

LIFELINES

Rhode Island Al-Anon Family Groups

Area 49

OCTOBER 2023

Editor's Corner

The Imperfect Ten

Competitive gymnasts dream about it. It's a nickname for extremely attractive people. You might use it to rate something highly. For some, "Ten" is a perfect number.

For us in recovery, **Ten is the step that helps us NOT be perfect.** Step Ten directs us to continue to take personal inventory, promptly admitting when we are wrong. More often than we'd like to admit, **we work Step Ten by admitting our failures** -- and then, punishing ourselves for transgressions big and small. Every wrong puts us through the wringer.

Thank you, perfectionist tendencies fueled by the alcoholism in our lives and relationships! How ironic that in our never-ending effort to move through recovery *perfectly*, we feel that we've failed. But, **we haven't failed Al-Anon.** There is no "perfect" here.

*...The old me was forever finding fault with myself. With Step Ten – of course having done the other steps first – **I have been able to reframe the negative tendency with a positive one.***

I can look at my behaviors honestly and without judgment, and decide what they are about and then make amends if I see that I have violated one of my values. . .

The old me would become disturbed and depressed at the thought of having done "something wrong," and turned it against myself, becoming dramatic and dysfunctional in the process. Having grown up in an alcoholic home contributed to that.

***Now, I have a stronger sense of my values, of what I consider to be right or wrong.** And when I catch myself having fallen in those areas, I can now speak up to someone and apologize in a kind honest way. . . .*

How much better the world and life looks when we can manage ourselves this honestly and spiritually. . . -- Sandra C., from Al-Anon.org blog

We love you, friend, because you're NOT perfect. As you work your imperfect recovery, please love yourself, too.

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. Guaranteed to be imperfect, and FUN!

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SUBSCRIBE TO LIFELINES

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

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 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.



**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

**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



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 **Tuesday**. 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.

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-emeeting-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

October 2023 Note from your Literature Coordinator:

The new **Daily Reader** continues to be out of stock at the WSO AND we were informed there were printing press problems at the publisher, so we have no information on when it will be available. I continue to check daily, and we continue to maintain a list at our office for those of you who want them. Don't give up—I'm hoping we have them by the November Assembly!!

The new Reader, entitled *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.

I added the new Reader to the top of the Literature Catalog on www.riafg.org, so you can find it easily when you are filling out an Order Form. If you need materials mailed to your group, please use the Order Form posted on the website, as it has the newest mailing rates. If you are attending the Assembly and want to pre-order for pick-up there, please call the Office or email me.

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

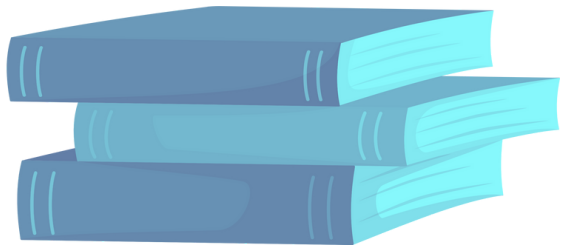
I hope this doesn't discourage you from service, but sometimes you don't know what all is involved in a position from the “official” description. I will be available through December to transition anyone who wishes to take on the job.

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

10/10

“I Tried To Be Perfect”

I have always been a loner—independent and in control of my life. I raised two children alone and considered myself a successful mother. After all, my upbringing was so unpleasant that if I just did the opposite of my parents, **I would do everything perfectly.**

But something happened on my way to perfection. My daughter turned to alcohol at puberty to self-medicate for manic depression. As she moved into the difficult teenage years, I tried to cover up the disorder and chaos that was taking over our home. After all, from the outside, our family looked competent and successful.

Sharing my life story with others was out of the question. But, after seeing the progress of a relative in recovery, I reluctantly decided to try Al-Anon. At the first meeting, I realized that my emotions were not unique. I heard experiences that paralleled my own—I no longer felt like I was alone, trying to set things right in my family all by myself.

At first, I worked Al-Anon’s Twelve Steps with my head, but not my heart. It took me some time to realize that the key to serenity was patience and practice. I was so used to coping with chaos that serenity at first seemed a bit boring, but gradually it became a soothing lifestyle and it remains so today.

The most important slogan for me at that first meeting was “Keep Coming Back.” Gradually, going to meetings became a habit. One slogan saved my sanity and my daughter’s, too. They said, “Take what you like and leave the rest.”

-- Carolyn K., Ohio

Read more responses here: <https://al-anon.org/blog/i-tried-to-be-perfect/>

See you at our imperfect
 RIAFG Fall Assembly
 Nov. 4 9am-3:30pm

PROGRESS
 - NOT -
 Perfection

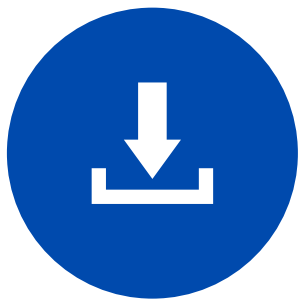


New to Al-Anon? You'll want to hear this.

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!**

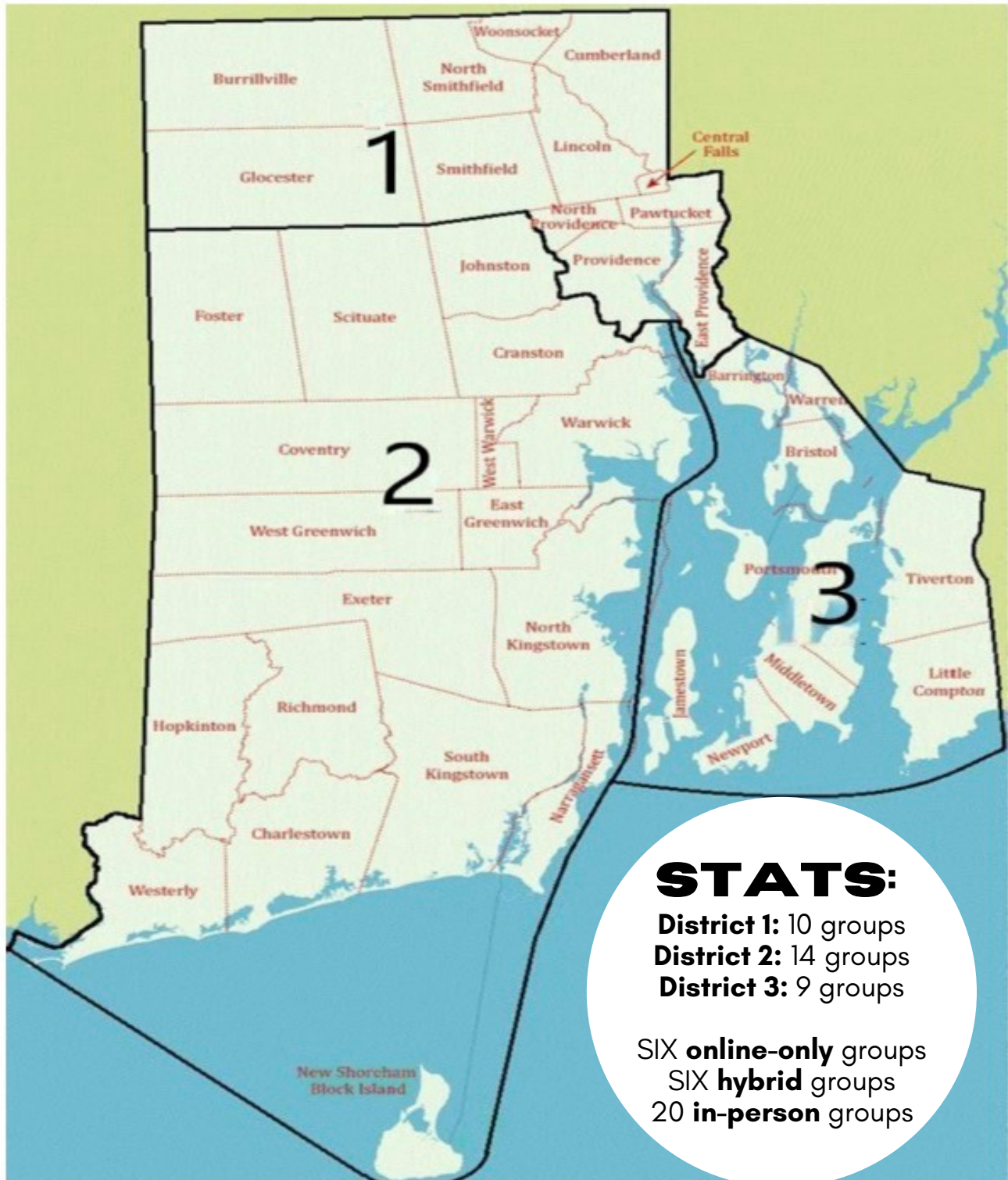
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

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!

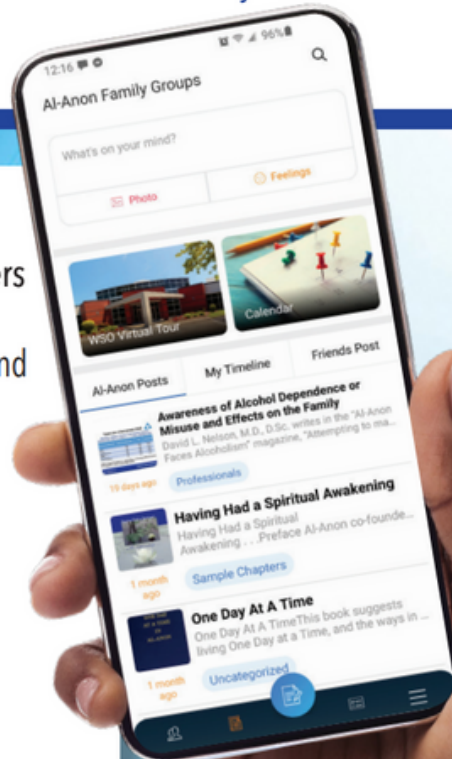
This mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world are able to come together for Al-Anon recovery.

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.*