



Lifelines

The Newsletter of the RI AFG, September 2007

Service Opportunity: Area Archives Coordinator

by Missy B and Deb E

Enjoy scrap booking? We need an Area Archives Coordinator to preserve the experience, history, and memorabilia of the RI AFG. This may be the service position for you!

*We look to the past
to protect the future.*

The purpose of Area Archives is to preserve the experience, history, and memorabilia of the Al-Anon Family groups in the Area (in our case, RI, or Area 49). We look to the past to protect the future.

The Area Archives Coordinator is elected and holds the position for 3 years. The Coordinator may head up an Archives Committee, which would be responsible for researching the history of the Area, sources available for obtaining historical material, and copyright regulations.

The archive materials are currently at the Area office. They need to be organized, dated, catalogued, and preserved using archival methods (such as acid free paper, boxes, etc.). Someone with an interest in this type of preservation and a desire to pass it on would make an excellent Area Archives Coordinator.

The materials collected can be displayed at workshops, assemblies, group anniversaries, or public information displays; anonymity is stressed when displaying photographs that might identify individual members.

To learn more about the role of an Area Archives 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 Archives (G-30) from the menu.

If you are interested in serving as Area Archives Coordinator, please come to the next Area Meeting or call the office (see pages 5 and 6).

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How Do We Create a Future That's More Responsive to the Diverse Needs of Al-Anon Family Groups?

The Next Area Assembly Is November 17th

What issues is your group/district facing? What would you like to hear more about/discuss at the next assembly? Tell your GR or DR, or contact the office and let us know. Your discussion topic may make it on the agenda!

Giving Back

Volunteers are needed at the Area Office to:

- ▲ Answer the phone—These calls mostly consist of people needing meeting lists; some calls are from people who want to know about Al-Anon/Alateen. As Al-Anon members we don't give advice, but we may suggest they try a meeting, or send a pamphlet that might encourage them. Sometimes just listening to a caller who is in crisis is all they need, and sharing your ES&H.
- ▲ Sell literature—The removal slips are very easy to follow. All CAL is priced.
- ▲ Mailing meeting lists to those who do not have a computer.
- ▲ Checking the mailbox.
- ▲ Putting literature deliveries on the shelves.

Volunteering 1 to 2 hours a week is a great way to do 12th Step work and give back to the fellowship.

Part 3 of a Monthly Series on the June 2007 Assembly

by Jenny N, Group Representative for Tuesday Morning Cranston/Warwick Daytime

I attended the Assembly on June 16th along with 20 other Al-Anon members from all over Rhode Island. As a Group Representative, I felt that it was a real privilege to be able to attend on behalf of my home group and I knew how important and vital it was (and is) that my group be represented.

A question posed to us during the Assembly was: "How do we create a future that's more responsive to the diverse needs of Al-Anon Family Groups?" We then split into groups of five and spent 20 minutes brainstorming to come up with creative answers. There was definitely a lot of positive energy flowing in the room!

At the end of the 20 minutes, we heard reports from each group and the ideas they had come up with. Getting people to meetings and public outreach seemed to be two common topics.

To get people to meetings, it was suggested that we start lists of people who would be willing to carpool or to coordinate meeting times with bus schedules. To get the message out about Al-Anon we heard ideas about providing information to members of the clergy or for groups to adopt a library and supply them with literature and meeting schedules.

We also heard ideas we could implement in our meetings, like placing a star or an asterisk next to the names on our phone lists of those who are willing to be sponsors. It was suggested that we hand the phone list directly to newcomers or place them in the newcomers' packets rather than just leaving them out on a table.

Overall, I enjoyed feeling "a part of" by attending the Assembly. There was a lot of creativity and a real desire to participate. I made friends and felt connected. It was really stressed how important communication is in promoting the health and harmony of our groups and of our Area. I left feeling deeply grateful to have the trust of my home group to represent them and to be able to be a part of this fellowship.

Alateen Spoken Here

Changed Attitudes

Alyssa, South Carolina

When I first came to Alateen I always felt out of place. I didn't really think I belonged there. But after a while, I learned that I did belong, and that I wasn't the only teen with divorced parents and an abusive dad. I also learned that staying mad at him all the time didn't help anything. It actually made things worse. Now I'm not always mad and thinking about suicide and death. I'm actually happy and smile. I've realized there's more to life than just the down side of things. You only live once so enjoy it while you can.

Shauna, Iowa

I think Alateen is a good program. It gives me a chance to take a look at myself. Before, I was busy looking at other people and their faults. In Alateen I learned that it's OK not to be OK. Now, when I'm having a bad day, I have people I can call who can help me through., because I know they've gone through some of the same things. Knowing that I'm not alone gives me a lot of comfort. Because of Alateen, I feel I'm a much better person and I know now that the self-destructive behavior I was doing before Alateen was not OK.

Making Big Decisions

Michaela, Oregon

When my mom lost custody of my brother, sister, and me, I had to make some pretty hard decisions. Who would I choose to live with when my mom gets sober? I had to think hard because my father is not the greatest person in the world, but my mom is not the greatest person in the world either. While I thought about this, I started using tools from Alateen. My favorite tool that I used was the slogan "Let Go and Let God." I decided that God knew where the best place was for me to live. SO I didn't worry about where I was going to live; I just let God take control of my decisions.

Used with permission from Alateen Talk, Vol. 45, No. 1.

Alateen Turns 50 This Year!

Are you an Alateen, former Alateen, or Alateen sponsor? We would love to hear your reflections as Alateen turns 50. What has this program meant to you?

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.

Meetings Need Support

The following meetings could use support. Please consider attending an extra meeting or two as a form of service.

- ▲ The Thursday morning Step up to Serenity AFG at St. Paul Ev. Lutheran Church in Warwick.
- ▲ The Wednesday night Let Go and Let God Al-Anon and Alateen meetings in Lincoln now meet at Christ Church in Lincoln. We can use all the support we can get! Moving is difficult!
- ▲ Monday afternoon There Is Hope AFG meets at 1:00 PM at St. Theresa's Catholic Church in Tiverton.
- ▲ Thursday morning Freedom Group meets at 10:00 AM at Edgewood Congregational Church in Cranston.

Service Has Taught Me...

Beginning in grammar school and continuing through high school, friends and classmates always made fun of my voice. I either spoke too slowly, it was too deep, sounded funny, whatever. They made fun of me, imitated me, ridiculed me. As a result of this, I shut up. I became self-conscious of my own voice. For years, I refused to put my own voice on my telephone answering machine because I didn't like the way it sounded.

Then, along comes Al-Anon. I was asked early in my program to host the Al-Anon speaker at the AA Convention in Newport. Part of the host's duties (I learned *after* accepting the charge) was to introduce the speaker in front of hundreds of attendees! I was terrified but rose to the challenge. It went well. I have learned that the Al-Anon program is a safe place to practice new behavior. I will be loved regardless.

Since then, I have spoken at anniversary meetings, before groups, and at health fairs before diverse audiences. No audience has ever been as large as the first but it has all been good. I spent many years wanting and trying to be someone else, to act and sound differently. Today, I know I can just be myself. I am so loved in and out of the program, just as I am. I have learned the futility of trying to be something I'm not. I have learned that I will be loved the way I am. I am enough.

~ Steve C

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.

Treasury Report

The following is a listing of the donations to the Area Office for August. As you can see, donations were very low last month.

Please remember to put the group name and *entire* group number on all checks when sending in donations. You can find your group number 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

Group #	Group	Area	Alateen
3-0501146	A New Beginning	\$75.00	
3-050750	There is Hope	\$50.00	
2-0040461	Keep it Simple	\$25.00	
2-037296	Change What you Can	\$25.00	25.00
1-504019	Fri. Night Bradley Hosp	\$10.00	
4-0012475	Cran/War Daytime	\$20.00	
3-012435	Tue. Night Bristol	\$30.00	
2-0062815	HUGS	\$25.00	
2-503064	Step Up to Serenity	\$20.00	
August Totals		\$280.00	25.00

Is Your Group Getting Mail?

The Area is concerned that our members aren't getting information from the WSO and the Area.

- ▲ Is your group getting mail from WSO?
- ▲ Do you have a current mailing address (CMA) listed at the Area and WSO?
- ▲ Does your group have a Service Manual?

If not, or if you don't know, send a note or leave a message for Gil at the office (see last page). Please include a phone number, the name of a person to contact, and a mailing address so we can get back to you.

Upcoming Events

September

RI Al-Anon Fall Workshop Committee Meeting

Wed, September 26, 7:00 PM

Area Office, 106 Rolfe Street, Cranston

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.

October

Monday Morning Portsmouth Al-Anon Anniversary

Mon, October 8, 9:30-11:00 AM

St. Mary's Episcopal Church, Parish House

324 East Main Road, Portsmouth

We will have speakers from AA, Al-Anon, and Alateen, with refreshments and fellowship to follow. Babysitting is provided.

Area Meeting

Tues, Oct. 16, 7:00 PM

Area Office, 106 Rolfe Street, Cranston

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

Friday Night When I Got Busy, I Got Better 1st Anniversary

Fri, Oct. 19, 8:00-9:00 PM

Bradley Hospital, Veterans Memorial Parkway, East Providence

We will have speakers and lots of coffee and desserts. Please join us!

Tuesday Night HUGS (How You Get Serenity) Anniversary

Tues, Oct. 23, 7:30-9:00 PM

Park Place Congregational Church, upstairs

71 Park Place, Pawtucket

We will have 3 speakers: Al-Anon, Alateen, and AA.

There will also be yummy food and beverages.

Alateen Spaghetti Dinner

Fri, October 26, 6:00-8:00 PM

St Luke's Church, Church Street, East Greenwich

Celebrating Alateen's 50th Anniversary. Cost: \$10 for adults, \$5 for children under 12. Dessert donations welcome. Speakers meeting to follow at 8:00 PM

November

RI Al-Anon Fall Workshop

Sat, November 3, 9:00 AM-4:00 PM

Butler Campus, 345 Blackstone Boulevard, Providence

AA, Al-Anon, and Alateen speakers, great workshops, food, raffles, literature, crafts, and more! Keep an eye out for the flier!

Area Assembly

Sat, November 17, 9:00 AM-2:00 PM

St. Joseph's Hospital, 21 Peace Street, Providence

Come and learn about what's happening in the RIAFG!

Make sure your group is represented!

SEPTEMBER 2007

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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

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.

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 **October 12**. 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.