

# LIFELINES NOVEMBER 2019



## Editor's Corner:

*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.*

When I first came to Al-Anon I was seeking help and relief from the problems in my life that were driving me into an ever deepening hole of sadness. Over time I came to realize that I was the one digging that hole. I needed to put down the shovel of self criticism, criticism of others, toughing it out alone, pretending I had all the answers, and that somehow I had escaped the affects of living with alcoholics. With the help of this program I continue to find a Source who has moved me from this hole of desperation to wholeness.

How do I find this Source, my Higher Power, whom I choose to call God? One way for me is awareness of my present moment. I believe my awareness of the Higher Power is greater when I am grounded in the present moment. And I have difficulty staying grounded. I slip into the past and the future all the time, and I think that that is normal, at least for me. Those moments of clarity and calm come when I have conscious contact. When my head is where my feet are planted. This is how I have better communication with my Source.

Prayer and meditation give me a specific time and way to focus on my Higher Power. They are the times I set aside from all the details of my day. They are the times that I pause to reach out to my God and the times that I attempt to empty myself of all the noise.

Within this pause comes some clarity for me. I achieve a calmness that helps me center myself so that I can then deal with what my day has brought to me. Sometimes this clarity is a moment of "Aha." I realize what I need to do or what I need to not do. Both of these require effort on my part. In fact, sometimes not acting requires more energy than action.

I used to think that my life was comprised of all the actions that I had done. There was a huge "To Do" list and I eventually had to have all the items checked off. I could find no peace by approaching life this way. My "To Do" list had become a whip, rather than a guide. I had to become willing to let go of these and other beliefs that kept me stuck. I had to have the courage to venture forth without this old road map.

I have a problem with willingness, and lately that has been my prayer, "Please, God, help me to be willing." Willingness helps me walk through my doubts and fears knowing that my God is always here, no matter what. No matter whether I mess up, no matter whether I believe or not, no matter what emotions are within me. My Higher Power is available to me no matter what.

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

**\*DEADLINE FOR THE NOVEMBER ISSUE IS NOVEMBER 29TH\*\***  
**Would you like to be on the distribution list for Lifelines? Send an email requesting this to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com). These are sent as "BCC's" so your anonymity is protected.**

**Do you have an upcoming Al-Anon event to announce? - an inspirational photo?- a personal share? - etc. Please email these to [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)**

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**AREA FALL ASSEMBLY:**

**Volunteers Needed for Fall Assembly**

Volunteers needed for the Fall Assembly---11/2/19! Easy tasks! Short hours! Fun fellowship! Everyone may call the office # and leave a message for Jane A. Great service opportunity! Get a glimpse at how we cooperate and celebrate as Area 49 RIAFG!

My new hours at the RIAFG office are Thursdays 7-8:30pm.

Thank you,  
Jane, RIAFG Office Co-ordinator



**Rhode Island Area**

**Fall Assembly**

*Hosted by District 1*



**November 2, 2019**

**9:30am to 3:30pm**

**Registration at 9:00am**

**\$5.00 fee per Group**

**Butler Hospital  
Ray Hall Conference Center  
345 Blackstone Blvd.  
Providence, RI  
(Directions on back)**

Bring Your Own Lunch or a Sharable Food Item (GF & Nut Free Items Always Appreciated!)

Everyone is welcome, but only GRs (or appointed proxy\*) may vote. If your group does not have a GR, or your GR cannot attend, the Group can designate another Group member to fulfill the role for the day as appointed proxy\*.

\*\*\*Please offer your Group service by attending and giving your Group a voice in RIAFG.\*\*\*

Agenda includes:

Election of Officers and Coordinators

Approval of RIAFG 2020 Budget

Breakout Groups – Public Outreach & Forum/Lifelines Writing  
And So Much More!



**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.

## FALL ASSEMBLY AGENDA NOVEMBER 2, 2019

Location: Ray Hall, Butler Hospital,  
345 Blackstone Blvd, Providence

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  
Housekeeping/Facilities Information  
Assembly Etiquette

9:50 - 10:10 AREA BUSINESS

Review and acceptance of May 29, 2019 Assembly Minutes  
Date and location of next Assembly – District 3  
Affirmation of Interim Officers and Coordinators  
Secretary, Website Coordinator, Group Records Coordinator  
Open Area Positions  
Alternate Delegate, Archives Coordinator, Forum Coordinator  
Public Outreach Coordinator, Workshop Coordinator 2020

10:10 - 10:40 TREASURER'S REPORT

2019 Budget Report  
2020 Budget Presentation, Discussion, and Motion for Passage

10:40 - 10:50 BREAK

10:50 - 11:40 BREAKOUT GROUPS - Reflective Writing Activity

11:40 - 12:10 CARRYING THE MESSAGE TO THE NEXT GENERATION:  
12<sup>th</sup> Step Work In Alateen Service

12:10 - 12:55 LUNCH (brown bag, bring your own)

District Meetings, DR 1 & 3 Election Caucuses, and  
Alateen Safety Training during lunch

12:55 - 1:45 BREAKOUT GROUPS – Area Public Outreach

1:45 - 2:15 VOTING ON AREA POSITIONS

Alternate Delegate, Archives Coordinator, Forum Coordinator  
Public Outreach Coordinator, Workshop Coordinator 2020

2:15 - 2:25 BREAK

2:45 - 2:55 REPORTS

Do Not Refer Task Force  
Online Donations  
Thought/Task Force Guidelines

2:55 - 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!!!

## RI (Area 49) Open Positions

## Brief Description of Duties

Per RIAFG Policy 02-2010, all of the following Service Positions are voting positions for AWSC meetings. Members serving in voting positions are expected to regularly attend all AWSC meetings.

## Alternate Delegate – (3 year term)

- Steps in to complete the term of the Delegate, if the Delegate is unable to finish his/her term
- Works with Delegate in communicating with the groups
- Other responsibilities as assigned by the Area

## Archives Coordinator – (2 year term)

- Sorts and organizes the history and memorabilia of the RIAFG
- May head up a committee to help preserve documents, etc.
- Displays materials collected at workshops, assemblies, group anniversaries, etc.

## Forum Coordinator – (3 year term)

- Encourages groups and members to subscribe to the *Forum* magazine
- Encourages groups and members to submit sharings to the *Forum* magazine
- Conducts writing workshops or outreach activities

## Public Outreach Coordinator – (3 year term)

- Informs the general public and professionals about what AI-Anon is, what we do, and how to get in touch with us
- Serves as a communication link between WSO and the Area on Public Outreach
- Contacts area TV and radio stations encouraging playtime for AI-Anon Public Service Announcements

## Workshop Coordinator 2020 – (1 year term)

- Heads the Workshop Committee
- Chairs periodic committee meetings
- Secures volunteers who take on responsibilities for all aspects of the Workshop

## District 1 DR – (2 years remaining on current term)

- Calls and chairs District meetings at regular intervals
- Represents the District's groups at AWSC meetings and attends the Area Assemblies
- Keeps in touch with and serves as a resource and information source for the groups

## District 3 DR – (3 year term)

- Calls and chairs District meetings at regular intervals
- Represents the District's groups at AWSC meetings and attends the Area Assemblies
- Keeps in touch with and serves as a resource and information source for the groups

**COME TO THE REFLECTIVE WRITING BREAK OUT SESSION from 10:50 to 11:40**

Have you thought about writing a sharing for Lifelines or the Forum but hesitated for any reason? Come to the writing workshop at the fall assembly and have an opportunity to write out your sharing. You will have a choice of submitting your writing to either or both the Forum and our newsletter. No sharing is too short, nor do you need to worry about editing. Just let your inspiration, experience, strength and hope flow from you onto the paper.

**ALATEEN NEEDS YOU:**

Knock, Knock. Who's there?  
The next generation looking for help!

**We need YOU to meet soaring demand**

*Consider carrying your 12<sup>th</sup> step message through Alateen service*

Right now we're down to **one** – yes, just a measly one! – active Alateen group in the entire state of Rhode Island...

But the emails and calls are NOT slowing down...Parents, teens, school staff, and social workers all reaching out for help with the family disease of alcoholism because they have nowhere else to turn.

A sad truth. But a silver lining: YOU could help change that sad fact.

**Willing to find out how?** Please take the first step on Saturday, November 2:

**Alateen Safety Training**

Saturday, November 2 at 12pm (during lunch at the Area Assembly)

Butler Hospital, Ray Conference Center, 1<sup>st</sup> Floor

345 Blackstone Boulevard, Providence

Enter through Parking Lot B, and follow signs for Al-Anon Assembly

**Come one, come all! (Including double winners!)** Come if you know you want to jump in, or come if you've ever thought you might someday...

There's no commitment necessary. Just come!

**And please, do tell all your Al-Anon-pals.** Nothing like a little 12<sup>th</sup> step work to chase away the rainy-day-leaves-are-falling blues!

To RSVP (not required), or for additional information, please email Ashley B.: [alateenri@gmail.com](mailto:alateenri@gmail.com)

**2019-2020 EVENTS CALENDAR:**

November 2	RIAFG Fall Assembly, 9:00 AM to 3:30 PM, RayConference Center, Butler Hospital, 345 Blackstone Boulevard, Providence.
November 6	AWSC meeting at the Cranston office from 7 to 9 PM. ALL ARE WELCOME!
Jan 14,2020	41st Anniversary Celebration of Charlestown New Life. More info to follow
Mar 20-22	2020, 44th AA Convention with Al-Anon participation. Gurney's Newport Resort, see flyer
July 2-5	2020. A.A. International Convention in Detroit, Michigan. See news from the WSO.

**MEETING NOTICES:**

**Holiday Change:**

The **Portsmouth** Thursday 12 Steps, 12 Traditions, 12 Concepts Study Group, held at 9:30 am **WILL NOT BE MEETING ON THANKSGIVING**, and St. Mary’s Church is closed on November 28t. The **North Providence Step** Meeting **will not** be meeting on **any holiday** that falls on a Thursday. **Wakefield Just for Today** at Wakefield Baptist Church on Monday @ 7:30 **WILL NOT MEET** on any holiday that falls on a Monday. The **Cranston-Warwick Daytime** AFG **WILL BE MEETING ON BOTH DEC 24 AND DEC 31**. This meeting is held on Tuesdays at 10 AM at the Edgewood Congregational Church, 1788 Broad St., Cranston

**New Meeting:**

**Newport Sunday Night** Al-Anon Family Group Discussion Meeting has changed its name to Serenity on Sunday and still meets at the same time and place: Sundays, from 6:00 to 7:00 PM at Emmanuel Church, 42 Dearborn, Newport, RI, in the library, Guild room chapel.

**Starting Sunday October 13th** there is a new meeting for **Adult Children of Alcoholics** at the Peace Dale Congregational Church, Community Room 2nd floor, 261 Columbia St., Peace Dale.

**Needs Support:**

**Let it All Go** AFG, Tuesday 7:30 PM, N. Kingstown Methodist Church, 450 Boston Neck Rd., (Rte 1A), North Kingstown

The **Cranston-Warwick Daytime** AFG on Tuesdays at 10 AM at the Edgewood Congregational Church, 1788 Broad St., Cranston

**Now Wheelchair Accessible:**

The **K.I.S.S.** has moved to the first floor and is now wheelchair accessible. They meet Saturday 12:00 PM at Butler Hospital, Ray Hall, first floor, room 1.

**Meetings that have Closed:**

The **Ashaway** Al-Anon Group meeting Thursdays at the Trinity Lutheran Church, Ashaway, has closed. The **Saturday Night Live** Al-Anon Group meeting, Saturdays at 6:30 PM, at Calvary United Methodist Church, 200 Turner Rd., Middletown has closed.

**NEW ADULT CHILDREN OF ALCOHOLIC MEETING:**

**New Al-Anon Meeting in  
Rhode Island!**

**South County Area**

**For: Adult Children of Alcoholics**  
(All Al-Anon members are welcome, but the focus in the meeting  
will be on growing up in alcoholism)

**Sundays, Starting Oct. 13th**

**3:00pm – 4:30pm**

**Peace Dale Congregational Church**  
**Community Room – 2<sup>nd</sup> floor**  
**261 Columbia Street**  
**Peace Dale, Rhode Island 02879**

44th AA CONVENTION WITH AL-ANON PARTICIPATION:



44th Rhode Island Convention
March 20 - 22, 2020

Gurney's Newport Resort & Marina
Goat Island, Newport, RI 02840

For online registration (preferred) and additional information go to http://aainri.com

For Hotel information and reservations call 833-235-7500 or 401- 851-3366 (reference 2020 State Convention)

- Reservations must be made directly through the hotel
72 hour hotel room cancellation policy
All rooms \*\$150 + 13% tax per night (single, double, triple, quad)
\*this is a special convention room rate available for reservations made by February 18, 2020

Alcoholics Anonymous with Alanon participation!
Area 61 Assembly of Alcoholics Anonymous

Events include:

- Speaker & Marathon Meetings
Afternoon & Evening Entertainment
Hospitality Rooms
Great Fellowship
Yoga & Meditation Workshops
Evening Ice Cream Parties (nominal cost)

New early registration benefit:

- For every meal purchased before February 18th, participants will be entered in a raffle to win a free registration to Convention 2021. Two winners will be chosen and announced at the Saturday Night Meeting during Convention 2020!

Resort amenities:

- Beautiful rooms
Amazing food
Pool
Deluxe Spa
Complimentary shuttle into downtown Newport

The Convention begins at 3PM on Friday, March 20th.

CONVENTION REGISTRATION \* REGISTER EARLY \* space is limited due to fire codes

To register online, visit the Area 61 website aainri.com OR mail this form before February 18th

MAIL TO: RI Convention, PO Box 449, Charlestown, RI 02813

Name \_\_\_\_\_ What do you want on your badge? \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Assistance needs

If you require Spanish translation at speaker meetings, Please advise/register by January 14, 2020. Hearing assistance equipment is available.

Registration cost: [ ] before February 18th- \$25 [ ] after February 18th- \$30

MEALS: The purchase of meals offsets the cost of meeting spaces and helps the Convention Committee meet its financial obligations to the hotel. Orders taken until 2/18/2020 (on this form or online). Please make your selections below:

Friday Dinner: \$46

- [ ] Grilled Chicken Breast
[ ] Oven Baked Scrod/herb stuffing
[ ] Curried Roasted Vegetables/ couscous, arugula, & lemon

\$ \_\_\_\_\_

Saturday Luncheon Buffet: \$32

- [ ] New England Clam Chowder, salads, assorted cold cuts (roast beef, turkey, ham, hard salami), assorted cheeses, breads, rolls. Cookies, tea, coffee.

\$ \_\_\_\_\_

Saturday Evening: \$48

- [ ] 6 oz. New York Sirloin
[ ] Pan Seared Atlantic Salmon
[ ] Whole Wheat Penne Pasta/broccoli rabe, heirloom tomato ragout

\$ \_\_\_\_\_

Scholarship fund: [ ]

Please consider donating to our Scholarship Fund. Any amount will help those in need who might not be able to attend.

\$ \_\_\_\_\_

Convention service opportunities: (circle one)

Greeters, Parking, Lead a Marathon Meeting, Hospitality, Registration, Decorations, other \_\_\_\_\_

The earlier you register, the more flexible the scheduling is. You will be contacted by phone or mail to discuss scheduling.

Convention Chair: Ken D.
Email: conventionchair@aainri.com
Registrar: Lisa B.
Email: conventionregistrar@aainri.com

TOTAL ENCLOSED

\$ \_\_\_\_\_
Checks payable to
RI Convention

## AA Liaison Report:

### Rhode Island AA Convention with Al-Anon participation

The convention will take place Friday, March 20 – 22, 2019 at the Gurney’s Resort in Newport, RI. Sarah S., delegate from Area 31, Panel 57 Missouri has agreed to be our speaker. Sarah has been a member of Ala-teen as well as Al-Anon. She tells her story with humor enthusiasm and grace. She will speak Saturday, Mar. 21 at 10:15 am. Five Al-Anon meetings will be available. Please see below. Please consider leading one – a great way to serve! Meeting leaders are responsible for the \$25.00 registration fee. Registration: <https://aainri.com/area-61-convention-2020/>

Jackie, AA Liaison

### AL-ANON FAMILY GROUPS

[riafg.com](http://riafg.com)



### 2020 A VISION FOR US:

Alcoholics Anonymous with Al-Anon participation! 44th Rhode Island Convention  
**March 20 - 22, 2020**

*Five Al-Anon meetings will be available. Please consider leading one! Meeting leaders are responsible for the \$25.00 registration fee. Registration: <https://aainri.com/convention/>*

**Special Note: Sarah S., our AL-Anon guest speaker gives her talk on Sat., Mar. 21 at 10:15 am.**

#### Al-Anon Meetings

- Sat., Mar. 21 at 9:00 am: **How do I see myself when I use the Al-Anon program?**
- Sat., Mar. 21 at 11:30 am: **Steps, Traditions, and Concepts: A new Vision?**
- Sat., Mar. 21 at 2:30 pm: **Illusions and fantasies I've let go, since coming to Al-Anon.**
- Sat., Mar. 21 at 5:00 am: **2020 reasons to Keep Coming Back!**
- Sun., Mar. 22 at 8:30 am: **Changing my attitude by changing my perspective.**

**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 @ \$20.00per 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 20, 6-8:00 pm, 9:30-midnight & Saturday, March 21, 8am-8pm, 9:30-midnight: <https://www.discovernewport.org/about-newport/visitor-center/>



**AREA OFFICE NEWS:**

**Volunteers Needed** to staff our RIAFG office in Cranston. If you are interested, please call the office at 401-781-0044 and leave a message.

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

Monday:	12:30 to 2:30 PM	Phyllis H.
Wednesday:	12:30 to 2:30 PM	Paul B.
Thursday:	7:00 to 8:30 PM	Jane A.
At-Home Volunteer:	Tuesday	Clara R.

**FORUM ARTICLE:****Why I “Keep Coming Back”**

I believed that my alcoholic husband was physically sick, so I took him to doctors. I couldn't believe it when the doctor said, “He's drunk.” I had denied what I'd seen, smelled, and heard - opening cans and vanishing bottles - and now I could no longer deny that alcohol was the problem. I went to my first Al-Anon meeting and was greeted with welcome, kindness, and patience. The people there understood what I could not say out loud - that I was afraid and felt unwanted, unloved, and alone. They simply told me to “Keep Coming Back” over and over, until I believed that they really wanted me to come back. I did, and many years later, I am still going to meetings on a regular basis. I have found serenity - a calm acceptance of what life brings - and the tools with which to help me live this thing called life.

by Patti N., California

(Reprinted from the Forum, October, 2019, with permission of the Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.)

**MEMBERS SHARE:**

They're back! Those fantasy illusions of family perfection that a good Al-Anon person like myself turns as green as a Christmas tree with envy.

Thankfully my HP can handle my change in color. It starts out slowly, seeing all the “love and togetherness” toasted with good cheer. No drunken mess in these scenes. Oh how the heart wants to trust that “MAYBE” this year happiness will persevere over the disease of alcoholism. No fights, no vomit in the toilet, no lying about where someone has been for hours. Oh the denial of the holiday illusions. Such a tempting and delightful treat.

Jingle, jingle is that the sound of a recovery bell or the door bell? Well it's both. As I walk through the recovery process, happiness rings as I share my recovery with those I love. It started when I rang the “doorbell” of a meeting. There I found a warm loving reception! Is this real or is this another illusion? Well I had to stay and find out.

So I continued week after week to ring the doorbell. To my surprise on Thanksgiving, the turkey was actually the meal and not my family (more than one turkey of course). The watchful eye stopped worrying. Did I actually see people enjoying themselves since I had stopped controlling! Oh my, Al-Anon was working.

By practicing acceptance and detachment (my Al-Anon presents placed under that “green Christmas tree” not yet decorated at Thanksgiving) gave me the best gifts. To love the alcoholics whether they were drinking or not. This year I hope all of my Al-Anon Family members take up their recovery bells and ring in a joyous New Year feeling blessed!

by Ann H.



### It's Time for Steps 4,5,6,7 LIVE

A friend recently clearly spoke her truth: "I choose to be of service." It wasn't loud or declaratory, rather it was her statement of fact. Personal fact.

One way I serve today is to address what is going on in me, taking precious time to go within by means of applying one or more of our tools of recovery. Addressing the "live" happenings. And how I start is with self-honesty. It's the Steps.

My day began in a subtle and graced way — I woke up and thanked God for companioning me. We were going on a trip! Heading off to the airport I was unaware that I was about to face the fact that "We aren't perfect" as we state in the Al-Anon Suggested Closing. Ok!

I've not had experience with Saturday lines at TFG airport, so long; nor with the TSA official admonishing me for not explicitly following her verbal instructions at the body scanner. I streak to get to the furthest gate! 6:02am.....yup, my plane had left the terminal at 6:00.

What happened next is the Step connection. I asked for help. I started immediate self-talk. Inventory. As 'Colin,' airline customer servant at my gate, delivered no shame nor blame from the check-in desk, as he simply shifted me to a pretty-soon flight and filled in related facts: that gave me permission to decompress and take a Step 4. And here is my self-talk:

(1) "Wow, I've never done THIS before!"

(2) "Staying in the moment lets me gratefully receive the help the airline employee is immediately giving me: a new flight -- I always believed you had to buy a new ticket if you missed your plane!"

(3) "Yes I am having discomfort and yes I give myself permission to start my day over at any time." Now it was 7:00 am.

(4) I contacted my folks on the far side of my travel day and apologized.

(5) ...and then I wrote, and wrote, I read my spiritual aids, my literature, and I prayed. Out came this 'Thankful list:'

- I am thankful for the opportunity to not "awfulize" or "catastrophize" events. I also am not glossing-over or stuffing my feelings. Fact is fact: The 'ol sick-and-tired-of-being-sick-and-tired has arrived again. Step 4, compartmentalized. Time to ask for Steps 5, 6. And 7.

- Thank you for me not having a heart attack even tho I ran to the gate!

- Thank you for easy and unreproachful customer servants. All day!

- Thank you, Forgiveness: for being there for me.

- Thank you honesty.

- Thank you humility.

- Thank you self-honesty.

- Thank you Higher Power!

Addressing my character defect gets me to recognize that my character defect is indeed robbing me of experiences, affecting others and adding to my sense of isolation. I take Steps 6 and 7 knowing that my awareness and acceptance have been shaken to action. I am awake now!

Today on my detours I achieve direction. Imperfect? You bet. But with the Higher Power I am changed for the better.

P.S. The book I'm reading this trip states that I can face my failures and mistakes as opportunities to better myself, my life. Sounds like Step 6 and Step 7!

In another book I carry this trip a section is entitled: BE ON TIME... with the advice that ON TIME actually means early! Early so that I bequest to myself at least 15 minutes arrive, park, to wrap myself around what is about to happen, to be cordial and considerate, AND to be ready mentally and physically. Less-stressed.

I have arrived at my destination. I have asked for help and awareness as I practice the joy of early I can be released. Here on in I improve. Yes, I am still learning, not perfect, BUT today my "tools" gave me a lift!

Love, Jane A.



**ALATEEN CORNER:****Together We Can Make It!**

I have been part of Alateen for five years, and I am extremely grateful for that. I have met tons of amazing people who are going through the exact same things I am, and together we get through it. My Alateen group has helped me learn how to cope with my feelings and not blame the alcoholic in my life. One of my favorite sayings I learned in Alateen is that, when it comes to the disease of alcoholism, I didn't cause it, I can't control it, and I can't cure it. I am extremely thankful for everything this program has done for me.

By Anonymous

(Reprinted from the Forum, October, 2019, with permission of the Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.)

**DISTRICT II NEWS:****What's NEWS in District 2 – September 2019 Meeting Report**

Once a month, District 2 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 September 2019 District 2 Meeting was held at the Kingstown Congregational Church. At this meeting, we experimented with a different approach to opening the meeting which included - the Serenity Prayer, introducing ourselves by first name only and the group to which we belong; reading the 12 Traditions & 12 Concepts of Service in addition to reading Concept 9 in How Al-Anon Works; and briefly sharing on why we are doing service. After that, the minutes from August were read and accepted, and a brief update was given on the remaining needs for the Fall Workshop.

Area Alateen needs were next on the agenda but the Area Alateen Process Person (AAPP) was not present to give an update. The Fall Workshop Co-Coordinator present did share that there would be Alateen participation and support at the Fall Workshop including - Alateen speakers, an Alateen table, and two breakout meetings after lunch (one open and one closed meeting).

The topic of dysfunctional meetings was then revisited and one suggestion was made to take member concerns (e.g., cell phone use, cross talk, etc.) to group business meetings. The suggestion of doing a group inventory was also offered again.

Our last agenda item – Task Force Guidelines for task force chairs – was tabled until the next district meeting since those persons were not present.

**Just a few reminders:** (1) **We are still in need of an Alternate District Rep (DR).** If you are interested in serving as the Alternate DR for District 2, please come! (2) If you are in District 2 and your home group would like to **host a future District Meeting**, please ask your GR to invite the district. We're happy to rotate the District meeting location each. (3) We are open to individual meetings **bringing their group's concerns to the District meetings for discussion.** That's what we're here for!

The date and time of our next District 2 Meeting is **TBD**. For questions, please contact your GR. All are welcome to attend. We hope to see you there!

As always, thanks for reading! We appreciate the opportunity to continue serving you and Al-Anon as a whole.

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## Links of Service

Member + Member = **Group**

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

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

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

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## NEWS FROM THE WSO:

### Five Reasons Your Group Should Subscribe to the *Forum*

- *The Forum* is one of Al-Anon's best-kept secrets. Some members don't know about it, and even some Group Representatives don't know that, in addition to the other services they perform, they serve as local representatives of the magazine to their groups. Encouraging a group subscription, helps members learn about this valuable recovery tool.
- *The Forum* offers great meeting topics. Whether members read articles aloud, at random, or choose one and discuss the ideas within, a lively and helpful discussion is likely to ensue.
- Each issue includes articles from a wide range of perspectives—from adult children, spouses, friends, grandparents, and more. There is something relatable for everyone.
- *The Forum* is a great resource for newcomers. Whereas *Al-Anon Faces Alcoholism* is aimed at reaching people who have never been to a meeting, *The Forum* can give newcomers a meeting between meetings.
- At \$11 US per year (including shipping), a *Forum* subscription is the best gift your group can give itself!

### What's Your Story?

Your sharing about your journey through recovery from the effects of the disease of alcoholism are needed for the *Forum*. Previously titled "My Story," these sharing focus on what brought you to Al-Anon and what keeps you coming back. Submissions should range from about 700 to 1300 words. Remember - don't worry about spelling and punctuation. You can inspire readers by sharing your own experience, strength, and hope. Please submit your sharing to ***The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617** or to [wso@al-anon.org](mailto:wso@al-anon.org) or at [al-anon.org/forumshare](http://al-anon.org/forumshare).

### Are You Ready To Welcome Newcomers This Holiday Season?

The holidays are quickly approaching. For newcomers seeking help, please make sure that your group meeting information is correct. Ask yourself and your group what you needed when you went to your first meeting. Specific location instructions about your meeting can be helpful to a newcomer attending Al-Anon or Alateen for the first time. You may also want to consider that family members from out of town might be visiting and may not be familiar with your community.

Consider including the following:

Is there a special door to gain access to the building?

Is there ample parking on the street?

Is there a room number for the Al-Anon or Alateen meeting?

Is there a volunteer from the group who is willing to serve as a greeter for those attending the meeting for the first time?

We want everyone to feel welcome in our Al-Anon and Alateen meetings! Keep in mind that you can submit Al-Anon group changes online throughout the year at [al-anon.org/update](http://al-anon.org/update). For help with submitting Alateen changes, contact your Area Alateen Process Person.

### How Has Conference Approved Literature Helped You?

Please share how *Intimacy in Alcoholic Relationships* (B-33), *Blueprint for Progress* (P-5, P-91), or *The Al-Anon Family Groups - Classic Edition* (B-5) helped you. Send your sharing by November 15 to ***The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "CAL" Corner**; at [wso@al-anon.org](mailto:wso@al-anon.org) with "CAL Corner" in the subject line; or at [al-anon.org/forumshare](http://al-anon.org/forumshare).

### See You in Detroit!

Online registration for A.A.'s International Convention with Al-Anon participation opened September 9, 2019. Registration is \$115.00 and will be \$140.00 after April 15, 2020. The Convention will be held in Detroit, Michigan from July 2 through 5, 2020 to celebrate A.A.'s 85th Anniversary.

Al-Anon participation will include a variety of sessions held during the day on Friday and Saturday. Also, Al-Anon members are welcome to attend the A.A. Big Meetings, which will take place on Friday and Saturday evening and Sunday morning. Many attendees come early or stay late for a vacation. There are many fun things to do, so see you in Detroit!

**The Forum Needs You!**

Please submit your sharing about our three Legacies (the Steps, Traditions, and Concepts of Service). In particular, consider writing about the Traditions and Concepts, as there are very few sharing about them.

Consider the following:

How has working a particular Legacy influenced your recovery?

Was there a Legacy that challenged you? How did you work through it?

How have you incorporated one of the Legacies into your own life and/or recovery?

Let others benefit from your experiences with these staples of Al-Anon recovery. Submissions should range from about 150 to 400 words. Please submit your articles to

*The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 or at [al-anon.org/forumshare](http://al-anon.org/forumshare)

Please put "Legacy Sharing" in the subject line

**Share for Our New Daily Reader**

...the Al-Anon program and its members as they are now.



The 2014 World Service Conference gave conceptual approval for a new daily reader that will reflect the Al-Anon program and its members as they are now. This reader will cover a wide range of topics from a variety of members throughout our fellowship. Your sharing will help assure that our new daily reader will reflect our fellowship as it is today, just as *One Day at a Time in Al-Anon* did 45 years ago, and *Courage to Change* did 20 years ago.

**Some questions to consider:**

- In my early Al-Anon meetings, what kept me coming back?
- What did I hear that was difficult to relate to at first, and how did I come to understand it?
- In what ways did I initially feel different from others in Al-Anon, and how did I come to see the common thread that binds us all?
- How have I learned to "Keep an Open Mind," and how has this enhanced my recovery?
- How has service played a significant role in my recovery?
- What program principle helped me to face my most difficult challenge?

Grammar and spelling are not as important as your heartfelt experiences, feelings, and insights. Please help us make this new daily reader a vital, rich, and multifaceted expression of the Al-Anon program of recovery.

In order for us to acknowledge receipt, please include your name and postal or e-mail address with your sharing.

Name or Pseudonym: \_\_\_\_\_

Address or e-mail: \_\_\_\_\_

If printed, your sharing will remain anonymous. If your sharing is not used for the book, it will be forwarded to the Forum Editorial Advisory Committee for its review. If published in *The Forum*, you will be notified by letter and receive a complimentary issue of the issue in which your article appears.

*Note: All sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen printed or electronic material.*

Please keep the following guidelines in mind:

- Focus on a single program topic, slogan, Step, Tradition, Concept of Service, spiritual principle, feeling, or attitude.
- Please keep your writing succinct (approximately 200-300 words).
- Focus on yourself, not the alcoholic or others. Write in the first person singular—"I." Please avoid the use of the pronoun "you."
- Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine, although you may refer to the God of your understanding as you prefer.
- Feel free to include a "Today's Reminder"-type summary of your sharing, a thought-provoking question, or a pertinent quotation from existing Al-Anon literature (including source and page number).

Please mail, fax, or e-mail your completed sharing to:  
 Al-Anon Family Group Headquarters, Inc.  
 1600 Corporate Landing Parkway  
 Virginia Beach VA 23454-5617  
 Attn: New Daily Reader  
 Fax: 757-563-1655  
 e-mail: [wso@al-anon.org](mailto:wso@al-anon.org) (Please put "New Daily Reader" in the subject line)

Please photocopy and distribute locally.

**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, TV and films. We need guard with special care the anonymity of all AA members.*

**CONCEPT ELEVEN:** *The World Service Office is composed of standing committees, executives and staff members.*

**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 E. H.

