Editor’s Corner:

I occasionally hear at meetings the use of the term, “my qualifier.” To me this expression implies that I need to prove to someone else that I belong here; that I have a “qualifier;” and, thus, it is ok for me to attend Al-Anon. No attendee needs to “qualify” for membership in Al-Anon. That choice is completely up to the individual. “…The only requirement for membership is that there be a problem of alcoholism in a relative or friend.” (excerpt from Tradition Three of the Al-Anon Family Groups.)

The term “qualifier” also seems to point the finger at someone else’s behavior, so it is about the alcoholic, not about me. The Al-Anon program is a recovery process to help me. I am the focus, not the alcoholic. Many meetings open with, “Please keep the focus on yourself and not the alcoholic.”

A newcomer is often in a desperate situation, seeking some help and guidance. Often, they have little familiarity with Al-Anon. I feel using the term “qualifier” sends the wrong message.

This Tradition refers to the “relatives of alcoholics.” In this case, the word “relatives” designates not only those related by blood, but any of us who have had a relationship of some sort with an alcoholic—anyone who has been affected by another’s drinking is welcome…We are never asked to sign up, fill out forms, pay initiation fees, or meet another’s qualifications for membership. We become members simply by choosing to attend. How Al-Anon Works for Families & Friends of Alcoholics, p. 110

When I first came to Al-Anon, I had no active drinkers in my immediate family. I came because a counselor felt my arguments with my husband reflected an alcoholic cycle. When I heard the term “alcoholic,” I was stunned. I had promised myself that I would never fall into this trap. My parents fought like this, and my life was going to be so much better. But there I was. I felt like the bottom had fallen out. I didn’t know what to do. I came to Al-Anon at the suggestion of a close friend.

It took me a long time to accept how deeply I have been affected by this disease. In the beginning I questioned if I really belonged because there was no active drinking in my home. I thought that I had escaped from being affected by my childhood. I am so grateful that no-one implied that I needed a “qualifier” to attend meetings. This would have pushed my doubts into certainties - “I don’t belong here.” I don’t ever want to communicate this to a newcomer. Nor do I want to lose the focus of my program - that I have been deeply affected by the disease of alcoholism.

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

***DEADLINE FOR THE JULY ISSUE IS JUNE 28TH***

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
NEW AL-ANON MEETING
OPENING!!!!!

SUNDAY MAY 19”th at 6-7p

“NEWPORT SUNDAY NIGHT”
Al-Anon Family Group

Discussion Group
open to all who are concerned about a family
member’s or friend’s drinking

Emmanuel Church
42 Dearborn
Newport, RI 02840

Contact: district3@riafg.com for more details

AREA JOB VACANCIES:

****OUR STATE AWSC NEEDS YOU****

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

Area Secretary
Term ends in December 2021

Area Alternate Delegate
Term ends in December 2019

Public Outreach Coordinator
Term ends in December 2019

District 1 DR
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, November 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!
2019 EVENTS CALENDAR:

June 7-9  43rd Annual Al-Anon AFG of MD and DC Spring Convention, Washington College, 300 Washington Ave., Chestertown, MD, (see flyer on page 4 for details)
June 12  10th Anniversary Celebration at Serenity by the Bay, First United Methodist Church, 26 Baker Street, Warren, from 7:00 to 8:30 PM.
June 23  Fellowship event. Meet for a walk and ice cream social. (See attached flyer on page 8)
July 19-21 NY South Assembly Area Al-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 Al-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!
November 6  AWSC meeting at the Cranston office from 7 to 9 PM. ALL ARE WELCOME!

MEETING NOTICES:

New Meeting:
Newport Sunday Night Al-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@riafg.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 Al-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 ParkAve., Westerly.
The Saturday Night Live Al-Anon Group is now meeting at 6:30 PM Saturday at Calvary United Methodist Church, 200 Turner Rd., Middletown

Meeting Closure:
A New Beginning, Thursdays at 7:00 PM at St. Paul’s in Portsmouth has closed.

DID YOU KNOW?

Al-Anon Faces Alcoholism

“AFA” Magazine Now Shipped All Year! The change in ordering process will help members distribute the magazines throughout the year. It will also make it possible for members to replenish supplies left at offices of professionals, libraries, and public places. And, if members run out of magazines, they’ll be able to order more from the WSO, which will ship orders as it receives them.

“Keep It Simple”—Now, there is one current magazine issue available all year long. Al-Anon’s message of help and hope can reach more families of alcoholics because our public outreach magazine is more readily available to the fellowship.
UPCOMING CONVENTIONS:

43rd Annual Al-Anon Family Groups of MD & DC
Spring Convention
With AA Participation

Sounds of Serenity
June 7, 8, & 9, 2019
Washington College, Chestertown, MD

Early Bird Prices through May 6 are:
$95 Saturday Only (all Saturday events and meals)
$160 No Lodging (full weekend, all events and meals)
$195 + $10 Refundable Key Deposit (traditional dorm)
$215 + $10 Refundable Key Deposit (room in suite dorm)

Online Registration at: www.TinyURL.com/AFG24SC
(by check with no fee or PayPal/Credit Card with 3% convenience fee)

Convention starts 4:00 pm Friday and ends after lunch Sunday.
Registration is Friday 2:00 to 8:00 PM and Saturday 7:00 to 9:00 AM.
Questions? Email Robert W at SpringConventionChair@gmail.com

Workshops • Al-Anon and AA Speakers • Spirituality Speakers
Fellowship • Friday Night Entertainment • Dance • Bingo • Hospitality Room
~ Meals with Vegan and Gluten-Free Options ~

Directions to Washington College and local lodging: washcoll.edu/about/directions.php
Campus lodging must be reserved by June 3. Registrations refundable through June 6, 2019
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; 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 #: ________________________________ 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.

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
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 for hotel information and to register

Registration Questions: registration@icyhost.org
Facilities Questions: facilities@icyhost.org
Al-Anon Family Group Service Questions:
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
- 5Cs - IC = 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
**Will YOU Help Spread the Hope?**

**RHODE ISLAND 2019 ANNUAL APPEAL LETTER TO INDIVIDUAL GROUP MEMBERS**

***Please read and/or circulate this letter at meetings in the month of June***

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.
Just put your donation (cash or check) in the attached envelope during the month of June. Please make checks out to RIAFG and include the group name and "Annual Appeal" on the memo line. At the end of the month the group treasurer will send the donations in the envelope to the Area.

P.P.S. Thank you in advance for your generosity. And for keeping the hope alive for somebody else who needs it.

106 Rolfe Street, Cranston, RI 02910  ●  (401) 781-0044  ●  www.riafg.org  ●  alanon.riafg@gmail.com
RIAFG Fellowship Event

BLACKSTONE BOULEVARD WALK AND ICE CREAM SOCIAL

Sunday, June 23, 2019 1:00 pm

Meet at the LIPPIT PARK FOUNTAIN
**Rain will cancel this event**

Let’s meet for a walk on Blackstone Boulevard followed by ice cream and fellowship at

Three Sisters, 1074 Hope St., Providence

No need to RSVP, just show up! All are welcome!

FAQs:
Are there ID or minimum age requirements to enter the event? - NO
What can I bring into the event?
  Comfortable walking shoes, sunscreen and a smile!
You order and pay for your own refreshments at Three Sisters.
How long is the walk?
  The full walk is 3 miles, but only walk as far as you wish at your own pace!
Don’t feel like walking?
  Join us for fellowship after the walk!
**AA LIAISON REPORT:**

The next AA Convention Meeting with Al-Anon participation is Wednesday, June 5 at Area 61 office at 2845 Post Rd, Warwick, RI 02886 from 7:00 to 8:00 PM. All are welcome to attend.

Yours in Service and Fellowship,

Jackie

**AREA OFFICE NEWS:**

**Volunteers Needed**

**Office volunteers responsibilities:**
- Greet anyone who calls the office
- Greet visitors to the office.
- Retrieve recorded messages, return calls and record in log.
- Open and distribute the mail
- Fill literature orders for in-person purchasers.

**At home volunteers responsibilities:**
- Access Al-Anon voicemail from their home phone and retrieve messages
- Make call backs when messages are left for them
- Mail meeting lists or refer caller to riafg.org
- Keep a brief written call log and communicate with the Office Coordinator

Please call the office for more information and/or to volunteer!

Jane A. RIAFG office coordinator

**We currently have 4 Volunteers: Here is the schedule:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Volunteer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>12:30 to 2:30 PM</td>
<td>Phyllis H.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:30 to 2:30 PM</td>
<td>Paul B.</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:00 to 7:30 PM</td>
<td>Jane A.</td>
</tr>
<tr>
<td>At-Home Volunteer</td>
<td>Tuesday</td>
<td>Clara R.</td>
</tr>
</tbody>
</table>

**AREA CHAIR REPORT:**

We had a great Assembly on Saturday, May 18th. Here is a quick recap of what happened:

- Barbara H. gave a great Delegate's report on the World Service Conference, including a skit and trivia questions (with prizes!).
- Reports were presented by the Do Not Refer/Re-Refer Task Force and the Meeting Safety Task Force, with great discussions on the work the Task Forces had done and their recommendations.
- The Assembly voted to accept the Meeting Safety Suggestions as a resource for our groups and to post it on the website.
- Ann H. was elected as the Forum Coordinator.
- Cindy B., Julia G., and Mary P. volunteered to be co-coordinators for the 2019 Fall Workshop.
- District 2 volunteered to work as a committee to draft guidelines for Thought and Task Forces to be presented at the Fall Assembly.

Phyllis H., Area Chair
Love in Service and Fellowship,
FORUM ARTICLE:

Only What Is Mine To Do

Before I came to Al-Anon, I felt that it was my job to make sure I kept my household running on an even keel. What an enormous job that was, especially living with an active alcoholic. I was on constant lookout for bottles and excuses, and I was ready to blame everyone else for how miserable my life was. I felt so alone. I thought no one else could possibly understand what my life was like. Then someone suggested that I go to Al-Anon. “Great,” I thought, “I can learn how to make my alcoholic stop drinking.” I know now that I was not so different from other newcomers.

I had to confront my own powerlessness. It was a relief to learn that I didn’t cause my loved one’s alcoholism, I can’t control it, and I can’t cure it. I can only learn to take care of myself. I had never known that I had choices, that I didn’t have to participate in all the same old dances and scenarios. Instead, I could go for a walk, take in a movie, go for coffee, or go to a meeting. My life is so different now. I only change what is mine to change - what I think, say and do.

By Rose B., RI

(Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA. May 2019 p.20)

MEMBERS SHARE:

Addictions, including my own as well as those of many family members, brought problems into my life. Early on I believed I should take responsibilities for others and that there was no one I could rely on to help me. Accompanying this false belief was another one: ‘I can manage this, control it, fix it.’

Two years ago, I invited a family member who was in crisis, homeless and in early recovery to live with me. I soon realized that to maintain peacefuless in my home I needed help, and began to attend Al-Anon meetings. Steps One, Two and Three have been a daily guide. They each have to do with surrender. For me, there is a difference between submission and surrender. Submission implies ‘I will give my will and desires over for now, but one day I will triumph and be back in the driver’s seat.’ I can do submission. Surrender, however, is acceptance consciously and unconsciously, wholly, at the deepest level so there is freedom from strain and conflicts. There has been a long walk from submission to surrender but I am doing it.

I am learning to be quiet and listen, to not ask questions or make suggestions, to not think that I know what’s best for the other person. I am learning what is my business and what is his business and not getting them mixed up.

I do not know what the future holds for my family member. I do know that I am getting better. After years of struggle I have begun to loosen my grip on my need to battle, to control and to retaliate. I am letting go of my sufferings and allowing solutions to unfold.

What relief I feel thanks to Al-Anon teaching.

Nina F.

Oh the month of June- flowers, sunshine and fresh warm breezes. I just love it! The beauty is evidence of the fruits of labor and God’s promise.

Step Six, “Were entirely ready to have God remove all these defects of character”, reminds me of a flower seed waiting to sprout. No longer will this “beauty to be” continue to live under the soil by being held down with the character defects that the disease of alcoholism created.

Working the soil (Al-Anon program) with Steps One through Five has given the seed the nutrients of: surrender, belief, commitment, honesty and fearlessness of which all are needed for God’s miracle to happen.

As the sprout grows, the sunlight of God’s enlightenment lets the little sprout know what it needs to let go of to continue going strong in faith and courage. A sprout never knows when rain, a rabbit, or cold weather may challenge this seedlings journey. The sprout trusts God’s love and promise to help the seedling “rise above the soil” and be the flower it was blessed to be regardless of a disease that undermines its growth. The sprout asks for removal and God responds. Little by little petals and leaves develop. A glorious fragrance exuberates from the flower. A promise has been fulfilled and a miracle lives.

I am grateful to have other flowers in recovery to learn, recover, and share the blessing with.

Ann H.
Johnston, RI
MEMBERS SHARE (cont.):

RESPONSIBILITY AND AL-ANON
FOR WHOM AND FOR WHAT?

I have always felt I am a very responsible person. Yet, I truly have needed and still need the wisdom and support that
Al-Anon provides in my life regarding responsibility.
So what’s up with that?
Historically my responsibility was directed and focused on others. Make them happy. Avoid conflict. Courage to
Change, page 101 suggests I may have an “exaggerated sense of responsibility.” Reading that passage rings true for me. I
think it fits. Am I really responsible for how others live their lives, and all their choices? Of course not.
So then accepting the idea that being a responsible human being is a positive character quality, how then does
responsibility properly fit within the teachings and tools of my al-anon program recovery? Hope for Today page 128 answers
in this manner as to where my responsibility lies:

In the first part I take responsibility for my own life- my
happiness, my growth, my choices, and their consequences.
What others say and do may bring up feelings, but I
need to remember these are my feelings. I am responsible
for what I do with them.

So responsibility is important for me in my life and relationships, but for me needs to be applied in a different
direction and to a different person than was true before I came into program. I have a right to make choices. I can make the
decision best for me that others disagree with. That is also their right. That is OK.

David G.

DISTRICT II NEWS:
What’s NEWs in District II – April 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 to get involved in service.

The April 2019 District II meeting was held at the North Kingstown Free Public Library. The meeting focused on the May 18th Assembly. Because a lot of planning goes into hosting the assembly, we needed to make sure we had all our ducks in a row so to speak. After reviewing our checklist, the only thing remaining was to continue to encourage people to bring potluck items to share for breakfast and lunch.

The discussion then turned to the Assembly Meeting Agenda, which had been recently finalized and emailed to the districts. District II’s question to the assembly about creating guidelines for task force chairs was carried to the State RIAFG meeting. Although this item did not officially make it on the assembly agenda as it’s own topic of discussion, we were informed that we could bring this question to the assembly floor at the end of the day, during open discussion time.

In making this suggestion to create guidelines for task forces chairs, we hoped to address things like scheduling meetings (i.e., location, day, time) and including inputs delivered from avenues other than in-person (i.e., direct email if a person could not attend a task force meeting). That way, participation would be encouraged (Concept 4 – Participation is the Key to Harmony) and ALL voices could be heard, even potential minority opinions (Concept 5 – The rights of appeal and petition protect minorities and insure that they be heard).

That wraps up another District II Report! Our next District II Meeting will be held on Thursday June 13th at 6:30pm at the North Kingstown Free Public Library in the downstairs conference room. All are welcome to attend. If you are in District II and 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.

Thanks for reading! We look forward to continuing to serve you and Al-Anon as a whole.
RIAFG NEWS:

Fall Workshop

At the spring assembly members volunteered to plan our Fall Workshop. Thanks to them we will have this wonderful day to spend on our recovery along with time for fellowship. They are currently working on the date and location. Are you interested in helping out? Many hands make light work. If you are, please send an email to workshop.riafg@gmail.com.

Personal Donations

You may ask, “Personal Donation?? I already give at my meetings.” Your groups’ members determine at their business meeting any funds that will be donated to the RIAFG and to WSO. Those donations are from the group. You can also make personal donations to Al-Anon to either RIAFG or to WSO. These donations are from you. They are one of the ways you can give back to our program. The WSO sends out quarterly appeal letters for these personal donations. The RIAFG sends its annual appeal in June to help keep our office providing the services necessary to carry the Al-Anon message. Please consider giving. No donation is too small. This isn’t about amount, this is about participation. You can mail these to our Rolfe Street location with your check made out to RIAFG.

PSA

Do you have a contact at a local radio or TV station? Al-Anon has produced new Public Service Announcements to help spread information on Al-Anon. If you wish to reach out in this way, please contact the RIAFG delegate or chair at either delegate.riafg@gmail.com or chair.riafg@gmail.com to get more information.

Safe Meetings Committee

The RIAFG has formed a committee to address meeting safety issues. To receive more information or volunteer to work on this committee, please email riafg.safemeetings@gmail.com.

NEWS FROM THE WSO:

The Just For Tonight Bookmark (M-81) Is Here!

Introducing this new companion piece to Al-Anon’s classic Just For Today Bookmark (M-12). The Just For Tonight Bookmark offers thoughtful reflections on Al-Anon principles to help us slow down and prepare for a peaceful, restful night. It is now available for ten cents each in our Cranston office.

Remember - when you buy from your local Literature Distribution Center, you support your local services.

Looking for Al-Anon Ebooks and Audiobooks?

The following Conference Approved Literature is available for purchase through your electronic media provider. See the “AV/Audio” or “Electronic Literature” categories at al-anon.org/onlinestore for more details.

Alateen - Hope for Children of Alcoholics ebook (eB-3)
One Day at a Time in Al-Anon audiobook (eA-6)
Courage to Change ebook (eB-16)
Courage to Change audiobook (eA-16)
How Al-Anon Works audiobook (eA-22)
How Al-Anon Works ebook (eB-22)
Having Had a Spiritual Awakening ebook (eB-25)
The Forum magazine
**STEP SIX:**
Were entirely ready to have God remove all these defects of character.

**TRADITION SIX:**
Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

**CONCEPT SIX:**
The Conference acknowledges the primary administrative responsibility of the Trustees.

**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.