Editor’s Corner:

When I started working on Lifelines, I had no experience putting together a newsletter. I wanted to get involved in Area service and since I had some computer skills, I decided to give it a try. When I had questions, I called upon the experience, strength and hope of the Area Delegate and the Area Chair. Their help contributed to my own learning curve regarding Area service. I spent lots of time working on this, but time was a new luxury for me when I became retired. My self esteem grew as I discovered new techniques that made the newsletter look well put together.

I didn’t do this in a vacuum. Fellow members contributed their own experience, strength and hope through their personal sharings. The members of the Area World Service Committee made contributions and had some great ideas that made the newsletter better. Without the help of this team of dedicated trusted servants, I would have floundered, lost in a spiral of making mistakes and trying to learn from them. I experienced first hand how the AWSC works together to keep the RIAFG Area in business, spreading the message of recovery from the effects of this cunning and baffling disease. As in my own personal recovery, in Area service I was not alone.

There are too many open service positions at the Area level. That’s my assessment. I have benefitted greatly from Al-Anon being here for me when I needed it. I am sure many of you can relate to that. And in the beginning of my own personal recovery, I had to focus on using the tools of the program, trying to live in the moment one day at a time. I had nothing to give at that point. But I was open to receive the wealth of your wisdom.

There comes a time to give back. Al-Anon does not exist by some magical component. Al-Anon exists because from our beginning, people wanted to keep the message alive, and they knew that involved dedication and work. Service is an important part of a well rounded recovery program, whether it be at the group, district or area level.

I ask you, what would you do if there were no Area here in Rhode Island? What if no one was sending out announcements and information important to the continuation of this program of recovery?

No job is too small. No job is unimportant. The variety of available positions at the Area level each have their own appeal and their own time demands. Service at your group level keeps the meeting healthy and vibrant.

In the past I needed to take. I really had nothing to give besides a warm body at a meeting. Now, I also give back to Al-Anon. Service has enriched my own recovery in ways I never could have imagined. I hope you decide to give service a chance. Remember, just as we are not alone in recovery, we are not alone in service.

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
SERVICE HELPS INTRODUCE NEW EXPERIENCES

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 I 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.
SERVICE APPEAL (CONT.):

Dear Fellow Al-Anon Members,

The Service Appeal Flyer on the previous page can be printed and passed out at your Al-Anon meetings. Please see the NEW RIAFG WEBSITE FEATURES below to access information about the job responsibilities for the open positions. The Rhode Island Area needs volunteers for these positions. Please consider volunteering for service at the area level.

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.”

SAVE THE DATE!

Anniversary Celebration on October 11, 2021, at Monday Morning Al-Anon in Portsmouth at 9:30 AM. RIAFG Assembly will be a virtual event on November 6th. More details to follow.

The AA Convention with Al-Anon participation will be Feb. 12 - 13, 2022 at the Newport Marriott. Barbara H., our most recent RI past delegate, will serve as the Al-Anon featured speaker. Barbara shares an inspiring recovery story with humility and laughter. Please come and hear her talk on Saturday, Feb. 12 at 10:00 a.m. Barbara, we are grateful for your service.

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=amp2ZTR5UXAzWS5KOgiEQk4VE0Zz09

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)
MEETING NOTICES (CONT.)

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, R.I. 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://zoom.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/88198707610. To join the meeting manually, go to zoom.us, enter Meeting ID# 88198707610 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.

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 Avice St. Narragansett.

7:00 p.m., Wysterly Friday Night AFG, Wysterly - Wysterly 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.

UPCOMING EVENTS:

October 11 9:30 AM Anniversary Celebration, 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.

October 18 7:00 AWSC Meeting. For zoom info, go to riafg.org, click on Events Calendar, and Click on AWSC meeting on October 18th.

November 6 RIAFG Fall Assembly, more details to follow

February 12-13, 2022 AA Convention at the Newport Marriott
$ RIAFG AND THE WSO STILL NEED YOUR SUPPORT $

Wishes don’t pay the bills

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

Thank You for your continued support during these unusual times!
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:

Al-Anon/Alateen Public Outreach

Please share the benefits of Al-Anon with members of the professional community with whom you come in contact. If you feel comfortable, you can carry the Al-Anon message to your doctor, nurse, members of the clergy, therapists, educators, or other professionals. You have a powerful first-hand account of how Al-Anon helps families and friends of alcoholics.

Thank you,
Jackie W.
Public Outreach Coordinator

Al-Anon Public Service Announcements

Hi Everyone,
Please view the Al-Anon PSAs at: https://al-anon.org/media-kit/public-service-announcements/
Please consider posting to your social media outlets if you feel comfortable. Please remember to safeguard your anonymity by not mentioning your membership in Al-Anon.

Thank you,
Jackie W.
Public Outreach Coordinator
PUBLIC OUTREACH (CONT.):

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!

CUT ALONG THE LINE BELOW

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 |
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:

ALATEEN
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
FORUM ARTICLES:

A Work in Progress

I used to think that any task I thought I could not do well was not worth doing at all. I was taught that practice makes perfect. But no matter how much I practiced, I never got perfect. It seemed the only habits I had were bad habits—self-loathing, no goals, fear of the future, and feeling helpless and victimized. These were my standard modes of operation. I only focused on my mistakes and failed to learn from them.

Taking blame was so much easier than accepting praise. Growing up in my family of origin, praise and encouragement always came with the statement, “If only you’d done a bit more/better.” Thus, no matter what I did or how well I did it, it was never good enough. I was never good enough.

The truth is that I have had many successes in my life. I put myself through college. I am married to a wonderful lady, and we have three fine children together. I have had a successful work life and am now retired. We live in a fine home in a great neighborhood. We have a lovely garden and four pets that bring us joy.

But when my son started using alcohol and drugs, I again had the nagging feeling that I was a failure. Where did I go wrong? Was I not good enough, smart enough, or rich enough to have prevented this? I came to Al-Anon to find out where I had screwed up, but what I learned was how well I had done despite my poor attitude and situation.

When I started working with my Sponsor, he told me that my efforts at working the Steps would be good enough at the time I did them. There are no “final exams” or pass/fail grades. Al-Anon is a gentle program that I work at my own pace. After working Steps Four, Five, and Six, I learned to stop comparing myself with some idealized picture of what I thought I was supposed to be.

I can now look honestly at who I am and what I have achieved—the “real” me. I can now see my efforts at something new as just experiments I can learn from, not tests to pass or fail. I can’t learn less, only more. I see now that learning from my mistakes is not a bad way to learn. Yes, failures can be painful, but they are no longer the final arbiter of my validity as a human being.

My new family in Al-Anon is a loving family that understands my triumphs and failures. You all see me for who I am. My efforts at recovery are not in vain. I like to think we are all works in progress, not final outcomes. Our stories are not over.

By John B., North Carolina The Forum, September 2021

(Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.)

Can We Talk…..Please?

Growing up in my alcoholic home, no matter what the issue was, whoever yelled the loudest won. By forcing solutions, I set myself up for many battles throughout my life. When I arrived at Al-Anon, I met people who demonstrated respect for one another. In the group setting, they held business meetings where they talked to each other and reasoned things out. The collective wisdom of the group led to decisions. They called this process the group conscience.

Although groups are within their autonomy to handle their business as they choose, many members have found that holding a business meeting to discuss matters often works best. Some simple matters (like who will lead the next meeting) can be resolved quickly, while other topics (such as changing the day or time of the meeting) require a more thorough discussion with input from all who choose to participate.

The newly expanded “Group Business” chapter in the “Groups at Work” section of the 2018-2021 Al-Anon/Alateen Service Manual (P-24/27) encourages members to learn from the experiences of other Al-Anon and Alateen groups regarding how they handle their group business. Warranty Three in Concept Twelve speaks of the spiritual principles involved in making decisions, which include discussion, voting and, whenever possible, unanimity.

Applying the Twelve Traditions and Concepts of Service helps keep the guiding principles of the group conscience in the discussion. As a result, the decision often evolves from the discussion and a vote is not needed. It’s important to the unity of the group that those members who don’t agree with the decision have the opportunity to be heard, but also are at least willing to support the group conscience. If a decision cannot be reached, the group members need to continue the discussion at additional meetings. Holding principle-based discussions leads to spiritually based decisions.

Members have shared that, occasionally, differing viewpoints cause conflict and divert the discussion from its primary purpose. The World Service Office publishes several service tools to help groups address such conflict. The Using Al-Anon Principles to Resolve Conflicts Kit (K-70) has three components, which are also sold individually. 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) offer tips to aid members and groups in making decisions that are in accordance with our spiritual principles. By applying these principles, I no longer feel the need to force solutions. I communicate in a more thoughtful and civilized manner because I have found serenity.

Sharon B., Senior Group Services Specialist The Forum, September 2018

(Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.)
NEWS FROM THE WSO:

Are you subscribed to the official Al-Anon Family Groups Headquarters, Inc. YouTube channel?

What are the benefits of subscribing to the WSO's YouTube channel?

• You will be the first to know when new videos are published, allowing you to enjoy some recovery.
• Increase your recovery by carrying the message. You can easily share all of our videos to your preferred social media platform.

How do you subscribe to our channel?

Go to: Al-Anon Family Group Headquarters, Inc. - YouTube,
Subscribe to our channel, and
Hit the bell to receive notifications when new videos are published.

Experience the Joy of Service!

Would you like to experience more growth and recovery? Service activity connects you with people who have experienced recovery at another level. Check out Al-Anon’s Joy of Service (S-57) leaflet. It describes the growth and recovery that can occur through serving as a Group Representative and District Representative. Order a copy (10¢) or download for free through the Al-Anon Online Store.

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:

• Saturday, October 9, 2021 @ 2 pm EDT
• Wednesday, November 17, 2021 @ 8 pm EST

Find out how to get the Al-Anon Family Groups Mobile App at al-anon.org/mobileapp
Consider inviting our Cofounder, Lois W., to share her story at your next event. The historical films, *Lois’s Story* (AV-1) and *Lois W. & the Pioneers* (AV-24) are now available for rent online. Responding to the needs of the fellowship for easier access to these historical films, the World Service Office (WSO) has made them available to be rented and viewed via the online streaming platform Vimeo On Demand. The cost for each film will continue to be $25, which will grant access to the film for a period of 7 days. The WSO will also continue to maintain its library of DVDs available for rent.

**The WSO Welcomes New Director of Programs**

As we announced earlier this year, the World Service Office (WSO) began a thoughtful process in March of selecting the new Director of Programs. We were very fortunate to have received many qualified Al-Anon member applications and offer our thanks to all who applied for their willingness to serve. Staff conducted an extensive interview process and are thrilled and delighted to announce that Sarah S., from Missouri, has accepted our offer to serve in this important leadership position at the WSO.

**Al-Anon’s Newly Redesigned Online Store Is Live!**

Have you visited the redesigned Al-Anon Family Groups Online Store? Launched in May of this year, the store now features many improvements to make the purchase of Conference Approved Literature (CAL) an easier and faster experience. One of the WSO’s Strategic Plan goals is to invest in technology that makes recovery tools accessible to all our members. The newly designed store does just that! Here’s what’s new about the Online Store:

- It is mobile-friendly: place an order from your laptop, mobile device, or tablet.
- It features new product categories in an easy-to-navigate menu.
- It lists material by topics that reflect popular areas of member interest.
- It has a “Quick Order” option for those who already know product codes.
- It features streamlined contribution and subscription processes.
- Its vibrant and colorful new look now matches the rest of our Al-Anon website.

We invite you to visit the redesigned and improved Al-Anon Family Groups Online Store—and enjoy!
So Why Do We Only Read CAL at Meetings?

The idea of “Conference Approved Literature” (CAL) was introduced by Al-Anon’s Cofounder Lois W. at our very first World Service Conference 60 years ago. Have you ever wondered why we don’t use outside materials when there are so many to choose from? Check out Why Conference Approved Literature? (P-35). This pamphlet describes how CAL is developed and why its exclusive use at meetings is so important.

Service Opportunities at the World Service Office

Have you ever imagined having the opportunity to serve the worldwide fellowship of Al-Anon Family Groups? The World Service Office (WSO) has opportunities each year for members to serve as At-Large Committee members on select committees formed by the Board of Trustees. These members serve the fellowship by bringing ideas and sharing their experience, strength, and hope to provide recommendations on how to improve programs and services across the globe.

- Enjoy finances? Consider Audit
- Love reading The Forum magazine? Perhaps Forum Editorial Advisory might suit
- Want to contemplate ideas for new CAL? Literature could be your opportunity
- Love sharing about Al-Anon? Think about joining Public Outreach

Al-Anon members applying to serve on At-Large Committees must have five years of continuous Al-Anon/Alateen membership and can never have been a member of A.A. Alateen members must be at least 13 years of age and have at least one year of Al-Anon/Alateen membership. Unique qualifications exist for past trusted servants at the world service level—these are listed on al-anon.org.

At-Large Committee members may serve up to six one-year terms, beginning in January. Résumé forms must be submitted no later than October 29, 2021. Get more details and submit your résumé.

Subscribe to The Forum, Al-Anon’s Monthly Recovery Magazine!

The Forum is Conference Approved Literature (CAL) and can be used in your group’s meetings. Each print issue is jam-packed with experience, strength, and hope from members of our worldwide fellowship. Besides featured sharings, additional departments in the magazine include “CAL Corner,” “Instant Meeting,” and “Our Three Legacies,” along with Alateen pages and news from the World Service Office. Topics are timely and thought-provoking. For less than $1/month in the US, including Puerto Rico and Bermuda, and less than $2/month in Canada and other countries, you can give the gift of Al-Anon recovery in a print subscription to yourself, your group, or someone else.
Road Trip! You and Your Board Connect We’re Going to Cleveland!

Al-Anon members, *Road Trip! You and Your Board Connect* will be in **Cleveland, Ohio** on **Saturday, October 23, 2021**. Space is limited so register now!

- **Interact** with your Board of Trustees, Executive Committee, and the Executive Director
- **Hear** personal stories from Al-Anon members who are currently serving as Volunteers
- **Learn** how Al-Anon spreads the “message of hope” worldwide
- **Share** your thoughts and ideas
- **Obtain** information on committees including Policy, Conference Leadership, and more
- **Engage** in a day of fun, food, and Al-Anon

We are looking forward to sharing with you our experience, strength, and hope as Al-Anon members, and providing a glimpse into the work we each do in our different capacities to serve the fellowship.

Join us for *Road Trip! You and Your Board Connect* This full day of in-person fellowship begins at 9 a.m. and ends at 4:30 p.m. on Saturday, October 23, 2021.

The Westin Cleveland Downtown
777 Saint Clair Ave., N.E.
Cleveland, OH 44114

Visit [al-anon.org/roadtrip](http://al-anon.org/roadtrip) for registration and more information.

Register online or mail in your registration to the World Service Office (WSO) starting **Wednesday, August 11, 2021**.

Both online and mail-in registration close **Friday, October 8, 2021**.

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.

How Has Al-Anon Literature Helped You?

Please share how *From Survival to Recovery (B-21)*, *In All Our Affairs (B-15)*, or *The Al-Anon Focus (P-45)* has helped you. Send your sharings by **October 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 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.

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.


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

Photos by TH