



Lifeline

November 2012

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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Announcements:

Anniversaries:

- Saturday, November 10, 2012, 3rd Anniversary
High Watch Recovery Center
62 Carter Rd, Kent, CT
4:00-5:00 pm
- Sunday, November 25, 2012, 41st Anniversary
Sts. Peter & Paul Church, Senior Center
117 Southmayd Rd., Waterbury, CT
5:30 pm Potluck
6:30 pm Alateen, AA, Al-Anon Speakers
Raffle Finger foods appreciated

Events:

- CSCYPAA with Al-Anon participation
November 23-25, 2012
CoCo Key Water Resort, Hotel
and Convention Center
3580 East Main St., Waterbury, CT 06705
- Serenity Breakfast
Sunday, January 20, 2013, 9:30 am
\$25 (Register now. See Page 3,4.)
Crowne Plaza Hotel
100 Berlin Rd., Cromwell, CT 06416
- Al-Anon CT 2013 Convention
March 15-17, 2013 (Register now)
Crowne Plaza Hotel
100 Berlin Rd., Cromwell, CT 06416
- Al-Anon International Convention
July 5-7, 2013, Vancouver, BC
(registration NOW available, passport needed)
See www.al-anon.alateen.org/members
for details and registration information.

New Meetings:

- Tuesday 10:00 to 11:30 am, Putnam
St. Phillip's Episcopal Church
63 Grove Street (basement room), Putnam, CT 06260
- Wednesday, 7:30 to 8:30 pm, Mansfield Center
United Methodist Church
29 Puddin Lane, Mansfield Center, CT 06250

Need Support:

- Wednesday 7:30-8:45 pm
First Church of Winsted
95 North Main St., off Rte 44, Winsted, CT
Use back door, upstairs
- Saturday 4:00-5:00 pm Open Meeting
High Watch Recovery Center
62 Carter Rd, Kent, CT
- Saturday 3:30-5:00 pm
Youth Center (small stone church)
School St., Unionville, CT
Closed Women's Step Meeting.

Format Change:

- Thursday 8:00-9:30 pm, New Haven
305 St. Ronan St., New Haven, CT
Changed to a Step meeting using *Paths to Recovery*

Time Change:

- Thursday 7:00-8:00 pm
East Haddam Al-Anon and Alateen groups
Congregational Church
499 Town St, East Haddam, CT
Have begun a CD lending library



"Be Grateful"

What Helped Me Grow

With the approach of this year's November Assembly, I am reminded of the time when as a newly-elected Group Representative, I too did not like giving up a weekend day to attend what I then believed to be a boring meeting. Since those days, I have had a huge change of attitude. It is now my belief that Al-Anon actually saved my life and my sanity. Throughout the twenty-something years that I have been coming into these rooms, service has been my lifeline. It was service in Al-Anon that kept my head above water when my life became so frustrating and, sometimes, so debilitating that I didn't know which end was up. When all I wanted to do was to crawl into my bed and pull the covers over my head. It was Al-Anon service that kept me focused on what jobs I needed to get done and, more importantly, it allowed me to keep the focus on myself — it kept me too busy to sink into the abyss of self-pity and malcontent.

Service allowed me to enthusiastically embrace Al-Anon's big picture — how World Service operates; seeing the Traditions and Concepts in action; to listen to people and hold my tongue when I had to take Area minutes; to become fiscally responsible by taking on district and group treasuries. I learned that there was more to this wonderful program than the cocoon of my home group and district.



Don't Leave Before the Miracle

Something made me notice the plant behind the door. My husband and I were helping our son clean out his apartment and move home. We thought it would be a good way for him to save some \$ and get away from the unhealthy relationship he was involved in. Little did I know, we were inviting a drug addict to come live with us. This was the same young man who moved out of the house in high school into a home where the rules were less strict. I know we are not to give advice, but I now know I should have never taken him back in after he moved out.

The plant was a pathetic, half dead African violet in a very small pot. I took it home and tended to it, and little by little it started to look alive again. I even had to repot it several months later. The first time it bloomed, I was ecstatic! As the plant thrived, our lives began the nightmare of living with active drug and alcohol abuse. My jewelry started to disappear. In my sick thinking, I thought I should have hidden it, not, I should have never invited my son to move back home. Family and friends called asking if we had seen power tools and lawn equipment that was missing. Money was missing.



It is Al-Anon service that started to teach me about my own disease — the one between my two ears. It has never failed that a shortcoming that I needed to work on will keep rearing its ugly head until I have dealt with it. With the gentle urging of my sponsors, I began to get involved in service. It provided a healthier outlet to occupy my mind, helped me stop obsessing about what others were doing, and to realize that I was beginning to enjoy life again.

Since becoming involved with service, I've also learned to build my reliance on my Higher Power (God). I've grown confidence in myself and all those that surround me by learning to trust the process. I've come to realize that things happen the way they are supposed to happen and living the Traditions and Concepts have made me take responsibility for my own actions and to accept and be grateful for my abilities and the abilities of others. Because we all have our own special talents, I can think of no better place for any of us to utilize them but in Al-Anon service.

Taffy P.

District 11 GR Tuesday Steps to Serenity, Groton

The bank called to say our son was writing checks from our account. The arrests began; should we bail him out or let him stay in there? I remember begging the police to keep him and taking my sweet time to pick him up. I went to the police to see what I could do about my missing jewelry and ended up in tears because I couldn't describe what was missing (I was told I should have taken pictures). I couldn't press charges; I felt depleted and scared.

I hit my bottom and knew it was time to cut the apron strings, my husband agreed, and we told our son to leave. He packed a suitcase, and we all cried. I remember him telling us that it wasn't our fault.

What I thought was the worst thing for him, moving back in with the partner in that old relationship turned out to be a blessing in disguise — he could live there if he didn't abuse drugs. That is when his alcohol abuse began. It progressed quickly, and by the grace of God, he found the rooms of Alcoholics Anonymous.

When I look at that plant today, it is a symbol of my son's life. It is thriving and blooms continuously. What I thought was dead is now alive. The longer I stay in Al-Anon, the more my life gets better. I love the saying, "Don't leave before the miracle."

-Anonymous



Hello all Al-Anon and Alateen Members,

This year Districts 1, 2, 7 and 9 are electing new GRs (Group Representatives) and DRs (District Representatives) and their alternates who will serve for the next 3 years and who will be welcomed by the November Assembly. To me, this is an exciting event. Bringing in new people, maybe for the first time, to serve in Al-Anon and Alateen.

Thus, I am reminded of our little booklet, *When I Got Busy, I Got Better* (P78). What wonderful encouragement we have in this book. I am very impressed to realize that we do not preach but inform. Like the program, the principles are simple, not complicated, and yet profound.

The first section deals with "Facing Our Fears," and addresses five common fears, from fear of assuming responsibility and making mistakes to fear of failure or success.

The second section is about topics that include "A Reason to Keep Coming Back", "Fellowship", "Replacing Isolation with Community", "Making a Difference" and "A Deeper Sense of a Higher Power."

Finally, the last part is devoted to the Twelve Traditions,

describing how reaching out in service helps us to learn and live each Tradition as it applies to our own life.

I especially liked the sharing from one member: "Service was the last thing on my mind when I first attended Al-Anon. I felt so desperate and hopeless I could barely see beyond my own pain. But as I kept coming back, I began to notice people preparing coffee, setting out literature, arranging furniture. This activity all seemed natural and spontaneous: no prompting, no directing. People did what they did because they wanted to do it. After the meeting, I saw them again rearranging furniture, putting away literature, helping out. Most important, I saw people greeting me, extending a hand, smiling and sharing a hug." (*When I got Busy, I Got Better*; page 10.)

Today I see how my small gestures gave me a sense of belonging and encouraged me to reach out to others. My actions led me to focus on something besides my own self-pity and resentment, and helped me embark on the road to recovery. I came to believe that what I got from the program depended very much on what I gave.

The last sentence in *When I Busy, I Got Better* says it all – "In giving, we receive."

I hope you all find your serenity and know that you too can make a difference.

Sincerely, CAL



You Just Never Know.....

I've been at the Gym a lot lately doing physical therapy. I have to do ninety (90) reps of one of the exercises. [Read: Boring] Most days I bring my MP3 player but today I was in a hurry and just ran in.

To get through the reps, I decided to do a Gratitude List. I got stuck on the letter "K." I kept doing my reps but thought I have to finish the whole alphabet! I was really stuck. For the life of me, I couldn't think of any words. Then a news story announced that a famous person in New York had to be rescued from a Kayaking adventure. Ah-Hah! I went Kayaking with someone from Al-Anon; I had never kayaked before and really enjoyed it! My "K" would be Kayaking. Had it not been for Al-Anon, I

wouldn't have met the person. Had it not been for My Spirit broadcasting the story on TV, it wouldn't have dawned on me. And had it not been for KW from Northford, author of the Gratitude List in the recent issue of *Lifeline*, I wouldn't have remembered that Program Tool and would have still been sitting on that machine, doing those reps.

My point is: you just never know when and how Al-Anon will help you. Sometimes its not even about the alcoholic. When long-timers tell us to "keep coming," its because the tenets of the Program find their way in, whether we realize it or not. And, it's amazing!

Pamela V



----- Serenity Breakfast Registration -----

Full Name _____
Address _____
Town _____ Zip _____
Email _____ Phone _____
Name on Tag _____ Al-Anon _____ Alateen _____ AA _____ Spanish Speaking _____
Current Area Service Position _____



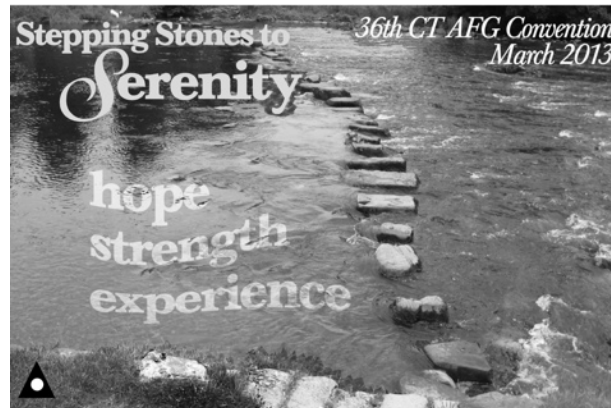
Make \$25 Check Payable to: CT AFG Convention
Mail To: CT AFG Convention, PO Box 1820, Meriden, CT 06450 By January 6, 2013

2013 CT AFG Convention
“Stepping Stones to Serenity”

March 15–17, 2013, Crowne Plaza Hotel, Cromwell, CT

To make **hotel** reservations
 Call 860-635-2000 & use Hotel Code AYZ when booking
 OR

Go online to www.ctalanon.org / 2013 Convention Page /
 Save the Date Flyer and click on
 “Click here to make a hotel reservation”
 Use Hotel Code AYZ.



Get Involved

- ENTERTAINMENT – Release your inner Thespian.
 Join us at our next meeting on November 18th, 3-5pm
 in the Coach Room at the Crowne Plaza Hotel, Cromwell, CT,
 Immediately following the convention committee meeting.
- DANCE COMMITTEE LOOKING FOR DJ
 If you are a DJ or have a DJ recommendation please email names and
 contact information to convention2013@ctalanon.org by November 30
- WALK IN REGISTRATION - Volunteers Needed



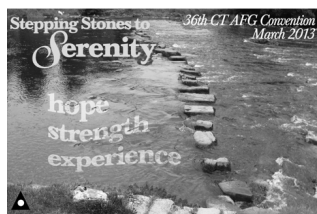
Next Convention **Committee** meeting: Nov. 18 / 1pm Crowne Plaza Hotel, Cromwell, CT

To Volunteer or for More **Information**: convention2013@ctalanon.org

Registration Flyers are available at your meetings and online at www.ctalanon.org
 Convention Page / 2013 Convention Preregistration Form

2013 Serenity Breakfast

Sunday, January 20th, 2013 ~ 9:30am-12:30pm Crowne Plaza Hotel, Cromwell, CT
 Buffet: 9:30am, Al-Anon, Alateen, & AA Speakers: 10:30am
 Spanish interpretation will be available



Featuring a Hearty Breakfast Buffet ~ \$25.00 per person
 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

Limited to 100 Pre-Registered Participants ~ First Come First Served ~ Register Today!
 Deadline January 6th, 2013 (See registration form on page 3 or
www.ctalanon.org / Convention Page / 2013 Serenity Breakfast)

Questions? Email convention2013@ctalanon.org

In case of inclement weather, visit the AFG Convention page on www.ctalanon.org

Deadline for December Contributions is Nov. 26, 2012

- Al-Anon **announcements** • **Sharings** on using the Al-Anon tools • Email **Subscriptions** available
- Send your items to lifeline@ctalanon.org by **Nov. 26** for the December issue.

Please contribute a sharing this month!

➔ **Lifeline** is also available online at www.ctalanon.org Lifeline tab

