

LIFELINES

INSIDE THIS ISSUE

Rhode Island Al-Anon Family Groups

Area 49 SEPTEMBER 2022

Editor's Corner

Is "sorry" the hardest word?

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

It doesn't matter that I'm not the alcoholic. I have the disease and I've hurt people with my actions as I tried to deal with the disease.

Love Story got it backwards. For us fellows, love means *always* having to say you're sorry! Sorry is a hard word, but a good one!

The first person I'm saying "I'm sorry" to is me.

Dear Me: I'm sorry for the things I said and did to myself while I was insane. I'm sorry that I thought I could do this on my own, and that I didn't seek the help of my Higher Power. I resolve to make amends to myself by working my own program of recovery.

Like Elton John sang, "Sorry seems to be the hardest word," but it's such an important word. The relief and grace I feel after I say it, is truly a gift from my Higher Power.

What direct amends do I give myself and others? I am certain I will figure it out by going to some meetings and doing some reading!

Al-Anon and RIAFG are here to bring experience, strength and hope into your life, through meetings, sponsorship, and working the twelve steps. More information on literature and upcoming meetings in this issue of *Lifelines*.

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

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Upcoming Events

THURSDAY SEPT. 8 @7:00pm: RIAFG Monthly Meeting at Cranston office. In Person and open to the public. More info at www.riafg.org.

TUESDAY SEPT. 20 @7:00pm: RIAFG Fall Assembly Planning Meeting on ZOOM (Information on Page 7 of this newsletter)

SAT. DECEMBER 3: RIAFG Fall Assembly, St. Aidan's Church in Cumberland, 9am-3:30 pm.

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.

RIAFG 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.riafg.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 ONE volunteer - YES, just one.** 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.

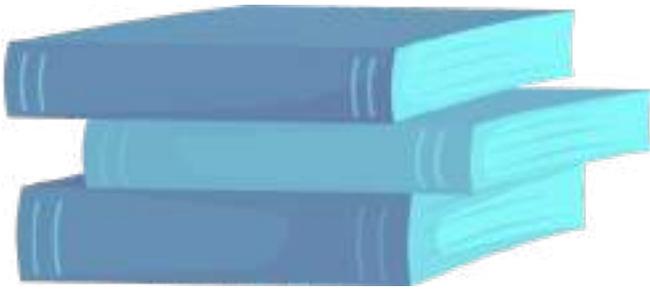
**This is a perfect opportunity for YOU
to give back to the Program.**

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

Buy The Books\$

A September Hello from your Area Lit Coordinator!

As we had heard from our delegate Cindy at the Assembly, after nine years without any price increases, **the WSO raised prices** on most literature due to increased costs. Those price increases have been in effect since August 1. In general, the price of books went up by \$2, and pamphlets that had been priced less than 25 cents increased to 25 cents.

Some items stayed the same, such as Newcomer packets, and *How Al-Anon Works* increased by only \$1. The Literature Catalog on the riafg.org site, under the Literature tab, has the new price list for your reference when planning orders.

Unfortunately, there continue to be titles that are out of stock at the WSO. One of the titles I know many of you are waiting for is the small size *Courage to Change*. **It is out of stock at WSO**, and has been for weeks, with no information on when it may be available (though I check every day!!) We are keeping an ongoing wait list of those of you who are wanting the small size *Courage to Change*, when they become available. We do have an ample supply of the **Large-print edition** of *Courage to Change* in the office, if you care to purchase that instead, or it is one of the titles that are available on Amazon.

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



RIAFG Fall Assembly Planning Meeting

District 1 Al-Anon 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, Sept 20 at 7 pm.** The Change What You Can Sunday Mtg will be hosting the Zoom meeting--Zoom info is below. 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!*

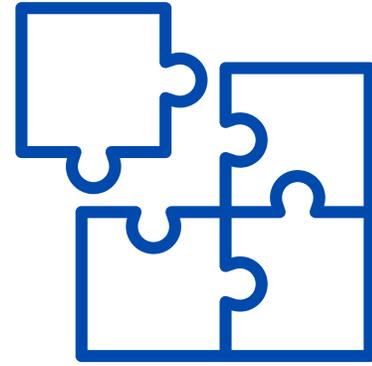
For Further info, please contact Barbara G.
401-486-9691 cag0607@hotmail.com

Topic: **Alanon District 1 Fall Assembly Planning Meeting**
Time: Sep 20, 2022 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
[https://us02web.zoom.us/j/87920627499?
pwd=eXNMOGZUc0Yvd2hKUVRyUGpybjZYZz09](https://us02web.zoom.us/j/87920627499?pwd=eXNMOGZUc0Yvd2hKUVRyUGpybjZYZz09)

Meeting ID: 879 2062 7499
Passcode: 929477

I Found What I Needed



At my first Al-Anon meeting, people were chatting and laughing. It was hard for me to understand how they could find anything to laugh about.

I was miserable. Singlehandedly supporting a family of four, I was angry at myself for not just grabbing my young children and leaving. My alcoholic husband was handsome and charming when out in public but ignored me and kids on the rare occasions he was home.

His part-time job at a shoe store did pay for his alcohol, but our family life was empty and loveless. It took many meetings and lots of reading of Al-Anon literature before I realized that **alcoholism is a disease, and I was affected by it.**

After reading all the Al-Anon books and pamphlets I could find, **one word stuck with me: detachment.** I had spent a lot of time trying many different approaches to get the alcoholic to recognize that the kids and I needed his attention and love. I learned to detach, and he eventually hit bottom and sought sobriety.

Thanks to Al-Anon, I was able to eventually drop my obsession with the alcoholic. I continued in my career as a science writer and focused on my interests in the arts and music, all of which improved my self-esteem.

Unfortunately, my marriage did not last, but **in my Al-Anon groups, I found friendship, hope, laughter, and self-worth** that continue to carry me through a wonderful, serene life.

Faith, New Jersey

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Get literature of all kinds right here in Rhode Island: literature.riafg@gmail.com

Members Share: The Land Of What If's

I have a strong tendency to get ahead of myself. I try to prepare for every possible situation. In this state, I imagine only the worst scenarios, which may never happen. I have read in our literature that the good is just as likely to happen as the bad, and I wish I had more confidence in that. Growing up, my worry weighed heavily on the bad side.

I waste precious moments. In *One Day At a Time*, p. 243, I am reminded to “double my efforts” to work the program. To do this, I trust my Higher Power and lean in; release my worries to Him; trust again and let go. Then I am ready to get on with my day. Left to my own devices, I approach my Higher Power like this: “Okay, HP, you’ve got it, but what are you going to do about it?” I need God’s action plan so I don’t slip back into my worry. I am acting like a boss giving over a project to an employee and then micromanaging the process. I want to guarantee the outcome.

There are no guarantees and I cannot time travel. I cannot keep an eye on the future because it simply isn’t now. It is not visible. I need to remember, that just because something happened a certain way when I was in the midst of active alcoholism, I have no idea now how things will play out.

I can draw strength from the past. I can see how my Higher Power was there for me even when I had no awareness of that Presence. So I trust God is with me. My job is to ask for the help.

My trust is not blind. It comes from my experience. But it is also not crystal clear. Sometimes it feels like being in water over my head. In the past I experienced buoyancy and I trust it will still keep me afloat. I do this without much thought. In fact, the more I relax, the more the water seems to hold me up. I do not need to understand the physical laws that make this possible. They do not depend upon my understanding. They just are.

I do not have to understand my Higher Power. Like my trust, this is not crystal clear for me. **I try to think of trust as a spiritual buoyancy.** My Higher Power is spiritual and emotional support for me. It helps me navigate those times when I am awash in the land of what if’s.

Elaine H.

Buy Al-Anon literature here in Rhode Island: literature.riafg@gmail.com

RIAFG Open Area Positions: 1



AA Liaison

The **AA Liaison** (Al-Anon member) is a link between Al-Anon and AA. They attend the monthly RI AA Convention Committee meetings as a voting member in all affairs except “finances” and attend the RI AA Convention. The AA Liaison obtains the Al-Anon main speaker, coordinates travel and accommodations (including communicating the speaker’s needs to the Committee) and hosts the speaker for the weekend. They work with the Literature Coordinator to ensure that Conference Approved Literature (CAL) is available at the Convention and communicate the Literature Coordinator’s needs to the Committee, i.e., number of tables, chairs, etc.

The AA Liaison provides the Al-Anon meeting schedule, topics, and coordinates Al-Anon members to chair the scheduled Al-Anon meetings. They inform Al-Anon/Alateen groups in the Area about the convention and cooperate with AA in publicizing the convention within the fellowship including posting the flyer, registration forms, and/or registration link on the Al-Anon website, in the Lifelines newsletter, RI Area Al-Anon GRs, and Area World Service Committee members. If requested, the AA Liaison will assist in the Al-Anon Workshop including obtaining the AA Speaker.

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.

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.

RIAFG Open Area Positions: 2

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).

Alateen Process Person

The Area **Alateen Process Person** (AAPP) serves as the Area's designated Alateen Contact with the WSO Group Records Department regarding Alateen forms and registration requirements, and works with the Alateen Coordinator implementing the Alateen Behavioral and Safety Requirements, and assisting with filing forms and training of and certification of AMIAS. The Alateen Process Person 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 2022

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.

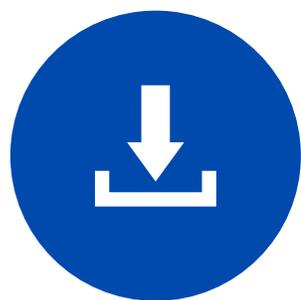


New to Al-Anon? You'll want to hear this.

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: Barbara H. chair.riafg@gmail.com

Treasurer: Terry L. treasurer.riafg@gmail.com

Archives Coordinator Anna P. archives.riafg@gmail.com

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 Secretary

AREA Alternate Delegate

District 1 Rep

District 2 Rep

District 3 Rep

AA Liaison

Alateen Process Person

Alateen Coordinator

Email Coordinator

2022 Workshop Coordinator

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

RIAFG Service Tree -- how it works



RIAFG 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

Serves 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



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 |

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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.
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 to get the app.

RIAFG and WSO Need Your Support



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.*