



# Lifeline

June 2011

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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## Announcements:

### Need Support:

Wednesday Noon Meeting in Hartford  
(one hour 12:00 - 1:00 pm)  
Trinity Episcopal Church  
120 Sigourney Street, Hartford, CT  
use Farmington Avenue entrance  
(facing the parking lot)  
meeting is downstairs in the Basement  
(Huntington Hall)

Monday Night group in Clinton 7:30 pm  
First Congregational Church,  
55 Church St., Clinton, CT  
I-95, X63, S on Rt 81, L on Rt 1,  
1 mile on Left behind Church, AA nearby



### Anniversary:

Thursday, Oct 13th, 2011 7:00 PM  
Bethesda Lutheran Church Parish House  
305 Saint Ronan Street, New Haven, CT  
7:00 Fellowship, 8:00 Speakers  
Ample, safe street parking  
Keep It Simple Refreshments



### Babysitting Meeting:

Wolcott Saturday Morning Meeting has been offering  
babysitting for about 6 months because there was a request/  
need but we have not had many members using this service.

We want to be sure that the 'WORD IS OUT' that we have  
babysitting and we will be monitoring the use of the  
babysitter over the next several months to see if the need is  
there to continue paying for this service.



### Events:

- Rompiendo Fronteras (Breaking Frontiers)  
Bilingual Sharing day with Al-Anon participation  
Sunday, June 26, 2011  
Cheshire Grange, 44 Wallingford Rd, Cheshire, CT
- AA Convention with Al-Anon participation  
September 9, 10 & 11, 2011  
Crowne Plaza, 100 Berlin Rd., Cromwell, CT

- CSCYPAA with Al-Anon participation  
November 25, 26 & 27, 2011  
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- CT AFG Fall Workshop  
October 2011
- CT AFG Fall Voting Assembly  
Saturday, November 5
- Al-Anon International Convention  
July 5-7, 2013, Vancouver, BC (start saving now)

## AA Liaison Notes

### **53<sup>rd</sup> AA Convention** “Live in the Solution”

Please save the date September 9, 10 & 11, 2011

Crowne Plaza, 100 Berlin Rd., Cromwell, CT.

Planning meetings are the 3<sup>rd</sup> Sunday of every month at 12:00pm at Crowne Plaza, 100 Berlin Rd., Cromwell, CT.

The Chair (Jackie) and Co-Chair (Mark) will be in touch with DR's about possible speakers/moderators for the event. Committee members are needed, if you or someone you know is interested or if anyone is interested in speaking or knows someone who they think might be interested in speaking, please contact Jackie or Mark.



### **CSCYPAA XXVI 2011**

Please save the date November 25, 26 & 27, 2011

Crowne Plaza, 100 Berlin Rd., Cromwell, CT.

Planning meetings are the 4<sup>th</sup> Sunday of every month at 12:00pm at Crowne Plaza, 100 Berlin Rd., Cromwell, CT.

We are in need of a Chair and Co-Chair. I'm more than willing to chat with anyone who is interested in the position.

I would like to visit each district to introduce myself and go over the events with your GRs and ask for help directly from your groups. I am asking the DRs for Suggested Speakers. I would like to make sure that each district is well represented at all the AA events.

Sandy S.  
AA Events Coordinator

## Thoughts on Crosstalk

The term “crosstalk” is not mentioned in our Conference Approved Literature (CAL). It has been the topic of *Forum* articles and has been brought up at the World Service Conference. But while it has caused concern for groups, Al-Anon apparently has no opinion on this subject and leaves it up to the autonomy of the groups. The term was probably brought into the groups from outside, possibly from therapy sessions or other Twelve Step programs.

A simple definition formulated at a workshop at the 1991 World Service Conference is “Crosstalk occurs when one member monopolizes the meeting with one-to-one responses to another member (advice-giving). This includes the chairperson who feels the need to comment on each sharing (coming off as an expert).” Other definitions include not using “I” statements, side conversations and mini-meetings within meetings. Most members agree these types of sharings are not in keeping with Al-Anon principles. (And by using “I” statements we don't mean “I think you should...” or “If I were you,...”)

*The Al-Anon/Alateen Service Manual (2010-13)* says “No member of Al-Anon should ... give advice” (p.24) and “Experience suggests that ... all members have the opportunity to share.” (p.41) The Suggested Welcome refers to the “loving interchange of help among members.” (p.11)

Some people equate the give and take back and forth in a meeting as “loving interchange,” while many others call it “crosstalk.” It appears that early on there were fewer “rules” and if someone was hurting that person became the focus as others offered their experience, strength and hope.



There can be a loving interchange without losing the focus of the meeting. Sometimes, we can simply say that many of us have had similar experiences and that some of us would love to talk with the person afterwards.

*Taking a Group Inventory* (G-8) asks the somewhat rhetorical questions “Do I interrupt or carry on a conversation while another member is speaking?”, “Do I listen carefully to the speakers, the chairperson and other group members?”, “Do I avoid giving advice to members?” and “Are we easily diverted from the topic in order to focus on a member's problem?”

*How Al-Anon Works* (B-22) says that we share our “experience, strength and hope” (p. 11) but “In Al-Anon, we do not give advice.” (p. 16) “We talk about the problems we ourselves have encountered and how we have used the principles and practices of the Al-Anon program to help work through our problems. We share out feelings, our growth and our pain. We listen and we learn.” (p. 16)

To me, it is a matter of respect and courtesy for the other person, respect and courtesy I would wish for myself. Sometimes I just need to have my say without someone trying to “fix” me. Often when I am allowed to explain how I feel I discover my own solutions.

If a member does what I consider “crosstalk,” I can gently suggest that it is inappropriate or gently explain this during a break or after the meeting. I do NOT want to jump on or embarrass the person. I usually give a little more leeway to newcomers who often learn what is appropriate from how I behave. It is cruel to cut someone off and say we can't respond to their questions.

If we follow the spirit of the Traditions and Slogans at our meetings, we should not have problems with “crosstalk” because “Our common welfare should come first” (Tradition 1) and “Easy Does It.”

Susan

### An Alateen Reaches Out

On March 25, 2011, I had the most amazing opportunity to share my experience, strength and hope. My sponsor and I went to A.C.E. School for wellness week. We had a whole presentation ready, with literature, posters, etc... Every 40 minutes we had a new group of students come in. We started off just like a normal meeting with the preamble and anonymity card. I shared my experience, strength and hope with kids my own age, who don't know that Alateen is around. Some were interested, some weren't; some shared and others didn't. My sponsor and I explained a little bit about the program and how it works. At the end of

each meeting we gave out life savers because Alateen is a lifesaver. After each meeting I got a different response. I think by me sharing it really gave kids a feel on how it helps kids. Some kids told me it was really nice to hear me speak and others told me I was great, but the best was when two people told me that my sharing inspired them! To me just making someone smile, or even making their day, is good enough for me, but when they say that I inspired them, it is just mind blowing! The entire event was amazing. I had a wonderful time and I'm glad my sponsor could share it with me.

Victoria C.



Hi Everyone,

I am CAL and in the coming months I would like to introduce you to the wonderful pages of descriptions, understanding and inspiration within the books, pamphlets and manuals of my world.

The first thought that came to mind was *As We Understood*. (B11) What a precious little book that fits perfectly in a jacket pocket or purse and really travels well in a glove compartment. Always there just when you need it!

An excerpt on page 170 starts: "This program of 'know thyself' ...." Wow, self awareness! So many pages of inspiration just waiting for you to read.

Most of you probably know by now about our new book *Many Voices, One Journey*. (B31) If you log on to [www.al-anon.org/b31](http://www.al-anon.org/b31) there is some additional information. More to come about this in the near future.

Oh my, I just keep popping up everywhere! Check out our monthly magazine, *The Forum*, which has a CAL's Corner article about yours truly every month. In May it is on page 1!

See you next month,  
CAL

### Fall Workshop



Connecticut will again have it's one-day fall workshop in October this year. Committees are now forming to plan this event and need your help. (See the flier.)

It is a day of Al-Anon, AA and Alateen speakers which always leaves me feeling reenergized, renewed and refreshed.

To paraphrase a table sign, "Has Al-Anon helped you, then why wouldn't you want to give more of this gift to yourself?"

Plan to attend: "You're worth it."



### Al-Anon International Convention



Those who attended the Al-Anon International Convention in Pittsburgh in 2008 can't wait for the 2013 Al-Anon International Convention July 5-7 in Vancouver, British Columbia, Canada. Details probably will not be out until the fall of 2012 but we know it will be a fantastic event in a lovely location. For those who can go, plan on some extra time before and after the convention to see some of the area.

Because this trip will not be inexpensive, we suggest that those who can, start putting away a little each week or month now, so they can afford to go on what may be the trip of a lifetime. It should be a great time with people from not only all over the U.S. and Canada, but from Al-Anon around the world! I hope to see you there.





## **AFG Convention Theme Contest**

See [www.ct-al-anon.org](http://www.ct-al-anon.org) Events Page Convention Page Theme Contest Page.

Win a free registration and room if your entry is chosen.

Email entries by Sep. 3, 2011, to [2012themecontest@ct-al-anon.org](mailto:2012themecontest@ct-al-anon.org).



### **Detaching With Love**

I spoke at the Connecticut Al-Anon Convention and ended my sharing with something I wrote regarding Detaching with Love. Members asked if they could have a copy.

I did not have copies but told them I would send it to the *Lifeline* to see if it was something that could be shared.

Nancy D, Winchester, NH

### **Detaching with Love**

**Detaching with Love is a gift that never ends..  
It comes from the heart and one that truly mends.**

**It says from me to you that I accept you as you are..  
Even when our thoughts and words seem so afar.**

**To Detach with Love doesn't always leave you feeling good..  
You hurt inside knowing you feel unloved and misunderstood.**

**With practice Detachment brings you to a humble place..  
To let go of relationships and give them their space.**

**It's my tool of recovery that confronts my doubts and fears..  
It brings me to my knees and sometimes to tears.**

**To Detach with Love is to heal within One Day At a Time..  
To walk the walk and talk the talk in God's Sunshine!**



### **Rompiendo Fronteras (Breaking Frontiers) 2011**

A.A. Bilingual Sharing Day - Area 11  
"Breaking Frontiers in A.A. is How We Unite"  
Sunday, June 26, 2011,  
Cheshire Grange, 44 Wallingford Road, Cheshire, CT  
9:00 a.m. - 3:00 p.m.

Registration fee is \$10.00 per person

- Special Service workshops
- Interpreters will be available
- Lunch Included
- Al-Anon/Alateen participation



Registration forms at [www.ct-aa.org](http://www.ct-aa.org)

Día de Compartimiento Bilingüe de A.A. - Area 11  
"Rompiendo Fronteras En A.A. Es Como Nos Unimos "  
Domingo, 26 de junio 2011,  
Cheshire Grange, 44 Wallingford Road, Cheshire, CT  
9:00 a.m. - 3:00 p.m.

Costo de registraci3n \$10.00 por persona

- Mesas de trabajo
- Habr3n int3rpretes disponibles
- Almuerzo incluido
- Participaci3n de Al-Anon y Alateen

Formulario de Registraci3n en [www.ct-aa.org](http://www.ct-aa.org)

#### **Deadline for Aug. Contributions is Aug. 15, 2011**

- 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 **Aug. 15** for the August issue.

**Please contribute a sharing this month!**

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