limited. The hotel offers valet parking @ \$20.00 per night. We have a FREE trolley that runs from the Newport Visitors Center parking lot (there will be a sign) 23 Americas Cup Ave from, Friday, March 20, 6-8:00 pm, 9:30-midnight & Saturday, March 21, 8am-8pm, 9:30-midnight: <https://www.discovernewport.org/about-newport/visitor-center/>



DISTRICT II NEWS:

What's NEWS in District 2 – October 2019 Meeting Report

Once a month, District 2 meets for about an hour at a named location to unite the individual groups within the district. Topics range from informing groups about Area or World Service news to planning program related events. District meetings also coordinate service and public outreach projects and as such are a great way to see the program in action and get involved in service.

The October 2019 District 2 Meeting was held at the North Kingstown Free Public Library. Although the minutes from this meeting remain unapproved, we wanted to report on what was discussed at the meeting. The October minutes will be re-read at the beginning of the December District 2 Meeting and any necessary changes will be reflected in the January 2020 Lifelines Report.

We opened the meeting with the serenity prayer and introductions, followed by reading the 12 Traditions, 12 Concepts of Service, and Concept of the Month in How Al-Anon Works. We also briefly shared on why we are doing service before reading and accepting the minutes from September.

Business discussions started with a wrap up of the Fall Workshop. The co-coordinator present gave a quick summary of how the day went and briefly shared on her experience of the workshop from her service position. She also reported that they had 83 participants and raised \$1289 – the EXACT amount that RI needs to send it's Delegate to the World Service Conference.

From there, we discussed the upcoming Fall Assembly. Since there were several questions about what an assembly actually is and does, our discussion was primarily about the purpose of an assembly and what happens at one instead of going into specifics about the agenda.

Area Alateen Needs were then revisited. The Area Alateen Process Person (AAPP) shared that as a state, **we really have a need for Alateen sponsors**. Currently, there is **only ONE** freestanding **meeting** in Providence on Sunday nights. NONE of the school meetings listed on the Alateen website are currently running. If you are interested in becoming an AMIAS (Al-Anon Member In Alateen Service) or have questions about the process, please contact alateen.riafg@gmail.com. For more info about Alateen meetings in RI, please visit www.alateenri.org or contact alateen.riafg@gmail.com.

The discussion around dysfunctional meetings produced several suggestions including encouraging groups to get an Al-Anon/Alateen 2018-2020 Service Manual; doing a group inventory; reviewing Tradition 9 in the revised 12 and 12; and bringing concerns to a group business meeting. For groups who don't currently have a business meeting but do have a GR, it was suggested to consider simply bringing concerns to the group and going from there.

Our progress on creating Task Force Guidelines for task force chairs was briefly revisited, but since those persons were not present, we tabled further discussion until next month.

Two final points of discussion were brought up as new business around the District meeting format and setting a regular day/time/location for the meeting. The group present was in agreement that the new meeting opening was taking too long and they felt very rushed through things. The group conscience agreed to shorten the opening to the serenity prayer, introductions, reading only the Tradition and Concept of the Month, and reviewing the minutes from the previous month before diving into Al-Anon business. More discussion remained to be had around setting a consistent meeting day/time/location. As such, a group conscience was not taken and the topic was tabled until the next meeting.

Our next District 2 Meeting is **Tuesday December 10th at 7pm at the Area Office** (106 Rolfe Square, Cranston). All are welcome to attend. We hope to see you there!

Links of Service

Member + Member = **Group**

Group + **Group** = **District**

District + **District** = **Assembly**

Assembly + **Assembly** = Conference

AREA OFFICE NEWS:

Volunteers Needed to staff our RIAFG office in Cranston. If you are interested, please call the office at 401-781-0044 and leave a message.

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:	7:00 to 8:30 PM	Jane A.
At-Home Volunteer:	Tuesday	Clara R.

FORUM ARTICLE:**Public “Inreach” — Sharing the Hope of Alateen in Al-Anon**

I volunteered to be an Alateen Group Sponsor when a high school guidance counselor contacted Al-Anon. The counselor knew about Alateen and had five students to refer to an Alateen group, which then formed very quickly out of necessity. The Alateen were all beginners. I was new both to Alateen service and to feeling feelings I hadn't felt since childhood or my teen years as I listened to the teens share at meetings.

I made numerous announcements within Al-Anon and A.A., placed ads in the local newspaper, and participated in a radio interview. Yet, no new teens came to the group. The outcome was that the group closed because its five members graduated from high school and it was without new members. Perhaps Al-Anon's best kept secret is that there is help and hope for our children in Alateen.

The Alateen group I sponsored left an imprint on my heart. Later, my career at the World Service Office (WSO) began as the Alateen Assistant. Today, I respond to inquiries from mental health professionals and communicate with national nonprofit and governmental organizations that provide services to teens. My assignments often include collaboration with the Group Service/Alateen Staff, and I am also a certified Al-Anon Member Involved in Alateen Service. However, the WSO's outreach efforts are national in scope. Real recovery for teens happens at local Alateen meetings.

I think the best way for Al-Anon members to support Alateen is by encouraging the teens in their families to attend Alateen. Public “inreach” within Al-Anon is just as important as Public Outreach in our communities to help Alateen continue to exist and thrive. I am grateful to see the Alateens rushing through the doors of my home group into their weekly meeting. They are receiving the help and hope that I wish I had received at their age.

by Claire R.

Assistant Director — Public Outreach Professionals

(Reprinted with the permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA. From *The Forum*, November 2019, p. 24-25)

MEMBERS SHARE:**

Since I have been in Al-Anon for a few “days at a time,” my concept of my Higher Power has changed. At first I called my Higher Power “God” like everyone else. Then I read somewhere to make my Higher Power my own, so now I call my Higher Power “Mandu” which is the Native American word for the all powerful, all knowing spirit. This is how I claimed my right to my own personalized Higher Power. Everyone who has heard this has agreed this is a very interesting way to claim my Higher Power's Name. I also have a few Native American prayers that go along with my daily prayers - “that I need to be aware of myself and what I am doing that will reflect on who I truly am.”

Dan F.

After 13 years in Al-Anon I struggled with Step 2. Restore me to sanity when THEY had a problem? Well, that put me into the SHAMEFUL condition of being not sane.

Through sponsorship and letting go of the ineffectual and frustrating things I did and trying new things from literature and reasoned discussions with a sponsor, I no longer feel shame for my insanity.

Replacing isolation, fear, and frustration with reason. First thoughts may be the old insanity but they are accepted and set aside. First actions may be wrong, but I experience guilt rather than shame for actions replaced by a method to amend the action feel better than the frustration and confusion.

Meetings, sponsorship, and service all allow me to access reason outside my condition.

Anonymous

Every morning I choose a word or a phrase from my daily readings to carry with me throughout the day. I put it in the calendar on my phone so I can be reminded of where I want my focus to be, just for today. As I prepared to head to our Area Assembly this morning, I read, "take a risk and grow" in Hope For Today. It felt so appropriate for where I was going and what I would be doing today.

By nature, I am not someone who relishes speaking in front of groups of people. However, my desire for growth in this program challenges me to take risks and grow. I am finishing the end of my 3 year term as Area Chair, which means that twice a year I must stand in front of the group representatives and Area Officers and Coordinators and chair the Area Assembly. I still get nervous as the day approaches, but I am finding it easier and easier to stand up at the microphone, and, by doing so, I am acknowledging my growth in Al-Anon. I am trusting the process that has lead me here - taking a risk and growing.

Phyllis H.

Value of Al-Anon Meetings

I didn't grow up in an alcoholic family. I grew up in an alcoholic world. Every grown up I knew drank too much - it was the norm. Of all the immediate family, my mother, a mean drunk, was the only one to admit to her sickness. As a result she spent almost one year in an institution - and became a "dry drunk."

Of course, phrases such as "Alcoholics Anonymous" and "Al-Anon" were foreign words in my family. If we didn't acknowledge the problem, we certainly didn't need any help!

Five years ago my sister was literally dying of alcoholism. To prepare for a visit with her, I dropped by an "Al-Anon" meeting to get the magic cure. This, of course, was the wrong reason, but fortunately I kept coming back and found that I was the one who needed help. I had finally found a sanctuary in which to learn how to forgive and forget the demons instilled in me in my youth. I'm certainly not perfect yet, but the program is stronger than I am. I see and feel the progress being made in my soul. The best part of Al-Anon is that it has no graduation. It is a program about life - for life.

Toby F.

I love this program of recovery and realize I have more work to do. My sponsor told me to write "keep the focus on myself," and look at it everyday. Mine is on my mirror in the bathroom. At a meeting last week, another member mentioned she needed to "keep the focus on myself." Well, in preparing to share I glanced at the appendix section of The Courage to Change book and found 19 references under the phrase "keep the focus on myself" — more than any other!

I am grateful for my sponsor, my group, my fellow members, and my Higher Power, whom I choose to call "God," and for patience, perseverance and humor. This is a miraculous program and seeds are planted everyday in every way. Be honest, open and willing to receive the gifts.

Thank you,
Tom H.

(**Hi Everyone, When I sent the sharings from the area assembly writing workshop, I enclosed a letter explaining how these sharings came about. I included my contact info. Below you will see an email from the WSO that I wanted to share with you. It was nice for Hannah to acknowledge receipt of the writings.)

Thank you for sending in sharings from a recent the recent workshop. These aids to personal recovery and guides for meeting topics are made possible through the caring efforts of members like you. We invite you all to submit additional sharings online to wso@al-anon.org.

These sharings clearly reflects the understanding and insight achieved through the program. We deeply appreciate your willingness to help carry the Al-Anon message through the voice of the fellowship.

Due to the volume of sharings received, and space limitations, we cannot guarantee publication of any particular sharing. If any of the submissions are printed in *The Forum*, we will notify the author (if their name and contact information is provided) and send them a complimentary copy of the issue in which their article appears.

Best wishes,
Hannah B.
Programs & Digital Strategies Assistant
Al-Anon Family Groups
WSO Staff

NEWS FROM THE WSO:

Are You Ready To Welcome Newcomers This Holiday Season?

The holidays are quickly approaching. For newcomers seeking help, please make sure that your group meeting information is correct. Ask yourself and your group what you needed when you went to your first meeting. Specific location instructions about your meeting can be helpful to a newcomer attending Al-Anon or Alateen for the first time. You may also want to consider that family members from out of town might be visiting and may not be familiar with your community.

Consider including the following:

Is there a special door to gain access to the building?

Is there ample parking on the street?

Is there a room number for the Al-Anon or Alateen meeting?

Is there a volunteer from the group who is willing to serve as a greeter for those attending the meeting for the first time?

We want everyone to feel welcome in our Al-Anon and Alateen meetings! Keep in mind that you can submit Al-Anon group changes online throughout the year at al-anon.org/update. For help with submitting Alateen changes, contact your Area Alateen Process Person.

The Forum Needs You!

Please submit your sharing about our three Legacies (the Steps, Traditions, and Concepts of Service). In particular, consider writing about the Traditions and Concepts, as there are very few sharing about them.

Consider the following:

How has working a particular Legacy influenced your recovery?

Was there a Legacy that challenged you? How did you work through it?

How have you incorporated one of the Legacies into your own life and/or recovery?

Let others benefit from your experiences with these staples of Al-Anon recovery. Submissions should range from about 150 to 400 words. Please submit your articles to

The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 or at al-anon.org/forumshare

Please put "Legacy Sharing" in the subject line

How Has Conference Approved Literature Helped You?

Please share how *The Al-Anon Family Groups — Classic Edition* (B-5), *Hope & Understanding for Parents & Grandparents* (P-94), *As We Understood* (B-11), or *Three Views of Al-Anon — Alcoholics Speak to the Family* (P-15) helped you. Send your sharing by January 15 to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: “CAL” Corner”; at wso@al-anon.org with “CAL Corner” in the subject line; or at al-anon.org/forumshare

New Feature on the WSO’s Website: A Blog for Members!

We are pleased to introduce a blog for members to share their experience, strength, and hope on a variety of topics. New topics will be added each month.

November’s topic was “What Al-Anon tools help you to find acceptance?”

Visit al-anon.org/member-blog for more information. Member sharings on the Member Blog may be used in future Al-Anon publications.

See You in Detroit!

Online registration for A.A.’s International Convention with Al-Anon participation opened September 9, 2019. Registration is \$115.00 and will be \$140.00 after April 15, 2020. The Convention will be held in Detroit, Michigan from July 2 through 5, 2020 to celebrate A.A.’s 85th Anniversary.

Al-Anon participation will include a variety of sessions held during the day on Friday and Saturday. Also, Al-Anon members are welcome to attend the A.A. Big Meetings, which will take place on Friday and Saturday evening and Sunday morning. Many attendees come early or stay late for a vacation. There are many fun things to do, so see you in Detroit!

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 above 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.*

General Warranties: *In all its proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:*

- 1. that only sufficient operating funds, including an ample reserve, be its prudent financial principle;*
- 2. that no Conference member shall be placed in unqualified authority over other members;*
- 3. that all decisions be reached by discussion, vote, and whenever possible, by unanimity;*
- 4. that no Conference action ever be personally punitive or an incitement to public controversy;*
- 5. that though the Conference serves Al-Anon, it will never perform any act of government, and that, like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.*

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 T. H.