

# Lifeline

December 2011

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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## Announcements:



## Events:

- AFG Convention Planning meeting  
Sunday Dec. 18, 2011, 1:00 pm Come get involved.  
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- CT Al-Anon Serenity Breakfast  
January 15, 2012 (register now)  
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)

## Need Support:

Monday 7:30 pm Hamden NEW TIME  
Step meeting  
Spring Glen Congregational Church  
1825 Whitney Ave (Across from Best Video)  
Hamden, CT

Friday 8:00 pm Hamden  
at the Arden House (conference room)  
850 Mix Avenue (corner of Mix Ave. and Skiff St.)  
Hamden, CT  
Service opportunities available.



## Meeting Change:

Wednesday (formerly Thursday at the Food Pantry)  
Stairway, 11th Step Meeting  
7:00 pm, Center Congregational Church, Manchester, CT  
(second floor, in the Minister's study)  
Needs support.

Monday Noon Storrs AFG  
is now a "closed" meeting  
The group meets in Room 322 of the Student Union  
on 2110 Hillside Road on the UConn campus, Storrs, CT.  
Parking is available (for a fee) in the  
North Eagleville Rd. Parking Garage.



## My Fondest Convention Memories

I have so many fond memories of AFG Conventions. Being with hundreds of fellow Al-Anon/Alateen family members for the weekend always puts me on a cloud for at least a week.

One of my fondest memories was during AFG Convention 2009 -- Mission Possible -- Recovery. I was the Alateen Sponsor Chair to the Convention that year. One of the most important parts of my commitment, was to help the Program Committee to find Alateen Keynote Speakers. The Alateens and I had picked a young man named Billy to be the Friday night Alateen Keynote. That Thursday night, Billy's Mom had attempted suicide and was in the hospital, so we were afraid that we would need to find an alternate speaker. Billy showed up though, and his sharing was straight from the heart. It was one of the most powerful sharings about putting the program to work in a time of crisis I have ever heard. I don't think there was a dry eye in the house.

To me, service in Al-Anon is like one big party. The Convention is our biggest party of the year. I am so honored to have been graced with the opportunity to serve as the Convention Chair for AFG Convention 2012 -- Hand In Hand We Can. Our Committee is truly the Dream Team. Working side by side with my Co-Chair, Gina R., our past Delegate Panel 48, is really a kick. We all have so much fun.

## Why I Believe In a Higher Power

Growing up I knew there was a God: my parents and teachers told me so. And when I looked at nature I knew Someone had to have created all this from the smallest subatomic particles to the largest galaxies.

When I came into Al-Anon I was told that the only way the program would work was if I turned my life and will over to a Higher Power (Step 3). Since I've come in, I keep hearing and reading about miracles happening when people turn to their Higher Power. I read spiritual stories about how God works in people's lives. There are just too many to ignore! And I have found that when I pay attention, I, too, am taken care of by a loving Higher Power in big and especially in small things. Some examples from this past summer.

- Driving through Montana, the fuel pump on the camper died. But it did not happen in a small town or the mountains, it happened in one of the few big cities where a large dealership was able to take care of us.

- We only had one day when we could take the Going to the Sun Road tour through Glacier National Park. When we made the reservation on July 5, the pass was not yet open because of the extremely heavy snows this winter. Our reservation was for July 14, the pass opened July 13.

- When we returned to Wisconsin hot and tired and not yet knowing that the A/C in the condo did not work, we

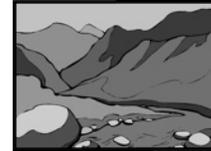


If you have never been to a convention, please come this year. If you have never served on the Convention Committee, I encourage you to come to our next meeting on December 18 and join a subcommittee. Your service will help you deal with, and put into perspective, all your troubles in life, and will give you friends and memories to last a lifetime.

Sam C.

I was giving this question a lot of thought, what keeps coming to mind is my first convention in 2006. I can't put my finger on the "moment" that this happened, but I began walking on air at some point of the morning on Saturday! The absolute feeling of elation to be among that many people who were just like me was indescribable! I was with a few of my dearest Al-Anon friends that day, and it was the most uplifting, satisfying, comforting, at home feeling I had ever had in my whole life! I have never missed a convention since and had the pleasure of staying the whole weekend in 2011 which only increased these feelings, that I get every year, by 3! This is, by far, the most impacting experience I have had in Al-Anon and I can't wait for 2012!

Kim



went to a hotel on Lake Michigan. As we waited at the reception desk the phone rang. The attendant asked the caller to wait a moment, asked us if we wanted a room and then informed the caller that she had just sold the last room.

I have found that I don't always get what I want, but I get what I need. Bad things sometimes happen but God will help me through them *if I ask*. As it says on page 141 of *As We Understood* "God doesn't always cure us, but He can always heal us." I also like the story on page 143 of the same book about how a poor woman's bedspread was falling apart and her husband found a practically new white one in a junk car his business towed in. But she thought a pink one would have been nicer. And don't you know, her husband soon pulled in another car with a new pink spread in it! And that's when she started to believe.

I am slowly coming to believe with my heart, not just my head, that there is a Higher Power who loves me. I am not alone. *If I ask*, my Higher Power will see me through anything. And that's why I believe in a Higher Power.

Susan



### Reaching Out To a Newcomer

I must say, I feel absolutely great right now.

Last week at my home group we had a newcomer. The newcomer returned to the meeting tonight and after the meeting she came up and said to me that the only reason she came back was because of me. Then we got to program talking; she was asking me about the CAL (Conference Approved Literature) we read. She stated that she never carried cash so she wouldn't be able to buy a book. I did a great thing and lent her the book "Discovering Choices." Mind you, that I have trust in absolutely nobody because of my past. I knew I could trust her though because she is one of us! She thanked me.

I absolutely feel great right now because the newcomer made me feel really good by saying something really nice

about me. I got home and called my sponsor. She told me I should journal about this experience so I'll always remember it.

Then further into our conversation she said I should write up something about it and submit it to the *Lifeline*. So that's what I'm doing.

It's really awesome to reach out to a newcomer. Showing them the support and attention that they may not get at home and lending a helping hand. I've been in the program a little over 3 years. I reached out to a newcomer and it gave me so much joy tonight that the newcomer came back to the meeting because of me! So always reach out to newcomers! It will make you feel wonderful in the long run.

VickiSue



Hello Al-Anon and Alateen Members:

The holidays are upon us. We have just passed Thanksgiving and now are starting the Christmas season. It is so important to keep the program in the forefront of our minds and spirit. Literature is so important during this time.

I think of the booklets for Alateen that are so helpful in recovery. *Alateen Talks Back On: Acceptance* (P-68), *Serenity* (P-69), *Slogans* (P-70) and *Detachment* (P-73). What wonderful readings these booklets have in applying the tools of our program and the knowledge that the young people from all over the world have shared with all of us. These sharings from *Alateen Talk* are published quarterly and have been serving the membership since 1961. If anyone is interested in a subscription to *Alateen Talk*, please write to Al-Anon Family Group Headquarters, Inc. in Virginia Beach.

In the *Acceptance* booklet a young lady wrote: I have accepted the disease and that's half the battle. Coping

with it, is what's left. I have to live with that challenge the rest of my life; but that's okay because the 12 Steps give me a path to follow. In *Serenity*: When my thinking gets out of hand, I can put the brakes on by just stopping to think a little; by recalling the Serenity Prayer, my thoughts then go on to at least one of the Steps. In *Slogans*: "One Day at a Time" helps me not to worry about tomorrow and not to worry about my father. "Easy Does It" helps me to control my thinking and my temper. "Just for Today" I will try to do the best I can. Alateen is teaching me a new way of life. In *Detachment*: To me, detachment means not getting involved in someone else's affairs and letting go and that I am powerless.

What growth in Alateen!

I wish all our members a Blessed Christmas and that the beginning of our New Year starts with: "Let It Begin with Me."

See you in 2012, CAL





CT Convention Questions? Email [convention2012@ct-al-anon.org](mailto:convention2012@ct-al-anon.org)  
 Check out the AFG Convention page on [www.ct-al-anon.org](http://www.ct-al-anon.org)

**35th Annual CT AFG Convention**

The CT AFG 2012 Convention “Hand in Hand We Can” will be held March 30, 31, April 1, 2012, at the Crowne Plaza Hotel, Cromwell, CT 06416.

Registration forms are out and on our website.

Come get involved. The Dream Team’s next planning meeting is Dec. 18, 2011, 1:00 pm at the Crowne Plaza Hotel, Cromwell.

The entertainment committee is looking for volunteers and the Dance committee is asking for your favorite song to be included.



**Serenity Breakfast**

The Serenity Spiritual Breakfast will be held Sunday, January 15, 2012, at the Crowne Plaza Hotel, 100 Berlin Rd (Rt 372), Cromwell, CT 06416. Buffet Breakfast at 9:30 am with Speakers at 10:30 am.

Full breakfast for \$25 per person limited to the first 100 people to register in advance. Deadline is Dec. 31, 2011.

Look for Registration forms at your meetings, below or at [www.ct-al-anon.org](http://www.ct-al-anon.org) Events-Convention Page-Serenity Breakfast.

Al-Anon, Alateen and AA Speakers, Food, Music, Raffle, Fellowship.

**Convention Deal**

The first 100 people to register for (by Feb 28) and stay in the Crowne Plaza Cromwell Hotel room both Friday and Saturday nights (Mar. 30, 31, 2012), qualify for a rebate of their Convention Registration and half of their Convention Banquet meal. One offer per room. Also they will be automatically entered in a drawing in which one of these people will be reimbursed for one night of their hotel room.

For more convention deals, see the flyer at your meetings or on the CT website Convention Page.

*Spanish Interpretation available.*

**Serenity Breakfast Buffet Menu**

Assorted fruit breads, scones, & Danish, Butter & assorted cream cheese spreads, Sliced fresh fruit, fluffy scrambled eggs, French toast, maple syrup, crisp bacon strips, sausage links, Home fried potatoes, fruit preserves, Orange, apple, & cranberry juices, Fresh brewed coffee, decaffeinated coffee, & tea selections



Register For Serenity Breakfast:

Full Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Name on Tag \_\_\_\_\_ Al-Anon \_\_\_ Alateen \_\_\_ AA \_\_\_ Spanish \_\_\_

Current Area Service Position \_\_\_\_\_

Make Check (\$25) Payable to CT-AFG Convention before Dec. 31, 2011  
 Mail To: CT-AFG Convention, P.O. Box 1820, Meriden, CT 06450

**Deadline for January Contributions is Dec. 26, 2011**

- Al-Anon announcements • Sharings on using the Al-Anon tools • Email Subscriptions available
- Send your items to [lifeline@ct-al-anon.org](mailto:lifeline@ct-al-anon.org) by Dec. 26 for the January 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)

