



Editor's Corner:

Trying to control people, places and things can be like hanging on to one end of a rope stretched across an abyss. We each have our hands on our end of the rope. This rope keeps me tied to all the movement on the other end. If that end eases up, I ease up. If it pulls I have to pull. If I don't, it could drag me into the abyss. I feel constant tension trying to balance against getting pulled into the abyss, and making sure the other end does not fall. But my letting go will not pull the other end into the abyss. They might have a hard landing but they are still on solid ground.

Let it begin with me. Someone has to let go. I cannot count on the other end giving up the tug-of-war. The hardest part of this struggle and the most courageous action is releasing the rope. So, I drop my end of the rope. It helps if I have something to hold onto for balance, something to support me so I don't fall. So I take one hand off the rope and grasp my HP as I release the other.

The other end holds onto nothing but denial of the problem when I keep tugging the rope. However that end of the rope has support available as well — and that support is not me. It's not up to me to define what that is or should be. When I let go, I free myself from their responsibility, and they are free from my enabling. Their problem is not my problem to fix or manipulate. My job is recovering from this game, and discovering who I am without a rope attached to me.

My recovery belongs to me. I have an abundance of available supports. I use the Al-Anon Twelve Steps, Slogans, program friends and meetings. I am the one who needs to trust enough to allow these to help me rediscover and uncover who I am. All was not lost; it was buried in the dirt and sweat, bruises and rope burns of this insane battle. I do not belong on the end of anyone's rope.

If two people in my life are in a tug of war, I don't belong on either end of that rope so I need to stay out of their game. If I meddle, their game can pull me in, and I will find myself once again holding onto the end of a rope.

Al-Anon gives me the tools and the strength to stand untethered by the end of any rope. I am no longer pulled back and forth. I am balanced by the help I receive from the Al-Anon program. I can achieve serenity only when I let go of the rope.

Gratefully in service,

Elaine H., Lifelines Editor

Have extra time lately? See the info on becoming an office volunteer from home.

Now could be the time to finally write and submit your recovery experience to Lifelines and *The Forum*.

Please Consider volunteering to work on the Fall Workshop

***DEADLINE FOR THE JUNE ISSUE IS MAY 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

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Photo by T.H.

§ HOW YOU CAN HELP RIAFG AND WSO §

Supporting Al-Anon Is Not A Piece of Cake



TRADITION SEVEN

“EVERY GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.”

Currently our groups are not able to meet face-to-face and, therefore, aren't able to physically *pass the basket*. However, our responsibility to be selfsupporting continues. Many of our groups, the Rhode Island Area Al-Anon/Alateen Family Groups, and the World Service Office continue to have operating expenses that must be paid. Here are some ways you can continue to support Al-Anon through your voluntary contributions.

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

**RIAFG
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**

- Some groups members are choosing to create their own personal *7th tradition envelopes* for their weekly donations and either send their donations to the group treasurer once a month or save their donations and give them to the group treasurer when they resume meeting face-to-face.

Whatever method you choose, it is important that we continue to support our groups, Area, and WSO.

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

FALL 2020 WORKSHOP

*** SOMETHING TO LOOK FORWARD TO ***



RIAFG NEEDS YOU!

Have you enjoyed going to our Fall Workshops in the past?
Did you know that the previous coordinators have outlined how to set up the workshop?

So you don't have to reinvent; the guidelines are there for you to use!

Think how wonderful it will be to **see each other face to face.**

Imagine how great it will be to have **an entire day** devoted to your recovery.

ALL THIS CAN ONLY HAPPEN WHEN RIAFG GETS VOLUNTEERS.

Please consider discussing this at your meetings and
with your Al-Anon friends.

You do not have to do this alone.

Please consider volunteering so RIAFG can continue enjoying this workshop.

AREA CHAIR'S CORNER:**Welcoming Newcomers into our Virtual Meeting Rooms**

Newcomers are still finding Al-Anon, even in our virtual meeting rooms! Also, we've received emails and phone messages from newcomers at the office. Without the benefit of your group's bin of literature to share with the Newcomer, how can your group provide them with access to Al-Anon literature and other tools of the program?

Gratefully, the WSO has provided a list of some vital links/resources from al-anon.org that can help us welcome newcomers to our temporary electronic meetings:

- Sample chapters of CAL: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/)
- Free downloadable options: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/)
- Slogans page: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/)
- Members Blog: al-anon.org/for-members/members-resources/member-blog which is also available for use for any Al-Anon meeting.
- The Forum magazine excerpts: ["The Forum" Magazine Stories](#)
- The 2020 Al-Anon Faces Alcoholism magazine: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/)

Also, if newcomers enter your virtual meeting room, please ask them to contact me at chair.riafg@gmail.com and I will arrange to mail them a Newcomer Packet.

Newcomers wanting to purchase Al-Anon literature can contact the Area Office at 401-781-0044 and leave a message. We will be happy to return their call, put together their literature order, and mail it to them.

Feel free to share this information with your groups and other Al-Anon/Alateen members.

Phyllis H.
Area Chair

Hope you all are staying safe and healthy.

Given the number of meeting cancellations and meetings switching to online/phone meetings, I have updated the coronavirus information on our website. There are now 4 links on the homepage (riafg.org).

- The first link [Suggestions & Information](#) addresses meeting and member safety with regard to the coronavirus.
- The second link [Temporary Online & Phone Meetings](#) provides a list of meetings that are meeting "virtually" via Zoom or Conference Call.
- The third link [Temporary Meeting Cancellations](#) provides a list of meetings that are temporarily cancelled or are temporarily meeting in a different location.
- The fourth link [Seventh Tradition Donations](#) provides information on making donations to RIAFG and WSO.

Please note that these pages are frequently being updated, so please check back regularly. We continue to receive new notifications on meetings to be added to these lists and we also are receiving notifications of meetings moving from the cancelled list to the online/phone list and/or changes to the "virtual" meeting format used by various meetings.

Love in Service and Fellowship,
Phyllis Hudek
Area Chair
Rhode Island Al-Anon

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.

2020 EVENTS CALENDAR:

- May 14** **Task Force Committee zoom meeting** at 6:00 PM. Please see "TASK FORCE COMMITTEE" for information on joining the meeting.
- May 30** **AWSC zoom meeting** from 10:00 AM to Noon. Details will be posted via a link on the "Upcoming Events" calendar on the riafg.org website. You can also email Email lifelines.riafg@gmail.com to get information on joining this meeting.
- June 10** **AWSC meeting** at Cranston Office from 7 - 9:00 PM, All are welcome.

MEETING NOTICES:

*****While we are still not meeting face to face, please see riafg.org for meeting information regarding temporary cancellations, conference bridge meetings and zoom meeting.**

*****For the WSO meeting list, please refer to <https://al-anon.info/MtgSearch/PhoneMeetings.aspx?language=EN>**

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.

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)

Hope for the Family Disease meeting Friday at 7:30PM in Tiverton at St Theresa's Catholic Church has closed.

First Things First AFG meeting on Monday at 7:00 PM at VA Medical Center, Providence.

AREA FORUM COORDINATOR:**A Meeting in My Pocket**

Hello Al-Anon! How's the social distancing going?

Not being able to physically attend meetings can make the recovery process challenging.

Finding alternate methods to "connect to the program" may feel innovative or intimidating depending on your level of comfort with technology.

Old school methods of "picking up the phone" still apply as well as reading *The Forum*.

I encourage you to complement your recovery with a subscription to *The Form*. It's comforting with a cup of coffee or tea. Also the articles are great conversation material for those one-on-one phone calls with fellow Al-Anon social distance stay-at-home members.

To subscribe: Go to <https://al-anon.org/for-members/members-resources/literature/magazines/forum-magazine-stories/> Or print an on-line form to mail. Don't forget to include your email address. What you save in gas not driving to meetings can pay for the \$11/year subscription.

Happy Reading!!!Ann H.,Area Forum Coordinator

TASK FORCE COMMITTEE:**Meeting on Thought/Task Force Chair Guidelines**

The Task Force Committee will be having our **next meeting on Thursday May 14th at 6pm via Zoom** for no longer than an hour.

A task force is a temporary unit of people established to work on a single defined task or activity. It uses available resources such as perspectives of members of the task force and staff knowledge to complete its task or activity. (Al-Anon/Alateen Service Manual 2018-2021, pg. 71). This Task Force is working on creating guidelines for people to use as Thought/Task Force Chairs so they have a document to follow that describes their responsibilities as a chairperson.

If you have any questions about this task force, please email us at - taskforceguidelines@gmail.com. **To join our next Task Force Zoom meeting**, paste the following link in your browser - <https://us02web.zoom.us/j/84507771972?pwd=ZkVUalld3A0WVN1ck1YaS95b2hwZz09> - Meeting ID: 845 0777 1972; Password: Guidelines. **To join by phone**, call (646)-558-8656; Meeting ID: 845 0777 1972; Password: 720212.

Thank you in advance for your service and participation. We look forward to working with you!

With love in service and fellowship,
Your Task Force Chairs
Cindy B., Julia G., & Joel B.

MEMBERS SHARE:

Unprecedented! Social Distancing! Shelter in Place! Words not commonly used in our day to day conversations. The COVID-19 pandemic has effected how we live and how we perceive our safety in an uncontrollable health crisis.

Many of you may be experiencing a sense of familiarity to an uncontrollable life event. Yes, I am talking about the disease of alcoholism. Both can create feelings of isolation, indecision, confusion over the reality of the situation and a sense of loss.

Gratefully our government, communities, and other countries have bonded together in a "worldwide fellowship" to defeat this pandemic and restore order (sanity) in our world and lives. Sounds like the Al-Anon primary purpose of "helping friends and families of alcoholics".

We can take comfort in words like "unity", "our leaders are trusted servants", and "support". Our Traditions provide us with a sense of faith, trust, and love. We can have faith that the pandemic will end (recovery). Trust in the human spirit to serve the common welfare (service). And love one another by not behaving selfishly but caring about the greater good of all (fellowship).

We survive through healthy communication. News casts provide us with vital updates on the pandemic. Email and other social media provide helpful suggestions on how to weather this storm. So too does our Al-Anon Zoom meetings, daily readers, books, Lifelines and articles in the Forum.

My gratitude can not be expressed enough for the help of Al-Anon and all the other support being provided to keep my life safe and my recovery working.

Ann H.
Area Forum Coordinator

Acceptance

This pandemic and shelter in place order has provided an opportunity to practice my program in ways that I couldn't have imagined. Each day a new opportunity reveals itself and honestly I'm surprised when I realize I have a tool to work through it. I've been struggling with acceptance in the last few weeks. Acceptance that I can't provide the assistance to my elderly parents that I'd like to. Acceptance of not being able to fulfill some work I offered to perform but now don't have the time or energy to complete. I have much to be grateful for during this pandemic; a warm home, food, my health, my family, the Al-Anon program and my job, which can be done remotely, although the work load has increased steadily since the pandemic started. Help arrived for me in the form of my sister-in-laws and brothers bring cooked meals and necessities to my parents on an almost daily basis. I bring food when I can and my parents are always grateful. A friend took over the work I was unable to complete. I help when I am able to. I spoke to my boss about needing help with the work load. He was very helpful. It has taken me a while to get to this place of acceptance, not only of what I can and cannot do, but also of gratefully accepting the help of others. I'm not in this alone, I simply can accept a hand when I need it and hopefully be that hand for others. As stated in the Al-Anon declaration: "... when anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there..." Sometimes, I'm the "anyone" and I can accept that, thanks to this program.

Kim C, Grateful member of Al-Anon

OFFICE VOLUNTEERS NEEDED:

Call for Rhode Island Al-Anon Alateen Family Groups Office **At Home Volunteers**

You are invited to do At Home Service! Calls that come in to the office voicemail can easily be answered, and by responding you will serve newcomers and those seeking our fellowship. Training is simple, like our Program! Please apply by calling the Cranston RIAFG office 401-781-0044. Leave your name and phone number and the Office Coordinator will reply. In gratitude, we thank you!

In Service,
Jane A. Area Office Coordinator

FORUM ARTICLE:

Even If the Alcoholic Doesn't Choose Recovery

My husband didn't drink when we married, but somehow that all changed. I knew nothing about alcoholism, so I was in denial for many years. Beer led to wine, wine was accompanied by vodka, and then scotch was included. Fortunately, my husband was able to function and provide for his family. But I began to see my life becoming unmanageable. Every night he fell in to bed zonked. He became someone I could not reason with, and he became threatening. I called my close friends and shared with them because I didn't know where else to turn. Before I knew it, I was paying \$350 an hour for a divorce lawyer. I didn't want a divorce; I wanted to get him help.

We separated, and things got ugly. I began seeing a therapist, who guided me to Al-Anon. I took my life back and made my own choices. In the end, my husband and I reconciled, and I chose not to divorce him. I hoped for the bright future my husband painted for us. Unfortunately, it didn't happen. However, with the help of Al-Anon, I have tools, my marriage, and my sanity. I learned how to be happy despite my husband's choices. I was no longer willing to play the part of a victim or a martyr. It's been 30 years now. Although he does not participate in A.A., my husband has been sober for several years. More importantly, I'm where I choose to be. I take care of myself, making choices that work for me today. I have a peaceful life with friends who share my beliefs and program. I couldn't ask for better. Al-Anon's wisdom, hope, understanding, and encouragement keep me from drowning in a sea of insanity.

By Jean C., Florida

(Reprinted with the permission of *The Forum* (April 2020 issue, page 11), Al-Anon Family Groups, Virginia Beach, VA)

DISTRICT 2 NEWS:

What's NEWs in District 2 – March 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 March 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 February were then read and accepted.

At this meeting, many of the same discussion points were revisited including Alateen needs; Task Force needs for creating guidelines for thought/task force chairs; and safety in meetings. In fact, as a District, we regularly include certain items on our monthly agenda to see where the needs lie and to understand how we can help not just our district, but the Area and Al-Anon as a whole. Some months there are updates; other months there are not. Sometimes we have lengthier discussions; other times it's a quick check in to touch base. But always it's about how can we serve the members, the groups, the district, the Area, and the fellowship.

And, here's one of the cool things about this program. "We aren't perfect..." AND we don't have to be. There isn't more to report about the March meeting because the minutes were misplaced. One of the things this program teaches us is THAT'S OK! We are ALL human. These things happen. "Progress NOT perfection". We also learn "the show can go on." We can pick up where we left off to the best of our abilities. One day at a time.

As of the writing of this report, District 2 has met again and one of the topics of discussion was around the 7th Tradition and what to do about it during this pandemic. In addition, there have been some updates with the Task Force Committee on Thought/Task Force Chair Guidelines. First, they have met! Twice now actually, and they have their next meeting coming up on Thursday May 14th at 6pm via Zoom. They are looking for more participation and all are welcome to attend. To join their next meeting, simply go to www.zoom.us. Enter this meeting ID: 845 0777 1972 and password: Guidelines. To phone in, use the same meeting ID but this numerical password: 720212. Got questions? Please feel free to email the Task Force chairs at taskforceguidelines@gmail.com.

That's all for this month's report. We are still working on scheduling our May meeting. Group Reps, please contact the District 2 Rep for more details. All are welcome to attend and individual meetings are welcome to bring their group's concerns to the District meetings for discussion. We are here to help. Hope to "see you" at our next meeting!

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Resources shared in last month's report:

Concerns about safety in meetings? [Click here for the Rhode Island Al-Anon Family Group Meeting Safety Suggestions](#)

Wondering how to run a group business meeting well? [Click here for Al-Anon Guidelines for Group Representatives](#)

Al-Anon Declaration: 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.

Links of Service

Member + Member = **Group**

Group + **Group** = **District**

District + **District** = **Assembly**

Assembly + **Assembly** = **Conference**

NEWS FROM THE WSO:

Dear Al-Anon Members,

As many of you scramble to ensure availability of Al-Anon recovery, we are grateful to have as a resource the discussions occurring within the links of service on various AFG Connects communities. From these trusted servants, we can offer members who call us at the WSO two main messages of experience, strength, and hope about establishing temporary meetings:

1. You are not alone-within Areas, Districts, and Al-Anon Information Services members are talking to each other and reasoning things out in addressing platform, meeting format, and other group questions. Ask for help!
2. Al-Anon's unity and perhaps even its survival depends on adherence to our Traditions and principles-your group is welcome to establish a temporary online meeting to occur at the same day and time as its face-to-face meetings in accordance with the group's conscience. Informed group conscience decisions depend on learning as much as possible about which electronic platforms might best serve your meeting members.

From the shared experiences of our members, we know that most electronic platforms offer the ability to configure settings, many affecting anonymity. Settings to consider:

- Whether to allow video sharing-groups which choose platforms supporting video need to remind members to protect the anonymity of others in the meeting from accidental viewing by passersby.
- Informing members of the option to change their display name.
- Disabling recording features.
- Discarding personal information rather than storing it.

Other group meeting considerations:

- Protecting our Conference Approved Literature copyright-offer members the opportunity to serve by reading CAL instead of sharing it online.
- Displaying the Meeting Opening, Suggested Closing, and Our Three Legacies during meetings only when they do not persist after the meeting closes.
- Receiving the Seventh Tradition-determine if it is possible to contribute to local and national services-which might have fixed expenses, such as rent and special workers-before face-to-face meetings resume.

So members and newcomers can find you, please share temporary meeting information with your local Al-Anon Information Service, District Representative, and Area Group Records Coordinator so temporary information can be posted on local websites depending on your group conscience. We still want families and friends of alcoholics to be able to find us!

All of us look forward to resuming our activities as they were before the current health crisis. In the meantime, the process of growing forward through this together is sure to bring added insight.

Thanks for all you are doing for families and friends of alcoholics!

Daviana W., WSO

Help Extend the Hand of Al-Anon to Inmates

The Inmate Correspondence Service connects Al-Anon members with inmates to share the Al-Anon program. The letters exchanged serve as an Al-Anon meeting. Member letters exchanged serve as an Al-Anon meeting. Member anonymity is maintained at all times by using the World Service Office (WSO) as the mail forward service. Inmate Contacts mail their letters directly to the inmate using the WSO as their return address. In turn, the WSO will forward the inmates's letters to the Contact.

Please consider Public Outreach efforts to reach the incarcerated population to carry the message to anyone, anywhere. Write to the WSO at wso@al-anon.org or AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, to participate in this endeavor.

WSO's Website: A Blog for Members!

Al-Anon hosts a blog for members to share their experience, strength, and hope on a variety of topics. New topics will be added each month.

April's topic was "How have service opportunities helped me to grow in Al-Anon?" **The topic for May will be in the May 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.

Al-Anon Literature Now Available in EBook and Audio Book Format

Al-Anon is growing its collection of Conferenced Approved Literature (CAL) available in **eBook** format by including another daily reader. The Top Four Best Sellers of 2019 are now available digital formats, such as eBooks and Audiobooks.

The following are available as both eBooks and AudioBooks:

How Al-Anon Works

Courage to Change

The following are available as eBooks:

Having Had a Spiritual Awakening

Hope for Today

Alateen — Hope for Children of Alcoholics

The following is available as AudioBook:

One Day At a Time

Go to the WSO website: al-anon.org. Click on “Al-Anon Store.” Then click on the above CAL that you wish to purchase as either an eBook or Audio Book. The item will be placed in your cart and just follow the instructions about paying.

Worth a Thousand Words

Please submit your photographs for use in The Forum. A few things to keep in mind:

Photos must be digital (no physical picture)

Landscape and people (minus full face) shots are welcome

Photos must be high resolution (high quality with crisp, clear images with no graininess); limit file size to under 20mb. File types accepted are: pdf, zip, jpg, jpeg, png, gif.

As with articles in the magazine, readers whose pictures are selected for print will receive a thank you and complimentary copy of that month's issue. Please submit your photos to *The Forum*, to wso@al-anon.org; or at al-anon.org/forumshare.

NEW DAILY READER NEEDS YOU — DEADLINE IS JUNE 1ST

A new daily reader is 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	Concept Eleven	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
		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!

How Has Conference Approved Literature Helped You

Please share how any of the following literature has helped you : *Paths to Recovery (B-24)*; *Paths to Recovery Workbook (P-93)*; *In All Our Affairs: Making Crises Work for You (B-15)*; *How Al-Anon Works for Families and Friends of Alcoholics (B-32)*; or *As We Understood (B-11)*.

Send your sharings by **MAY 15th** 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.

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

STEP FIVE: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION FIVE: Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

CONCEPT FIVE: The rights of appeal and petition protect minorities and insure that they be heard.

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.

