

LIFELINES NOVEMBER 2021



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Editor's Corner:

I have a tendency to make things harder than they need to be. I have a whole host of Al-Anon tools to help me navigate my life. I pray each day to remember them.

As a child growing up in the early 1950's, I went to a dentist for the several cavities I had developed in a world before Flouride treatments. He did not use novocaine when he drilled my teeth. He did use it for extractions, but always managed to inject a spot that hurt like crazy. I did not know then that having dental work done could be painless. My only experience was this dentist. When I went away to college, I discovered that dental work need not be excruciating. I did not have to suffer through it. The dentist had the tools and medications to make the experience easier for me.

When I had my first place, vacuum cleaners did not have the beater brushes nor the strong suction that they have today. Vacuuming was a very physical chore, pushing down and back and forth to tease up the dirt below the surface. Enter the wonderful world of beater brushes and super suction! But I can still find myself pushing that vacuum down into the rug. I don't have to do this. The tool is designed to do that heavy work for me. Yet I can fall back into old habits.

I used to believe that something worth doing deserved merit only if there was a lot of exertion and stress involved. The old nose to the grindstone philosophy. This is an exhausting way to live. It feeds into my perfectionism and my fear of failure. I become very unpleasant to be when I am in this mode.

I don't work a perfect program. When I forget the tools I have learned from Al-Anon, my life becomes unmanageable. Life throws painful events at all of us. That's just the way it can be sometimes. I have to stop myself from slipping into my old, familiar rut. I learn in Al-Anon that pain is a part of life, suffering is optional - a *choice* I make to do things the hard way. Pain and suffering went hand in hand. Now they do not have to.

I am a visual person. When an issue, event or person is running around in my head, taking over my life, I can do something about it. I sit down with the rumination. I picture my Higher Power giving me a safe place to have this discussion. I explain that I will not continue the suffering involved in "entertaining" it. It is no longer welcome. It has to leave and go find a new place to hang out; just not my head. Call it an eviction in a mental and spiritual way.

Facing my demons is never easy. They are cunning and baffling in their strength and in their attractive familiarity. I have been taught by you that I can turn them over in many ways: put them in a God box; pause and pray; stop running away in fear; trust my HP to provide me with the strength I need ; call my Sponsor or another trusted friend; read our literature; or journal it out of my system. This takes effort. It takes willingness and mindfulness. But it is many times easier than the effort required to climb out of that old rut and get back on my path of recovery.

Gratefully in service,
Elaine H., Lifelines Editor

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.

Do you have an upcoming Al-Anon event to announce, an inspirational photo, personal share, etc.? Please email these to lifelines.riafg@gmail.com

RI AREA FALL ASSEMBLY:



RHODE ISLAND AL-ANON FAMILY GROUPS

106 Rolfe Street, Cranston, RI 02910 • (401) 781-0044 • www.riafg.org • alanon.riafg@gmail.com

October 26, 2021

Dear Fellow RI Al-Anon Member,

Your Area Committee is excited to invite you to our Zoom Fall Assembly on November 6th! We are pleased to share the attached Assembly Agenda materials with you and request that you communicate this information to your groups for discussion prior to the Assembly. Please be sure to print out the packet and have it available at the virtual Assembly.

This year the RI Area World Service Committee is facing a crisis. We currently have several empty service positions that are critical to our Area's functioning such as: Chair, Delegate, Literature Coordinator, AA Liaison. We also have critical outgoing Committee members whose terms are up: Secretary, Lifelines Editor, Office Coordinator.

Without RI Al-Anon members filling these positions, RI Al-Anon World Service will not be able to serve RI Al-Anon groups:

- Without a Literature Coordinator, we will close our in-state Distribution Center
- Without an Office Coordinator, we may lose our central office where we conduct Area business, house our Archives, and answer phones for newcomers
- Without an AA Liaison, we forfeit Al-Anon representation at the RI annual AA/Al-Anon Convention
- Without a Secretary, we lose official documentation of Area business required for financial requirements and communication to our membership
- Without a Lifelines Editor, we lose our primary communication source creating unity across RI Al-Anon groups
- We are now at the point where the Al-Anon World Service Office has advised us that **without a RI Delegate, we should consider merging into another state Area!**

As Group Representatives, you are the conduit between your groups, the Area, and WSO. Please spread the word to invite members to this important assembly and to volunteer for RI Area service positions. If the GR or Alternate GR cannot attend the Assembly, the group is encouraged to appoint a proxy* to represent the group and vote on behalf of the group. The agenda is as follows:

- Speaker
- Approval of the 2022 RIAFG Budget
- Open Area positions

Encourage group members to get involved in service by standing for one of the open positions listed in the packet. Anyone standing for a position should, if possible, attend the Assembly. If anyone who wants to stand for a position is unable to attend, he/she should contact the RI Area at secretary.riafg@gmail.com prior to the Assembly to let me know of their interest.

We are grateful for your Al-Anon service and look forward to seeing you November 6th. Love in Service from Your Rhode Island Al-Anon World Service Committee:

<i>Terry L.</i>	<i>Cindy B.</i>	<i>Jane A.</i>	<i>Elaine H.</i>	<i>Kim C.</i>	<i>Ann H.</i>	<i>Jackie W.</i>	<i>Ashley B.</i>	<i>Kit T.</i>	<i>Liz P.</i>	<i>Susan L.</i>
Terry L.	Cindy B.	Jane A.	Elaine H.	Kim C.	Ann H.	Jackie W.	Ashley B.	Kit T.	Liz P.	Susan L.
Treasurer	Secretary	Office Coordinator	Lifelines Editor	Webmaster	Forum Coordinator & Email Coordinator	Public Outreach Coordinator	Alateen Coordinator	Group Records Coordinator	District 3 Representative	Alateen Process Coordinator

*Note that any member who also is a member of AA cannot be a GR, Alternate GR, or vote at the Assembly as the group proxy.



RI Virtual Fall Assembly: Keeping our RI Area Fellowship Whole

**November 6, 2021 via Zoom 9:00a – 1:30p
Registration opens 8:45a**

Area Business:

Al-Anon Speaker
Vote New Service Positions
Vote on 2022 Area Budget

Meet with your District
Guidance to Merge with Another State Area

**Meeting ID: 857 4479 5581
Passcode: S3rvice!**

Weblink: <https://us02web.zoom.us/j/85744795581?pwd=MnUwMWtiV05abmhMMFFjQVgwVDhtQT09>

****For the complete assembly packet, go riafg.org, click on upcoming events,
go to November 6, click on 9am, click on assembly packet**



**SERVICE HELPS
EXPERIENCES**

INTRODUCE NEW

Expand your world from self care to service

Focus on giving back

Put gratitude into action

Grow beyond your comfort zone

Learn something new

Just as in recovery, you are not alone

Help in a healthy manner

Work Step 12 - carry the message

Share your experience, strength and hope

Experience the Traditions and Concepts of Service

Don't wait for someone else to do it - Be the someone who steps up.

Ask yourself, "What would I have done if no one answered the phone or no one was at my first meeting?"

Of 21 Area Service Positions, 10 are OPEN.*

The terms for an additional 5 Positions will expire the end of 2021.**

Without you, there will be 15 open positions. That's over 70%!

Rhode Island Al-Anon needs you!

Attend the Fall Assembly on November 6th and stand for a position.

To volunteer now and/or get more information about these service positions,

email: lifelines.riafg@gmail.com.

* Open positions: Area Delegate, Alternate Delegate, Area Chair, Alateen Coordinator, AA Liaison, Archives Coordinator, Literature Coordinator, District 1 Rep, District 2 Rep, and Fall Workshop Coordinator(s).

** The following terms expire this year: Area Secretary, Alateen Process Person, Email Coordinator, Lifelines Editor, and Office Coordinator

UPCOMING EVENTS:

November 6	RIAFG Fall Assembly , email secretary.riafg@gmail.com for complete packet.-
November 13	Montana virtual AA convention with Al-Anon participation, see page 9
November 15	Area World Service Committee meeting, 7:00 to 8:30 p.m. Via Zoom. All are welcome to attend. Zoom ID: 847 0007 1839. Password: 328093
February 12-13, 2022	AA Convention at the Newport Marriott
March 25-27, 2022	Massachusetts Al-Anon/Alateen Convention, see page 10

MEETING NOTICES

*****The current In-Person/Hybrid and On-line/Phone meetings lists and coronavirus updates can be found on riafg.org under the "AL-ANON MEETINGS" tab. Click on "MEETING LISTS."*****

IN-PERSON MEETING UPDATES:**(UPDATED 09/28/2021)****SUNDAY**

10:00 a.m., Al-Anon Forever Hope (2-039006), will return to In-person meetings in West Greenwich - Town Hall, 280 Victory Hwy. (Rte. 102) . The group will also be meeting via Zoom. To join the Zoom Meeting: <https://us02web.zoom.us/j/84013128987?pwd=amp2ZTR5UXAzSW5KOGtEQkl4VEx0Zz09>
Zoom ID: 840 1312 8987 Passcode: 764812 By Phone: 1-929-205-6099 Meeting ID: 840 1312 8987 Passcode: 764812

****Updated Location** 6:00 p.m., - Serenity On Sunday, Newport – IN PERSON ONLY.** YANA Clubhouse, 770 Aquidneck Ave, Middletown
7:00 p.m. Sunday Evening Al-Anon (1-026403), Providence - **First Unitarian Church**, 1 Benevolent St. (Benevolent & Benefit).
****In-Person Only** 7:00 pm** In Person Only. AA, Al-Anon, & Alateen, First Unitarian Church, Prov, 1 Benevolent St. (Benevolent & Benefit)

MONDAY

9:30 AM Monday Morning Al-Anon is returning to in person meeting in Portsmouth. St. Mary's Episcopal Church, 324 East Main St. (rte 138). They will also meet via zoom: ID: 4011212121 and password: 1212.
5:30 to 7:00 p.m., Woonsocket KIS Meeting is back at their room in the Northern RI Health Center, 55 Cummings Way, Woonsocket, RI. Entrance as before is at the door on the sidewalk of Social Street.
6:00 p.m., Live & Let Live Group (3-502810) will return to In-person meetings in Jamestown - The Conanicut Grange Senior Center, 6 West St.
7:00 p.m., Self Discovery Al-Anon, West Warwick, - Emanuel Lutheran Church, 9 New London Avenue (rear building).
7:30 p.m., Step Up To The Summit, Coventry, Summit Baptist Church, 1176 Victory Hwy. (Jct. Rtes 117 & 102)
7:30 p.m., There Is Hope AFG, Tiverton - Amicable Congregational Church, 3804 Main Rd. (Rte. 77). Please refer to the Online and Phone Meetings page for information to join remotely.
7:30 PM Wakefield Just For Today will return to in person meetings with a Zoom option. They meet at Wakefield Baptist Church , 236 Main St., Wakefield, in the Fellowship Hall. Per the Church, masks are required for unvaccinated people. For Zoom, paste this in your browser: <https://soom.us/j/6127824537>

TUESDAY

****Updated Zoom Info** 7:00 p.m. - 8:30 p.m. Charlestown New Life** - Cross Mills 1st Baptist Church, 4403 Old Post Rd. (Rte. 1A) Charlestown, RI 02813- If you are fully vaccinated, you do not need to wear a mask. The group will also be meeting via Zoom. All are welcome to participate. To join the Zoom Meeting, ID: 741 035 1630, Password: RQ9MhT
7:30 p.m., New Beginning Al-Anon Family Group, East Greenwich, St Luke's Episcopal Church - 99 Pierce Street The group holds a separate Newcomers group meeting as needed.
****Location Change** 6:30 p.m., How Al-anon Works, Middletown**, YANA Clubhouse, 770 Aquidneck Ave, Middletown 02842.

WEDNESDAY

*****Needs Support*** 9:00 a.m., Serenity at Sunrise, Warwick** - Sts Rose and Clement Church 111 Long St. Per church: ***It is highly recommended to wear a mask if you have not received the COVID vaccine. Continuing to maintain social distancing is also a recommended practice.
7:00 p.m., Let Go and Let God, Cumberland - St. Aidan's Church, 1460 Diamond Hill Rd. Park in back of church, enter via the Rear door. This Group will also be meeting via Zoom - To join the Zoom Meeting, paste this in your browser: <https://zoom.us/j/88189707610>. To join the meeting manually, go to zoom.us, enter Meeting ID# 88189707610 and the password is 483079
7:00 p.m., Serenity by the Bay, Warren - Warren Town Hall, 514 Main Street, Joyce street entrance. *****NOTE***** The meetings are in person, 7-8 pm, with the **EXCEPTION** of the first Wednesday of the month. On those dates we phone conference: call 712-770-4990, access code 666 383#.
7:30 p.m., Gift of Hope Al-Anon, Providence - St. Martin's Church, 50 Orchard Ave., 3rd floor – (Enter church via door on Orchard Place, facing the synagogue parking lot). **The group has discontinued Zoom.

THURSDAY

10:00 a.m., Let it Begin with Me, West Warwick - Emanuel Lutheran Church, 9 New London Ave., Enter from the rear of building and this location is handicap accessible.

MEETING NOTICES(CONT.)

FRIDAY

12:00 p.m., **Essential Steps & Traditions Study Group** - Kingston - Kingston Congregational Church, 2610 Kingstown Rd. (Rte.138) (Fireplace Room - enter thru kitchen from back parking lot). This meeting will be hosting a Zoom meeting for a trial period. To join the meeting manually, go to zoom.us in your browser, enter the Meeting Number: 88947181514 and the password 449263. To access by phone: Call (646) 876-9923; MeetingID: 889 4718 1514;Password: 449263

6 p.m., **Anchor of Hope, Narragansett** - Christian Anchor Fellowship Assembly - 32 Avic St. Narragansett.

7:00 p.m., **Westerly Friday Night AFG, Westerly** - Westerly Senior Center, 39 State Street.

7:00 p.m., **You Are Not Alone, Woonsocket** - Landmark Hospital, 115 Cass Avenue, meetings will return in-person. **IMPORTANT!!** Please do **NOT** enter the hospital thru the main entrance. Go to the emergency room entrance. Pass the emergency room and there is a parking lot and the hospital building will be on the right. At ground level, there will be a door clearly labeled “Christiansen Conference Center” Please enter thru this door. Masks are not required but feel free to wear one if you wish.

SATURDAY

****Starting Saturday, October 2, 2021** Loving Hearts Al-Anon Group will meet in person at 11 AM.** St. James Lutheran Church, 49 Middle Highway, Barrington, RI 02806 (Use the back entrance, which is handicap accessible. 1st room on right) The meeting format is Open Discussion.

RIAFG AND THE WSO NEED YOUR SUPPORT



The leaves are falling, but expenses are not...

photo by Barbara E.

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.

Send donations to RIAFG: ****When you send in donations from your group, include the group number or the group name.****

**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**

PUBLIC OUTREACH:

Please consider printing and pinning up the Al-Anon tear off poster below.
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!



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 |

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

ALATEEN CORNER:

Dear Al-Anon and Alateen members,

The World Service Office is currently accepting sharings from Alateen members for a new Just for Tonight Alateen Bookmark, which was given conceptual approval by the 2021 World Service Conference. Please encourage all Alateen members to submit sharings for this project by **December 31, 2021**.

Alateen members can find the writing guide and/or submit sharings online at al-anon.org/sharing.

They can also email sharings to wso@al-anon.org (with "Alateen Just for Tonight" in the subject line), or mail to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attn: "Alateen Just for Tonight."

Thank you for your help in sharing this information!

Yours in Service,
Tom C., Associate Director-Literature

ALATEEN MEETING ANNOUNCEMENT:



**7:00pm Sundays
In Person Only**

AA, Al-Anon, & Alateen

First Unitarian Church, Providence

1 Benevolent St. (Benevolent & Benefit)

Alcoholism and Addiction is a Family Disease that Affects Teenagers

**RHODE ISLAND ALATEEN IS FOR TEENAGERS WHOSE MOTHER, FATHER, SIBLINGS, OR
FRIENDS STRUGGLE WITH ALCOHOLISM OR ADDICTION**

RI Al-Anon (401) 781-0044 AlateenRI@gmail.com <http://www.riafg.org>

NEW RIAFG WEBSITE FEATURES:

Below is a list of the changes made to our riafg.org website:

- Added to home page: “Announcing: RIAFG Appeal for Service 2021.” Click on this and you will be brought to the flyer for the Service Appeal. You can share this page and/or you can print the flyer page.
- There is a new tab “SERVICE POSITIONS.” When you click on this, you will get a drop down list with links to each of the 3 categories of Area Positions: Area Officers, Area Coordinators, and District Representatives. The eligibility requirements are also included.
- On the Home Page, a new tab “SEVENTH TRADITION” gives you information on donations to WSO and RIAFG.
- The current In-Person/Hybrid and On-line/Phone meetings lists and coronavirus updates can be found under the “AL-ANON MEETINGS” tab. Click on “MEETING LISTS.”

EVENTS OUTSIDE OUR AREA;

67TH ANNUAL MONTANA AA CONVENTION WITH AL-ANON PARTICIPATION

Attitude of Gratitude

Virtual

NOVEMBER 13, 2021

Workshops:

11am-12pm: Delegate's Report

1:30-2:30pm: Gratitude in Action

3-4pm: Old-timer's Meeting

Speakers:

Al-Anon 6pm: Shannon S.

AA 7pm: Kevin S.

Zoom AA info: ID: 864 8355 4571 Passcode: 051235

Zoom Al-Anon: info ID: 880 3780 1733 Passcode: Gratitude

EVENTS OUTSIDE OUR AREA (CONT.):

2022 Massachusetts Al-Anon/Alateen Convention with AA Participation, March 25-27, 2022



[Register Online or Call 508-202-1092](#)

Friday, March 25

Registration 4-8 pm

4 pm Hotel Check-in
5 pm Workshops Begin

Saturday, March 26

Registration 7 am-12 pm

7-9 am Breakfast	6:00 pm Banquet/Alateen Pizza Party
7:00 am Workshops Begin	7:30 pm Keynote Speaker
11:00 am Lunch	9:30 pm Dance Party

Sunday, March 27

7-9 am Breakfast
7:00 am Workshops Begin
11:00 am Check out

Best Western Royal Plaza Hotel

181 Boston Post Road West, Marlborough, MA

Registration includes a limited number of remote access workshops.

- Registration \$35 / \$25 on or before March 18, 2022 / \$10 Alateen* Registration call 508.202.1092
- Meal orders must be made by March 18, 2022. All-inclusive package of registration + all meals available for \$125 or the à la carte options are \$41 banquet dinner, \$22 box lunch, and \$22 for each breakfast. All meals purchased support the convention by lowering expenses.
- Hotel reservations made before February 22, 2022 receive the special rate of \$99/night and support the convention by lowering expenses. Reserve hotel room online or call 508-460-0700 and mention Al-Anon for the \$99/night special convention rate.
- Volunteers needed: registration, greeter, hospitality, literature, raffle, AMIAS, speaker, workshop chair, and more.
- Live transcription and ASL services are available for the hearing-impaired.
- Registration includes a limited number of remote access workshops.

[Register Online](#)

or

[Call 508-202-1092](#)

For anonymous registration concerns, payment by check, Alateen registration, or any other questions please call 508-202-1092 and leave a message with your first name and phone number.

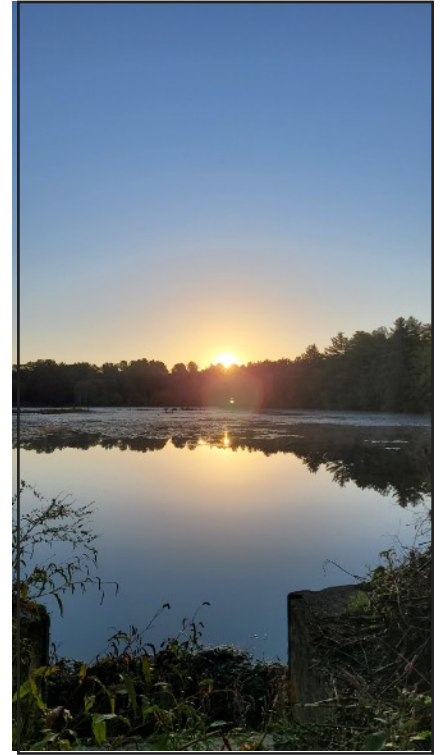
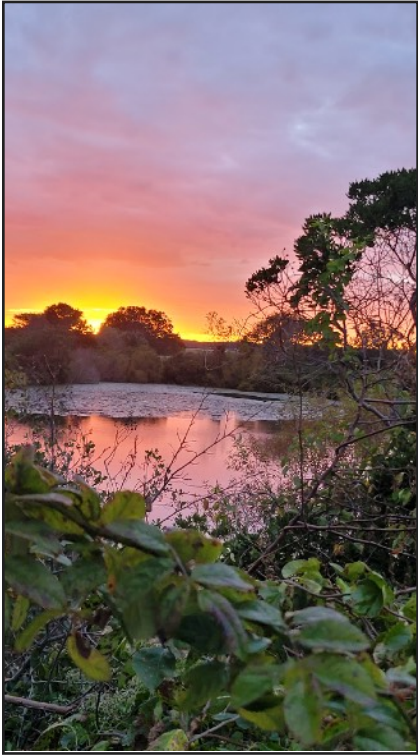
Those struggling with financial hardship may call 508-202-1092 to request complimentary registration.

CDC, federal, state, local and hotel safety guidelines will be followed.

Every Alateen member must be accompanied by a parent/legal guardian staying at the convention or an AMIAS with a signed notarized "Alateen Medical Authorization Form" and a signed "Alateen Transportation and Overnight Stay Permission Form." If needed, please acquire required forms from the accompanying AMIAS prior to arrival.

Please add * RegisterAFGconventionMA@gmail.com * as a SAFE SENDER in your email account.

MEMBERS SHARE:



Above photos by Tom W H

MEMBERS SHARE (CONT.):



Above photos by Barbara E.

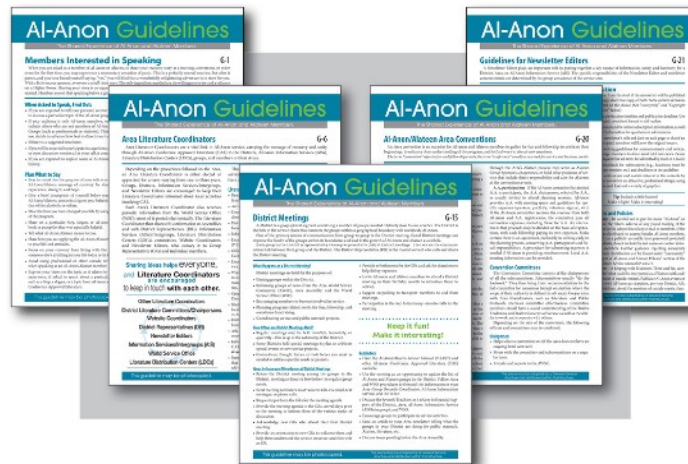
NEWS FROM THE WSO:

Where Will You Be June 29–July 2, 2023?

Al-Anon’s next International Convention will be held June 29–July 2, 2023, in Albuquerque, New Mexico, United States! International Conventions are fabulous combinations of fun, fellowship, and recovery, as well as opportunities to meet new friends, explore new attractions, and vacation in new locales.

Our friends in Alcoholics Anonymous (A.A) will join us by holding daytime A.A. meetings on Friday and Saturday. Al-Anon’s daytime offerings will include Book Studies, Next Picks, Panel and Speaker meetings, Table Topics, and Workshops. The daytime options will be in addition to our Big Meetings on Friday, Saturday, and Sunday, where we’ll hear family stories, talks from members in other countries, and spiritual sharings.

Mark your calendar and stay tuned for more details as the summer of 2023 approaches. We look forward to seeing you in Albuquerque June 29 through July 2, 2023!



Service Guidelines Are Getting an Update!

We are excited to announce that we are in the process of updating the Al-Anon/Alateen Guidelines! In addition to getting a fresh, new look, the guidelines will also reflect updated information. A milestone for us is that this is the first time updated guidelines are being simultaneously published in three languages: English, French, and Spanish!

Guidelines are available on numerous service-related topics and represent the shared service experience of members. They are a valuable resource for understanding service positions and conducting the “business” of Al-Anon/Alateen in a healthy, productive way. Guidelines may be downloaded, printed, and circulated among local service arms.



Where to Read about Acceptance

The following materials can provide helpful information on acceptance:

- *Just for Today* Bookmark (M-12)
- *Just for Tonight* Bookmark (M-81)
- *Living with Sobriety* (P-49): pages 9–17
- *One Day at a Time in Al-Anon* (B-6): pages 32, 47, 76, 86, 358
- *Courage to Change* (B-16): pages 83, 129, 256, 309
- *Having Had a Spiritual Awakening* e-book (eB-25) (search on “acceptance”)
- *How Al-Anon Works* (B-32): pages 56–7, 79–81, 162–3, 384

The Forum Needs Your Sharings about Our Three Legacies!

Please consider writing about one of the Twelve Steps, Twelve Traditions, or Twelve Concepts of Service, as your World Service Office receives very few sharings about them. Submissions should range from about 200 to 400 words. Send your articles to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; to wso@al-anon.org; or submit online.



Celebrating the Gift of Al-Anon Recovery

The celebration of the remarkable 70-year history of Al-Anon Family Groups continues in the *Al-Anon Family Groups Mobile App* starting in August and continuing through November!

Each one-hour session will include recordings of both speakers. Up to 300 attendees per language (English, French, and Spanish) will be able to join the 70th Anniversary Replay meetings in the Mobile App on a first-come, first-serve basis, giving you more opportunities to listen on your own or with a group of Al-Anon friends.

Below is the schedule of replays to accommodate our worldwide fellowship. We hope that one of these times will work for you:

- Wednesday, November 17, 2021 @ 8 pm EST

Find out how to get the *Al-Anon Family Groups Mobile App* at al-anon.org/mobileapp

How Has Al-Anon Literature Helped You?

Please share how *In All Our Affairs (B-15)*, *The Al-Anon Focus (P-45)* or *Intimacy in Alcoholic Relationships (B-33)* has helped you. Send your sharings by **November 15** to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: “CAL Corner”; to 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 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**

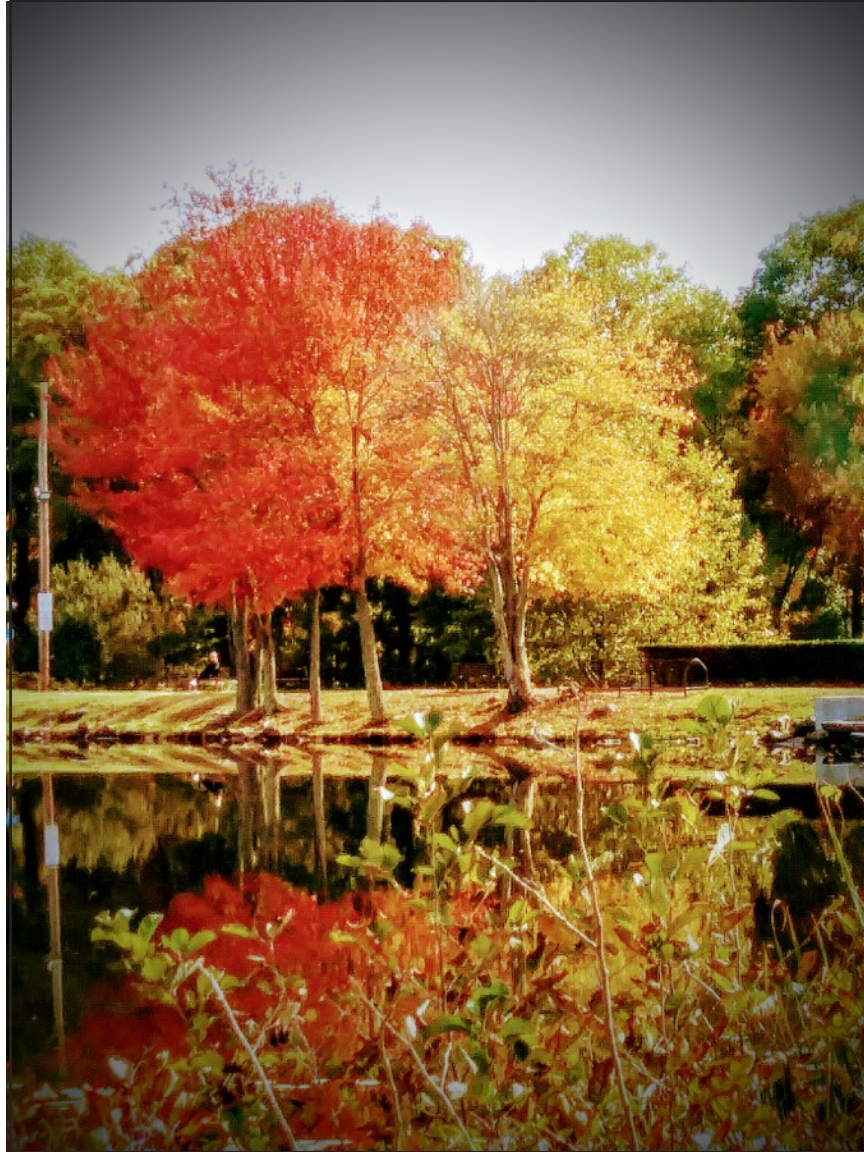


Photo by Barbara E.

*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.*