Dear Rhode Island AL-Anon:

I am writing to share the dire situation of RI AL-Anon. This has been an on-going situation, even though it might not have been discussed. The Rhode Island Area World Service Committee currently has 11 open positions. Without these positions being filled, it is very difficult for RI AL-Anon to continue to function the way an Area is intended to function, as laid out in the Service Manuel. These openings put a lot of strain on the members that hold positions currently-these openings put gaps in the Service Structure. All service positions are separate, but for the Area to function as a whole, these need to be filled.

Overwhelming response from the Fall Assembly feedback forms was that we should talk about service positions less. Without Area Service positions being filled; RI Al-Anon structure does not exist.

I feel that I should explain why an Assembly is held. An Assembly is a business meeting-not a fellowship meeting. (Page 67 of Service Manuel)

An Assembly is held to discuss business topics and to elect new Area members. One of the main functions of an Area Assembly is to discuss service positions. (Page 140 of Service Manual)

The following positions are currently open in the Area:

- Alternate Delegate
- Area Chair
- Area Secretary
- Alateen Coordinator
- District 1 Representative
- District 3 Representative
- Forum Coordinator
- Group records Coordinator
- Public Outreach Coordinator
- Website Coordinator
- Workshop Coordinator

In addition to this we do not have volunteers for our RI Al-Anon Office and many groups do not have Group Representatives.

If these service positions are not filled-then the future of RI Al-Anon is in jeopardy. Concept ten teaches us that double headed management should be avoided. This applies to our current AWSC members doing just the service position they volunteered and were elected to do.

Any questions concerning the open service positions and the future of RI Al-Anon please reach out to me at: Delegate.riafig@gmail.com

Love in Service and Fellowship,

RI Area 49 Delegate,

Cindy Brimmer

“The future of RI Al-Anon is in your hands.”
Will we or won't we?

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

I mean, really. Shouldn't I be the expert on me? Why does God get to be in charge of me? Before Al-Anon I was sure it was my job to run everything. So what if we were all miserable? But as I worked through the steps, I realized I had to relinquish control to receive serenity. Al-Anon taught me that this surrender of will was the best way to help my qualifiers, and myself.

So I exhaled a deep sigh, smiled at the rainbow above me, and said, "Sure, God. I'll let go! Wow, what a relief!" (No, that didn't happen!)

I see now that letting go and letting God is a continual process. I will be doing it for the rest of my life. I'm so glad Al-Anon will be there for me! What a gift to work through the steps, be supported by my sponsor, find community. This is why I love editing Lifelines every month -- I'm working my program in a deeper way through service, and also expressing gratitude for Rhode Island Al-Anon. I'm saying "thank you" to the program that led me to sanity and serenity. We need more of our Al-Anon fellows in Rhode Island to serve with us. Won't you join us? Will you join us?

Gratefully in service,
Eden C., Lifelines Editor lifelines.riafg@gmail.com

P.S. Please read the letter on Pg. 1 from our Interim Area Chair and Delegate, Cindy B. Please share it with your groups. Some service positions have specific requirements, but overall, area positions are easily learned with flexible time commitments. To learn more about serving in our area and keeping RIAFG open, contact Cindy at delegate.riafg@gmail.com.
Upcoming Events

SUN. MARCH 5: 10am Forever Hope Anniversary Meeting, W. Greenwich Town Hall, Exeter RI.

APRIL 15-19: Our RIAFG Delegate and Interim Area Chair Cindy B. represents RIAFG the Al-Anon World Service Conference in Virginia Beach. Send her a note of support! (see pg. 10 of this Lifelines issue)


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.
NEW MEETING!

Thursdays, 7:00 P.M.
Al-Anon United
Praise Tabernacle
330 Park Ave, Cranston RI

WE NEED YOUR HELP.

Alternate Delegate  Area Chair  Area Secretary
Website Coordinator Public Outreach Coordinator
Group Records Coordinator Group Representatives
Forum Coordinator  Alateen Coordinator
District 1 Representative
District 3 Representative

We need more RI members to serve our Area. We'll train you and support you every step of the way. You can serve in a position that works for your time and talents. Service is a great way to work your program of recovery! Email alanon.riafg@gmail.com or visit our website www. riafg.org to learn more.
FOREVER HOPE
Al-Anon Family Group

Invites you to join us to celebrate our 35th Anniversary and Lois W.’s 132nd Birthday

Sunday, March 5, 2023
10:00 a.m.
West Greenwich Town Hall
280 Victory Highway, Route 102, West Greenwich, RI

Speakers • Fellowship • Spirituality

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.
By the time you are reading this, the new hard-copy **Service Manuals** will be in stock at the RIAFG Office. The new price is $11. While it might be wise for each in-person group to have a hard copy, please also remember that the new Service Manual is available as a free download at this address: https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/

While a few items continue to be out of stock at WSO, **we continue to have a good stock of most Al-Anon Literature items**, or can order things quickly, so please feel free to follow the steps for buying literature from the office listed elsewhere in this Lifelines issue. To remind you, there is a new Order Form on the website under the Literature tab that lists the new prices on items since last August, and slightly higher mailing prices, if you want your order mailed to you. Elaine and I continue to work to be able to meet with you for in-person sales, so please email or call the office as needed.

**Look What's Coming Next Summer!**

Al-Anon's next daily reader, "A Little Time for Myself-A Collection of Al-Anon Personal Experiences" (B-34), will be making its debut at the 2023 Al-Anon International Convention in Albuquerque, New Mexico, from June 29–July 2, 2023! Just as our earlier daily readers reflected the times in which they were written, this book will represent the personal experiences and many voices of the Al-Anon fellowship as it is today."

I will be able to pre-order supplies of this reader to be available after the Convention at our RIAFG office. Stay tuned!!As always, thank you for supporting the RI Area by buying Literature through the Office!

Yours in Service,

**Wendy H**

RIAFG Literature Coordinator
How to order Literature from the RI Literature Distribution Center Office

**PLEASE NOTE:** There is a new order form available on the riafg.org website. The charge for shipping has been increased due to the increases from the Post Office. The new charges are: Orders from 0.00 to $100.00, the charge is $8.00, orders over $100, the charge is 10% of the total for the order. Please use the new order form when you mail orders into the office. Include the correct total for shipping and be sure to fill out the contact information.

**To pick up at the office:**
Mail in the literature request form (found on our website: riafg.org) along with a check to: RIAFG 106 Rolfe St. Cranston, RI 02910. Be sure to include your name and phone number. You will be called back when the order is ready for pickup. Payment is made at time of pickup.

**To have literature mailed to you:**
Include a check for the full amount of the order, the name and address for shipping, and your name and phone number. Please note the increased shipping charges listed above.

**To shop at the office:**
Leave a message at 401-781-0044 and someone will let you know when the office will be open.

Please note that if you are requesting only a few items, and you want to do pick up, you may call the office with the info.

Gratefully in service, Elaine H., Office Coordinator
In a few languages, my name translated means “princess.” As a young child, I would watch movies depicting a princess locked in a watchtower, hoping a prince would magically rescue her one day. I dreamed of what it might be like to be a real-life princess and experience the majestic nature of that reality.

Enter the disease of alcoholism. Cunning. Baffling. Powerful. From the time I was a little girl, the disease of alcoholism was very prevalent in our home, and its effects ripped our family apart. To protect myself and my siblings, I built a fortress around us so high it was unscalable. I locked my heart and mind in chains and hid the key away in a vault buried so deep it would never be found. Alcoholism caused so many promises to be broken that I believed I must be unlovable. I couldn’t imagine allowing myself to be hurt one more time. The fortress in my mind served as a means of survival. I often felt like my siblings and I were sitting in the watchtower, looking between the bars and seeing only sadness and despair, with no hopes of rescue.

In high school, my friend introduced me to Alateen. Through application of our Legacies and participation in service, slowly but surely, my chains came unlocked, one at a time. Eventually, I found my heart and mind free, vulnerable, lovable, and open to new ideas and possibilities.

Many years later, I found myself, along with fellow World Service Office (WSO) Volunteers and Staff, journeying to visit Al-Anon international service structures in Turkey, Bulgaria, Hungary, Switzerland, and France. These structures—each in varying degrees of development—warmly welcomed the WSO team. Together, as trusted servants, we discussed service topics and attended recovery meetings conducted in the native languages. I had no idea what was spoken in the recovery meetings, but my heart and mind knew the message of Al-Anon was shared.

The journey concluded with a stop in London to host and attend the 2022 International Al-Anon General Services Meeting (IAGSM). London, England, is home to world-renowned buildings, architecture, and castles. What a gift of the program to see this landscape—which once represented hopelessness, sadness, and despair in my imagination—in its true form, suddenly beautiful and majestic. And yet there was more. The real magic permeated the meeting room as members from 18 General Service Offices from north to south and east to west gathered together, “Connecting Hearts and Minds Around the World” to ensure the message of hope is available to anyone, anywhere, who reaches out for help.

By Sarah S., Director of Programs
The Forum, March 2023
"I have prayed the Serenity Prayer so many times. Some how it became more of a habit instead of an understanding that leads to action. Actions that heal me from the past and that also lead me to serenity in the present. Shame and guilt linger when I have not fully accepted the past by wishing things were different and holding onto regret. **Surrendering my past to my God is so difficult when I don't understand how powerless I am over others.** It also takes self-forgiveness to surrender. So often I go to self-pity instead of self-forgiveness.

Once I accept my powerlessness over others and take responsibility for my own actions and feelings, accept can occur. **The Al-Anon recovery program nurtures several actions to keep the meaning and experience of the Serenity Prayer alive and life changing.** Steps One through Three create the recovery foundation. Steps One and Two reveal the need for recovery. Step Three is one of the first actions: to ask for help. The next Steps: 4,5,6,and 7 develop a relationship with God. Steps: 8,9,10,11 and 12 helps one to take the relationship with God to have healthy relationships with others.

Practicing the Steps and taking action develops an awareness of what needs to be accepted and what can or cannot be changed. This acceptance releases the hold that the disease of alcoholism has. **The Serenity Prayer remains an effective solution to living a joyous and healthy life.** Remember practice not habit. Enjoy the path of Serenity and a life of miracles.

**In service,**
Ann H., Rhode Island

Writing about your recovery is a great way to work your program. Submit a short essay of 200-300 words, to lifelines.riafg@gmail.com. Letters may be edited for clarity and space. Thank you for sharing your experience, strength, and hope.
Send Some Love (with a stamp)

In Lieu of Love Gifts...

... we invite members and groups to send cards and letters of support to their Delegate at the World Service Conference. Please address as follows:

CINDY B. RIAFG (Hold for WSC 4/20-4/23, 2023)
The Founders Inn and Spa
5641 Indian River Rd.
Virginia Beach, VA 23464 USA

Plan to have your card arrive after April 15th. Remember to use your trusted servant’s name and home address as the return address in the event that mail delivery is delayed.
If you have questions, please contact your Delegate.

Meeting Space (s) Available!

Did you lose your meeting space during the pandemic? Need a different spot? Starting a new meeting group? The East Greenwich Lutheran Church on Division Street has available meeting rooms. Contact the office at firstlutheraneg1@gmail.com.

Butler Hospital in Providence has reopened Ray Conference Center, which means it's available (again) for Al-Anon and for other 12 step meetings. Prior to March 2020 there were active meetings on the Butler campus. If you'd like to create a new RIAFG group at Butler, email alanon.riafg@gmail.com to get started.
New to Al-Anon? You'll want to hear this.

Short, informational podcasts just for Al-Anon newcomers! We're glad you're here.
Click to: al-anon.org/newcomers/first-steps-al-anon-recovery/

Free Downloads!

So much to read, print, and share!
Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/
RIAFG: Current ASWC Officers & Coordinators

Cindy B--Area Delegate
Terry L--Area Treasurer
Wendy H--Literature Coordinator
Eden C--Lifelines Editor
Elizabeth P--Area Alateen Process person
Ann P--Archives Coordinator
Elaine H--Office Coordinator

WELCOME our new coordinators:

Martha R--District 2 Representative
Sarah W--Email Coordinator
Chris E--AA Liaison

THANK YOU for your service!

Phyllis H--Group Records Coordinator
Ann H--Email Coordinator
Jackie W--Public Outreach Coordinator
Kim C--Website Coordinator

We still need help! Open positions:

Alternate Delegate. Area Chair. Area Secretary
Website Coordinator. Public Outreach Coordinator
Group Records Coordinator
Forum Coordinator. Alateen Coordinator
District 1 Representative
District 3 Representative
Where We Are: The RIAFG District Map

**District 1:** Burrillville, Central Falls, Cumberland, East Providence, Glocester, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, Woonsocket.

**District 2:** Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Johnston, Narragansett, New Shoreham, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, Westerly.

**District 3:** Barrington, Bristol, Jamestown, Middletown, Newport, Portsmouth, Little Compton, Tiverton, Warren.

**STATS:**
- **District 1:** 10 groups
- **District 2:** 14 groups
- **District 3:** 9 groups

SIX **online-only** groups
SIX **hybrid** groups
20 **in-person** groups
"Where can I find a meeting?"

The current list of meetings is available at www.riafg.org. The current In-Person/Hybrid and On-line/Phone meetings lists and coronavirus updates can be found under the “AL-ANON MEETINGS’ tab. Click on “MEETING LISTS.

***Please check on line for meetings that fall on holidays***

Stay on the beam & in the know.

Download the AFG Mobile App today!

It’s easy! Simply subscribe to the Premium Content on the Al-Anon Family Groups Mobile App to receive an additional boost of recovery each day. The Premium Content includes a daily sharing on a Step, Tradition, Concept, slogan, feeling, or another thoughtful topic to reflect upon throughout your day.

By subscribing to the Premium Content, you will receive a year’s worth of entries, thus ensuring daily bursts of easily accessible serenity while on the go.

Go to www.al-anon.org/mobileapp to get the app.
RIAFG and WSO Need Your Support

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

Thank You for your continued support! Whenever possible, please send donations to our RIAFG and WSO. It takes all of us to keep the “doors” of Al-Anon open to all who need it. Donate either personally or through your home groups.

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

Make a donation to the World Service Office online at
https://al-anon.org/contributions/

Mail donates to WSO:
AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454

CONTACT RIAFG
www.riafg.org
106 Rolfe St.
Cranston RI 02910
401-781-0044 Office hours available by calling this number.
Send your Lifelines announcements to lifelines.riafg@gmail.com

CONTACT WSO
www.al-anon.org
1600 Corporate Landing Parkway
Virginia Beach, VA 23454
757-563-1600

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