

# Lifeline

January 2011

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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## Announcements:

### Time Change:

Tuesday Middletown p.m. Easy Does It meeting held at Adath Israel Synagogue, 48 Old Church St. & Broad St. has changed its time to 7:30 – 9 pm. It is a Kosher Building – only water can be brought in, it is handicapped accessible, and there is an AA meeting nearby

Wednesday Shelton Journey To Recovery meeting at Spooner House, 30 Todd Rd. starts at 1:00 pm (Not 1:30)

### Room Change:

Branford Tuesday 5:30 Step meeting at the First Congregational Church in Branford has moved to the much larger and more comfortable All Purpose Room. Continue to use the side entrance to the church and follow the signs.

### Need Support:

Tuesday Night, 7:30 pm  
Windsor Al-Anon meeting  
The Recovery Club  
118 Palisado Ave, Windsor, CT 06095

Friday Night, 7:30 pm  
Windsor Al-Anon meeting  
The Recovery Club  
118 Palisado Ave, Windsor, CT 06095

### New Meeting:

Starting Sunday Jan. 23, 2011, 4:00 - 5:30 pm  
First Congregational Church, 37 Main St., Southington, CT  
Facing church, park in lot on left and enter through double doors. Room 203 (second floor) Elevator available.

### Anniversary:

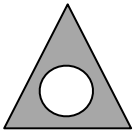
- January 27, 2011, 48th anniversary for the Danbury Thursday Night meeting at St. James Church on West Street, Danbury, CT  
7:30 pm food and fellowship  
8:00 pm Alateen, Al-Anon and AA speakers.

### Events:

- AFG 2011 Convention planning meeting  
Sunday, Jan 16, 2011, 1pm  
Crowne Plaza Hotel, Cromwell, CT
- AFG 2011 Convention  
April 1-3, 2011, Crowne Plaza Hotel, Cromwell, CT
- Al-Anon 60th Anniversary Open House and Banquet  
April 16, 2011, Virginia Beach, VA
- Al-Anon International Convention  
July 5-7, 2013, Vancouver, BC (start saving now)



## **How to Become an Alateen Sponsor** (and enjoy the wonderful commitment of becoming one)



CONNECTICUT  
AL-ANON / ALATEEN

*For families & friends of alcoholics*



These requirements are presented in addition to the WSO Alateen Minimum Safety and Behavioral Requirements as approved by the Board of Trustees in December 2003 and affirmed by the 2004 World Service Conference.

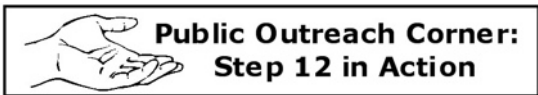
### **WHO WILL AREA 7 RECOGNIZE AS A SPONSOR / ADULT INVOLVED IN ALATEEN SERVICE?**

A responsible adult member of Al-Anon who attends Al-Anon regularly and who shares his or her recovery experience gained through working the 12 Steps, 12 Traditions and 12 Concepts of Al-Anon/Alateen. He or she helps the Alateens to focus on the Al-Anon program. It is in sharing recovery that we provide hope for the future.

1. An Alateen primary sponsor must have Al-Anon as his/her principal program.
2. Be a minimum age of 25.
3. Currently attends Al-Anon meetings and continues to be an active Al-Anon member for three years excluding time spent in Alateen.
4. A participating member of an Al-Anon Home Group.

### **CERTIFICATION PROCESS FOR SPONSOR /AL-ANON MEMBER INVOLVED IN ALATEEN SERVICE**

- 1.) The candidate should first read the Connecticut Alateen Sponsors Guidelines and Handbook to help fully understand the commitment of an area 7 Alateen Sponsor. Dual members should also refer to page 78 of the Al-Anon/Alateen Service Manual (2010-2013).
- 2.) The candidate will contact District Representative and area Alateen Coordinator to let them know of their desire to sponsor a group.
- 3.) The candidate will give District Representative her/his full name and mailing address so the District Representative can give the information to the area secretary, who will mail the candidate a background check form.
- 4.) The candidate will submit a completed background check form to the area secretary.
- 5.) After receiving a "passing" for the background check, the candidate will provide the District Representative the necessary two references to verify intentions of becoming an Alateen Sponsor. These references should be able to attest to the candidate's participation in the program.
- 6.) The candidate will then attend a district meeting to announce their intention to become an Alateen Sponsor to the Group Representatives (GRs).
- 7.) The GRs will then take the candidate's information back to their groups for discussion. The GRs will then bring back any information to the following district meeting for discussion and a vote of confidence.
- 8.) If the candidate attends meetings in a district other than the district that the candidate wants to become a sponsor in, a vote of confidence must be received from the candidate's home district (district that the candidate is currently attending meetings in) prior to receiving a vote of confidence from the district that the candidate is going to become a sponsor in.
- 9.) After receiving the district vote(s) of confidence, the District Representative will call the area Alateen Coordinator to have the sponsor candidate put on the Area Sponsors' meeting agenda. The sponsor candidate should be prepared to summarize their qualifications.
- 10.) At the second Area Sponsor's meeting, a vote will be taken by the current sponsors whether the candidate will be approved to become an Alateen Sponsor. It is recommended that the District Representative accompany the sponsor candidate to at least one or both of the meetings.
- 11.) Attend at least six Alateen meetings of the group one wishes to sponsor.
- 12.) Receive a vote of confidence from the Alateen Group members after at least six meetings have been attended by the new sponsor candidate.
- 13.) If sponsor candidate is starting a new group, a vote of confidence will taken by the Alateens after six months.



### **Public Outreach needs your support.**

How did you find out about Al-Anon /Alateen? Do you want others to get the help you have received?  
Could you leave a piece of Al-Anon/Alateen Literature somewhere where someone can find it?  
Could you put up a flier with tear-off the Al-Anon phone numbers? 888-8AL-ANON (888-825-2666) [www.ct-al-anon.org](http://www.ct-al-anon.org)  
Does your group have a Public Outreach person who attends district Public Outreach meetings and reports back?  
Does your district have a Public Outreach person who attends area Public Outreach meetings and reports back?  
Do you "Let It Begin With Me"? Contact Deborah C at [ctpublicoutreach@ct-al-anon.org](mailto:ctpublicoutreach@ct-al-anon.org) with questions or ideas.

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### **Coffee. Who would have thought!**

Coffee - What does that mean to me? When I was asked to submit an article to the lifeline about coffee I was surprised. I did not have to think about why I was being asked this question. The coffee maker service position at meetings seems to be taken lightly.

Living with an active, violent alcoholic, and having 5 children, (need I say more?) chaos was normal. When I came through the doors of Al-Anon, routine was important. Entering the meetings wherever they were held in church halls, even basements, the smell of coffee brewing was very much appreciated. More than you know. Sitting for one hour with my hands around that cup was serenity at it's best! It was sometimes the only time I got to sit.

Today I have different chaos. This being a family disease, I now have adult children. The disease has no boundaries. Although I do not live with active disease, I live with me.

The coffee maker along with other service positions are not to be taken for granted. One does not

realize what another takes for granted. Coffee. Who would have thought! I continue to make coffee at my home group if no one is willing. Sometimes I am asked "why do I do it?" Let me never forget what it is to be that newcomer.

Today I still need routine and structure. Just as it was in the beginning (now being called an old timer), when I enter a meeting room that smell assures me that for one hour I will experience serenity at it's best no matter who makes the coffee.

We must not forget that for some of us the coffee maker represents more than "someone putting on the coffee." Newcomers, old timers we need you. People change, meetings change, but let's keep some things the same. The smell of coffee brewing is one of them.

Today I give a BIG thank you to all our coffee makers. Hope you had a Happy Holidays.



Marie R

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### **Concept One**

Step one - We admitted we were powerless over alcohol - that our lives had become unmanageable. That is how I was when I entered the rooms. Tradition One - Our common welfare should come first; personal progress for the greatest number depends upon unity. This is where I learn how to be part of a group of people making healthy decisions. Concept One - The Ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups. This is how I learn how to let go of the things I am not able to do.

Through working my program I have learned that I don't have all the answers, nor can I control everything. Though I am responsible, I can delegate details so everything can be done properly and in a timely manner. In the business environment I may run a business, but I cannot do all the work myself. I am the one who has the ultimate authority for the company. Imagine if all the

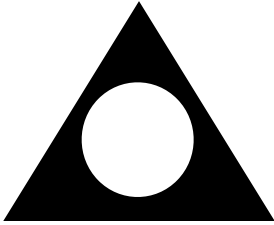
decisions for the World-Wide Fellowship had to go through every group before a decision is made.

This is why we have the links of service. It starts with the most vital link, the Group Representative. Without a GR a group has no voice in matters affecting Al-Anon within their district, their area and Al-Anon as a whole. This reminds me of how I was when I came into the rooms. I hid my head in the sand and pretended everything was just fine. I reveled in being terminally unique. I was certainly terminally afflicted with the disease of alcoholism. Now I know I can, dare I say it, delegate responsibilities and tasks. I am happy to say I cannot do it all. I don't know everything and I don't need to try to anymore. It is OK to say that; it is healthy to say that. That is how I demonstrate that I do have the ultimate responsibility and authority for Al-Anon World Service. Sometimes I need to let go in order to grow.

Stacie V

**Area 7 Election Results**

Congratulations to the new Area Officers elected at the November Assembly and the Area Coordinators approved at the December Area Meeting for 2011-2013.



Delegate - Rita C  
Alternate Delegate - Ann B  
Chairperson - Bob K  
Secretary - Gail L  
Treasurer - Stacie V

AA Liaison - Sandy S  
Group Records - Lou M  
Literature - Jackie Z  
Answering Service - Jackie B  
Public Outreach - Deborah C  
Lifeline - Sue G2  
Long Range Planning - Ellie L  
Schedules - Janet M  
Spanish Liaison - Kim W  
Webmaster - Mark G



Positions not yet filled are Alateen, Archives and Workshop Chair.

**AFG 2011 Convention - "Garden of Gratitude"**

The Convention will be held at the Crowne Plaza Hotel at 100 Berlin Road (Route 372) in Cromwell, CT 06416. from April 1-3, 2011. Pre-registration forms are now available. Check the Convention page under Events on [www.ct-al-anon.org](http://www.ct-al-anon.org).

Volunteers Needed: Several committee positions are still open. The next committee meeting will be held January 16 at the Crowne Plaza Hotel in Cromwell, CT, at 1:00 pm. If you are interested, please attend.



For more information contact Convention Chair Angela or Co-Chair Sam at [convention2011@ct-al-anon.org](mailto:convention2011@ct-al-anon.org).



**Resolution for 2011:**

**"Just for today I will have a program."**

**Just For Today (M-10)**

**Deadline for February Contributions**

- Al-Anon **announcements**
- **Sharings** on using the Al-Anon tools
- Email **Subscriptions** now available
- Send your items to [lifeline@ct-al-anon.org](mailto:lifeline@ct-al-anon.org) by **Jan 24** for the February issue.

**Please contribute a sharing this month!**

**"There is no Lifeline without you" is not just a saying.**

➔ **Lifeline** is also available online at [www.ct-al-anon.org](http://www.ct-al-anon.org) (scroll down)