

Lifeline

October 2012

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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Announcements:

Events:

- October is Alateen Awareness Month
Some Alateen meeting are Open this month.
- Al-Anon CT 2013 Convention Planning meeting
October 21, 2012, 1:00 pm
Crowne Plaza Hotel, Cromwell, CT
- Voting Assembly
Saturday, November 3, 2012, Hartford, CT
- 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
(registration NOW available, passport needed)
See www.al-anon.alateen.org/members
for details and registration information.

Help Needed (see Aug-Sep Lifeline):

- LDC
- Archives

New Meetings:

- Tuesday 10:00 to 11:30 a.m. Putnam
St. Phillips Episcopal Church
63 Grove Street (basement room)
Putnam, CT 06260
- Wednesday, 7:30 to 8:30 p.m. Mansfield Center
United Methodist Church
29 Puddin Lane
Mansfield Center, CT 06250
- Wednesday 3:00 - 4:30 pm Torrington
Sullivan Senior Center
88 East Albert St.,
Torrington, CT 06790

Time Change:

- 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



An Unofficial Convention Report

I just returned from the AA Convention with Al-Anon participation in Waterbury. It was (essentially) my first one and I can't say enough good things about it!

Congratulations and Thank You to the Chair for doing such a great job coordinating our piece of it. (*And, to the Co-Chair, who I understand will step into the post next year*) I never felt alone.

I was lucky enough to hear several incredible speakers. I listened to a woman and belly laughed so hard, it hurt! I listened to a gentleman and was brought to tears by the depth of his story. And when I listened to a woman speaking for the first time, I REJOICED as I could see her confidence building with each minute she stayed at the podium. Her progress in the program radiated through her words.

I was grateful to have been asked to help at the literature table and to moderate a meeting. The literature table allowed me to speak with some AA members who



thought they might benefit from our Program. What a gift to introduce it to people who already speak the language. Moderating the meeting allowed me to work my program. Progress Not Perfection. It allowed me to Let Go of (some of) my control issues and Stay In the Moment, not always knowing what the outcome will be. And certainly not having it be My Will. (smile)

I was given a warm welcome by the AA members and shared many hugs with fellow Al-Anon people, some of whom I've seen before and others I met for the first time.

I wanted to share this experience with you to encourage you to attend an AA function if you ever get the chance.

It was a wonderfully fulfilling opportunity. I can't tell you the number of special people who touched me and with whom I shared my Experience, Strength, and Hope. I learned a great deal about myself and came away with a much greater compassion for the Disease of Alcoholism.

- Pamela V

In Self-Defense

Dad, when you slur your words and can barely speak,
Are you wrong for being weak?
Dad, when you drive me home after having
too much to drink,
What am I supposed to think?
And Dad, when you don't call for days,
What words can I even hope you'll say?
Will it make things right
Or set things straight?



Will it make up for all those times you let me down...
Those times you left my heart stomped on the ground?
Dad, I can't take it any more;
I'm done with you, and I'm closing this door.
'Cause, Dad, it makes me die just a little more inside.
This constant roller coaster ride.
Dad, when you drink it hurts me too,
But the whole world just revolves around you.

— by Rebecca A.

Concept 11 Sharing

(Presented at the Area Meeting August 24, 2012)

Concept 11: "The World Service Office is composed of selected committees, executives, and staff members."

The Al-Anon / Alateen Service Manual 2010-2013 on page 200 sets forth a list of 16 selected committees, which include Admissions/Handbook, Alateen Advisory, Archives Advisory, Finance, Forum Editorial Advisory, Group Services, Literature, and Public Outreach, among others. Each committee has a Chairperson appointed by the Chairperson of the Board of Trustees with approval of the Board. The at-large and advisory members are selected by the Committee Chairperson in consultation with staff liaisons and approval of the Board. Every committee includes staff members and Conference Delegates. Our Delegate, Rita C., is a member of some of these committees. Pages 200-205 spell out the scope and responsibilities of each committee.

Committees can't function without the support and direction of the WSO executives and staff members. The executive function is delegated to one person (Rick B.) by

the Board. He has authority and freedom to do the job without interference (Concept 3: Right of Decision). If he makes an error in judgment or exceeds his authority, his decisions can be reviewed. Staff members who are key personnel have voting rights on Committees and Corporate Boards: Service Manual pages 205-206.



Concept 11 coordinates good business practices with good spiritual principles - honesty, fairness, respect, balance, unity, cooperation, equality and a common goal: *The Concepts Al-Anon's Best Kept Secret?* (P-57 on pages 24-25). When these principles are applied in all our affairs, both Al-Anon and personal, our lives are harmonious.

This Concept can be seen at work in our Area World Service Committee, our Districts and our Groups. No one can or needs to do it alone. Working with others toward a common goal whether in Al-Anon, our workplaces or our homes, will keep our lives from becoming unmanageable (even fun) and help maintain our serenity.

Love in service,
Pat S. District Representative District 1



Leaving Hope

I recently attended a meeting that really brought home what Public Outreach is for me. A longtime member was chairing a meeting that I attend; the topic was literature. This member, to my shock and amazement, dumped out all the boxes of literature onto the floor in a big pile. The member then prompted us to reach into the pile and grab a piece of literature and discuss how it has helped us. I grabbed an old *Lifeline* and then talked about what Public Outreach means to me and my recovery. I had isolated myself out of fear and shame, thinking no one really

understood what I was going through. I learned I was not alone. Public Outreach, for me, is a commitment that I will reach out beyond myself to help another find the rooms of Al-Anon and recovery. I asked all the members at the meeting take the old *Lifelines*, *Forums*, *Al-Anon Faces Alcoholism*, book markers, etc. and simply leave them somewhere in a public place. Every meeting take one piece away to "leave hope."

Jill, Public Outreach Coordinator District 6



A warm hello to all our Al-Anon and Alateen friends: This month I would like to share a few ideas that are taken from the book called "The Dilemma of the Alcoholic Marriage" (B4).

In a union of 2 people in an alcoholic situation it is difficult to separate ourselves as individuals. Increased awareness of each other, which both partners can gain through understanding and practice of the AA and Al-Anon programs, can solve many seemingly insoluble problems. This has been the experience of many thousands of members.

Each of us is responsible to himself and for himself. As the cofounder of Al-Anon has said, "We can't get into someone else's head and turn the wheels that will make him behave in the way we think is right."

What I especially like is the suggested "Five Steps to Communication" on pages 30-32. I think I could use these suggestions in all my affairs.

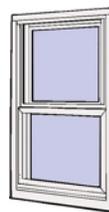
This is a wonderful little book with a lot of wisdom. Hope you get a chance to read it along the way.

Love in Program, CAL

Gaining Clarity

I found myself in the guest bedroom of my recently purchased home washing windows. I'd swear these windows hadn't been touched by human hand in over a decade. I found myself first using an old toothbrush and then a straight edged razor blade to tackle the thick layers of film that were clouding the view into the backyard. Even with all the effort, gadgets and time, the windows were still not completely clean. I began to cry, finding myself on the bedroom floor feeling tired and defeated. Could I ever get these windows perfectly clean? Would they ever be what they used to be? Or had these windows been so neglected over the years, that they would never again reveal the beautiful view they once offered?

Like these cloudy windows laden with the remnants of time, I too, have neglected myself in living with the disease of alcoholism. But Al-Anon is teaching me a new



way. I am learning to not view myself as a victim. When I find myself becoming impatient with my progress, I can think of my bedroom windows. I can give them and myself time. The "cleaning/healing" doesn't have to be done all at once. I can rest when I need to take care of myself and not feel guilty about it.

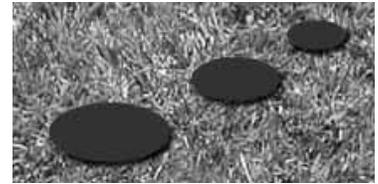
I am what they refer to as a "relative newcomer" to the program of Al-Anon. I have much work ahead of me. I may miss a few spots, but I can always go back and get what I missed. You have taught me this is a program of progress, not perfection. The Al-Anon program is teaching me that I am responsible for my life and I can apply the tools of the program to begin that journey.

My windows may never get as clean as I think they should be. Perhaps they are perfectly imperfect.....just like me!

Aimee L.

2013 CT AFG Convention: "Stepping Stones to Serenity"

The 36th CT AFG Convention Committee
announces the 2013 **theme: "Stepping Stones to Serenity"**
To be held March 15th – March 17th, 2013
Crowne Plaza Hotel, Cromwell, CT



Congratulations to Maureen M. who won a free
convention weekend for her theme submission.

It's not too early to make **hotel** reservations
Call 860-635-2000 & use Hotel Code AYZ when booking.

Get Involved!

The following Committees need your **HELP!**

- **ACTIVITIES** – Bring your Ideas & Creativity
- **ENTERTAINMENT** – Come join the fun! Our first meeting
will be on Oct 21st / 3:30pm / Crowne Plaza
- **GREETERS** – We need you to offer a warm welcome!



Save The Date!

The **SERENITY BREAKFAST** will be January 20th at the
Crowne Plaza Hotel, Cromwell, CT

Registration Flyers are expected to be distributed at the November Fall Assembly.

Next Convention **Committee** meeting: Oct. 21st / 1pm Crowne Plaza

For More **Information**: convention2013@ctalanon.org

October is Alateen Awareness Month

Usually Alateen meetings are closed to non Alateen members.
But October is Alateen awareness month and many Alateen
meetings have some open meetings which Al-Anon members
may attend. Look for the flyer. They are always in desperate
need of more Alateen sponsors. Look at how many meeting
choices you have and then look at how few they have. If
you've ever considered Alateen Sponsorship or are just curious
about Alateen, October is a great time to try an open Alateen
meeting. Information on Alateen Sponsorship may be found at
www.ctalanon.org/members Alateen Forms Alateen Sponsors
Handbook. "Alateen is the future of Al-Anon."



Deadline for November Contributions is Oct 22, 2012

- Al-Anon **announcements**
- **Sharings** on using the Al-Anon tools
- Email **Subscriptions** available
- Send your items to lifeline@ctalanon.org by **Oct 22** for the November issue.

Please contribute a sharing this month!

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

