



# Lifelines

The Newsletter of the RI AFG, October, 2011

## **RHODE ISLAND AREA 49 ASSEMBLY**

*Saturday, November 5, 9:00 AM - 3:30 PM  
Ray Conference Center 2nd Floor, Butler Hospital  
345 Blackstone Blvd., Providence*

**The next World Service Area Meeting will be on Tuesday, December 6th at 7 PM, Area Office**

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\* A copy of the full minutes for every Area meeting and Assembly are available to all at the Area office

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The Assembly agenda includes a special guest speaker from WSO, election of new Area Trusted Servants, and approval of the Area budget for 2012. All GRs are encouraged to attend. If you can't make it, please ask your Alternate GR to attend. To ensure each group has one vote, any group that sends a proxy who is not a GR or Alternate GR is asked to provide a signed note from the group.

Breakfast will be provided (thank you District 1!). Lunch (30 minutes) will be bring your own/brown bag. Refrigeration is available. Dessert, coffee, tea, cold drinks, and all paper goods will be provided. Each group/attendee is asked to pay a \$5 registration fee to defer the costs of the Assembly.

### **POSITIONS VOTED ON AT THE AREA ASSEMBLY IN NOVEMBER**

By written ballot:

1. Area Delegate
2. Alternate Area Delegate
3. Area Chair
4. Area Secretary
5. Area Treasurer

By show of hands:

1. Alateen Coordinator
2. Archives Coordinator
3. Email Coordinator
4. *Forum* Coordinator
5. Group Records Coordinator
6. *Lifelines* Editor
7. Literature Coordinator
8. Office Coordinator
9. Public Outreach Coordinator
10. Website Coordinator
11. AA Liaison

### **Inside This Issue**

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## Al-Anon Web Sites

- ▲ Our local, Area 49 Web site  
<http://www.riafg.org>
- ▲ The Al-Anon Members' Web site  
<http://www.al-anon.alateen.org/members>
- ▲ Podcasts <http://al-anonfamilygroups.org/Podcasts/FirstSteps/>
- ▲ Online meetings and outreach <http://www.ola-is.org>
- ▲ Public Al-Anon/Alateen site  
<http://www.al-anon.alateen.org>

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*Our Area Web site is a great central reference point for information applicable to the entire Area!*

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*The Members' Web site is a password-protected site; the password is the name of your group plus the letters "afg".*

*This site is loaded with valuable program information and resources.*

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# Rhode Island Al-Anon Family Groups 2011 Workshop

*With AA participation*

**Saturday, November 19, 2011**

**9:30 am– 4:30 pm**

**Registration at 9:00 am**

Ray Conference Center

Butler Hospital 345 Blackstone Blvd, Providence, RI

**Registration \$10.00 – Alateens pay \$2.00 – or volunteer time**



Come one come all to share this day of  
**“HEALING in HUMOR”**



**Donations requested:** Groups & members are asked to donate **gift** baskets for the raffle, **crafts** or **love gifts** for the craft table & items for the Alateen **white elephant sale**. Thank You!

**Potluck lunch:** We ask that each participant please bring a dish to share.

If you would like to **volunteer**, please email Ashley at [riafgworkshop@gmail.com](mailto:riafgworkshop@gmail.com)

**Name:** \_\_\_\_\_

**Phone No. or Email address:** \_\_\_\_\_

**Home Group:** \_\_\_\_\_

**Potluck Lunch Contribution:** \_\_\_\_\_  
(please note if you will need access to an electrical outlet)

**Payment method:**  Check made payable to RIAFG (enclosed)  
mail forms to RIAFGOffice 106 Rolfe Street, Cranston, RI 02910

Cash at door on Nov 19<sup>th</sup>  I am requesting Financial Aid

**How did you hear about the workshop?**

Meeting announcement  Flyer  Website  Area List  Friend  Other

(Optional) I am most interested in/most likely to attend breakout sessions for:

Al-Anon  AA  Alateen

(Optional) Please include me on the low volume mailing list to receive information via email about next year's RIAFG workshop (2012)!

Email \_\_\_\_\_

To register online and/or for more information: [www.riafg.org](http://www.riafg.org)  
[riafgworkshop@gmail.com](mailto:riafgworkshop@gmail.com)

## Sharing Experience, Strength and Hope

As we enter into autumn, I'm finding that I'm turning over some new program leaves. I'm an old-timer in Al-Anon and thought I had some pretty high-level program under my belt. My HP showed me otherwise by allowing me to notice how I still am capable of picking up fear, often in very subtle ways. Recently, under some very stressful family circumstances, I realized that I needed more help for my anxiety than program tools were providing, so I sought help from a doctor, who prescribed some medicine. I see the pharmaceutical support -- which I am allowed to take only as needed -- as a gift from HP and no longer feel it is a weakness to accept it. I've also deepened my use of program tools. I thank HP every morning for another day filled with "interesting things to do," my catch phrase for whatever life brings me, and mean it. I also turn over my thoughts, emotions, and actions, and use the Serenity Prayer throughout the day when I sense that "yikes feeling" coming on. All of this has been working like a charm; I truly feel that I can face whatever comes my way. **Tori S.**



Since my first days in Al-Anon I have written all over the front and back inside covers of my "One Day at a Time" and "Courage to Change Books". I have, on those pages, a personal Al-Anon history. Including many, many phone numbers from the days before phone lists at meetings. When I read those names, some of people now sadly passed away, I remember how important and absolutely life-saving those contacts have been over the years. I remember days when those trusted Al-Anon friends helped calm my anxiety and fears and made it possible for me to get through "one more day". Or night. Al-Anon isn't a self-help group It's a "help each other program." Forever grateful for the help. **Martha M.**



## STUCK

The other day, I was driving down the road and took this picture of this cow. I thought it could be named Linda! Ever feel, can't go backwards, no way to go side to side and forward, well, you get a little air but you're trapped? The truck is moving alright but I am not getting anywhere near where I want to be. Being 'stuck' brings on all sorts of anxiety, fear and frustration.

Because of Al-Anon, and my close Al-Anon friends, I am slowly feeling unstuck and finding a little leg room. Fear/anxiety still haunt me, but instead of playing it out in my head, I call one of them. My sponsor has been a gifted Angel to me, trying to keep the focus on myself and looking out for my best interests.

In any phase of life, Al-Anon is a real life saver – physically, mentally and emotionally.

Thankful for all you do and you girls know who you are!

**Linda F**

# Al-Anon Upcoming Events

## 28th New Hampshire Al-Anon & Alateen Convention

Friday - Sunday, November 4 - 6  
 The Margate Convention Center  
 76 Lake Street, Laconia, NH

## Rhode Island Area 49 Assembly

Saturday, November 5, 9:00 AM - 3:30 PM  
 Ray Conference Center 2nd Floor, Butler Hospital  
 345 Blackstone Blvd., Providence

## Rhode Island Al-Anon & Alateen Workshop with AA Participation

Saturday, November 19  
 Ray Conference Center, Butler Hospital  
 345 Blackstone Blvd., Providence

## District 3 Meeting

Saturday, December 3, 6:00 PM  
 Calvary United Methodist Church, Wyatt & Turner Rds.,  
 Middletown

## Area World Service Committee Meeting

Tuesday, December 6, 7:00 PM  
 Area Office, 106 Rolfe Street, Cranston

## District 4 Meeting

Saturday, December 10, 10:00 AM  
 Area Office, 106 Rolfe Street, Cranston

November 2011						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2011						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### 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)

Lifelines e-subscription: Email [RI\\_Al-Anon@hotmail.com](mailto:RI_Al-Anon@hotmail.com) (type "Mailing List" in the subject line)

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.

If you are interested in serving on the *Lifelines* Committee, please call the office at the number listed above. If you would like more information about the tasks and time commitment involved, you may contact Linda F. at [lin2169@cox.net](mailto:lin2169@cox.net) or 401-855-6009 (it's safe to leave a message).

***A special thank you to all who contribute!***