



Lifelines

The Newsletter of the RI AFG, March, 2011



CONVENTION NEWS: Riding the Waves of Serenity

The registration form for this year's Rhode Island AA Convention with AI-Anon participation can be found at <http://rhodeisland-aa.org/cc/2011-home>, the link is also on our webpage.

The convention is March 25-27 in Newport, RI. Registration is \$22 per person, plus additional for meals, if you choose. Registration is limited due to fire codes, so register early. They do not accept registrations at the door, so please pre-register if you would like to attend. Hotel information is also on the flyer.

I am looking for someone to Co-host our speaker, please contact the office if you are willing.

With gratitude for our program, **Barbara M**, AA-Liaison

Volunteers willing to work a few hours at the literature table selling and giving away pamphlets and selling books at the RI AA Convention March 25-27 at Goat Island in Newport. Contact **Carol W**, elakae@hotmail.com or 247-0283

Opportunity for AI-Anon service: We have openings for members to volunteer to help chair workshops/meetings at the Convention in March, as well as other opportunities for service. If you are interested in helping, please call the AI-Anon office and leave a message for Barbara, our AA Liaison. The number for the office is 401-781-0044. You can also send an email to RI_AI-Anon@hotmail.com. Thank you!

Love in Service, **Leah D**. RI Area Chair

CONVENTION NEWS:

From our neighbors – check out our website for more information and registration form

April 1, 2, 3 - 2011



Each Area meeting will be the 3rd Tuesday of the month 7-9 PM at the area office.

* A copy of the full minutes for every Area meeting and Assembly are available to all at the Area office

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Al-Anon Web Sites

- ▲ Our local, Area 49 Web site
<http://www.riafg.org>
- ▲ The Al-Anon Members' Web site
<http://www.al-anon.alateen.org/members>
- ▲ Podcasts <http://al-anonfamilygroups.org/Podcasts/FirstSteps/>
- ▲ Online meetings and outreach <http://www.olais.org>
- ▲ Public Al-Anon/Alateen site
<http://www.al-anon.alateen.org>

Our Area Web site is a great central reference point for information applicable to the entire Area!

<http://riafg.org>

*Feedback on the website can be sent to Phyllis H. at the area email account **RI Al-Anon@hotmail.com***

The Members' Web site is a password-protected site; the password is the name of your group plus the letters "afg".

This site is loaded with valuable program information and resources.

District News

As for District 3: Schedule of District 3 Meetings

- Mon., Mar 21, 7:15 PM, Portuguese American Club, Jamestown (downstairs)
- Mon., May 30, 11:00 AM, St. Mary's Episcopal Church, Portsmouth
- June Assembly
- Tues, Sep 27, 6:00 PM, St. Michael's Church, Bristol
- November Assembly
- Sat., Dec 3, 6:00 PM, Calvary Methodist Church, Middletown, R-Final meeting for Marguerite as DR
- Hopeful Conflict Resolution Meeting along w/District 4 on May 14th from 10A - Noon

As for District 4: District 4 Meeting

Meetings needing help:

- Coventry Monday 10:00 AM Living Recovery
- Cranston Thursday 10:00 AM Freedom
- Cranston Thursday 7:00 PM Cranston Step Study-Women Only
- Hopeful Conflict Resolution Meeting along w/District 3 on May 14th from 10A to Noon



Photo by Linda F

****NOTICE OF DONATIONS****

When groups send in their donation to the state, please include both Group Name and Group Number on the check for proper credit.

Please send to the office Attn: Betsy

Member Shares

Recovery at the AA Convention with Al-Anon Participation

I have attended every convention since coming into the program with the possible exception of one year. It is an event I look forward to every year with excitement and anticipation. My first time there, with about six months of recovery, was a deeply emotional experience. Being in the same room with so much recovery was awesome! I remember spending much of the time that weekend on the verge of tears. The speakers, from AA and Al-Anon, were amazing! Their stories were deeply moving. I wondered then where they found the strength to carry on, to move forward, and to continue on this journey. At that time, early in my own recovery, I was on shaky ground. The world I knew was being shaken to the core. Everything familiar, however unhealthy, was changing. The convention was a great place for me to be.

I am now approaching the ten year mark in this wonderful program. I attend the convention with the same sense of anticipation. I have hosted the Al-Anon speaker(which is a story in itself), I have chaired meetings there, and worked at the literature and Public Outreach tables in the lobby. I am always surprised at how many friends in recovery I have made, from both programs. Many of them I see only at the convention. It is always great to see everyone and make new friends as well. Sharing my own ESH and listening to others, service, and fellowship at the convention have all expedited my recovery. It has expanded my circle where I know I am safe and have been accepted as I am. It gives me strength and courage to face my life and the world and know that I am OK. I encourage anyone who hasn't been to give it a shot. It's the best twenty bucks you can spend on a weekend!

Steve C. - *Our Daily Bread*, Bristol

Love The Phone/Hate the Phone

Like most things in life there is an up and a down side to nearly EVERY technological invention. Without a phone I would not have the instantaneous possibility of connection to those I love, value, and need. Without the phone I would at times have more distance emotionally from what I do NOT need temporarily as well. I take the good with the so so.

There have been many many times when a phone call brought : good news, joy, connection, relief, love, laughter, inspiration, friendship, and sheer joy. There have been times it brought : hard news to digest, disappointment, deep sorrow, hurt, anger, fear, frustration, reminders of what I am trying to disconnect from and so on.

Love the phone/hate the phone...Life on life's terms.

How does a phone relate to my recovery ?

I can use it or not.

I can disconnect it or not.

I can allow it to have power over me or not.

I can bash it against a wall...or maybe not 😊

Love and Laughter in my choices,

Linda F. – There is Hope, Tiverton

***** NEW MEETING*****

KISS – Keep it Simple Saturdays AFG – Starting March 5th Noon to 1PM
Butler Hospital, 345 Blackstone Boulevard, Providence
Classroom 5, 2nd Floor in Ray Hall – follow signs

Member Shares

Traveling with Al-Anon

Each winter, my husband and I spend a month down south. Before our first trip, I researched on line for Al-Anon meetings in the area. As we would only have one car, I looked for meetings that would have AA held at the same time. I knew I would need to attend meetings to continue to grow in the program and maintain my serenity. I have now attended the same meetings for several years, enjoying reacquainting with Al-Anon friends each year. I also bring my books and phone numbers.

I find more time to work the steps, think about my program and how I am changing and growing. Walking the beach helps me to look at myself, take an inventory and do an annual checkup. Over the years I realize I am changing, responding better and/or differently to situations, events and people.

But, I do not always move forward. Because I am out of my routine/ my comfort zone as well as spending more time with my qualifier, I can easily step backwards. I take on another's attitude, have unmet expectations, develop resentments and generally take the focus off myself.

Luckily by attending meetings, I hear what I need. One discussion meeting was on ways to keep the focus on ourselves. One person shared "Practice, Practice. Practice"! Because I now have the tools to help me through the difficult times, I can practice changing my attitude and outlook. I was reminded that it's all about self-esteem.

I am grateful for the program and especially that I can carry it with me and meet Al-Anon friends anywhere.

Susan G. – A New Beginning, Portsmouth

.....with Love.....with Contempt

I'm sure you've heard these words before...attached to DETACHMENT. When I first came through the doors of Al-Anon, I was unsure as to where I began and my partner left off. I was actually living my life as though I was the alcoholic--Where will the next drink come from? How can I get from point A to point B? I learned of detachment in my very first meeting, and felt blessed ever since. I was obsessed with my partner's behavior!

Through this program, I learned to detach. And the important part of detachment for me-to detach with love and not contempt. With my faith in my Higher Power I try to cease changing anyone but myself. I finally realized what an effort in futility that would be-changing any person, place or thing but myself. And, to realize that I can still love my partner; I need no one's approval but that of my HP.

So, I detached. I learned to not allow myself to be manipulated; to not accept responsibility that is not mine; to not prevent a crisis, nor stand in its way; to not cover up and/or blame others; and to not be personally offended by the words and actions of the alcoholic, realizing it is the disease and not the person that is speaking. (**QTIP – quit taking it personally**) I try to turn my obsession into compassion.

"Detaching with love also means detaching from the outcomes that we—from our limited perspectives—think will be best." (Discovering Choices) Notice the word, think. Thoughts are not facts. By detaching, I found serenity and a calmness that allowed me to function more rationally and to care for myself. My insanity was lessened.

D – Don't
 E – Ever
 T – Threaten
 A – Attack
 C – Criticize
 H – or Harass

DeniseG - Cranston/Warwick Daytime Al-Anon
 Cranston, RI

An Invitation to Celebrate!

Join Al-Anon, Alateen, and A.A. members and their guests in Virginia Beach, VA for an Open House and Banquet.

Join us in celebration of the extraordinary work started by two ordinary women!

Join us in a special celebration of the work of members who have served in the past!

Join us as we reaffirm their hope and vision for the years to come!

Saturday, April 16, 2011, 1:00 – 4:00 pm

WSO, 1600 Corporate Landing Parkway, Virginia Beach, Virginia 23454

More info: [more info on 60th Anniversary](#)

Or <http://www.al-anon.alateen.org/members>

WSO CONFERENCE:

Delegates will meet in Virginia Beach, Virginia, April 11-15, 2011 for **Al-Anon's 51st Annual World Service Conference**. Trusted servants enjoy receiving mail and 'love gifts' from members and groups while there.

Send Cards and notes of support to "**Jenny N**"

(Hold for WSC 4/11-15, 2011)

Wyndham VA Beach Oceanfront

5700 Atlantic Ave

Virginia Beach, VA 23451. Mail will not be accepted before April 8th.

Please use the return address of: RI Al-Anon Family Groups Area Office, Jenny Norris, 106 Rolfe Street, Cranston, RI 02910

The theme of the conference is "**Expanding our community of hope by embracing:**

Yesterday's Foundations

Today's successes

Tomorrow's possibilities."

Alateen Corner

Sudoku for Al-Anon

DETACHING – use each letter as you would the numbers 1-9

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a _ _ t _ c _ _ _
_ _ g _ n _ c d _
h g _ _ c _ _ n _
_ _ e n _ i h _ _
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(editor's note: I do not know how to do this!!) Submitted by Denise G.

DON'T FORGET:

Alateen Poster Contest Event

Fri, March 4, 8:00–9:30 PM

St. Luke's Church (Upstairs)

Pierce & Church Streets, East Greenwich, RI



Photo by Linda F

taken 2/26/2011 Spring has Sprung.

As Literature Coordinator, I am wondering if we could start a writing group with a possible goal to submit stories to the Forum, or an upcoming book, with interested persons writing their own personal stories of their experiences, strengths and hope. Or, if a writing group might be another way to conduct a meeting, with each member either writing on the spur of the moment on a specific topic, (which can bring under the surface insights), or already completed papers to share and discuss, with or without thoughts of submitting to publication.

I would leave it up to members to decide whether this might be an occasion to meet in the office or a corner of a restaurant over coffee to either produce our stories or bring them to meeting site fully composed for sharing and if decided for discussion and subsequent submission; and maybe to meet every other month at various locations, or as group decides.

Also, am curious as to whether people may prefer a one time workshop setting for this activity, in June, Oct or Nov and/or to submit their compositions to one of the new books that WSO is compiling accounts of members.

Interested AFGRI members may contact me @ elakae@hotmail.com, and we'll see what the consensus will be.

Please leave your name, home group, e-mail address, and how you would want to use your writing, if interested in publishing, or a means of self-healing. Please contact me by March 31, and I will get back to you all. Thanks!
In Service, **Carol W**

ATTENTION MEMBERS - Do you have meeting topic suggestions?

Send idea's to lin2169@cox.net for sharing!

Thanks

Tools of Recovery

MEHETINHGSSTEPS
 SPOTNSOORCEVYJD
 CASMINXEYCQQMNH
 GMOHEABUTXXIDTO
 YMLSTCFLSSGQVFO
 GQTALCZMSMQPPNU
 PYNMXQELBJVHPZN
 RXMGEGFNFRMIGNI
 FINPAWXQZTTRHWT
 LXORCEPATIENCEY
 OHUTGZSRIFTQQYA
 SOCBIVSLFBCUMGR
 CYNUIJFCRVPZBVJ
 NBFKDHSSWIBOBCA
 UZJARGLRMTEVZOJ

Find : Courage, Faith, Honesty,
 Hope, Patience & Unity

Find the hidden message:

Al-Anon Upcoming Events

March

Alateen Poster Contest Event

Fri, March 4, 8:00–9:30 PM
 St. Luke's Church (Upstairs)
 Pierce & Church Streets, East Greenwich, RI
 Join us for a short meeting, followed by fellowship, as Alateen, Al-Anon, and dual members vote for the poster that will represent RI Alateen.

LOIS'S BIRTHDAY – MARCH 4TH

AA Convention: Riding the Waves of Sobriety With Al-Anon participation

March 25–27, 2011
<http://www.rhodeisland-aa.org/ricc>

Forever Hope AFG Anniversary

Sunday, March 6, 10:00 AM
 West Greenwich Town Hall, 280 Victory Hwy. (Rte. 102) Come help us share our experience, strength, and hope as we celebrate our 23rd anniversary and Lois W.'s 120th birthday. There will be. Al-Anon, AAC, AA, and Alateen speakers plus refreshments.

Let Go and Let God Alanon meeting 23rd Anniversary meeting, Wednesday, March 30. 7:00pm Christ Church, Lonsdale

April

Alateen – April 13th, Greenville AFG Anniversary, St. Thomas Church

May

Hopeful Conflict Resolution Meeting along w/District 4 on May14th from 10A – Noon, Hosted by Dist. 3&4 10A to 12 Noon

June

Area Assembly Sat., June 4 2011, 9:00 AM–3:30 PM Place to be determined

MARCH 2011						
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27	28	29	30	31		

APRIL 2011						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY 2011						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

RI Al-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_Al-Anon@hotmail.com

Lifelines e-subscription: Email mailto:RI_Al-Anon@hotmail.com (type "Mailing List" in the subject line)

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 Al-Anon Information Service news; and attract Al-Anon members into service.

If you are interested in serving on the *Lifelines* Committee, please call the office at the number listed above. If you would like more information about the tasks and time commitment involved, you may contact Linda F. at lin2169@cox.net or 401-855-6009 (it's safe to leave a message).

To ALL of you who help me – THANK YOU!