

# Lifeline

Aug-Sep 2012

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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2013 CT AFG Convention



## Announcements:

### Events:

- AA CT 2012 Convention with Al-Anon participation  
September 7-9, 2012  
CoCo Key Water Resort, Hotel  
and Convention Center  
3580 East Main St., Waterbury, CT 06705
- Al-Anon CT 2013 Convention Planning meeting  
September 16, 2012, 1:00 pm (join the fun)  
Crowne Plaza Hotel  
100 Berlin Rd., Cromwell, CT 06416
- CSCYPAA with Al-Anon participation  
November 23-25, 2012  
CoCo Key Water Resort, Hotel  
and Convention Center  
3580 East Main St., Waterbury, CT 06705
- Al-Anon CT 2013 Convention  
March 15-17, 2013 (Save the Date)  
Crowne Plaza Hotel  
100 Berlin Rd., Cromwell, CT 06416
- Al-Anon International Convention  
July 5-7, 2013, Vancouver, BC  
(save up now, passport needed)  
Information available in the fall of 2012.

### New Meeting:

- Wednesday 3:00 - 4:30 pm Torrington  
Sullivan Senior Center  
88 East Albert St.,  
Torrington, CT 06790



### Time Change:

- Tuesday 7:00 - 8:30 pm Newington Step Meeting  
changing start to 7:00 pm (from 7:30 pm)  
United Methodist Church  
401 New Britain Ave., Newington, CT  
(corner of Church St.) Please Join Us!
- Wednesday 12:00 noon - 1:30 pm Shelton  
Journey to Recovery afternoon meeting  
changing start to 12:00 pm (from 1:00 pm)  
Spooner House, 30 Todd Rd., Shelton. CT
- Wednesday 11:00 am -12:00 noon Canton Center  
changing start to 11:00 am (from 10:30 am)  
First Congregational Church  
184 Cherry Brook Rd., Canton Center, CT  
Please join us!

### Location Change:

- Wednesday 10:00 - 11:30 am New Britain  
Wednesday Morning Kitchen Group moved to  
St. Mark's Episcopal Church  
147 West Main St., New Britain, CT 06052  
Parking in rear of building, use rear entrance  
in "Library Room" same level as the parking lot

### Meeting Change:

- Find out about yourself Friday nights in Hamden.  
We are changing to a 4th Step meeting  
using the *Blueprint for Progress*.  
Friday 8:00 pm Hamden, CT  
at the Arden House (conference room)  
850 Mix Avenue (corner of Mix Ave. and Skiff St.)

### Need Support

- Friday 7:30 - 9:00 pm Bristol  
St. Andrew's Lutheran Church  
1025 Stafford Ave., Bristol, CT





**Anniversary:**

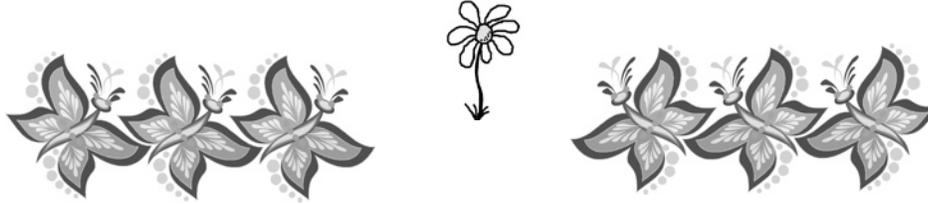
- Monday, September 24, 2012, 6:00 pm  
Collinsville 27th Anniversary  
Collinsville Congregational Church  
(church behind the green)  
7 South St, Collinsville, CT  
6:00 -7:00 pm Potluck Dinner, Raffle  
7:00 - 9:00 pm Al-Anon, Alateen & AA speakers  
(Potluck dishes and finger foods appreciated)

**Help Needed (see page 3):**

- LDC
- Archives

**Convention Theme Contest:**

Entries due by September 8, 2012  
Win a free weekend. See page 6.



**I'm So Grateful For Al-Anon and Everything I've Learned!**

- I'm grateful for **A**cceptance
- I'm grateful for **B**oundaries
- I'm grateful for **C**ourage
- I'm grateful for **D**etachment
- I'm grateful for "Easy Does It"
- I'm grateful for **F**aith
- I'm grateful for **G**od of My Understanding
- I'm grateful for **H**umility
- I'm grateful for **I**ntimacy
- I'm grateful for "Just for Today"
- I'm grateful for "Keep it Simple"
- I'm grateful for "Let it Begin With Me"
- I'm grateful for **M**istakes
- I'm grateful for **N**ewcomers
- I'm grateful for "One Day at a Time"
- I'm grateful for **P**rayer
- I'm grateful for "Quit Taking it Personally" (Q-TIP)
- I'm grateful for **R**espect (for myself and others)
- I'm grateful for **S**erenity
- I'm grateful for **T**rust
- I'm grateful for **U**nderstanding
- I'm grateful for **V**ictim Mentality
- I'm grateful for **W**aiting
- I'm grateful for **X**XX's and **O**OO's (Hugs and Kisses!)
- I'm grateful for **Y**ears in the Program
- I'm grateful for **Z**est for Life!

Gratitude is such an important part of my recovery. I try to start each day by listing the many things I am grateful for. Sometimes I list the people, things and places in my life, starting each sentence with, "I'm grateful for..." Sometimes I go through the alphabet. Other times I express my gratitude for everything I see and experience.

For example, I might say, "I'm grateful for these carrots. I'm grateful to have this clean, running water with which to rinse them. I'm grateful to have a sharp knife and a sturdy wooden cutting board. I'm grateful I have these hands which work so perfectly," and so forth. I've done gratitude lists just on my body, listing everything I can think of.

Spending even a few minutes a day focusing on gratitude (although more is even better) does wonders to help me improve my attitude and keep my problems in their proper perspective!

KW, Northford



## Want Recovery?

Here are two great opportunities to increase your Recovery:

(1) The LDC/Office/Storage 277 Main St, Hartford, CT 06106 needs volunteers to

- File
- Fill & Pack literature orders for mailing out
- Inventory and organize tasks
- Inventory the Items in Storage
- Update the Storage Inventory List
- Unpack and count orders received from WSO
- Place Literature on shelves
- Answer questions



1-2 days a month, Tuesdays and Thursdays 10:00am to 3:00 pm (or any part thereof)

Volunteers will work under the supervision of the office manager and/or assistant manager.

Call 860-244-0022 or email [ldc@ctalanon.org](mailto:ldc@ctalanon.org) if you are willing to volunteer or for any questions.

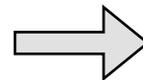
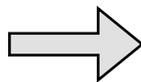
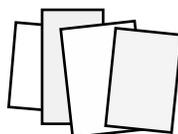
## Want Recovery?

(2) Connecticut Al-Anon Archives needs volunteers to

- Scan CT AFG Area Archival documentation onto back-up media

If you have a scanner at home and are willing to devote a couple of hours a month to scanning documents, email Kary at [archives@ctalanon.org](mailto:archives@ctalanon.org)

Media will be provided by the Archives Coordinator.



“ed”

Yes, the title is “ed.” Not to be confused with E.D. – a common malady which has several cures advertised on the golf channel. Nor is this the tale of some guy named Ed and what he put me through. No, just “ed” and my AHA! moment.

I came into Al-Anon after a huge marital crisis. My husband had been in recovery for 25 years at that point, but it is called Alcoholism not Alcoholwasm after all. He had not gone back to drinking, but watch out for the isms. I was a terrible self-pitying, broken hearted mess. How could he do that to me? I didn’t deserve it. What had I ever done that was bad enough for him to treat me that way? I had a whole litany of hurts and excuses. I had never experienced this kind of pain before in my life and had no idea how to deal with it. This wasn’t how my life was supposed to go. I was the eternal optimist, the one who was always happy. How could I get back to being that person? If only, *he* would.....! At the time he wasn’t interested in doing anything to untangle our woes. So, our marriage counselor suggested Al-Anon and I had no idea what else to try.

At the meetings, I saw many smiling, happy people who seemed to have life in order. I knew Al-Anon must have helped them figure out how to keep their Alcoholics from making them miserable and I wanted to get mine in line. I can do anything with directions so I purchased every single Al-Anon CAL book available and went to meetings hauling them along. With that attitude, the main benefit of my early Al-Anon days was the improved muscle tone I got carrying that bag of books around with me. Fortunately for me, I was following my book of directions (*How Al-Anon Works*) so I asked a wonderful person to be my sponsor and kept attending lots of meetings.

And, as promised, gradually I got better. I went to many, many meetings and worked with my gentle, loving

sponsor. No lightning flashings for me, just a slow, dawning understanding as I worked my program.

So back to “ed.” After about 4 years in the program, I was sitting in a meeting one night. During the opening a brand new newcomer read Step 10 as “We continued to take personal inventory and when we were wronged promptly admitted it,” instead of “...when we were wrong.” AHA!! What a gift I was given. My higher power tapped me on the shoulder and I heard the subtle difference in the word. I realized at that moment that the “ed” was what had made all the difference for me in Al-Anon. I thought back to my attitude and the attitudes of many newcomers I have listened to over the years and realized that wronged pretty much summed it up.

When I started my Al-Anon journey, my entire being was focused on how I had been wronged. It is so obvious to me now how judgmental and controlling it is to even think that way. No wonder my life was completely out of control. Lately I have noticed many other times “ed” is stuck on the end of a word to denote how someone has been wronged by someone else, i.e. goaded, insulted, injured, or lied to. My recovery had begun when I stopped concentrating on when I had been wronged and changed the focus to me and when and what I had done wrong.

At the end of each day, I check in with myself on how the day went. I am so grateful for the insight that “ed” has given me. I don’t want to examine any wrongs other than my own and that leaves me time to reflect on the things I have done right. By getting rid of the “wronged,” I guard against falling into the abyss of self-pity and the blame game. It’s not always easy, but - You know how to get to Carnegie Hall! Practice, Practice, Practice!!

Nancy S



## **Activities from District 5**

We have been very busy during the past year in our PO (Public Outreach) activities and we wish to discuss some of these in this section:

- Last Fall, at the instigation of the District 5 Spanish Liaison officer, Vincent L., we held a series of meetings at Norwalk High School with administrators, students and parents about Al-Anon and Alateen and how these groups could be helpful to some of the students. Soon thereafter, a weekly Alateen meeting started at NHS. This is only the second, Alateen in-school meeting in CT that has been accredited by WSO! We have two wonderful Alateen sponsors, Lizzie and Addie, and 10-15 students who attend on a regular basis. While they are all currently on a summer break, they will startup again in early September. A second, bilingual Alateen meeting also began in Norwalk this winter at the hospital with Ester as the Alateen sponsor. We have had a number of inquiries from other schools in the district and are actively working with Weston HS. We need to be careful moving forward at the high school level, however, as we need Alateen sponsors to populate these meetings and there just aren't enough sponsors in the current pipeline.

- David and Pete have been presenting and promoting PO at the district meetings to bring awareness to the groups.

## **My First Meeting**

I can clearly remember my very first meeting. It was forty years ago. After my divorce, I had remarried. Soon I realized my new spouse changed when he was drinking. After five years I knew it was a serious problem and I felt ashamed that I got myself and my children into a messy situation. He found AA because of car accidents and asked me to accompany him to a meeting. I was fearful of another divorce and I had become secretive about having made such a foolish commitment.

At that very first meeting I began to learn. A nice lady, by the name of Vicki, took my phone number and told me to come back. She called me during the following week and asked me if I liked the meeting. I told her that the sharings scared me because there was talk about divorce and I came there to save my marriage. She had a lot of wisdom. She told me two things that I have never forgotten. She told me that I didn't listen to the ending. What I missed was when they said to take what you like and leave the rest. If I didn't like something that was said,

So far, we have been asked to speak at 9 of the 23 District 5 groups and the response has been very good. We have had 9 people ask to join our PO committee and represent their groups! Some of the groups that we spoke with have started their own PO initiatives such as purchasing/managing the tear off posters and buying Alateen books for the new meetings! We hope to get to all the rest of the district meetings during the coming year.

- We distributed over 1,000 *Al-Anon Faces Alcoholism 2012* booklets in both English and Spanish to our groups this past year and have ordered about half that amount for 2013. We have purchased and are distributing PO literature packages tailored to therapists, counselors and other professionals which is one of our major PO initiatives for the coming year. We feel it is extremely important to ensure these professionals have a full awareness of the Al-Anon and Alateen programs in their area along with literature they can provide to individuals and families affected by the disease who could benefit from attending group meetings.

We are excited about the coming year and hope to further expand the PO committee and its initiatives.

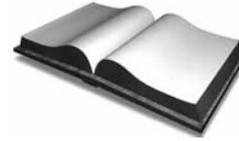
David S. and Pete K., Co-coordinators for Public Outreach, District 5

she shared that I had the choice to leave that. She also told me that because of my extreme divorce fears I heard those remarks out of accurate proportion. She said the divorce word had been mentioned but briefly and not as any kind of suggestion.

I am so grateful that I met Vicki. Whenever I hear something that I don't like I put it into a balance and I know I can leave it in the back of my memory. I love the closing that taught me to take what I like and leave the rest. I now practice that principle at meetings, at work with events that I may like only parts of, with friends that I like some things about, but not all. I hope that my friends can leave behind things about me that they might not like and enjoy my good qualities.

I continued to see Vicki for a while but she seemed to have vanished. She influenced me in a profound way and I can not ever forget her in my memories, my prayers and my gratitudes.

Hope P



Hello to all Al-Anon and Alateen friends,

This month seems like a good time to feature *How Al-Anon Works*. I was so happy to learn that the World Service Office has decided to extend the sales for the soft covered book (B32). Sharing this book with newcomers is such a good way to give them the knowledge that is so important in helping to understand what the disease of alcoholism really is.

This book is a good beginning and along with meetings and the hope we receive will bring a good foundation to newcomers. I remember the first time I started to read this book I could not believe that what I was reading expressed

my feelings of how this disease had dominated my life. It is so easy to understand when it is explained so well.

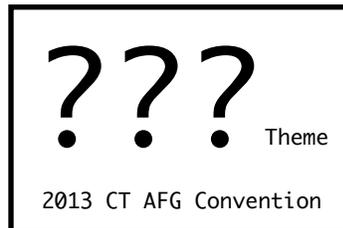
I have the hard cover edition of *How Al-Anon Works* (B22). I use it often to chair meetings and I recommend the book all the time to members in Al-Anon. The information in this book is never boring and I read it a lot to constantly remind myself of the part I play as described in Chapter 6.

Please consider keeping some of the soft cover books on hand at your meetings, if you can, to give to newcomers. I know they will be appreciated.

Thank you, CAL



### 2013 CT AFG Convention



Plans are underway for the 2013 CT AFG Convention to be held **March 15-17**, 2013 in Cromwell.

The first planning meeting will be held Sunday, **September 16**, 2012, at 1:00 pm at the Crowne Plaza Hotel in Cromwell, CT.

And the first order of business will be to **choose a theme**. Come get involved.

Many committees still need members.

**You could win a free weekend**  
(registration and room)

if *your* theme is chosen from those submitted.

**HURRY!**

Submit your ideas to [themecontest@ctalanon.org](mailto:themecontest@ctalanon.org) by **September 8**, 2012.

#### **Deadline for October Contributions is Sep 17, 2012**

- Al-Anon **announcements**
- **Sharings** on using the Al-Anon tools
- Email **Subscriptions** available
- Send your items to [lifeline@ctalanon.org](mailto:lifeline@ctalanon.org) by **Sep 17** for the October issue.

**Please contribute a sharing this month!**

➔ **Lifeline** is also available online at [www.ctalanon.org](http://www.ctalanon.org) Lifeline tab

