

LIFELINES

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LIFELINES**

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

Rhode Island Al-Anon Family Groups

Area 49

JANUARY 2024

Editor's Corner

Hand it over and let it begin

Another new year. A fresh calendar. **Resolutions to make and break.** (Be honest, you're probably NOT going to stick to that diet.) Holidays to celebrate -- or just endure. People to love, people to mourn. How about some guilt to drown in? The year ahead may already fill you with excitement, *and* dread. Maybe today already feels like a year in itself. And maybe, just maybe, **there is a tiny amount of hope that this year could be *the* year:** The year that includes recovery from alcoholism's effects. Recovery you can see, feel, and experience. It's certainly what we want for you!

Wherever you are in life's journey, **Al-Anon is there with you.** Where are you when Al-Anon is looking for *you*? When was the last time you went to a meeting? Have you tried a different meeting lately? Have you tried responding differently in the meetings you regularly attend? Sit in a new spot, make a new friend? Tried an online meeting that works with your crazy schedule? How about reading literature you find at the library or order at www.riafg.org? Listened to a speaker tape in your car lately? Called your sponsor? **The way you work your own program of recovery will help determine the rest of your year.**

But hear this: Al-Anon recovery is only partially the work of our own hands. No, we don't mean it's the job of the qualifier to make you happy. You know that happiness (and misery) doesn't come from others, right? It's not their job. It's not your job, either. **Whose job is it to make sure everyone's okay, including you?**

I have held many things in my hands, and I have lost them all; but whatever I have placed in God's Higher Power's hands, that I still possess.
-- Martin Luther

Happy New Year, and hand it over to your Higher Power, friends! Let us begin again, starting with ourselves. When anyone, anywhere, reaches out for help - let the hand of Al-Anon and Alateen always be there, and **Let It Begin With Me.**

Gratefully in service,
Eden C.
Lifelines Editor

STEP ONE

We admitted we were powerless over alcohol—that our lives had become unmanageable.

TRADITION ONE

Our common welfare should come first; personal progress for the greatest number depends on unity.

CONCEPT ONE

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.



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



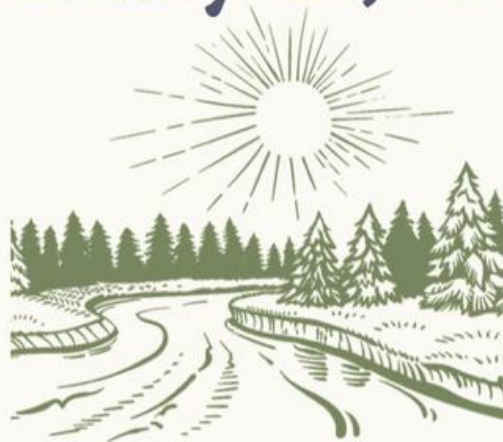
BUFFET

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:**

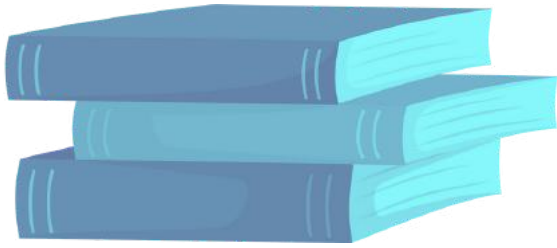
RIAFG Groups that are remaining "Online Only" need to register as **Electronic Groups** with WSO and can choose Rhode Island as the Location and Local Group. Once the registration is confirmed, the Electronic Group can be posted on the RIAFG website. Register your online group at:

<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.



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

Members' Share:

A Season Ends, A New Season Begins



As the Twelfth Step ("Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.") guides us to give the gift of recovery to others, **Al-Anon members need to remember the word *tried* and how this relates to the First Step** ("We admitted that we were powerless over alcohol- that our lives had become unmanageable").

Sharing our recovery with others is as natural as the need to breathe air. Who would not want to give this gift to those that one loves? For us in recovery, with the best of intentions, we can at times challenge a boundary between our family members and friends. Often those persons not in recovery are afraid of being judged and/ or controlled. Our motives may be contrary to their fears, however **we are not responsible for their perceptions or feelings.**

It is important for our personal recovery to not have "our lives become unmanageable" while trying to share the Good News of the Twelve Steps. **The best way to carry the message is to be a living example**, thereby not professing what the other person should or should not do while maintaining our own sense of serenity about our own recovery.

We are powerless over the disease of alcoholism and its effects on our relationships. **However we should not give up hope that in God's time the message will be received.** Remember a quiet message (a living example) often proves more effective than a willful message. Let the new season and new year bring solace to you and your loved ones.

-Ann H.

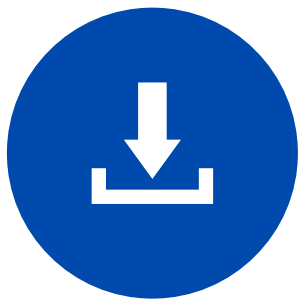


New to Al-Anon? You'll want to hear this.

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!**

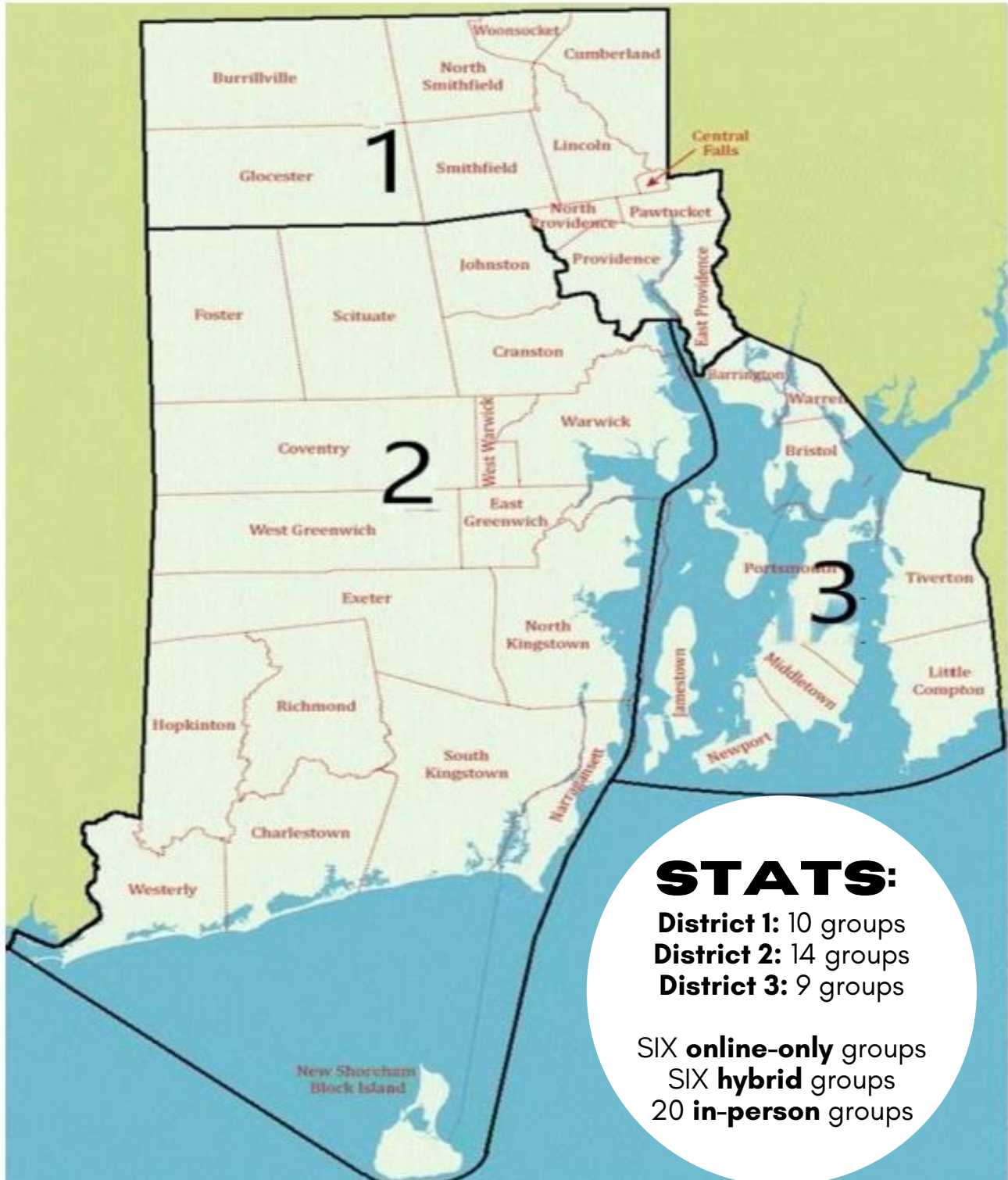
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

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!

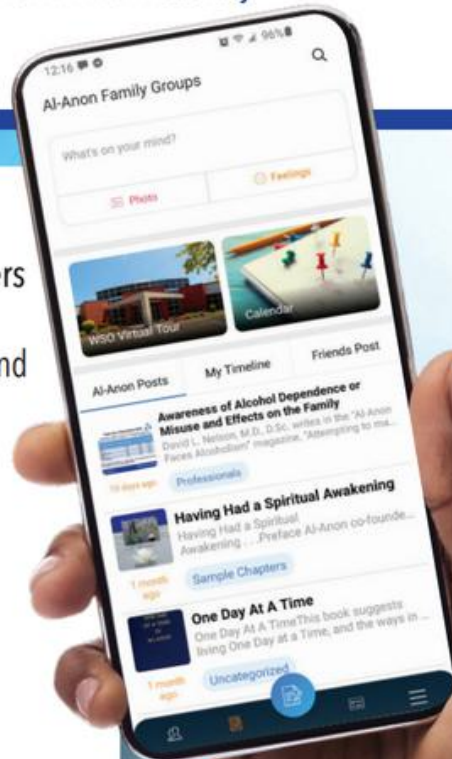
This mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world are able to come together for Al-Anon recovery.

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.*