

LIFELINES MARCH 2021



Editor's Corner:

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

I cannot erase my past. It is an integral part of me. I am a composite of all my experiences and without even one of them, I would not be who I am. Recently an old issue has come to the forefront: my need for acceptance and approval from others. At one time I was completely unaware I even had this tendency. Today, I am painfully aware of it. It can affect all my relationships, usually negatively. And I need help with this. I turn to my God and my Al-Anon program and friends for guidance.

I realize how unmanageable my life is when I forget about what I am learning in Al-Anon. Before program, I rarely made decisions. Instead, I was battered around by the circumstances in my life. They ruled my choices, not me. They decided how my day would be. Decisions were made from a place of anxiety.

Today my approach is different. Often I give myself some space to think about whatever it is. I try turning my will and my life over to God's care. This is not anything automatic. It is a decision. It involves thought. It still is not easy, but it is doable, when I use the tools of the program. Some of these are writing daily in a journal, reading Al-Anon literature, and making time for prayer and meditation. I try to remember to be where I am, and that involves a lot of acceptance for myself. I need to accept that I still seek approval and acceptance from others. If I try to sweep this under the rug, it grows in the dark into something bigger and uglier. I turn my focus from acceptance from others to acceptance of myself. It begins with me.

Turning my will and my life over to the care of my Higher Power needs to be repeated often during the course of a day. I don't "hear" God. It's more a sensation of nudges, or a gut feeling that I need to stop and consider, or that I would benefit by giving a situation more time and thought. It is subtle but conscious. I believe this experience is unique for each of us. I believe that we each have our own individual relationship with our Higher Power.

As I sit here writing this, I am very mindful of my Higher Power's care. But leaving my desk and venturing into my day, I am very easily distracted. I have a funny technique to bring me back to myself. It's from the old TV show, Get Smart. Agent 86 would invoke the "Cone of Silence" to shut out all the craziness and noise around him so that he could think. I try to invoke a "Cone of Serenity." I wrap myself in it to help me shift my focus to a calm place where I can be still amidst all the noise. And in these challenging times, I need this "Cone of Serenity" more and more.

I have a choice. I can choose a serene stability rather than ranting ruminations. The strength to do this comes from my Higher Power.

Gratefully in service,

Elaine H., Lifelines Editor

****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" so your anonymity is protected.

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AA CONVENTION WITH AL-ANON PARTICIPATION:

**2021
Rhode Island
Virtual AA
Convention
March 19-21, 2021**

Friday 6PM – 10PM
Saturday NOON – 10PM
Sunday 9AM – 1PM

REGISTRATION FEES:

~~Register by January 31st - \$10~~ too late!
Register by February 28th - \$15
Register by March 17th - \$20

One passcode per person/household, or device please. You will be asked to use log in under the ZOOM name you have registered with.

Each Registration gives you a pass to attend virtually via ZOOM on all three days. There will be a few rooms open during these times with different events.

Login information will be emailed to each registrant by March 18th. We respectfully ask that you do not share your login information with others. It is imperative to the financial health of the Convention that this request be honored.



For the health & welfare of all of our participants, this years' Convention is being held virtually. As usual, we are planning a fantastic weekend featuring:

- AA Speaker Meetings
- Area 61 Committee Presentations
 - Marathon Meetings
 - Entertainment!
 - Alanon Meetings
- Sobriety Countdown
- And Much More

To register online or view list of events, visit the Area 61 website **aainri.com**
*preferred option
Convention Chair: Mary K.
Email: conventionchair@aainri.com
Registrar: Sandy C.
Email: conventionregistrar@aainri.com

MAIL TO: RI Convention, PO Box 255, Coventry, RI 02816- must be received by March 17th
Make checks payable to "RI Convention"

Name _____ Phone _____

Address _____ City _____ State _____

ZIP _____ E-mail _____

Please write clearly as you will be emailed all pertinent information for login. Thank you!

*******DON'T MISS THE AL-ANON SPEAKER*******

Sarah H from Michigan will speak Saturday March 20th at 1:15 PM

Volunteers needed to lead Al-Anon virtual meetings. Email aa.riafg@gmail.com for more info.

AA CONVENTION WITH AL-ANON PARTICIPATION:

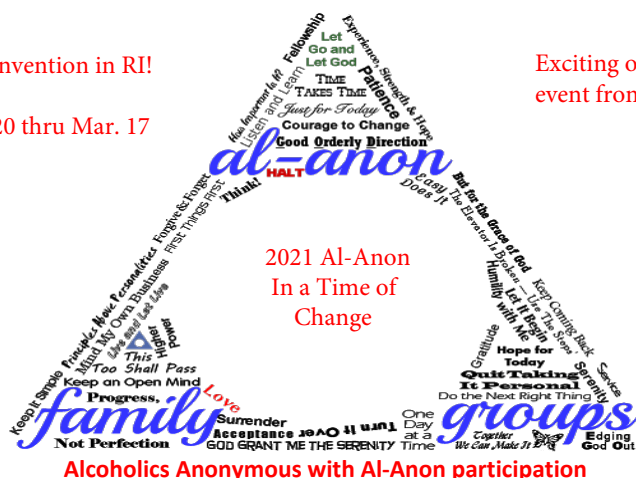
Dear Friends,

This year's AA Convention, "AA In a Time of Change", is right around the corner. Please join Al-Anon March 19-21 via Zoom for a weekend of learning, growth, and fellowship. We are seeking volunteers to host four Al-Anon meetings for the Convention. Registration is free for meeting hosts. To host a meeting, please contact Nel P. at aa.riafg@gmail.com. Please see the attached flyer for more details. Hope to see you there!

Nel P, AA Liaison

First virtual AA Convention in RI!
 Registration fee:
 \$15 thru Feb. 28; \$20 thru Mar. 17

Exciting opportunity to view the 3 day
 event from the comfort of your home!



45th Annual Rhode Island Convention March 19-21, 2021

Sarah H., our Al-Anon speaker is a past delegate from Area 31, St. Charles, MI. She began her journey as a member of Alateen and is a present member of Al-Anon. She gives her talk on Saturday, March 20 at 1:00 pm. EST.

In addition, Al-Anon is hosting several breakout meetings and is looking for volunteers to host:

Friday, March 19 at 8:00 pm: Steps, Traditions, Concepts: A New Vision

Saturday, March 20 at 2:00 pm: 2021 Reasons to Keep Coming Back

Saturday, March 20 at 7:00 pm: Changing My Attitude by Changing My Perspective

Saturday, March 20 at 8:00 pm: How Do I See Myself When I Use the Al-Anon Program?

Sample questions and bullet points will be provided to all hosts.

Registration: <https://aa.riafg.com/virtual-registration/>

If you would like to lead a meeting, please contact Nel P. by email at aa.riafg@gmail.com.

One passcode per person/household, or device please. You will be asked to use login under the Zoom name you have registered with. Each registration gives you a pass to attend via Zoom on all three days. Login information will be emailed to each registrant by March 18th. We respectfully ask that you do not share your login information with others. It is imperative to the financial health of the Convention that this request be honored.

ANNIVERSARY ANNOUNCEMENTS:

FOREVER HOPE
Al-Anon Family Group

Invites you to join us to celebrate our
33rd Anniversary
and
Lois W.'s 130th Birthday

Sunday, March 7, 2021
10:00 a.m.

To join our Virtual Zoom Anniversary meeting paste this in your browser:
<https://us04web.zoom.us/j/267773719?pwd=dnF3aHhWS0t0TXFtM1BmWHNlcmdBQT09>

To join by **Zoom App**: Meeting ID: **267 773 719** Passcode: **EasyDoesIt**

To join by **Phone**: Call 929-205-6099; Meeting ID: **267 773 719** Passcode: **596010**

Speakers • Fellowship • Spirituality

Come Share the Joys of Recovery with Us



Please Join Us!
The Essential Steps and Traditions Study Group
Invites you to join us for our virtual
15th Al-Anon Family Group Anniversary!

Friday, March 26, 2021
Noon to 1 p.m. (eastern time)
Featuring an AA and AFG guest speaker

Join our Zoom meeting at
<https://us02web.zoom.us/j/88947181514?pwd=VExDZk1venkzcFJ5NEVSRU5zRndXZz09>

Meeting ID: 889 4718 1514
Passcode: 449263

2021 EVENTS CALENDAR:

At this time, due to the COVID-19 pandemic, please check the riafg.org website for updated information.

March 3, 2021	7PM to 9PM Spring Assembly Planning Task Force, see page 9 for details
March 7, 2021	10:00 AM Forever Hope 33rd Anniversary. See flyer on page 4 for details.
March 10, 2021	Public Outreach Meeting, 7PM, See page 10 for details.
March 19-21, 2021	RI AA Convention with Al-Anon Participation. See page 2 & 3 for info and registration
March 19,20, 2021	43rd Connecticut AFG Convention, see page 6 for more information
March 26, 2021	Essential Steps and Traditions 15th Anniversary, see page 4 for more information
April 9-11, 2021	44th Annual Massachusetts Al-Anon/Alateen Convention, see page 7 for more information
April 10, 2021	Denver Blue Ribbon Luncheon, see page 6 for more information.
April 15, 2021	AWSC meeting, 7PM, All welcome to attend. For information, email secretary.riafg@gmail.com .
May 15, 2021	Save the Date! Rhode Island Area Spring Assembly

MEETING NOTICES:

****Please consult riafg.org for the latest information regarding groups who are transitioning back to in person meetings, changing to a Hybrid format, and for the conference bridge numbers and zoom information for the temporary virtual meetings.*

****For the WSO meeting list, please refer to al-anon.org and click on "Meetings"*

AREA OFFICE NEWS:**Volunteers Needed**

The Area Office still needs volunteers! Please consider giving back by volunteering from your home. Training is provided.

At home volunteers responsibilities:

- Access the Al-Anon voicemail account from their home phone, retrieving messages
- When the caller leaves a message and a number, the at home volunteer calls them back
- Mailing a meeting list or referring the caller to riafg.org
- Keep a brief written log of calls returned and communicate with the Office Coordinator

Please call the office at 401-781-0044 for more information and/or to volunteer!

Jane A., RIAFG office coordinator

AL-ANON FACES ALCOHOLISM:

Al-Anon Faces Alcoholism is available now in the Cranston office. The cost is \$8.00 for 25 copies. There are also Outreach bookmarks available at no charge. If Groups want to purchase these, please email literature.riafg@gmail.com.

Love in Service,
Ann-Marie
Literature Coordinator

EVENTS OUTSIDE OUR AREA:

**"2020 Vision of Hope"
Virtual 43rd CT AFG Convention**

Convention: Friday and Saturday, March 19 & 20, 2021

For More Information

email: convention2021@ctalanon.org





**BROWN BAG
BLUE RIBBON LUNCHEON**

A VIRTUAL EVENT TO HONOR LONGTIME AL-ANON MEMBERS

FUNDRAISING EVENT FOR THE AL-ANON DENVER AREA SERVICE CENTER
HOSTED BY JACK S.

SAVE THE DATE
12-3 P.M. SATURDAY, APRIL 10TH, 2021

BLUE RIBBON LUNCHEON

TENTATIVE EVENT SCHEDULE

11:30 A.M.	ROOM OPEN
12:00 P.M.	OPENING REMARKS
12:30 P.M.	SPEAKER 1
1:00 P.M.	WORKSHOP
2:00 P.M.	SPEAKER 2
2:30 P.M.	RECOVERY COUNT
3:00 P.M.	CLOSING REMARKS
3:30 P.M.	ROOM CLOSED

FOR MORE INFORMATION OR TO JOIN THE COMMITTEE PLEASE EMAIL
DENVER-AL-ANON@CENTRAL.COM

EVENTS OUTSIDE OUR AREA (CONT.):

**44th Massachusetts Al-Anon/Alateen Virtual Convention
April 9 @ 12:00 am - April 11 @ 12:00 am**



Registration Fee:

- \$10 Registration fee on or before March 15, 2021
- \$15 Registration fee after March 15, 2021
- For Alateen program please enter promo code provided

Advanced registration recommended. Registration fees cover the costs of large capacity Zoom meeting licenses, ticket processing fees, etc.

A virtual weekend of Zoom meetings celebrating recovery:

- Friday night speakers
- Al-Anon/Alateen and AA speakers and workshops
- AA Keynote speaker on Saturday afternoon
- Al-Anon Keynote speaker on Saturday night
- Sunday morning spiritual speakers and workshops

Visit the Massachusetts Al-Anon/Alateen website for convention details:

<https://ma-al-anon-alateen.org/news-and-events/afgconvention/>

Contact us at: RegisterAFGConventionMA@gmail.com

If you are unable to register online, please call and leave a message at 508-202-1092.



Al-Anon Family Groups of Massachusetts

OPEN AREA LEVEL SERVICE POSITIONS:

Please share the need to fill these position with your groups and other Al-Anon members. If you know of a possible candidate for any of these positions, please ask them to contact chair.riafg@gmail.com.

VOTING POSITIONS OF AWSC AND EXPECTATION OF ATTENDANCE AT AWSC MEETINGS.

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

AREA OFFICERS

Delegate (3-year term) The Delegate represents the Area at the annual World Service Conference (WSC) and serves as the primary communication link between the World Service Office (WSO) and the Area and Groups within the Area. He/she is a channel through which information and concerns flow from the Groups and Area to WSO, and from WSO back to the Area and Groups. The Delegate monitors and participates in AFG Connects, the WSO's communication and document sharing tool. At the Spring Assembly, the Delegate provides a comprehensive WSC report to the Area. The Delegate attends the Northeast Regional Delegates Conference (NERD) each year prior to the World Service Conference, to discuss and receive information on Al-Anon issues within the Region. Throughout the term of service, he/she participates on WSO committees, task forces, and/or thought forces, provides Area information to WSO, and responds to requests from WSO. The Delegate is expected to attend each Area World Service Committee meeting, and needs to work well with the Area Chair. He/she is expected to get to know other Delegates and share information on Area issues. As the point person for information of trends and developments in Al-Anon, the Delegate is expected to be proactive in making suggestions to the Area and Groups for constructive changes to further the Al-Anon purpose. The Delegate is encouraged to consider standing for Area Chair at the completion of his/her term. The information learned as Delegate can then be used to support the new Delegate and the Area as a whole.

Qualifications - Members who meet the following 3 criteria are eligible to serve as Delegate: (1) is an active Al-Anon member, (2) is an outgoing or current Area World Service Committee member or former Area World Service Committee member who has remained active in service at the Area level, and (3) is not also a member of Alcoholics Anonymous. A past delegate who has served a full three-year term may not succeed him/herself as Delegate or Alternate Delegate, but may be re-elected after an interim three-year term provided, he/she has remained active in service at the Area level.

Alternate Delegate (2 years remaining on current term) If the Delegate is unable to finish his/her 3-year term, the Alternate Delegate steps in to complete the term as the new Delegate and represents the Area for the remainder of the term at the annual World Service Conference. The Alternate Delegate works along with the Delegate as much as possible in communicating with the groups. He/she can also provide valuable service to the Area by visiting Area groups and districts; assisting Area committees; developing Alateen groups, encouraging Al-Anon members to sponsor them, and setting up Alateen workshops; other responsibilities as assigned by the Area.

Qualifications - Members who meet the following 3 criteria are eligible to serve as Alternate Delegate: (1) is an active Al-Anon member, (2) is an outgoing or current Area World Service Committee member or former Area World Service Committee member who has remained active in service at the Area level, and (3) is not also a member of Alcoholics Anonymous. A past delegate who has served a full three-year term may not succeed him/herself as Delegate or Alternate Delegate, but may be re-elected after an interim three-year term provided, he/she has remained active in service at the Area level.

AREA COORDINATORS

Qualifications - Members who meet the following 2 criteria are eligible to serve in any of the Area Coordinator positions listed below: (1) is an active Al-Anon member and (2) is not also a member of Alcoholics Anonymous. Any position-specific qualifications are listed in the position description.

Archives Coordinator (1 year remaining on current term) The Archives Coordinator preserves the experience, history, and memorabilia of the RI AFG. The Coordinator may head up an Archives Committee, which would be responsible for researching the history of Al-Anon in RI. The archive materials are currently at the Area office. Anonymity is stressed

when displaying photographs that might identify individual members. The materials collected can be displayed at workshops, assemblies, group anniversaries, or public information displays.

Workshop Coordinator 2021 (*1-year term*) The Workshop Coordinator heads the Workshop Committee, which plans our annual Fall Workshop. The purpose of the Workshop is to allow members to enjoy a day of recovery while participating in giving back to the program (Participation Is the Key to Harmony). All proceeds help the Area as a whole, which allows us to be self-supporting. The Workshop Coordinator chairs periodic committee meetings and secures volunteers who take on responsibilities for registration, decorating, hospitality, master of ceremonies, speakers, meetings, food, craft table, Alateen participation, AA participation, Literature table, and Public Outreach table. This person troubleshoots and supports these tasks as necessary.

Qualifications – *Any active Al-Anon member is eligible to serve as Workshop Coordinator. As this is a non-voting position, the position can be filled by a member who also is a member of Alcoholics Anonymous.*

DISTRICT REPRESENTATIVES (DR)

The District Representative is usually any incoming, outgoing, or active past Group Representative who is willing to represent the District at Area World Service Committee (AWSC) meetings and Area Assemblies. He/she should have knowledge of Al-Anon traditions and concepts as well as how they are applied. The District Representative meets and/or communicates with Group Representatives in his/her district to provide the GRs with information from the AWSC, encourages members' subscription to the *Forum*, listens to group concerns, and takes any questions or concerns to the AWSC meetings. He/she maintains an email group list to send out messages and announcements to GRs within the District. Also, the DR may choose to offer an orientation meeting for new GRs upon rotation. The DR is elected by the District's GRs. **Qualifications** - *Members who meet the following 3 criteria are eligible to serve as District Representative: (1) is an active Al-Anon member, (2) preferably is an incoming, outgoing, current, or active past Group Representative, or if not, otherwise has service experience of sufficient scope that they possess the qualifications for this position and, (3) is not also a member of Alcoholics Anonymous.*

District Representative for District 1 (*1 year remaining on current term*) **Northern RI** includes Burrillville, Central Falls, Cumberland, East Providence, Gloucester, Johnston, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, and Woonsocket.

District Representative for District 2 (*3-year term*) **Middle and Southern RI** includes Block Island, Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Narragansett, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, and Westerly.

SPRING AREA ASSEMBLY TASK FORCE:

Looking for Volunteers to help plan the Spring Assembly

Time: Mar 3, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting: <https://us02web.zoom.us/j/83199629350?pwd=STBwQmpvY3RQb21BYm1xQ1JUTnduQT09>

Meeting ID: 831 9962 9350. Passcode: 423445

Dial by your location: +1 646 558 8656 US (New York)
Meeting ID: 831 9962 9350. Passcode: 423445

In Service,
Joel B.
RI Area 49 Chair

PUBLIC OUTREACH: CALLING ALL WHO ARE INTERESTED IN PUBLIC OUTREACH

Public Outreach Zoom Meeting Agenda Wednesday, March 10, 2021 7:00 p.m.

I. Moment of Silence, Serenity Prayer, Read 3rd Step, Tradition and Concept

- Welcome and Introductions
- Brief discussion on Attraction vs Promotion – Tradition 11
- Anonymity

II. Purpose: Pick 1 or 2 Public Outreach projects - April's National Alcohol Awareness Month

- Suggestions welcome or see sample suggestions
 - General Public Outreach
 - Ask local libraries to use Al-Anon/Alateen bookmarks at checkout labeled with RI Al-Anon contact information
 - Leave Al-Anon Faces Alcoholism magazines (with permission) in local Police stations break rooms, hospital waiting areas, salons, local courtrooms, homeless shelters, senior centers, hotels, rest stops
 - Pick two health fairs to participate in and display Al-Anon pamphlets
 - Professional Outreach
 - Contact and build relationships with local National Council of Alcoholism and Drug Dependence (NCADD) affiliates, treatment facilities, mental health and substance abuse agencies
 - Provide them with RI contact names, telephone numbers, email and website
 - Meeting schedules and introductory literature
 - Invite a local religious leader, police officer, teacher, to an open meeting
 - Media Outreach
 - Contact Universities, Colleges, Schools, theatres, cable stations and ask if they would like free public service announcement played on their local radio station
 - Create taped interviews for podcasts at local radio stations
 - Contact local radio stations about airing podcasts

III. Vote on projects, discuss and delegate actions steps

To Join the Public Outreach Meeting on Wednesday, March 10, 2021 at 7:00 p.m.

Paste this in your browser:

<https://providence.zoom.us/j/95505381828?pwd=QTJJPY2Z1Ri9BamVYMldEOXIFb3gxQT09>

To Join by Zoom App: Meeting ID: **955 0538 1828** Passcode: **942725**

To Join by Phone: Call **1-(301)715-8592** Meeting ID **95505381828** Passcode **942725**

Jackie W., Public Outreach Coordinator

MEMBERS SHARE:

Before Al-Anon I had a challenging time keeping the past separated from the present. I often reacted with fear to things that occurred in the present that reminded me of challenging times in the past when the disease of alcoholism made me feel very threatened. The trauma that I experienced required me to find methods to keep myself feeling safe in the present while remembering hurtful incidents in the past.

Thanks to learning a few new skills to minimize my emotional reactions, I would like to share a few of those skills. To help break down some of the associations in my mind, I started using word substitutions to minimize the severity of an experience and change my thought patterns. For example, I substitute the word "unkind" for "abuse", "hurt" for "victimized", and "disappointed" or "abandoned". By changing my language I was able to take the drama out of talking about past events. Word substitution has helped me to maintain my emotional sobriety to live serenely instead of with anxiety.

Another skill that Al-Anon has helped develop is to stop "staring" at the past and "just look at the past with detachment". This "looking" is a visit to the past and while I maintain my awareness of the present. My feelings often got confused between what happened then and fearing that they were happening again. This detached looking also helps with my emotional sobriety since it helps life to feel more manageable.

I have learned many helpful recovery skills. I look forward to learning more

Ann H.

AL-ANON ACRONYMS:

Rhode Island Al-Anon Family Groups Acronyms & Common Phrases (Feb 2021)	
AAPP	Area Alateen Process person
AFG	Al-Anon Family Groups
AIS	Al-Anon Information Services (our area office)
AMIAS	Al-Anon member involved in Alateen services (usually an Alateen group sponsor)
Area Assembly	Business meeting where the GRs represent the groups in deciding area policy and elect area of Al-Anon officers and coordinators (two assemblies per year, Fall and Spring)
Announcements List	Group email list/message board (for any Rhode Island Al-Anon member to receive messages regarding RIAFG news and events)
AWSC	Area World Service Committee
Area 49	RI is Area 49
CAL	Conference Approved Literature
CMA	Current mailing address for an Al-Anon group
DR	District Representative (RIAFG has three)
GR	Group Representative (Each group should have a GR to represent it at area assemblies)
KBDM	Knowledge based decision making (The process Al-Anon uses for making substantive decisions)
LDC	Literature distribution center (shares space with the area office)
NERD	North East Regional Delegates meeting
ODAT	One day at a time
Panel	A panel consist of 1/3 of the delegates attending the World Service Conference. A panel is elected for a three-year term and panels are staggered.
RIAFG	Rhode Island Al-Anon Family Groups
Service list	Group email list for RIAFG AWSC members only. It is a means of communicating among the AWSC members between meetings.
Task Force	Temporary unit of people established to work on a single define task or activity. These are the doers.
TEAM	Together Empowering Al-Anon Members A daylong event between an Area and the World Service Office for members to learn more about service and the Al-Anon program
Thought Force	Temporary unit to research ideas and possibilities. These are the thinkers.
WSO	World Service Office
WSC	World Service Committee
Work group	Originating body assigned to pursue and implement multiple duties (usually long-term)

from Jane A., Office Coordinator, RIAFG

FORUM ARTICLE:**My Sigh of Relief**

In the 20 years of living with active alcoholism, my view of people and situations in my life had become severely distorted. I was plagued by guilt because I knew life was a gift to be celebrated, but I often just wanted to die. I could not cope with the pain in my own heart, or in the lives of those I loved. I had no boundaries either, hence, anyone and everyone's pain became mine! How could this "beautiful life" be so hard and how could it ever be "beautiful" if there seemed to be no end to my problems?

I was persistently urged by my counselor to attend Al-Anon; advice I sadly resisted for years. I felt I was already "working hard enough" in our sessions, reading every book she suggested, and "doing the right thing" in all areas of my life. "Why should I have to do more work?" I would sorely ask. I completely misunderstood what gifts Al-Anon would give me if I only let go of my pride and followed her sound advice!

The most ironic thing is that I did not grow up with active alcoholism. My stepfather was the adult child of two alcoholics. Apparently, the damage he suffered was enough to carry aspects of the disease into our home. Apart from drinking, there was still a high level of dysfunction growing up. I moved out at 18; moving never solves anything, and my personal affliction continued to escalate as I dated one addict after another. My sister married an alcoholic and my brother's wife is the adult child of one. We all arrived in the same spot, even though the active disease had skipped a generation.

I decided to try Al-Anon when a feud between my mom and sister drove me to a near nervous breakdown; their refusal to speak to one another felt intolerable to me! I finally heard the message that Al-Anon was about me, not the other people in my life, and would help me identify the things inside myself that prevented me from coping with life as it unfolded. Al-Anon would help me to see where I was inserting myself into situations that did not involve me, and where my true attention should be directed—towards those things that did.

Since joining this fellowship, I have healed and grown. I not only can cope, but also truly enjoy life, even though serious problems continue to present themselves in my family of origin and my marriage to an active alcoholic. Because of the incredible wisdom and power of the Al-Anon fellowship, I am mostly calm, secure, and dare I say, happy—even amidst the ongoing chaos. Can you hear my sigh of relief from where you are? My body and soul are finally at ease, and a gentle, relaxed smile is on my face where once there was only a deep and angry frown. Thank you, Al-Anon.

By Arlene W., Rhode Island The Forum, January 2021

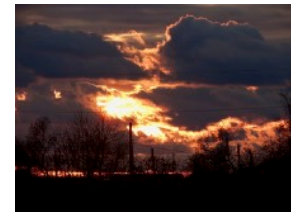
(Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA)

\$ HOW YOU CAN HELP RIAFG AND WSO \$

HOLD STEADY IN STORMY TIMES

TRADITION SEVEN: EVERY GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS."

Thank You for your support during these difficult times! Whenever possible, please support our RIAFG and WSO to keep the "doors" of Al-Anon open to all who need it. Donate either personally or through your home groups.



Make a personal or group donation to the Rhode Island AFG by sending a check to:

RIAFG **When you send in donations from your group, include the group number or the group name.**
106 Rolfe St.
Cranston, RI 02910

Make a donation to the World Service Office online at

<https://al-anon.org/contributions/> or by sending a check to: **AFG Inc.**
1600 Corporate Landing Parkway
Virginia Beach, VA 23454

NEWS FROM THE WSO:

The Al-Anon Membership Survey Is Coming!

Historically, this is the time of year when the World Service Office (WSO) would be kicking off the 2021 Al-Anon Membership Survey; but this year, we are revamping the survey. Our goal is to “Keep It Simple” while still collecting the appropriate evidenced-based data which will help professionals in their decision to refer their patients/clients to Al-Anon. So, to provide a more simplified and streamlined survey, the WSO needs a little more time. The survey will be coming this summer and will be open to all Al-Anon members and newcomers aged 18 and older.

The Annual Alateen Recertification Deadline is June 15, 2021!

Every year, each Area in the World Service Conference Structure is required to take part in the Annual Alateen Recertification process in order to continue to use the Alateen name. This is explained in the 2003 Alateen Motion from the Board of Trustees and the policy for Alateen. Both are found beginning on page 93 of the 2018-2021 Al-Anon/Alateen Service Manual (P-24/27), version two (2).

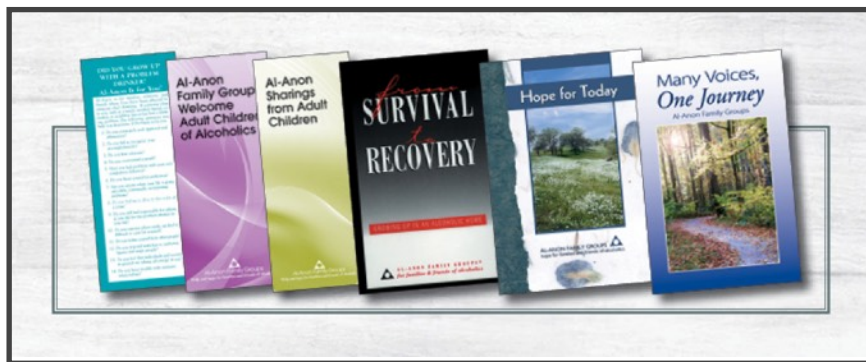
The recertification process is two-fold:

1. To verify that every registered Alateen group has current certified Al-Anon Members Involved in Alateen Service (AMIAS):
 - as Group Sponsor(s)
 - as the Current Mailing Address (CMA) to the Alateen group
 - as a Phone Contact for the Public for the Alateen group
2. To verify the current certification of all AMIAS

We are requesting that all Areas complete the Alateen recertification by June 15, 2021!

This allows the WSO to verify that the Area recertification is complete by June 30.

Contact your Area Alateen Coordinator, Area Alateen Process Person, or District Representative to verify the process in your Area. Don't miss out on this opportunity to share your recovery with teens and younger members!



Read About Growing Up with Alcoholism

The following literature deals with the issues that face many adult children of alcoholics:

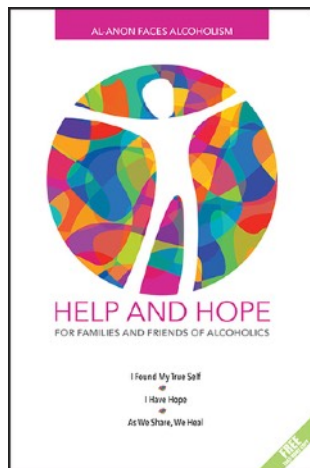
- *Did You Grow Up with a Problem Drinker?* (S-25)
- *Al-Anon Family Groups Welcome Adult Children of Alcoholics* (S-69)
- *Al-Anon Sharings from Adult Children* (P-47)
- *From Survival to Recovery: Growing up in an Alcoholic Home* (B-21)
- *Hope for Today* (B-27)

Many Voices, One Journey (B-31) includes the history of adult children in Al-Anon. Look under “Diversity, Adult children of alcoholics” in the index.

How Has Al-Anon Literature Helped You?

Please share how *Opening Our Hearts*, *Transforming Our Losses* (B-29), *Hope & Understanding for Parents & Grandparents* (P-94), *Al-Anon's Twelve Steps & Twelve Traditions* (B-8), or *Living Today in Alateen* (B-26) have helped you. Send your sharings by **April 15** to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "CAL Corner"; at wso@al-anon.org with "CAL Corner" in the subject line; or at al-anon.org/forumshare.

New Public Outreach Magazine Available!



The latest *Al-Anon Faces Alcoholism (AFA)* magazine is ready for distribution. As many of us have been in some degree of sheltering in place, we may not have been able to participate in this valuable outreach project. But the magazine has an exciting new look and is ready for you to share with anyone who is regularly in contact with families and friends of alcoholics. Going forward, *AFA* magazines will no longer include a year on the cover, making them available to use anytime.

Pick them up from your local Literature Distribution Center or order online.

New Topic for the Member Blog



March's topic is "Please share your rewards and challenges of 'virtual' service opportunities."

You can also write about Al-Anon's three Legacies. This month features Step Three, Tradition Three, and Concept Three.

Sharings on the Member Blog may be used in future Al-Anon publications.

New topics are being added each month!

Raise Awareness about Al-Anon During Alcohol Awareness month

April marks the national Alcohol Awareness Month outreach campaign. Local service arms can use this time to raise awareness about how alcoholism affects the loved ones of alcoholics and how Al-Anon can help. Check with your Area Public Outreach Coordinator, Jackie W. by emailing her at outreach.riafg@gmail.com.

Enjoy Premium Content in the *Al-Anon Family Groups* Mobile App!



You can subscribe to “Today’s Reflection” to receive experience, strength, and hope every day of the week right in the *Al-Anon Family Groups* mobile app! “Today’s Reflection” sharings can be used for meeting topics or be a great way to start or end your day! “Today’s Reflection” is available in English, Spanish, and French for an annual subscription of \$19.99—that’s less than six cents a day!



February 2021 Appeal Letter

In February, May, August, and November, the Quarterly Appeal gives each member an opportunity to participate in Twelfth-Step work beyond the group level. See page 16 and 17 of this newsletter.

All Children of Alcoholics Can Benefit from Family Recovery



It may be obvious to many that having an alcoholic parent can be damaging to a child’s growth and development. What may not be so obvious are the long-lasting consequences that follow children into adulthood. This year, Children of Alcoholics Week was February 14–20, 2021. Let’s raise awareness of the support available in Al-Anon and Alateen meetings for anyone affected by a parent’s drinking by sharing the World Service Office (WSO) social media messages.

Now You Can Read *The Forum* Online!

Did you know Al-Anon's monthly magazine is available to download on your tablet, smart phone, or computer? One advantage the electronic version offers is that on most devices you can enlarge the text and images for easy reading. Why wait for the mail when you can order current and past issues of *The Forum* by going to al-anon.org/electronic-literature and selecting your electronic media provider.

Making Room For a Better Tomorrow

The *Just for Tonight* Bookmark (M-81) offers thoughtful reflections on Al-Anon principles to help prepare for a peaceful, restful night. It serves as a perfect companion piece to Al-Anon's classic *Just for Today* (M-12). Now available from your local Literature Distribution Center (our Cranston Office) or at al-anon.org/m81.

Quarterly Appeal Letter



phone: 757.563.1600
fax: 757.563.1656

al-anon.org
wso@al-anon.org

**Please read at a minimum of two successive meetings
so that all members may have an opportunity to
participate in the Seventh Tradition**

Quarterly Appeal Letter To Individual Members in Your Group

February 2021

Dear Al-Anon and Alateen Members,

Looking back on 2020 there have been many changes and historic events. Groups, Districts, and Areas had to find ways to meet other than face-to-face, the first ever *virtual* World Service Conference was held, the Al-Anon Family Groups Mobile App launched, and for the first time since 1954, contributions *exceeded* literature sales! Through it all, you have continued to carry the message of hope to those seeking recovery from the effects of the family disease of alcoholism.

One of the truly amazing and humbling things that occurred during 2020, was the response from Al-Anon and Alateen members when we asked for additional contributions. The World Service Office (WSO) Staff and Volunteers have been overwhelmed with our members' generosity. We want to offer all of you a heartfelt "Thank You!" Without your contributions, the WSO would not have been able to continue providing the services listed on the back of this letter.

However, we are not out of the woods yet! Literature sales, which are a large part of our income, are still below expectations. We continue to need your support!

You can make contributions easily through the mobile app, by mailing a check to the address at the bottom of this letter, or by going to al-anon.org and clicking on the contributions tab.

Thank you for all you are doing to fulfill Al-Anon's primary purpose of helping friends and families of alcoholics.

With gratitude,

Cindy M.
Member
AFG, Inc. Treasurer

How Al-Anon Serves Your Group and You

Programs

Group Services

- Supports face to face and electronic meetings
- Maintains group, meeting, and trusted servant records
- Creates *Alateen Talk* quarterly newsletter
- Supports Inmate Correspondence Service
- Supports Alateen and facilitates Al-Anon Members Involved in Alateen Service (AMIAS) certification
- Sends complimentary Conference Approved Literature (CAL) and other service materials
- Supports Al-Anon Information Service Centers (AISs)
- Answers questions about group issues
- Approves Area Alateen Safety and Behavioral Requirements

Public Outreach / Professionals

- Prepares and distributes *Al-Anon Faces Alcoholism (AFA)* magazine
- Sends complimentary materials to professionals
- Attends professional conferences to share the Al-Anon message

- Performs outreach to professionals
- Supports and encourages Areas, members, Al-Anon service arms, and service entities in public outreach efforts

Literature

- Responds to correspondence about literature and *The Forum*
- Performs research to give the most thorough response to members' questions regarding CAL
- Processes requests to reprint CAL
- Prepares and edits CAL
- Plans, schedules, and conducts Literature Committee web conference calls
- Prepares and edits *The Forum*
- Provides leadership and support on the AFG Connects communities for *Forum* and Literature Coordinators and Area Newsletter Editors

Conference

- Prepares program and staffs the World Service Conference (WSC)
- Prepares the *World Service Conference Summary (P-46)*
- Provides leadership and support for Delegates, Area Chairpersons, and District Representatives

- Responds to all communications regarding Delegate and Conference concerns
- Develops service tools to educate the membership on the Structure

International

- Supports International structures
- Coordinates International Al-Anon General Services Meeting (IAGSM)
- Prepares *IAGSM Summary*
- Monitors and processes reprint permissions for the International community
- Coordinates the review of translations of CAL
- Supports the International Meeting Search on the al-anon.org website

Other Program Services

- Participates in Area and International events
- Maintains the Archives
- Provides groups with registration dates
- Creates International Convention program

Administration and Digital Strategy

Digital Strategy & Communications

- Designs, builds, and maintains the website
- Creates content for and manages blogs, podcasts, and social media pages
- Supports Web and Public Outreach (PO) Coordinators
- Develops service-wide PO campaigns, including Public Service Announcements (PSAs)
- Maintains *The Best of Public Outreach*
- Conducts internal research and collaborates with researchers
- Builds and distributes *In the Loop*
- Grants permissions for service arms to post the Legacies on their websites
- Collaborates with media

- Evaluates emerging technologies to determine benefits for AFG, Inc. and the fellowship

Administrative Services

- Facilitates special projects and events, including Conference and International Conventions
- Maintains and defends copyrights and trademarks
- Coordinates Staff and World Service Office (WSO) Volunteers participation in International and Area events
- Oversees Staff implementation of the Board of Trustees' Strategic Plan
- Recruits, retains, and grows WSO Staff to support our primary purpose
- Facilitates the WSO Volunteer application process to ensure consistency in candidate selection

Finance & Operations

Operations

- Designs *The Forum* and *AFA*; *In the Loop*; event programs, posters, and summaries; and CAL
- Translates new and updated literature, WSO website pages, and other published materials
- Translates, designs, and distributes *Le lien* and *Al-Anon y Alateen en acción* magazines
- Stocks literature inventory

- Maintains WSO building and grounds
- Maintains AFG Connects and the online store

Finance & Customer Service

- Pays the bills of AFG, Inc.
- Receives and processes contributions
- Processes and distributes literature orders for members, groups, and Literature Distribution Centers (LDCs)
- Receives and processes *Forum* subscriptions



Having a plan in place to welcome newcomers and visitors to your group throughout the year helps newcomers and members alike.

Here are a few things to keep in mind for your group's "Welcoming Checklist":

- Ensure that your meeting information is accurate in all locations, including:
 - The facility in which the meeting takes place
 - Anywhere the meeting is listed within the community or online
 - Al-Anon Information Service/Intergroup
 - Area website
 - World Service Office
- Provide specific meeting location instructions on meeting schedules and flyers:
 - Are parking instructions needed?
 - Are there special requirements to gain access to the building or does it require special sign-in for visitors?
 - Does the facility's contact know the day, time, and location of the meeting?
 - Does the facility have a way to publish your meeting information?
 - Are special instructions needed for late arrivals, e.g., "After 7:00 pm, ring buzzer by door."
 - Are instructions clear enough for out-of-town visitors not familiar with your community?
- Help people find the meeting room and feel welcome.
 - Are there signs pointing to the right room for the meeting? Have you gained permission from your facility to display the signs?
 - Does your group have a "greeter" to welcome those attending your meeting?
- Does your group have enough Newcomer Packets and literature on hand?
 - Does your group have current meeting lists on hand?
- Consider discussing in a group business meeting if the meeting format should be revised when a newcomer or visitor is present.
 - Discuss the role of the chairperson when new people are present.
 - Is there an optional reading in *Groups at Work* (P-24) that the group would like to read to offer support and hope?

We want everyone to feel welcome in our Al-Anon and Alateen meetings!

Our Three Legacies

The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.

RECOVERY: Through the Steps
UNITY: Through the Traditions
SERVICE: Through the Concepts

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 T.H