

LIFELINES

**RIAFG NEWSLETTER 106 ROLFE STREET, CRANSTON, RI 02910
401-781-0044**

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Editor's Corner

When I wrote last month's thoughts, I had no idea that winter would not let go of New England. I should have known better since I have lived in New England my whole life.

I should have known better.... I should have known that I can't reason with someone who is drunk. I should have known that no matter what I did or said I could not stop someone from drinking. I should have known that I could not be in someone else's head. I should have known that my controlling, "know it all'isms" irritated everyone.

I did know how to "read" a room. I did know how to keep myself "under the radar." I did know that I had a huge knot in my gut. If I could just figure out why, I could make it go away.

I believed then that a strong person doesn't need help. A strong person is in charge. A strong person makes sure everything is going according to plan. I had a head and heart full of false beliefs that were driving me crazy.

Today I'm more aware of how little I do know, and that's OK. Today I don't have to have myself and everyone else "all figured out."

Today I know that an important part of my recovery is continuing to peel through the layers of disfunction and false beliefs.

I used to think that someday I would "arrive" at a place where everything was all set, and all the hard work was behind me. I thought that a put-together person should be able to do this.

Then I arrived at my first Al-Anon meeting because everything was falling apart. Going to that meeting was a last ditch effort to save myself. My first meeting was a beginner's meeting held before the regular one. I don't remember much, but I stayed for the regular meeting too and I kept going back. Some weeks it was the only hour and a half where I experienced calm. I learned how to be still. I learned how to listen to what someone was saying without interrupting. I learned to listen to my own emotions, which at that time I couldn't define and didn't trust.

I have fewer should's today. I know that to keep myself balanced, I should read Al-Anon literature everyday. I should make sure I get to my meetings. I should make sure that I reach out. These are my healthy "should's."

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

**RIAFG Fellowship Event
Sponsored by District 1**

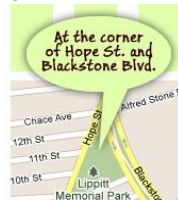
**BLACKSTONE BOULEVARD WALK
AND ICE CREAM SOCIAL**



Saturday, May 5, 2018

1:00 pm

Meet at the **LIPPIT PARK FOUNTAIN**



Let's meet for a walk on Blackstone Boulevard followed by ice cream and fellowship at

Three Sisters (1074 Hope St, Providence, RI)

No need to RSVP, just show up! All are welcome!

****Rain will cancel this event****

FAQs

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

no

What can I bring into the event?

Comfortable walking shoes, sunscreen and a smile!

You order and pay for your own refreshments at Three Sisters.

How long is the walk?

The full walk is 3 miles, but only walk as far as you wish at your own pace!

Don't feel like walking? Join us for fellowship after the walk!

**NEW BEGINNINGS
ALANON FAMILY GROUP
34TH ANNIVERSARY
MEETING**



Tuesday, May 22, 2018

7:30 – 9:00 p.m.

St. Luke's Church

50 Pierce Street

East Greenwich, RI 02818



**Come share our experience, strength and hope as we celebrate
with speakers, fellowship, spirituality, and food and drinks.**

Rhode Island Al-Anon Family Groups (RI AFG)**SPRING ASSEMBLY AGENDA ~ JUNE 9, 2018****Location: Four Corners Community Chapel, 200 Angell Rd., Cumberland, RI**

- 9:00 – 9:30 **Registration / Check-in**
- 9:30 -9:50 **OPENING/WELCOME [20 minutes]**
- Moment of silence followed by the serenity prayer
 - Read Steps/Traditions/Concepts/Warranties
 - Roll Call/Introductions
 - What is an Assembly?
 - Housekeeping/Facilities Information
- 9:50 - 10:30 **AREA BUSINESS**
- Treasurer's Report
 - Review and Acceptance of November 4, 2017 Assembly Minutes
 - Date and location of next Assembly – District 3
 - Open Area Service Positions
 - Alternate Delegate ● Secretary ● Archives Coordinator ● *Forum* Coordinator
 - Public Outreach Coordinator ● Website Coordinator
- 10:30 – 10:40 **BREAK**
- 10:40 – 11:40 **DELEGATE'S REPORT: World Service Conference [60 minutes]**
- 11:40 – 12:10 **BREAKOUT SESSION – Attracting members to service at all levels [30 minutes]**
- 12:10 – 1:00 **LUNCH** (brown bag bring your own) [50 minutes]
District Meetings during lunch
- 1:00 – 1:10 **BREAKOUT SESSION REPORT BACK AND DISCUSSION**
- 1:10 – 1:30 **ASSEMBLY ACTION ITEMS [25 minutes]**
- Voting on open Area Positions and affirmation of interim officers
- 1:30 – 2:30 **DO YOU KNOW? Game [60 minutes]**
- 2:30 – 2:40 **BREAK**
- 2:40 – 3:10 **DISTRICT REPORTS [30 minutes]**
- 3:10 – 3:20 **ASK IT BASKET [10 minutes]**
- 3:25 – 3:30 **CLOSING**
- Houskeeping matters, evaluation forms, etc.
 - Motion to adjourn
 - Closing prayer and Al-Anon Declaration

Please complete your Assembly Evaluation form before leaving! With Love in Service!

Forum Article

The Beginning of My Serenity

I spent more nights than I can remember lying awake, tossing and turning over past mistakes and the ever-growing fear of the future with an alcoholic. I would wake in the middle of the night and not be able to return to sleep. I agonized over the seemingly horrible decisions of my past, which morphed into the blackness of despair for my hopeless future.

Each new fear replaced another as my nightmare scenarios increased exponentially. My sponsor lovingly listened to my pitiful story. When I finally paused for a breath, she made two simple suggestions - say the Serenity Prayer, and make a gratitude list.

I knew my decision to attend Al-Anon was a realization that I needed help, and I was ready to listen. That night when I was still wrapped in a cloak of victimhood and couldn't sleep, I tried repeating the Serenity Prayer over and over, each time focusing on every word and its meaning. Eventually, I began a gratitude list. I did not believe I had much to be grateful for, so I began with a very simple list.

I was grateful for a warm, comfortable bed to sleep in, a roof over my head, the coolness of air on my skin, the soothing sound of the fan next to my bed, etc. Focusing on the many things for which I did feel gratitude, I fell soundly asleep and woke up refreshed the next morning.

Today, looking back, I realize this was the beginning of my serenity, the beginning of my recovery and the beginning of a whole new life of gratitude.

by Keith K., Florida

(Reprinted with permission of The Forum, copyright issue May 2017, Al-Anon Family Group Hdqtr., Inc., Virginia Beach, VA.)**Editor's Note: Would you like your own subscription to the "Forum?" A subscription form is in the back of all issues. The cost is \$11.00 per year and there is also an online version available.

Members Share

2nd Annual Native American Al-Anon Conference Santa Fe, NM. April 13-15



I attended this Al-Anon Conference and wanted to share a few highlights. There were 150 people registered, and perhaps two-thirds were Native American. At least 15 tribes were represented, and present also were participants from some of the local New Mexico Pueblos.

We were blessed with the participation of a big drum recovery group, who played and sang for the opening and closing ceremonies, and also played and sang honor songs for the speakers.

We listened to recovery stories of four inspirational Native speakers, and held workshops based on working the steps. We also held a workshop on how to work with the Native community to start meetings on Native land. By the end of the Conference over a dozen people asked for Al-Anon's new meeting booster kits for meetings started on Indian Land or population areas.

There was an overall spirit of recovery and love and fellowship that was felt from the very moment the conference began with the sound of the big drum.

David G.

Members Share

At least 18 years ago I spoke here at Let Go and Let God's anniversary. I remember what a big deal it was getting ready-- writing a longer share than at meetings, writing a speech about my life then, then my early Al-Anon life, and how I was living in that present moment. I remember having to "re-feel" the pain of a life that felt quite alone and in tatters. I shared with you a story of walking up to the bus stop in Florida, bereft of my Higher Power, walking on a dirt road pushing a baby-boy-filled stroller and holding my little boy's hand as we made a trek that felt so crushing, so difficult! Just to get to the bus stop. My whole purpose in those hours was just to be there for my three children. To meet my daughter, age 5, getting off the school bus. I failed and flailed a lot in those days, suddenly alone, with no husband, no parenting partner, no Dad for them--- and I was so so weary. Most of all, at the Anniversary when I spoke, I remember the people coming up to me afterward giving me assurances that what I shared had reached them. I worked really hard to tell my story that night. It was kind of draining....

Today I remember the stark times, the desert of aloneness I had inside me, and I let it now heal. My Higher-Powered Al-Anon Promises teach me that I am not a slave to them! Sunday, just last Sunday, it all healed a little more, 30 plus years later!!....

After the stark walk There was You. Higher Power you. You in the form of friends saying maybe it's time you got some help. You in the form of fellow adults who introduced me to the 12 steps. You in the form of the grace. Of people who loved me, reached out to me, suggested to me that I give myself a chance, and my little children too. It was You!

I HEARD the 12 Steps read aloud in a group in FL before I moved back up north and I felt the face of my Higher Power steadily looking at me. I went from death to life because you guided me, encouraged me, and "hoped" me. You let me borrow your hope, saying things like "Be gentle with yourself." And "Build up your recovery savings account, don't give it away." And "Here, just sit awhile and listen." "Claim your SEAT."

I got to rise from ash with the arms of my Higher Power ever open.

I was upright and He moved me. One of my shares is that HP is called "Corner-Turner." When I start moving toward help He is my roadmap, heck he's the ROAD! And when the desert times come, and they do, I have your sharing voices, your simple profound graces, your faces, your hugs, and your love. And you have mine.

excerpts from Let Go and Let God's (*Cumberland Wednesday 7PM meeting*) anniversary speaker,
Jane A.

This poem was inspired by the venerable "Just for Today" Bookmark.

For Gina

Why do I miss our puppy so?
She filled my heart with longing.
Why do I miss our puppy so?
She barked aloud at the oddest hours.
Why do I miss our puppy so?
Her growth was something to behold.

Why do I miss our puppy so?
Answer me, Higher Power.
So I am unafraid today
to enjoy a thing of beauty.

Jon W.

RIAFG Fall Workshop

Save the date! We've set the date for the Fall RIAFG Al-Anon Workshop (w/ AA participation). It will be at Butler Hospital on Saturday, **September 29, 2018**. We have the date, we have our purpose, but **we need more volunteers!**

This year's workshop will be **SHARING THE GIFT: Sponsorship & Service**

It's been heard at meetings: "but I don't have a Sponsor..." "people I've asked don't think they can do it..." "Am I ready to be a sponsor..."

We are looking to help empower members to be open to becoming Sponsors, and we hope we can increase newcomer retention through this fabulous service. I believe helping our newcomers feel welcome can give all of us a stronger Al-Anon Family Group! And stepping up to service helps us enrich our own program of recovery. This work is the ultimate gift to all of us!

Our committee is forming, and you can help. Simply reach out to the Workshop Coordinator at workshop.riafg@gmail.com. Your questions, comments, and ideas will be greatly appreciated

Thanks for your consideration!
Holly R.

Delegate's Corner

Hi Everyone,

I wanted to express my gratitude for you all, in allowing me to serve you as your delegate. This experience has just started, I'm so far out of my comfort zone I don't even have one anymore.

I also want to thank you all for the flowers - I can't express the feeling when I returned to my room and saw them waiting for me, just knowing that I took you all with me. You are all wonderful and your support is very much appreciated. If I did it correctly, I have attached what I will wake up to every morning.

Love in Service and Fellowship,
Barb H, Delegate, Panel 58, Rhode Island



Let It Begin With Me. When anyone, anywhere, reaches out for help - let the hand of Al-Anon and Alateen always be there, and Let It Begin With Me.

Area Office News

Office and Literature Distribution Center Report 2018

We have a healthy volume of calls: Since January 2018 there were 48 calls and 22 walk-ins.

Most calls are inquiries about meetings, or if we are open for literature purchases. And some are from Al-Anon members who give us updates for the meeting list or other group announcements (anniversaries, temporary changes, closings for holidays.) These are noted on the website.

We are also here to open mail and process donations, and for opening and shelving literature orders from WSO.

We currently have 5 Volunteers: Here is the schedule:

Sunday		
Monday	12:30-2:30 PM	Phyllis H.
Tuesday		
Wednesday	12:30-2:30 PM	Paul B.
Thursday	6:00 PM-7:30 PM	Jane A.
Friday		
Saturday	1 st Saturday of each month 12:00-2:00PM	Linda R.
**At-Home Volunteer	(Tuesdays)	Clara R.

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

Jane A.
RIAFG office coordinator

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 a story or an Al-Anon event to share? Would you like to share why your home group is so special to you? Would you like to share your insights? Do you have an inspirational photo? Please email these to lifelines.riafg@gmail.com.

Area Chair's Corner

GRATITUDE IN ACTION

Recently, I re-read the Al-Anon booklet "When I Got Busy, I Got Better". Like all of our Conference Approved Literature (CAL), the stories shared in the booklet are written by regular Al-Anon members. I was particularly struck by one of the sharings titled "Gratitude in Action". The author talked about having a picture of Lois W., one of Al-Anon's cofounders, and feeling thankful when she looks at the picture which reminds her that she too can show her gratitude through service.

We have a signed picture of Lois hanging in our Area Office which I see every week when I go to volunteer for a couple of hours answering the phone and keeping the office open for members who want to purchase literature. Every time I look at that picture I smile as I am filled with gratitude to Lois and the thousands of members who, like Lois, have and continue to willingly give back to this program through service.

The bonus to doing service beyond my home group is that I continue to reap the benefits of being a trusted servant. I am more confident in group settings. I have discovered that I have a voice and that others are interested in my input. I am a better listener and I have grown in patience and tolerance. And most importantly, I know that I am doing my part to keep the doors of Al-Anon open for all of us and those yet to walk through them.

I am hoping that each of you will consider putting your GRATITUDE INTO ACTION by stepping up to service beyond your home group. At the present time, there are several positions open at the Area level: Alternate Delegate, Area Secretary Archives Coordinator, Forum Coordinator, Public Outreach Coordinator, and Website Coordinator. Descriptions for all of these positions can be found on our Area website riafg.org. I am happy to answer any questions you have or talk about the responsibilities and qualifications for any of these positions. Send me an email at chair.riafg@gmail.com and I promise to get back to you

Phyllis H.
Area Chair

Al-Anon Faces Alcoholism 2018

In the absence of a Public Outreach Coordinator, I am sharing the following news from the WSO. The WSO has shipped 208,050 copies of the *Al-Anon Faces Alcoholism 2018* (AFA 2018) second printing magazines to the fellowship. This is an eight percent increase in the number of AFA 2018 second printing copies purchased by members in comparison to the first printing of AFA 2018.

There is still more to celebrate. A total 400,325 copies of the AFA 2018 magazine issue were ordered by members. This is the first time that the WSO has published more than 400,000 copies of an AFA magazine issue since the outreach project began in 2007.

Congratulations to our fellowship. The willingness of members to distribute information about our program in their communities using the AFA magazine as an outreach tool is gratifying.

DRs, please forward to your GRs/CMA's and ask them to share with their groups.

WSO Solicitation for Service Volunteers

Twice a year, Al-Anon solicits service volunteers at the WSO level.

The number of positions available annually is as follows: 3 at-Large Trustees; 3 Regional Trustees (rotated depending on Region); 1 at-Large member, Executive Committee for Real Property Management; 5 at-Large members for each of the following Committees - Forum Editorial Advisory Committee, Literature Committee, Public Outreach Committee; 2 at-Large members, Audit Committee.

If you are interested in learning more about these service opportunities, or know of someone in the fellowship that you think would be a good candidate, please contact me (chair.riafg@gmail.com) or Barbara H. (delegate.riafg@gmail.com), for further information and to receive the résumé form.

Northeast Regional Trustee -

Every 3 years the Northeast Region, which includes Rhode Island, is asked to submit nominees for a Northeast Regional Trustee. Each Area in the Region collects and reviews Trustee résumés from their respective Areas and the qualifying chosen résumé is submitted to the WSO by the Area Delegate.

To facilitate time to review and choose a candidate, anyone interested in being considered for the Northeast Regional Trustee should submit their résumé to me at chair.riafg@gmail.com by June 30, 2018.

All active Al-Anon members with at least 10 years of continuous membership, who are not also members of AA, are eligible to stand for the position of Trustee.

As a past Delegate, I can attest to the wonderful growth opportunities that Service provides. I encourage all members to give their recovery a boost through Service.

Phyllis H.
Area Chair
Rhode Island Al-Anon

Save the Date:

The Fall Assembly is scheduled for **October 20, 2018** at Emmanuel Episcopal Church in Newport.

Upcoming Events

May 5, 2018	District 1 is sponsoring a Fellowship Walk and Ice Cream Social meet at Lippitt Park Fountain (corner of Hope St. and Blackstone Blvd) on Saturday May 5th at 1:00 PM
May 22, 2018	New Beginnings Anniversary, Tuesday 7:30 to 9:00 PM, St. Luke's Episcopal Church, 99 Pierce St., East Greenwich
June 9, 2018	Speakers, fellowship and refreshments RIAFG Spring Assembly, Registration 9:00AM, 9:30 AM to 3:30PM Four Corners Community Chapel, 200 Angell Rd., Cumberland More details to come
June 23, 2018	AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All are welcome.
July 6-8, 2018	International Al-Anon/Alateen Convention, Baltimore, MD "Celebrating One Day at a Time" Baltimore Convention Center, Baltimore, MD, see the Events Calendar on riafg.org for more details
Sept 15, 2018	AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All re welcome.
Sept 29, 2018	RIAFG Fall Workshop with AA participation 9:30 AM to 3:00 PM at Butler Hospital, Ray Hall, 345 Blackstone Blvd., Providence
Oct 20, 2018	Fall Assembly at Emmanuel Episcopal Church in Newport More details to follow
Oct 26-38, 2018	New Hampshire Al-Anon/Alateen Convention: "Transformation through the 12 Steps." Margate Resort at Winnepesaukee, 76 Lake St., Laconia, New Hampshire
Nov 17, 2018	AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All are welcome.
Mar 22-24, 2019	Rhode Island AA Convention with Al-Anon participation

News from the WSO

Help Make Al-Anon's Next Daily Reader Something Special

Al-Anon's three Legacies: the Steps, Traditions and Concepts of Service, are the foundation of our program. Please help the New Daily Reader, working title, be the first Al-Anon daily reader to include sharings on all 36 by submitting your thoughts on any of them.

Type al-anon.org/sharing in your browser to submit your sharings.

The WSO has mailed the **Annual Group Update Sheet** to the registered groups. Please make sure that the WSO has the current information for your group meeting.

2018-2021 Al-Anon/Alateen Groups at Work

As per the notice on AFG Connects from the Chairperson of the Board of Trustees, Debbie G., this pamphlet is being mailed complementary to the Current Mailing Address (CMA) of each registered Al-Anon and Alateen meeting. Al-Anon and Alateen members are encouraged to purchase extra copies for use in the group meeting so that everyone can follow along ...“participation is the key to harmony!”

Al-Anon Meeting Updates

HOLIDAY CHANGE

Al-Anon at Noon in Westerly at Christ Episcopal Church does NOT meet on Monday Holidays

ANNIVERSARY MEETING

New Beginnings Anniversary at St. Luke's Church, 99 Pierce St., E. Greenwich
May 22, 2018 from 7:30 PM to 9:00 PM. Speakers, Food and Fellowship

MEETING CHANGE

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

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

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

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

Westerly Friday Night group has moved to a new location: Christ Church, 7 Elm St., Westerly

NEEDS SUPPORT

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

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

South County Step, Thursday 7:30pm to 8:30pm at Wakefield Baptist Church, Main St., Wakefield
Parents for Love Hope & Recovery, Monday 7:00pm at Four Corners Community Chapel, 2210 Diamond Hill Rd., Cumberland.

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

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

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

NEW MEETINGS

Let It All Go AFG Tuesday at 7:30PM, North Kingstown Methodist Church, 450 Boston Neck Rd., North Kingstown

Serenity AFG, Thursday at 8:30 AM, St. Andrews Church Hall, 183 Willow Ave., Little Compton

MEETING HAS CLOSED

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

Women's Step Study group in Cranston is no longer meeting.

WEB Sites, Addresses and phone numbers

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

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

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

Photo by T. H.

