

# Lifelines – Rhode Island

Your Monthly Newsletter  
April 2013 Edition



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*The next AWSC meeting  
will be 4/20, 10 AM –  
12PM at the Rolfe St  
Office in Cranston*

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Daughter, I love you enough to let you go  
By Janie H., Texas

My dear daughter,

You asked me to write a letter stating the impact your addiction to alcohol has had on me. I've given a great deal of thought to the question.

I lived with fear, day and night: fear that you would die, that it was my fault, and that I failed you as a parent. I lived with anger. I was angry because my trust was violated.

I felt helpless about the lying and stealing. I felt taken advantage of and betrayed. I blamed myself for continuing to bail you out financially and for continuing to enable you.

The biggest impact, however, was joining Al-Anon and starting my own recovery. I learned that addiction is a family disease. I now realize my recovery will continue "One Day at a Time" for the rest of this lifetime. I know that I have been a part of the problem, and I now realize that I have choices.

One day, when I was feeling frightened, angry, confused and helpless about your addiction, I had a spiritual awakening. I was walking into work one morning and I saw God's hands, huge and soft, grasp you and hold you close, "She is safe in my hands." I then placed myself in His hands and let go of you. After all, I am not God. It was time for me to stop trying to play such a lofty role.

Since then, I've chosen to just love you and let you make your own choices. I'm learning to respond rather than to react. I'm learning to "Halt," "Think," "Keep an Open Mind," Let Go and Let God, "and "Let It Begin with Me." I am taking care of me, minding my own business and letting others take care of themselves. I especially pay attention to "Progress Not Perfection."

I just completed one year in Al-Anon. It has saved my life and brought me sanity and serenity. I know I have amends to make to you. But, no matter what choices you make, I will always love you. I always have and always will. I honor you as my daughter, and as a child of the God of your understanding, doing your best at any given moment, just as I am. I am grateful you are in my life. You are beautiful, intelligent, creative, kind and compassionate.

Loving you dearly and always,

Mom

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### AA Convention

I had the great honor and privilege of hosting our Al-Anon speaker (Mary G) at the AA Convention in Newport, RI. She is a past Delegate and Trustee. Her experience, strength, and hope are inspirational. She has a wonderful message of recovery and her kind spirit was evident where ever we went.

The Convention participant's feedback forms were positive and she was very well received. I myself am extremely grateful for being allowed to represent our state at the Convention this year. Service to Al-Anon has opened up so many new opportunities for me to grow and change. For so many years I was part of the problem and it nice to finally be part of the solution.

There is another opportunity for fellowship and fun - June 21-23 is the "Serenity by the Sea" Ocean State Young Peoples Conference (Young means - you still have growing to do) at Salve Regina University. The cost for the Weekend is \$225, that includes food, room in board, meetings, Saturday night Dance held in the majestic Ochre Court and most of all "share recovery" also offered this year is a day pass for \$50 for Saturday meals, meetings, the speaker meeting and dance. LIS - Barbara H. - AA Liaison

### **DELEGATES CORNER**

I attended with the Area Chair, Barbara M., the Northeast Regional Delegates Conference March 8-10 in Mansfield, Mass. This annual event takes place approximately one month before the World Service Conference. The purpose is to allow newly elected Delegates to meet the other Northeastern US Delegates, learn how the WSC works, and to share Area strengths, weaknesses, and events with each other. Area chairs also attend and actively participate.

This year the emphasis was on each Area sharing with all other Areas budget information, email addresses of Area officers, and Area highlights and difficulties. Regional Trustees were also present and participated. Hopefully with the information gathered, our Areas can adopt the "best practices" of other Areas and thus learn from each other. The information Barbara and I gathered has already been passed onto the other Rhode Island Area Service Officers.

I leave Saturday, April 13 for the 2013 World Service Conference, which is being held this year in Virginia Beach, Virginia. For the last two months, I have been in receipt of a steady stream of Conference emails and mailings in preparation. This is the 53<sup>rd</sup> Annual Conference, and the theme for this year's week-long conference is: *Our Legacies: The Spiritual Journey of Changing "Me" to "We."* I will do my best to represent our state and speak on your behalf on issues and topics that arise. I hope you will keep me in your thoughts while I am there. In June, I present a summary of Conference issues to our Rhode Island Assembly which hopefully you can attend. David G.: Delegate

### **Has Your Group Ordered Literature from the Area by Mail?**

I'd love to hear from you. Your feedback will help me make a recommendation about whether to continue this service.

In service,  
Debbie E., [Deb.Anon@yahoo.com](mailto:Deb.Anon@yahoo.com)  
RI AFG Literature/LDC Coordinator

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To insure our delegate feels our love and support, you can send him a card while he is at the World Service Conference.

**David Green, Delegate (Hold for WSC April 14-18, 2013)**  
**Wyndham Virginia Beach Oceanfront**  
**5700 Atlantic Ave.**  
**Virginia Beach, VA 23451.**

Please, of course, put return name and address as RI AFG, 106 Rolfe St, Cranston, RI 02910 (in case it arrives after the conference it will be returned to him at the area office).  
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### **Al-Anon's First E-book**

*Having Had a Spiritual Awakening* is now available exclusively as an e-book. This beautiful book features member sharing's, color photographs, and artwork from around the globe, reflecting the diversity of Al-Anon members' spiritual experiences.

*Having Had a Spiritual Awakening* (eB-25) is available for \$9.99 only through your electronic book provider. Members can download a free app from some vendors to allow them to view the book on their PCs, tablets, and smart phones. (In June 2012, the Policy Committee reported to Conference members that after a lengthy discussion, it concluded that using a third party vendor to sell electronic CAL is not a violation of the Traditions or policy, giving the WSO permission to proceed with an electronic version of *Having Had a Spiritual Awakening* as granted by the Board of Trustees in October 2011.)

### **Updated Literature Catalog**

The Literature Catalog has been updated and is available on the RI AFG Web site (<http://www.riafg.org/>). As you'll see, many of the items are available for *free download* from the WSO. All items are available at the RI Area Office/Literature Distribution Center (LDC).

Remember, there are 3 ways to purchase CAL from the Area and support local services:

1. Pick it up at the Area Office/LDC—we welcome walk-in customers. Please contact the office for current hours.
2. Pick it up at an Area Event—E-mail your order to [deb.anon@yahoo.com](mailto:deb.anon@yahoo.com) up to the Thursday before an Assembly, Workshop, or Convention, and you can pick up your order and pay for it at the event.
3. Have it mailed to your group—The Area Office will mail literature orders. Just fill out the order form at the back of the catalog and send it with payment to the Area Office. All orders are shipped via Media Mail. Allow a week or so for processing and delivery.

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### Literature Table at the AA Convention

The Al-Anon Literature Table at the AA Convention did well this year. We sold 44 books and gave away countless pamphlets, bringing in over \$700 and providing outreach to a LOT of people.

I also led a meeting on denial using the WSO workshop guidelines for *Many Voices, One Journey*, which generated some great sharing's and some interest in this book as well. (If you would like a copy of the guidelines, or would like me to come and lead a meeting with your group using this guideline, contact me at Deb.Anon@yahoo.com).

Thanks to all who helped set up, break down, and staff the table!

In service,

Debbie E., [Deb.Anon@yahoo.com](mailto:Deb.Anon@yahoo.com)

RI AFG Literature/LDC Coordinator

### Literature Price Increase

The Finance Committee and the Board at WSO approved to increase the price of our literature effective May 1<sup>st</sup> due to projected budget deficits. This increase will be on most items including previously free items. There will be a limit on quantities of free materials prior to the May 1<sup>st</sup> date. Updated order forms are still in production.

### CAL Sample Chapter

Each quarter we post a sample chapter of Conference Approved Literature on both the Public Outreach site, <http://www.al-anon.org/> and the Members' site, [www.al-anon.org/members](http://www.al-anon.org/members). From April through June, the chapter is from *Paths to Recovery* (B-24).

### “CAL Corner”

Each month, the “CAL Corner” feature in *The Forum* includes members' sharing's on how a particular piece of our literature has enhanced their recovery. The April article is about *Alateen—a Day at a Time* (B-27). May's article will focus on *Paths to Recovery* (B-24). Members are encouraged to submit articles about how CAL has helped them with their recovery. WSO could especially use articles about *Many Voices, One Journey* (B-31), *Al-Anon's Twelve Steps & Twelve Traditions* (B-8), and *Alateen—Hope for Children* (B-3). Contact Deb ([deb.anon@yahoo.com](mailto:deb.anon@yahoo.com)) for a sharing sheet.

In service, Debbie E.

**CURRENT OPEN POSITIONS:**

**Office Coordinator:** - The Office Coordinator ensures that our Area Office on Rolfe Street runs smoothly, making sure it is fully stocked with office supplies and coordinating the volunteers who man office hours, answering the phones, following up on messages, and filling literature orders. The Office Coordinator attends the AWSC meetings as a voting member.

**Archives Coordinator** - Enjoy scrap booking? The Archives Coordinator preserves the experience, history, and memorabilia of the RIAFG. The Coordinator may head up an Archives Committee, which would be responsible for researching the history of Al-Anon in RI. Our archive materials are currently at the Area office. They need to be organized, dated, catalogued, and preserved using archival methods (e.g., acid free paper, boxes). The Archives Coordinator attends the AWSC meetings as a voting member.

**Public Outreach Coordinator** - The Public Outreach Coordinator informs the general public through the media, professionals, facilities, and organizations about who we are, what we do, and how to get in touch with us. Our goal is to attract to our program those whose lives are or have been affected by someone else's drinking, so that those who need our program can find the help and hope we offer. We also strive for name recognition and credibility as a community resource. The Public Outreach Coordinator serves as a communication link between the WSO and the Area, making presentations or holding workshops at events in the Area and the general community; distributing service projects and information from the WSO to Area Assemblies, Districts, and Groups; encouraging the Area, Districts, and GRs to carry project ideas and information to the groups; and continually educating the fellowship about the need to attract those who are still suffering to our program. The Public Outreach Coordinator attends the AWSC meetings as a voting member.

**Forum Coordinator** - The *Forum* Coordinator encourages groups and members to submit sharing's to the *Forum* magazine and to subscribe. The Coordinator carries Al-Anon's message of recovery as it is printed in the *Forum* to the GRs, who are the *Forum* Representatives at the group level. This coordinator's duties include, but are not limited to, being available to GRs and DRs for assistance in conducting workshops or outreach activities. Coordinators can ask Area World Service Committee members to assist by subscribing to and sharing the value of the *Forum* as they conduct their service activities. They may also bring sharing sheets, blank order forms, and copies of the *Forum* to workshops, assemblies, etc. Display boards may also be made to use at these events. The *Forum* Coordinator attends the AWSC meetings as a voting member.

**District Representatives for District 2, 5** - The DR is usually any incoming, outgoing, or active past Group Representative who is willing to represent the district at Area World Service Committee meetings and Area Assembly. The DR conveys information to the GRs from the Area World Service Committee, listens to group concerns, and takes any questions or concerns to the Area World Service Committee meetings. The DRs attend the AWSC meetings as voting members.

**Workshop Committee Chair** - The Workshop Committee Chair heads the Workshop Committee, which plans our annual Fall Workshop. The purpose of the workshop is to allow members to participate in giving back to the program (Participation Is the Key to Harmony) while enjoying a day of recovery. All proceeds help the Area as a whole, which allows us to be self-supporting. Duties include chairing periodic committee meetings and securing volunteers who take on responsibilities for registration, decorating, hospitality, master of ceremonies, speakers, treasury, meetings, food, craft table, Alateen participation, AA participation, Literature table, and Public Outreach table. This committee chair also troubleshoots and supports these tasks as necessary.

## RI Al-Anon/Alateen Events

### APR

26<sup>th</sup> Writing Workshop - hosted by "Hope for the Family Disease" 7:30 PM St. Theresa's Church  
Tiverton, RI; workshop given by Deb E. - Literature Coordinator

20 - Area World Service Committee meeting, 10:00 a.m. - 12:00 p.m., 106 Rolfe St, Cranston.

### MAY

17<sup>th</sup> Hope for the Family Disease Anniversary with AA 7-9PM St. Theresa's Church, Tiverton, RI

### JUNE

15 - Area Assembly, 9:00 a.m. - 3:30 p.m., West Greenwich Community Center, 274 Victory Hwy (route 102), approximately 3 miles from I-95 (exit 5B). As the voice and vote for the individual Al-Anon Groups, all GRs are encouraged to attend. All Al-Anon members are welcome to attend (but do not have a vote at the assembly).

21, 22, 23 - 37<sup>th</sup> AA Serenity by the Sea Ocean State Young People's Conference (OSYPC) with Al-Anon Participation

"Young-means you still have some growing to do" • June 21, 22, & 23

Salve Regina University • Newport, RI Come for the weekend or come for the day: meetings, fellowship recreation!

I'll share a small observation;

It seems Al-anon has a rich history in offering Annual Anniversary meetings for the various meetings that celebrate the # of years the group has lived. It seems many now are twenty something's! What if we had a traveling cohort that visited these meetings, and we offered opportunities for newcomers in particular to attend these? I think speaking engagements entice newcomers and energize the fellowship. What if the outreach people put head together to highlight these meetings and view them as an opportunity to grow in service? If we start by putting them on the website and inviting newcomers specifically, we could go on from there. I have had the opportunity to serve in several areas and note that Rhode Island in particular celebrates annual anniversaries. It would be a great outgrowth then for these events to gather in November and celebrate our annual RI workshop event, by sponsoring different things at this statewide event. It would take coordination and so forth, but I think we should go for it and see what happens. What do you all think?

In service,

Maryanne N. You can e-mail your thoughts to [Maryanne](mailto:Maryanne)

*Lifelines* e-subscription: Email to: [RI\\_Al-Anon@hotmail.com](mailto:RI_Al-Anon@hotmail.com) (type "Mailing List" in the subject line) or email [lin2169@hotmail.com](mailto:lin2169@hotmail.com)

Web: [www.riafg.org](http://www.riafg.org)

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

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