Editor’s Corner:

“Made a decision…” The first three words of Step 3 sometimes stop me in my tracks. My history of decision making has been less than glowing. I was often making decisions based on fear. FEAR — Face Everything And Recover. FEAR — Faulty Evidence Appearing Real. I could go on. But fear was hard for me to recognize because it’s slippery and sly. It hides behind and within other emotions. My personal favorite is anger. Thanks to Al-Anon I began to realize that the anger I was feeling in many situations didn’t quite fit into that situation. As I grew in awareness, listened to others sharing at meetings, and continued to read our literature, I realized that for me my anger is often a big cover up for FEAR.

“Made a decision…” I grew sick and tired of letting fear influence my life. In time I realized that there is NO perfect decision. That decisions had to be made with only the information I had at that time. When I wanted to make a perfect decision, fear kept me tied down trying to figure out the perfect decision and thus, I made no decision.

“Made a decision…” Thanks to Al-Anon I have realized that there is no such thing as a perfect anything, never mind a decision. I try to do the best I can with the information I have at the time, and hopefully with some of the wisdom I have gained from the Program. There is still a critical element omitted if that is all I do. When I decide to turn my will and my life over to my Higher Power, I am not alone. I trust that my Higher Power will give me guidance. I picture putting the information I have on the “back burner” and letting it “simmer” there for a while. By a process that I don’t understand but that I have experienced, trust, and rely upon, I get the insight, “the nudge,” to help me choose. For me this is how my Higher Power works in my life when I turn my will and my life over to the Higher Power’s care.

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

Please take the time to read this issue. There’s lots happening this month, so don’t miss out. There are three group anniversaries, and the AA convention with Al-Anon participation. The member shares are very inspiring.

Our state Alateen sponsor situation is improving but still needs people so that the teens can have their meetings.

Feeling creative? Get a few friends from Al-Anon together to do “Love Gifts” for our delegate Barbara at the World Service Conference.

Have a couple of free hours and want to serve the RIAFG? The state office currently has only 2 volunteers.

Please consider sharing with all of us your recovery by submitting a member sharing. Written from the heart, you can’t go wrong.

There’s lots of news from the WSO.

*DEADLINE FOR THE APRIL ISSUE IS MARCH 28TH.
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
ALATEEN NEEDS YOU:

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

**We need YOU to meet soaring demand**

*Consider carrying your 12th step message through Alateen service*

We still need your help! Please consider becoming an Alateen Sponsor.
The emails and calls are NOT slowing down…Parents, teens, school staff, and social workers are 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.

For additional information, please email Ashley B.: alateenri@gmail.com

ALATEEN CORNER:

**Carrying the Steps Wherever I Go**

When I was seven years old I learned my dad was an alcoholic. Every day he would be drinking with his friends, and it was a problem for my family. His disease got out of control and he would get violent with my mom and other family members. After one violent incident, he became aware of what alcohol was doing to him and to the family, and he did start going to A.A. for a time but that didn’t last. I had been going to Alateen for a while, but wanted to stop when Dad got drunk again. My mom and I had a talk, and she told me not to give up, so I kept going to Alateen. I started trying to apply the Twelve Steps to my feelings about my dad and his drinking. I know Alateen is helping me, and I continue to carry the Steps with me everywhere I go. I live a better life now because of Alateen. I love the program — it’s fun and joyful, and I recommend it to all teens that have problems in their lives due to someone’s drinking. Thank you, Alateen!

by Andrew

(Reprinted with the permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA. From *Alateen Talks Excerpts, Volume 49 & 50*)
2020 EVENTS CALENDAR:

March 1  Forever Hope Anniversary (see flyer on previous page for details.
March 10  District 2 meeting from 7PM to 8PM at the Area office, 106 Rolf Square, Cranston
March 20-22 2020, 44th AA Convention with Al-Anon participation. Gurney’s Newport Resort, see flyer
March 25  32nd Anniversary celebration, Let Go & Let God, Four Corners Community Chapel, 200 Angell Rd., Cumberland, from 7-8:30 PM.  See Flyer
March 27  14th Anniversary celebration, Essential Steps and Traditions, Kingston Congregational Church 2610 Kingstown Rd., Kingston, from 12 - 1:00 PM.  See Flyer
April 18  AWSC meeting at Cranston Office, from 10:00 AM to Noon.  All are welcome
May 30  RIAFG Spring Assembly at Emmanuel Church, 42 Dearborn, Newport, RI.  See Flyer
June 10  AWSC meeting at Cranston Office from 7 - 9:00 PM, All are welcome.
July 2-5  2020.  A.A. International Convention in Detroit, Michigan.  See news from the WSO.

MEETING NOTICES:

Holiday Notice:

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

New Meeting:

Gratitude Not Attitude meeting starting Tuesday, January 7th at 11:30AM. Woonsocket Serenity Center, 66 Social St., Woonsocket, RI. Parking in the back, enter Main St.side across from the Salvation Army.

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:

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

Meetings that have Closed:

Let it All Go AFG, Tuesday 7:30 PM, N. Kingstown Methodist Church, 450 Boston Neck Rd., (Rte 1A)
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
The Hope for the Family Disease meeting Friday at 7:30PM in Tiverton at St Theresa’s Catholic Church has closed.

AA Liaison Report:

Rhode Island AA Convention with Al-Anon participation

Sarah S., past delegate from MI is set to serve as speaker at the convention! The updated flyers are on the following pages. Holly R. has offered to lead the 2:30 pm meeting, and Toby T. has offered to lead the 5:00 meeting.

WE STILL NEED 3 MORE AL-ANON MEMBERS TO LEAD THE 9:00 AM, 11:30 AM ON MARCH 21 AND THE 8:30 AM MEETING ON SUNDAY!!!

Sat., Mar. 21 at 9:00 am: How do I see myself when I use the Al-Anon program?
Sat., Mar. 21 at 2:30 pm: Holly R. Illusions and fantasies I’ve let go, since coming to Al-Anon.
Sat., Mar. 21 at 5:00 pm: Toby T. 2020 reasons to Keep Coming Back!
Sun., Mar. 22 at 8:30 am: Changing my attitude by changing my perspective.

As a reminder, the convention will take place Friday, March 20 – 22, 2019 at the Gurney’s Resort in Newport, RI. The theme for the meeting is 2020 A Vision for Us. Convention Registration: https://aainri.com/area-61-convention-2020/

Jackie G., AA Liaison
44th AA CONVENTION WITH AL-ANON PARTICIPATION:

2020 AVISION FOR US

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

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

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
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: **Holly R. Illusions and fantasies I’ve let go, since coming to Al-Anon.**
Sat., Mar. 21 at 5:00 pm: **Toby T. 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 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/
**General information**

This is a non-smoking event. Ashtrays are located outside AWAY from the doors. Please see signs for designated smoking areas. Spanish translation is available during the Main Meetings and is located to the left of the stage.

La traducción al español está disponible durante las Reuniones Principales y se encuentra a la izquierda del escenario.

**HOSPITALITY ROOM** ~ *Vanderbilt Room*

*will be closed 15 minutes before and during all speaker meetings*

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Friday</td>
<td>3 pm–7:45 pm</td>
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<tr>
<td></td>
<td>10 pm–11:30 pm</td>
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<tr>
<td>Saturday</td>
<td>6 am–10 am</td>
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<tr>
<td></td>
<td>11:30 am–1 pm</td>
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<td></td>
<td>2:30 pm–7:45 pm</td>
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<tr>
<td></td>
<td>10 pm–11:30 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>6 am–9:45 am</td>
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**BEVERAGE ROOM** ~ Commodore Perry Room

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Friday</td>
<td>3 pm–12:30 am</td>
</tr>
<tr>
<td>Saturday</td>
<td>6:30 am–12:30 am</td>
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</tbody>
</table>

**Shuttle Service Schedule**

Friday, March 20 6 pm – 8 pm and 9:30 pm – 12 am

Saturday, March 21 8 am – 8 pm and 9:30 pm – 12 am

Shuttle service is not available on Friday or Saturday from 8-9:30 PM.

The shuttle will run between the Convention area entrance & the Visitor’s Center

**AL-ANON MEETINGS:** - Heritage Room

**SATURDAY**

9:00 AM  How do I see myself when I use the Al-Anon program?

11:30 AM Steps, Traditions, and Concepts: A new Vision?

2:30 PM  Illusions & fantasies I’ve let go, since coming to Al-Anon.

5:00 PM  2020 reasons to Keep Coming Back!

**SUNDAY**

8:30 AM  Changing my attitude by changing my perspective.

**SCHEDULE OF EVENTS**

**FRIDAY, MARCH 20**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 pm</td>
<td>Registration opens</td>
<td>Main Floor</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>Marathon Meetings Begin</td>
<td>Newport Room</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Dinner</td>
<td>Rose Island</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Opening Meeting, Debbie D</td>
<td>Ballroom/Brenton Hall</td>
</tr>
<tr>
<td>9:30 pm</td>
<td>Ice Cream Social ($6)</td>
<td>outside of ballroom</td>
</tr>
<tr>
<td>10:00 pm</td>
<td>Dance with DJ Ray A.</td>
<td>Rose Island</td>
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</tbody>
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**SATURDAY MARCH 21**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Marathon Meetings begin</td>
<td>Newport Room</td>
</tr>
<tr>
<td>7:00 am</td>
<td>Yoga</td>
<td>Brenton Hall</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Meditation Workshop</td>
<td>Ballroom</td>
</tr>
<tr>
<td>10:15 am</td>
<td>Al-Anon Speaker, Sarah S.</td>
<td>Ballroom/Brenton Hall</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>Luncheon buffet</td>
<td>Rose Island</td>
</tr>
<tr>
<td>1:15 pm</td>
<td>Speaker Meeting, Tami P.</td>
<td>Ballroom/Brenton Hall</td>
</tr>
<tr>
<td>2:30 pm</td>
<td>Old-timer/Newcomer Panel</td>
<td>Ballroom/Brenton Hall</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Play</td>
<td>Ballroom</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Dinner</td>
<td>Rose Island</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Speaker Meeting Don L.</td>
<td>Ballroom/Brenton Hall</td>
</tr>
<tr>
<td>9:30 pm</td>
<td>Ice Cream Social ($6)</td>
<td>outside of Ballroom</td>
</tr>
<tr>
<td>10:00 pm</td>
<td>Dance w/ Take It to the Bridge</td>
<td>Rose Island</td>
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</table>

**SUNDAY MARCH 22**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Yoga Class (45 min)</td>
<td>Brenton Hall</td>
</tr>
<tr>
<td>8:00 am</td>
<td>Spiritual meeting</td>
<td>Ballroom</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Speaker Meeting, Martin A.</td>
<td>Ballroom</td>
</tr>
</tbody>
</table>
ANNIVERSARY CELEBRATIONS:

FOREVER HOPE
Al-Anon Family Group
Invites you to join us to celebrate our
32nd Anniversary
and
Lois W.’s Birthday
Sunday, March 1, 2020
10:00 a.m.

West Greenwich Town Hall
280 Victory Highway, Route 102, West Greenwich, RI
Speakers • Fellowship • Spirituality
Finger Foods • Hot & Cold Beverages

Come Share the Joys of Recovery with Us
Park in the large lot to the south (right) of the Town Hall.
Entry is at the back via the wheelchair ramp.

Please Join Us!
The Essential Steps and Traditions Study Group
Invites you to join us for our
14th Al-Anon Family Group Anniversary!

Friday, March 27, 2020
At the Kingston Congregational Church
Fireplace Room
Kingston, RI

Speaking Engagement: Noon to 1pm
With AA and AFG guest speakers

Fellowship and snacks will be provided
in the kitchen after the meeting.
(complimentary bottled water available during meeting)

NOTE: Per group conscience, we try to be as close to a FRAGRANCE FREE meeting as possible.
We therefore ask that all attending be mindful to AVOID WEARING PERFUME, cologne, scented lotion, etc.
This way everyone can be comfortable and able to attend.
ANNIVERSARY CELEBRATIONS (cont.):

Let Go & Let God
32nd Anniversary Celebration

WHEN: Wednesday, March 25th, 2020
WHERE: Four Corners Community Chapel
        200 Angel Road, Cumberland
TIME: 7:00 to 8:00 PM
PARKING: In the back or across the street at Navigant Credit Union
**Handicapped Accessible

SPEAKERS
   AL-ANON
   ALATEEN
   AA
   ADULT CHILD

***Raffles, Refreshments, Drinks, Friends & Serenity

NEW MEETING:

Announcing a new Al-Anon open discussion meeting
Beginning Tuesday, January 7, 2020

GRATITUDE NOT ATTITUDE AFG
Tuesdays 11:30 a.m. Serenity Center 66 Social Street Woonsocket, RI

Parking available in lot behind building.
Parking lot entrance is on North Main St. (across from the Salvation Army 30 North Main St.)
DELEGATE CORNER:

World Service Conference* (WSC) April 20-24, 2020
The 2020

Conference Theme:

Dreaming Big with 20/20 Vision
Rêver grand avec une vision 20/20
Soñar en grande con visión 20|20

***Love Gift Requests***

Tradition has it that each Area sends "Love Gifts" to their Delegate to share at the World Service Conference. These Love Gifts are arranged on tables in their own special room. The Love Gifts help renew your Delegate’s faith that they can represent their Area to the best of their ability... and are greatly appreciated! An extra Bonus is that each Delegate gathers Love Gifts from other Areas to bring back and share with their Area!

Here’s the information if your District/Group wishes to participate.

What ?: Gifts are often fun, small, creative items that tie in with a slogan, WSC theme, geographic area, CAL quote, etc. Examples: handmade magnets, postcards with message, state/city pins, little bags of candy, bookmarks, sachets, wild flower seeds, handmade bracelets, special pens/pencils. There is no end to the creativity that’s been seen!

How ?: Districts/ meetings gather to make/assemble 100 Love Gifts.
When ?: Package your items and plan for mail to arrive after April 15. Please mail at least 1 week in advance, or packages may not arrive in time.
Where to mail ?:
   Barbara Hicks (Hold for WSC 4/20-4/24, 2020)
   Sheraton Virginia Beach Oceanfront Hotel
   3501 Atlantic Ave.
   Virginia Beach, VA 23451
Return Address in case mail is delayed:
   RIAFG, 106 Rolfe Street, Cranston RI 02910

*What is a World Service Conference? For more information see our Al-Anon/Alateen Service Manual, 2018-2021, (& V-2), p. 84, 139, 162.

Questions? Email: Delegate.RIAFG@gmail.com
Rhode Island Area Al-Anon Family Groups

"Hope and Help for Families and Friends of Alcoholics"

2020 Spring Assembly

May 30th  9:30 am – 3:30 pm

Registration at 9:00 am

Registration fee $10.00 per group

Emmanuel Church • 42 Dearborn Street • Newport, RI 02840

Bring a dish to share or bring your own lunch

Beverages & small dishes provided

GET INVOLVED & GIVE SERVICE

We need YOU to attend to share YOUR GROUP’S voice!
Emmanuel Church (Library Room)
42 Dearborn Street Newport, RI 02840

From Points North and East via Portsmouth:
Take Route 24 South to last exit for Route 114/West Main Road South OR
Take right off Mount Hope Bridge onto Route 114 South. After 1.4 miles, turn right at first light to continue onto Route 114 South.
Take Route 114 / West Main Road South for about 6 miles (Route 24 directions) or 7 miles (Mt. Hope Bridge directions)
Turn Left onto Valley Road (Route 214) after Speedway, then Getty station and just before Town Fair Tire (there will be a light and left turn lane). Travel for about 2.2 miles.
Continue to merge onto RI-138A W/Aquidneck Ave. Follow RI-138A W for about 1.7 miles.
Turn left at Bellevue Avenue light (at top of the hill past the Cliff Walk)
Take 4th right onto Perry Street Turn right at end of street onto Spring Street
Take immediate left onto Dearborn Street. Church will be on the right; church parking lot is on the left.

From points South via Newport Bridge:
Take the Downtown Newport / RI 238 Scenic S exit off Newport Bridge toward Newport
At the end of the exit, turn right onto RI-238 S / JT Connell / Farewell Street
In 0.3 miles, turn right at light to continue on RI-238 S / America’s Cup Avenue
After 0.8 miles turn right onto Thames Street
After 0.4 miles, turn left onto Dearborn Street. The church parking lot will be on the right; the church is across the street on the right.

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 ONLY 2 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>Thursday</td>
<td>7:00 to 8:30 PM</td>
<td>Jane A.</td>
</tr>
</tbody>
</table>
DISTRICT 2:

What’s NEWs in District 2 – January 2020 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 January 2020 District 2 Meeting was held at the Area Office in Cranston. We opened the meeting with the serenity prayer, introductions, and reading the Tradition of the Month & the Concept of the Month. The minutes from December were then read and accepted.

First, Alateen needs were discussed. At the time of this meeting, it was shared that a second Alateen sponsor was still needed at the North Kingstown High School meeting and that a new Alateen meeting would hopefully be starting in Newport. In addition, there is still a need for additional sponsors and new locations for Alateen meetings around the state.

Next, we revisited the conversation around "alternative attendance" via phone or teleconference. The goal and hope of considering these alternative options is to boost attendance at and participation in District meetings by providing easier access to these meetings. During this particular meeting, the group decided to test out using individual phones to patch two people in. Though it was a little tricky to navigate, we will continue to explore these options by doing additional research on FreeConference.com and brainstorming guidelines for making the call-in process as smooth and seamless as possible.

While there were no new updates on Task Force Guidelines for task for chairs, there were some group concerns brought to the table for discussion including meetings that are struggling and not getting ongoing support; how to welcome newcomers at meetings without singling them out because doing so may discourage them to return; and how to gently remind double winners to keep the focus on their Al-Anon program at Al-Anon meetings.

Additional group concerns included discussion around safe and effective ways to handle members that are disruptive to a meeting and could be dangerous and how a meeting should address concerns from a member about their safety regarding another member. The group brainstormed a bit about this and will continue to revisit this discussion in the future.

One final topic - how to run business meeting well - was tabled as new business for next month since we were out of time.

That wraps up another District 2 Report. Our next District 2 Meeting is **Tuesday March 10th, 2020 at 7pm at the Area Office (106 Rolfe Square, Cranston)**. All are welcome to attend and individual meetings are welcome to bring their group's concerns to the District meetings for discussion. Hope to see you at our next meeting!
This month our group focused on creating a new District 3 Alateen meeting! D3 currently has multiple requests for Alateen meetings, and we want to serve young people looking for recovery as soon as possible. District members of our group attended the February 8th Alateen information workshop to learn and report back to the group.

The meeting location will be in Newport at Emmanuel Church starting this summer. Look for details and a flyer soon!

The meeting will need volunteers! We are proposing making the meeting sponsor a rotating service position so that many people can get involved. Alateen group members will determine how the rotation will work, so keep watching for updates. Alateen also needs registered drivers to get kids to meetings. If you are interested in giving service to this new group, please email: district3.riafg@gmail.com.

Members who want to get involved with the Alateen must have a completed state criminal background check (BCI) and Alateen training. A BCI is available via mail and costs $5 http://www.riag.ri.gov/BCI/index.php. Alateen training time and location to be announced.

**District 3 Donations:**

We are asking each D3 meeting to donate funding for the assembly, and to each send three members to the assembly at Emmanuel Church in Newport on May 30th 2020 9:30-3:30p. When sending group contributions to RIAFG or WSO, consider including District 3 for the next few months to support both the Assembly costs and sponsoring the new Alateen meeting. The District does not have an account or mailing address for check donations, so you can donate directly to District members Toby, Anna P, Jean, Dan A, or Terry L. You can also email district3.riafg@gmail.com and we’ll find a way to connect with you. Thank you!

**Next Meeting** – The District meets regularly on the 2nd Thursday of each month at 6p in the Portsmouth Library, and our next meeting is March 12th.

Gratefully in Service,

RI District 3
FORUM ARTICLE:

Gently Peeling Away the Layers

When I first came to Al-Anon, I was hesitant to speak. My negativity and shame convinced me that I had nothing to offer the group. I would listen to other members share and compare my insides to what I perceived to be their outsides. It took me a long while to acknowledge the fact that all members were equal; it did not matter how long anyone had been coming to meetings. Everyone had a voice to express their own experience, strength, and hope. It was perhaps the first place I came to where I had the opportunity to share and be accepted unconditionally.

As I continued to attend meetings, I was inspired by other members’ sharings to share my own thoughts and feelings for the first time. At first it was very uncomfortable. My heart pounded. I felt exposed, naked, and feared being judged. However, my recovery progressed as I revealed more about myself, my beliefs, and behaviors. Looking back at my years growing up in the disease of alcoholism has been painful, but also valuable in helping me discover my identity. I will be forever grateful to those members who had the courage to share their own journey of pain, discovery, and recovery. It has enabled me to gather my courage to gently peel away the layers of shame, humiliation, and unworthiness I once felt to truly rediscover my identity as a grateful, contributing person.

by Laura C., Connecticut

(March 2020)

MEMBERS SHARE:

It always amazes me of how Step 3 interacts with all the other Steps. Made a decision to turn our will and our lives over to the care of God as we understood Him certainly seemed reasonable after realizing that I was powerless, my life was unmanageable and that I was going to need something greater than my diseased, distorted thinking to claim my life back. No intellect or adapting to the alcoholic's condition could save me from my own mind and the damage another person's disease had done to my mind. It was going to have to be "Spirit over Mind" if I wanted recovery from the effects of alcoholism.

Spirit helped me to become honest with myself in Steps 4 and 5. I had to admit to myself just how sick I had become. I was not just inconvenienced by someone else's drinking, I was abused. Wow I never dreamed that I would be using the word "abused" to describe myself. The honesty is painful, however I must trust my belief in Step 3 that He is in charge and will see me through the the pain. He has done it before. I can remember the freedom of feeling loved through His healing as promised in Step 3. Steps 6 through 9, require me to work on building my relationship with my God and others. Willingness and action strengthens my recovery and minimizes the affects of alcoholism. Humility plays a big part as well. I have to accept that I will never be cured. I can only stay in remission from self-pity, disillusionment, and reacting to a diseased person. Step 10 keeps me humble because I no longer "get a pass" when I react. Step 11 keeps my commitment to Step 3 and to revisiting the other Steps. And Step 12 is the gift of Step 3 for myself and others. It is a gift that has a lot more responsibility and maturity than I could ever imagine. Fortunately, recovery is a "One Day At A Time" process. A process that a loving God shows me how much He cares for me, my fellow Al-Anons and alcoholics.

- Ann H.

MEMBERS SHARE:*

(***Hi Everyone, Below are the sharings from the area assembly writing workshop this fall.***)

Do You Use a Journal?

You know, I do. And when I do, I feel that sense of “going to the well.” I tap in to myself and I receive the Higher Power’s guidance. I FEEL. I FEEL BETTER! Sometimes I wait it out and skip a daily practice. But you, dear members, remind me of your practice and how it helps you purge, or clarify, or rage a bit on paper — I call that “writing hard!” So, I get myself back to practice and never regret it. I get MYSELF back. You and others show up there too! I need to say it and a journal unconditionally receives.

What works for me is sitting down — sitting down and reflecting back to maybe a few days ago or maybe a week...“When?” I ask myself — “When did I adopt an out-of-balance behavior?” (like being extra busy, or racing in my thoughts or gas pedal. Like biting my fingernails. Like stopping conscious conscientious listening!) “When” gets me to recognize that some situation/observation/comment/erroneous self-talk/maybe even some person has set me off-kilter. Then I ask my Higher Power and my pen to help me to “What can I and We do about this? Let’s take a look at this situation/observation/comment/erroneous self-talk/or person and apply some Al-Anon to it.” I express it, feel it (truly), pray it and, with more Help than I can give myself, apply some Al-Anon. Visiting my journal, re-reading and getting to resolution helps and “healths” me!

Anonymous
MEMBERS SHARE: (CONT.)

Concept Nine: Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

When I think of Concept 9, I think of my experience as a single parent in Al-Anon, raising my two children from ages 8 and 6 years to their current ages of 18 1/2 and 16 1/2. I can remember how scared I felt after my divorce. I was going to have to support my family of three, provide loving guidance and care whether or not my former spouse, my children’s dad, decided to stop drinking or not.

Concept 9 motivated me to see myself as a leader. With the help of my Higher Power, my sponsor, Al-Anon meetings, prayer and the wonderful Al-Anon fellowship, I began to feel good leadership as a possible goal of mine. I knew I needed to assume primary leadership, and I practiced the steps by turning my family over to the care of the God of my understanding, I assessed my strengths and weaknesses, I worked with a sponsor to overcome some of my defects of character and to accentuate my strong points. I started to live my parenting role as a trustworthy leader.

Because I was practicing this Concept within the three Legacies of Al-Anon — Recovery through the Steps, Unity through the Traditions and Service through the Concepts — I knew I could make mistakes, learn from them and move on. I realized I wasn’t alone. I had my Higher Power to turn to 24 hours a day, 7 days a week, 365 days a year. I also had the loving experience, strength and hope of others in Al-Anon who had gone before me. I also believe Al-Anon taught me that my kids could take leadership roles within our family community; like helping to clean our home, taking care of our yard and doing their best in school; and my kids stepped up. We have had a lot of joy, laughter, growth, love and openness as a family. It's been privilege of a lifetime to lead a family, and I am grateful for the confidence and gifts of my Higher Power and Al-Anon Concept 9.

Anonymous

NEWS FROM THE WSO:

Alateen eBook: Carry an Alateen Book in Your Pocket!

One of our most popular pieces of Alateen literature is available as an eBook. Alateen—Hope for Children of Alcoholics (eB-3) is available to download to your favorite eBook reader, including your Android or Apple smartphone. Visit al-anon.org/eb3 for links to purchase and download the eBook.

Literature About Growing Up with Alcoholism

Since the 1980’s, as more adult children of alcoholics attended Al-Anon, they began writing and sharing their stories, helping to make our Conference Approved Literature more reflective of our membership as a whole. As a result, the following books and pamphlets deal specifically with adult children issues:

Did You Grow Up with a Problem Drinker? (S-25)
Al-Anon Family Groups Welcome Adult Children of Alcoholics (S-69)
From Survival to Recovery: Growing up in an Alcoholic Home (B-21)
Hope for Today (B-27)

Additionally, every Al-Anon book produced in the last 35 years has included the input and sharings of our adult children members. In How Al-Anon Works for Families and Friends of Alcoholics (B-32), 18 of its 42 personal stories are written by adult children. Dozens of the stories in Opening Out Hearts, Transforming Our Losses (B-29); Discovering Choices—Recovering in Relationships (B-30); and Intimacy in Alcoholic Relationships—A Collection of Al-Anon Personal Stories (B-33) are also by adult children. By looking up “Diversity, Adult children of alcoholics” in the index of Many Voices, One Journey—Al-Anon Family Groups (B-31), you can trace the history of adult children within our fellowship.
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!

**New Feature on the WSO’s Website: A Blog for Members!**

We are pleased to introduce a blog for members to share their experience, strength, and hope on a variety of topics. New topics will be added each month.

**December’s topic was “How have you seen a group conscience being formed in Al-Anon?”** January’s topic was “What Al-Anon tools help me to understand how to set boundaries?” February’s topic was “What Al-Anon tools help me overcome fear?” The topic for March will be in the March issue of The Forum and on the Blog. Visit al-anon.org/member-blog for more information. Member sharings on the Member Blog may be used in future Al-Anon publications.
Dear Members,

Please help us get the word out by sharing this information with members in your Area:

The 2018-2021 Al-Anon/Alateen Service Manual (P-24/27) version two (2) is identified with version two (2) on the cover and the title page, and it includes extensive changes across all sections of the Manual. Therefore, change pages are not available to download.

The vertical bold lines in the margins on the sides of the pages indicate where changes have been made. Although there is no distinction regarding the bold lines between version two (2) and the original 2018-2021 Service Manual, in general, version two (2) includes motions related to the Service Manual that have been approved since the original 2018-2021 Al-Anon/Alateen Service Manual was printed.

Going forward, we will consider how best to indicate the changes that we make to the next version.

We are no longer including the Amendments section. The World Service Conference Summary contains an explanation regarding the reason for the informed group conscience decision(s) to make the changes to the Twelve Concepts of Service descriptive text section of the Service Manual which provides an official archive for the fellowship of the history of changes rather than just the previous wording.

An electronic copy of 2018-2021 Al-Anon/Alateen Service Manual (P-24/27) version two (2) is available free of charge on the website-al-anon.org/for-members/members-resources/...

Members who wish to have a current printed copy of the Service Manual can purchase version two (2) from their local LDC or the WSO.

Thank you in advance for sharing this information with the members in your Area.

With kind regards,
Suzanne M.
Associate Director-Conference

NEW DAILY READER NEEDS YOU

A new daily reader in being developed. The Al-Anon member serving as a freelance writer/editor of this book has reviewed all sharings submitted so far, and is currently selecting and editing ones to include in drafts for the Literature Committee to review. Based on those received, we still need sharings about the following topics:

- Abundance
- Conference approved Literature
- Shame
- Abuse
- Finances/ money
- Spirituality
- Concept Two
- General Warranties of the Conference
- Tradition Six
- Concept Six
- Respect
- Tradition Eight
- Concept Seven
- Responsibility
- Tradition Nine
- Concept Eight
- Sex
- Trust
- Concept Eleven
- Unity

The Committee hopes that this book will include a variety of members’ experiences and backgrounds that clearly demonstrate how Al-Anon can work for anyone affected by someone else's drinking. So far, we've received only a few sharings from members who identified themselves as African American; Alateen; Alateen Group Sponsor; of Asian descent; LGBTQ+; men; people of color; or those who live outside the US and Canada.

A writing guideline is available at al-anon.org/dailyreader. Please ask members to send their sharings by June 1 to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "Daily Reader"; at wso@al-anon.org with "Daily Reader" in the subject line; or at al-anon.org/dailyreader.

Thank you for all your help in making this new daily reader the best it can be!
STEP THREE: Made a decision to turn our will and our lives over to the care of God as we understood Him.

TRADITION THREE: The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

CONCEPT THREE: The Right of Decision makes effective leadership possible.

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

Photo by TH.