

My Recipe for Recovery  
Rhode Island Al-Anon Workshop  
September 19, 2015

Hi Everyone. My name is Phyllis and I am privileged to be serving as the Rhode Island Area Delegate. During the past 9 months in this position, I have had the honor to be your trusted servant and to represent all of you in my interactions and communications with Al-Anon's Board of Trustees, past and present Delegates across the US and Canada, and the World Service Office staff. As your representative, I traveled to the World Service Conference in Virginia Beach last April and currently I am serving on a task force on Technology and Anonymity. I presented my Delegate's report at the June Assembly, I had the website coordinator create a Delegate's Corner webpage where I posted my report and will be posting other information as well, I have been sending out periodic "Notes from the Delegate" on the announcements listserv, and with the approval of the GRs at the June Assembly I submitted our Area as a possible host for the 2016 Meet the Board Event. I have posted my email address here and I encourage you to contact me with any questions, ideas, and/or concerns you have about Al-Anon both at the Area level and globally.

In keeping with the workshop theme, I would like to take a few minutes to talk about my Recipe for Recovery, which is simply stated on page 126 in *How Al-Anon Works*: "Al-Anon's 3 legacies, Recovery through the Steps, Unity through the Traditions, and Service through the Concepts, interconnect to create the foundation of [my] program." The first ingredient in my recipe, the Steps, have become my "how-to" guide for carrying out my life on a daily basis. The second ingredient, the Traditions, are the spiritually based principles that keep me focused on my purpose. The third ingredient, the Concepts of Service, are the guideposts that help me to develop healthy ways to interact with others. To fully realize the gifts of my recovery, I need to utilize all 3 ingredients – the steps, the traditions, and service – in my life and my program.

Now I'm going to ask for a little audience participation. Raise your hand if you use the Steps in your daily life. Great. Now, raise your hand if you use the Traditions to guide you in your interactions with people and groups outside of the program. What about service? How many of you have been or currently are involved in service at the group level? How many of you have been or are currently involved in Al-Anon service outside of your group? One last question, raise your hand if you are grateful for the gift of recovery in your life today.

That gratitude, is the primary reason I include service in my Recipe for Recovery. When I was desperate for help, I was given the name and number of an Al-Anon member who took me to my first meeting. I might add that she went on to serve as Chairperson of the Board of Trustees and Chair of the Executive Committee. When I arrived at that first meeting there were chairs for us to sit in, there was literature on the table, someone opened and led the meeting, and people encouraged me to keep coming back. As I grew in the program, so did my appreciation for the thousands of members who over the years have generously volunteered to be trusted servants, including Lois W. and Anne B. who co-founded Al-Anon nearly 65 years ago. From that appreciation came my realization that I wanted and needed to do my part to ensure the continuation of this life saving program.

So, I stepped outside of my comfort zone and my home group and I volunteered to be the webmaster for the Area website. Then, when a GR was needed for my home group, I volunteered for that as well and served as Alternate DR for my District. After 3 years as GR, I was elected DR for my district, and last December, I stood for and was elected Delegate. In addition to being Delegate, I also volunteer at the Area Office and Literature Distribution Center, and I signed up to be an Alateen Group Sponsor.

As a result of my giving back in gratitude, I continue to reap the benefits of being a trusted servant. I am more confident in group settings – including getting up and speaking at the mic numerous times when I was at the World Service Conference. I have discovered that I have a voice and that others are interested in my input. I am a better listener and I have grown in patience and tolerance. And most importantly, I know that I am doing my part to keep the doors of Al-Anon open for all of us and those yet to walk through them.

So, if you want to give your recovery a boost, consider adding the ingredient of Service to your Recipe for Recovery. At the present time, there are several positions open at the Area level: Alternate Delegate, Archives Coordinator, and Lifelines Editor. Descriptions for all of these positions can be found on our Area website [riafg.org](http://riafg.org). At the present time, our Area Office is only open 6 hours a week, so we are desperately in need of more Office Volunteers. Typically a volunteer goes in for a couple of hours once a week. If going to the office for a couple of hours doesn't work for you, you can be a Hotline Volunteer and check and return calls on the answering service on one of the days that the office is closed. And of course, we are always in need of more Alateen Group Sponsors. Please feel free to speak with me or David our Area Chair this afternoon to get more information on these opportunities for service. And you always can email me at [delegate.riafg@gmail.com](mailto:delegate.riafg@gmail.com).

In gratitude I thank you for your time today and for allowing me to grow in my recovery by serving as your Area Delegate.