

LIFELINES

Rhode Island Al-Anon Family Groups

Area 49

NOVEMBER 2023

Editor's Corner

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**SUBSCRIBE TO
LIFELINES**

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

Thank You, Al-Anon

In Al-Anon, there's so much to be thankful for!

- Volunteers who lead meetings, order and mail literature, answer phones, balance the books, and **serve selflessly.**
- **Sponsors** who support and challenge us.
- **Meetings** that are safe and welcoming, in-person and online.
- You choose how to consciously contact with your **Higher Power.**
- Al-Anon.org.
- Conference Approved Literature!
- **Twelve Steps** that work if you work 'em.
- Assemblies! (See more in this issue)
- The **hope** that arises from seeing recovery in action, in yourself and others.
- Laughter!
- Sometimes, coffee.
- **Feeling loved**, as you are, right now.
- Experiencing the **peace of the program.**

In RIAFG, we're thankful for you.

Gratefully in service,
Eden C., Lifelines Editor
lifelines.riafg@gmail.com

NOTE: See you at our RIAFG Fall Assembly Nov. 3 6-9 and Nov. 4 9am-3:30pm at YANA Newport County in Middletown, RI. Open to all!

RIAFG FALL ASSEMBLY

YANA CLUB
770 AQUIDNECK AVE
MIDDLETOWN RI

INFO: RIAFG.ORG

NOV. 3 6-9
NOV. 4 9-3:30

Friday night: Workshop with WSO!
Saturday: Updates! fellowship!
information! voting!

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

TRADITION ELEVEN

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.

CONCEPT ELEVEN

The World Service Office is composed of selected committees, executives and staff members.

**Rhode Island Al-Anon
Welcomes**

**WSO STAFF
MEMBERS**

WSO Staff will host a Workshop &
Share their Personal Experience,
Strength & Hope

YANA Club

770 Aquidneck Ave

Middletown RI

November 3, 2023

6PM-9PM





**WSO Will Join Our Fall
Assembly for Workshop
& Q & A**

**Area Treasurer's Report
Area Elections**

**RI Al-Anon Fall
Assembly**

November 4th

9AM-3:30PM

YANA Club

770 Aquidneck

Ave Middletown RI

Service: All you need is your phone!

A Service Opportunity: Looking for a way to give back to the program? Check messages on our RIAFG office phone number.

The available days for this are **Sunday** and **Friday**. Work from the comfort of your home. Messages left usually involve: How to find our meeting list, information about Al-Anon, how to attend their first meeting, members wanting to come in to pick up literature, and members requesting office hours. Office hour questions are given to me and I will coordinate.

If you are interested, please email: office.riafg@gmail.com or call the office at 401-781-0044. Gratefully in service, Elaine H., office coordinator

Read this if you meet online!

A message from our Webmaster, Kim:

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

<https://al-anon.org/for-members/group-resources/group-records/new-electronic-meeting-registration/new-meeting-form/>

Meeting Space (s) Available

Did you lose your meeting space during the pandemic?

Need a different spot? Starting a new meeting group?

The **East Greenwich Lutheran Church** on

Division Street has available meeting rooms.

Contact the office at firstlutheraneg1@gmail.com.

Butler Hospital in Providence has reopened **Ray Conference Center**, which means it's available (again) for Al-Anon and for other 12 step meetings. Prior to March 2020 there were active meetings on the Butler campus. If you'd like to create a new RIAFG group at Butler, email alanon.riafg@gmail.com to get started.

Spring 2023 Assembly Follow-Up

First, I want to thank all the Group Representatives that showed up to this Assembly and participated and gave feedback. Without you, RI Al-Anon business would not happen.

Next. I would like to give a huge thank you to the AWSC members that helped plan the Assembly. Without an Area Chair, your help is essential. RI Al-Anon would not exist without each and every one of you. I would also like to thank all the members that showed up and volunteered to help on this day.

I want to give a little insight into the feedback forms from the June 10th, 2023 Assembly. A few suggestions that were made by multiple people:

***To shorten the day**

--RI Assemblies have historically been held from 9AM – 3:30PM. This is already very short compared to most other areas, which use an entire weekend for Assemblies. It was very difficult to include all the information that needed to be shared this year and we shortened; assembly was from 9AM-1PM. Assemblies moving forward will be most likely back to 9AM-3:30PM.

***To have healthier food options.**

--All the food was donated by members. This was not purchased by the AWSC. The food did not come out of the Assembly budget. May I suggest, if healthier options are needed, then please feel free to bring something to donate or bring your own lunch/snacks.

***More information on RI Area Budget vs WSO Budget.**

--The Rhode Island Area Treasurer-Terry gives her full report at the Fall Assembly, when she presents her budget for the next year. The Delegate has the responsibility, as a trusted servant, to bring back information from the World Service Conference. This includes World Service Office finances.

***Shorter Delegates Report/report over allotted time.**

--The main purpose of a Spring Assembly is for the Delegate to give their report from the World Service Conference. As a trusted servant, all information is shortened and included in the report. Report did go over allotted time listed on the agenda, as I thought it would be better to stop after each section and let members ask questions instead of waiting until the Q&A at the end. Assembly did end on time.

All AWSC meetings are listed on the website www.riafg.org. **All members are invited to attend.** You will have a voice, but no vote. Meetings are currently virtual Via Zoom. Zoom information is also included on the calendar on the RI Area website.

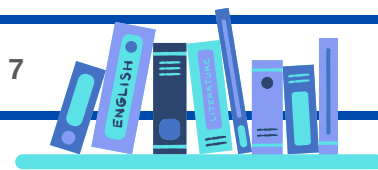
We currently have two Districts without District Representatives. The DR' s would be the members to attend the AWSC meetings and bring the information back to their District. The DR would hold meetings for the GRs to receive information. I welcome any member to step up to a DR position in District's 1 & 3. This would ensure that the information from AWSC meetings was getting back to the groups. Until this happens, invites will not be sent out by the Area-as that is not the process. **Please feel free to visit the website and get information for AWSC meetings.**

Any questions please feel free to email me at Delegate.riafg@gmail.com.

Hugs In Service,

Cindy Brimmer

RI Panel 61 Delegate



RIAFG Literature News

November 2023 Note from your Literature Coordinator:

Good news! **The new Daily Reader has come in!** Those of you who had been placed on our waitlist at the Office for copies—I have set that stock aside there and you will hear from us soon to be able to come make your purchase and pick them up. If you are a group with a pre-order at the Office and want to pick them up at the Assembly, you need to email me at literature.riafg@gmail.com before Friday, 11/3/23 at noon, so I can have that order with me for you to pay for and pick up on Saturday.

I will also have some additional copies of the new Reader available at the Assembly for purchase by individuals. I am not planning to bring other literature to the Assembly, so if you have a need for something else, please email me at literature.riafg@gmail.com before Friday, 11/3/23 at noon to let me know, so I can have it with me on Saturday. I will be at the Assembly from the morning break time through lunch, so we can do our business then!!

If these new readers all sell out by next weekend, I will be placing another order as soon as possible—and so far, they are still available at WSO!!—but I need to make some sales before I place another order!! So, please be patient as we do our best to get this out to you all as quickly as possible. **I am just so glad they finally arrived!!**

Just a reminder on the new reader: *A Little Time for Myself* costs \$17.00, and is only available in the usual small Reader size—there is no LP edition. The more modern typeface and spacing of text on the page seems to help those that usually prefer the LP. I also have some available in Spanish at the Office.

In other news, my term as Lit Coordinator is up this fall, so it will be one of the open positions looking to be filled at the November Assembly. It is a great job to take on—a very tangible task that is satisfying to do as service to the Area. I'm sorry to not be able to commit to serving another 3-year term!

There is, of course, a written description of the position, but in addition, here are some of the “nuts and bolts” of the position. You need to:

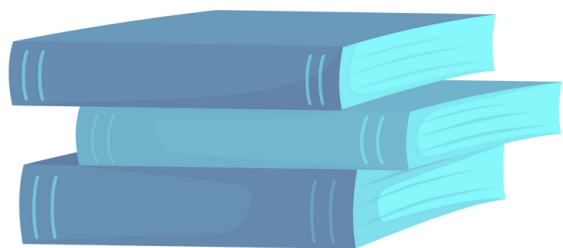
- be able to walk up and down the steps to the office, and carry books up the stairs when they arrive!
- be organized and responsible with money
- be able to plan for and make decisions about book inventory
- be willing to put in the time of going to the office about every two weeks or so—sometimes more often, sometimes less
- be willing to give some personal information (SSN) to the bank when you become the signer on the Literature Account

I hope this doesn't discourage you from service, but sometimes you don't know what all is involved in a position from the “official” description. I will be available through December to transition anyone who wishes to take on the job. As always, thank you for supporting the RI Area by buying Literature through our RIAFG Office!

Yours in Service,

Wendy H.

RIAFG Literature Coordinator



Got Literature?

How to order Literature from the RI Literature Distribution Center Office

PLEASE NOTE: *There is a new order form available on the riafg.org website. The charge for shipping has been increased due to the increases from the Post Office. The new charges are: Orders from 0.00 to \$100.00, the charge is \$8.00, orders over \$100, the charge is 10% of the total for the order. Please use the new order form when you mail orders into the office. Include the correct total for shipping and be sure to fill out the contact information.*

To pick up at the office:

Mail in the literature request form (found on our website: www.riafg.org) to RIAFG, 106 Rolfe St. Cranston, RI 02910. Be sure to include your name and phone number. You will be called back when the order is ready for pickup. Payment is made at time of pickup.

To have literature mailed to you:

Include a check for the full amount of the order, the name and address for shipping, and your name and phone number. *Please note the increased shipping charges listed above.*

To shop at the office:

Leave a message at 401-781-0044 and someone will let you know when the office will be open.

Please note that if you are requesting only a few items, and you want to do pick up, you may call the office with the info.

Gratefully in service, Elaine H., Office Coordinator

Holding Space for Higher Power

Lately I've been thinking about a Higher Power, not as a person, or a thing, but as a space and a perspective.

To me the "love larger than I know" is what happens in rooms where we gather for spiritual fellowship. It is the shift in perspective that happens there when, rather than being solely an individual, I am part of community, because I have shifted to quiet attention.

This is why Al-Anon and 12-Step Groups work for me in a way no other religious practice or belief does.

So god is simply, in me, the shift to quiet attention, where I am part of something bigger, a circle, a space. I am connected to the space of belonging, of a community, a gathering, and feeling, within the space the presence of a love larger than I know. But the "presence" isn't me or other people or a supernatural ghost, **it is the space we enter**, the perspective we gain and the space we share that is a space of quiet attention and listening for one another.

In this space, there are no distinctions between member and nonmember. There is DEFINITELY belonging, as anyone under the sun is warmed and fed and shown life by the sun, anyone entering the SPACE BELONGS to that space, to receive the love that is there. Whether they speak, cry, silently stew, listen to others, listen to their own heart, feel discomfort, sleep, rage, or remove themselves, they have still gained perspective, entered the space, been loved, and BELONGED. . . .

So I go to the space. **I immediately experience a love larger than I experience on my own.** I immediately experience patience with myself and others. In fact, I follow practices and guidelines that CONNECT me to love, SHIFT me to a larger perspective, open my mind to ACCEPTANCE of those I might otherwise dismiss, push away, reject and definitely see as different or unconnected to my self, and I EXTEND my patience and my love to myself and to each individual in the space, firmly seated in or standing in, breathing in, or moving in, or speaking in this SPACE.

When it's over, I try to take it with me, and to "practice these principles in all my affairs" and to use prayer, and journaling, haiku, god box, phone-calls, letters, and one-on-one heart-to-hearts to continue my relationship with that space, to continue enlarging perspective beyond petty self-pity, resentment, rage, and shame. **To continue to feel my feelings within a larger space of a love greater than I know.**

Sarah W.

Read more at: www.al-anon.org/blog/step-eleven/

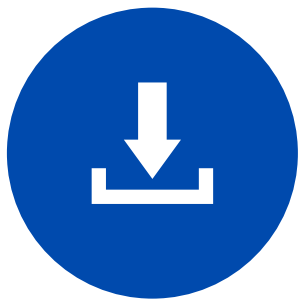


New to Al-Anon? You'll want to hear this.

Short, informational podcasts
just for Al-Anon **newcomers!**

We're glad you're here.

Click to: al-anon.org/newcomers/first-steps-al-anon-recovery/



Free Downloads!

So much to read, print, and **share!**

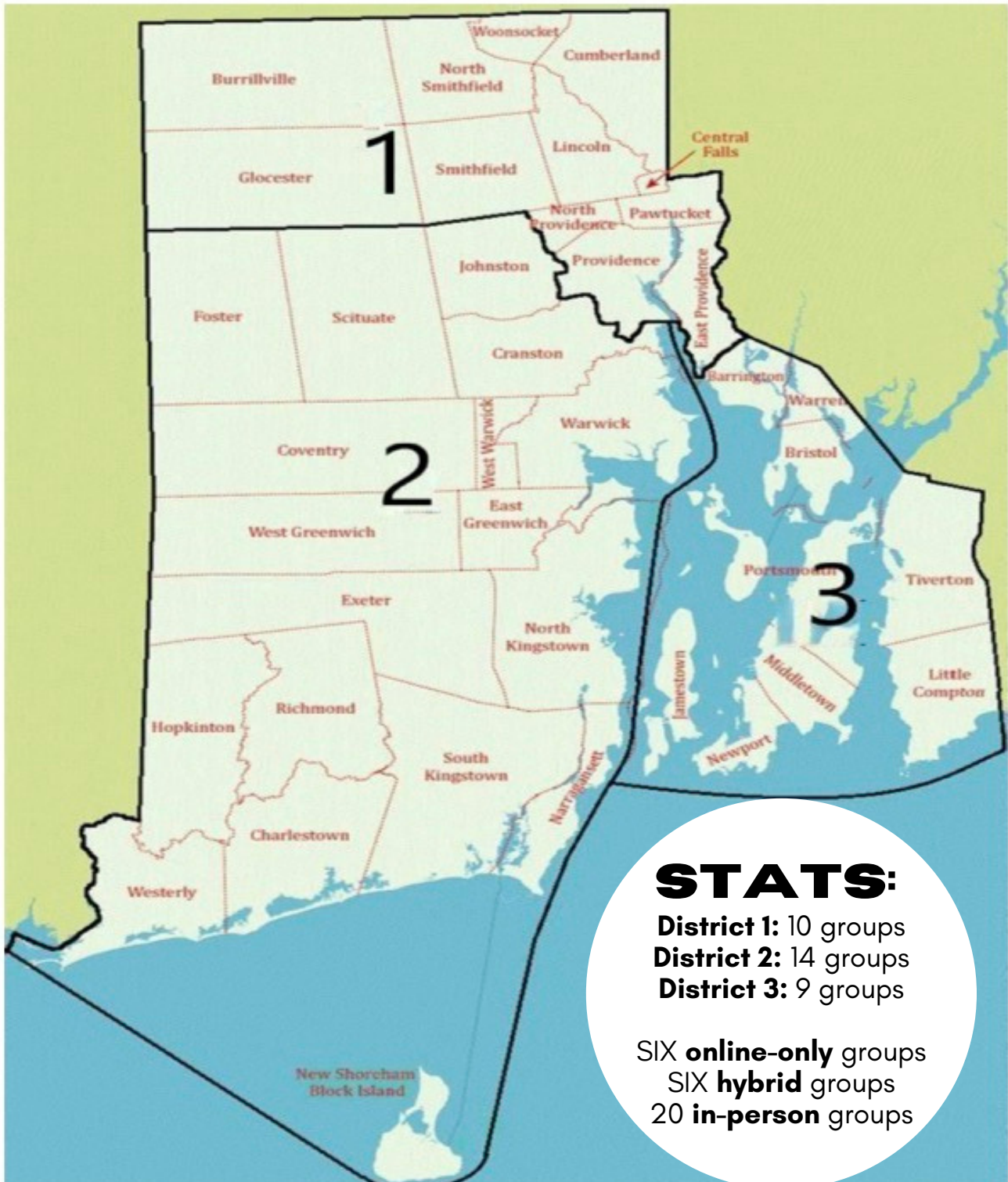
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

Where We Are: The RIAFG District Map

District 1: Burrillville, Central Falls, Cumberland, East Providence, Glocester, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, Woonsocket.

District 2: Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Johnston, Narragansett, New Shoreham, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, Westerly.

District 3: Barrington, Bristol, Jamestown, Middletown, Newport, Portsmouth, Tiverton, Warren.



Al-Anon's First Official MOBILE APP!

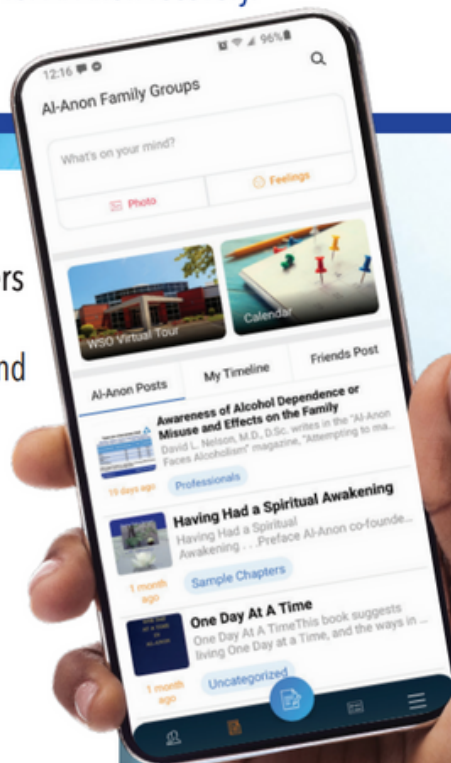
This mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world are able to come together for Al-Anon recovery.

What it is:

- A social app for Al-Anon members to connect with one another to share our experience, strength, and hope
- A new platform for electronic meetings
- A way to connect with your Al-Anon family in private chats
- A place to create and update a digital Al-Anon journal
- A place to stay informed on the latest information from the World Service Office (WSO)

What it is not:

It's not a face-to-face meeting list.



For more information and links to download the app in iTunes and Google Play, visit al-anon.org/mobileapp

"Where can I find a meeting?"

The current list of meetings is available at www.riafg.org, under the "AL-ANON MEETINGS" tab. Click on **MEETING LISTS**.
****Please check on line for meetings that fall on holidays***

RIAFG and WSO Need Your Support

TRADITION SEVEN: EVERY GROUP OUGHT TO BE FULLY SELF SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.

Thank You for your continued support! Whenever possible, please send donations to our RIAFG and WSO.

It takes all of us to keep the “doors” of Al-Anon open to all who need it. Donate either personally or through your home groups.

Mail your donations to RIAFG:

RIAFG, 106 Rolfe St., Cranston, RI 02910

When you send in donations from your group, include the group number or the group name.

Make a donation to the World Service Office online at

<https://al-anon.org/contributions/>

Mail donates to WSO:

AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454

CONTACT RIAFG

www.riafg.org

106 Rolfe St.

Cranston RI 02910

401-781-0044 Office hours available by calling this number.

Send your Lifelines announcements to lifelines.riafg@gmail.com

CONTACT WSO

www.al-anon.org

1600 Corporate Landing Parkway

Virginia Beach, VA 23454

757-563-1600

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