



Lifeline

May 2012

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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Note the new address
for Lifeline submissions:
lifeline@ctalanon.org

Need Support:

- Monday 7:30-9:00 pm
Hamden Monday Night Spiritual Awakening AFG
Step into Recovery: New Format - A Different Step each Week
Spring Glen Congregational Church
1825 Whitney Ave, Hamden, CT
- Wednesdays 1:00-2:30 pm
Path to Recovery Afternoon Meeting
30 Todd Road, Shelton, CT
- Thursday 7:00-8:00 pm Stafford Springs
at Stafford Senior Center
Rt 190 / Buckley Highway
Stafford Springs, CT 06076
- Friday 7:00-8:30 pm Bristol
at Bristol Recovery Club
67 West St., Bristol, CT 06010
All are welcome ~ Please join us!
- 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.
- Saturday 4:00-5:00 pm Kent
at High Watch Recovery Center
62 Carter Rd., Kent, CT
Open meeting, Handicap Access
Newcomers need your support
- First Saturday of the month
Al-Anon and AA speaker
8:00 pm to 9:30 pm
Gaylord Hospital, Wallingford
Chauncy Pavilion
(rear entrance of hospital)

Announcements:

New Meeting:

- Thursdays 7:00-8:30 pm
Lourdes Shrine in Litchfield - Montfort House
50 Montfort Rd. Litchfield, CT 06759
Al-Anon Adult Children
Pass the grotto and lower parking area.
Continue to the top of the hill.
All Al-Anon members welcome, open meeting.

Location Change:

- Sunday 7:00 pm Wallingford Serenity Al-Anon Group
moved to Gaylord Hospital at Chauncy Building
(same building as Monday night Al-Anon meeting)
from Dry Dock

Try a different meeting
and boost your recovery.



Anniversaries:

- Saturday, May 26, 2012
Meriden Spanish Group Serenidad
16th Anniversary 12:00 noon
at Community Center, 30 Center St., Meriden, CT
(across from St. Rose Church)
Plenty of food and fun.
English translation available:
You do NOT need to speak Spanish.
- Thursday, May 31, 2012
Danbury Thursday Night 50th Anniversary
St. James Church, 25 West Street, Danbury, CT
Please come and celebrate with us!
Food and fellowship 7:30 pm
Speakers: 8:00 pm
Finger foods or desserts are gratefully accepted.
- Tuesday, June 5, 2012
Tuesday Evening Women's Group 19th Anniversary
First Church of Christ Congregational
2183 Main St, Glastonbury, CT
7:00 pm refreshments (Finger foods appreciated)
7:30 pm Speakers, Raffle
- Wednesday, June 6, 2012
Al-Anon Spoken Here 23rd Anniversary
Mt. Carmel Congregational Church,
3284 Whitney Ave., Hamden, CT (corner of Sherman Ave)
6:30 pm Fellowship
7:30 pm AA, Alateen and Al-Anon Speakers
Finger foods and Raffle donations appreciated.
- Sunday, June 10, 2012
Portland Second Chance AFG Anniversary
First Congregational Church
554 Main Street, Portland, CT
Fellowship 7:00 PM, Al-Anon & AA Speakers 7:30 PM
Finger Foods & Desserts Appreciated. Raffle

Events:

- CAWW (Connecticut Alateen Workshop Weekend)
May 18-20, 2012, Chester, CT Reg Friday 4-7 pm
- Soberfest June 1-3, 2012, Bozrah, CT
Family Fun-filled Weekend
with Al-Anon and Alateen participation
- Lois' Picnic Saturday, June 2, 2012,
Stepping Stones, Katonah, NY
Noon to 5:00 pm with speakers at 2:00 pm
- Spring Assembly Sat. June 9, 2012,
277 Main St., Hartford, CT 06106 (Site of LDC)
Registration 9:30 am - 12:30 pm, \$10 (\$5 Alateen)
Workshops 10:30-11:30 am
Assembly 12:30-5:00 pm
Alateen bake sale for CAWW
- Rompiendo Fronteras / Breaking Frontiers
(Bilingual Sharing Day)
Sunday, July 29, 2012
112 East Main St., Meriden, CT
Interpreters available, lunch included
- 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
- 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)
Information available in the fall of 2012.

12 Reasons Why I Keep Coming Back

Twelve reasons why I keep coming back:

1. To Keep hearing all the miracles.
2. To Keep learning how to be prepared for the drama that still happens in my life.
3. To Keep encouraging those who are still suffering.
4. To Keep my daily contact with God.
5. To Keep my friendships with my friends in Al-Anon.
6. To Keep my serenity.



7. To Keep growing through service.
8. To Keep my defects of character in check.
9. To Keep appreciating nature.
10. To Keep being grateful
11. To Keep the past in the past.
12. To Keep living ONE DAY AT A TIME.



Enjoy, Marie S. District 4



“If I don’t let people know about the help available in Al-Anon, who will?”
Let it begin with me.



The Little Group That Could

[Editor’s note: ACOA stands for Adult Children of Alcoholics. There is some confusion because this can refer to members of Al-Anon who were affected by a parent’s drinking or to the ACOA or ACA organization based in California which is NOT associated with Al-Anon and is another twelve step program for “women and men who grew up in an alcoholic or otherwise dysfunctional homes.”]

In the spring of 1983 a group of adult children of alcoholics (ACOA) gathered in a room in the Congregational Church on Deer Hill Avenue in Danbury. A counselor regularly brought men from a detox unit to join the gathering. We had respect for the alcoholics attending the early meetings and they were considered ‘double winners’. We all shared a common experience of growing up within families of alcoholics. We were all learning that alcoholism is a family disease and that by growing up with it we developed distorted attitudes and perceptions. Initially our meeting was different from an Al-Anon meeting. We used the “laundry list of ACOA character defects” as a jumping off place for our discussions. At the time there was no specific ACOA

literature. That year at the Al-Anon convention, the keynote speaker happened to be an “adult child” from Long Island. He shared that his group had started out with the laundry list until some old time Al-Anon members within his group suggested using CAL (Al-Anon Conference Approved Literature). Then the feeling of hope and recovery began to flourish. Our Friday group decided to bring in CAL also.

Our attendance grew and grew too big for our meeting room with over 40 regular attendees. The Tuesday ACOA group split off which allowed people at both meetings to share and recover. WSO recognized the growing interest and uniqueness of adult children of alcoholics and new literature was spawned. Eventually *Hope For Today*, a daily reader was published which we read weekly in our meeting. Our Friday night group has grown and shrunk several times, a common phenomenon to many groups. Sometimes the best meetings consist of two people.

We have done group inventories, we stick to Al-Anon principles, we have a GR (Group Representative) who attends district meetings and reports back, we keep up with newly published literature, we send generous contributions to our district, area and WSO, and we respect the traditions so individual needs are met. We rotate service positions

and with regular attendance many have developed the closeness of a healthy family. We have an extension beyond the meeting with socializing afterward. If a regular member is absent because of life happenings, the intimacy that has developed over the years will prompt a call to see if everything is okay. We are primarily an ACOA group and even though a newcomer may not have an alcoholic parent they are still welcomed and will find the hope and promise of serenity offered in the fellowship.

One member says, “For me, Friday evening is difficult time wise, however, it is a place where I can unburden my heart in a caring and kind environment.”

Another expressed, “Why do I attend? I may have very specific needs to reflect on myself and how I am able to handle my life today; to deal with anger today in a healthy way and not swallow it like in my childhood and have it come out sideways. We have a common bond and have

expressed the same scared feelings experienced when we were young. I listen to sharings that operate out of recovery mode or offer a different perspective. We may be crazy, but not all at the same time.”

As a solution to our own status of being “little” our GR initiated speaker meetings at groups that were tagged as “needing support” within our district. We hosted the first meeting. We have changed locations over time and several years ago settled in the El Dorado building, 152 West Street, Danbury. To fuel our “little group that could” we have the best snacks and cookies and herbal teas. You get what you need when you come to our meeting. Come share in recovery each Friday at 7:30 pm.

Collaboration by Friday Night ACOA Al-Anon Group



Intimacy In Alcoholic Relationships (Working Title)

By now, you may have heard Al-Anon is considering a new book about intimacy. Announcements have been out for about 4-5 months. I know because I took one home when I first saw it in the Fall and kept it out on my table in my office all this time. I kept looking at the flyer and thinking "...I should really write something; I certainly have a lot of opinions about the impact alcoholism had on my relationships..." But, of course, that topic isn't something "New England" people talk about. Al-Anon people don't talk about it. In fact, even in private therapy, one-on-one with my counselor, I don't talk about it! However, the prospect of sharing it anonymously peaked my interest.

You may have gotten your issue of *The Forum* this month and seen they inserted a special request for submissions. I'm thrilled to tell you I did it - I just submitted my article! I drafted it about 4 weeks ago after coming home from the Connecticut AFG Convention. The Convention was a great catalyst for self reflection and self disclosure.

The best part about writing the article is that I've Let Go of the result. I'm not invested in whether or not they publish it. I'm not invested in what people think. I'm not concerned about the intimate things I've shared, no pun intended.



Hello all Al-Anon and Alateens:

I have some exciting news this month regarding 2 pamphlets in our conference approved literature. The first pamphlet is called "*Parents of Alcoholics*" (R18) and is a reprint of a previous pamphlet that the WSO literature staff has brought back because there has been an increase of parents attending Al-Anon. As I am also a parent of 2 sons with alcohol problems, I found relief in reading this pamphlet. The running theme from these sharings, for me, is the message of hope.

The next pamphlet is called "*Conflict Resolution*" (S71) which is a little fan out. It talks about the loving interchange to resolve disagreements when parties feel a threat to their needs, interests, or concerns.

New address!

Deadline for June Contributions is May 28, 2012

- Al-Anon **announcements**
- **Sharings** on using the Al-Anon tools
- Email **Subscriptions** available
- Send your items to lifeline@ctalanon.org by **May 28** for the June issue.

Please contribute a sharing this month!

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



Writing the article was the most incredible, freeing act! It allowed me to look at my upbringing and understanding of personal relationships in a way I've never done before. It helped me uncover where my trust issues started and how I carried them into my adult life and primary relationships.

I implore you to consider writing an article for the new book. Just like at a meeting, you never know what you'll say that someone else needs to hear.

Perhaps you wouldn't consider submitting it. Perhaps your spelling, grammar, or punctuation are less than perfect. Perhaps you feel your situation is too bizarre and it's not appropriate. If I were you, I would have Faith in your Higher Power that whatever you write will be what you need to express for your own growth and healing. If you can find it in you, submit it to WSO. They themselves even suggest using a pseudonym and/or creating a new email address if you don't want ANYONE to know it's from you.

I simply can't tell you how incredibly beneficial it was for me to express those thoughts and feelings. It's given me a new perspective and extraordinary hope for improved relations – including emotional, physical, spiritual, and sexual.



Pamela V

You may not have these pamphlets listed on your current order forms but LDC has them in stock.

I would like to remind you of our little magazine "*The Forum*". We are always trying to increase our subscriptions so that it does not disappear. It is such a wonderful way to spend some time; reading a sharing from someone from another part of the country, or I should say part of the world because the *Forum* is an international magazine.

I just read an article ON THE MEND from an April 2006 *Forum*. When I finished I closed my eyes and pictured this person sitting at an Al-Anon meeting and sharing about her first meeting. Someone had told her to "Stick with the winners" and said: "I think we are all winners when we practice this program" and "Keep Coming Back."

HOW TRUE! Thank you, Anonymous.

See you in the next issue, CAL