

LIFELINES RIAFG NEWSLETTER



MAY 2019

Editor's Corner:

After a somewhat gentle winter, I was ready to attack the weeds in my garden. I find weeding hard work but therapeutic. My mind can work on other stuff while I am doing it.

I have this obnoxious grass that loves to spread all over the garden. It has these roots that shoot out and downward and spread like crazy. If I just pull out the grass at the surface, they reappear in no time. I have to dig deeper and pull with a good deal of effort to get the roots removed. I also find that sometimes I inadvertently "weed out" some of the good stuff in the garden.

All this reminds me of working on this spiritual program of recovery. New to Al-Anon, I dove into the idea of considering myself and my needs first. Surely taking care of everyone around me to my detriment needed to be weeded out. I forgot about taking anyone else's needs into consideration. I had swung too far in the direction of killing this tendency, rather than tempering it. This wasn't really a defect of character, but rather, a good characteristic carried to an extreme and unbalanced point.

The defects of character that I want to be rid of are attitudes and behaviors that keep me stuck in my old ways and my stinking thinking. They inhibit my growth. These have very deep roots and seem difficult if not impossible to remove completely. I have to be constantly vigilant. When I am under stress, they like to sneak up to the surface and sometimes run rampant. They are old comfortable ruts. They grow easily but choke out the life of anything around them.

Al-Anon gives me a spiritual program. By practicing this program I become aware of what I am feeling, of what my needs are, of what is going on in my immediate world and what needs attention.

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

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*****DEADLINE FOR THE JUNE ISSUE IS MAY 29TH*****

Would you like to be on the distribution list for Lifelines? Send an email requesting this to lifelines.riafg@gmail.com. These are sent as "BCC's" so your anonymity is protected.

Do you have an upcoming Al-Anon event to announce? - an inspirational photo? - a personal share? - etc. Please email these to lifelines.riafg@gmail.com

AREA JOB VACANCY:******NEEDED************2019 WORKSHOP COORDINATOR******

Rhode Island Al-Anon
Family Groups

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 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.)

Phyllis H. Area Chair

AWSC NEWS:******OUR STATE AWSC NEEDS YOU******

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

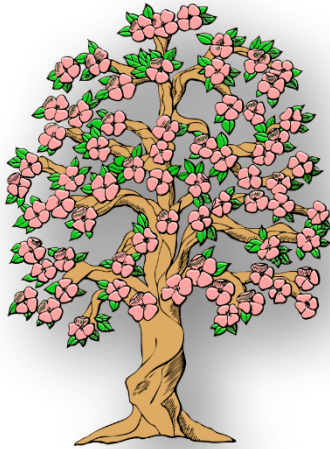
2019 Workshop Coordinator	Term is for 2019 (Non voting position)
Area Secretary	Term is for 3 years to December 2021
Area Alternate Delegate	Term ends on December 2019
Forum Coordinator	Term ends on December 2019
Public Outreach Coordinator	Term ends on December 2019
District 1 DR	Term is for 3 years to December 2021

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 Wednesday, May 29th from 7:00 to 9:00 PM at the state office in Cranston. We are alternating our meetings between Saturdays and Wednesdays. **ALL ARE INVITED TO ATTEND!**

RIAFG SPRING ASSEMBLY:



AL-ANON FAMILY GROUPS SPRING ASSEMBLY

May 18th, 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 GR's (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 and Task Force Reports and filling Area Vacancies



Rhode Island Al-Anon Family Groups

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

April 15, 2019

Happy Spring Everyone,

Your Area Committee is pleased to share the attached Assembly Agenda materials with you. As Group Representatives, you are the conduit between your groups, the Area, and WSO. We look forward to seeing you at the Assembly on May 18th and request that you take this information to your groups for discussion prior to the Assembly.

- Our Area Delegate will be giving her report on the World Service Conference. GRs are encouraged to bring one or more Al-Anon friends with them to the Assembly to here her report and learn more about service beyond the group level. All members of Al-Anon/Alateen are welcome and have a voice at the Assembly (although only the Group Representative, Alternate, or Proxy* can vote on behalf of the group).
- Open Area positions – Encourage group members to get involved in service by standing for one of the open positions (see attached list). Anyone standing for a position should, if possible, attend the Assembly. If someone who wants to stand for a position is unable to attend, he/she should contact me at chair.raifg@gmail.com, prior to the Assembly to let me know of their interest.
- Do Not Refer/Re-Refer Task Force – Group Representatives at the 2018 Fall Assembly approved a motion to “Create a Task Force to develop Area Policies on ‘Do Not Refer’ and ‘Re-Refer’.” The Task Force has drafted the “Rhode Island “Do Not List” Designation Policy” which is included in this packet. GRs are asked to share this information with their groups prior to the Assembly.
- Meeting Safety Task Force – Group Representatives at the 2018 Fall Assembly approved a motion to “Create a A Task Force to Develop a Guideline or Procedure for groups when dealing with safety issues.” The Task Force has drafted the “Rhode Island Al-Anon Family Group Meeting Safety Suggestions” which is included in this packet. GRs are asked to share this information with their groups prior to the Assembly. In support of this report, we also are including the WSO publication “Let’s Talk about Safety in Al-Anon Meetings.”

Remember, if the GR or Alternate GR cannot attend, the group can send a proxy*. If a proxy is sent, he/she should bring a signed note from the group giving him/her permission to vote on behalf of the group.

Coffee, tea, and water will be provided. All participants are responsible for providing their own lunch and should feel free to bring a dish to share. Note that there are restaurants nearby if participants prefer to go out to lunch.

Please be sure to print out the attached packet and bring it with you to the Assembly. Extra copies of this material will not be available at the Assembly.

Love In Service,

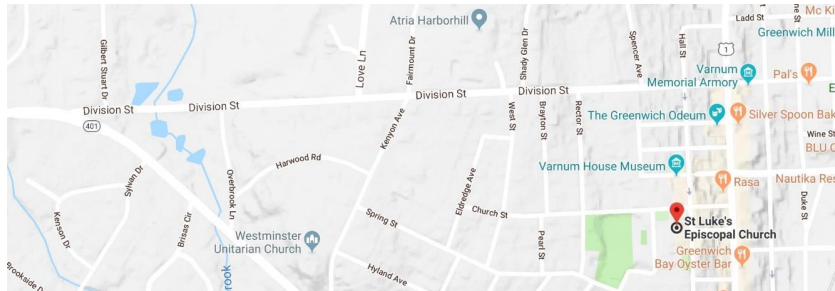
Phyllis H.

Phyllis H.
Area Chair

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.

*Note that any member who also is a member of AA cannot be a GR, Alternate GR, or vote at the Assembly as the group proxy.

DIRECTIONS TO ST. LUKE'S EPISCOPAL CHURCH



From Providence & Points North

- On Route 95 heading South take Exit 9 (on left) for Route 4 South.
- On Route 4, take the first exit for Route 401, Division St, East Greenwich.
- At top of exit go right onto Division St.
- Follow Division St. for 1.2 miles to fork in road.
- Take the left fork (still on Division St.) and go .8 miles further, taking the 6th right onto Peirce St.
- St. Luke's is 4 blocks down on the corner of Peirce & Church Streets.
- Parking lot is behind the church.

From Points East

- Take RI-138 over the Newport and Jamestown Bridges
- Exit onto US-1 N toward Providence
- Use the left 2 lanes to turn slightly left onto RI-4 North
- Take exit 8A for Route 401 Division St., East Greenwich
- Follow Division St. for 1.2 miles to fork in road.
- Take the left fork (still on Division St.) and go .8 miles further, taking the 6th right onto Peirce St.
- St. Luke's is 4 blocks down on the corner of Peirce & Church Streets.
- Parking lot is behind the church.

From Points South/West

- On Route 95 North, take exit 8A for Route 2 South, East Greenwich.
- At first stop light, take a left onto Division St. (Route 401)
- Follow Division St. for 1.5 miles to fork in road.
- Take the left fork (still on Division St.) and go .8 miles further, taking the 6th right onto Peirce St.
- St. Luke's is 4 blocks down on the corner of Peirce & Church Streets.
- Parking lot is behind the church.

What is an Assembly?

An Area Assembly is the business meeting where groups send their GR or other group appointed proxy to express a voice and vote on behalf of the group. Also in attendance are the District Representatives and the Area Officers and Coordinators. Any and all interested AI-Anon and Alateen members are encouraged to attend as well.

The Rhode Island Area has two Assemblies per year - Spring and Fall - where we discuss issues pertinent to our Area as well as issues our Delegate may bring to us from the World Service Conference and WSO. GRs hear reports from the Delegate and other Area Officers/Coordinators; elect new officers and coordinators; and review and vote on the Area budget, proposed Area policies and guidelines, and proposed changes to Area operations.

At the Assembly, the GRs and group appointed proxies are the only people who can vote on issues before the Assembly. In addition to voting at the Assembly, the GRs/proxies carry information from the group to the Assembly and back from the Assembly to their groups.

**Rhode Island Al-Anon Family Groups (RIAFG)
Fall Assembly – October 20, 2018
Emmanuel Church, 42 Dearborn St., Newport, RI
Hosted by District 3**

Voting Members (GRs and Proxies):

District 1: Lorie G., Ann H., Jane A., Pamela T., David G., Esme H., Anita K.

District 2: Cynthia B., Charles W., Susan L., Rosia B., Jackie G.

District 3: Anna P., Joy C., Toby F., Sheila B., Terry L., Ann-Marie C.

Area Officer/Coordinator Attendees:

Barbara H., Delegate; Phyllis H. Area Chair; Shawn J., DR1; Charles W. DR2; Terry L. DR3; Jackie G. AA Liaison; Ashley B. Alateen Co-Coordinator; Joy C., Area Alateen Process Person; Dennis S., Email Coordinator; Elaine H., Lifelines Editor; Ann-Marie C., Literature Coordinator; Jane A., Office Coordinator

Opening/Welcome

Moment of silence followed by the Serenity Prayer; reading of the Steps, Traditions, Concepts, and Warranties; roll call/introductions; housekeeping/facilities information.

Area Business

Upon Motion duly made and seconded, the minutes of June 9, 2018 were approved.

Spring, 2019 Assembly Update: This will be hosted by District 2, and tentative dates of May 11 or May 18 were selected as the preferred choices.

Group Activity

“Getting to Know You” individual information game was played.

Do Not Refer Policy/Re-Refer Policy and Internet and Group Safety Issues

The Delegate, Barbara H., led a presentation on these topics with information from WSO, and also information on how other Areas have dealt with these issues. Discussion followed.

A Motion was duly made, seconded, and passed to “Create a Task Force to Develop Area Policies on ‘Do Not Refer’ & ‘Re -Refer’.” A Task Force for this purpose was formed to be chaired by Toby F., with other members being Jackie G., Joy C., Cindy B., and Ashley B.

A Motion was duly made, seconded, and passed to “Create a A Task Force to Develop a Guideline or Procedure for groups when dealing with safety issues. Terry L. agreed to chair the Task Force, with other members to be Cindy B., David G., and Ann H.

Service Task Force Report

The Service Task Force Chair, Cindy B., presented the report of the Task Force on Questions 4, 5, and 6 of the Spring Assembly Service Breakout Session Questions. Discussion ensued. A further meeting of the Task Force is scheduled for December 2nd, open to all members who would like to attend and contribute.

A Motion was duly made, seconded, and passed “To Table a vote on the report and recommendations contained therein until the next Assembly or when the Task Force presents a final report for review and vote.” Appreciation to the Task Force members was extended with thanks for their service to date.

See attached report.

Area Service Position Elections

The open Area Service positions were discussed and described in the morning session. In the afternoon, elections were held and the following Area Positions were elected by majority vote:

- Archives Coordinator—Haley C.
- Area Alateen Process Person—Susan L.
- Email Coordinator—Lorie G.
- Lifelines Editor—Elaine H.
- Office Coordinator—Jane A.
- Website Coordinator—Esme H.

2019 Area Budget

The Chair provided 2018 Financial Documents of Area Income, Expenses, and Donations through September 2018, as prepared by the Area Treasurer. The 2019 Proposed Budget with a three-year summary comparison was also provided by the Chair. After discussion, the proposed 2019 Budget, was amended with a change provided by the AA Liaison. A Motion was duly made, seconded, and passed to approve the amended 2019 Budget.

Ask it Basket Questions were read and answered.

Closing.

Motion to adjourn was made and approved at 3:14. The meeting then closed with the Serenity Prayer and the Al-Anon Declaration.

Respectfully submitted,

David G.

**SPRING ASSEMBLY AGENDA
MAY 18, 2019**

Location: St Luke's Episcopal Church, 99 Peirce St., East Greenwich, RI

- 9:00 - 9:30 **Registration / Check-in**
- 9:30 -9:50 **OPENING/WELCOME**
- Moment of silence followed by the serenity prayer
 - Read Steps/Traditions/Concepts/Warranties
 - Roll Call/Introductions
 - Assembly Etiquette
 - Housekeeping/Facilities Information
- 9:50 - 10:20 **AREA BUSINESS**
- Review and Acceptance of October 20, 2018 Assembly Minutes
 - Date and location of next Assembly – District 1
 - Treasurer's Report
- 10:20 - 10:50 **VOTING ON OPEN AREA POSITIONS**
- Alternate Delegate ● Secretary ● Forum Coordinator
 - Public Outreach Coordinator ● Workshop Coordinator 2019
- 10:50 - 11:00 **BREAK**
- 11:00 - 11:10 **TASK FORCE REPORT – Attracting Members to Service**
- 11:10 - 12:10 **DELEGATE'S REPORT – World Service Conference (Part 1)**
- 12:10 – 1:00 **LUNCH** (brown bag bring your own)
District Meetings during lunch
- 1:00 – 1:30 **TASK FORCE REPORT – Meeting Safety Guidelines**
- 1:30 – 2:00 **TASK FORCE REPORT – Do Not Refer/Re-Refer Policy**
- 2:00 – 2:10 **BREAK**
- 2:10 - 3:10 **DELEGATE'S REPORT – World Service Conference (Part 2)**
- 3:10 - 3:25 **DISCUSSION/MOTIONS FROM THE ASSEMBLY FLOOR**
- 3:25 - 3:30 **CLOSING**
- Housekeeping matters, evaluation forms, *Forum* raffle, etc.
 - Motion to adjourn
 - Closing prayer and AI-Anon Declaration

PLEASE TAKE A FEW MINUTES TO COMPLETE THE EVALUATION FORM – THANK YOU!!!

MORE INFORMATION ON THE ASSEMBLY:

Go to riafg.org then click on the “About Us” selection. In that drop down menu, select “Area Business”
Go to the box titled “Assembly Information” and then click on the “Spring Assembly Agenda.”
This will give you the complete packet for the assembly with the work of the Safe Meetings Committee and the “Do Not Refer/Re-Refer committee.

2019 EVENTS CALENDAR:

May 5	Pioneer Day at the Wilson House In East Dorset, VT. See upcoming events online at riafg.org
May 18	RIAFG Spring Assembly, 9:00AM to 3:30PM at St. Luke Episcopal Church, 99 Pierce St., E. Greenwich. (see flyer for details)
May 21	New Beginnings AFG 35th Anniversary, St. Luke’s Episcopal Church, 99 Pierce St., E. Greenwich, RI, from 7:30 to 9:00 PM (see flyer for details)
May 29	AWSC meeting at Cranston office from 7 PM to 9 PM. ALL ARE WELCOME!
June 7-9	43rd Annual AI-Anon AFG of MD and DC Spring Convention, Washington College, 300 Washington Ave., Chestertown, MD, (see flyer for details)
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 flyer for details)
August 16-18	28th Main Area AI-Anon Convetion, Ferry Beach Retreat and Conference Center, 21 Ferry Park Ave., Saco, Maine (see flyer for details)
August 22-25	Boston ICYPAA Convention. See above notice 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 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@riafg.com.

Needs Support:

Cranston/Warwick Day Time AI-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 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

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

Meeting Closure:

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

UPCOMING CONFERENCE:

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

\$30.00 PRE-REG NOW AT ICYPAA.ORG!
Book your room at ICYPAA.ORG

UPCOMING ANNIVERSARY:



New Beginnings
Alanon Family Group
35th Anniversary Meeting

Tuesday, May 21, 2019

7:30-9:00 pm

St. Luke's Church

Pierce Street

East Greenwich

Come share our experience, strength, and hope as we
celebrate with speakers, fellowship, spirituality, and food.

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



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; 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.

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**

Ferry Beach

Retreat & Conference Center



Ferry Beach Retreat & Conference Center in Saco is a beautiful location on the coast of southern Maine on a 32-acre oceanfront campus. You will wake up by the sea in quaint cottages, cabins, dorms or on a campsite in the Grove. A relaxed campus features a sand volleyball court, art studio, fire pit, outdoor chapel and of course the beach! The dining hall provides healthy, delicious food (including food for special dietary needs) and good coffee!

For directions, and more information:
www.ferrybeach.org

LODGING

All lodging & meals
 made with Ferry Beach!
Deadline, June 15th

207.282.4489 Ext. 1
 20% discount on web listed prices
 when you mention "AFG Convention"

www.ferrybeach.org

Dorm buildings
 (singles, doubles or families)
 Private cabins and cottages
 Camping – tent or RV

What to Bring

- Pillows and bedding (sheets and blankets or sleeping bag). Linens are available for \$30 per bed. **Please request when reserving lodging.** Linen packet includes: pillow, sheets, blanket, two bath towels, hand towel and facecloth. All mattresses have waterproof and hypoallergenic covers.
- Towels and toiletries. If you are staying in one of the dorms, bathrooms are communal, so shower shoes are recommended.
- Beach needs: suits, towels, sunscreen, bug spray, flashlight, beach chair!
- You may want a fan for your room.
- Ferry Beach is a pet-free environment. (Marked service animals are welcome.)

28th Maine Area
 Al-Anon Convention
 August 16-18, 2019
 Including Alateen
 & AA Participation



Let it Begin
 With Me

Ferry Beach
 Retreat & Conference Center
 21 Ferry Park Avenue
 Saco, Maine

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:

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.

DISTRICT 11 NEWS:

What's NEWS in District II – March 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 March 2019 District II meeting was held at the North Kingstown Free Public Library. Because a lot of planning goes into hosting the Spring Assembly, that checklist was revisited FIRST to make sure all the necessary volunteer positions were covered (i.e., set-up and breakdown, registration, etc) and any lingering logistics were sorted out (i.e., Wi-Fi password and projector for the presentation, etc).

In addition, the Group Reps (GRs) were encouraged to continue sharing the date of the assembly with their groups – Saturday May 18th at St. Luke's Episcopal Church in East Greenwich – AND to ask their groups for potluck items. ****Should you feel called to do service, we are still in need of potluck items for the assembly and will gratefully accept your donations =)**** Simply bring your food donations to St. Luke's on May 18th between 8:30am-11:45am. We thank you in advance!

After discussing the organizational details of the assembly, district members revisited having the question put to the assembly about creating guidelines for task force chairs. The Area Coordinator brought a copy of a format she received from the delegate as an example to share and said that she would add this question to the upcoming assembly agenda. That agenda was discussed at the area meeting on April 6th at the Area Office in Cranston. In addition, it was also reported that the Do Not Refer/Re-Refer task force was ready to present at the assembly.

In new business, one GR brought a concern to the District about “unhealthy meetings” – groups that don't use the service manual or fill group positions and that use outside (non-conference approved) literature, etc. She asked the members to think about this and bring suggestions to the next meeting.

Also in new business, the AI-Anon/AA Liaison suggested making buttons as a possible “love gift” for the RI Delegate to bring to the World Service Conference. She brought a sample template for the button-making machine she'd ordered for the AA convention and shared that the process was quite easy to do. The group talked about other possible love gift ideas while noting how close it was to the date of the conference and that the delegate would be leaving April 10th for the conference. Although no definitive decision was made at the meeting, the Alternate District Rep asked that the template be sent to him to see if he could come up with something.

The discussion then turned to the Safety Meeting Task Force report. It was reported that the meeting went well and that the task force discussed devising a simple plan with bullet points; a preamble; questions; and suggestions on what groups might use, allowing knowledge-based decision-making (KBDM) to guide them. Their next meeting was on April 3rd at the Area Office in Cranston. Finally, it was mentioned that the Fall Workshop Coordinator position still needed to be filled. GRs were asked to get the word out at their groups, and the GRs asked that the flyer created with this information on it be forwarded to them again since most had not received it.

That wraps up this District II Report! Our next District Meeting will be held on **Thursday May 9th 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 AI-Anon as a whole.

Links of Service

Member + Member = **Group**

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

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

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

DISTRICT 3 NEWS:**District 3 News:**

April 2019

District 3 meets the second Thursday of every month at the Portsmouth Library 6-7p, and our latest meeting was April 11, 2019.

Our main discussion was around finalizing the new Sunday night meeting in Newport May 19th! The new group will meet 6-7p in the Library at Emmanuel Church at 42 Dearborn Street in Newport.

Here is how you can support this new meeting:

- Volunteer to support group attendance while it gets started
- Announce the new group at your meetings
- Include an announcement in your local papers
- Post flyers on community boards

You can contact district3.riafg@gmail.com to provide service.

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. Our goal is to increase the health of all active meetings by having this important position filled, ideally in time for the Spring Assembly May 18th.

Our next meeting is May 9th at 6-7p in the Portsmouth Library. We hope to see you there!

Gratefully in Service,

RI District 3

**NEW AL-ANON MEETING
OPENING!!!!****SUNDAY MAY 19th 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****SAFE MEETINGS COMMITTEE:**

The Safe Meetings Committee was created at the RIAFG Fall Assembly and charged with creating RIAFG guidelines or procedure for dealing with meeting safety issues. Five very smart, insightful, and dedicated Alanon members volunteered to take on this important task.

Before meeting, the Committee created a dedicated email address and solicited safety suggestions from our members via *Lifelines* but did not receive any outside input.

The group met twice to determine what type of guidelines we wanted to create. We evaluated and compared safety guidelines from other Areas, as well as the recently issued World Service guidelines, which came out after the Fall Assembly. All formats and ideas were excellent and we especially favored the WSO guidelines, however, we all agreed they were too lengthy for the 21st century short-attention span reader. Our focus has been to create clear, simple RIAFG suggestions and reference the WSO guidelines for additional support. We created a large comprehensive draft which we are consolidating and finalizing within the next two weeks.

The Committee feels strongly that since our charter was formed by the Fall Assembly, the RIAFG suggestions should be presented at the Spring Assembly for acceptance and approval. We will share our final draft with the Area beforehand, however, our goal is to present it at the Spring Assembly for GR and the Area Officer approval before distributing it to our membership.

Respectfully Submitted,
RIAFG Safe Meetings Committee - riafg.safemeetings@gmail.com

AA LIAISON REPORT:**AA Convention with Al-Anon participation – Recap**

Al-Anon participation at the convention went well. The five Al-Anon meetings were led by four different RI Al-Anon group members and the Al-Anon Liaison for the 61st ICYPAA Host Committee from MA. Feedback on groups was positive and the schedule worked nicely with the convention program.

Eloy M., our guest speaker from Fort Collins, CO hit it out of the ballpark sharing his Al-Anon journey and his heartfelt talk. He offers such a kind and compassionate understanding of those effected by someone's drinking and to our friends in AA. I am still receiving positive comments about Eloy's speaking points. Eloy thanked me throughout the weekend for the opportunity to serve and loved the Newport, RI coastline. Thank you for making Eloy feel welcome.

Finally, I plan to drop off the pin button machine at the office this week. It'll be a good investment and easy to master.

Yours in Service and Fellowship,

Jackie

FORUM ARTICLE:**I Was Finally Able to Take Off My Armor**

Growing up in an alcoholic home, I had to figure so much out for myself. As a result, I developed an arrogant, smug belief that I had all the answers. I felt that I was the one who had to keep things together. Once I left home, I was sure that I was prepared to take on the world and vowed to myself to live differently. I put on my coat of armor and it was going to take a miracle for me to reveal my true self to anyone - including myself.

I heard about Al-Anon during an internship I was completing for school and attended some Al-Anon and AA meetings as part of my assignment. My immediate thought was that my mom really needed to do this Al-Anon thing because it was clear that she was unhappy with my father's drinking. She went a few times, but did not see how Al-Anon could help her. After all, she didn't drink. She purchased one of the daily readers and felt that was enough for her.

Even though my alcoholic loved one became sober and started going to AA, I was more miserable than ever. My deep-seated insecurities were running amuck, and by the time I got back to Al-Anon, I didn't think I belonged because I didn't want to belong. I didn't want to see my part. Fortunately, I heard that Al-Anon was about my disease. My behavior and attitudes were making me sick and I didn't even realize it. I put everyone else first, thought I knew the answers to everyone else's problems, and justified my actions to the point that I didn't think I could change.

By listening to others share their experiences, I felt hope for myself - hope that I could risk taking off the armor, or maybe just a piece of it, to reveal the real me. Amazingly, I started to change as this loving program began to unfold in front of me. Al-Anon has helped me love and accept myself as I am, despite the family disease of alcoholism. I will "Keep Coming Back" to remind myself that I am worthy.

by Sue P., Virginia

(Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA. March 2019 p.8)

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. See the order form insert in the April 2019 issue of *The Forum* or go to al-anon.org/m81.

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

STEP FIVE:

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

TRADITION FIVE:

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

CONCEPT FIVE:

The Rights of Appeal and Petition protect minorities and assure that they be heard.

WEB Sites, Addresses and phone numbers:

RI AFG: www.riafg.org Office: 106 Rolfe St., Cranston, RI 02910
Telephone: 401-781-0044. Office hours available by calling this number.

WSO: al-anon.org. Office: 1600 Corporate Landing Parkway,
Virginia Beach, VA 23454.
Telephone: 757-563-1600

God, grant me the serenity to accept the the things I cannot change, courage to change the things I can and wisdom to know the difference.

photo by E.H..

