Editor’s Corner

Autumn reminds me of new beginnings. As a kid, it was a new school year, a fresh start, a clean slate, with new books, new pens, new clothes, new teachers, new subjects. Now this is a time to renew my conscious contact with my Higher Power, to take the time and make the effort for reading literature, prayer and meditation. Just as the air is clearer and the visibility longer during the fall, I need to clarify my priorities and continue to become the person I am meant to be.

Sometimes it feels that I am in the fall of my recovery. It has been a long time since the “pink cloud” experience of early Al-Anon. Sometimes I long for the highs of those early times in the program. I felt so present. Reality seemed to pulse with life. My awareness had an acuteness that I had never before experienced.

This history helps me. I can recognize the amazing changes that have occurred in my life due to Al-Anon. But I sometimes seem stuck in a rut. I need to keep my head, heart, and feet in the same place.

So, perhaps the honeymoon has ended and the day to day work is, well, work. More than ever, I need to apply effort, sometimes more effort than I think I have. I read an old note in the back of one of my daily readers: “The only way forward is through,” - through the every day stuff, the tough times, and the good times. My Higher Power nudges me to move through and forward. The best way for me to accomplish this is try using the tools of Al-Anon. My history has shown me this.

I don’t like the idea of winter being around the corner, but at the same time, I love the change in seasons, and truthfully, the first snow fall. I walk through my recovery seasons one day at a time, with the help of my Higher Power and all the wonderful people who make this program possible.

A grateful member of Al-Anon,
Elaine H.
Lifelines Editor
Rhode Island AFG

October, 2018

RIAFG Fellowship Event
Organized by District 1
BLACKSTONE BOULEVARD WALK AND ICE CREAM SOCIAL

Sunday, October 14, 2018
1:00 pm
Meet at the LIPIT PARK FOUNTAIN

Let’s meet for a walk on Blackstone Boulevard followed by ice cream and fellowship at Three Sisters (1074 Hope St, Providence, RI).

No need to RSVP, just show up! All are welcome!

**Rain will cancel this event**

FAQs
Are there ID or minimum age requirements to enter the event?
No

What can I bring into the event?
Comfortable walking shoes, sunscreen and a smile!
You order and pay for your own refreshments at Three Sisters.

How long is the walk?
The full walk is 3 miles, but only walk as far as you wish at your own pace!
Don’t feel like walking? Join us for fellowship after the walk!

Anniversary Celebration:
The Monday Morning Al-Anon meeting in Portsmouth is holding their 39th Anniversary Celebration on Monday, October 8th, from 9:30 AM to 11:30 AM at St. Mary’s on East Main, Portsmouth. Please join us for speakers, fellowship & festivities and our potluck refreshments. See Flyer on page 13.

Save the Date!
October 20, 2018
Fall RIAFG Area Assembly
Emmanuel Church in Newport

2
Rhode Island Area

Al-Anon Family Groups
"Hope and Help for Families and Friends of Alcoholics"

Fall Assembly
October 20th 9:30 am – 3:30 pm
Registration at 9:00 am
Registration fee $5.00 per group

Emmanuel Church
42 Dearborn Street
Newport, RI 02840

Bring a dish to share or bring your own lunch
Coffee and Beverages Provided

Everyone is welcome, but only GRs (or appointed proxy*) may vote. If your group does not have a GR, or your GR cannot attend, the group can designate another group member to fulfill the role for the day as appointed proxy*. Please make every effort to attend to share your group’s voice!

Agenda includes:
✓ Filling Vacant Area Positions
✓ Internet Safety Guidelines
✓ Strengthening Area Service Participation

* To vote, proxy cannot also be a member of AA
Emmanuel Church
(Library Room)
42 Dearborn Street
Newport, RI 02840

From Points North and East via Portsmouth:

• Take Route 24 South to last exit for Route 114 /West Main Road South
  OR
  Take right off Mount Hope Bridge onto Route 114 South. After 1.4 miles, turn right at first light to continue onto Route 114 South.
  • Take Route 114 / West Main Road South for about 6 miles (Route 24 directions) or 7 miles (Mt. Hope Bridge directions)
  • Turn Left onto Valley Road (Route 214) after Speedway, then Getty station and just before Town Fair Tire (there will be a light and left turn lane). Travel for about 2.2 miles.
  • Continue to merge onto RI-138A W/Aquidneck Ave. Follow RI-138A W for about 1.7 miles.
  • Turn left at Bellvue Avenue light (at top of the hill past the Cliff Walk)
  • Take 4th right onto Perry Street
  • Turn right at end of street onto Spring Street
  • Take immediate left onto Dearborn Street. Church will be on the right; church parking lot is on the left.

From points South via Newport Bridge:

• Take the Downtown Newport / RI 238 Scenic S exit off Newport Bridge toward Newport
  • At the end of the exit, turn right onto RI-238 S / JT Connell / Farewell Street
  • In 0.3 miles, turn right at light to continue on RI-238 S / America’s Cup Avenue
  • After 0.8 miles turn right onto Thames Street
  • After 0.4 miles, turn left onto Dearborn Street. The church parking lot will be on the right; the church is across the street on the right.
FALL ASSEMBLY AGENDA
OCTOBER 20, 2018

Location: Emmanuel Church, 42 Dearborn St., Newport, RI

9:00 – 9:30  Registration / Check-in

9:30 -9:50  OPENING/WELCOME
➢ Moment of silence followed by the serenity prayer
➢ Read Steps/Traditions/Concepts/Warranties
➢ Roll Call/Introductions
➢ Housekeeping/Facilities Information

9:50 - 10:30  AREA BUSINESS
➢ Review and Acceptance of June 9, 2018 Assembly Minutes
➢ Date and location of next Assembly – District 2
➢ Open Area Service Positions
  ● Secretary  ● Alternate Delegate  ● Archives Coordinator
  ● Area Alateen Process Person  ● Email Coordinator  ● Forum Coordinator
  ● Lifelines Editor  ● Office Coordinator  ● Public Outreach Coordinator
  ● Website Coordinator  ● Workshop Chair 2019  ● District 1 Representative*

10:30 – 10:40  BREAK

10:40 – 11:10  DO NOT REFER POLICY/RE-REFER POLICY
The importance of discussing and creating safety guidelines.
(More information on this in the Assembly packets sent to the GRs)

11:10 – 11:40  GAME

11:40 – 12:10  INTERNET SAFETY ISSUES

12:10 – 1:00  LUNCH (brown bag bring your own)
District Meetings during lunch (*District 1 to select new DR)

1:00 – 1:30  SERVICE TASK FORCE REPORT/DISCUSSION

1:30 – 2:30  ASSEMBLY ACTION ITEMS
➢ Voting on open Area Positions
➢ 2019 Budget Presentation and Vote

2:30 – 2:40  BREAK

2:45 – 3:15  DISCUSSION/MOTIONS FROM ASSEMBLY

3:15 – 3:25  ASK IT BASKET

3:25 – 3:30  CLOSING
➢ Housekeeping matters, evaluation forms, etc.
➢ Motion to adjourn
➢ Closing prayer and Al-Anon Declaration

PLEASE TAKE A FEW MINUTES TO COMPLETE THE EVALUATION FORM – THANK YOU!!!
RI (Area 49) Open Positions

Brief Description of Duties

Per RIAFG Policy 02-2010, all of the following Service Positions are voting positions for AWSC meetings. Members serving in voting positions are expected to regularly attend all AWSC meetings.

Alternate Delegate – (1 year remaining on current term)
- Steps in to complete the term of the Delegate, if the Delegate is unable to finish his/her term
- Works with Delegate in communicating with the groups
- Other responsibilities as assigned by the Area

Secretary – (3 year term)
- Takes minutes of all Area meetings and Assemblies and sends draft minutes to AWSC members in a timely manner
- Finalizes minutes once approved and sends copy to Website Coordinator
- Maintains a binder of minutes in the Area Office

Archives Coordinator – (3 year term)
- Sorts and organizes the history and memorabilia of the RIAFG
- Displays materials collected at workshops, assembles, group anniversaries, etc.

Area Alateen Process Person – (3 year term)
- Serves as the Area’s designated Alateen Contact with the WSO Group Records Department
- Works with the Alateen Coordinator implementing the Alateen Behavioral and Safety Requirements
- Processes annual AAMAS certifications

Email Coordinator – (3 year term)
- Maintains the Area email account
- Checks the email account regularly for messages, and
- Responds to messages as needed or forwards them to other AWSC members for response

Forum Coordinator – (1 year remaining on current term)
- Encourages groups and members to subscribe to the Forum magazine
- Encourages groups and members to submit sharings to the Forum magazine
- Conduct writing workshops or outreach activities

Lifelines Editor
- Produces a monthly newsletter
- Requests articles from AWSC and personal sharings from the members
- Maintains a newsletter email distribution list and distributes the newsletter via the email list

Office Coordinator
- Ensures that our Area Office runs smoothly
- Trains “At-Home” and Office Volunteers and coordinates the volunteers office hours
- Fills literature orders

Public Outreach Coordinator – (1 year remaining on current term)
- Informs the general public and professionals about what Al-Anon is, what we do, and how to get in touch with us
- Serves as a communication link between WSO and the Area on Public Outreach
- Contacts area TV and radio stations encouraging playtime for Al-Anon Public Service Announcements

Website Coordinator – (1 year remaining on current term)
- Maintains the Area website and updates Area news, service opportunities, and events calendar
- Uploads monthly Lifelines newsletter
- Revises and uploads Area meeting list

Workshop Coordinator 2019
- Heads the Workshop Committee
- Chairs periodic committee meetings
- Secures volunteers who take on responsibilities for all aspects of the Workshop

District 1 DR
- Calls and chairs District meetings at regular intervals
- Represents the District’s groups at AWSC meetings and attends the Area Assemblies
- Keeps in touch with and serves as a resource and information source for the groups
SERVICE BREAKOUT SESSION QUESTIONS

- What works?
  What works for you? In Al-Anon service or in your real-world life?
  Sometimes our workplace trains us to step up using techniques or methods that are sound and effective, that are fruitful. Any suggestions?

- What motivated you to step up to service?
  Could you suggest a way to attract members to service based on your service experience?

- What doesn't work?
  What stands in your way? What gets in your way of committing to service?

- Do we need to change the number of Area positions?

- Are there positions that can be combined or eliminated?
  i.e. Add the Forum to the Literature Coordinator’s responsibilities. Eliminate the Email Coordinator position and have the Office Volunteers handle responses to the emails.

- Can we make more of the Coordinator positions non-voting to attract members who can't commit to attending the AWSC meetings and/or attract dual members?

- Should we allow voting members to attend the AWSC meetings via technology, like Skype or FaceTime?
  Perhaps that would make it easier for someone who may have transportation or child care or whatever issues that make physical attendance at the AWSC meetings very difficult for them.

- Are there other questions we need to ask?

Did you know?

What is an Assembly?

An Area Assembly is the business meeting where groups send their GR or other group appointed proxy to express a voice and vote on behalf of the group. Also in attendance are the District Representatives and the Area Officers and Coordinators. Any and all interested Al-Anon and Alateen members are encouraged to attend as well.

The Rhode Island Area has two Assemblies per year - Spring and Fall - where we discuss issues pertinent to our Area as well as issues our Delegate may bring to us from the World Service Conference and WSO. GRs hear reports from the Delegate and other Area Officers/Coordinators; elect new officers and coordinators; and review and vote on the Area budget, proposed Area policies and guidelines, and proposed changes to Area operations.

At the Assembly, the GRs and group appointed proxies are the only people who can vote on issues before the Assembly. In addition to voting at the Assembly, the GRs/proxies carry information from the group to the Assembly and back from the Assembly to their groups.
Area Chair’s Corner:

Website Issues

The Area World Service Committee is aware that iPhone users cannot view the full Events Calendar on the website and are unable to scroll over to see weekend events.

Unfortunately, we currently do not have a Website Coordinator and until someone steps up and volunteers to be the Website Coordinator, the iPhone problem cannot be fixed.

In addition to my responsibilities as Area Chair, for the past 15 months I have been acting as Website Coordinator. I have decided that at the conclusion of our Fall Assembly I will no longer do updates to the website. I believe that the website is an important communication tool for the Area and am hopeful that someone else will step up and volunteer to be the Website Coordinator.

If you are interested in becoming our Website Coordinator or know of another member that you think would be good in this position, please contact me at chair.riafg@gmail.com or better yet, come to the Fall Assembly on October 20th and stand for the position.

Love in Service and Fellowship,

Phyllis H., Area Chair

Task Force News:

The spring assembly generated a request from the Group Representatives that a task force be created for further discussion on the service break out questions shown below. These questions affect our RI Al-Anon groups. Whether you are a newcomer, old timer, or anywhere in between we invite you to join us for fellowship and input.

We are meeting Sunday September 30 at 1:00 pm at the Coffee Connection, 1744 Mineral Spring Ave, North Providence.” For more information email breakouttaskforce@gmail.com

Area Literature News:

The new book - Intimacy in Alcoholic Relationships and the new pamphlet - Hope and Understanding for Parents and Grandparents are currently available at the RIAFG area office in Cranston.

Anne-Marie,

RIAFG Literature Coordinator

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’s” so your anonymity is protected.

Do you have a story or an Al-Anon event to share? Would you like to share why your home group is so special to you? Would you like to share your insights? Do you have an inspirational photo? Please email these to lifelines.riafg@gmail.com.
With Gratitude for the Service of our Volunteers

**RI Al-Anon 2018 Workshop Committee and Volunteers**

- Holly R. - Chair
- Ann H. - Co-Chair
- Barbara H.# 1 - Graphic Design of Flyer & Program
- Marcia D. - Banner
- Barbara H.#2 - Butler Hosp. Ray Conference Coordinator
- Jane A. & Esme H. - potluck lunch coordinators
- Bev M. & Jim M. - registration
- Elaine H. - Lifelines Editor
- Haley - Raffle Ticket Sales

**Rhode Island Al-Anon Family Groups Officers**

- Phyllis H. - Area Coordinator
- Ashley B. - Alateen Coordinator
- Ann-Marie C. - Literature Coordinator
- Jane A. - Office Coordinator
- Jackie G. - AA Liaison

**Our Honored Speakers**

- Bill L. - AA
- Ashley B. & Haley - Alateen
- Shala-Ann - Al-Anon

**Our Meeting Leaders including (but not in total)**

- Jeanne D.
- Sally K.
- Dean H.
- Rosemary H.
- Lisa B.
- Phyllis H.
- Barb H. #2

**And helping hands including, but not limited to:**

- Katherine B.

Without the help of others this workshop could not occur!

This is exceptional Service

We also thank all of the Sponsors of our Volunteers for giving them Support & Suggestions for Recovery

And for Everyone from Every Group who gave so generously to your Group’s Raffle Basket Donation!
Members Share:

A dear, dear friend is dying. Sometimes it seems that I am sunk so deeply into this grief that I can barely see the sunlight on the surface. I want to cry most of the time.

I’m relying on the first three steps to bring me up for air, as I have so very often: powerlessness, recognizing anew that there is a higher power and I’m not it, and surrendering to that benevolent force.

I have long said, “Every death is every death,” meaning that each new death brings up all others. But this one seems more than that. This death is bringing up every past loss. And because I am grieving again the loss of my childhood to anger and alcoholism, the loss of my ability to parent my own young child well before I had program, and all the relationships lost to my misjudgment and fear, I am plunged back into the despair I felt when these things were happening: the self-recriminations, the isolation.

My program reminds me that there are gifts in each phase and each happening in my life. And as I remember this, I stop mourning all the relationships that never developed when I wanted them to, or that were lost when I didn’t. I begin to embrace all the relationships that I kept at a distance for different reasons: the person reminded me of myself before program, people who would take my time when I wanted to be alone. And I become so grateful for all of them. And I no longer feel alone.

Because of Al-Anon, like Dora the Explorer, I can summon tools when needed. Conference Approve Literature is full of readings on isolation, fear, and guilt. But also on love, and those pages reinforce my new understanding of how I can be, and am, in the world. There is an entire book on loss and death that I find speaks to my situation (and is yet another way to slough off the isolation). There are Al-Anon people I can call, and slogans that have become an emotional shortcut for me, leading me from their simple words to serenity.

I am buoyed up by this program. Thus, though I visit the griefs of the past, thanks to this program I no longer live there, struggling to breathe in the depths of my sadness. I can be present for this one. It still hurts, but this is where I want to be.

Susan L.

Forum Article:

I’ve been reading The Forum faithfully for a year now, since my active alcoholic husband left my daughter and me. It was then that I realized I belonged in Al-Anon. The Forum can be as helpful as a meeting or a phone call. It helps to quiet my mind and to put the focus back on the real Power, my Higher Power, whom I call God.

When my husband left my world came crashing in. I didn’t think I could live without him. I didn’t want to get out of bed. I was full of fear, burdens and resentment. Losing control of the situation was maddening to me. Becoming powerless made me feel hopeless and riddled with self-pity. I couldn’t sleep; I had severe headaches. I would call family members asking them to intervene. I was living in the disease of fear, doubt and insecurity, in a world without God or hope.

By going to meetings, reaching out to a sponsor and reading the literature I began to get better. Letting go, my load became lighter, my todays brighter. I learned to separate the disease from the man. I learned ways to recognize the disease and how not to feed it or react to it. I learned healthier ways of being and relating. I learned to have love and compassion for my husband, to let go of expectations and to give him the dignity and sorrow of his own choices.

More importantly, I learned to stand on my own two feet. I developed a new relationship with my Higher Power. Where once I couldn’t face a single, empty day, now my days are filled with both peace and activity given to me by my Higher Power. My life is being filled a day at a time with the joys of my daughter, hobbies, and tasks I had neglected for so long. Even a career I had given up five years ago is coming back into my life gently and manageable. I am no longer alone. At first it was just me, my sponsor, and my Higher Power. Now I am blessed with friends in and out of Al-Anon. But my best friend is my Higher Power and my cherished time is more often found in prayer, spiritual readings and sharing.

My attitude change has made our home more welcoming to my still actively drinking husband. He sometimes visits us and we have moments of kindness and sharing. He, too, is coming face to face with himself one day at a time.

I can’t predict the outcome of our family situation. It’s in God’s hands. I’m busy learning, growing and even playing. My daughter and I have a life full of blessings, a day at a time, thanks to Al-Anon and my Higher Power. I don’t have to force solutions - the answers will come. God is doing for me what I cannot and no longer want to do for myself. Thank you Al-Anon!

Eileen B., Massachusetts

Reprinted from The Forum, issue May 1989, Al-Anon Family Group Hqtr., Inc., Virginia Beach, Va.)**Editor’s Note: Would you like your own subscription to the “Forum?” A subscription form is in the back of all issues. The cost is $11.00 per year and there is also an online version available.
District 2 News:
District 2 agreed to hold our October district meeting at the Forever Hope meeting on Sunday, October 28 at West Greenwich - Town Hall, 280 Victory Hwy. (Rte. 102). Forever Hope members extended their welcome to us to attend the regular Al-Anon meeting from 10:00 am – 11:30 am and hold our District 2 meeting directly following. District 2 voted to rotate meetings within our district to meet other members and encourage participation and service.

District 2 meeting notes – August 16, 2018

Opened with a moment of silence and the Serenity Prayer.

Agenda items:
1. The agenda item regarding voting at business meetings was addressed first. The group discussed the importance of being heard at the monthly District Meeting when issues are presented in order to genuinely encourage others to attend District Meetings. A motion was passed and unanimously accepted to study the District Meeting Guidelines to help promote stronger, interesting, and effective District II Meetings. The group voted to study the District Meeting Guidelines from the Al-Anon.org website and give feedback at next month’s District Meeting.
2. Voting at group business meetings was then revisited. One of the District members brought an outline on the subject voting from several pages in our Al-Anon 2018-2021 Service Manual. District members will distribute the information to their home groups for those interested in learning about voting at group meetings.
3. Rotating our District Meeting among our 18 other district groups was discussed. The District Representative will work with the Area Chair to find out how many of those groups have active GR’s and/or CMA’s.
   a. What will these rotating meetings look like? We will ask our individual home groups if they are open to the idea of hosting our District II Meeting before or after our regular meeting. The District II Meeting members will attend the host Al-Anon meeting, and then hold a regular District II Meeting either before or after the regularly scheduled Al-Anon meeting. We hope to encourage participation and service by visiting District II meetings in this manner.
   b. A motion was made and seconded to rotate District II Meetings for two months. Further discussion of where, when and how followed. The group agreed to have our September meeting at South County Step meeting on Thursday, September 13 at 6:30 pm and then attend the 7:30 pm regular meeting. We also agreed to hold our October district meeting at the Forever Hope meeting on Sunday, October 28. We will attend the regular Al-Anon meeting from 10:00 am – 11:30 am and hold our District II Meeting directly following. It was suggested that someone from the District II Meeting inform Lifelines of this new District II Meeting structure.
4. Please bring back to groups the suggestion to put together a raffle basket for the RI Al-Anon Workshop on Saturday, September 29. We will also remind our groups that September is Recovery Month and to consider public outreach to spread the word about Al-Anon. Suggestions for public outreach can be found on the Public Outreach Service Guideline G-10 available at Al-Anon.org.

Meeting adjourned at approximately 7:30 pm with the Al-Anon Declaration.

Area Office News:

Since June 2018, there have been no changes or challenges! The office's purpose: making the Literature Distribution Center accessible to purchasing We welcome volunteers!

I am seeking a **motivated member to fill the role of Office Coordinator** at our 106 Rolfe Street office. My term ends on 12/31/18. The position is a refreshing mix of:
- Serving the public and Al-Anon members.
- Communicating on the phone with inquiring callers
- Helping facilitate book and literature purchases at the Literature Distribution Center here
- Maintaining the office, distributing incoming mail, training volunteers
- Assisting office and 'At-Home' volunteers so we may respond to calls and visits
- Reporting about our operations at Area Wide Service Committee meetings
- Serve in cooperation with RIAFG as a whole, particularly with the Literature Coordinator

**From newcomer calls to recommendations for our CAL, in the role of liaison, you simply keep the links of service intact!**

Jane A., RIAFG office coordinator
We currently have 4 Volunteers: Here is the schedule:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Volunteer</th>
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<tbody>
<tr>
<td>Sunday</td>
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<tr>
<td>Monday</td>
<td>12:30-2:30 PM</td>
<td>Phyllis H.</td>
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<td>Tuesday</td>
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<tr>
<td>Wednesday</td>
<td>12:30-2:30 PM</td>
<td>Paul B.</td>
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<tr>
<td>Thursday</td>
<td>6:00 PM-7:30 PM</td>
<td>Jane A.</td>
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<tr>
<td>Saturday</td>
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<tr>
<td><strong>At-Home Volunteer</strong></td>
<td>(Tuesdays)</td>
<td>Clara R.</td>
</tr>
</tbody>
</table>

Group News:

NEEDS SUPPORT
Cranston/Warwick Day Time Al-Anon, Tuesday at 10:00 AM at Edgewood Congregational Church 1788 Broad St., Cranston.
South County Step meeting, Thursday from 7:30 PM to 8:30 PM needs your support.

HOLIDAY CHANGE
The Al-Anon at Noon group in Westerly at Christ Episcopal Church does not meet on Monday Holidays

Upcoming Events:

- **Oct 8, 2018** Monday Portsmouth Anniversary at St. Mary’s on East Main St., Portsmouth, from 9:30 to 11:30 AM.
- **Oct 14, 2018** Blackstone Boulevard Walk and Ice Cream Social. Please see flyer on page 2 for details.
- **Oct 20, 2018** Fall Assembly at Emmanuel Episcopal Church in Newport More details to follow
- **Oct 28, 2018** District 2 will hold its October district meeting at the Forever Hope meeting on Sunday, October 28 at West Greenwich - Town Hall, 280 Victory Hwy. (Rte. 102), immediately following their regular meeting from 10:00 am – 11:30 am. District 2 encourage all members to participate.
- **Nov 17, 2018** AWSC meeting, 10:00 AM to Noon, 106 Rolfe Square, Cranston. All are welcome.
- **Mar 22-24, 2019** Rhode Island AA Convention with Al-Anon participation
Al-Anon Family Groups
Strength and hope for friends and families of problem drinkers

Monday Morning Al-Anon Anniversary Meeting
Columbus Day, Monday, Oct 8, 2018
9:30 to 11:00 AM
Guest Speakers from AA and Al-Anon

FOOD, FUN AND FELLOWSHIP-BRING A FRIEND!
Free babysitting available & handicap accessible

St. Mary's Episcopal Church
New Parish House
324 E Main Rd
(Rte 138)
Portsmouth RI
AA Liaison Report:

The theme for the 2019 Rhode Island AA Convention is “Our Big Book: Saving Lives Since 1939.” The date of conference is Mar. 22 – 24, 2019 at the Gurney’s Resort in Newport. Registration before March 8 cost is $25.00. Register on or after March 9 and the cost is $30.00. Registration can be done online (preferred) or download the printable registration form at www.aainri.com.

Eloy M. from Colorado, Panel 56 delegate will serve as our Al-Anon speaker at the March convention. His sharing is powerful! He spoke at the WSO Conference this spring. Eloy will speak on Saturday, March 23, most likely in the morning during the convention. I’m staying in touch with Eloy on a monthly basis.

The times for Al-Anon meetings for the weekend are not yet established, and the number of meetings may be reduced to five due to overlap with AA activities such as the meditation, play and/or spiritual walk.

I will be creating an Al-Anon flyer for convention weekend and begin to recruit Al-Anon meeting leaders.

Jackie G., AA Liaison for RIAFG
News from the WSO:

Forum Articles are Shared Around the World

Did you know that by contributing articles to The Forum, you could be contributing to Al-Anon newsletters published around the world in print and online?

Share Because You Care

The Al-Anon Faces Alcoholism 2020 magazine needs your story. Remember:
  - Your Life before Al-Anon?
  - How hard it was for you to make the decision to contact Al-Anon so that you could begin attending meetings?
  - What your first meeting was like?

Your story can help family members who have yet to find our program and support the referrals to our program made by professionals.

Help Make Al-Anon’s Next Daily Reader Something Special

Al-Anon’s three Legacies: the Steps, Traditions and Concepts of Service, are the foundation of our program. Please help the New Daily Reader, working title, be the first Al-Anon daily reader to include sharings on all 3 by submitting your thoughts on any of them.

Type al-anon.org/sharing in your browser to submit your sharings.

Be on the Lookout!

The WSO has mailed the Annual Group Update Sheet to the registered groups. Please make sure that the WSO has the current information for your group meeting.

Get the Latest News

From the 2018 World Service Conference

Al-Anon’s largest representative group conscience, the World Service Conference, met in West Harrison, New York on April 16-20. The Conference Theme was “Al-Anon — There is No Standing Still!” For Highlights of the Conference, go to al-anon.org/18WSCnews

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

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.