

LIFELINES

RIAFG NEWSLETTER 106 ROLFE STREET, CRANSTON, RI 02910
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Editor's Corner

October is a beautiful month here in Rhode Island. The summer traffic congestion is done. The trees change colors. The fall air makes visibility at the shore spectacular. And there is the annual all day workshop at Butler.

The theme this year is Navigating the C's of Al-Anon. This is a great gift we can all give ourselves. Attend for the whole workshop or drop in for the speakers or any of the break out sessions. The cost is \$10. Where else can any of us go for a whole day of sharing, insight, and fellowship for such a small fee! The agenda for the workshop is included in this newsletter. If you are interested in helping out with all that goes into making this happen, please email chair.riafg@gmail.com.

Another important date is November 4, 2017. This Fall Assembly will be at Kingston Congregational Church in Kingston, RI. Area Elections will be held that day. It is important that the GR's from each group attend this. If that isn't possible, another person can be designated to represent the group. There are several open positions available at the Al-Anon state level. At www.riafg.org you can get specific information regarding these opportunities. Please consider volunteering for a position. As my mother used to say, "many hands make light work." As always no one expects perfection and there are folks that can guide you. You are not alone!

And please don't forget writing for this newsletter. Did something at the workshop give you insight into your own recovery? Inspire you? Give you a new tool to use? Please share your thoughts with your Al-Anon friends in Rhode Island by submitting your sharing to lifelines.riafg@gmail.com. This is your newsletter!

Hoping to see you at the Fall Workshop.

Elaine H, Lifelines Editor

Calling all groups!! Gift baskets or other raffle items are needed for our October 7th workshop. These help support RIAFG projects. These baskets or items can be any theme, not just Al-Anon. Please bring these the day of the conference.

BUTLER WORKSHOP-SATURDAY OCTOBER 7TH



NAVIGATING THE C'S OF AL-ANON
RI Al-Anon 2017 Fall Workshop With AA Participation
Saturday October 7, 2017 9:00 AM – 3:30 PM

Ray Conference Hall 345 Blackstone Blvd. Butler Hospital Providence, RI 02906
With special thanks to this year's RI Al-Anon 2017 Workshop Committee: Tom H. – Chair, David G. – Co-Chair, Sandy M., Susan H., Barbara H., Marcia D. – banner Tom H. – cover photo, Phyllis H. – program

**Please note, smoking is NOT permitted inside the building, or anywhere on the Butler Hospital Campus. Thank you. For more information or to volunteer to help send an email to workshop.riafg@gmail.com.

Morning Events			
Time – AM	Event	Location	Facilitator/ Speaker
9:00 - 9:25	Registration and Coffee	Auditorium	
9:30 - 9:40	Welcome, Moment of Silence, Serenity Prayer	Auditorium	Dean H.
9:45 - 10:30	Breakout Meetings: 3 C's: Alcoholism/Problem Drinking		
Topic Discussions	Didn't Cause it - Even a little bit?	Room 1	Al-Anon
	Can't Control it - Really?	Room 2	Al-Anon
	<i>Can't Cure it - But can't we help?</i>	Room 3	Al-Anon
	Alateen Closed Meeting	Room 4	Alateen
	AA meeting: Can't control it - Really?	Room 5	AA
10:35 - 10:50	Al-Anon and AA Chairs	Auditorium	David G. & Steve L.
10:50 - 11:20	AA Speaker	Auditorium	Steve L.
11:20 - 11:35	Al-Anon Delegate	Auditorium	Phyllis H.

Potluck Lunch 11:35AM-12:20PM Please use this time to enjoy fellowship, purchase CAL, Purchase raffle tickets, and make your raffle choices.

Afternoon Events

Time – PM	Event	Location	Facilitator/ Speaker
12:25– 12:40	Al-Anon Chair	Auditorium	David G.
12:45 - 1:30	Breakout Meetings: <i>Hazards on the Journey</i>		
Topic Discussions	Isolation - Why do we do it? Ways to avoid	Room 1	Al-Anon
	Lack of connection to HP - Difficulties in turning it over? Turning over what anyway?	Room 2	Al-Anon
	Inability to detach with love. Unacceptable behavior.	Room 3	Al-Anon
	Alateen Information Meeting	Room 4	Alateen
	AA meeting: Lack of connection to HP - Difficulties in turning it over? Turning over what anyway?	Room 5	AA
1:35 - 2:05	Al-Anon Speaker	Auditorium	Ann B.
2:10 - 2:55	Breakout Meetings: <i>Aids for Safe Landing</i>		
Topic Discussions	Working the steps - How to do it? When and why?	Room 1	Al-Anon Barbara H.
	Sponsorship – How to get one/be one? Can you have “sort of” a sponsor?	Room 2	Al-Anon Terry L.
	Service – Why do it? What is it? Does the “word” scare people? Why do we avoid it?	Room 3	Al-Anon Ann-Marie C.
	AA meeting: Service – Why do it? What is it? Does the “word” scare people? Why do we avoid it?	Room 5	AA
3:00 - 3:30	Raffle	Auditorium	Dean H.
	Final Countdown	Auditorium	Dean H.
	Closing – Al-Anon Declaration	Auditorium	Dean H.

FORUM ARTICLE

I came for a quick fix and found a way of life

As I look back, when I walked through the doors of Al-Anon, I had planned to stay long enough to find out how to get the miracle of sobriety in my home. I'm still there!

I was broken spiritually, emotionally, and physically. I had given up on everything and everyone. A friend dragged me to Al-Anon, but I was sure it was hopeless.

After my first meeting, I was still very angry. How could all those people be happy and smiling? Their homes could not be as bad as mine. Fortunately, I wanted to laugh and smile too. A member, who later became my Sponsor, took an interest in me as a newcomer, and I kept coming back.

The slogans and all the tools annoyed me, and I didn't share. I thought I didn't need Step One because I was surely in control. I didn't need Step Two because there was no way I had done anything wrong. Did I ever have a closed mind! But for some unknown reason, I kept going.

One night, I went with a group of women to another group's anniversary. They had an Al-Anon and AA speaker. My Higher Power moved me that night. Everything I heard there and all that had been shared in meetings made sense. I finally understood powerlessness and I surrendered.

I started taking care of myself and gave the alcoholic a choice to get help or to go his own way.

I worked the program every day, especially the Steps and the Traditions. It became easier. Five years later, we got the miracle of sobriety in our home and we both work our programs today. But the real miracle was finding *me*. In Al-Anon, I learned how to change my life and really live.

by Bertie P., Florida

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MEMBERS SHARE

When I first took hesitant steps into an Al-Anon meeting, I had an inflated sense of my own responsibility. In fact, I thought that if I could see the problem, I had to solve it. At the same time, given failure after failure, after trying to solve problems that depended on other people feeling the same as I did, I had a deflated sense of my own effectiveness. Service helped change all that.

In doing service, I learned to stick to my own job and leave others to do theirs. I learned that I could accomplish things and be appreciated, if I could keep the focus on my commitments. I learned to make commitment that used my talents and strengths, and were doable for me. I learned that it is only together that we can keep this wonderful program going. I learned that I could depend on others to do their jobs. I learned that it is okay to be imperfect, that we are all imperfect, as we are, after all, human.

Two of my groups have made the commitment to buy a large number of the booklet, *Al-Anon Faces Alcoholism 2018*. This gladdens my heart, as it opens the way for many more of us to accomplish, and reap the wonderful benefits of, service. Any member who is going to a place with a waiting room (doctor's office, therapists, dentist, hospital outpatient, etc.) can take a handful of the booklets and ask at the desk if they can be left out wherever reading materials are displayed. No one, in my experience, has ever turned down the request, though that would be fine. And I have found that when I return to the same place, they are always gone, out into the world to tell others of this remarkable program. In one meeting, it is my job each week to issue a reminder to members that they are there for the taking, so I have another opportunity to serve.

I know that many, many other groups will join in this generous gift of outreach to those in need, and the gift of service to our members. And many more of us can *Let it begin with me!*

Susan L., N. Kingstown

PUBLIC OUTREACH

Our groups have the opportunity to join the AFG fellowship in carrying Al-Anon's message of help and hope to offices of professionals and other public places so that people can learn about the availability of Al-Anon.

The deadline for ordering the second printing of the Al-Anon Faces Alcoholism 2018 magazine is February 7, 2018, 5 PM EST. Magazines are printed in March and delivered before April 1, 2018. The order forms are available on the WSO website: www.al-anon.org. 25 copies costs \$18.00. Be sure you specify English, French or Spanish.

UPCOMING EVENTS

- Oct 7, 2017 Annual RI Area Workshop 9:00AM to 3:30PM
Butler Hospital, Ray Conference Center, 345 Blackstone Blvd, Providence, RI
- Oct 15, 2017 Conn. Alateen's 60th Birthday Celebration at 3:00PM
Church of the Holy Spirit, 183 Church St., Newington, CT
- Nov 4, 2017 RI Fall Assembly Kingston Congregational Church
2610 Kingstown Rd, (rt 138) Kingston, RI
Registration at 9:00 AM, Meeting 10:00AM to 3:30PM
- March 23-25, 2018 CT AL-ANON Convention Raddison Hotel, Cromwell, CT
see ctalanon.org for information
- March 23-25, 2018 AA Convention with Al-Anon participation
Newport, RI
- July 6-8, 2018 International Al-Anon/Alateen Convention, Baltimore, MD
Registration is now open. The link will be in the September edition of group eNews for all the details.

DELEGATES CORNER

Exciting news! Registration for the 2018 Al-Anon International Convention in Baltimore Maryland, July 6-8, 2018, is now open. I plan to attend and hope that other Rhode Islanders will take advantage of our relatively close proximity to Baltimore to attend as well.

I can share that, having attended several International Conventions (both Al-Anon and AA), it is an unbelievable experience, especially the Opening Big Meeting! Imagine being immersed in a weekend of recovery, surrounded by several thousand people who speak the language of Al-Anon, share openly from the heart, understand the devastation of this family disease, and have chosen the path of recovery. For more information on the Convention visit the International Convention website: www.al-anon.org/al-anon-international-conventions/.

Phyllis H., RI delegate

NEWS FROM WSO

In September the WSO is launching a re-branded Group eNews. The new English email is called In the Loop; the French, Le Messenger; and the Spanish, En Contacto. Anything newsworthy from the WSO will now be available within the News from the WSO page found under the members tab on the new website.

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

VOLUNTEER OPPORTUNITIES

The RI AFG still **needs volunteers** to work in the office at 106 Rolfe St., Cranston. Duties include answering the phone, picking up messages, opening and distributing orders for literature, and greeting anyone who comes to the office usually to purchase literature. **Having the office open as much as possible is an important way to carry the Al-Anon message to those in need. This is a great opportunity to do service work.**

The state office also needs help returning phone messages left on the answering machine. You can do this from your own home. The calls are usually requests for meeting schedules, but some are seeking general information on what Al-Anon is all about.

Please contact the office by phone at: 401-781-0044 or email the office at office.riafg@gmail.com. In either case, leave your name, phone number and/or email address stating that you are interested in volunteering.

AL-ANON MEETING UPDATES

HOLIDAY & TEMPORARY CHANGES

The Al-Anon at Noon Westerly meeting at Christ Episcopal Church does NOT meet on Monday Holidays

The Keep It Simple Saturday (KISS) group in Providence will not meet on the following 2 Saturdays: October 7 and October 14.

NEW MEETING

First Things First, Monday Nights 7:00 PM VA Medical Ctr, 830 Chalkstone Ave., 5th floor, Classroom 2, Providence

MEETING CHANGE

How Al-Anon Works Group, Tuesday Night at the Calvary United Methodist Church, 200 Turner Rd., Middletown will be changing the time of its meeting to 6:30 PM as of September 5, 2017

A New Beginning Women's Only Group, Thursday nights at St. Paul's Episcopal Church 2679 East Main Rd., Portsmouth will be changing the time of its meeting to 7:00 PM as of August 3, 2017

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



Photo by Martha, Charlestown