Fear Less

It's the spooky month. But when we're dealing with the effects of someone's drinking, we're usually in a perpetual state of fear.

What if we are asked for help we can't give? What if they relapse? What if we have set a boundary and we realize we're going to have to enforce it? What if someone gets hurt? All of these thoughts can bring up feelings of anxiety and fear. This is scary stuff!

I'm so grateful I have Al-Anon to help me see fear for what it is, and be able to live with it. I talk to my sponsor, who asks me, "What are YOU doing today for yourself?" I listen to podcasts from Al-Anon's website, like this one with Valentina, facing fear and healing herself by attending regular meetings.

I read about Al-Anon's definition of F.E.A.R. -- "False Evidence Appearing Real."

In Al-Anon, the answer to ‘What if?’ Is: ‘Don’t project! Don't imagine the worst; deal with your problems as they arise. Live one day at a time.' I cannot do anything about things that haven’t happened; I will not let the past experiences make me dread the unknown future. ‘It is a vain and unprofitable thing to conceive either grief or joy for future things which perhaps will never come about.'" (One day At a Time in Al-Anon pg. 193)

Hope for the best, and don't expect the worst. Expect that no matter what happens, you have a program of recovery that will help you through it. Learn more about working your program through our upcoming convention, buying literature, and how to do RIAFG service, all in this issue of Lifelines.

Gratefully in service,
Eden C., Lifelines Editor lifelines.riafg@gmail.com
Upcoming Events

**TUESDAY OCT. 11** @7:00pm: RIAFG Monthly Meeting online via Zoom. All are welcome. More info and Zoom link at www.riafg.org.

**TUESDAY OCT. 18** @7:00pm: Online planning meeting via Zoom for Dec. 3 RIAFG Fall Assembly (less than an hour). Information on page 7 in this issue of Lifelines.

**SAT. DECEMBER 3:** RIAFG Fall Assembly, 9am-3:30 pm at St. Aidan's Church in Cumberland, 1460 Diamond Hill Road, Cumberland RI. Speakers, information, and support, open to all.

**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.
RIA4FG
2022 FALL ASSEMBLY

District and Area Updates
Support and Education
Sharing and Connecting

SATURDAY DECEMBER 3
9AM-3:30PM
St. Aidan-St. Patrick Parish
1460 Diamond Hill Rd.,
Cumberland, RI

www.ria4fg.org
RIAFG Office Appeal

Volunteers Needed
If not YOU, then WHO?

Imagine needing help and waiting a week to get a response! Currently, the Rhode Island Al-Anon Family Group’s office and Literature Distribution Center in Cranston has TWO volunteers. We’d love more! Below is a brief description of what being an office volunteer entails. Training is provided.

In Office volunteer’s responsibilities: answer the phone, return phone calls, mail meeting schedules, greet visitors and fill literature orders.

At home volunteers’ responsibilities: check voicemail, return calls, mail meeting lists, and when necessary contact the office coordinator.

This is a perfect opportunity for YOU to give back to the Program.

For more information and/or to volunteer, email the office coordinator at: office.riafg@gmail.com or call the office at 401-781-0044.

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.

Elaine H., Office Coordinator
Got Literature?

How to order Literature from the RI Literature Distribution Center

To pick up at the office:
Mail in the literature request form (found on our website: riafg.org) along with a check to: RIAFG 106 Rolfe St. Cranston, RI 02910. Be sure to include your name and phone number. You will be called back when the order is ready for pickup. Payment is made at time of pickup.

To have literature mailed to you:
There is a shipping and handling charge of 8% of the total of the order or $5.00, whichever is greater. Include a check for the full amount of the order, the name and address for shipping, and your name and phone number.

To shop at the office:
Leave a message at 401-781-0044 and someone will let you know when the office will be open.

Please note that if you are requesting only a few items, and you want to do pick up, you may call the office with the info.

Gratefully in service, Elaine H., Office Coordinator
Hello from your Area Lit Coordinator!

**Good news for this month:** All titles we were out of are in stock and seem to be in supply for now at WSO. I know that can change at any time, but I have ordered ahead on *Courage To Change*, so we should be good to fill your group or individual orders.

**An Important Item:**
The Al-Anon ODAT (One Day At A Time) readings book has a new introduction in new copies available for sale, and stickers for inclusion in our current copies in the office. This new Introduction to the book creates some context for the sharings that were written back in 1968. Recent changes in membership and other cultural aspects are not reflected in that reader, so this new intro is an attempt to help readers understand that and still derive help from that book that reflects our earliest members’ wisdom.

For those of us who have an ODAT, a downloadable page with the introduction is available to print at [https://al-anon.org/pdf/B6-New-Introduction.pdf](https://al-anon.org/pdf/B6-New-Introduction.pdf) Sticker reprints of it are not going to be made available for purchase.

As always, RIAFG appreciates your purchases of literature through our office, as this is a source of revenues for the Area.

Yours in Service— Wendy H, Area Literature Coordinator
**District 1 Alanon Groups!!** Our District is responsible for hosting the Fall Assembly, to be held on **Saturday, Dec 3** at St. Aidan's Church in Cumberland from 9-3:30 pm. We need some help with logistics (set-up, registration, coffee and snacks), so let's meet on Zoom on **Tuesday, Oct 18 at 7 pm.** The meeting will take less than an hour, and if we get enough people, the tasks will be small. Let's do the planning now! For Further info, please contact **Barbara Ga** at 401-486-969 or email: cag0607@hotmail.com

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**ZOOM Link for Oct. 18 7pm**
**RIAFG Fall Assembly Planning Meeting**
https://us02web.zoom.us/j/82750315104?pwd=UXJYbS9nVlhTZlU5OGVwTIlkxS1FkZz09

Meeting ID: 827 5031 5104
Passcode: 966711

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**Meeting Space Available!**
Did you lose your meeting space during the pandemic? Need a different spot? Starting a new meeting group? The **East Greenwich Lutheran Church** on Division Street has available meeting rooms. Contact the office at firstlutheraneg1@gmail.com.

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**Got a laptop?**
RIAFG needs **a newer laptop or tablet** to be used in the Cranston office. Mac or PC is fine. This extra device will help us host hybrid meetings! Contact any RIAFG representative if you have one to donate.
How I overcame my fear

I was raised in an alcoholic home, I had very little self-esteem. I have never forgotten the time I was in the fifth grade, and I was asked to stand up in front of my classmates and give a talk. I tried and I couldn’t do it. I was so embarrassed.

This was just one of my embarrassing fear-based moments. I was 52 when I started Al-Anon. I watched the new members come in and chair a meeting or share. And even though I had been going for 3 years I couldn’t do those things because of fear.

There was a young member, a male young enough to be my son, and he was our group’s Group Representative. He kept encouraging me to chair a meeting. I finally did. I am now 60, I chair meetings all the time with the help of this program I am no longer afraid to be the center of attention or chair meetings.

I have gained self-esteem. I feel like I am an important part of our group. I was married for 30 years, I never ever thought I could overcome the fear of being alone. Al-Anon give me the courage to tell my alcoholic husband that I wasn’t going to live like this anymore and that he had to leave. He did, and I felt no fear. I was so proud of myself. He was gone for six months, he got himself into a rehab, and today he has been sober for four years.

We are still together and have been married for 37 years.

Cindy, Al-Anon.org

Members' Share reprinted with permission from www.al-anon.org Member Blog. Get literature of all kinds right here in Rhode Island: literature.riafg@gmail.com
"Certain that other members would ensure the Al-Anon program’s future by doing all the work, I was content to stay on the sidelines, plodding along in my recovery.

Eventually, I stepped into service simply to spend more time with others who were in recovery by attending District and Area meetings. Little did I know that it would help break down my walls of isolation, self-reliance, and insecurity.

Members from other places welcomed and valued my input and helped me broaden my understanding of our Legacies. As I began to acknowledge the incredible improvement in my life that was so affected by alcoholism, I felt a greater need to carry Al-Anon’s message of help and hope in any way I could. No matter how, when, or why we get involved, we know that we can “March Forth” together."

Christa A. Senior Group Service Specialist, March 2021

Alternate Delegate
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 Al-Anon members to sponsor them, and setting up Alateen workshops; other responsibilities as assigned by the Area.

Area Chair
The Area Chair should have leadership and organizational ability. They must be able to plan an agenda and conduct business meetings in an orderly manner. Member is an active Al-Alon member; is an outgoing or current Area World Service Committee member or former member who has remained active in service at the Area level, or otherwise has service experience of sufficient scope that they possess the qualification for this position. Member is not also a member of Alcoholics Anonymous. Area Chair should have knowledge of Al-Anon Traditions and Concepts as well as how they are applied. The Area Chair facilitates and chairs Area Assemblies, distributes Assembly Agenda and meeting materials at least 30 days in advance of each Assembly. The Chair also:

- Oversees the functions of the Area
- The Chair ensures that Area business is conducted at regular intervals.
- Facilitates Area World Service Committee meetings
- Creates AWSC meeting Agenda with input from the AWSC Members
- Creates the Assembly Agenda with input from the AWSC Members
- Responds to member questions and/or forwards to the appropriate Officer or Coordinator
- Schedules AWSC meetings
- Additional responsibilities include participation on the RI Alateen Safety Guidelines Committee and serves on the Area Budget Committee.
Secretary
The Secretary attends to all regular secretarial work and takes minutes of all Area meetings and Assemblies. These minutes should be sent to the Area World Service Committee members soon after the meeting (within two weeks as a goal) and be recorded in a permanent minute book to be passed along to a successor. Minutes are also kept in a log at the Area office. A minute template is also available.

Alateen Coordinator
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 conventions and other 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 as an Al-Anon Member in Alateen Service (AMIAS).

Email Coordinator
The email coordinator maintains the Area email account, checking it regularly for messages, and responding to messages as needed or forwarding them to other AWSC members for an appropriate response. Members’ anonymity is protected at all times.

Workshop Coordinator for 2023
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.
New to Al-Anon? You'll want to hear this.

Short, informational podcasts just for Al-Anon newcomers! We're glad you're here.

Click to: al-anon.org/newcomers/first-steps-al-anon-recovery/

Free Downloads!

So much to read, print, and share!

Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/
RIAFG: Current ASWC Officers & Coordinators

RIAFG AREA WORLD SERVICE COMMITTEE CONTACT INFO

Delegate: Cindy B. delegate.riafg@gmail.com
Chair: OPEN
Treasurer: Terry L. treasurer.riafg@gmail.com
Archives Coordinator Anna P. archives.riafg@gmail.com
Alateen Process Person Beth P. (email forthcoming)
Forum Coordinator Ann H. forum.riafg@gmail.com
Group Records Coordinator records.riafg@gmail.com
Lifelines Editor Eden C. lifelines.riafg@gmail.com
Literature Coordinator Wendy H. literature.riafg@gmail.com
Office Coordinator Elaine H. office.riafg@gmail.com
Public Outreach Coordinator Jackie W. outreach.riafg@gmail.com
Website Coordinator Kim C. webmaster.riafg@gmail.com

OPEN AREA POSITIONS

AREA Board Chair (NEW VACANCY)
AREA Secretary (FILLED) AA Liaison
AREA Alternate Delegate (FILLED) Alateen Process Person
District 1 Rep Alateen Coordinator
District 2 Rep Email Coordinator
District 3 Rep 2023 Workshop Coordinator

To learn more about open positions, attend our monthly meeting (information at riafg.org calendar) and/or contact any coordinator!

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RIA FG Service Tree -- how it works

**RIA FG MEMBER SERVICE SUPPORT STRUCTURE**

**GROUPS**

- In RI
  - 9 # in District 1
  - 15 # in District 2
  - 9 # in District 3

**Serves members within the groups**

**Group Representative serves as liaison between the group’s district and Area**

**DISTRICTS**

- (3 in RI)
  - 1 = 11 Cities in Northern, RI including Providence
  - 2 = 17 Cities in West Bay, Western and Southern, RI
  - 3 = 9 Cities in East Bay, RI

**Districts serve groups within the area and attends area Assemblies**

**RI is Area #49**

Our office is at
106 Rolfe Street
Cranston, RI

**Coordinates all services within RI, including finances, literature distribution center, telephone service, website maintenance, organizes assemblies**

**Area Delegate serves as a liaison between the area and the World Service Office**

**WORLD SERVICE OFFICE**

**WSO**
Virginia Beach, VA

**Services areas, groups, and members in US, Canada, Puerto Rico, and Bermuda**
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

AL-ANON
for families & friends of alcoholics

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 |

CUT ALONG THE ABOVE LINE AND UP BETWEEN EACH BOX TO CREATE TEAR OFF TAGS
"Where can I find a meeting?"

The current list of meetings is available at [www.riafg.org](http://www.riafg.org).
The current In-Person/Hybrid and On-line/Phone meetings lists and coronavirus updates can be found on under the “AL-ANON MEETINGS’ tab. Click on “MEETING LISTS.

***Please check on line for meetings that fall on holidays***

Stay on the beam & in the know.

Download the AFG Mobile App today!

It’s easy! Simply subscribe to the Premium Content on the Al-Anon Family Groups Mobile App to receive an additional boost of recovery each day. The Premium Content includes a daily sharing on a Step, Tradition, Concept, slogan, feeling, or another thoughtful topic to reflect upon throughout your day.

By subscribing to the Premium Content, you will receive a year’s worth of entries, thus ensuring daily bursts of easily accessible serenity while on the go.

Go to [www.al-anon.org/mobileapp](http://www.al-anon.org/mobileapp) to get the app.
TRADITION SEVEN: EVERY GROUP OUGHT TO BE FULLY SELF SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.

Thank You for your continued support! 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.

Mail your donations to RIAFG:
RIAFG, 106 Rolfe St., Cranston, RI 02910
**When you send in donations from your group, include the group number or the group name.***

Make a donation to the World Service Office online at https://al-anon.org/contributions/
Mail donates to WSO:
AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454
Contact Us

CONTACT RIAFG

www.riafg.org
106 Rolfe St.
Cranston RI 02910
401-781-0044 Office hours available by calling this number.
Send your Lifelines announcements to lifelines.riafg@gmail.com

CONTACT WSO

www.al-anon.org
1600 Corporate Landing Parkway
Virginia Beach, VA 23454
757-563-1600

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