

# LIFELINES

Rhode Island Al-Anon Family Groups

Area 49 NOVEMBER 2022

Editor's Corner

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## Thanks, a Lot

*I never thought much about Tradition Seven, which says that every group ought to be fully self-supporting. . . but recently I was involved with a group that maintained itself financially and still was not fully self-supporting because **no one would commit to service.***

*I already held several positions, and when my various terms expired, no one was willing to take my place. . . a group that cannot fill its service positions is not fully self-supporting. **Continuity of service is important to our common welfare. . . I can give my time and moral support to help make ours the kind of group I want to belong to."***

-- Courage to Change pg. 251

## We need you now!

RIAFG exists because Al-Anon members are willing to step up and serve. **We need you now, more than ever.** Even if you've never held a RIAFG service position previously -- we want you! We are grateful to you! Many positions have a minimal time commitment.

Come to the **Dec. 3 Assembly** in Cumberland RI. See firsthand how your service in RIAFG can help bring Experience, Strength, and Hope to people who desperately need it!

**Thank you in advance!**

Gratefully in service,  
Eden C., Lifelines Editor [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)



## Upcoming Events

**SAT. NOV. 5** 9:30am-2:30pm 24-hour VIRTUAL CONVENTION hosted by Maryland Al-Anon. Information in this issue of Lifelines.

**TUESDAY NOV. 15** @7:00pm: RIAFG Monthly Meeting online via Zoom. All are welcome. We're nice! More info and Zoom link at [www.riafg.org](http://www.riafg.org).

**SAT. DECEMBER 3:** RIAFG Fall Assembly, 9am-3:30 pm at St. Aidan's Church in Cumberland, 1460 Diamond Hill Road, Cumberland RI. Speakers, information, and support, open to all. Fee: \$5 per group representative, payable at the door.

### **STEP ELEVEN**

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

### **TRADITION ELEVEN**

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.

### **CONCEPT ELEVEN**

The World Service Office is composed of selected committees, executives and staff members.



# RI FALL ASSEMBLY

Saturday, December 3, 2022 at 9:00a – 2:15p

St. Aidan-St. Patrick Church

1460 Diamond Hill Rd., Cumberland, RI

Registration donation \$5 per group



## RI Area Business:

- 🍁 Budget Approval Vote
- 🍁 New Electronic Meeting Policy.
- 🍁 New Service Positions
- 🍁 Vote in a District Rep

At this time, the Assembly is *in-person only*

Breakfast items, snacks and beverages will be available,  
but lunch is BYOB (bring  
your own bag lunch)



## Directions to St. Aidan – St. Patrick Church

### From the South:

Take Rt. 146 North to Route 295.

Take Route 295 North to Exit 22 (Route 114 South, Diamond Hill Rd.).

Turn right onto Diamond Hill Rd. and drive about one mile south.

On your right, you will drive past a big red and blue sign that reads "The Monastery."

The entrance to St. Aidan is the first driveway past the Monastery (Cumberland Public Library) on your right.

### From the North:

Take I-95 South to Route 295 South.

Take Exit 22 (Route 114 South / Diamond Hill Rd.) in Cumberland.

Drive about 1 mile south.

On your right, you will drive past a big red and blue sign that reads "The Monastery."

The entrance to St. Aidan is the first driveway past the Monastery (Cumberland Public Library) on your right.



# Al-Anon Area 24 Fall VIRTUAL Convention

## A Harvest of Recovery

November 5th, 2022 9:30 am – 2:30 pm EST

Dial in to (301) 715-8592 and enter the Zoom ID 879 0314 6544 and pass code 3030 or  
<https://us02web.zoom.us/j/87903146544?pwd=SmwvROV4RnRqZ0I2ajMrOGFTVDhOQT09>

- ❖ 9:30 am. SESSION ONE: "COOL WEATHER BOUNTY"
  - ❖ Two Al-Anon speakers, an AA speaker and open sharing by Convention attendees.
  
- ❖ 11:00 am. SESSION TWO: "AUTUMNAL EQUINOX"
  - ❖ Alateen speaker, Al-Anon speaker and open sharing by Convention attendees.
  
- ❖ 12:30 – 1:00 pm. BREAK TIME: "WITH AL-ANON TRIVIA!"
  
- ❖ 1:00 – 2:30 pm. SESSION THREE: "CORNUCOPIA"
  - ❖ Three Al-Anon speakers on their spiritual journeys and open sharing by Convention attendees.

"Experience, Strength and Hope" is the sharing theme for the Convention.

# RIAFG Office Appeal

**Volunteers Needed  
If not YOU, then WHO?**

Imagine needing help and waiting a week to get a response! Currently, the Rhode Island Al-Anon Family Group's office and Literature Distribution Center in Cranston **has TWO volunteers.** We'd love more! Below is a brief description of what being an office volunteer entails. **Training is provided.**

**In Office volunteer's responsibilities:** answer the phone, return phone calls, mail meeting schedules, greet visitors and fill literature orders.

**At home volunteers' responsibilities:** check voicemail, return calls, mail meeting lists, and when necessary contact the office coordinator.

**This is a perfect opportunity for YOU  
to give back to the Program.**

For more information and/or to volunteer, email the office coordinator at: [office.riafg@gmail.com](mailto:office.riafg@gmail.com) or call the office at 401-781-0044.

*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.

**Elaine H., Office Coordinator**





# Got Literature?

## How to order Literature from the RI Literature Distribution Center

### **To pick up at the office:**

Mail in the literature request form (found on our website: [riafg.org](http://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:**

There is a shipping and handling charge of 8% of the total of the order or \$5.00, whichever is greater. Include a check for the full amount of the order, the name and address for shipping, and your name and phone number.

### **To shop at the office:**

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

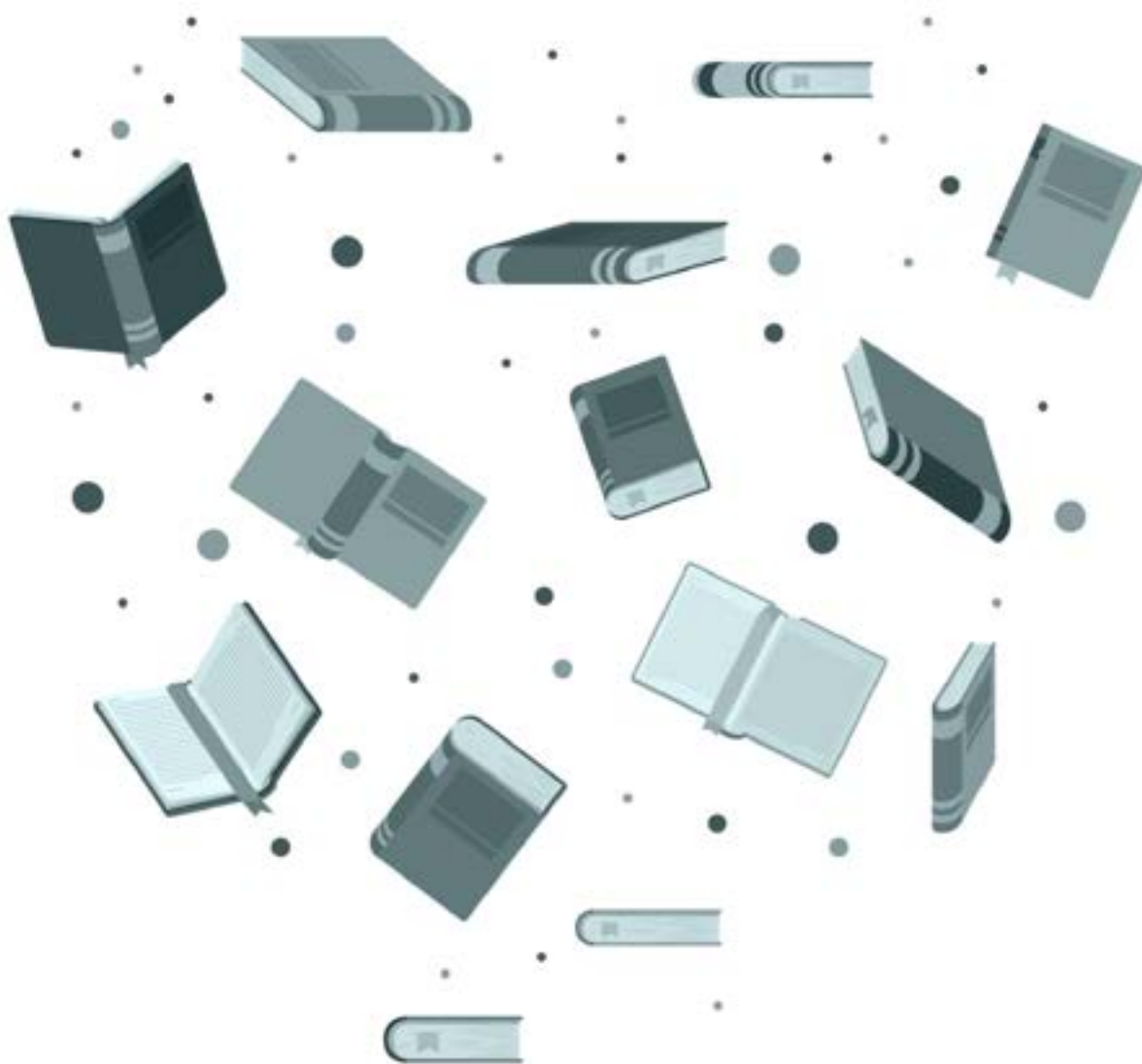
Please note that if you are requesting only a few items, and you want to do pick up, you may call the office with the info.

**Gratefully in service, Elaine H., Office Coordinator**

# Literature Corner

For the upcoming Assembly, if groups/members who are attending have Literature needs, there will be a Literature Sales table of a limited number of items, or you can pre-order for delivery to your GR at the Assembly by contacting Wendy at [literature.riafg@gmail.com](mailto:literature.riafg@gmail.com).

**Yours in Service— Wendy H, Area Literature Coordinator**





## We're Anonymous -- but we exist!

Give back to Al-Anon by spreading the message that Al-Anon exists.

You can do this while remaining anonymous!

Check out the Public Outreach page on our RIAFG website.

<https://www.riafg.org/public-outreach-mission.html>

### Public Outreach mission Suggested Public Outreach Activities WSO Public Outreach resources

"If...Al-Anon groups do not let the public know of our presence, perhaps by announcing the time and place of meetings in local newspapers or by some other means, we block ourselves off from those in need." **Lois Remembers** (page 194)

Let me know if you have feedback, questions, or concerns.

Love in Service and Fellowship,  
**Jackie W.**

Public Outreach Coordinator, RI Al-Anon Area 49

## Meeting Space 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](mailto:firstlutheraneg1@gmail.com).



## Got a laptop?

RIAFG needs a **newer laptop or tablet** to be used in the Cranston office. Mac or PC is fine.

This extra device will help us host hybrid meetings!

Contact any RIAFG representative if you have one to donate.





## Members' Share:

# Change of Seasons

Fall foliage, a time when the leaves turn to a radiant mosaic of yellow, orange and red. **A time of change.** My Al-Anon recovery resembles this graceful change.

**Finding serenity doesn't happen quickly.** As a newcomer, I was very "green " to recovery. My daily and weekly practices of: reading conference approved literature (CAL), prayer and meditation, sharing at meetings, confiding in a Sponsor as well as participating in Group and Area service positions has changed my life.

The "yellow sunshine " of a loving God, illuminated many moments of clarity and awareness as to **how I can change myself** and not the alcoholic, or change anyone else. After surrendering the many alcoholics in my life and the affects of the disease on my life to a loving God, an orange glow started to warm my heart.

As I worked the 12 Steps and 12 Traditions, **I learned to trust myself again.** My feelings of fear and anger changed to feelings of understanding, compassion, and a sense of detachment. I no longer needed to worry about the alcoholics to feel important to them.

By focusing on my own life and recovery, the "red" passion for my own happiness and health has created **gratitude for the many blessings in my life.** I look forward to continuing my journey with Al-Anon and staying on my path. *Submitted by Ann H.*





*"Certain that other members would ensure the Al-Anon program's future by doing all the work, **I was content to stay on the sidelines**, plodding along in my recovery.*

*Eventually, I stepped into service simply to spend more time with others who were in recovery by attending District and Area meetings. Little did I know that it would help break down my walls of isolation, self-reliance, and insecurity.*

*Members from other places welcomed and valued my input and helped me broaden my understanding of our Legacies. As I began to acknowledge the incredible improvement in my life that was so affected by alcoholism, **I felt a greater need to carry Al-Anon's message of help and hope in any way I could.** No matter how, when, or why we get involved, we know that we can "March Forth" together."*

**Christa A.** Senior Group Service Specialist, March 2021

### **Alternate Delegate**

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.

### **Area Chair**

The Area Chair should have leadership and organizational ability. They must be able to plan an agenda and conduct business meetings in an orderly manner. Member is an active Al-Anon member; is an outgoing or current Area World Service Committee member or former member who has remained active in service at the Area level, or otherwise has service experience of sufficient scope that they possess the qualification for this position. Member is not also a member of Alcoholics Anonymous. Area Chair should have knowledge of Al-Anon Traditions and Concepts as well as how they are applied. The Area Chair facilitates and chairs Area Assemblies, distributes Assembly Agenda and meeting materials at least 30 days in advance of each Assembly. The Chair also:

- Oversees the functions of the Area
- The Chair ensures that Area business is conducted at regular intervals.
- Facilitates Area World Service Committee meetings
- Creates AWSC meeting Agenda with input from the AWSC Members
- Creates the Assembly Agenda with input from the AWSC Members
- Responds to member questions and/or forwards to the appropriate Officer or Coordinator
- Schedules AWSC meetings
- Additional responsibilities include participation on the RI Alateen Safety Guidelines Committee and serves on the Area Budget Committee.



**We Need You:  
RIAFG Service  
Positions**



## RIAFG Open Area Positions: 2

### Secretary

The **Secretary** attends to all regular secretarial work and takes minutes of all Area meetings and Assemblies. These minutes should be sent to the Area World Service Committee members soon after the meeting (within two weeks as a goal) and be recorded in a permanent minute book to be passed along to a successor. Minutes are also kept in a log at the Area office. A minute template is also available.

### Alateen Coordinator

The **Alateen Coordinator** is the vital link of communication between the WSO and the Area on matters relating to Alateen. This coordinator is a resource for Alateen at all levels of service. He/she is responsible for the training and certification of Al-Anon Members involved in Alateen Service (AMIAS). The Alateen Coordinator works with the Alateen Process Person to submit all required forms to WSO, manages the recertification of Al-Anon members involved in Alateen Service (AMIAS), and verifies certification of members serving Alateen for Al-Anon conventions and other events with Alateen participation. He/she serves as Chair of the RI Alateen Safety Guidelines Committee. The Area Alateen Coordinator is required to be certified as an Al-Anon Member in Alateen Service (AMIAS).

### Email Coordinator

The **email coordinator** maintains the Area email account, checking it regularly for messages, and responding to messages as needed or forwarding them to other AWSC members for an appropriate response. Members' anonymity is protected at all times.



### Workshop Coordinator for 2023

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.





## 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/](https://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/](https://al-anon.org/for-members/members-resources/literature/downloadable-items/)

# RIAFG: Current ASWC Officers & Coordinators

## RIAFG AREA WORLD SERVICE COMMITTEE CONTACT INFO

**Delegate:** Cindy B. [delegate.riafg@gmail.com](mailto:delegate.riafg@gmail.com)

**Chair:** OPEN

**Treasurer:** Terry L. [treasurer.riafg@gmail.com](mailto:treasurer.riafg@gmail.com)

**Archives Coordinator** Anna P. [archives.riafg@gmail.com](mailto:archives.riafg@gmail.com)

**Alateen Process Person** Beth P. (email forthcoming)

**Forum Coordinator** Ann H. [forum.riafg@gmail.com](mailto:forum.riafg@gmail.com)

**Group Records Coordinator** [records.riafg@gmail.com](mailto:records.riafg@gmail.com)

**Lifelines Editor** Eden C. [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)

**Literature Coordinator** Wendy H. [literature.riafg@gmail.com](mailto:literature.riafg@gmail.com)

**Office Coordinator** Elaine H. [office.riafg@gmail.com](mailto:office.riafg@gmail.com)

**Public Outreach Coordinator** Jackie W. [outreach.riafg@gmail.com](mailto:outreach.riafg@gmail.com)

**Website Coordinator** Kim C. [webmaster.riafg@gmail.com](mailto:webmaster.riafg@gmail.com)

## OPEN AREA POSITIONS

AREA Board Chair (**NEW VACANCY**)

AREA Secretary

AREA Alternate Delegate

District 1 Rep

District 2 Rep

District 3 Rep

**(FILLED)** AA Liaison

**(FILLED)** Alateen Process Person

Alateen Coordinator

Email Coordinator

2023 Workshop Coordinator

**To learn more about open positions, attend our monthly meeting  
(information at [riafg.org](http://riafg.org) calendar) and/or contact any coordinator!**



# RIAFG Service Tree -- how it works



## RIAFG MEMBER SERVICE SUPPORT STRUCTURE

### GROUPS

# In RI  
9 # in District 1  
15 # in District 2  
9 # in District 3

Serves members within the groups

Group Representative serves  
as liaison between the group's  
district and Area

### DISTRICTS

(3 in RI)  
1 = 11 Cities in Northern, RI  
including Providence  
2 = 17 Cities in West Bay, Western  
and Southern, RI  
3 = 9 Cities in East Bay, RI

Districts serve groups  
within the area and attends  
area Assemblies

RI is Area #49  
Our office is at  
106 Rolfe Street  
Cranston, RI

Coordinates all services within  
RI, including finances,  
literature distribution center,  
telephone service, website  
maintenance, organizes assemblies

Area Delegate serves as a liaison  
between the area and the  
World Service Office

### WORLD SERVICE OFFICE

WSO  
Virginia Beach, VA

Serves areas, groups, and  
members in US, Canada,  
Puerto Rico, and Bermuda

**Your willingness to do so may attract people to our program.  
Please ask for permission at grocery stores, libraries, community centers,  
laundromat, mental health facilities, etc.  
Thank you!**

↓ ↓ ↓ CUT ALONG THE LINE BELOW ↓ ↓ ↓



Do you worry about how much someone drinks?

More than half of all adults have a family history of alcoholism.

## **AL-ANON & ALATEEN CAN HELP**

Rhode Island Al-Anon/Alateen  
106 Rolfe St. Cranston, RI 02910  
401.781.0044 | [www.riafg.org](http://www.riafg.org) |

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[www.riafg.org](http://www.riafg.org).

↑ CUT ALONG THE ABOVE LINE AND UP BETWEEN EACH BOX TO CREATE TEAR OFF TAGS ↑



# "Where can I find a meeting?"

The current list of meetings is available at [www.riafg.org](http://www.riafg.org).

The current In-Person/Hybrid and On-line/Phone meetings lists and coronavirus updates can be found on 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](http://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 Us



### CONTACT RIAFG

[www.riafg.org](http://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](mailto:lifelines.riafg@gmail.com)

### CONTACT WSO

[www.al-anon.org](http://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.*