

# LIFELINES

## Rhode Island Al-Anon Family Groups

Area 49 SEPTEMBER 2023

Editor's Corner

### Admit It

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Many Al-Anon groups will be looking at the Ninth Step this month. Let's admit it: No one says, "Yay! I get to make amends to everyone on my list from Step Eight!" For some (most?) of us, we're sure that making direct amends wherever possible will be about as much fun as a root canal.

This is a normal reaction. But, think about the work you did already to get to this step. **You've got this!** What to do next? Share with your sponsor. Get in touch with your Higher Power. Talk in your rooms about your struggles with the steps. I loved reading about how others managed the steps at Al-Anon.org's blogs and in CAL (Conference-Approved Literature, which you can buy today at [www.riafg.org](http://www.riafg.org)).

***Step Nine is a Step I was not looking forward to, when I looked at it upon being in the program for a short time. My false pride was getting in the way and fear of being judged or condemned by those people I was to make amends to were two obstacles that were blinding me to it. However, as I went through the preceding Steps, they eased up the way to get me to this point where Step Nine has its reason to be.***

***. . . Step Nine has been beneficial to me, as it has relieved me of guilt and shame and has helped me to reconnect with people that deserve and want to be in my life. It has also helped me to let go of some people that couldn't add to my life. Thank you Step Nine for freeing me of those negative needless feelings I was experiencing and for giving me the peace and contentment I deserve.*** -- Trudy C., from the Al-Anon.org blog

You've come so far. Step Nine is another step on your journey to hope and peace!

Gratefully in service,  
Eden C., Lifelines Editor [lifelines.riafg@gmail.com](mailto:lifelines.riafg@gmail.com)

*NOTE: See you at our RIAFG Fall Assembly Nov. 4 9am-3:30pm at YANA Newport County in Middletown, RI. Open to all. It's going to be a wonderfully uplifting day!*



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LIFELINES**

Aim your phone camera  
at the QR code  
and sign up anonymously

# RIAFG FALL ASSEMBLY

**YANA CLUB**  
**770 AQUIDNECK AVE**  
**MIDDLETOWN RI**

**INFO: RIAFG.ORG**

**SAT. NOV. 4**  
**9AM-3:30PM**



updates! fellowship!  
information! voting!  
world service workshop!

## **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**

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



**SAVE THE DATE!!**

**RHODE ISLAND**

**AL-ANON**

**Fall Assembly**

**November 4th, 2023**

**9AM-3:30PM**

**YANA Club**

**770 Aquidneck AVE**

**Middletown RI**

**Workshop Presented**

**By WSO Staff**

## Service: All you need is your phone!

**A Service Opportunity:** Looking for a way to give back to the program? Check messages on our RIAFG office phone number.

The available days for this are **Sunday** and **Tuesday**. Work from the comfort of your home. Messages left usually involve: How to find our meeting list, information about Al-Anon, how to attend their first meeting, members wanting to come in to pick up literature, and members requesting office hours.

If you are interested, please email: [office.riafg@gmail.com](mailto:office.riafg@gmail.com) or call the office at 401-781-0044. Gratefully in service, Elaine H., office coordinator

## Read this if you meet online!

A message from our Webmaster, Kim:

RIAFG Groups that are remaining "Online Only" need to register as **Electronic Groups** with WSO and can choose Rhode Island as the Location and Local Group. Once the registration is confirmed, the Electronic Group can be posted on the RIAFG website. Register your online group at:

<https://al-anon.org/for-members/group-resources/group-records/new-electronic-meeting-registration/new-emeeting-form/>

## Meeting Space (s) 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](mailto:firstlutheraneg1@gmail.com).

**Butler Hospital** in Providence has reopened **Ray Conference Center**, which means it's available (again) for Al-Anon and for other 12 step meetings. Prior to March 2020 there were active meetings on the Butler campus. If you'd like to create a new RIAFG group at Butler, email [alanon.riafg@gmail.com](mailto:alanon.riafg@gmail.com) to get started.

## Spring 2023 Assembly Follow-Up

**First**, I want to thank all the Group Representatives that showed up to this Assembly and participated and gave feedback. Without you, RI Al-Anon business would not happen.

**Next**. I would like to give a huge thank you to the AWSC members that helped plan the Assembly. Without an Area Chair, your help is essential. RI Al-Anon would not exist without each and every one of you. I would also like to thank all the members that showed up and volunteered to help on this day.

I want to give a little insight into the feedback forms from the June 10th, 2023 Assembly. A few suggestions that were made by multiple people:

**\*To shorten the day**

--RI Assemblies have historically been held from 9AM – 3:30PM. This is already very short compared to most other areas, which use an entire weekend for Assemblies. It was very difficult to include all the information that needed to be shared this year and we shortened; assembly was from 9AM-1PM. Assemblies moving forward will be most likely back to 9AM-3:30PM.

**\*To have healthier food options.**

--All the food was donated by members. This was not purchased by the AWSC. The food did not come out of the Assembly budget. May I suggest, if healthier options are needed, then please feel free to bring something to donate or bring your own lunch/snacks.

**\*More information on RI Area Budget vs WSO Budget.**

--The Rhode Island Area Treasurer-Terry gives her full report at the Fall Assembly, when she presents her budget for the next year. The Delegate has the responsibility, as a trusted servant, to bring back information from the World Service Conference. This includes World Service Office finances.

**\*Shorter Delegates Report/report over allotted time.**

--The main purpose of a Spring Assembly is for the Delegate to give their report from the World Service Conference. As a trusted servant, all information is shortened and included in the report. Report did go over allotted time listed on the agenda, as I thought it would be better to stop after each section and let members ask questions instead of waiting until the Q&A at the end. Assembly did end on time.

All AWSC meetings are listed on the website [www.riafg.org](http://www.riafg.org). **All members are invited to attend.** You will have a voice, but no vote. Meetings are currently virtual Via Zoom. Zoom information is also included on the calendar on the RI Area website.

**We currently have two Districts without District Representatives.** The DR' s would be the members to attend the AWSC meetings and bring the information back to their District. The DR would hold meetings for the GRs to receive information. I welcome any member to step up to a DR position in District's 1 & 3. This would ensure that the information from AWSC meetings was getting back to the groups. Until this happens, invites will not be sent out by the Area-as that is not the process. **Please feel free to visit the website and get information for AWSC meetings.**

Any questions please feel free to email me at [Delegate.riafg@gmail.com](mailto:Delegate.riafg@gmail.com).

Hugs In Service,

**Cindy Brimmer**

RI Panel 61 Delegate

# RIAFG Literature News



Hello!

Many of you are ordering the new **Daily Reader** for your groups, and for good reason—it is a hit!! So much so that they are currently out of stock at the WSO!! I am checking every day so I can place an order as soon as they come in, but it appears it will be into September before they are back.

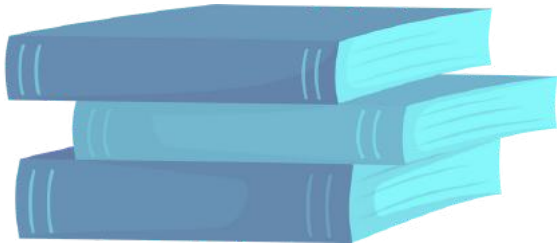
In the meantime, Elaine is compiling a list of those who have ordered them, so please feel free to send in your orders and you will get them as soon as they arrive. We can split orders, so if you need any other materials, you can order those, and we can fill them, and then let you know when the new readers arrive.

The new Reader, entitled *A Little Time for Myself*, costs \$17.00, and is only available in the usual small Reader size—there is no LP edition. The more modern typeface and spacing of text on the page seems to help those that usually prefer the LP. I also have some available in Spanish.

I added the new Reader to the top of the Literature Catalog on [riafg.org](http://riafg.org), so you can find it easily when you are filling out an Order Form, also available on [riafg.org](http://riafg.org). Both are available under the Literature tab on the website. If you need materials mailed to your group, please use the Order Form posted on the website, as it has the newest mailing rates,

Thank you for supporting the RI Area by buying Literature through our RIAFG Office!

Yours in Service,  
Wendy H  
RIAFG Literature Coordinator



# Got Literature?

## How to order Literature from the RI Literature Distribution Center Office

**PLEASE NOTE:** *There is a new order form available on the [riafg.org](http://riafg.org) website. The charge for shipping has been increased due to the increases from the Post Office. The new charges are: Orders from 0.00 to \$100.00, the charge is \$8.00, orders over \$100, the charge is 10% of the total for the order. Please use the new order form when you mail orders into the office. Include the correct total for shipping and be sure to fill out the contact information.*

### **To pick up at the office:**

Mail in the literature request form (found on our website: [www.riafg.org](http://www.riafg.org)) 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:**

Include a check for the full amount of the order, the name and address for shipping, and your name and phone number. *Please note the increased shipping charges listed above.*

### **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**



# Al-Anon Slogan: "Keep An Open Mind"

The slogan, "Keep An Open Mind" helps us to be **open to ideas** from sources that we might not have imagined could be helpful. It helps us to take advantage of all opportunities.

**"If you try to keep an open mind, you will find help.** You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened."(Suggested Al-Anon/Alateen Closing), *This Is Al-Anon (P-32), p. 11*

"One of the most powerful lessons Al-Anon has taught me, is that **I can learn from anyone and everyone, if I keep an open, receptive frame of mind.** . . . I came into program a hurt, defensive, judgemental, closed-minded person. . . .I had to be attending meetings for quite a few years before it dawned on me how judgemental I was.

I will always be deeply grateful to my first sponsor for her ability to reflect back to me, in a loving manner, the less delightful of my characteristics. She did it in such a way that shame was avoided, and I could see myself as a project to improve, with the help of God, and Al-Anon. . . .

When I keep an open mind, I'm not making snap judgements about how another person may look or act, and feeling comfortable about dismissing them because of it.

It wasn't until I began to attend Al-Anon meetings that I found people who would climb right over my barricades to give me a warm hug and tell me they loved me.

When I keep an open mind, **I am extending that same loving warmth to other people** - we share what we have been given."

*(al-anonfilter.blogspot.com)*

Read more responses here: <https://al-anon.org/blog/what-is-your-favorite-al-anon-slogan/>



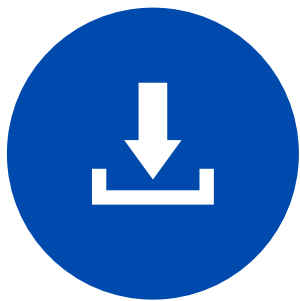


## New to Al-Anon? You'll want to hear this.

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/](https://al-anon.org/newcomers/first-steps-al-anon-recovery/)



## *Free Downloads!*

So much to read, print, and **share!**

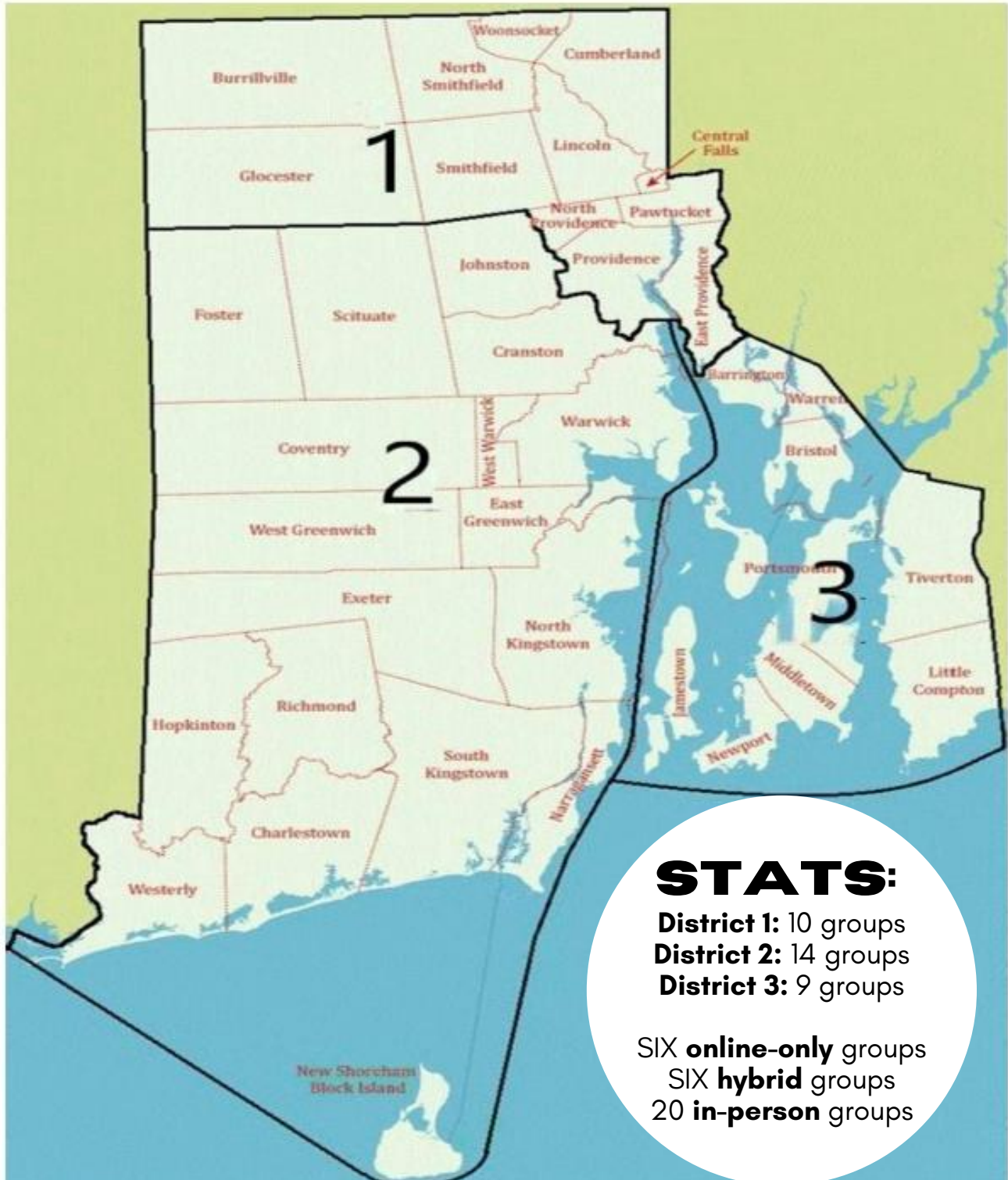
Click to: [al-anon.org/for-members/members-resources/literature/downloadable-items/](https://al-anon.org/for-members/members-resources/literature/downloadable-items/)

# Where We Are: The RIAFG District Map

**District 1:** Burrillville, Central Falls, Cumberland, East Providence, Glocester, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, Woonsocket.

**District 2:** Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Johnston, Narragansett, New Shoreham, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, Westerly.

**District 3:** Barrington, Bristol, Jamestown, Middletown, Newport, Portsmouth, Little Compton, Tiverton, Warren.



# "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  
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 **AI-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.

# 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 RIAFG**

**[www.riafg.org](http://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](mailto:lifelines.riafg@gmail.com)**

## **CONTACT WSO**

**[www.al-anon.org](http://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.*