



# LIFELINES

Newsletter of the RI AFG, September 2009

## In This Issue

- Letter from the Area Delegate
- Alateen Update
- Area Delegate Resigns
- June Assembly Feedback & Updates
- Pearls of Wisdom
- Anniversary Celebrations!
- Members Share
- Upcoming Events and Service Opportunities
- LDC Information

## Letter from the Area Delegate

Dear RI Al-Anon Members:

It has been brought to my attention, multiple times and from various Area members, that there are some people within the Area who do not like groups using prayers because they are atheists and/or have a religious belief that differs from, what they believe, the majority of our members believe in.

There is a yellow tent card printed by the WSO, with an image of stacked hats, that says we are to keep our "other hats," that is, religious views, politics, political affiliations, treatment therapies and other 12 –Step programs etc. out of our meetings.

This is a spiritual program. Step Three states that we turned our lives and our will over to the care of God as we *understood* Him. As we understood Him means that people can believe whatever they want to believe. Many people come into our program disillusioned with God and/or not believing in God for many reasons; many times this is because of the abuse and suffering they have gone through having been brought up in alcoholic homes or living with an alcoholic.

I was present when the Monday night adult children group, Joy Beckons, voted to close only with The Serenity Prayer. That group had Muslims, Buddhists and Jews attending who were not comfortable with The Lord's Prayer because they viewed it as a Christian prayer. Therefore, the group conscience felt strongly that religion should be kept out of the meeting and decided that it was appropriate to use only The Serenity Prayer as that prayer is associated with Al-Anon.

If anyone has a problem with prayer at a meeting, it remains each person's option not to participate when that prayer is said or not to attend the meeting at all.

In service,  
Marcia M. Weeden  
Area 49/panel 49 Delegate

## Alateen Update

Under the careful guidance of Marie G. and the Alateen sponsors, the Alateen program is thriving. With members throughout the state, the Alateens find support and comfort in sharing their experiences and continue to make progress towards a life of serenity. Although a simple concept, just being there for the youth is a both a comfort and a strength to all the participants. Not only are Marie and the sponsors readily available to the teens, but they are also there for each other.

An Alateen named Richard from Kansa writes... "Let Go and Let God" helps me with my attitude. It helps me to just let go and not say something smart and rude. I used to do that before Alateen and the other person would get mad at me. Then I would resent them and say something that would get me into more trouble. With Alateen I can stop that from happening before it happens."

According to Marie G. there are roughly 20 plus members in the Alateen program across the state, however the number significantly increases during the school year. At the moment there are meetings three nights a week. One in Coventry on Tuesday evenings, one in Lincoln on Wednesday evenings and one in East Greenwich on Friday evenings. During the school year there are area schools who actively participate in Alateen programs during daytime hours, usually an advisory class. The schools that offer the program include Vets, Pilgrim, Tollgate, Chariho, Portsmouth and Barrington. Although these meetings are not open to the public, kids at these schools have the opportunity to participate in the Alateen program. There are usually anywhere between 10 to 20 students per meeting.

## Area Delegate Resigns

On August 3, 2009, Marcia W resigned as delegate for Area 49, due to liability issues. Following this resignation, our Area Chair, Leah D., has been in touch with the Al-Anon World Service Office (WSO) regarding next steps during this transition. In accordance with the service manual, in this situation a temporary Alternate Delegate is appointed from among the current District Reps and officers. Many thanks to Jenny N. who has agreed to serve as the interim delegate in contact with the WSO until the Assembly Meeting on November 14, where there will be a new Delegate voted in. Anyone eligible and willing may stand in for the position at that time. Guidelines can be found in our service manual pages 128 and 137. Jenny N's contact information is [huenemejen@juno.com](mailto:huenemejen@juno.com) or (401) 828-0387.



June Assembly Feedback & Highlights

Here are just a few highlights from the compiled feedback:

**What did you like BEST about today's interim Assembly and why?** - I enjoyed the people and valuable information - Learning what an assembly is all about - That we stayed on time and on track, was organized and we followed an agenda. The question and answer portion of the meeting was also received quite enthusiastically.

**What did you like LEAST about today's interim Assembly and why?** - Not enough table seating - I would like to have more brainstorming, groups, networking to find out others best practices or ideas. More time on topics we feel are a priority. - Powerpoint presentations usually are for highlighting specific points; too much reading from slides; too much info on slides

**Please describe any suggestions for HOW WE CAN DO BETTER next time.** - Seating could be better so everyone can see the screen - Add some break out groups (morning or afternoon) to get people involved – just sitting and listening for 6 hours is tedious - Not reading the slide show word for word - Not enough time for topics we feel the area needs more information/education, such as public outreach. The meetings are declining in membership – what can we do as an area?

**Other comments or feedback:** - Hot topic sheets and colored paper was helpful when trying to keep things organized - Would like a listing of who covers each position in AWSC and contact info – particularly literature, Alateen, chair, delegate and outreach. - Each assembly I have attended seems to be better than the one before. We are a work in progress!



Pearls of Wisdom



- T - Is it thoughtful?
- H - Is it honest?
- I - Is it intelligent?
- N - Is it necessary?
- K - Is it kind?

**Anniversary Celebrations!**

- Saturday Nite Live group celebrates on Saturday, Sept 19 from 7:30-9pm. Refreshments served at 7pm, at the Calvary United Methodist Church on Wyatt and Turner Roads in Middletown.
- Our Daily Bread group celebrates its 25<sup>th</sup> anniversary on Tuesday, September 22 at St. Michael's Church, parish hall. It is located at 399 Hope St in Bristol.
- Monday Morning A-Anon celebrates their anniversary on October 12 from 9:30-11am. They are located at St. Mary's Episcopal Church-Parish Hall on 324 Main Rd. (Rt 139), in Portsmouth. Childcare is available.

4

### Members Share



This column is set aside for any members who would like to share the trials, tribulations and triumphs of being in Al-Anon and Alateen. Please submit any contributions by the 15th of the month. All submissions are subject to editorial discretion. The following are submissions from the Alateen Program.

I learned that I shouldn't feel bad for myself.

Anonymous

Alateen is a family when mine are the cause of most of my problems. I am very grateful for this program, it has positively impacted my life.

Anonymous

Alateen really helps me with my problems because some of the kids have the same problems as I do. So Alateen really helps me a lot :)

Julia <3 (Growing Strong Alateen E. Greenwich)

Before Alateen I never asked for help or thought I was worthy of other peoples time. I was completely selfless. Alateen taught me I'm worth it. The sponsors and the support I have received has helped me and has made me a better, stronger person. I thank God for the support.

Adrianna S (Growing Strong Alateen E. Greenwich)

I like Alateen because it gives me a place to express my feelings about alcoholism and that makes me feel good that everyone takes their time to listen to what I have to say. To all my fellow Alateen members, I have come so close to you guys and it feels like we are just one big happy family.

John P (Growing Strong Alateen E. Greenwich)

Alateen has taught me not to place fault on anyone when it come to alcoholism or addiction.

McKenna (Growing Strong Alateen E. Greenwich)

Alateen helps me because I can get supportive feedback. Also I go to Alateen to listen to everyone's stories about you.

Devin. (Growing Strong Alateen E. Greenwich)

I like the fact that at Alateen you can say what you're truly feeling, even if you lie to others or even to yourself during the day....

Lena (Growing Strong Alateen E. Greenwich)

I like Alateen because I am never judged and I am learning not to judge.

Cassie (Coventry Alateen)

Alateen helps me clear my mind and get things off my chest.

Ashley T (Coventry Alateen)

Alateen is helping me with trust. I trust the sponsors and the program.

Eddie H (Coventry Alateen)

Alateen has given me hope and a reason to keep pushing forward. Throughout the years I have attended I have met people and seen and heard things that have changed my life for the better. I am a proud Alateen Member.

5

### **Upcoming Events and Service Opportunities**

- The Al-Anon Workshop will be on Saturday, November 7<sup>th</sup>. This year's theme is "As we understood." The location is at the Ray Hall at Butler Hospital from 9am to 3:30pm. Volunteers are needed to participate in various aspects such as decorating, set-up and clean up. Donations are needed for the White Elephant table. Arts and crafts donations are very much appreciated.
- The Area Assembly will be held on Saturday November 14<sup>th</sup> from 9am to 3pm. Location will be announced at a later date.
- Anyone interested in service can volunteer in the Area Office. There is a need for someone to open the office, answer phones and return calls. Please consider this as an opportunity to show your support for our invaluable program.
- The next AWSC meeting will be Saturday, October 17<sup>th</sup> from 2pm to 4pm at the Area Office.
- CT Al-Anon Workshop is having a Fall Workshop on Saturday, October 22 from 9am to 4pm. It will be held at the Sage Park Middle School, 25 Sage Park Rd. Windsor, CT. For more information contact Liz at (860) 796-7187 or Dawn at (860) 874-6271

### **RI Al-Anon Family Groups Area Office/Literature Distribution Center (LDC) 106 Rolfe Street, Cranston, RI 02910**

*Hours:* Please call the office

*Phone/Fax:* 401-781-0044

*E-mail:* RI\_Al-Anon@hotmail.com

Lifelines *e-subscription:* RI\_Al-Anon@hotmail.com (type "Mailing List" in the subject line)

*Web:* www.RIAFG.org

An area newsletter is a vital link in keeping groups and members informed. The purposes of *Lifelines* are to: encourage attendance at service events; communicate local, area, and Al-Anon Information Service news; and attract Al-Anon members into service.

*Lifelines* submissions may be sent to bostonivy@aol.com or mailed to the office at the address above. The deadline for submissions is the 15<sup>th</sup> of the month.

If you wish to receive *Lifelines* and other Area news via e-mail, please e-mail [RI\\_AI-Anon@hotmail.com](mailto:RI_AI-Anon@hotmail.com) and type "Mailing List" in the Subject line.

