Editor’s Corner:

Step Ten “Continued to take personal inventory and when we were wrong promptly admitted it.”

This step is often approached as my doing something that I need to immediately address with another person. Lately, I have been thinking about it pertaining to how I treat myself and how I may neglect or outright sabotage my recovery in Al-Anon. How do I think of and talk to myself. Would I even consider saying these things out loud? For me, no. They are internal struggles that I tend to keep very close to my chest. Except now, as I’m writing about them here.

I have unrealistic expectations of myself. I should be working my program constantly and almost perfectly; after all, I’ve been around the rooms for quite a few 24 hours. I should accept and love myself the way I am right now because that is how my Higher Power does it, - in the here and now. I forget to ask my HP for help with this. I also think that I can take care of things by myself - no need to trouble my HP with something that I should be able to do.

I have become more aware of all of the above and so I tried a little experiment. I had read in one of our Forums about someone who had a hard time trusting their HP, but they decided to give it a try. So they started with the little stuff to see how it worked. I decided to start with the little stuff. So, my husband and I were trying to figure out how to replace the battery on our generator. At first I turned not to my HP but to U-Tube. But, I couldn’t find a video on our particular generator. After much frustration, I received a nudge from my HP to ask for help with this, so I did. Also, I asked for patience on both my husband’s and my approach to this. Surprise! We figured out how to do it and didn’t lose our tempers.

Another example was taking out the window air conditioners. On the whole this is an easy exercise. The hardest part is reinstalling the screens for the windows. I seem to always struggle doing this because they are not a perfect fit. Again, I got that nudge and asked my HP to help me do this. The screens popped in easily!

Ok, this isn’t earth shattering stuff, but it is evidence that my HP is here and ready to help. I need to remember to ask. The tasks were done by us, but the act of asking for help and throwing my trust to my HP helped my attitude. I was in a positive frame of mind.

So my continuous personal inventory needs to begin with me. Am I remembering that I do not have to do this alone. I can ask my HP for help with anything (including remembering to do this). I can ask for help with being gentle and kind with myself. I can use the tools of the program: my sponsor, the slogans, CAL, reaching out, and meetings. I do not have to do anything alone. I ask for a better awareness of the nudges from my Higher Power.

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

*DEADLINE FOR THE NOVEMBER ISSUE IS OCTOBER 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
ANNIVERSARY CELEBRATION:

Monday Morning Al-Anon
40th Anniversary Meeting

Columbus Day, Monday, Oct 14, 2019
9:30 to 11:00 AM
Guest Speakers from AA and Al-Anon

FOOD, FUN AND FELLOWSHIP—BRING A FRIEND!
handicap accessible

St. Mary’s
Episcopal Church
Parish Center
324 E Main Rd
(Rte 138)
Portsmouth RI

For additional parking and upper entrance,
make left in front of building and first right uphill
Enter building here, take stairs or elevator

Additional parking on
top of hill

Park on lower level
and enter here
NEW ADULT CHILDREN OF ALCOHOLICS 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 – 2nd floor
261 Columbia Street
Peace Dale, Rhode Island 02879

AREA FALL ASSEMBLY:

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 Al-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 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!
September 27, 2019

Hi 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 November 2nd and request that you take this information to your groups for discussion prior to the Assembly.

- GRs are encouraged to bring one or more Al-Anon friends with them to the Assembly to 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).
- Approval of the 2020 RIAFG Budget.
- 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.riafg@gmail.com, prior to the Assembly to let me know of their interest.
- Forum/Lifelines/CAL writing activity – Ever wonder who writes the sharing’s you read in the Forum, Lifelines, and Al-Anon books? Learn how you can share your experience, strength, and hope with others through these important recovery tools.
- Area public outreach ideas/brainstorming – For the past three years, we have not had a Public Outreach Coordinator. In the absence of someone to spearhead our public outreach activities, what can our groups and we as individual members do to share the Al-Anon message of help and hope for families and friends of alcoholics?

Remember, if the GR or Alternate GR cannot attend, the group is encouraged to send a proxy*. If a proxy is sent, he/she should bring a signed note from the group giving them 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.

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.
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.
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 – 10:20 GETTING ACQUAINTED ICE BREAKER

10:20 – 10:40 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

10:40 – 10:50 BREAK

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

11:40 – 12:10 TREASURER’S REPORT
- 2019 Budget Report
- 2020 Budget Presentation, Discussion, and Motion for Passage

12:10 – 12:55 LUNCH (brown bag, bring your own)
District Meetings and DR Election Caucuses 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

2:25 – 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 Al-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 Al-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 Al-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
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:

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday Dinner: $46</td>
<td></td>
</tr>
<tr>
<td>□ Grilled Chicken Breast</td>
<td></td>
</tr>
<tr>
<td>□ Oven Baked Scrod/herb stuffing</td>
<td></td>
</tr>
<tr>
<td>□ Curried Roasted Vegetables/couscous, arugula, &amp; lemon</td>
<td></td>
</tr>
<tr>
<td>Saturday Lunchen Buffet: $32</td>
<td></td>
</tr>
<tr>
<td>□ New England Clam Chowder, salads, assorted cold cuts (roast beef, turkey, ham, hard salami), assorted cheeses, breads, rolls, Cookies, tea, coffee.</td>
<td></td>
</tr>
<tr>
<td>Saturday Evening: $48</td>
<td></td>
</tr>
<tr>
<td>□ 6 oz. New York Sirloin</td>
<td></td>
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<tr>
<td>□ Pan Seared Atlantic Salmon</td>
<td></td>
</tr>
<tr>
<td>□ Whole Wheat Penne Pasta/broccoli rabe, heirloom tomato ragout</td>
<td></td>
</tr>
<tr>
<td>Scholarship Fund: □</td>
<td></td>
</tr>
<tr>
<td>Please consider donating to our Scholarship Fund. Any amount will help those in need who might not be able to attend.</td>
<td></td>
</tr>
</tbody>
</table>

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.

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

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

TOTAL ENCLOSED

$__________________________ Checks payable to RI Convention
FALL WORKSHOP THANK YOU:

RI AL-ANON FAMILY GROUPS 2019 FALL WORKSHOP

with AA & Alateen Participation

We just wanted to say a huge THANK YOU to all our volunteers; all the groups and individuals who donated raffle baskets and prizes; the speakers; and the participants for making this year’s fall workshop such a success!

With 83 registrants, we were able to raise $1289 which is the EXACT dollar amount needed to send our Rhode Island Delegate to the World Service Conference next year!

We couldn’t have done it without your encouragement; your support; AND your experience, strength, and hope.

With love in service and fellowship,
Your 2019 Fall Workshop Coordinators
Cindy, Julia, & Mary

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:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>12:30 to 2:30 PM</td>
<td>Phyllis H.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:30 to 2:30 PM</td>
<td>Paul B.</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:00 to 7:30 PM</td>
<td>Jane A.</td>
</tr>
<tr>
<td>At-Home Volunteer</td>
<td>Tuesday</td>
<td>Clara R.</td>
</tr>
</tbody>
</table>
# 2019-2020 EVENTS CALENDAR:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 2</td>
<td>RIAFG Fall Assembly, 9:00 AM to 3:30 PM, RayConference Center, Butler Hospital, 345 Blackstone Boulevard, Providence.</td>
<td></td>
</tr>
<tr>
<td>November 6</td>
<td>AWSC meeting at the Cranston office from 7 to 9 PM. ALL ARE WELCOME!</td>
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</tr>
<tr>
<td>Mar 20-22</td>
<td>2020, 44th AA Convention with Al-Anon participation. Gurney’s Newport Resort, see flyer</td>
<td></td>
</tr>
<tr>
<td>July 2-5</td>
<td>2020. A.A. International Convention in Detroit, Michigan. See news from the WSO.</td>
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# MEETING NOTICES:

**Meeting Change:** The Friday Night Serenity meeting at Butler Hospital is **cancelled for the week of October 18th due to a hospital event.**

**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

**Location Change:**

Westerly Friday Night AFG is now meeting at Westerly Senior Center, 39 State St., Westerly.

The Wednesday Night Gift of Hope Group has moved to the Covenant Congregational Church, 143 Glenwood Ave. Pawtucket. They meet at 7:30 PM

**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.

**Holiday Schedules:** The North Providence Step Meeting will not be meeting on any holiday that falls on a Thursday.

# FORUM ARTICLE:

**Even Though My Husband Still Drinks**

Like so many before me, I came to Al-Anon in a desperate state. I needed help without even knowing it. My husband was in the hospital for the second time in a year with pancreatitis from drinking. I had tried everything, but nothing worked. Fortunately, a social worker at the hospital suggested I go to an Al-Anon meeting. I didn't understand - I thought, he has the problem, not me. **Why do I need to go to a meeting?**

When I first went, I cried; I felt like nobody knew what I was going through. However, as I continued to go, I came to understand that Al-Anon is for people who are affected by or worrying about someone else’s drinking. I was a mess and obsessed about his every breathing moment. I could tell you everything about him, but I had lost myself through the years of heavy drinking.

I now understand why the social worker sent me to Al-Anon, and I am forever grateful. I can’t even imagine my life without it.

Today, I am in a good place, even though my husband still drinks. We have been together for 35 years, and I love him. But I do not obsess over his drinking; I have learned not to enable, and I keep the focus on myself. I start sentences off with “I” instead of “you.” I also know that silence is okay - I don’t have to always be talking or controlling. I can say what I mean and mean what I say without saying it in a mean way. I have found myself, and I like me today. I am not perfect and that’s okay - I am a work in progress. By attending Al-Anon meetings, I have gained confidence in myself. I have boundaries today, as well as choices. I allow people into my life now instead of pushing them away. I continue to participate in meetings because I want to be part of this program that helped me live again, and I want to give back what has been given to me.

by Kathy D., Florida

(Reprinted from the *Forum*, September, 2019, with permission of the Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.)
MEMBERS SHARE:

Ever feel down trodden and that you'll never get things righted? Well, I have! Experience tells me that Al-Anon will lead my way.

by Heather M.

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 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
DISTRICT II NEWS:

What’s NEWs in District 2 – August 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 August 2019 District 2 Meeting was held at the North Kingstown Free Public Library. After the minutes from July were read and accepted, we started by revisiting the discussion around dysfunctional meetings in RI. Some of the concerns with such meetings are the use of non-conference approved literature (non-CAL); the lack of service structure (e.g., no Group Rep, Treasurer, etc); and the lack of rotation of group officers (i.e., sitting in service positions “forever”). It was suggested that one way to address these concerns would be to do a group inventory.

As our Al-Anon/Alateen 2018-2021 Service Manual suggests: “Taking an inventory of the group helps to keep it healthy and invigorated” and can be used “to discuss new service opportunities and address minor and major concerns before the group’s unity is disrupted.” (p. 52). [Information about taking a group inventory can be found in the Al-Anon/Alateen 2018-2021 Service Manual (pp. 52-55) and online at www.al-anon.org under the Members’ menu (Guideline Taking a Group Inventory, G-8a & 8b)]. Also, since one of our Area Task Forces is working on a Do Not Refer / Do Not List-Relist Policy for unhealthy meetings, we briefly discussed that as it relates to this issue.

Next, an update on the planning of the Fall Workshop was given as well as a breakdown of the volunteer and donation needs that remained to be filled. The co-coordinator present was also asked to briefly share how doing service work at this level was helping her work her program as it relates to step one and other aspects of the program (e.g., the traditions and concepts of service, etc.).

Further discussion on creating Task Force Guidelines for task force chairs, however, was tabled until the next district meeting since those persons were not present. Also, the Area Alateen Process Person (AAPP) was not present to go in to depth about our RI Alateen needs. Simply put though, we are looking for input from the Area/District on our Alateen needs and support in service for Alateen sponsors.

Finally, we revisited the discussion around creating more structure in our district meetings. Having referenced the suggested district meeting guidelines at www.al-anon.org (G15) for quite a few months now, we discussed “trying out” a new meeting format at future District 2 meetings to see how it goes and see if it flows. To open the meeting, it was suggested that we start with the Serenity Prayer followed by reading the 12 Traditions, the 12 Concepts of Service, one page on the Concept of the Month, and one page on Service from one of our Daily Readers. After that, we’d continue with our meeting as per usual by reading (and accepting) the minutes from the previous month before tackling our meeting agenda. One other suggestion was made for District 2 to consider planning/hosting a future event for fun and fellowship.

Final Reminders: (1) We are still in need of an Alternate District Rep (DR). If you’re interesting 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!

Our next District 2 Meeting will be held on Thursday October 17th at 6:30pm. Location TBD. All are welcome to attend. For questions, please contact your GR. 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.
DISTRICT III NEWS:

District 3 News:

District 3 meets the second Thursday of every Month at the Portsmouth Library from 6-7PM, and our latest meeting was September 12th. Our next meeting will be October 10th.

Meeting News: The new Sunday night meeting in Newport is succeeding and has 10-15 members attend each week. Unfortunately, our Saturday night Middletown meeting closed.

D3 Representative and Spring Assembly: The current District 3 DR term is ending this year and we will elect a new DR at the Fall Assembly on November 2nd. District 3 is hosting the Spring Assembly in May 2020, so we will start Assembly planning before the new DR is elected

Gratefully in Service,

RI District 3

NEWS FROM THE WSO:

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!

Job Opportunity at WSO

We are looking for a member with 5-7 years continuous Al-Anon membership who also has Alateen service experience at the District or Area level to fill our "Group Services Specialist – Alateen (Spanish),” a vital role within the Group Services Team at the World Service Office in Virginia Beach, Virginia. We strongly believe we will get the best candidates from the efforts of members like you who know a fellow member, if not yourself, who has the expertise for this position. Please get the word out! (If you are interested in this, please email lifelines.riafg@gmail.com for more information.)

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

Please put “Legacy Sharing” in the subject line
STEP TEN: Continued to take personal inventory and when we were wrong promptly admitted it.

TRADITION TEN: The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

CONCEPT TEN: Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

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.

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**WEB Sites, Addresses and phone numbers:**

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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 things I cannot change, courage to change the things I can and wisdom to know the difference.

*Photo by T. H.*