

LIFELINES NOVEMBER 2020

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Photo by TH

Attitudes can be contagious and it doesn't matter if they are positive or negative. I began my Al-Anon recovery in Connecticut. Service was emphasized and expected from day one. Brand new to the program, I was assigned the job of coffee maker. I didn't even balk at this as I was so grateful to find that hour of peace each week at the meeting. This was a three month commitment. I felt more a part of the group, by being involved in service.

Our group also had a beginner's meeting one hour before our regular meeting. Group members signed up to lead this meeting for a month. Someone always picked it up. Several "old time" members attended this meeting. Eventually I did too. It was helpful for strengthening my base of Al-Anon fundamentals. I learned something new each time I attended that meeting even though the script we followed was always the same format.

Overwhelmed when I first started in Al-Anon, I clung to those basics to help me hang onto the hope that this program offered me.

I cannot do recovery alone. I thank all of you for being present, for showing up and contributing to the group. However, *I* have to act. If all the "I's" in Al-Anon waited for someone else to do service, Al-Anon would have been long dead before I found it. Where would I be without Al-Anon? That is a scary question. Most likely a worse emotional and spiritual mess than when I found these rooms. And I cannot rule out that I wouldn't be around anymore. I had lost hope, a sense of self, a sense of desire to keep putting one foot in front of the other. The Al-Anon Tools showed me how to keep going and keep growing. Al-Anon saved my life. I want this program to be there for anyone, anywhere who reaches out for this kind of help.

Recently at a meeting, a member shared and reread a paragraph from *How Al-Anon Works*, but they changed the "we" to "I". The impact of those same words with that simple change hit me strongly. Using general terms like "we" "us" "our" can distance me from their impact. I want to paraphrase from page 100 of *How Al-Anon Works*: "I discover that when I reach out to others, *my own* pain diminishes and *my* recovery soars... whenever I truly give of *myself*, almost magically I find there is more of *me* to give."

Service in Al-Anon has enriched my life in ways I never anticipated. Sure, it can be challenging to take on something new. My experience has taught me that there are always people happy, willing, and able to give a hand. I have received so much more than I have given. I have gained confidence in areas I had never dared to try. Please ask yourself, "How am I giving back?" There are many open Area positions. There are guidelines but each person will do a job in their own way. Please make the time to keep Al-Anon alive and available in Rhode Island. We need each other. Catch an attitude of gratitude. You won't be alone and you will be deeply enriched.

Gratefully in service,

Elaine H., Lifelines Editor

If you are able to, please consider making a donation to our RIAFG and to our WSO. Our new virtual meeting world has had a serious impact on their finances.

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

***DEADLINE FOR THE DECEMBER ISSUE IS NOVEMBER 28TH. Would you like to be on the distribution list for Lifelines? Send an email requesting this to lifelines.riafg@gmail.com. These are sent as "BCC" so your anonymity is protected.**

A SPECIAL FALL ASSEMBLY ISSUE OF LIFELINES is now viewable at riafg.com home page, click on Special Edition Lifelines - Fall Assembly to get more information about the fall assembly on November 14th.



RI Al-Anon Family Groups invites you!

- Area Delegate Report
- Area Service Position Elections
- Task Force Report
- 2020 Area Finances & 2021 Area Budget Approval
- WSO Trustee Presentation
- Trivia Raffles for free *Forum* subscriptions

RI Area Assembly

November 14, 2020

9:00 a.m. – 3:00 p.m.

Virtual Zoom meeting

More details to follow

****For Zoom information, please refer to the Assembly Packet that was emailed. You can also find this information on the Home Screen at riafg.org and click on Special Lifelines Issue for the Fall Assembly**

FALL ASSEMBLY: OPEN SERVICE POSITIONS:



Are you willing to grow your recovery by being a trusted servant to RI?

The following positions will be open for elections at the Fall Assembly.

Delegate (3-year term) The Delegate represents the Area at the annual World Service Conference (WSC) and serves as the primary communication link between the World Service Office (WSO) and the Area and Groups within the Area. He/she is a channel through which information and concerns flow from the Groups and Area to WSO, and from WSO back to the Area and Groups. The Delegate monitors and participates in AFG Connects, the WSO's communication and document sharing tool. At

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

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

Area Chair (3-year term) The Chair ensures that Area business is conducted at regular intervals, facilitates all Assemblies and Area World Service Committee meetings, and oversees the functions of the Area. The Area Chair should have leadership and organizational ability. He/she must be able to plan an agenda and conduct business meetings in an orderly manner. Communication and cooperation with others are key elements for this position. Additional responsibilities include participation on the RI Alateen Safety Guidelines Committee and serves on the Area Budget Committee. If an Area officer or coordinator resigns or for any reason is unable to serve, the Chair can appoint an interim replacement until an election can be held to fill the vacant position(s).

Area Treasurer (3-year term) The Treasurer is the primary budget officer for the Area and serves on the Area Budget Committee which is charged with preparing an annual budget to be submitted at the Fall Assembly for approval each year. He/she maintains the Area bank account, makes deposits of Area funds, and pays all bills for expenditures approved by the Area World Service Committee. The Area has a checking account with Washington Trust Bank. The Treasurer prepares and maintains the Area Income & Expense Report, the Group Donations Report, and the Area Appeal Report (currently on Excel spreadsheets). The records are kept on a thumb drive, which is passed along to the next Treasurer. Donations are sent to the Area office and are forwarded to the Treasurer by the office volunteers. The Treasurer makes quarterly financial reports to the Area and Assembly.

AA Liaison (3-year term) The AA Liaison (Al-Anon member) is a link between Al-Anon and AA in the spirit of cooperation between the two programs. He/she attends the monthly RI AA Convention Committee meetings as a voting member in all affairs except "finances" and attends the RI AA Convention. The AA Liaison obtains the Al-Anon main speaker, coordinates travel and accommodations (including communicating the speaker's needs to the Committee), and hosts the speaker for the weekend. He/she works with the Literature Coordinator to ensure that Conference Approved Literature (CAL) is available at the Convention, assists with the set-up of the Literature table, and communicates the Literature Coordinator's needs to the Committee, i.e. number of tables, chairs, etc. The AA Liaison provides the Al-Anon meeting schedule and topics (to coincide with the AA meetings at the convention) and coordinates Al-Anon members to chair the scheduled Al-Anon meetings. He/she provides the Al-Anon information for the participant packets (1200). At the Liaison's discretion and schedule, he/she provides assistance in the Convention mailing and stuffing of participant packets. He/she informs Al-Anon/Alateen groups in the Area about the convention and cooperates with AA in publicizing the convention within the fellowship including posting the flyer and registration forms on the Al-Anon website and in the *Lifelines* newsletter and emailing flyer/registration forms to the RI Area Al-Anon DRs for distribution to the GRs and to the Area World Service Committee members. If requested, the AA Liaison will assist in the Al-Anon Workshop including obtaining the AA Speaker and arranging for the AA Outreach Coordinator to set-up an information table at the Workshop.

OPEN SERVICE POSITIONS CONT.:

Alateen Coordinator (3-year term) 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 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 AMIAS.

Group Records Coordinator (2-year term) The Group Records Coordinator serves as the Area's designated contact with the WSO regarding all Rhode Island Al-Anon group records. He/she uses the WSO Online Group Records application to notify WSO of any and all meeting changes including registering new groups. As needed, the Group Records Coordinator generates reports for the Area Chair and other AWSC members to use when sending out the Area Appeal and other pertinent Area information. This position maintains and updates the RIAFG AWSC contact list, including providing copies to AWSC members. (Personal information is considered confidential and treated as such.) He/she assists the Area Assembly Committee with registration by providing up-to-date sign-in sheets for all attendees and nametags for the AWSC members. The Group Records Coordinator receives communication from WSO via email and the AFG Connects Group Records Coordinator e-Community. He/she must have computer and Internet availability and be familiar with Microsoft Office Programs, such as Word and Excel.

Literature Coordinator (3-year term) The Literature Coordinator carries the message of recovery and unity through Al-Anon Conference Approved Literature (CAL) to the Districts, Groups, and members in the Area. He/she manages the Literature Distribution Center at the Area Office, maintaining inventory, updating the order sheet, ordering new literature, and making donations from the proceeds to the Area treasury. This Coordinator reads and becomes familiar with each piece of Al-Anon literature, encourages its use in meetings and program events, works with volunteers to display CAL at Area events and the RI AA Convention, develops literature donation projects, and encourages members to write sharings for ongoing and new CAL projects.

Public Outreach (2-year term) The Public Outreach Coordinator informs the general public through the media, professionals, facilities and organizations who we are, what we do, and how to get in touch with us. Our goal is to attract to our program those whose lives are or have been affected by someone else's drinking, so that those who need our program can find the help and hope we offer. He/she serves as a communication link between the WSO and the Area, making presentations or holding workshops at events in the Area and the general community; distributing service projects and information from the WSO to Area Assemblies, Districts, and Groups; encouraging the Area, Districts, and GRs to carry project ideas and information to the groups; and continually educating the fellowship about the need to attract those who are still suffering to our program. The Public Outreach Coordinator also contacts Area TV and radio stations encouraging playtime for Al-Anon Public Service Announcements.

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

The **District Representative (DR)** is usually any incoming, outgoing, or active past Group Representative who is willing to represent the District at Area World Service Committee (AWSC) meetings and Area Assemblies. He/she should have knowledge of Al-Anon traditions and concepts as well as how they are applied. The District Representative meets and/or communicates with Group Representatives in his/her district to provide the GRs with information from the AWSC, encourages members' subscription to the *Forum*, listens to group concerns, and takes any questions or concerns to the AWSC meetings. He/she maintains an email group list to send out messages and announcements to GRs within the District. Also, the DR may choose to offer an orientation meeting for new GRs upon rotation. The DR is elected by the District's GRs.

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

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

OPEN SERVICE POSITIONS CONT.:

District Representative for District 3 (2-year term) East Bay includes Barrington, Bristol, Warren, Tiverton, Portsmouth, Little Compton, Middletown, Jamestown and Newport.

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. This is an important position that can be done from home and doesn't require a huge time commitment. Over the past year, an average of 5 emails per month have been received from sources outside of the AWSC. As this is a non-voting position, the position can be filled by a member who also is a member of Alcoholics Anonymous. Also, as a non-voting member, the Email Coordinator is not required to attend the AWSC meetings.

2020 EVENTS CALENDAR:

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

- November 14** Rhode Island Area Assembly. Information to follow in Special Fall Assembly Edition of Lifelines. Flyer on page , job descriptions on page.
- December 2** AWSC meeting 7 to 8:30 PM via zoom. Details will be emailed.

MEETING NOTICES:

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

****For the WSO meeting list, please refer to <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.

Meetings returning to In-Person and/or Hybrid format:

- | | |
|-----------|---|
| Sunday | 6:00 PM Serenity on Sunday, 42 Dearborne St., Newport. OUTSIDE meeting with Zoom option, temperatures taken. Bring a chair. Zoom id: 4011212121, Password 1212. |
| Monday | 7:00 PM Self Discovery Al-Anon, Emanuel Lutheran Church, 9 New London Ave., West Warwick, rear of building |
| Wednesday | 7:30 PM Step Up to the Summit, Summit Baptist Church, 1176 Victory Hwy, Coventry (Jnc 177 & 102) |
| | 8:00 AM Serenity at Sunrise, St. Rose & Clement Church, 111 Long St., Warwick |
| | 7:00 PM Let Go and Let God, St. Aidan's Church, 1460 Diamond Hill Rd., Cumberland. Park in back of the church, enter via rear door. Zoom option: To join Zoom meeting, paste this in your browser: https://zoom.us/j/88189707610 . To join manually, go to zoom.us in your browser, enter the meeting ID# 88189707610, password 483079. |
| Thursday | 7:00 PM Serenity By the Bay, Warren Town Hall, 514 Main St., Warren. Use Joyce St., parking and enter by side door. Contact tracing, masks worn, everyone disinfects own chairs. Note: meeting room is not available on the first Wednesday of the month, but is held virtually. This Group will also be meeting via Go To Meeting - To join the meeting virtually, download the Go To Meeting app or use the website https://www.gotomeeting.com , and the Conference ID 556-812-749. |
| | 10:00AM Let It Begin with Me at Emanuel Lutheran Church, 9 New London Ave., West Warwick. Enter rear of building. Masks must be worn at all times. Social distancing of 6 feet must be maintained at all times. |

Closed Meeting:

Portsmouth 12 Steps and Traditions meeting at 9:30AM on Thursday mornings has closed.

FORUM ARTICLE:**Wisdom that Lasts**

There were two things that I received pretty early on from the Al-Anon program. First, I was told that I didn't need to continue to tell my relatives and friends all of the hardship I was experiencing from living with a problem drinker - that I now had my group to talk with about those things. This was important because my family and friends didn't know any more than I did about what to do. I later came to understand that they, too were upset and frustrated in not knowing how to help. Once I shifted my sharing to my group, my relationships began to improve. I also began to notice that I had created for myself places that I could go for a while that were pleasant and where I had a break from thinking about the alcoholic and whatever effects of alcoholism I was experiencing. The second thing I received soon after coming to Al-Anon was an understanding of genuine friendship. I cherish the safe feeling I have with those with whom I share my experience, strength, and hope, knowing there is no gossip or criticism among us. I am so thankful that I raised my daughter with the tools of the Al-Anon program. Because of that she was able to grow up loving her father and knowing the he loved her.

By Renee S., Pennsylvania

(Reprinted with the permission of *The Forum* (October 2020 issue, page 27), Al-Anon Family Groups, Virginia Beach, VA)

AREA CHAIR'S CORNER:**Opportunities to Serve on At-Large Committees of the Al-Anon's Board of Trustees**

Have you ever thought about doing Al-Anon service above the group and/or Area level, but were concerned about the time or travel commitment? The WSO is currently looking for volunteers to serve on the following four At-Large Committees:

- **Forum Editorial Advisory Committee** (5 At-Large members) - This Committee recommends editorial policies for our monthly magazine; considers articles for publication and seeks to place *The Forum* in the hands of every AlAnon and Alateen member.
- **Public Outreach Committee** (5 At-Large members) - This Committee assists in the development of educational tools for our members to use with a variety of outside audiences and in the oversight of national and international public outreach projects that enhance AlAnon's public image.
- **Literature Committee** (5 At-Large members) - This Committee seeks to aid recovery by creating new and revised Conference Approved Literature (CAL) and seeks ways of encouraging members to enhance their recovery through increased awareness and the use of our literature and service materials.
- **Audit Committee** (2 At-Large members) - This Committee works with the auditor to ensure that the financial affairs and business controls of AFG Inc. are in order. At-large members of the Audit Committee are required to have financial expertise including an understanding of generally accepted auditing principles and accounting standards, as well as an understanding of internal controls and procedures for financial reporting.

For more information about applying to serve on one of these committees and the online résumé form, go to <https://al-anon.org/members/board-of-trustees/wso-volunteers/at-large-committees/>.

The deadline for submitting résumés is January 1, 2021. Applicants will be reviewed, approved, and notified by April.

Phillis H.

Area Chair

MEMBERS SHARE:

"Turn It Over" - what a way to keep your sanity! For those of us Al-Anon members that struggle with obsessive thinking and control, this is good medicine for the mind.

I first started practicing this when I waitressed. I often held a tray to transport food and beverage to and from tables as well as to and from the bar and kitchen.

As you can imagine, restaurant work can be very stressful. Keeping the timing, getting the orders right, and always having to "appear" that everything is just fine even when things are not. Sound familiar?

One day when I was totally stressed out, I looked at my tray and thought of the recovery slogan "Turn It Over" as I placed the tray on the stack of other trays. To my amazement, my stress and feelings of unmanageability disappeared!!! I knew that everything would be OK. I had my recovery and I trusted what I was being taught. You see, a tray "holds" things and "carries" things. By turning the tray over, I could remind myself that I did not need to hold on to problems. I did not need to carry problems either. I could turn them over. I could relinquish control and make room for God to help. So I tried doing this in other areas of my life. A lot more challenging but the concept is the same. I had to surrender, turn a problem over, and make a space to hear God's guidance.

I have not always gotten what I wanted or expected. However, I have grown in recovery and I have a relationship with God that helps me remain calm and grateful through challenging times. God has never abandoned me. He has helped me find acceptable solutions and He has given me many gifts along this recovery journey. Thank you Al-Anon for what you have taught me.

With gratitude, Ann H.

MEMBERS SHARE ABOUT SERVICE:

I was scared to take on this responsibility [Area Delegate]. I had very poor social skills and struggled to be part of. My first Conference, I remember looking at the seating chart and thinking (Yeah, I'm in the back row) to find out that I was looking at it upside down – Yes I was at the front table, next to the WSO staff. I thought, no way am I going to the mic. My visit to Stepping Stones was so powerful, I went to the mic to share my experience there. A sense of belonging without judgment began. I will always be Panel 58 – We Participate!

My relationships have strengthened both with Area Members and other Delegates and especially my Panel (58). I didn't have to agree with the majority, I had a voice and wasn't punished when I didn't agree. Just having my voice heard without punishment gave me an inner confidence. My panel has kept in touch, getting ready for our "big finale". I have a sense of community and all I have to do is ask for help and they are there and I can be there for them when they need me.

Especially with everything that has happened with COVID, not being able to meet face-to-face with my Delegate family was difficult, but we (Panel 58) have been there for each other. I can't express what a gift being your delegate has meant to me or how grateful I am. It doesn't have to always go my way or your way – we can agree to disagree. I have friends from all over the world. Before I didn't even have friends next door.

If you want to grow in ways you can't even imagine, I strongly suggest you try service, it will change you in ways you never even imagined and help you become the person you were meant to be.

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

The thing is, it's totally worth it.

And for the right person, this position [Alateen Coordinator] will become just what your Higher Power has in mind – the perfect opportunity to take a risk, to use the Traditions and tools, to practice the principles in various affairs, to ask for help...and do it all imperfectly.

The beauty of it is nothing says we have to do it alone. And if I've learned nothing else, it's that there are members in Rhode Island who are excited to help Alateen grow and thrive.

I'm not going anywhere in terms of supporting these awesome young folks. But I am excited to pass on the opportunity to someone else who's ready to say, "Yes!" to service... and to a whole new world of beautiful recovery.

(SO much) Love in service, Ashley B.

MEMBERS SHARE ABOUT SERVICE (CONT.):

Having held this position[Treasurer] has helped me grow in my recovery quite a bit. It has enlarged my circle of fellow Al-Anon members in the RI Area from which I can receive experience, strength and hope. I have also grown by being put outside of my comfort zone on the occasions when I needed to present my Treasurer reports at the Area Assemblies as I am not comfortable with public speaking. I also have acquired a sense of self worth by having the opportunity to share ideas with other AWSC members based on my own experience, strength and hope. Stepping up to service has been wonderful for my recovery!

by Tami, outgoing Treasurer

I did Public Outreach many years ago. It was an amazing experience. It allowed my recovery to grow and for me to put some of my creative energies to work. It turned out to be fun and really inspiring as well as exposing me to other parts of Rhode Island and pockets of different ethnicities. Many well meaning Al-Anon folks told me how or what I should do as the coordinator.

However, before I took on the position, it was explained to me that I could do it my way, of course keeping within our guidelines.

My goal was to get our area office's & Alateen's contact info out to the general public which I did via lots of literature that had slickers containing the relevant info. For this part, I solicited the help of many of our members. I also, did it through libraries and community functions which brought Al-Anon face to face with people who struggle under the effects of a loved one's alcoholism.

Now, if you're a more private person, you could make a big impact by contacting TV & radio stations where you can arrange to send them public service announcements. This can all be done within the comforts of one's home.

I hope you give it a try!

by Heather W.

Being the Area Chair has challenged me to step outside of my comfort zone, expanding on the growth I experienced as Area Delegate. I had to face my anxiety and fears about "not doing it right" when drafting agendas for the Area meetings and Assemblies. Then, I had to face my anxiety about "not doing it perfectly" when I chaired those events. What I learned was that no one expected perfection from me and that they appreciated my efforts to do the best job I could. As a result, I am much more confident about myself as I carry out my duties as Area Chair.

Ensuring that the Area continued to conduct its business this year during COVID has been an enormous challenge for me as Area Chair. I am so grateful for the members of the AWSC and the assistance and support that we have provided to each other as we developed new ways to help our groups keep their meetings going virtually, carried the message of help and hope to the newcomer, continued carrying on the business of Al-Anon in new and different ways, and planned a virtual Assembly. It hasn't been easy and we haven't done it perfectly, but we are doing it together.

Phyllis H.
Area Chair, RIAFG

My service as AA Liaison allowed me to practice the Twelve Steps and Traditions among caring, supportive individuals. I also gave back to the Al-Anon fellowship, which continues to provide me with the miracle of a healthier, saner lifestyle. I feel grateful for the previous AA Liaison's help, listening ear, and organized information packet. The information packet described the duties involved in my new service position. She also made herself available for questions and offered her experience, strength, and hope. I learned to ask for help when needed, coordinate Al-Anon meeting leaders, and find Al-Anon speakers. The Area Delegate and past Delegates provided possible speaker names and recordings to help me chose a speaker.

Attending monthly AA Convention Committee meetings introduced me to a wonderful group of recovering people who welcomed Al-Anon's and my presence. I gained a renewed respect for fellow recovery travelers in AA. I forgave myself for past judgments and let go of resentments I held toward the alcoholics in my life. The experience also introduced me to HP-filled, program strong Al-Anon speakers who inspired me with their personal recovery stories and the Conventions' attendees. I can reach out to these people even now and talk program and share recovery. It was also a pleasure to coordinate an AA speaker for our fall 2019 Al-Anon Workshop. I enjoyed contributing to the Al-Anon's Lifelines Newsletter with copies of the Al-Anon flyers (for the AA Convention) and information on the AA speaker for Al-Anon's Workshop.

Please feel encouraged to step up to be the AA Liaison. I will make myself available for guidance when needed. It has been a gift to serve in this capacity.

by Jackie W.

AREA TREASURER'S REPORT:

Thank You to all who have been able to make donations to our RIAFG office. Your support is greatly appreciated, and has been keeping our Area financially sound during these difficult times. Your donations matter.. Thank you so much for your continued support and I wish you good health and serenity!

Tami K.
RI Area Treasurer

****When you send in donations on behalf of your group, please include the group number or the group name.****

\$ HOW YOU CAN HELP RIAFG AND WSO \$



Don't Leave Them Out in the Cold



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

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

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

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



Photo by TH

NEWS FROM THE WSO:

Our Three Legacies

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

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

WSO Job Openings

Are you an effective communicator? Do you enjoy helping others? Do you have a passion for Al-Anon's legacies and its service structure? Do you want to make a difference by sharing your knowledge with other Al-Anon members? If so, you may be a fit for the attached position! The Group Services Specialist role requires five or more years of membership and service in Al-Anon. Interested candidates can email their resume and cover letter to HumanRes@al-anon.org.

Is the *Forum* a valuable part of your recovery program? Are you passionate about its content, message and audience? Do you enjoy reading diverse sharings? Do you have experience editing content to capture the "voice" of the author? If so, you may be a fit for the attached position! Al-Anon's Magazine Editor role requires five or more years of active membership in Al-Anon. To apply for this position, please forward your resume and cover letter to HumanRes@al-anon.org.

Shine a Light

As our world begins to open back up after sheltering in place for several months, the need for recovery is going to be very high. Families may have been struggling with financial issues, job losses, or the effects of being cooped up for weeks on end with someone with a drinking problem.

The time for public outreach has never been more critical than right now. Let's let Al-Anon be a beacon of hope. Why not challenge your group to deliver 100 *Al-Anon Faces Alcoholism (AFA)* magazines by the end of the year to local counselors' and doctors' offices, emergency rooms, and libraries!

Welcome Back to Our Meeting Rooms!

As face to face meetings are resuming gradually, newcomers and members alike are once again seeking comfort and hope in the rooms of Al-Anon and Alateen. So, what can your group do to ensure that people can find your meeting? Here's some food for thought:

Verify that your meeting information is current on the local meeting list, local and area websites, and at the World Service Office.

Make sure that members serving as the group's Phone Contacts, who are listed to respond to public inquiries, are prepared to take newcomers' calls.

Include specific location instructions in the group record, such as where to park, a room number, a suite or a floor, the description of the building, etc.

Place signage outside and inside the building to direct newcomers and others to the meeting room.

Remember that you can update your Al-Anon group information online at al-anon.org anytime throughout the year. For help submitting Alateen changes, contact your Area Alateen Process Person (AAPP).

Living Today in Alateen Is Almost 20 Years Old!

Please join us as we prepare to celebrate next year's 20th anniversary of Alateen's daily reader, *Living Today in Alateen* (B-26). Can you identify with this excerpt from page 18?

"To me Alateen isn't just a group where I can go and talk about the problems living with alcoholics. It's more like the family I've always wanted. I've never felt so much love before."

We invite you to send us your sharing on your favorite passage! Send sharing to:

AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "Living Today"
 or via email to wso@al-anon.org with "Living Today" in the subject line
 or Select *Alateen Talk* or *The Forum* from the publication list and submit online to al-anon.org/sharing

Al-Anon Around the World

Many members found themselves with an unexpected opportunity this year to attend electronic meetings with members all over the world. You may have wondered how Al-Anon operates in other countries. How does cooperation take place among the World Service Office and other structures? What are the important issues? You can learn about all this by browsing through summaries of the biennial International Al-Anon General Services Meeting (IAGSM), back to the very first meeting in 1980, at:

al-anon.org/IAGSMsummary

How Has Al-Anon Literature Helped You?

Please share how *Intimacy in Alcoholic Relationships* (B-33), *Reaching for Personal Freedom* (P-92), or *Many Voices, One Journey* (B-31) have helped you. Send your sharings by **November 15** to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "CAL Corner"; at wso@al-anon.org with "CAL Corner" in the subject line; or at al-anon.org/forumshare.

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.

WEB Sites, Addresses and phone numbers:

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

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

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



Photo by T.H.