

LIFELINES OCTOBER 2020

Editor's Corner:

The Rumination Merry-go-Round

A strange thing happened recently. I was exhausted after a night of self torture, convinced that loud music would erupt from next door. We have two college students renting this house. When I saw a couple of extra cars there, my mind went into "if...then" mode—that old "trying to anticipate events and what I would do in every possible situation." Then a brief moment of AHA came re: the COVID restrictions and fines for large parties. Anyway, I was so wound up that my own created stress made it difficult to fall asleep and then I woke up early and immediately resumed where I had left off.

The next morning I was ready to cancel a meeting with my sponsor. I wanted to isolate and continue fretting. But I didn't, thank God. Talking with her about it helped; not because she gave me any advice, but because I got off the "rumination merry-go-round." Amazing. Also, I'll add that there was some grace involved; i.e., a nudge from my HP that I could ask for help (and receive it), to calm down and to remember that I could pray for help and guidance. I also had a realization yet again that the world does not revolve around me and my needs. Dah. So stopping the merry-go-round by sharing about it turned my whole day around. My options were bleak before sharing - I would continue to steel myself for any and every scenario. After sharing, I remembered to release control of people and events that I cannot control. I simply don't possess that kind of power. I experienced a shift in my thinking. Before, I was determined to not put up with any nonsense from these college kids. This migrated into not putting up with my own destructive behavior of choosing to stay on the "rumination merry-go-round." I prayed to be released from my own distorted thinking and expectations and fears and arrogance brought to the forefront by my "knowing" what will happen.

My rumination can spin like a huge cork screw, pushing me deeper and deeper into myself, full of fear. By sharing what was going on, my Higher Power helps me unwind this, come up for some fresh air and thoughts. I need my Higher Power's help to stop me from catastrophizing everything that doesn't go my way. Right now, that's a full time job for my Higher Power, who is always willing to help whether or not I am aware of it. My job is to be open and willing to reach out and request it.

Turning my will and my life over to the care of my Higher Power doesn't mean I suspend or erase my intelligence, needs and feelings. It means I become willing to ask for guidance and assistance in doing the next right thing. It is not forced, tense or shadowed in a false sense of urgency. It does not negate the self. It enhances and matures the self. I bring me along on this ride and my Higher Power knows and wants that. It's simply reality. And it helps me grow more and more into my better self.

Gratefully in service,

Elaine H., Lifelines Editor



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Photo by TH

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 NOVEMBER ISSUE IS OCTOBER 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 Edition of Lifelines will be sent out in the next couple of weeks. This will contain all the information you need for our first virtual assembly experience!

2020 EVENTS CALENDAR:

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

October 21 AWSC meeting from 7 PM. Location Zoom info to follow.
 November 14 Rhode Island Area Assembly. Information to follow in Special Fall Assembly Edition of Lifelines. Flyer on page , job descriptions on page.

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	HYBRID meeting. 6:00 PM, Serenity on Sunday, 42 Dearborne St., Newport. OUTSIDE meeting and 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
	7:30 PM, Step Up to the Summit, Summit Baptist Church, 1176 Victory Hwy, Coventry (Jnc 177 & 102)
Wednesday	8:00 AM Serenity at Sunrise, St. Rose & Clement Church, 111 Long St., Warwick
	HYBRID meeting. 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. Hybrid meeting - 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.

FORUM ARTICLE:

Talking Myself Into Joining

Hands shaking, heart racing, stomach churning — it was all I could do to hit the “Join” button on my first online Al-Anon meeting. It was almost more anxiety than I could take. I actually hung up three times before I stayed in the call and listened. I told myself, “You can just sit here and listen to others share. No one knows who you are. No one knows that you are even in this meeting. Just sit and listen.”

My sense of relief once that meeting was over was tremendous. “Phew! You did it! You attended a meeting. Now you can at least say you tried.” These are the things I told myself once I hung up. Amazingly, I found myself attending the same meeting the next day, and the day after that, until eventually, I was attending multiple meetings a day and even sharing in some.

The sense of belonging that I acquired by hearing others share, knowing I wasn't alone, and knowing that others had gone through the same things I had, was such a sense of relief. The more I attended the meetings, the more relief I felt, and the more amazed I was that these meetings made such a difference. Who knew that Al-Anon would have such a positive effect on my life?

As I attend more meetings, and now serve in those meetings, I find myself more and more often looking forward to my days, finding old hobbies that I used to enjoy, and feeling more fulfilled. There are days when I still struggle, but there are fewer of them than there used to be and on those days I can attend a meeting where I find myself in good company, surrounded by people who love me in a special way.

by Alison C., Nevada

(Reprinted with the permission of *The Forum* (September 2020 issue, page 14), Al-Anon Family Groups, Virginia Beach, VA)



RI Area Fall Assembly

RI AI-Anon Family Groups invites you!

- RI Area Fellowship
- Past Assembly minutes approval
- Area Service position Elections
- Task Force Reports
- 2020 Area Finances
- 2021 Budget Approval



Virtual Meeting by Zoom

November 14, 2020

9:00 AM to 3:00 PM

**More details to follow in a Special
Fall Assembly Edition of Lifelines**

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 AI-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 AI-Anon, the Delegate is expected to be proactive in making suggestions to the Area and Groups for constructive changes to further the AI-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 AI-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 (AI-Anon member) is a link between AI-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 AI-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 AI-Anon meeting schedule and topics (to coincide with the AA meetings at the convention) and coordinates AI-Anon members to chair the scheduled AI-Anon meetings. He/she provides the AI-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 AI-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 AI-Anon website and in the *Lifelines* newsletter and emailing flyer/registration forms to the RI Area AI-Anon DRs for distribution to the GRs and to the Area World Service Committee members. If requested, the AA Liaison will assist in the AI-Anon Workshop including obtaining the AA Speaker and arranging for the AA Outreach Coordinator to set-up an information table at the Workshop.

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.

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

AREA CHAIR'S CORNER:

Opportunities to Serve on At-Large Committees of the AI-Anon's Board of Trustees

Have you ever thought about doing AI-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 AIAnon 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 AIAnon'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:

My service as AA Liaison allowed me to practice the Twelve Steps and Traditions among caring, supportive individuals. I also gave back to the AI-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 AI-Anon meeting leaders, and find AI-Anon speakers. The Area Delegate and past Delegates provided possible speaker names and recordings to help me choose a speaker.

Attending monthly AA Convention Committee meetings introduced me to a wonderful group of recovering people who welcomed AI-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.

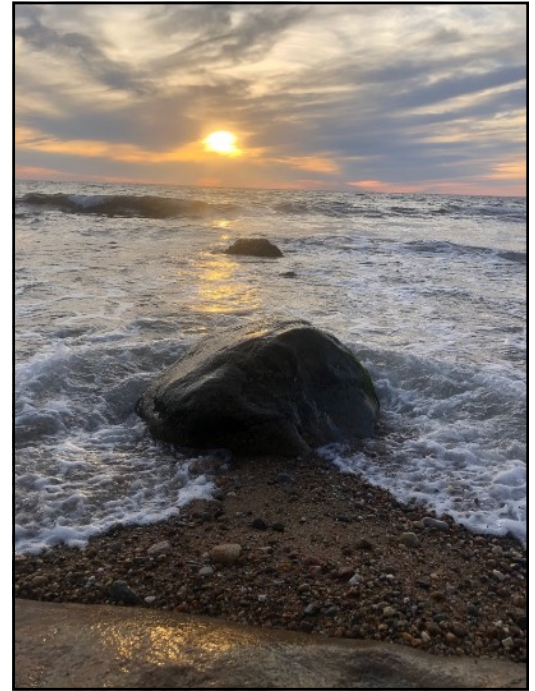
The experience also introduced me to HP-filled, program strong AI-Anon speakers who inspired me with their personal recovery stories and the Conventions' attendees. I can reach out to these people even now and talk program and share recovery. It was also a pleasure to coordinate an AA speaker for our fall 2019 AI-Anon Workshop.

I enjoyed contributing to the AI-Anon's Lifelines Newsletter with copies of the AI-Anon flyers (for the AA Convention) and information on the AA speaker for AI-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., AA Liaison for the RIAFG

MEMBERS SHARE (cont.):



**Dorie's Cover, Block Island, RI
Photos, inspiration from TW H.**

Pumpkins, corn husks, turning leaves and crisp air. The time of harvest. Gratitude is the harvest of recovery. Gratitude takes planting the seeds of recovery principles, tilling the soil by working the 12 Steps, sunlight from the unconditional love of group members, and fertilizer through service. The garden of gratitude has to endure dry spells, character defect insects, and the weeds of life's troubles that try to distract one from seeing the harvest's beautiful bounty.

It's hard work! Work that takes patience and commitment. This season, savor the harvest of your recovery. Gratitude!!! Feel blessed. Be blessed.

Ann H., RI Area Forum Coordinator

INSIDE AL-ANON FAMILY GROUPS:

Finding an Alternative to Suicide (Again)

Over the last couple of weeks, I have found myself feeling increasingly inadequate and hopeless. I have been questioning my decisions and feeling incredibly lonely and isolated. Many people experiencing COVID-19 have been feeling isolated and overwhelmed, but my disease took me to a very dark place — the same place I was when I found Al-Anon many years ago.

Growing up in the family disease of alcoholism, I learned and practiced many unhealthy behaviors in my life. Becoming doubtful that I could ever change, I frequently wondered about taking my life. Finding Al-Anon was my turning point. I attended meetings, read Conference Approved Literature, and eventually had the courage — it took a while — to ask someone to be my Sponsor. With my Sponsor's help, I completed all Twelve Steps and transformed my life. After many years of constantly considering suicide as a solution, I was able to find hope, and, with that, peace. Said simply, Al-Anon saved my life.

So I was a little startled recently, while attending an online meeting, to hear a Step One question from *Reaching for Personal Freedom* (P-92): “What situations in my life have returned me to Step One?” I suddenly recognized that I was once again in despair. Thankfully, the recognition comforted me. I realized I was experiencing the first of the three A's (awareness, acceptance, action). Along with it came acceptance of my current spiritual condition. I was feeling hopeless. Then what I'd learned in the program guided me to the last A, action. I selected my emoji to share and opened up about my current feelings of desperation.

As always, sharing out loud relieved me of my immediate suffering and gave me the ability once again to listen for solutions. Those who followed shared similar experiences of powerlessness in facing the ongoing isolation of the COVID-19 lockdown. But they also shared the Al-Anon tools they were using to find hope. We were being restored to sanity — together.

I have had the great good fortune to be able to give back to Al-Anon in many ways throughout my recovery journey. What this experience reminded me, though, was that often the most important service each of us had to offer — regardless of how long we have been members or how well we feel we are working the program — is the willingness to admit our powerlessness and share our desperation. As it says in *Sponsorship, What It's All About* (P-31), in those moments “it's like being lost in the woods: If we find someone else who is lost, it is comforting when that person says, ‘I'm lost too. Let's see if we can find our way out together.’”

As a relatively longtime member of Al-Anon, I see attending meetings as both a necessity and a responsibility. I have received so much through this program, my Sponsors, and being of service. I am grateful for the opportunity to be there for the newcomers and the other longtime members. Like me, they have days when they cannot find their Higher Power or their Al-Anon tools. Like them, I need the fellowship of other members to guide me back to the solution. I am grateful to all the members who have adapted to this very challenging environment to ensure that Al-Anon will always be there.

by Vali F., Executive Director, AFG

(Reprinted with the permission of *The Forum* (September 2020 issue, page 16), Al-Anon Family Groups, Virginia Beach, VA)

AREA TREASURER'S REPORT:

A special **Thank You** to all who have been able to make donations to our RIAFG office. Your support is greatly appreciated.

The RI Area understands all the uncertainty during this pandemic. This is one of the main reasons why the Area has decided to postpone the Annual Appeal for now.

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 \$

Keep Our Light Shining



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

Thank You for your support during these difficult times! When it is possible for you to do so, please support our RIAFG and WSO to keep the “doors” of Al-Anon open to all who need it, either personally or through your home groups.

- Make a personal 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:

Accurate Electronic Meeting Information is Essential!

Electronic meetings have become a lifeline to many individuals seeking Al-Anon's help. Please verify that your meeting information is accurate. Ask yourselves, "What would a newcomer need to know to attend this meeting?" Here's some food for thought....

Create a meeting email address for any newcomer needing additional information

A meeting email address can be displayed with your meeting information

You can submit any changes to your meeting on the Electronic Meeting Change Form

at: al-anon.org/elc-mtg-change-form

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

Our Worldwide Fellowship

Today Al-Anon is more of a global community than ever. General Services Offices (GSOs) in countries around the world provide services such as selling Conference Approved Literature, registering and publishing meeting information, coordinating national public outreach campaigns, cooperating with professionals, and implementing policies. In **October of every second year**, Delegates representing these GSOs meet at the International Al-Anon General Services Meeting (IAGSM). Please take a moment to remember these members and wish them well in their work supporting Al-Anon members around the world.

New Topic for the Member Blog

October's topic is, "What does it mean to be of service to Alateen?"

Now, you can also write about Al-Anon's three Legacies.

This month features Step Ten, Tradition Ten, and Concept Ten.

Please share with us at al-anon.org/member-blog.

Sharings on the Member Blog may be used in future Al-Anon publications.

Area Alateen Recertification Thank You!

The World Service Office Staff would like to congratulate the Areas for successfully completing the 2020 Area Alateen recertification in accordance with the policy for Alateen and the 2003 Alateen Motion from the Board of Trustees.

Please give kudos to your Area Alateen Process Person, Area Alateen Coordinator, and local trusted servants who collaborated to update all Al-Anon Member Involved in Alateen Service and Alateen group records information.

These efforts help us maintain an atmosphere of trust and safety for Alateen members and their groups. "Together We Can Make It."

Need Some Assistance with Your Communication Skills?

Everyone experiences conflict. It's a fact of life, whether it's conflict in a family, with a friend or neighbor, a co-worker, or a member of an Al-Anon Family Group. The *Loving Interchange to Resolve Conflict* Wallet Card (S-71), *Conflict Resolution Using Our Twelve Traditions* (S-72), and *Talk to Each Other — Resolving Conflicts within Al-Anon* (S-73) are tools available to help us deal with conflict as Al-Anon members. Available individually or together in the *Using Al-Anon Principles to Resolve Conflicts* Kit (K-70).

How Has Conference Approved Literature Helped You

Please share the ways that *Courage to Be Me*(B-23), *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 **October 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.

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

STEP TEN:

Continued to take personal inventory and when we were wrong promptly admitted it.

TRADITION TEN:

The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

CONCEPT TEN:

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.



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.