

# Lifeline

Sept-Oct 2011

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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## Announcements:



### Events:

- CT AFG Fall Workshop  
“Destination Recovery - Voice of the Journey”  
“Recuperación de Destino – Las Voces del Viaje”  
with AA & Alateen participation Includes lunch.  
October 22, 2011, 9:00am to 4:00 pm  
(registration 8:30 am)  
Dodd Middle School, Cheshire, CT  
*Bilingual workshops and translation available*  
*Talleres bilingües y traducción disponible*  
Alateen Bake Sale Pre-Register by Oct 12  
see [www.ct-al-anon.org/events](http://www.ct-al-anon.org/events)
- AFG Convention Planning meeting  
Sunday Oct. 23, 2011, 1 pm Come get involved.  
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- 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, 2011, LDC, Hartford
- CSCYPAA with Al-Anon participation  
November 25, 26 & 27, 2011  
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- CT Al-Anon Serenity Breakfast  
January 15, 2012 (registrations at Fall Assembly)  
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- CT Al-Anon Convention - “Hand in Hand We Can”  
March 30, 31 and April 1, 2012  
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- Al-Anon International Convention  
July 5-7, 2013, Vancouver, BC (save now)



### New Meeting

Sunday 6:00 - 7:30 pm “Steps To Recovery”  
Woodmont United Church Of Christ  
1000 New Haven Ave, Milford, CT  
Week 1 Step, 2 Tradition,  
3 Concept, 4 Discussion  
begins Oct. 2, 2011



### Meeting Moved

Monday 7:30 pm New Fairfield  
to St. Edward the Confessor Church  
Adult Ministry Center  
Macbean Drive in New Fairfield off Gillotti Road  
located next to the church across Macbean Road  
diagonally across from Consolidated school.  
White cape with black shutters.  
Ample parking in the church lot.

### Anniversaries:

- 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
- Monday, Oct. 17, 2011, 6:30 pm  
Plainville United Methodist Church  
56 Red Stone Hill, Plainville, CT  
6:30 pm Coffee &, 7:00-8:30pm Speakers  
No babysitting, buffet  
Finger foods and Approved Raffle Items appreciated
- Tuesday, Oct. 25, 2011, 7:00 pm  
United Methodist Church  
401 New Britain Ave, Newington, CT 06111  
(Between Maple Hill Ave & Church St  
on New Britain Ave)  
7:00 pm Munchies and dessert  
7:30 pm 12 Speakers on 12 Steps - Al-Anon and Alateen  
Handicap Accessible
- Saturday, Oct. 22, 2011, 6:30 pm  
St. John's Episcopal Church  
3 Trumbull Pl, North Haven, CT  
6:30 pm Food/fellowship 7:30 pm Speakers  
Finger foods and raffle items appreciated



### Need Support:

Saturday 10:00 am Manchester  
Al-Anon Adult Children Group  
Manchester Memorial Hospital, Conference room E  
71 Haynes Street, Manchester, CT  
Would like to see new faces.

Thursday 7:00 pm Manchester  
11th Step Meeting  
Community Food Pantry  
460 Main St, Manchester, CT  
Enter by the ramp on the South side of the building.

Friday 7:00 pm Windsor  
Step Study Meeting (One step each month using  
CAL, Last week of the month will be open topic.)  
Windsor Recovery Club  
118 Palisado Ave (RT 159)  
“ A great way to end your week  
or start your weekend.”

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

- Monday, Oct. 24, 2011, 9:30 am  
Plainville Congregational Church  
130 Main St (Rt 372), Plainville, CT  
9:30 am Coffee, 10:00 am Speakers, followed by lunch
- Friday, Oct. 28, 2011, 7:00 pm  
St. Andrew's Lutheran Church  
1125 Stafford Avenue, Bristol, CT  
7:00 pm Buffet, 8:00 pm AA and Al-Anon Speakers  
Raffle and Food donations appreciated  
(Coming from the East on RT 6 turn right just past  
Stephen Auto Mall Centre, and from the West turn left  
off RT 6 just past Valero Gas onto Stafford Ave. Go  
straight through the next light and the church will be  
approximately .4 mile on the left.)
- Thursday, Nov. 3, 2011, 9:30 am  
Live and Let Live Group, 36 years  
Naugatuck Congregational Church  
Division St., Naugatuck, CT  
9:30 am Coffee, 10:30 am Al-Anon/AA Speakers  
11:30 am Buffet Lunch  
Finger foods and raffle items welcome
- 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

30  
Languages

### Format Change

Friday 7:00 pm Windsor  
To Step Study Meeting  
Please see the information under Need Support.


### 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.

 **Public Outreach Corner:  
Step 12 in Action**

**District 5 Comes Alive in its PO Initiatives**

In the early Spring of 2011, District 5 created a Spanish liaison position. The idea of a Spanish liaison was born at a District 5 meeting of the GR's from a very real situation: The Norwalk Spanish GR indicated that we had to find a new meeting place for the Stamford Spanish group because people in Stamford were too afraid to go to the neighborhood where the meeting was held and there was only one woman holding the fort every week in Stamford. This same woman was opening the door of the Stamford meeting and running the meeting all by herself for about a year and her wish was to find a new location in Stamford where more Spanish-speaking Al-Anon members would come every week. During that same meeting, another GR volunteered to step up as Spanish Liaison to coordinate efforts between the English and the Spanish Al-Anon groups and also to support the Spanish Al-Anon community at the District level. And, to show that you are not alone in Al-Anon, another GR offered at that same meeting to contact a church minister about the possibility of hosting the Spanish Al-Anon group. It all came together as a miracle: the church agreed to charge minimal rent for



a lovely meeting space inside the church in a very safe part of Stamford. We moved the location of the meeting and that first night had more than 10 Spanish Speaking Al-Anon members show up to share their experience, strength and hope. Since then, the Stamford Spanish meeting has been attended by several grateful Al-Anon members.

The Spanish liaison reached out to the Norwalk Spanish-speaking group as well and one woman in this group had a dream: her dream was to organize an Al-Anon public outreach day at the Norwalk High School. Since she does not speak English, the liaison contacted the school and met with the guidance counselor who agreed to organize an Al-Anon Awareness day on October 18th, 2011. On that day, the public outreach presentations will be held both in English and in Spanish for the students in the morning and the parents in the evening. Many grateful Al-Anon members have stepped up to volunteer to speak at the Norwalk High School and it goes to show that you are never alone in Al-Anon.

Let it begin with me -  
Vincent L, District 5 Spanish Liaison

**35th Annual CT AFG Convention**

The Dream Team extends congratulations to Gina R who won a free convention registration and hotel room for her winning theme submission: "Hand in Hand We Can" for the CT AFG 2012 Convention.



Come get involved. Open positions include Raffle and Translation Equipment Chair. Next planning meeting Oct. 23, 2011. Serenity Breakfast Jan. 15, 2012. Breakfast pre-registrations at the Assembly.



Hello Al-Anon and Alateen:

What an exciting time of the year we are going into. We just had a wonderful experience with the AA Convention celebration and we will now look forward to finishing the year out with our **Fall Workshop** and **CSCYPAA**. I will of course be there, I can't miss sharing our wonderful words of hope. Do you know how many languages that our literature is translated into today? The answer is somewhere in the Lifeline, see if you can find it!

A reminder to all that if you purchase *One Day at a Time* and *Courage to Change* as a set (B18) you can save \$2.00. The set also comes in large print (B19). These daily readers are really a great way to jump start our days. They are also a quick way to start a meeting if a topic is needed. As it states in the prefaces: "Taking life one day at a time has



proven essential in the Al-Anon program of recovery for those whose lives have been adversely affected by the problem of alcoholism in a relative or a friend." These books are "designed to keep our focus on today and give us the courage to change the things we can."

A final note concerning our *Forum* magazine. Our subscriptions are mailed from WSO postage free in a nondescript envelope. This "Meeting In My Pocket" is another way of adding to our library. I hear it is a great bedtime read too.

Until next time, enjoy Fall's burst of color and take a walk rustling in the fallen leaves (sometimes it's nice to be a kid again). H.P. (the Higher Power) is working overtime this month.

CAL

## **Convention Thought Force Results**

The Convention Thought Force has been meeting through the spring and summer to determine if we could make improvements to our Convention to attract more people. They put out a survey and received 185 responses. Some respondents had not attended a Convention, some had attended a few and some had attended many. Most respondents who had not attended said it was because they were new or had scheduling conflicts. Most who had attended liked the fellowship and the AI-Anon and keynote speakers best. Most had heard about it at a meeting. They liked the central location. Most respondents said it was a good value although some thought it was too expensive. They were

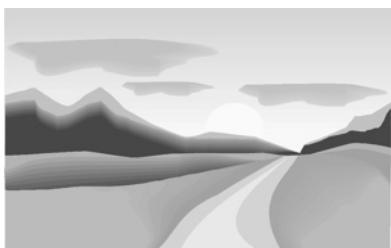


split on a meal plan but most liked spring as a Convention time. The majority of the respondents were from the center of the state and the majority stayed the weekend. They varied from less than a year to more than 20 years in the program. So the result seems to be that we're doing OK.

If you want more information, see future *Lifelines* and the website ([www.ct-al-anon.org/members](http://www.ct-al-anon.org/members)).

Send additional thoughts to [lifeline@ct-al-anon.org](mailto:lifeline@ct-al-anon.org).

Stacie V  
Chairman, Convention Thought Force



Remember to discuss the By-law changes and the Proposed 2012 AFG Budget in your groups.

## **Fall Workshop Topics**

Some of the topics planned for the Fall Workshop, October 22, 2011, at Dodd Middle School, Cheshire, CT, "Destination Recovery - Voices of the Journey" "*Recuperación de Destino – Las Voces del Viaje*" include:

Alateen:

- The Steps: the Steps are a way of seeing this "journey" and a way of going through it.
- The Slogans: how they helped guide you on your journey...
- Fear: because fear does interfere with the "completion" of your journey...

AI-Anon:

- Service – Leadership (Concept 9) [Past Delegates]
- CT AFG, Inc. (New By-Laws) [John B.]
- Dual Members
- Sponsorship—Shortcut to Recovery
- Alateen Sponsorship—Hip Hop Voices of Alateen
- Steps 1-3 Journey toward Change

- Topic Continued -

- Healthy Meetings
- Service - Public Outreach
- Intimacy – Writing for CAL
- Looking for the Sunshine
- Sponsorship—  
Newcomers' Voices, Fears & Expectations
- From Isolation into Fellowship
- Listening for the Voice of our Higher Power—  
Step 11 / Meditation
- Taking our Inventory—Step 4
- Service Financial Issues (Tradition 7)
- Awakening to the Voice Within—  
Path to Personal Growth
- Co-Sponsorship—Walking with a Friend
- Boundaries—Keeping People out of Your Lane
- Sponsorship—Planting Seeds for New Growth
- Mapping New Destinations with GPS  
(Growth in Personal Service)

→ We will also have Bilingual topic meetings with translation and AA meetings.  
*Talleres bilingües y traducción disponible.*

### **Deadline for November Contributions is Oct. 24, 2011**

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