



Lifelines

The Newsletter of the RI AFG, June 2007

Service Opportunity: Area *Forum* Coordinator

By Missy B and Deb E

The *Forum* is like a meeting in your pocket.

Do you enjoy reading the *Forum*? Are you looking for a service opportunity? Consider stepping up as the Area *Forum* Coordinator.

The *Forum* Coordinator encourages groups and members to submit sharings to the *Forum* magazine and to subscribe (it's currently \$11.00 per year). The Coordinator carries Al-Anon's message of recovery as it is printed in the *Forum* to the Group Representatives, who are the *Forum* Representatives at the group level.

The Coordinator is elected for a 3-year term. The job duties include, but are not limited to, being available to Group Representatives and District Representatives 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. Coordinators can keep records of their efforts to pass on to the next coordinator. 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.

To learn more about the role of an Area *Forum* Coordinator, copies of the guidelines are available at the Area office (see last page). You can also access a copy from the WSO Members' Web site at www.al-anon.alateen.org/members. The password is the name of your home group plus the letters "afg". Click *Group Services, Guidelines*, then select *Area Forum Coordinators (G-32)* from the menu.

If you are interested in serving as Area *Forum* Coordinator, please come to the next Area Meeting or call the office (see last page).

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Slogan Search

This word search will make you **think**. Words appear in every direction— forwards, backwards, upside down, and diagonal—so, **keep an open mind**. Just take a deep breath, say ‘**let it begin with me,**’ and dive right in.

e-CAL

The WSO is launching a 3-year trial of e-CAL, an electronic form of Conference Approved Literature. Sharings can take on any form—music, poetry, graphics, etc.

See what members are sharing, or submit a sharing yourself. Log on to: www.al-anon.alateen.org/members. This site is password protected. The password is the name of your home group plus the letters “afg”.

Al-Anon Faces Alcoholism 2008

More hope from members’ recovery stories.

More information for professionals and potential newcomers about the benefits of Al-Anon and Alateen.

The deadline for ordering is 5:00 PM ET, Monday, July 16th. An on-line order form is available at www.al-anon.alateen.org/members (your password is your home group’s name plus “afg”) and ask your GR for more details.

Easy does it. Keep it simple and do **first things first**. If you get stuck, ask for help because **together we can make it**. **Listen and learn** and, if you don’t agree, **live and let live**. Just remember to **place principles above personalities**.

If you get frustrated, remember: it’s **progress not perfection**. Maybe you need to put it down **just for today** and pick it up again tomorrow. Puzzles like these may need to be solved **one day at a time**. And if you still can’t figure it out, just **let go and let God**; because, really, **how important is it?**

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B	N	M	E	Q	E	R	W	S	R	E	R	T	E	Y	U	I
U	I	O	K	P	A	S	D	I	D	F	G	H	G	J	K	T
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Alateen Spoken Here

Acceptance

Hi, my name is Angela and I am a member of Alateen. I have been in the program now for over a year and plan to continue for more years to come.

My dad has been an alcoholic for as long as I can remember. Not long ago I finally realized that he may never change. Alateen has helped me to accept that and deal with it. Alateen has also helped me to deal with the anger, guilt, pain and disappointment of living with an alcoholic.

I find Alateen one of the most supporting groups I've been in. If I am having trouble with my alcoholic, Alateen is there for me and ready to support me. The support is strong and the love felt in the group makes me feel like a special and wanted person—something I never felt at home.

I spent a lot of times arguing with the alcoholic when I know now that arguing doesn't get you anywhere. I also spent a lot of time hoping he would change and trying to change him. I know now the only person I can change is me. I am still trying to change myself by not letting the alcoholic affect my mood. At one time if he was drunk, I would get down; there were also a lot of broken promises and I'd feel disappointed. I have seen a big change in me since I've been with Alateen. Today, if a promise is broken, I try to think realistically. I am also trying not to be an enabler.

Alateen means a lot to me and I try not to miss a meeting. When things are going well and I don't have anything to talk about, I still go to support someone else who may need someone to talk to. I know at Alateen meetings people listen and understand because they can relate to my feelings of living with an alcoholic. They provide a lot of support and keep everything I say in confidence. I know that I can trust the group and feel free to say what's on my mind and in my heart. Alateen has helped me to deal with my feelings, with the alcoholic, and it's helped me to accept things I cannot change. Thanks.

Angela (Feb '87)

Blaine, MN

Used with permission from Alateen Talks Back, 1-8M-89.

Calling All Alateens

This space is for you! If you are an Alateen who likes to write or express yourself artistically, please consider submitting something for the next issue, either on your own or as a group. Here are just a few ideas, but feel free to come up with your own creative contribution:

- ▲ Write a couple of paragraphs on an Alateen topic or on your experience in the program in general
- ▲ Create a piece of artwork (program-related, of course)
- ▲ Create a word search using words that relate to a particular topic

Please e-mail your submissions to Deb E. at destre99@yahoo.com, or drop off or mail them to the Al-Anon office (see last page).

Please provide your first name and/or the town or group to which you belong, unless you wish to remain anonymous.

Alateen Summer Session

Alateen meetings in the schools will be closing soon for the summer. In the meantime, Alateens can find an extra meeting on Tuesday nights at St. Luke's Episcopal Church in East Greenwich, from 7:30–9:00 PM. This group will meet through August, until school starts up again

Treasury Report

The following is a listing of the donations to the Area Office for May.

Please remember to put the group name and *entire* group number on all checks when sending in donations. Group numbers are listed on the meeting list.

To speed check processing, you may mail checks directly to me at:

Valerie Bacon
68 Elmgrove Avenue
Smithfield, RI 02917

Peace in the Program,
Valerie, Area Treasurer

Meeting Needs Support

The Saturday night Hope Step Al-Anon group at Hope Congregational Church in East Providence is struggling and could use support. Please consider attending an extra meeting or two as a form of service.

Meeting Has Moved

Living Recovery in Coventry still meets every Monday at 10:00 AM at St. John & Paul Church on Main Street, but has moved to the rectory conference room. This group does not meet on Monday holidays.

Group #	Group	Area	Alateen
3-0026686	Sat Night Live	\$30.00	
1-045173	Higher Powered Lunch	\$60.00	\$60.00
5-012437	Charlestown New Life	\$10.00	\$10.00
2-503064	Step Up to Serenity	\$10.00	
2-012455	Courage to Change	\$25.00	
5-503443	Steps & Traditions	\$50.00	
3-501427	Joy Beckons	\$25.00	
3-062178	Loving Hearts	\$25.00	
5-064936	Christ Church Westerly	\$25.00	
1-012469	Detachment w/ Love	\$67.00	
2-502037	Serenity on the Hill	\$40.00	
2-0062815	HUGS	\$25.00	
3-012434	Sun Night Step	\$20.00	
3-012434	Sun Night Step	\$25.00	
2-040889	Let Go & Let God	\$47.50	
2-041580	Providence Center	\$150.00	
2-0040461	Keep It Simple	\$20.00	
3-0501146	A New Beginning	\$25.00	
3-0501146	A New Beginning	\$45.00	
3-012435	Our Daily Bread	\$50.00	
	May Totals	\$774.50	70.00

Service Opportunities

- ▲ We need an **Area Archivist** to preserve the experience, history, and memorabilia of the RI AFG.
- ▲ An **Area Forum Coordinator** is needed to encourage groups and members to submit sharings to *The Forum* and to subscribe.
- ▲ **District representatives (DRs)** are needed for **Districts 3 and 5**. The DR is an important link between the groups and the Area Assembly.
- ▲ We have the funds, the meeting places, interested schools, and kids looking for meetings. All we're missing are **Alateen Sponsors!** You must have at least 2 years in the program (dual members included).
- ▲ Become a member of the **2007 Workshop Committee**; plans for this year's event are already underway.

If you are interested in any of the above positions, please come to the next Area Meeting or call the office (see last page).

- ▲ **Traveling overseas?** Consider attending a meeting, bringing CAL with you, etc. Send WSO a note about where you've been and how you brought public outreach with you.
- ▲ Does your group receive copies of *Lifelines*? Consider **making copies** for your fellow members.
- ▲ We would like to put an Al-Anon book in every library! If your group would like to help, please **donate a book to your local library** (eg, *How Al-Anon Works* is a suggestion) and e-mail lightdance1@aol.com with the book's title and the library's name for our records.
- ▲ Public Outreach is raising money by **selling refillable pens** with RI AFG contact information and the slogan "One Day at a Time." They are dark blue with gold writing and are on sale for \$2.00. We also have **coffee mugs** that are white with blue lettering on sale for \$4.00 each. These items make great gifts for meeting and member anniversaries! You can purchase them at the office.

What Has Service Taught You?

Please e-mail your sharing to Deb E. at destre99@yahoo.com, or drop off or mail them to the Area office (see last page).

Please provide your first name and/or the town or group to which you belong, unless you wish to remain anonymous.

Upcoming Events

July

Area Meeting

TBD

Area Office, 106 Rolfe Street, Cranston

If you are interested in participating in service, please attend!

RI AI-Anon Fall Workshop Committee Meeting

Wed, July 25, 6:30 PM

Area Office, 106 Rolfe Street, Cranston

Save the date! Our workshop will be held on Saturday, November 3rd on Butler Campus in Providence. If you would like to help out, please attend the committee meeting or call the office and leave a message for Marie G. or Jenny N.

August

Camp AFG (Maine's Annual AI-Anon Convention with AA Participation)

August 24-26

Camp Mechwana, Winthrop, ME

For more information, please visit www.campafg.com.

JULY 2007						
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AUGUST 2007						
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26	27	28	29	30	31	

RI AI-Anon Family Groups Area Office/Literature Distribution Center (LDC)

106 Rolfe Street, Cranston, RI 02910

Hours: Please call the office

Phone/Fax: 401-781-0044

E-mail: RI_AI-Anon@hotmail.com

Web: www.RIAFG.org

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

Lifelines submissions may be sent to destre99@yahoo.com or mailed to the office at the address above.

The deadline for the next issue is **July 14**. If you wish to receive *Lifelines* and other Area news via e-mail, please e-mail destre99@yahoo.com and type "Mailing List" in the Subject line.