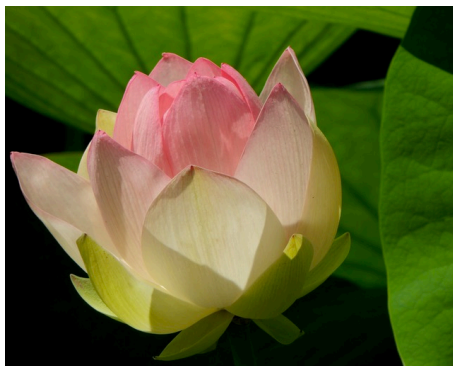


# LIFELINES JULY 2019



## RIAFG Newsletter

### Editor's Corner:

Each month I face a blank page and wonder what will I write for Lifelines. I have been reading *As We Understood*. I have had this small blue book for years but it appears brand new; no worn pages or cover, no dog eared corners, but plenty of underlines from the last time I poured through this.

I wish I could say that my faith and trust in my Higher Power is rock solid. That just isn't how this works for me now. There was a time when I felt this Presence so profoundly in my life. That time was a gift. I have learned that a big part of my recovery is remembering times when my insights were keen. I have evidence that my Higher Power is present in my life through my history. However, I also spent a lot of time and energy trying to go back to that time, and beating myself up for not being able to feel the same way.

After struggling with this, I did get an insight that I cannot recapture the feelings of the past, good or bad. I can waste my present time in trying to grab onto something that cannot be dragged into my present.

I also remembered that when I was having my hardest struggle with this Higher Power concept, I started reading *As We Understood*. What better way to face this issue than using something that has worked for me before. I came across a passage that I had underlined and asterisked on pages 23 and 24:

During a period of prayer and meditation, the word "candlepower" came to my mind. We don't take much stock in candles these days ...what happens when a power failure plunges us into darkness?

The first thing we do is grope for a candle. Any old candle will do...

We light it to dispel the darkness...By the light of that one small candle we're able to round up all the candles we have...the room becomes bright as day.

I like to think we can be candles. It doesn't matter if we're big or small, what color we are, or where we come from. It doesn't matter if our light is small. When we don't share it with others, we diminish ourselves, spiritually. Each time we feel we're not good enough or wise enough or we just don't care enough to try to help someone else, we put distance between ourselves and our Higher Power.

...By combining our light, we illuminate areas of knowledge and understanding for each other. What's lacking in me can be found in another member...It's this exchange - this giving and receiving of love, faith, hope and joy - that raises our consciousness to a higher level, bringing regeneration and peace into our lives.

It is critical for my recovery that I remember how important meetings are. I cannot do this alone. I need each and every one of you. I draw from the wisdom shared at a meeting regardless of the time that member has in the program. For years, I tried to "white knuckle" my way to serenity, terrified of sharing what was really going on. Often, I didn't know what was going on; I was just unhappy.

Now that I have happiness and peace in my life, my gratitude expresses itself by showing up for myself and for you. I have too often experienced someone who stops attending meetings because they have finally found peace. I do not judge them. I miss them. They have their path and I have mine. For me it is critical that I remember that I cannot do this alone.

A Grateful Member of Al-Anon  
Elaine H., Lifelines Editor

\*\*\*DEADLINE FOR THE AUGUST ISSUE IS JULY 29TH\*\*\*

**Would you like to be on the distribution list for Lifelines? Send an email requesting this to [lifelines.riafg@gmail.com](mailto: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](mailto:lifelines.riafg@gmail.com)**

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**AREA JOB VACANCIES:****\*\*\*OUR STATE AWSC NEEDS YOU\*\*\***

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

<b>Area Secretary</b>	Term ends in December 2021
<b>Area Alternate Delegate</b>	Term ends in December 2019
<b>Public Outreach Coordinator</b>	Term ends in December 2019
<b>District 1 DR</b>	Term ends in December 2021

**Everyone** is invited to attend the AWSC meetings. So come to Cranston and see how this works. Two 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 that you are a member of Al-Anon and not a member of AA because these are voting positions.

The next meeting is **Saturday, September 7th from 10 AM to Noon** at the state office in Cranston. We are alternating our meetings between Saturdays and Wednesdays. **ALL ARE INVITED TO ATTEND!**

**RIAFG ANNUAL APPEAL:**

Dear Family,

In some ways this year is no different. We need *your* help to carry Al-Anon's message of hope across Rhode Island.

And in other ways, this year is totally unique. **Your message of hope has changed and is changing...one day at a time.**

I remember my first meeting like it was yesterday. The fear of opening up to strangers, the gentle reassurance that I didn't have to, the box of tissues I made full use of, and the encouragement to "keep coming back." All because someone like you cared enough to make the hand of Al-Anon and Alateen available.

See, it takes all of us to make the program work. And it takes love and generosity to keep it working and growing. That is the priceless gift of recovery. Each of us can make a difference. Each of us matters.

And that's why I'm asking you to consider a gift to the Rhode Island Area annual appeal. Today I'm asking you to **let it begin with you. Will you make a generous contribution to keep the hope alive for the next person who needs it?**

Because when each of us reaches out a hand, together we *can* make it.

And it's not about the size of the gift; it's about each of us being part of the solution. Truly, whatever's right for you is right for Rhode Island Al-Anon. No contribution is too small. And no journey is too difficult...when we all come together to put in our hands.

Please help spread hope this year by making a personal gift to Rhode Island Al-Anon. **We simply can't do it without generous people like you.**

Yours in gratitude,

Tami K.  
Grateful Member of Al-Anon  
RI AFG Treasurer

**P.S.** Making a personal gift to Rhode Island Al-Anon is easy. Please make checks out to RIAFG and designate "Annual Appeal" on the memo line. Mail your donation to **RIAFG, 106 Rolfe Street, Cranston, RI 02910** It's not too late to make a personal donation to RIAFG

**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:	6:00 to 7:30 PM	Jane A.
At-Home Volunteer:	Tuesday	Clara R.

**2019 EVENTS CALENDAR:**

July 19-21	NY South Assembly Area AI-Anon Convention with AA participation, Renaissance Westchester Hotel, 80 West Red Oak Lane, West Harriston, NY (see page 5)
August 16-18	28th Main Area AI-Anon Convention, Ferry Beach Retreat and Conference Center, 21 Ferry Park Ave., Saco, Maine
August 22-25	Boston ICYPAA Convention. (See page 6 for details)
September 7	AWSC meeting at the Cranston office from 10 AM to Noon. ALL ARE WELCOME!
September 21	2019 AI-Anon Alateen Fall Workshop, 9:00AM to 4:00PM, St Luke's Episcopal Church, 99 Pierce St., East Greenwich. Suggested Donation \$10.00 (Alateen - NO charge)
November 6	AWSC meeting at the Cranston office from 7 to 9 PM. ALL ARE WELCOME!

**MEETING NOTICES:****Holiday Schedule:**

The North Providence Step Meeting WILL NOT be meeting on Thursday, July 4th.

The Serenity on the Square Meeting WILL BE meeting on Thursday, July 4th, at the RI AREA Office at 106 Rolfe St., 2nd floor, Cranston.

**New Meeting:**

Newport Sunday Night AI-Anon Family Group Discussion Meeting begins on Sunday, May 19th from 6:00 to 7:00 PM at Emmanuel Church, 42 Dearborn, Newport, RI. For more details contact: district3@riaafg.com.

**Needs Support:**

Hope for the Family Disease at Friday 7:30PM St. Theresa's Catholic Church, 265 Stafford Rd., (Rte. 81 South) (Rectory Basement Hall), Tiverton

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 AI-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

South County Step meeting, Thursday from 7:30 PM to 8:30 PM needs your support.

**Location Change:**

Westerly Friday Night AFG is now meeting at Grace United Methodist Church, 10 Park Ave., Westerly.

The Saturday Night Live AI-Anon Group is now meeting at 6:30 PM Saturday at Calvary United Methodist Church, 200 Turner Rd., Middletown

**Anniversary Celebration:**

32nd Anniversary of the Change What You Can Meeting, August 4th from 10:00 to 11:30AM at the Pawtucket YMCA, Summer St., 2nd floor, Pawtucket.(see flyer)

**AREA FORUM COORDINATOR:****Need Your Support**

As your Area Forum Coordinator, I am requesting group donations of previous issues of The Forum that your groups no longer need. I will be using them on a Forum display at the Fall Workshop. Please email me at [forum.riaafg@gmail.com](mailto:forum.riaafg@gmail.com) to let me know what group you are and when I can pick up the issues. I will be collecting these during the months of July and August. It will be nice to visit your group for a meeting too!

Love, Peace, & Recovery,

Ann H.  
Area Forum Coordinator

**RIAFG FALL WORKSHOP:**

Rhode Island Area 49  
Al-Anon Family Groups



Hope & Help For Families  
& Friends of Alcoholics

**AL - ANON**

**2019 FALL WORKSHOP**



**September 21, 2019 • 9:00am - 4:00pm**

**St. Luke's Episcopal Church  
99 Pierce Street  
East Greenwich 02818**



**A day of personal recovery...**  
*with speakers, meetings, raffles, food, fun, & fellowship*

**Suggested Donation \$10\***  
(per person)  
**\*Alateen NO charge**

**Donations Requested**  
Groups & Members...  
*Please donate gift baskets and/or items for our raffles!*

**Bring a dish to share!**  
*or bring your own lunch*

**Workshop Volunteers Requested**  
To volunteer for service **email:** [workshop.riafg@gmail.com](mailto:workshop.riafg@gmail.com)

**UPCOMING CONVENTIONS:**

MIRACLES OF  
DISCOVERY

**Discovery 2019 Convention**

New York South Assembly Area Al-Anon Convention with AA participation

**July 19-21, 2019**

**Renaissance Westchester Hotel  
80 West Red Oak Lane  
West Harrison, NY 10604**

REGISTER ONLINE AT [www.nysaafg.org](http://www.nysaafg.org); click on EVENTS and scroll down to "Discovery Convention".

OR complete this form and mail to **Discovery Convention, P O Box 496, Uniondale, NY 11553-0496.**

Preregistration deadline June 28! Save \$5 by registering early. **ONE FORM PER REGISTRANT!**

Full name \_\_\_\_\_ Name on badge \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Al-Anon member  Alateen member  AA member **Home Group** \_\_\_\_\_

Regular Al-Anon / AA registration fee \$30.  \$25 early bird registration if postmarked by 4/19/19.

Alateen registration FREE for Alateens age 10-18 with parent or adult guardian.\*

Saturday morning buffet breakfast (optional) \$25.  Sunday morning buffet breakfast (optional) \$25.

Saturday night banquet \$70 (non-kosher food).  Saturday night banquet \$100 (kosher food).

Banquet preferences:  Vegan  Vegetarian  Chicken  Pasta  Gluten-free

Dietary restrictions (we will try to accommodate): \_\_\_\_\_

Total amount: \$ \_\_\_\_\_  Check: Payable to **NYS Area-Discovery Convention**

Credit card: Credit card #: \_\_\_\_\_

Name on card: \_\_\_\_\_ expiration date: \_\_\_\_ / \_\_\_\_ CVV: \_\_\_\_\_

**\*Alateen Only:** Alateens between the ages of 10 – 18 are welcome to participate in the Discovery Convention. Convention registration fee is **FREE** for Alateens. A parent or guardian **must** accompany all Alateens. Permission slips must be completed for all participating Alateens. No children under 10 in Alateen meetings.

**Hotel discounted convention rate: \$144.00 + tax. Call hotel at 914-694-5400 or 800-891-2696 and state that you are attending the "Discovery Convention". Deadline June 28, 2019.**

- No registration/food refunds after 7/12/19. \$20 refund fee on mail registrations/food orders.
- No alcohol is allowed at Convention. Smoking, food and beverages in designated areas **ONLY**.
- The hotel is **NOT** pet-friendly. Service dogs are the only exception.
- The Convention will begin at 3pm on Friday afternoon and end at 12 noon on Sunday. For questions, please contact Terry L., Convention Coordinator, by e-mail at [nysdiscovery2019@yahoo.com](mailto:nysdiscovery2019@yahoo.com).

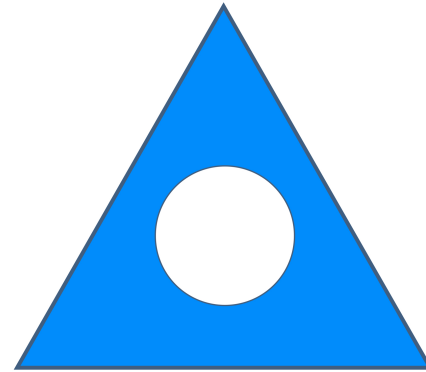
**VOLUNTEER** at the Discovery Convention by circling one or more of the following. We will contact you!

**Literature / Registration / Hospitality / Raffles / Food / Interpreters (English to Spanish) / AMIAS**

Would you like to chair a meeting? **YES / NO** **English / Spanish** May we leave phone message? **YES / NO**



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Al-Anon Family Groups

## **A.A. Convention with Al-Anon Participation**

**The 61st ICYPAA  
August 22-25, 2019**

**Boston Marriott Copley Place**

**Registration Price Until April 6th: \$30**

**Registration Price From April 7th: \$35**

**More At The Door To Register! Register Now To Save Money**

**Visit [www.icypaa.org](http://www.icypaa.org) for hotel information and to register**

**Registration Questions: [registration@icyhost.org](mailto:registration@icyhost.org)**

**Facilities Questions: [facilities@icyhost.org](mailto:facilities@icyhost.org)**

**Al-Anon Family Group Service Questions:**

**[alanonalateenicyhost@gmail.com](mailto:alanonalateenicyhost@gmail.com)**

### **Service Needs**

**Al-Anon Panel speakers not in A.A.**

**Certified AMIAS to speak on Alateen Service**

**Al-Anon facility requirements depend on Al-Anon registrations**

### **Al-Anon Program Topics**

- **From Survival to Recovery (Al-Anon Adult Children)**
- **Denial to Grief to Hope**
- **3Cs + 1C = I didn't cause it, I can't control it, I can't cure it but I can contribute**
- **Parents/Grandparents**
- **Humor**
- **More Topics To Come**

**ANNIVERSARY CELEBRATION:**

**YOU ARE INVITED!**  
to the  
**“CHANGE WHAT YOU CAN”**  
**AL-ANON FAMILY GROUP**  
**32<sup>nd</sup> ANNIVERSARY MEETING**

**SUNDAY ~ AUGUST 4, 2019**  
**10:00-11:30 AM**



**Pawtucket YMCA**  
**Summer St**  
**2<sup>nd</sup> Floor**  
**Handicap Accessible**

**Guest Speakers:**  
**AA, Al-Anon, Al-A-Teen**

**ALL ARE WELCOME!**

**MEMBERS SHARE:****Letting Go and Trusting the Process**

I'm so grateful for the miracle of Alanon; for the 12 steps of recovery; for the fellowship; for those who choose to be sponsors; and for the volunteers at our main office.

I've had two experiences recently that show me that service is the key that opens the door to recovery.

First, I had a friend who needed to speak with someone in another 12 step program. I called that main office. The person who answered is also a member of our Alanon program. It was so nice to reach out. I knew there was a connection there and that anonymity continues to be the spiritual foundation of 12 step programs.

Secondly I was asked by my friend in the program to give a talk to a group of seniors at a church group, explaining some of my background and experience in recovery. I found this opportunity to be a good way to listen to what others need and to share my experience strength and hope with what has worked for me.

I also want to thank my sponsor who keeps me on track and donates a lot of his time and energy to help me and others. He always ends our conversation with 6 words:

“Easy Does It...Keep It Simple”

Thank you 🙏

Tom H

**Working Steps One and Two in Service  
How This Reinforces My Personal Recovery.**

Service helps me work Step One, admitting I am powerless over alcohol, people, places and things and my life has become unmanageable, in a safe Al-Anon group environment. I am among a variety of people with different passions, opinions, points of view, and I know I am powerless to change those people. Step One reminds me to keep the focus on myself, what I am thinking, doing, and how I am behaving. Step One suggests if I want to manage myself in group settings, I keep the focus on myself. I may not do it perfectly, but I try my best. I find I do my better work, and I am most useful to my HP, when I keep the focus on myself and take responsibility for my actions.

I see how Step Two, coming to believe in a Power greater than myself can restore me to sanity when I call or reach out to my HP. When I become overwhelmed by tasks or take things personally or judge others or feel self-doubt or experience personality clashes while performing service, I can turn to my HP and trust my HP will restore me to sanity, peace, confidence and a willingness to have a loving attitude. It takes practice, breathing, and remembering my HP and to use Step Two, but it works.

Jackie G.

Grateful member of Al-Anon!

**FORUM ARTICLE:****Baby-Stepping toward Recovery**

When I came to Al-Anon several months ago, I had no idea of the serenity I would start to enjoy in time. During my first few weeks of attending meetings, I was exhausted, frazzled, and fearful, but I heard the message “Keep Coming Back.” I am mortified by having to speak in a group setting, so I struggled at first. However, I also felt strong condemnation with myself for not sharing. Then someone told me that there are no musts in Al-Anon. I could say a few words or pass and that was just fine. Now, I am baby-stepping my way to recovery. I can say thanks to the speaker and I can listen with the hope that, when I am ready, I will be able to share my own experience, strength, and hope more deeply from my heart. I am ever so grateful that Al-Anon is a program of “Progress Not Perfection.”

By Karin W.  
California

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



**DID YOU KNOW?:**






Each month the Forum has a page dedicated to Alateen. Please encourage our Alateen members to read this and to consider submitting a sharing to the Forum. Don't forget that they can also submit a sharing to our newsletter!

**DISTRICT II NEWS:****What's NEWs in District II – May 2019 Meeting Report**

Once a month, District II 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 May 2019 District II meeting was held at the North Kingstown Free Public Library. After reading and accepting the minutes from the previous month, we started by reviewing the Spring Assembly checklist to make sure everything was in order and ready to roll for May 18<sup>th</sup>. Since it was, the discussion quickly opened up to a range of other topics.

One Group Rep (GR) – also the Area Alateen Process Person – shared their concerns about the survival of the Alateen program and recertification process. At that time, it was reported that there were only 3-4 active sponsors and therefore only 3-4 meetings left in schools across the state. **As of the writing of this report**, it has been brought to our attention that there are **ONLY 2** Alateen meetings remaining, both in Providence. The district was asked for help brainstorming outreach ideas in order to help grow support for the program.

As a District, we discussed our willingness to volunteer to help support whomever stepped up for Fall Workshop Coordinator and were ready to speak about the need for service at the assembly. We also revisited the suggestion to use the District Guidelines as a point of reference for meeting topics to help guide our discussions and service as a district. [This resource can be found by visiting [www.alanon.org](http://www.alanon.org)  Members  Member Resources  Manuals and Guidelines  Guidelines  District Meetings (G15)].

For instance, one of the suggested meeting agenda topics from the guidelines is to discuss sponsorship/service sponsors. District II in turn decided to add a discussion around this at its next monthly meeting. GRs and District meeting attendees were asked to prepare something in writing to share their experience, strength, and hope around sponsorship – for themselves and service – as well as to speak to how service has helped them individually work the program.

One other topic of discussion that was revisited was around suggestions for dealing with meetings that don't use the service manual, fill group positions, and/or stick to conference approved literature only.

Our next District II Meeting will be held on **Thursday July 11th at 6:30pm. Location TBA**. All are welcome to attend. **We will be electing a new Alternate District Rep** at this meeting. If you're interested in serving as the Alternate DR for District II, please come!

Also, if you are in District II and your home group would like to host a future District Meeting, please contact your District Rep. We're happy to rotate the District meeting location each month in an effort to encourage participation and service.

Finally, just a reminder that we are open to individual meetings bringing their group's concerns to the District meetings for discussion. That's what we're here for! And similar to business meetings, crosstalk IS allowed during District meetings. It's part of the process and naturally allows the group dynamic to unfold =).

That wraps up another District II Report. Thanks for reading! We look forward to continuing to serve you and Al-Anon as a whole.

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## Links of Service

Member + Member = **Group**

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

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

**Assembly** + **Assembly** = **Conference**

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**DISTRICT III NEWS:****District Three News**

District 3 continues to meet on the second Thursday of each month at the Portsmouth public library. These meetings are open and any Al-anon member is invited and encouraged to attend. Our goal is to chat about what is working and what needs work in our District. Our ultimate aim is the have a participative district made up of vibrant and healthy groups.

During the last month our main attention has been on the successful start up of a new Al-anon step group in Newport. It meets each Sunday evening from 6-7 PM at Emmanuel Church. It is an effortless meeting in that there is no set up needed and ample church parking is across the street. So just come, relax, share or listen.

Attendance is growing having started with 7 and now has reached 15.

**Did you know...?**

Many Al-anon Areas, districts and information Services have established websites for public outreach and member information. The WSO website is a resource for Al-Anon and Alateen members, professionals and the public. The WSO Website ([al-anon.org](http://al-anon.org)) includes such helpful information such as:

- Comprehensive directory of contact information
- Digital publications
- Online store for Conference Approved literature
- Public outreach materials
- Audio podcasts

**AA LIAISON REPORT:**

The AA Convention with Al-Anon participation is well underway! The theme for this year's convention is 2020: **A Vision for Us**. Sarah S., delegate from Missouri, will be the Al-Anon speaker for the AA Convention. Sarah agreed recently, and I am thrilled. Sarah shares a beautiful story of personal recovery and the honor to be an Al-Anon trusted servant. She will be a wonderful speaker. I don't have exact dates for the Convention but it will be in March at the Gurney's Resort in Newport, RI. The next AA Convention meeting is **Wednesday, July 3 at 7 pm at the Area 61 office 3649 Post Rd., Warwick**. All are welcome to join.

Jackie G.  
AA - Liaison

**NEWS FROM THE WSO:****Is Your Group Set For Summer?**

Al-Anon and Alateen groups are sometimes unable to hold their regular weekly meetings during certain times of the year. Being proactive can keep these challenges from becoming obstacles that may prevent members and newcomers suffering from the family disease of alcoholism from finding your meeting. Below are some simple suggestions for your group to consider.

Place a sign on the door to notify newcomers and others that the group is not meeting that day.

If you know in advance about the availability of the building where you meet, consider adding that information to your group record. If this occurs annually, the World Service Office can add this announcement to your listing on [al-anon.org](http://al-anon.org) (e.g., "does not meet on the major holidays" or "meets on major holidays").

If your group doesn't meet at all during the summer months or the Alateen meeting is only held during the months when school is in session, add this essential information to your group record as well.

Keep in mind that you can submit your group meeting changes throughout the year at [al-anon.org/update](http://al-anon.org/update).

**ALATEEN Personal Sharings Wanted**

2019 marks the 18<sup>th</sup> anniversary of this remarkable Alateen Daily Reader. We are inviting Alateens, Alateen Group Sponsors/AMIAS and Al-Anon members to send their personal reflections on how a phrase, paragraph or page helped them in recovery. These sharings will be considered for *The Forum* and *Alateen Talk*.

Sharings are needed by July 26, 2019 and can be sent to:

- **Online at** [al-anon.org/sharing](http://al-anon.org/sharing)
- **By email:** [wso@al-anon.org](mailto:wso@al-anon.org)
- **By fax** (757) 563-1656
- **By postal mail:** AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454

**STEP SEVEN:**

Humbly asked Him to remove our shortcomings.

**TRADITION SEVEN:**

Every group ought to be fully self-supporting, declining outside contributions.

**CONCEPT SEVEN:**

The Trustees have legal rights while the rights of the Conference are traditional.

**WEB Sites, Addresses and phone numbers:**

**RI AFG: [www.riafg.org](http://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](http://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.**

photos by T.H..

