

LIFELINES

RIAFG NEWSLETTER 106 ROLFE STREET, CRANSTON, RI 02910
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Editor's Corner

Step 3: "Made a decision to turn our will and our lives over to the care of God, *as we understood Him.*" The God of my understanding is beyond my understanding. When I view the recent photographs from space, I am amazed at the vastness and complexity of the universe. When I was a kid, everything about even our adjacent planets were artist's renditions or fuzzy photographs from powerful but limited telescopes. Back then the universe looked huge but somewhat limited, contained.

Now, the deeper scientists look, the more and more they find. I cannot fathom why the God of my understanding can even be bothered with me. I am less than a speck compared to the magnitude of the universe.

Yet, for some reason beyond my limited thinking, I believe that my Higher Power is always present and available to me, no matter how trivial my concerns may be. I have events in my life that defy any other explanation besides a Power greater than myself at work and caring about me.

I have had times when I doubted that my Higher Power even existed. I become angry, negative and eventually hopeless. I struggled and struggled until I surrendered to my inability to live a happy, peaceful life without trusting that my Higher Power is always present. I discovered that I cannot stand me without a Higher Power.

My Higher Power meets me where I am. I do not have to "dress up" for this. I come as I am. My Higher Power accepts me for who I am and who I am becoming, no matter what. Having seen the pictures of the universe, I find this ever more amazing.

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

NEW WEBSITE HAS BEEN LAUNCHED

The Website Task Force is excited to announce the launching of our new Rhode Island Al-Anon website. At the Spring 2017 Assembly, the GRs in attendance gave us the task of designing and launching a new website. Based on feedback we received from the GRs at the 2017 Assemblies and also from the members who responded to the Website Survey, we created an up-to-date design that is informative and easy to navigate. We encourage you to explore and enjoy our new website at riafg.org.

Phyllis H., Barbara H., and Tami K.



Screenshot of the header of the new website homepage.

FORUM ARTICLE

Acceptance was the beginning of my recovery

Although I had been attending Al-Anon for three years, I was not convinced that we were dealing with alcoholism, until my husband said to me that he believed he was an alcoholic. I remember crying with relief. That was only the beginning of our journey of recovery.

Now, 25 years later, I know that no one chooses to be an alcoholic. I know that my husband did not wake up each morning thinking about how he could hurt me or the family. I also know that my husband was not responsible for my feelings, my happiness, my peace, or my serenity. All of those things were my responsibility. I picked up that responsibility "One Day at a Time," little by little.

With the help of my Higher Power and Al-Anon, I walk in that peace, happiness, and serenity almost all the time. Acceptance was the beginning of my recovery. Acceptance of not only alcoholism, but acceptance of how much I needed help. I found that help in Al-Anon and I shall be forever grateful that Al-Anon was there.

by Barbara S., Kansas

(Reprinted with permission of The Forum, copyright issue January 2016, Al-Anon Family Group Hdqtr., Inc., Virginia Beach, VA.)

****Editor's Note:** Would you like your own subscription to the "Forum?" A subscription form is in the back of all issues. The cost is \$11.00 per year and there is also an online version available.

MEMBER'S SHARE

I had been told he died of a broken heart. I was over a decade in the program when an aunt told me he "drank himself to death." I think both things were true.

Surely, there was great tragedy in his life....as there is in many, if not most. The blame often attendant upon tragedy and his lifestyle had separated him from his family. His three daughters were living with relatives. Just three years before, Bill W. and Dr. Bob had founded AA, but far away in Akron, Ohio. He clung to the comfort of his drinking and gambling buddies.

Now, I have years of program under my belt. Thanks to Al-Anon, I can feel great compassion for this man, who, I believe, never saw a way out. This program has given me a life I had only glimpsed before, mostly as a young girl exploring the woods and streams far from my shattered home. I can now look upon the people in my life with sympathy and love, whether they are drinking or not, no matter the damage their disease has caused. I remember a loved one asking me why I thought she was an alcoholic, why I didn't just understand that she drank to escape the tragedy in her life. I answered that I knew her well, and I knew she would never willingly choose to be the person she became when she drank. Years later, she was able to stop drinking, and lived the last years of her life as the person she wanted to be, loving and compassionate, and with a strong relationship with the "God of her understanding."

It was, and is Al-Anon that helped me find a higher power. And it is this higher power that guides me in the ways of recovery, to the meetings I need, and the people who share the experiences, strength, and hope I need to hear. I thank this higher power, and all of you, for *my* heart that was broken by the tragedy of alcoholism, and is now healed.

by Susan

TOOLS OF THE PROGRAM: PODCASTS

When the noise in my head is too loud or if I can't reach someone in the program for a chat, I use Al-Anon podcasts. They are another tool that helps me with my recovery. Mostly, they're like a mini meeting, which for me results in changing my attitude.

My favorite way to get to these is through Google. I type in "Al-Anon Podcasts.". Many options pop up. "First Steps to Al-Anon Recovery Podcasts Al-Anon Family Groups" is the one to click on.

Then, there are many titles to choose from, including listening options. After making my selection, I click on the start arrow. 15-20 minutes later, I'm feeling better, and there is no cost; just the investment of a few minutes of my time.

Another option is to go to the al-anon.org website. Click on the "Newcomers" tab and scroll down to the bottom where you will find "First Steps to Al-Anon Recovery Podcasts." Then follow the same procedures as above

Happy Listening! Heather M.

RI AFG STATE NEWS - Participation at the 42nd AA Convention

I wanted to send news of the upcoming conference and reattach the flyer. Numbers for registration are up and new registrations are being made daily. It does sell out so please consider registering. Pati S the Al-Anon guest speaker wrote to say, "I am counting the days 'til I get to come and see you and the rest of the family."

Below you will see the flyer for the convention. Only **ONE** person has signed up to lead an Al-Anon meeting. Please consider leading an Al-Anon meeting.

"The first gift a newcomer receives from contact with Al-Anon is hope. Seeing how others rise above their problems, listening to situations worse than their own, absorbing the atmosphere of love and goodwill, send them home with a new lease on life." (One Day At a Time in Al-Anon, pg.94)

Jackie G, Al-Anon AA Liaison

Let Your Light Shine 42nd Rhode Island AA Convention with Al-Anon Participation March 23-25, 2018

Six Al-Anon meetings will be available during the AA Convention. Please consider leading one of the Al-Anon meetings – a great way to serve! Meeting leaders are responsible for the \$25.00 registration fee. Registration: <https://aainri.com/convention/>

Special note: Pati S. is our Al-Anon guest speaker and will give her talk Sat., Mar. 24 at 10:15 am.

Al-Anon Meetings

Sat., Mar. 24 at 9:00 am: **Shine - Let It Begin with Me** - *Nel P. will lead this meeting.*

Sat., Mar. 24 at 11:30 am: **Finding the Light – Healing Shattered Faith
Steps One, Two, and Three**

Sat., Mar. 24 at 1:00 pm: **Reflections Shine the Light on Our Character Traits
Steps Four and Five**

Sat., Mar. 24 at 2:30 pm: **Making Up and Lighting Your Load
Steps Six, Seven, Eight & Nine**

Sat., Mar. 24 at 5:00 pm: **Grow and Spread the Light
Steps Ten, Eleven & Twelve**

Sun., Mar. 25 at 8:30 am: **The Light of Fellowship and a Loving God Shines on Us All
Tradition 2**

If you would like to lead a meeting, please contact Jackie G. by email: 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 does offer valet parking @ \$20.00 per 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 23, 6-8:00 pm, 9:30-midnight & Saturday, March 24, 8am-8pm, 9:30-midnight: <https://www.discovernewport.org/about-newport/visitor-center/>

RIAFG FALL WORKSHOP:

Save the date! We've set the date for the Fall RIAFG Al-Anon Workshop (w/ AA participation). It will be at Butler Hospital on Saturday, September 29, 2018.

Now, we need your help! Are you or someone you know interested in joining our Workshop Committee? Many hands and minds will make this another success. Please contact Holly R. the Workshop Coordinator at workshop.riafg@gmail.com.

This is a great way to do service on a broader scale. We can match your skills or desires with many different aspects of the workshop. So step up to service so that we can carry our message to others who will benefit from our Al-Anon Program.

Many Thanks-Holly

UPCOMING EVENTS

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|-------------------------|--|
| Mar 3, 2018 | AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All are welcome. |
| Mar 4, 2018 | Forever Hope 30th Anniversary and Celebration of Lois W.'s Birthday. 10:00 AM at West Greenwich Town Hall, 280 Victory Hwy (Rte 102), West Greenwich, RI. |
| Mar 22, 2018 | South County Step, 27th Group Anniversary. Refreshments at 7:00 PM Speakers at 7:30 to 8:30. Wakefield Baptist Church, Main St., Wakefield |
| Mar 23-25, 2018 | 42nd RI AA Convention with Al-Anon participation
"Let Your Light Shine" The Gurney's Newport Resort and Marina
Goat Island, Newport, RI |
| Mar 23-25, 2018 | CT AL-ANON Convention Raddison Hotel, Cromwell, CT
see ctalanon.org for information |
| Apr 13 -15, 2018 | 2nd Native American Al-Anon Conference
The Lodge at Sante Fe, 750 N. St. Francis Dr., Sante Fe, NM
see the Events Calendar on riafg.org for more details |
| Apr 20-22, 2018 | 42nd Massachusetts Al-Anon/Alateen Convention
Sturbridge Host Hotel, 336 Main St., Sturbridge, MA
see the Events Calendar on riafg.org for more details |
| Apr 28, 2018 | AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All are welcome. |
| July 6-8, 2018 | International Al-Anon/Alateen Convention, Baltimore, MD
"Celebrating One Day at a Time" Baltimore Convention Center,
Baltimore, MD, see the Events Calendar on riafg.org for more details |
| Sept 29, 2018 | RIAFG Fall Workshop at Butler Hospital
More details to follow AREA OFFICE NEWS |

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.

AL-ANON MEETING UPDATES

ANNIVERSARY MEETING

Forever Hope, 30th Anniversary and Lois W.'s Birthday Celebration. March 4th, 10:00 AM, West Greenwich Town Hall, 280 Victory Hwy (rte 102), West Greenwich, RI; speakers, food and fellowship.

South County Step, 27th Anniversary Celebration, March 22nd, Wakefield Baptist Church, Main St., Wakefield. Refreshments at 7:00 PM, speakers from 7:30 to 8:30 PM.

MEETING CHANGE

South County Step meeting, Wakefield Baptist Church, Main St., Wakefield is changing its meeting format. The first meeting of the month will be the step for that month; the second meeting, the tradition for that month; the third meeting, the concept for that month; and the rest of the month will be discussion meetings starting in January 4, 2018..

A New Beginning group, Thursday nights at St Paul's Episcopal Church Hall, 2679 East Main St., Portsmouth, is no longer a women's only meeting.

Hope for the Family Disease group, Friday nights at St. Theresa's Catholic Church, 265 Stafford Rd., Tiverton, is now a ONE hour meeting, 7:30 to 8:30, that coincides with the next door AA meeting.

High Powered Lunch Bunch group at St. Stephen's Church, 114 George St., Providence, is changing its twice-weekly meeting schedule. They are cancelling their Thursday AM meeting and will only meet on Tuesdays, effective February 20th.

You Are Not Alone group, Friday nights at Landmark Hospital, 115 Cass Ave., Woonsocket, has **changed it's starting time to 7:00 p.m.**

Step Up To Serenity, Thursday 10:00 AM is **temporarily moving** to a different location. It will meet at Sheehan Psychotherapy Associates, Conference Room, 33 College Hill Rd., Building 30, second floor.

You Are Not Alone group, Friday nights at Landmark Hospital, 115 Cass Ave., Woonsocket, has changed it's starting time to **7:00 p.m.**

NEEDS SUPPORT

A New Beginning, Thursday 7:00 PM at St. Paul's Episcopal Church Hall, 2679 East Main Rd., Portsmouth.

Hope for the Family Disease, Friday 7:30 PM at St. Theresa's Catholic Church, 265 Stafford Rd., Tiverton.

South County Step, Thursday 7:30pm to 8:30pm at Wakefield Baptist Church, Main St., Wakefield

Parents for Love Hope & Recovery, Monday 7:00pm at Four Corners Community Chapel, 2210 Diamond Hill Rd., Cumberland.

Step Up to the Summit, Monday 7:00 PM, Summit Baptist Church, 1176 Victory Highway, Coventry.

Higher Powered Lunch Bunch, Tuesday/Thursday, 12:10 PM, at St. Stephen's Church, 114 George St., Providence.

First Things First, Monday 7:00PM at VA Medical Center, 830 Chalkstone Ave., Prov.

NEW MEETINGS

A **new meeting** will opened Thursday mornings, 8:30 AM at St. Andrew's Church Hall, 183 Willow Ave., Little Compton.

MEETING HAS CLOSED

The Block Island Al-Anon group is no longer meeting.

RIAFG Fellowship Event

RIAFG District 1 is sponsoring an ATOMIC BOWLING NIGHT!



Location: Lang's Bowlarama
225 Niantic Avenue
Cranston, RI 02907

When: Friday, March 16, 2018
9:30pm - 11:30pm

Details: **ATOMIC BOWLING - \$18 per person**
Unlimited bowling includes shoe rental.
Blacklights and laser light show!
Featuring DJ Joey Duval!

Come out and drop a disk to win over \$300 in prizes up for grabs!
9:30pm- 11:30pm, but stay and play til 1AM if you wish!

**RSVP BY MARCH 14!!! Call the RIAFG state office and leave a message - 401-781-0044.
Leave your contact information and you will be called back. Space is limited!**

FAQs

Are there ID or minimum age requirements to enter the event?

Bring photo ID, ages 12 and over

What can I bring into the event?

No outside food or drinks, party cakes ok

What if bowling isn't my thing?

Just come for fellowship and some fun! It's **FREE** if you don't wish to bowl!

How can I contact the organizer with any questions?

Leave a message at 401-781-0044

PUBLIC OUTREACH: PSA

Rhode Island AFG does not currently have a public outreach coordinator. This position would normally take the information on where we hear Al-Anon public service announcements. Then they would send a "Thank you" note to the broadcaster, letting them know how important it is to get the word out there about our program. I recently heard one on Tuesday February 13 at 530 am on Cat country 98.1. If you are considering doing service at the state level, please consider this position.

Joel

AREA OFFICE NEWS

Service Opportunity: If you are an active member of Al-Anon who has benefited from this wonderful program, please **consider becoming an Office Volunteer or At-Home Volunteer** as part of your own recovery process. We need your help to help others. Please call the area office (401) 781-0044 – and leave your contact info in a message for Jane. We especially invite you to a Saturday morning/midday shift. Currently we are covered for the first Saturday of the month only. Thank you!

Jane A., RIAFG office coordinator

AREA CHAIR'S CORNER

World Service Conference Love Gifts

As I walked into the Hospitality Room at my first World Service Conference, I was overwhelmed by the boxes and boxes of "love gifts" that Al-Anon groups throughout the country had sent to their Delegates to share with the other Conference members. It was an amazing example of the love that permeates our fellowship.

If your group would like to send "love gifts" to the 2018 Conference for our Delegate to share, the World Service Office requests that (1) you address the package to: Barbara H., Renaissance Westchester Hotel, 80 W. Red Oak Ln., West Harrison, NY 10694; (2) you include (Hold for WSC 4/16-4/20, 2018) in the address; (3) you put the following as the return address in the event that mail delivery is delayed: Barbara H., RIAFG, 106 Rolfe St., Cranston, RI 02910; and (4) you plan to have the package arrive after April 13th.

Phyllis H., Area Chair

NEWS FROM THE WSO

The WSO is pleased to announce that the English printed version of the 2018-2021 Al-Anon/Alateen Service Manual (P-24/27) is now available for purchase!

Groups at Work (P-24) is expected to be available in 4-6 weeks; another order announcement will be made at that time.

The **2018-2021 Service Manual** is also available electronically for the English Edition. To find this sign onto al-anon.org, then click on "members" and select "member resources." From there select "manuals and guidelines" and then select the "Service Manual." A printed version will be available sometime in February. If you or your group wants a copy, the RIAFG office in Cranston will have them for a small cost. They are no longer distributed free of charge to the AFG groups.

WEB Sites, Addresses and phone numbers

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

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

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

Photo by E. H.

