



Lifeline

July - Aug 2011

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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Announcements:



Events:

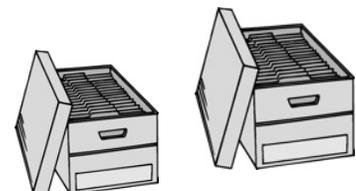
- AA Convention with Al-Anon participation
September 9, 10 & 11, 2011
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- AFG Convention Planning and Theme Contest
First meeting Sunday Sept. 18, 2011, 1pm
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- CT AFG Fall Workshop
October 2011 - Flier soon
- Alateen Spaghetti Dinner (District 6)
Saturday, Oct. 15, 2011, 6:00 pm
St. James Church, 25 West St., Danbury, CT
- CT AFG Fall Voting Assembly
Saturday, November 5
- CSCYPAA with Al-Anon participation
November 25, 26 & 27, 2011
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- CT Al-Anon Convention
March 30, 31 and April 1, 2012
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- Al-Anon International Convention
July 5-7, 2013, Vancouver, BC (start saving now)



New LDC Storage Inventory

A hardworking Committee has created a detailed storage inventory of everything stored at the LDC along with procedures guidelines and an event sign out process.

See www.ct-al-anon.org/members "New! LDC Storage Inventory Results."
Let's try to keep it up to date.



Anniversaries:

- Thursday, Sept. 15, 2011, 10 am,
Potluck lunch at noon
Speakers, raffle, babysitting
First Baptist Church, 148 Church St, Wallingford, CT
Park in municipal lot, not bank lot
- Sunday, Sept. 18, 2011, 6:30 pm Dinner
7:15 pm Alateen, AA and Al-Anon speakers
Al-Anon Courage to Change Group and
Fatal Rebellion Women's AA Meeting
St. Thomas the Apostle Church
872 Farmington Ave., West Hartford, CT
- Tuesday, Sept. 20, 2011
Easy Does It Al-Anon Group, 32 years
6:30 pm refreshments (do not bring them)
7:30 pm AA, Al-Anon and Alateen speakers and raffle
Adath Israel Synagogue
48 Old Church St. & Broad St., Middletown, CT
Please do NOT bring any food or drink
to this anniversary;
Conference approved raffle items welcome.



- Wednesday, Sept. 28, 2011, 9:30 am coffee,
10:00 am Al-Anon & AA speakers, luncheon to follow.
Al-Anon Wednesday Morning Kitchen Group 48 years
First Church of Christ Congregational,
830 Corbin Av., New Britain, CT
- Thursday, Oct. 13, 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
- Saturday, Nov. 19, 2011, 10:30 am
New Haven Saturday Let It Begin With Me, 22 years
Church of the Redeemer,
35 Cold Spring St., New Haven, CT
AA, Al-Anon and Alateen Speakers
Donations of refreshments and raffle items appreciated



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

Tuesday 7:30 pm Easy Does It Al-Anon Group
Adath Israel Synagogue
48 Old Church St. & Broad St., Middletown, CT
(Kosher Bldg.: only water can be brought in)
Handicapped accessible
AA meeting nearby



Time Change:

West Hartford Monday Night Al-Anon 7:30 - 9:00 pm
The Universalist Church, 433 Fern St., W. Hartford, CT

“Loving Hugging Friends” Al-Anon Meeting
7:00 pm Wednesdays
Westchester Congregational Church,
Rt 149, Westchester / Colchester, CT

Meeting Change:

The Plainville Monday A.M. meeting is back in the Plainville Congregational Church, 130 Main St. (During the winter the roof collapsed where this meeting was held.) However, they are now meeting in the basement on the Church St. side. A blackboard with the notice is propped outside the entrance to go downstairs. People can continue to park in the original parking lot.

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.

I Don't Have to Stay There

While enjoying a beautiful sunny afternoon sitting at my picnic table, I saw my cat race across the yard. Seconds later, a raccoon went chasing after him. Soon my cat found safety in a tree and the raccoon started chasing my dog. I stood on my porch and as my dog made his next lap around the house I let him inside to safety.

This left me standing on the porch with a really irritated raccoon.

The raccoon made some of the strangest sounds I've ever heard an animal make and then jumped on me, tearing through my jeans, tearing through my leg...

The emergency room personnel had to assume the raccoon was rabid. The wound was cleaned and bandaged, three painful injections were administered, five more injections were scheduled over the course of the next month, and the animal control officer was called. The injections prevented me from contracting rabies which is almost always fatal.

Rabies symptoms include dehydration and a fear of water; unprovoked aggression; unusual friendliness; the animal may stumble, fall, appear disoriented or uncoordinated, or wander aimlessly; the animal may chatter, bark, whine, drool, choke, or froth at the mouth.

After learning all of this about rabies, I realized rabies was the perfect analogy for addiction; the raccoon was the perfect analogy for an active alcoholic; and I was the perfect analogy of someone who loves an active alcoholic.

I could not believe an animal had hurt ME. The raccoon had a disease that made it do things it would never normally do and behave in ways it never normally would behave. The raccoon attacked. The raccoon didn't attack ME, it simply attacked. It certainly impacted me but it wasn't *about me*.

I knew my pets were in danger and needed to be cared for. It did not occur to me that I was in danger. It did not occur to me that I needed to care for myself.

I stayed on the porch with a rabid raccoon.

I remember that *even as the raccoon was attacking me*, it still took a moment to accept that I was being harmed; that I needed to stop worrying about the raccoon, stop taking care of my pets, and start taking care of myself.

The most powerful part of the analogy for me is that rabies causes both dehydration and a fear of water. Just like active alcoholism causes alcoholics and those who love them to both isolate and fear breaking isolation. Rabies and active addiction cause its hosts to fear the very thing they most need to live.

Today I believe that I would bring myself safely inside my home. I know that my own safety is my right and my responsibility.

Today I know that I never have to "stay on the porch" again.

LeonaMae



AA Liaison Notes

53rd AA Convention "Live in the Solution"
September 9, 10 & 11, 2011
Crowne Plaza, 100 Berlin Rd., Cromwell, CT.

Al-Anon meetings, Alateen meetings, AA meetings.
\$25 for the weekend or any part of it.
See www.ct-aa.org upcoming events and
www.ct-al-anon.org events.



CSCYPAA XXVI 2011

Please save the date November 25, 26 & 27, 2011
Crowne Plaza, 100 Berlin Rd., Cromwell, CT.
Planning meetings are the 4th Sunday of every month at
12:00pm at Crowne Plaza, 100 Berlin Rd., Cromwell, CT.

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



Hello to all,

We had a workshop July 9th on our new book, "Many Voices, One Journey." (B-31) I have forwarded the results to the WSO and now I would like to share them with all of you.

The following comments were shared on their overall feelings about the book and I will just list them as they were presented:

INSPIRATIONAL
 A LOT OF APPRECIATION FOR WHAT WAS IN THE BOOK
 EMOTIONAL
 EVERYONE HAD A FAVORITE PART AND IDENTIFIED WITH THE YEAR THAT THEY BECAME MEMBERS IN THE PROGRAM
 EXAMPLE OF HOW OLDER MEMBERS WERE TELLING PEOPLE WHAT TO DO IN THE OLD DAYS
 DEDICATION
 MANY MEMBERS BECAME ACTIVE IN SERVICE BECAUSE THEY WERE "INVITED" OR BROUGHT SOMEBODY TO A SERVICE FUNCTION
 SHARED "STICK WITH THE WINNERS!"
 WE ARE ALL FOUNDERS IN AL-ANON
 GRATEFUL TO BELONG TO AL-ANON
 LOOKED TO DO THINGS BETTER IN THE FUTURE
 HISTORY BOOK WITH DEVELOPMENT OF INDIVIDUALS
 TAKE TIME TO MAKE CHOICES
 KEEP EVERYBODY INFORMED
 NOT EVERYTHING HAS TO BE IN CRISIS MODE
 GENTLE PERSUASION
 KEEPING PERSPECTIVE
 MINDFUL OF ALL NEW MEMBERS COMING IN THE DOOR
 GROWING THROUGH CHANGE
 STICKING TO PRINCIPLES
 NOT PERFECT
 HELPED ME WITH IMPERFECTIONS
 WEREN'T BORN WITH POCKETS
 LOOKING AT DIVISION TAKES AWAY FROM SPIRITUALITY
 FAITH
 PERSISTENCE AND THE POWER OF MEMBERS
 BRAVO TO AL-ANON FOR THEIR DIVERSITY!
 CHANGE SOMETHING, "BAD FEELINGS GO AWAY."

These quotes were random thoughts but voiced with emotion and spirit. We continued on with the subject of CHANGE from the recommended outline with the four questions for discussion:

1. What are my feelings about change?
 2. How has my attitude changed since joining Al-Anon?
 3. How has the way I practice my program changed since I joined?
 4. How has the Al-Anon fellowship changed?
- All comments are identified by initials only:

Jo: Be direct, but polite in talking to people about my decisions. Be willing to change, use people in a nice way, listen to other people. Do things differently because if I don't do it the right way, it will come back to me. Use "Just for Today" and change my attitudes.

E: Reacted until there was no other choice. Who am I and what do I expect from other people, places and things? I

can only hurt myself. Feel ruined by choices. Be open to possibilities - effects on the program.

M: To change others before the program. Learn how to look at myself. My way may not always be the right way. Learned to listen better. Not answer for other people.

C: Was fearful of change and looked to a Higher Power. But I was not comfortable. It was too difficult because I felt like I was betraying my family. I needed to grow. I felt like I was on a roller coaster looking for spirituality. Could I show my vulnerability? Regarding the fourth question: I feel the program has changed and not as strong as it used to be. Groups are not getting good attendance and don't seem to be getting the support.

T: I welcome change within limits. Still searching for some answers. Different feelings about changes in Al-Anon. Meetings change but legacies don't change. "Do I get a reward for this?" Sometimes too different and we lose the camaraderie.

A: Change always meant chaos. Only places consistent for me were church and Al-Anon. But now my attitude has changed. Practicing these principles in all my affairs. Listening and learning. Decreased in numbers at meetings.

Je: No fear of discussing about stuff (had therapist experience). Learned to work on changes in my life, i.e., food, time, money, places all need answers for me. Take inventory my recovery changes and my point of view changes. I can change on my own or I can ask for help. Open to change as I change my attitude. How? It's a need of desperation. Home group changes because of differences in meetings.

G: Don't feel threatened today. Had to change the way I was behaving. Repetition is good. I had to slow down, make amends and pay attention. Always need to stay aware of myself and be a better friend.

Ja: I feel that I must change my outlook, my attitude and that happens when I consistently go to meetings. I am not as cold as I used to be or thought I felt as when I came into Al-Anon. Al-Anon has softened my heart. I am more aware of my surroundings, people and have better knowledge of Al-Anon and how it works. I feel the need to step up our meetings and service commitments. I think longtime members need to be more present at meetings and continue to set examples. Some members take "there are no musts" too seriously and do not make any effort in their groups today as I saw in the past.

That concluded our 2 hour workshop and I hope you found it interesting and helpful.

A last note for you is a reminder about our beautiful little red book, "Alateen -- A Day At a Time." (B-10) I love page 191, July 9, Things to Think About: "I'm part of a fellowship of people helping people. Knowing that makes it a lot easier for me to reach out to others and say, 'I can't do it alone.'" **Together we can make it!**

See you in the next issue of Lifeline, CAL

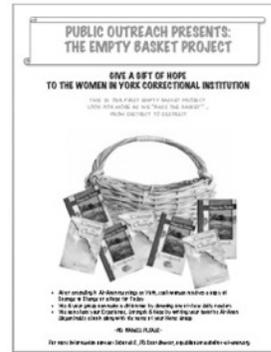
The Empty Basket Project

**CONNECTICUT PUBLIC OUTREACH PRESENTS:
THE EMPTY BASKET PROJECT**

The CT Area Public Outreach Committee developed an outreach activity called THE EMPTY BASKET PROJECT. The project name was inspired by the WSO Flyer “Do you have an Empty Chair at your Meeting?”

Our first project was taken on by the Public Outreach Area Committee in response to a need for daily readers by York Correctional Institution for Women. Al-Anon meetings are available to the woman at York and once they attend six Al-Anon meetings they are given a daily reader. The two daily readers that are approved by the prison are the *Courage to Change* and *Hope for Today*. We designed and distributed a flyer to all the groups asking that groups and/or individuals consider donating one of the daily readers, to be collected at our Annual Convention. We asked that members write a favorite slogan in the book and sign it from their home group as a way to make this outreach effort more personal.

At our Convention, held on April 1-3, 2011, we collected over 100 books that will be delivered by one of the many Al-Anon members who volunteer to go into the prison and chair Al-Anon meetings for the women inmates. We



were amazed at the many ways groups chose to participate in this project. One group voted to use a portion of the collection from their Anniversary to donate 19 books to the basket.

The EMPTY BASKET PROJECT was initially intended for this one project with York but since we received such a positive response from members and groups we have decided to keep the theme alive by “passing the basket” from District to District so each district public outreach committee can create their own Empty Basket Project. They can choose to “fill the basket” with books or literature and designate a recipient such as a school or professional facility.

LET IT BEGIN WITH ME ~
Deborah C, Connecticut Public Outreach Coordinator

Pearl’s Wisdom



Going To British Columbia?

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.



What's a Fall Workshop All About?

A fall workshop is a day of fellowship and friendship. The workshop is a one day event full of meetings, lunch, raffles, and key note speakers. There is AA participation with a wonderful AA Liaison, Laura. Alateen will be represented with meetings and a bake sale. Al-Anon will have service, sponsorship, and topic meetings. The Board of Directors will have ongoing meetings to answer questions and explain the by-laws. In the afternoon there will be a raffle and AA, Alateen and Al-Anon keynote speakers. So, there is something for everyone to enjoy a spectacular day of program!

Now that I have told you what happens at a workshop, I can now tell you the spiritual side of a workshop. For me, whenever I go to a meeting I always get something out of it. Imagine an entire day of getting what you need! A workshop is like a really big anniversary. I get to see members that I know, meet new members and hopefully form connections that will last a lifetime. I feel I

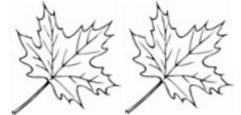


grow even more in my program after attending meetings and listening to the keynote speakers. Whenever I hear a member speak, there is always something I can relate to and something that can help me with my program. At the end of the day I feel as if I am walking on air with my Higher Power.

So, I am inviting everyone to come join in celebration at our Fall Workshop. I am the Chair for the Fall Workshop and am so excited with what we have planned for everyone. If you have never been to a workshop please come and I know you will be floating on air too!

Preregistration flyers will be out soon. Just keep an eye out at your meetings for the flyers. Make sure you preregister this way you won't waste anytime getting to the meetings and enjoying your day! Hope to see you there!

Love in Service
Lisa G.
Fall Workshop Chair



Our CT AFG Corporate By-Laws Need Your Review

“Connecticut Al-Anon/Alateen Area Assembly, Inc.” was incorporated in Connecticut as a nonprofit corporation in 2003 with mostly boilerplate by-laws. Now we want to refine these legal by-laws to better reflect the needs and traditions of our organization. So a committee was formed in 2010 and their proposed revisions were reviewed by a CT corporate law attorney and the executive director of the World Service Office.



It is proposed that the corporate name be “Connecticut Al-Anon Family Groups Services, Inc.” to better reflect its function as a service arm of the assembly for legal purposes and that its functions be clarified. See www.ct-al-anon.org/members “CT AFG Bylaws Documents - information for changes to be voted on at the November Assembly” for details.

It is requested that members review the proposed changes, attend workshop sessions for interested members this fall, and discuss them at their meetings. GRs should be prepared to vote on them at the Fall Assembly in November. The corporation's Board of Directors want to make sure that the changes to the document governing its operations reflect the group conscience of our members, in accordance with our program's Legacies because the corporation exists to serve our members.

This is our organization. We need to be informed about it: “Knowledge Based Decision Making.”

Deadline for September Contributions is Sep. 19, 2011

- Al-Anon **announcements**
- **Sharings** on using the Al-Anon tools
- Email **Subscriptions** now available
- Send your items to lifeline@ct-al-anon.org by **Sep. 19** for the Sep-Oct. issue.

Please contribute a sharing this month!

➔ **Lifeline** is also available online at www.ct-al-anon.org (scroll down)