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Editor’s Corner:
Surrender my way to serenity.

Why do I keep coming back? Time and time again I have learned that I cannot do recovery alone. There were a lot of things that I felt I did alone. After my divorce, I established credit in my name. I paid off the debt left over from that time. I got a job, not my dream job, but a source of much needed income. After staying home being a mom, I had to get back to the work place if I wanted to survive financially. I bought my first new car. It was lonely and it was hard going through all that. I wouldn’t want to have to repeat that time. However, I realized some of what I am capable of. I walked through some terrifying fears and I survived. I grew. I used to think I did this all by myself.

Now I realize there was a force helping me along. Somehow I survived financially. Eventually I found a job that made it possible for me to become financially independent. I kept rowing my boat. At the time I did not realize that the opportunities that arose were not of my making. I was rowing the boat, but I was not responsible for the gifts along that journey.

Suffering never lead to serenity. When I am suffering I am very active, wringing my hands, worrying, losing sleep, having an upset stomach. I could go on. I used to think that suffering was just part of life. I take the bad with the good. Sometimes the bad outweighs the good.

When I first read in our literature that suffering was optional, I thought, “Well, maybe in your life.” Suffering was an affliction, coming from outside. It involved people and/or events that were completely out of my control. I thought the only way to get through the hard times was to suffer through them. It was a combo of being a martyr, being powerful (in my imagination), and showing great courage in the face of adversity. I never thought any of this was optional. It was the cards life had dealt me.

I learned in Al-Anon that I have choices. One is I can chose to suffer - or not. Or not?? I have to admit that I struggle to this day with my distorted thinking that says choosing to suffer is somehow a character asset. Look at me. I can take it; bring it on. Wow! Writing this feels so embarrassing because I know better. However getting knowledge to actually have an impact on my life is a long journey. I’m not sure if this journey is spiraling outward to more openness and freedom, or spiraling inward to more depth. Perhaps it is both.

When I accept that I am yet again in this whirlwind of emotional malaise, and only when I do, can I surrender my life to my Higher Power. When I turn over my life and my will to my HP, I’m surrendering. I am admitting that on my own I am stumped and stalled. The choices I make are not healthy. They are an attempt to deny, cover up, or explain away the issue. This is not acceptance but self avoidance.

When I surrender, I give up the fight. I say to my suffering self, “Give it up. Give it to God and let go. The battle is a losing one anyway.” And what am I trying to win? That question stops me in my tracks. Do I want to continue doing what I know leads to trouble? Do I want the exhaustion, short temper, and negativity that comes from this? No. So why do I keep doing what I know does not lead me to serenity? I don’t know. Maybe it’s habitual. Maybe I think there is something to be gained from it.

That’s why I keep coming back. I am lost without the guidance and fellowship I receive from our program. No matter what is going on in my life, I calm down at a meeting. I surrender that hour for my own good. I get a glimpse of serenity.

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
IN-PERSON MEETING UPDATES:
(UPDATED 08/08/2021)

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=amp2ZTR5UXAzSW5KOGtEQk4VEs9Zz09 Zoom ID: 840 1312 8987 Passcode: 764812 By Phone: 619-822-0699 Meeting ID: 840 1312 8987 Passcode: 764812
6:00 p.m., Serenity On Sunday, Newport – Emmanuel Church, 42 Dearborn St (Library, Guild Room Chapel)
7:00 p.m. Sunday Evening Al-Anon (1-026403), Providence - First Unitarian Church, 1 Benevolent St. (Benevolent & Benefit).

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.
3:00 to 7:00 p.m., Woonsocket KIS Meeting is back at their room in the Northern RI Health Center, 55 Cummings Way, Woonsocket, RI. 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
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, go to zoom.us in your browser, enter the Meeting Number: 8447358546 and the password alatanue (all lower case).
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.
6:30 p.m., How Al-Anon Works, Middletown - Calvary United Methodist Church, 200 Turner Rd. In-Person meetings only.

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/88189707610. To join the meeting manually, go to zoom.us, enter Meeting ID# 88189707610 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., Westerly Friday Night AFG, Westerly - Westerly 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
None at this time
UPCOMING EVENTS:
- September 13 7:00 AWSC Meeting (email secretary.riafg@gmail.com for zoom info.)
- October 18 7:00 AWSC Meeting (email secretary.riafg@gmail.com for zoom info.)

AREA GROUP RECORDS COORDINATOR: IMPORTANT!
Al-Anon Family Groups World Service Organization has informed RIAFG Records Coordinator that meetings with bounced emails and incorrect mailing addresses will be deleted from their data base within 2 years. Please be sure to keep your meeting’s contact information current! Questions? Contact me at: records.riafg@gmail.com.

Thank you, In service, Kit, RIAFG Records Co-ordinator

ANNIVERSARY ANNOUNCEMENT:

Jamestown Al Anon “Live and Let Live”
18th Anniversary Celebration
Monday, September 13
at Potter Cove, Jamestown 4:45-5:45pm
Followed by 6pm meeting
at Jamestown Senior Center
BYO Snack & Beach Chair

Set GPS to Taylor Point Lookout, Jamestown.
There is a large gravel parking lot on Freebody Drive.
MEMBERS SHARE:

I have often heard that faith is believing without seeing. In Al-Anon, I have had the opportunity to strengthen my faith through working on my recovery.

As a young adult, I expected some kind of reward to acknowledge my faith. I thought, “If I do this, then something good will happen for me.” A great example of being willful instead of surrendering to life on life's terms. I would get so excited and feel so loved by God when prayers were answered. But what about when it seemed that there was no answer or not the answer that I wanted?

As I matured in my relationship with God, He started to teach me about maintaining my faith even when it appeared that my prayers (a.k.a. my will) were not going to happen. He reminded me that He unconditionally loves me whether I feel it or not and whether people love and respect me in return. I have put myself through a lot of unnecessary suffering by not accepting life on life's terms.

This was so evident when I was stuck in the victim trap for WAY too many years. What a waste of a beautiful life that God had given back to me for a second and even a third time! In spite of my inability to surrender my will (controlling behaviors), my Higher Power has been faithful to me and my recovery. He sees me through the pain, the confusion and helps me to remember what to be grateful for.

So how did I get this awesome relationship with God? I went to a lot of meetings, shared from the heart, reached out to people who were struggling, helped in service work, and of course prayed, prayed and prayed! My life is far from perfect however it keeps growing in a positive direction because recovery has shown me how to love myself, take care of myself, and be a positive example of recovery. Recovery is the biggest commitment in my life because it gives me a life!

Gratefully, Ann

$ RIAFG AND THE WSO STILL NEED YOUR SUPPORT $

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:

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 |
FORUM ARTICLES:

Celebrating the Gift of Al-Anon Recovery

I find that recovery from the effects of someone else’s alcoholism, as rewarding as it can be, can also be very hard work. That’s why I think it’s important to regularly acknowledge my accomplishments, focus on my gratitude, and celebrate with other members. I’ve often done this by attending group and District anniversaries, Area conventions, and the Al-Anon International Conventions. Among my favorites, though, are the special events hosted every five years by the World Service Office (WSO) to celebrate the founding of Al-Anon.

I’ve been fortunate to attend all of these Al-Anon anniversary events, beginning with the great big party for Al-Anon’s 50th Anniversary in 2001. At that celebration, representatives from A.A. received a “Resolution of Gratitude” passed by the World Service Conference. Similar events took place in 2006 for Al-Anon’s 55th Anniversary, in 2011 for its 60th, and in 2016 for its 65th. Each one included inspirational talks by Al-Anon speakers, thoughtful recognition of our worldwide structures, and fun countdowns where all attendees were given the opportunity to stand up and be counted for their years in recovery.

This year’s 70th Anniversary event, held on July 10, continued the tradition —with one exciting difference. Because it was held virtually, it was more accessible. This trilingual event, with simultaneous translation in French and Spanish, included several video presentations: a flag parade of all the countries where Al-Anon exists, a virtual tour of the WSO, and a time-in-the-program countdown! For me, the highlights of the day were the two longtime members who fondly shared their memories of our cofounder, Lois W. The event closed with a video presentation reminding us that the next Al-Anon International Convention will be held in Albuquerque, New Mexico, in July of 2023. Another opportunity to celebrate!

If you weren’t able to be among the many members who participated, an audio recording of the Al-Anon speakers will be played periodically in meetings inside the free Al-Anon Family Groups Mobile App for the remainder of 2021.

Go to the Mobile App page for more information and celebrate with us the joys of recovery.

By Tom C., Associate Director—Literature The Forum, August 2021

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

Practicing Personal Safety

After I was sexually assaulted by the man whose drinking brought me to Al-Anon, I spoke up about my experience at a meeting. A couple of respectful Al-Anon members drew close to me in compassion. I was a newcomer to the program at the time, and it took courage to talk about the violence I had experienced, but I’m so grateful I did, for these Al-Anon members met me in my pain and listened with love.

Over time, immersed in the light of my Higher Power’s care, I underwent a process of deep healing. Over the years of this healing process, I learned how important it is to trust my intuition when I sense the need for physical separation due to the real possibility of being harmed physically. As it says on page 12 of Courage to Change (B-16), “When I sense that a situation is dangerous to my physical, mental, or spiritual well-being, I can put extra distance between myself and the situation.”

The Al-Anon program strongly encourages me to make my personal safety a top priority in my life. Talking things out with trusted Al-Anon members about my safety has helped me learn how to make assessments of situations that may require me to protect myself. While my spiritual well-being may ask me to pray for the drinker who threatens me, I may need to take additional measures to ensure my physical safety.

It requires strength and courage to take such steps, but after all, I am worth it.

By Anonymous
The Forum, August 2021

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NEWS FROM THE WSO:

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.

Al-Anon Family Groups Mobile App Celebrates One Year!

In one year, over 50,000 members have joined the app, and approximately 2,700 have subscribed to Premium Content to enjoy exclusive Al-Anon member sharings and support the World Service Office (WSO) efforts to help the families and friends of alcoholics.

Celebrating the Gift of Al-Anon Recovery

If you weren’t able to be among the many members who participated in the 70th Anniversary virtual celebration, an audio recording of the Al-Anon speakers will be played periodically in meetings inside the free Al-Anon Family Groups Mobile App for the remainder of 2021.
**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**.

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**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](mailto:wso@al-anon.org); or submit online.

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**How Has Al-Anon Literature Helped You?**

Please share how *Intimacy in Alcoholic Relationships (B-33)*, *In All Our Affairs (B-15)*, or *From Survival to Recovery (B-21)* has helped you. Send your sharings by **September 15** to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: “CAL Corner”; to [wso@al-anon.org](mailto:wso@al-anon.org) with “CAL Corner” in the subject line; or at al-anon.org/forumshare.
What Are the Links of Service?

How do our service positions connect with each other to provide an effective stream of communication from the groups to the World Service Conference and back to the groups?

We invite you to read the leaflet, *Links of Service* (S–28), which offers a clear and simple depiction of Al-Anon's service structure. Order a copy (15¢) or download for free at the Al-Anon Online Store.

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STEP NINE: Made direct amends to such people wherever possible, except when to do so would injure them or others.

TRADITION NINE: Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

CONCEPT NINE: Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

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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