

# LIFELINES RIAFG NEWSLETTER

MARCH 2019



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## Editor's Corner:

Step 3: "Made a decision to turn our will and our lives over to the care of God *as we understood Him.*"

I need to remember that turning my will over to the care of my Higher Power does not mean I give up my "free will." I can fall into the trap of equating my "free will" with my "self will." They are not the same.

I have never heard anyone say that their "free will" ran riot. It is my "self will" that gets me in trouble. My "self will" originates and operates from a place of arrogance and stubbornness. I think I know what is right for the whole world and specifically the people closest to me. I grew up with parents who "knew" what was best for me; how I should think, feel, act, and that also applied to God. My God was created by someone else. My God was remote, judgmental and someone to be feared.

When I became an adult, I was in charge of me, and I thought I knew what others should be saying, doing, believing, and thinking. I became the adult that was modeled for me by my parents. It's so easy for me to fall into that trap even today. As much as I hated having all this control imposed on me by others, I can still act the same sick way towards others. My "self will" runs riot.

My "free will" emanates from a place of thought and consideration, a place of openness and awareness. "Free will" is a gift from my Higher Power and can only operate when I reflect on my options, pray for guidance and trust that I will receive that "nudge" from my Higher Power when the time is right for me to make a choice. When I make a decision in this way, I am exercising my "free will." I am using this precious gift from my Higher Power.

Today my Higher Power is a God of my understanding and beyond my understanding. My Higher Power is not stagnant, but fluid and evolving. My relationship with this Power is the same; it is a living thing.

Today I trust that my Higher Power meets me where I am, not where I or anyone else thinks I should be. I don't have to have myself all neat and together to turn to this Power. I can turn to my Higher Power whatever emotional state I might be in. This even applies to those times of deep doubt and confusion. I sometimes wonder about whether or not this God really exists. But I do know that I and my life function so much better when I put those doubts aside and trust that I have a Higher Power who is always available to me. I make a decision to turn my will and my life over to this Power.

A grateful member of Al-Anon,  
Elaine H., Lifelines Editor

**\*\*\*DEADLINE FOR THE APRIL ISSUE IS MARCH 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)**

**UPCOMING ANNIVERSARY MEETINGS:**

**FOREVER HOPE**  
**Al-Anon Family Group**

Invites You to Join Us As We Celebrate Our

31<sup>st</sup> Anniversary  
and  
Lois W.'s Birthday

Sunday, March 3, 2019  
10:00 a.m.

West Greenwich Town Hall  
280 Victory Highway, Route 102, West Greenwich, RI

Speakers • Finger Foods • Hot & Cold Beverages • Fellowship • Spirituality

*Come Share the Joys of Recovery with Us*

Park in the large lot to the south (right) of the Town Hall. Entry is at the back via the wheelchair ramp.

**Let Go & Let God**  
**Alanon 31st Anniversary**  
**Celebration Meeting**

WHEN: Wednesday March 27th, 2019  
WHERE: Four Corners Community Chapel  
200 Angel Road Cumberland RI  
TIME: 7:00pm-8:30pm  
PARKING: In the back or across the Street at  
Navigant Credit Union.

*Speakers:*

*Al-Anon*  
*Alateen*  
*AA*  
*Adult Child*

**\*\*\*Raffles, Refreshments,  
Drinks, Friends & Serenity\*\***

**\*\*Handicap Accessible\*\***

**Please Join Us!**  
**The Essential Steps and Traditions Study Group**  
Invites you to join us for our  
**13<sup>th</sup> Al-Anon Family Group Anniversary!**

**Friday, March 29, 2019**  
**At the Kingston Congregational Church**  
**Fireplace Room**  
**Kingston, RI**

**Speaking Engagement: Noon to 1pm**  
**With AA and AFG guest speakers**

**The church does not allow food or drinks**  
**(Will have complimentary bottled water available)**

**NOTE:** Per group conscience, we try to be as close to a FRAGRANCE FREE meeting as possible. We therefore ask that all attending be mindful to AVOID WEARING PERFUME, cologne, scented lotion, etc. This way everyone can be comfortable and able to attend.

**Directions on the back**

**UPCOMING CONVENTIONS:**

43rd Rhode Island Convention March 22-24, 2019

**AA CONVENTION WITH AL-ANON PARTICIPATION**

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

***Special Note: ELOY M., our AL-ANON guest speaker will give his talk on Sat., Mar. 23 at 10:15 am.***

Al-Anon Meetings CAL = Al-Anon/Alateen Conference Approved Literature

Sat., Mar. 23 at 9:00 am:	Understanding Ourselves and Alcoholism - Nel P. Suggested CAL - Understanding Ourselves and Alcoholism pamphlet
Sat., Mar. 23 at 11:30 am:	How Al-Anon helped save my life? - Barbara H. Suggested CAL - You pick and share your personal story.
Sat., Mar. 23 at 2:30 pm:	Al-Anon Slogans - How they help us. - Dean H. Suggested CAL - Any daily reader, How Al-Anon Works pgs. 65 -75
Sat., Mar. 23 at 5:00 pm:	Al-Anon Fellowship -Breaking Our Isolation Suggested CAL - From Survival to Recovery pgs. 13, 18, 23, etc. or Concept 4
Sun., Mar. 24 at 8:30 am:	How I practice the Al-Anon Twelve Steps in My Daily Life. Suggested CAL - Paths to Recovery, Daily Readers or How Al-Anon Works

**If you would like to lead a meeting, please contact Jackie G. by email: [aa.riafg@gmail.com](mailto: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 22, 6-8:00 pm, 9:30-midnight & Saturday, March 23, 8am-8pm, 9:30-midnight: <https://www.discovernewport.org/about-newport/visitor-center/>

**43rd Massachusetts Al-Anon/Alateen  
Convention**

**April 5 - 7, 2019**

Where: Sheraton Framingham Hotel and Conference Center,  
1657 Worcester Rd. ( Rt9 West),  
Framingham, MA 01701

Phone: 508-879-7200 for hotel reservations.

Get the registration forms and more information at: **[ma-al-anon-alateen.org](http://ma-al-anon-alateen.org)**



**REGISTRATION FORM**  
 Al-Anon Family Groups presents the  
**42nd Annual CT AFG Convention**  
**“From Survival to Serenity”**  
 March 29-31, 2019

Red Lion Inn, 100 Berlin Rd, Cromwell, CT 06416

*Print Clearly - one Form per person*

First and Last Name \_\_\_\_\_

City and state \_\_\_\_\_

10 digit Phone Number \_\_\_\_\_

Email Address for Confirmation  
 If no email, postal address. \_\_\_\_\_

Circle one: Al-Anon AA Guest Alateen\*\*

Adult \$25 / Teen \$5 \_\_\_\_\_  
 PRE-REG DUE BY March 8<sup>th</sup>

**Saturday Night Italian Banquet**

**Buffet \$40.00** (Optional) \$ \_\_\_\_\_

Salad, Entrées, Starch, Vegetable, Dessert, Tax & Gratuity.

**Vegan Meal \$40.00** (Optional) \$ \_\_\_\_\_

(plated meal plus vegan options on buffet included)

The price of Banquet ticket includes priority seating for Key note speakers

Check # \_\_\_\_\_ Total Enclosed \$ \_\_\_\_\_

**Register on line at**  
<https://www.eventbrite.com/e/42nd-ct-afg-convention-from-survival-to-serenity-tickets-51635622537>

***Pre-register to be entered in a drawing for free 2020 Convention Registration.***

**Non-Refundable** Checks Payable to:

CT AFG Convention  
 P.O. Box 1226  
 Waterbury, CT 06721

Postmark after March 8<sup>th</sup> 2019, and Walk-ins  
 Adult \$30 / Teen \$5

With Al-Anon, Alateen and AA Participation Spanish and ASL Interpretation and Hard of Hearing headsets available.

**Registration opens 3:00 pm Friday, 8:30 am Saturday and Sunday.**

**Information and Online Registration:**  
[www.ctalanon.org](http://www.ctalanon.org)

**Questions / Volunteer Interest:**  
[convention2019@ctalanon.org](mailto:convention2019@ctalanon.org)

**\*\*ALATEEN:** Per CT Safety and Behavioral Requirements **ALL TEENAGERS MUST** complete appropriate Permission Slips and **notarized** Medical Authorization form, including out of state guests. Do NOT mail any Alateen forms with the registration. Forms **MUST** be presented upon arrival to the Alateen sign-in table at the convention. Download forms at [www.ctalanon.org](http://www.ctalanon.org).

**ALATEEN:** Name of Accompanying Adult or Teen \_\_\_\_\_

**Hotel Reservations**

Please call the hotel direct at 860-288-4985 to make your hotel reservation or online [www.redlion.com/cromwell](http://www.redlion.com/cromwell) by February 26.

Use Hotel Code "42NDO329" to get the discounted rate

Pre-register for Convention and Hotel room by February 26, 2019 AND pay for two hotel nights using our Hotel Code to be entered in a drawing for reimbursement of one room night.

**If staying at hotel,** name on hotel reservation: \_\_\_\_\_

**Special need:** Spanish Interpretation, ASL Interpretation, Hard of Hearing headset, other: \_\_\_\_\_

**RIAFG SPRING ASSEMBLY:**



**AL-ANON FAMILY GROUPS**

**SPRING ASSEMBLY**

May 18<sup>th</sup>, 9:30 am – 3:30 pm (Registration at 9:00)

Registration fee \$5.00 per group

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

(Basement hall, enter through double doors without awning)

Ample parking in lot



Coffee and Beverages Provided / Pot Luck / Bring Your Own



Lunch

Everyone is welcome, but only GRs (or appointed proxy) may vote. If your group does not have a GR, or your GR can not attend, the group can designate another group member, who is not a member of AA, to fulfill the role as proxy for the day. Please make every effort to attend so your group's voice/vote can be heard.

**Agenda includes:**

Delegate's World Service Report

Task Force Reports and filling Area Vacancies

UPCOMING CONFERENCES:

**World Service Conference\* (WSC) April 13-17, 2019  
The 2019 Conference Theme:**

***“Action is Attraction – There is No Growth in the Comfort Zone!”***

 **Love Gift Requests**

Tradition has it that each Area sends “Love Gifts” to their Delegate to share at the World Service Conference. These Love Gifts are arranged on tables in their own special room. The really enjoyable part is that each Delegate gathers the Love Gifts from other Areas to bring back and share!

Here’s the information if your District/Group wishes to participate.

**What ?:** Gifts are often fun, small, creative items that tie in with a slogan, theme, geographic area, CAL quote, etc. Examples: handmade magnets, Sea Shells/sand, post/note cards with message, teabags (Sereni-tea), state/city pins, little bags of candy, bookmarks, sachets, wild flower seeds, handmade bracelets, special pens/pencils.

There is no end to the creativity that’s been seen!

**How ?:** Districts/ meetings gather to make/assemble **100** Love Gifts.

**When ?:** Package your items and plan for mail to arrive **after April 10<sup>th</sup>**.

**Where to mail ?:**

Barbara Hicks (Hold for WSC 4/13-4/17, 2019)  
Sheraton Virginia Beach Oceanfront Hotel  
3501 Atlantic Ave.  
Virginia Beach, VA 23451

**Return Address in case mail is delayed:**

RIAFG  
106 Rolfe Street  
Cranston, RI 02910

\*What is a World Service Conference? For more information see our Al-Anon/Alateen Service Manual, 2018-2021, Pgs: 84, 139, 162.

**(Questions? Email: [delegate.riafg@gmail.com](mailto:delegate.riafg@gmail.com))**

**BOSTON 61st ICYPAA 8/22/19-8/25/19**

**With Al-Anon/Alateen participation**

ICYPAA = International Conference of Young People in Alcoholics Anonymous.

When: 8/22/19-8/25/19  
Where: Boston Marriott Copley Place,  
110 Huntington Ave, Boston, MA 02116, USA  
Questions: email [facilities@icyhost.org](mailto:facilities@icyhost.org)

\$30.00 PRE-REG NOW AT [ICYPAA.ORG](http://ICYPAA.ORG)!  
Book your room at [ICYPAA.ORG](http://ICYPAA.ORG)

**AA Liaison: AA Liaison Report, Feb. 20, 2019****AA Convention with Al-Anon participation**

“Our Big Book: Saving Lives Since 1939.” Mar. 22-24, 2019 at the Gurney’s Resort in Newport.  
Register before March 8 cost is \$25.00. Register on or after March 9 cost is \$30.00.

Registration online (preferred) or download the printable reg form at [www.aainir.com](http://www.aainir.com).

AA could use more registrations to meet their room quota - please spread the word.

Al-Anon Podium Script - Sat. Al-Anon Family Speaker at 10:15 am. Thank you volunteers!

Chair - Jackie G.

Anonymity Statement - Joe D.

Preamble - Holly R.

Resolution of Gratitude to Al-Anon - Mary K.

Al-Anon Twelve Steps - Nel P.

Speaker Host - Jackie G. and will introduce Al-Anon speaker, Eloy M.

Speaker - Eloy M. from Fort Collins, CO

Closing and Al-Anon declaration - Kim C.

I am looking for volunteers for anyone who would like to lead the remaining two meetings - 5:00 pm on Sat and 8:30 am on Sun.

The five Al-Anon meetings will take place in the Heritage Room, please see AA Convention program attached.

**Additional General information for the Convention:**

This is a **non-smoking** event. Ashtrays are outside AWAY from the doors. Spanish translation is available at the Main Meetings – contact the Convention Registration desk for information.

**Shuttle Service Schedule**

Friday, March 22 6:00 pm – 8:00 pm and 9:30 pm – 12:00 am

Saturday, March 23 8:00 am – 8:00 pm and 9:30 pm – 12:00 am

Shuttle service is **not available on Fri. or Sat. from 8:00-9:30 PM**

The shuttle will run between the Convention area entrance & the Visitor’s Center

**HOSPITALITY ROOM** ~ \*Vanderbilt Room-\*will be closed 15 minutes before and during all speaker meetings

**Al-Anon Meetings - Heritage Room**

**Those attending will receive a brochure with all the details re: meetings times and rooms, etc.**

**AREA JOB VACANCY:**

**\*\*\*\*NEEDED\*\*\*\***

**\*\*\*\*2019 WORKSHOP COORDINATOR\*\*\*\***

*Do you enjoy working with others to plan and organize events? Maybe it’s not your thing but you know someone in Al-Anon that is a good organizer. The Rhode Island Al-Anon Area Committee is looking for someone to step up to service as the 2019 Fall Workshop Coordinator. If you are interested or would like to recommend someone for this one-year Area position, please send an email to me at [chair.riafg@gmail.com](mailto:chair.riafg@gmail.com) or call the Area Office at (401) 781-0044 and leave me a message.*

**Position Description:** The Workshop Coordinator heads the Workshop Committee, which plans our annual Fall Workshop. The purpose of the Workshop is to allow members to enjoy a day of recovery while participating in giving back to the program (Participation Is the Key to Harmony). All proceeds help the Area as a whole, which allows us to be self-supporting. The Workshop Coordinator chairs periodic committee meetings and secures volunteers who take on responsibilities for registration, decorating, hospitality, master of ceremonies, speakers, meetings, food, craft table, Alateen participation, AA participation, Literature table, and Public Outreach table. This person troubleshoots and supports these tasks as necessary. (Note: since this is a non-voting position, an Al-Anon member who also is a member of AA is eligible to fill this position.)



**Events Calendar:**

- Mar 3, 2019 Anniversary Meeting, Forever Hope Al-Anon Family Group, 31st Anniversary and Lois W.'s Birthday. West Greenwich Town Hall 280 Victory Highway, see flyer for details.
- Mar 22-24, 2019 Rhode Island AA Convention with Al-Anon participation. See flyer & AA Liaison report. NEED VOLUNTEERS!
- Mar 27, 2019 Let Go and Let God 31st Anniversary Meeting, 7:00 to 8:30 PM, Four Corners Community Chapel, 200 Angel Rd., Cumberland
- Mar 29-31 2019 42nd Annual CT AFG Convention. See flyer for details.
- Apr 6, 2019 AWSC meeting at Cranston office from 10:00 AM to Noon. ALL ARE WELCOME!
- Apr 5-7, 2019 43rd Massachusetts Al-Anon/Alateen Convention at the Sheraton Framingham Hotel and Conference Center. For more details, see page 3 of this newsletter.
- Apr 13-17 World Service Confer, Sheraton Virginia Beach, Atlantic Ave., Virginia Beach, VA
- May 18, 2019 RIAFG Spring Assembly, 9:00AM to 3:30PM at St. Luke Episcopal Church, 99 Pierce St., E. Greenwich. See flyer
- May 29, 2019 AWSC meeting at Cranston office from 7 PM to 9 PM. ALL ARE WELCOME!
- Aug 22-25, 2019 Boston ICYPAA Convention. See above for details.
- Sep 7, 2019 AWSC meeting at the Cranston office from 10 AM to Noon. ALL ARE WELCOME!
- Nov 6, 2019 AWSC meeting at the Cranston office from 7 to 9 PM. ALL ARE WELCOME!

**Meeting Notices:****Needs Support:**

- Cranston/Warwick Day Time Al-Anon, Tuesday at 10:00 AM at Edgewood Congregational Church  
1788 Broad St., Cranston.
- South County Step meeting, Thursday from 7:30 PM to 8:30 PM needs your support.
- Let It All Go AFG, Tuesday 7:30 PM, North Kingstown Methodist Church, 450 Boston Neck Rd.,  
North Kingstown
- 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

**Location Change:**

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

**Temporary Changes:**

The Kingstown Congregational Church, where the Wednesday Butterflies Are Free and Friday Essential Steps and Traditions are held, is undergoing renovations from January 12th through March 12th. During this time these meetings will be held at the usual time -NOON- in rooms on the west side of the building. The entrance to the Church may vary depending upon where the work crew is operating on that day.

**Meeting Closure:**

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

## District II News:

### What's NEWs in District II – February 2019

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 of 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. As a start, District II is bringing its new to you!

The February 2019 meeting was held at the North Kingstown Free Library. After reviewing old business, the discussion turned to members' sharing their experiences with Task Forces. A question was posed to ask the Assembly: "Can the groups create a Task Force to establish guidelines for future Task Force Chairs to follow?" Specifically, District II's suggested guidelines would be to include accepting and addressing written inputs from members who cannot attend Task Force meetings and to mindfully select central locations in the State so more people have the opportunity to attend. After all, as Concept 4 tells us, "Participation is the KEY to Harmony."

District II also shared their commitment to continue to inform their groups about the Rhode Island AA convention with Al-Anon Participation which will be held on March 22-24, 2019 at The Gurney Hotel and Resort in Newport.

Finally, Spring Assembly planning was discussed. Volunteers are still needed to help with the Assembly on Saturday May 18, 2019 at St. Luke Episcopal Church (East Greenwich). If you'd like to volunteer, please come to the next District meeting (details below). If you can't attend that meeting AND you'd like to volunteer, please contact the District 2 Rep. We thank you in advance for your service!

The next District II Meeting will be held on **Thursday March 14<sup>th</sup> 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 our 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.

### Links of Service

Member + Member = **Group**

**Group + Group = District**

**District + District = Assembly**

**Assembly + Assembly = Conference**

## District III News:

District 3 meets the second Thursday of every month at the Portsmouth Library 6-7p. We had small but very productive meeting with lots of sweets on Valentine's Day!

New business this month started with strengthening our District's adherence to the first part of Tradition 11: "Our public relations policy is based on attraction rather than promotion..." Our first step is to ensure that all District 3 meetings are included all our local newspapers. Each of us volunteered to check and submit to our town newspapers as well as to ask other District 3 members to do the same. So far, we're covering Portsmouth Times, East Bay Newspapers, and targeting local Newport and Jamestown papers.

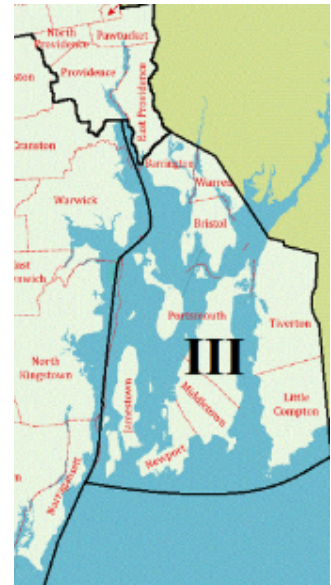
We also discussed the upcoming AA/Alanon Convention taking place on Goat Island March 22-24. Since it takes place in District 3, we feel a special call to promote our participation and support. We are spreading the word in our meetings of the many open Alanon volunteer positions District 3 members can fill. See the notices in *Lifelines* for current open positions.

We continue our focus on filling all active meetings with a Group Rep, which is a wonderful opportunity to do service and is required in the WSO Service Manual. Basically, the rep acts as a liaison between the group and the District (map of District 3 included). Our goal is to increase the health of all active meetings by having this important position filled. Also, an accurate CMA for each meeting is extremely important and we plan on reviewing that list to make sure all information gets channeled to all the meetings.

Lastly, we are looking into starting a NEW meeting in Newport which at present has no Alanon Meeting.

Our next meeting is March 14<sup>th</sup> at 6-7p in the Portsmouth Library. We hope to see you there!

Gratefully in Service,  
District 3





**Area Office News:****Volunteers Needed**

**Step 12: “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.”** Service is one of the ways that we work this step. Please consider volunteering at the State Office in Cranston. You can do this at the office or you can do this in the comfort of your own home. “Let it begin with me. When anyone anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me.”

The Area Office still needs volunteers! Please consider giving back by volunteering for hours in the office or as a volunteer from your home. Both positions have training.

## Office volunteers responsibilities:

- Greet anyone who calls the office
- Greet visitors to the office. They are usually coming for literature.
- Retrieve recorded messages, return calls and record them in our log.
- Open and distribute the mail
- Fill literature orders for in-person purchasers.

## At home volunteers responsibilities:

- Access the Al-Anon voicemail account from their home phone, retrieving messages
- When the caller leaves a message and a number, the at home volunteer calls them back
- Mailing a meeting list or referring the caller to [riafg.org](http://riafg.org)
- Keep a brief written log of calls returned 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:**

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.

**AWSC News:**

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

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

<b>2019 Workshop Coordinator</b>	Term is for 2019 (Non voting position)
<b>Area Secretary</b>	Term is for 3 years to December 2021
<b>Area Alternate Delegate</b>	Term ends on December 2019
<b>Forum Coordinator</b>	Term ends on December 2019
<b>Public Outreach Coordinator</b>	Term ends on December 2019

**Everyone** is invited to attend the AWSC meetings. So come on down to Cranston and see how this works. Four 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 you are a member of Al-Anon and not a member of AA for the voting positions. The Workshop Coordinator can be a member of both programs.

The next meeting is Saturday, April 6th from 10:00 AM to Noon at the state office in Cranston. We are alternating our meetings between Saturdays and Wednesdays. **ALL ARE INVITED TO ATTEND!**

## **RIAFG Safe Meetings Procedure:**

In Al-Anon we are blessed to have meeting spaces where we can “place principals before personalities” and attend and share safely. Unfortunately, there are rare instances in which meetings are confronted with threatening or unstable behavior that disrupts members’ safety. At the Fall Area Assembly, Group Representatives voted to create a committee charged with drafting a statewide safety procedure to support meetings faced with such situations. While we are fortunate to have some models of other states’ procedures, we want to ensure our procedures meet Rhode Island members’ needs.

If you have a suggestion or comment on this matter, please email the committee at [riafg.safemeetings@gmail.com](mailto:riafg.safemeetings@gmail.com) so that we can include your experience, strength, and hope in our efforts.

\*\*\*\*\*Any Al-Anon member can send feedback, join, or request clarification from any of the task forces that are currently addressing the Spring Assembly service breakout findings, group safety issues, and the Do not refer/re-refer policy creation. For now any questions, concerns for the Do not refer/re-refer policy can be sent to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com) and I will forward them.

## **Forum Article:**

### **I Am Learning to Breathe**

I’ve always approached life with an attitude of, “If I just hang in there long enough, things will work themselves out. Everything will be okay.” I think there’s a grain of truth in this attitude, but it’s just a tiny grain.

*How Al-Anon Works* (B-22), p. 47, talks about perseverance. In Al-Anon, I’m learning how to “Live and Let Live,” to detach with love. These practices are similar to perseverance for me because they are not about giving up or leaving the person I love. If I “Live and Let Live,” I accept the person or situation as is, and I focus on moving forward with my own life.

What I practiced before Al-Anon was not “moving forward with life.” It was actually “not giving up and staying stuck in the same old place.” Perseverance was my way of practicing the same behavior over and over, each time expecting a different result. My loved one would reach for the alcohol. I would be filled with dread, but then I’d tell myself, “Maybe this will be the last time,” or “maybe he won’t drink so much this time.” I kept expecting things to become different - magically.

What I’m learning in Al-Anon is things don’t magically become different unless I do some footwork. The first step is I have to fully admit there is a problem. Noticing a problem then holding my breath until it goes away is not going to cut it. I realize now that what I used to call perseverance was really just holding my breath. I wasn’t living. I was just staying very quiet, not making any waves, and doing everything I could to keep the home functioning.

In Al-Anon, I pray, I read Conference Approved Literature, I go to meetings, and I work with a Sponsor. I don’t really know who or what I pray to, but that’s okay. It’s all part of Al-Anon teaching me to breathe, to fully take life in, and move forward. In Al-Anon, I’m learning to live.

by Maxine I., Washington

Reprinted from *The Forum*, issue February, 2016, Al-Anon Family Group Hdqtr., Inc., Virginia Beach, VA.)\*\*Editor’s Note: Would you like your own subscription to the “Forum?” A subscription form is in the back of all issues. The cost is \$11.00 per year and there is also an online version available.

## **News from the WSO:**

Dear Al-Anon Members,

In July 2018, we announced that a change was made to the At-Large Committee résumé submission deadline to allow adequate time for the process of review, recommendation and approval of the candidates to be finalized in April, so they can begin their assignment in May.

Résumés were due to the World Service Office (WSO) by January 1st However, we became aware that the information was not sufficiently disseminated.

To ensure that members who are interested in service have the opportunity to submit their candidacy this year, we are extending the deadline on a one-time basis to March 1, 2019.

As a reminder, At-Large members can live anywhere in the World Service Conference Structure: United States and Canada.

Selected Committees require one-year time commitments which run from May to April each year.

The number of positions available annually is as follows:

- 5 At-Large members, *Forum* Editorial Advisory Committee
- 5 At-Large members, Literature Committee
- 5 At-Large members, Public Outreach Committee
- 2 At-Large members, Audit Committee

Thank you for your interest in service,  
In Fellowship, Vali F. Executive Director.

## How Al-Anon Supports Alateen

Members often ask, “Can Al-Anon support Alateen?” And the answer is Yes...absolutely! Alateen is an integral part of Al-Anon, and support can be offered in so many ways. A few years after I moved to Virginia Beach, I was certified as an Al-Anon Member Involved in Alateen Service (AMIAS). Within a year, I was invited to start an Alateen group in town. When we began, we only had a couple of Alateen books and a few pamphlets, but thanks to the donations of Alateen Conference Approved Literature (CAL) by Al-Anon members, now each teen can follow along with what is being read because we have plenty of copies for everyone.

We read the excerpt “Passing the Basket” from page 10 of the *2018/2021 Al-Anon/Alateen Service Manual (P-24/27)* at every meeting. This section reminds me that in Al-Anon/Alateen, there are no dues or fees, but that our voluntary contributions help to cover the group’s expenses. Reading this section and passing the basket at every meeting is important because, while Alateen members may not have a lot of money, the spiritual act of contributing encourages them to become responsible with money and reinforces a sense of belonging.

Months later, we were invited to attend the Eastern Seaboard Alateen Conference. Thanks to the accumulated funds from the weekly contributions, we had some money, but not enough. Fortunately, the District had some funds for Alateen and thanks to this, three members, another Alateen Group Sponsor, and I were able to go. It was an amazing experience. The teens realized that Alateen encompasses more than just their home group.

Our group’s membership has grown since then, and our Alateen members have had the opportunity to attend two Alateen conferences this year. For one of these events, the teens held a fundraising activity in collaboration with the District, as discussed on page 97 of the *Service Manual*, under “Events with Alateen Participation.” It is important to note that contributions from Al-Anon members to Alateen are voluntary, whether the Alateen group is new or not. This support may end once the group becomes self-supporting.

There are many ways Al-Anon members can support Alateen aside from becoming a certified AMIAS, donating CAL, and helping with financial contributions. To learn more please contact your Area Alateen Coordinator. And thanks for helping Alateen!

by Sergio Z., Senior Group Services Specialist - Alateen

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## Alateen Talk

Have you seen it? *Alateen* Talk has a bright and new design. *Alateen* Talk is a quarterly publication where Alateen members share their experience, strength and hope. Their sharings relate to their personal lives and how Alateen helps them. *Alateen* Talk is a great tool for carrying the Alateen message to young people who are suffering from someone else’s drinking. You can subscribe to *Alateen* Talk by filling out the form at [al-anon.org/alateentalkform](http://al-anon.org/alateentalkform).

## Meet the Delegates of the international Al-Anon General Services Meeting From the Comfort of Your Living Room

The biennial International Al-Anon General Services Meeting was held October 3-6 in Virginia Beach, Virginia. You can read the Keynote Address from the World Service Office Executive Director, Vali F.; a spiritual sharing from Delegate Sarita S. of India; and presentations and discussions from eight overseas structures. You can also get a glimpse into our workshops on Public Outreach, Spirituality in Money Discussions, Social Media, and Humor as an Al-Anon Business Asset. The official summary of this meeting is available online at: [al-anon.org/IAGSMsummary](http://al-anon.org/IAGSMsummary).

### **STEP THREE:**

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

### **TRADITION THREE:**

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

### **CONCEPT THREE:**

The Right of Decision makes effective leadership possible.

*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.**

photo by Martha R.

