



# Lifelines

The Newsletter of the RI AFG, October 2007

## RI AFG 2007 Workshop: Tools of Recovery

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~ Marie G

*"There's an intensity at the workshop...Like a very concentrated dose of recovery. Being around different people and hearing different thoughts can really bring on an awakening."* ~ Jenny N.

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Ray Hall at Butler Hospital will be the site for Rhode Island Al-Anon Family Groups' annual workshop on Saturday, November 3, 2006. The theme for this year's workshop is *Tools of Recovery*.

What is the purpose of the workshop? Workshop Co-chair Jenny N. says: "There are a lot of reasons for this workshop. It's a fun day of fellowship. It's an opportunity to meet other Al-Anon members whom I don't regularly get to see. It's a chance to spread Al-Anon's message."

Workshop Co-chair Marie G. adds: "The purpose of the workshop is to allow members to participate in giving back to the program (Participation Is the Key to Harmony) while enjoying a day of recovery. All proceeds help the Area as a whole, which allows us to be self-supporting."

"I enjoy coming out to be part of the gathering of fellowship that has given me so very many gifts. I get to enjoy my Al-Anon family in a festive, party atmosphere, enjoying their experience, strength, and hope. My recovery is bolstered by experiencing the feeling of help and friendship among us. I'm in the company of other Al-Anon family members I would rarely get to enjoy. I meet members from all Districts and know I am never alone."

This year's event will build on past workshops. Marie noted that last year's speakers were the highlight of the workshop. This year, we will have AA, Al-Anon, and Alateen speakers. Workshop participants will also be able to purchase speaker CDs. "Other members enjoyed all the fun of the raffle, crafts, and workshops," says Marie, "On the whole, members have walked away feeling better about themselves."

"A lot of members really enjoyed the opportunity to do something a little bit different from the usual weekly meetings," said Jenny. "It was a fun day, but emotional, too. There's an intensity at the workshop...Like a very concentrated dose of recovery. Being around different people and hearing different thoughts can really bring on an awakening."

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Attendees can expect the same great experience at this year's event.

Meeting topics will include:

- ▲ Boundaries
- ▲ Service
- ▲ Anger
- ▲ Concepts and Traditions
- ▲ Grief and Loss
- ▲ Sponsorship
- ▲ Gratitude
- ▲ Slogans

There will also be special rooms for Alateen and AA meetings throughout

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### *Giving Back*

RI AFG needs a new Webmaster. The Webmaster keeps the RI AFG Web site updated by uploading the monthly *Lifelines* newsletter and revised meeting schedules and adding area news, service opportunities, and events from *Lifelines*. It's not very time-consuming—only takes about 1–2 hours/month at most. Responsibilities also include renewing the Web site each year and getting reimbursed by the Area Treasurer. Software like Dreamweaver is recommended to update and upload.

### *Meetings Need Support*

The following meetings could use support. Please consider attending an extra meeting or two as a form of service.

- ▲ The Thursday morning Step up to Serenity AFG at St. Paul Ev. Lutheran Church in Warwick.
- ▲ The Wednesday night Let Go and Let God Al-Anon and Alateen meetings in Lincoln now meet at Christ Church in Lincoln. We can use all the support we can get! Moving is difficult!
- ▲ Monday afternoon There Is Hope AFG meets at 1:00 PM at St. Theresa's Catholic Church in Tiverton.
- ▲ Thursday morning Freedom Group meets at 10:00 AM at Edgewood Congregational Church in Cranston.

## The Next Area Assembly Is November 17th

What issues is your group facing? An Assembly is our opportunity to discuss and vote on issues that are important to the groups, hear what's going on at the Area (state) and World Service Office (WSO) levels, and to discuss our plans or needs.

The next Area Assembly will be held on Saturday, November 17, from 9:00 AM to 2:00 PM at St. Joseph's Hospital, 21 Peace Street, Providence. Area World Service Committee (AWSC) members, Group Representatives (GRs), and interested members of our RI Al-Anon Family Groups (that's you!) are encouraged to attend.

All AWSC members and GRs are expected to give reports on what's happening in their groups/areas of service. We will talk about topics that directly affect your groups and then enjoy great food and fellowship.

Groups are encouraged to support their GRs at the Assembly by reimbursing any expenses and by ensuring they have *Service Manuals* (these can be downloaded from the WSO Web site for free or purchased at the Area Office).

Your voice is important! Make sure your group is represented!

## What Gifts Have You Received Through Sponsorship?

Sponsorship is a vital part of the Al-Anon/Alateen program. I was in the program 3 years before I decided on whom to ask to be my sponsor and then got the courage to ask her. Since then, my recovery has skyrocketed. There's no other way to describe it. I'm not even sure *how* it enhanced my recovery...I just know that sponsorship works.

What have you learned through sponsorship? Please share a few thoughts on how sponsorship has helped you, either as a sponsor or as a sponsee. How has sponsorship enhanced your practice of the program? What have you learned through sponsorship?

Sharings will be compiled into a larger article on sponsorship for the November issue. Sharings may be anonymous. Please submit your sharing by November 8th. Sharings sent after that date may appear in later issues of *Lifelines*.

You may e-mail your sharing to me at [destre99@yahoo.com](mailto:destre99@yahoo.com), or send it to the office. (See page 5.)

I look forward to hearing from you!  
~ Deb E., *Lifelines* editor

## Alateen Spoken Here

### *Step One*

Joe, Ohio

When I admit I am powerless over alcohol, I realize that the only thing I have power over is myself. Some things that cause me to feel powerless are situations where I can do nothing except sit back and watch the cards play out of my Higher Power's hand. It is important for me to admit that my life is unmanageable because if I don't, I cannot begin the healing process to make myself better. My life is unmanageable when I try to control, freak, or forget the three Cs (I didn't Cause it, can't Cure it, can't Control it), or try to make a perfect life for everyone I can. God grants me the serenity to accept the people that I cannot change, courage to change the person I can, and the wisdom to know that it's me.

### *The Serenity Prayer*

Heather, Montana

The Alateen program was strange at first. In ways, it was embarrassing when we did the Serenity Prayer—I was like, "What?" But as we did the prayer every week, it came more clear to me. It isn't so confusing anymore; I am glad I joined Alateen. When we say the Serenity Prayer it makes me feel real good, like I am relieved.

### *How Alateen has helped me*

Ashley, Indiana

My dad is the alcoholic in my family. I think Alateen has helped me in many ways. The biggest way it has helped me is that now I know that my dad can't help it, that alcoholism truly is a sickness. Alateen has taught me how to deal with it and not take it out on myself and not to take it out in him since he has this illness. Now I can understand what my dad is going through. It truly has made my relationship with my dad a lot better.

### *Alateen Turns 50 This Year!*

Are you an Alateen, former Alateen, or Alateen sponsor? We would love to hear your reflections as Alateen turns 50. What has this program meant to you?

Please e-mail your submissions to Deb E. at [destre99@yahoo.com](mailto:destre99@yahoo.com), or drop off or mail them to the Al-Anon office (see page 5).

Please provide your first name and/or the town or group to which you belong, unless you wish to remain anonymous.

### *Service Has Taught Me...*

I was still pretty new to Rhode Island when I first joined the Workshop committee. I wanted to get to know other Al-Anon members and I thought that volunteering would be a great way to do that. I was also interested because I knew that I could learn from the experience. I saw it as an opportunity to learn how to work with others in a safe environment. I was not disappointed!

This year I am the co-chair to the committee. I helped organize the sub-committees and brainstormed with the other members to come up with this year's theme and topics. I try to help out with whatever I can and I'll actually be the master of ceremonies this year (gulp!), so I'm pretty busy, but it's a lot of fun!

Al-Anon helps in just about every aspect of this type of service. I say the Serenity Prayer a lot! When I get frazzled and full of the "what if's," I know that I am powerless and that I need to look to the things that I can do. Worrying about what might go wrong isn't going to do me any good and is going to take all the fun out of it.

"Principles above personalities" comes to mind, too. When there is a difference of opinion, there is still a lot of respect and everyone has their chance to be heard. There is a lot of patience and understanding among the members.

I have learned so much about myself by doing this type of service. I used to be so shy and I was so afraid of making a mistake that I wouldn't even try anything new. Now I know that I have the love and support of so many from my Al-Anon meeting that, even if I do make a mistake, I'm okay and I can try again. The boost to my self-confidence is incredible! I used to be afraid to set up chairs at a meeting. Now I'm the master of ceremonies at a workshop! My life is completely different!

~ Jenny N.

## Workshop

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the day.

In between workshops, participants may also browse the Public Outreach, Literature, Craft, White Elephant, and AA tables. Participants will have the chance to bid on raffle items, including Al-Anon books and gift baskets donated by groups and individuals, and enjoy a potluck lunch.

Admission is \$10.00. Alateens pay \$2 or may volunteer their time during the workshop. Jenny reminds us to bring our "experience, strength, and hope! Oh, and a yummy dish to share!"

"I like to bring extra cash so I can participate in the raffle and have the option to buy the wonderful things for sale," says Marie. "All the recovery is free! I know some people enjoy bringing a lunch especially if their diet is restricted."

Registration begins at 8:30 AM and the Opening Ceremony starts at 9:00 AM.

It's not too late to lend a hand for this workshop. Volunteers are needed to:

- ▲ Bring a potluck food item, gift basket, or book donation to the event
- ▲ Make recovery crafts (eg, God boxes, bookmarks) (With gratitude, proceeds go to support the Area.)
- ▲ Bring items for the Alateens' White Elephant table (With gratitude, proceeds go to support RI Alateen.)
- ▲ Help out with decorations—ideas are welcome
- ▲ Man the Literature, Craft, and Public Outreach tables
- ▲ Man the registration tables at the front and back doors

If you would like to volunteer, please call the office (401-781-0044) and leave a message for Marie G or Jenny N.

See you at the workshop!

### What Has Service Taught You?

Please e-mail your sharing to Deb E. at [destre99@yahoo.com](mailto:destre99@yahoo.com), or drop off or mail them to the Area office (see bottom right of this page).

Please provide your first name and/or the town or group to which you belong, unless you wish to remain anonymous.

### Is Your Group Getting Mail?

The Area is concerned that our members aren't getting information from the WSO and the Area.

- ▲ Is your group getting mail from WSO?
- ▲ Do you have a current mailing address (CMA) listed at the Area and WSO?
- ▲ Does your group have a Service Manual?

If not, or if you don't know, send a note or leave a message for Gil at the office (see right). Please include a phone number, the name of a person to contact, and a mailing address so we can get back to you.

## Treasury Report

The following is a listing of the donations to the Area Office for September.

Please remember to put the group name and *entire* group number on all checks when sending in donations. Your group number is provided on the meeting list.

To speed check processing, you may mail checks directly to me at:

Valerie Bacon  
68 Elmgrove Avenue  
Smithfield, RI 02917

Peace in the Program,  
Valerie, Area Treasurer

Group #	Group	Area	Alateen
4-064957	Freedom Group	\$10.00	
3-012435	Tue. Night Bristol	\$37.50	
3-501427	Joy Beckons	\$25.00	
4-0012475	Cranston/Warwick Daytime	\$15.00	
1-012463	Fri. Night Serenity	\$40.00	
2-0062815	HUGS	\$25.00	
2-0040461	Keep it Simple	\$20.00	
2-502037	Serenity on the Hill	\$20.00	
5-046984	South County Step	\$63.00	
3-050750	There is Hope	\$75.00	
3-03019	Monday Morning Al-Anon	\$50.00	
5-064936	Westerly Christ Church	\$25.00	
<b>September Totals</b>		<b>\$405.50</b>	<b>\$0.00</b>

### RI Al-Anon Family Groups Area Office/Literature Distribution Center (LDC) 106 Rolfe Street, Cranston, RI 02910

Hours: Please call the office  
Phone/Fax: 401-781-0044  
E-mail: [RI\\_Al-Anon@hotmail.com](mailto:RI_Al-Anon@hotmail.com)  
Web: [www.RIAFG.org](http://www.RIAFG.org)

An area newsletter is a vital link in keeping groups and members informed. The purposes of *Lifelines* are to: encourage attendance at service events; communicate local, area, and Al-Anon Information Service news; and attract Al-Anon members into service.

*Lifelines* submissions may be sent to [destre99@yahoo.com](mailto:destre99@yahoo.com) or mailed to the office at the address above. The deadline for the next issue is **November 8**.

If you wish to receive *Lifelines* and other Area news via e-mail, please e-mail [destre99@yahoo.com](mailto:destre99@yahoo.com) and type "Mailing List" in the Subject line.

## Upcoming Events

### October

#### Friday Night When I Got Busy, I Got Better 1<sup>st</sup> Anniversary

*Fri, Oct. 19, 8:00–9:00 PM*

Bradley Hospital, East Providence

We will have speakers and lots of coffee and desserts. Please join us!

#### Tuesday Night HUGS (How You Get Serenity) Anniversary

*Tues, Oct. 23, 7:30–9:00 PM*

Park Place Congregational Church, upstairs

71 Park Place, Pawtucket

We will have 3 speakers: Al-Anon, Alateen, and AA. There will also be yummy food and beverages.

#### RI Al-Anon Fall Workshop Committee Meeting

*Wed, October 24, 7:00 PM*

Area Office, 106 Rolfe Street, Cranston

This is the last meeting before the workshop! If you would like to help out, please attend the committee meeting or call the office and leave a message for Marie G or Jenny N.

#### Alateen Spaghetti Dinner

*Fri, October 26, 6:00–8:00 PM*

St Luke's Church, Church Street, East Greenwich

Celebrating Alateen's 50th Anniversary. Cost: \$10 for adults, \$5 for children under 12. Dessert donations welcome. Speakers meeting to follow at 8:00 PM

#### Monday Night Tiverton Al-Anon and Alateen Anniversary Celebration

*Mon, October 29, 7:30 PM*

Monday Night Tiverton "There is Hope" will co-celebrate its 18th Anniversary with the Alateen group, "Free to Be Me" (which is celebrating its 3<sup>rd</sup> anniversary). These groups are preparing this special celebration and want to share it with you all! This is a great opportunity to witness our Fourth Concept, "Participation Is the Key to Harmony," and our Twelfth Step in action with the teens and their sponsoring group.

### November

#### RI Al-Anon Fall Workshop

*Sat, November 3, 9:00 AM–4:00 PM*

Butler Campus, 345 Blackstone Boulevard, Providence

AA, Al-Anon, and Alateen speakers, great workshops, food, raffles, literature, crafts, and more! Keep an eye out for the flier!

#### Area Meeting

*Tues, Nov. 13, 7:00 PM*

Area Office, 106 Rolfe Street, Cranston

We will be planning the upcoming Assembly at this meeting. If you are interested in participating in service, please attend!

#### Area Assembly

*Sat, November 17, 9:00 AM–2:00 PM*

St. Joseph's Hospital, 21 Peace Street, Providence

We will talk about topics that directly affect your groups and then enjoy great food and fellowship. All AWSC members and GRs are expected to give reports on what's happening in their groups/areas of service. Your voice is important. Make sure your group is represented!

OCTOBER 2007						
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