



Lifeline

February 2012

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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"Hand in Hand We Can"



Announcements:

Events:

- AFG Convention Planning meeting
Sunday Feb. 26, 2012, 1:00 pm
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- CT Al-Anon Convention - "Hand in Hand We Can"
March 30, 31 and April 1, 2012 (register now)
Crowne Plaza, 100 Berlin Rd., Cromwell, CT
- Al-Anon International Convention
July 5-7, 2013, Vancouver, BC (save up now)

Anniversary:

Saturday, March 10, 2012
Snow Date: March 17, 2012
Bunker Hill 38th Anniversary
274 Bunker Hill Avenue
Waterbury, CT
10:00 a.m. Coffee "and"
10:30 a.m. Al-Anon, Alateen and AA Speakers
Luncheon to follow
Finger foods appreciated

Need Support:

Tuesday 12:00 Noon New Canaan
St. Mark's Episcopal Church
111 Oenoke Ridge Road
New Canaan, CT 06840
Enter in rear of brick building.
Meeting is 1st classroom on right.

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.





Hello all Al-Anon and Alateen members:

A couple of months ago a request from the World Service Office to members was to write an article for a new piece of literature. The working title is Intimacy In Alcoholic Relationships. I hope some of you have decided to participate in this venture for the WSO Literature Committee for possible use in this piece. It is hoped that the information they receive can reflect the wide variety of experiences our members have faced regarding many different types of relationships. Intimacy takes on many forms including emotional, physical and spiritual. Because this will be a new piece of literature I am sure that many members will find it helpful to have the sharings of some of you. Please consider sending in your feelings on this topic. If printed, your sharing will remain anonymous. If you have any questions or cannot find the guidelines please ask your Group Representative for a copy of the request from WSO.

A great book for Alateens is Hope for Children of Alcoholics (B-3). I found so much knowledge about Alcoholism and the help Alateens can get in this new way of life. It is one of hope, healing and recovery. The book asks the question: "Why is alcoholism called a Family Disease?" In Alateen, when we say alcoholism is a family disease, we mean that the alcoholism of one member affects the whole family and all become sick. It happens because, unlike diabetes, alcoholism not only exists inside the body of the alcoholic, but is a disease of relationships as well. But that does not mean that life is hopeless. With the help of Alateen, we can learn to lessen the damaging effect of alcoholism on ourselves and become happy, emotionally healthy people.

I encourage everyone to read this book. It is really an eye opener.

Until next time, be good to yourselves. CAL

Why Attend the Convention? - Part 2

The following is a preliminary schedule for the 2012 CT AFG Convention "Hand In Hand We Can":

- Friday 3:00 pm Begin Registration
5:30 pm Early Bird Meeting
7:30 pm Opening Welcome
7:45 pm Alateen, AA and Al-Anon Family Keynote Speakers (with Spanish translation)
9:30 pm Entertainment / Skit
10:30 pm Candlelight Meeting
- Saturday 8:00 am Begin Registration
9:00-10:00 am, 10:30-11:30 am, 1:00-2:00 pm, 2:30-3:30 pm
Al-Anon, Bilingual (Spanish/English with translation), Alateen and AA meetings
(all these meetings are Open to all)
4:00-5:00 pm AA Keynote Speaker
6:00 pm Banquet (Ticket required) and Alateen Pizza Party (Teens and Sponsors only)
7:30 pm Welcome and Raffle
8:00 pm Alateen and Al-Anon Keynote Speakers (with Spanish translation)
10:00 pm Dance
10:00 pm Candlelight Meeting
- Sunday 8:00-8:45 pm Early Bird Meeting
9:00-11:00 am AA and Al-Anon Spiritual Keynote Speakers (with Spanish translation)

It is also planned to have a hospitality room, labyrinth and other activities - stay tuned.

Some of the planned meeting titles include:

The Tender Hand of Sponsorship
Accepting the Hand You're Dealt
Holding the Hand of My Higher Power
Don't Close Your Hand or Your Heart (Men's Meeting)
Place Your Hand in Mine (Women's Meeting)
Have a Hand In Your Recovery

Using Your Hands to Build the Spiritual Foundation
Hat in Hand, Making Amends
The Hands of Time in Recovery
Everyone Put Your Hands In
Don't Expect Anyone to Hand You Serenity
Service Gave Me the Upper Hand in Recovery

See also the article "Why Attend the Convention?" in the January 2012 issue of *Lifeline*.

District 2 Public Outreach

Who's in the PO house??? When asked to serve as the Fall Workshop Public Outreach (PO) chair, how could I say no to service especially knowing that fellowship and fun would be involved? In targeting district PO coordinators to man and/or woman our "Carrying the Message" table for the day, districts 1, 2, 5, 7, 9 and 11 were "in the house!!" Together questions about getting involved were answered and support and PO ideas were shared.

As for District 2's PO enthusiasts, 2011 was wrapped up by PO representatives who:

- left a name and phone number with a contact at the Wallingford Elks who will be having a health fair in May.
- mailed a letter to the health teacher at Dag Middle School.
- contacted Moran Middle School where names were given to speak to Guidance for follow up.
- left a schedule with head of the Wallingford Youth Services.
- researched names of principals of Prospect's Middle and High Schools.
- had response letters written by the Durham Middle School students after participating along with an Alateen speaker in their Health Curriculum classes. These students shared their awareness and knowledge of the Al-Anon/ Alateen rooms for themselves and their families if need be.
- educated a doctor at Middlesex Hospital who thought that Al-Anon is only for the spouses of alcoholics!
- made a Health teacher contact at Wallingford's Sheehan High School, after which an Alateen binder was welcomed and utilized in their Alcohol & Drug awareness curriculum. It is now out for viewing in their Guidance Department waiting room.

- followed up with Meriden's Rushford's "Kids at Risk" social worker to speak on a regular basis.
- followed up with a guidance counselor at Maloney High School with regard to Al-Anon Public Outreach becoming a part of their health classes.

It has been constant work trying to secure speakers for Rushford Rehab and Treatment Center in Middletown. To encourage members to volunteer ask your group members to consider making a "New Year" service commitment to help speak. The meetings take place on the 1st Sun (men) and the 3rd Sat (women) at 2-3pm. A panel of 3 will share, each for approximately 10 minutes on "Al-Anon, themselves, and a shortened interpretation of the 12 steps." Any active or long-term member who has an "understanding" of Al-Anon's principles and steps can speak. If interested please contact ctpublicoutreach@ct-al-anon.org who will contact me.

Our District 2 January through March Focus:
Getting Al-Anon Public Outreach information out to "Professionals"

- 1) Medical (ie: Hospitals, Psychiatric Offices, General Practitioners)
- 2) Legal (ie: Attorney offices, Correctional Institutions and Police Stations)

Lastly 2 members assisted in putting together a District 2 trifold schedule which will be "hot off the press" this month.

Remember that no one has to do any of Public Outreach alone and "you can't keep the program unless you give it away!"

District 2 Public Outreach Coordinator Diane B



This space reserved for *your* sharing.

Thank you.

"There is NO *Lifeline* without you!"

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 www.ct-al-anon.org.

Come get involved.
The Dream Team’s next planning meeting is
Feb 26, 2012, 1:00 pm
at the Crowne Plaza Hotel, Cromwell.

Spanish Interpretation will be available.

Why Attend the Convention?
See January 2012 *Lifeline* and
page 2 of this February issue.

Register NOW

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Convention Deals:

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.

Help Wanted:

Sign up to volunteer for an hour at the **Literature** table on Friday between 4-8 pm and Saturday 9am - 5 pm. Volunteer an hour of your time at the Convention with **Walk-in Registration** on Friday between 3-9 pm and Saturday 8am - 9pm.

Pre-registration is looking for volunteers at the Convention.

What is your **favorite song**? Send it in so it will be included at the dance and come bailar (dance) with us!

If you would like to volunteer, submit a song or have a general question, please email convention2012@ct-al-anon.org.

The next planning meeting is February 26 at 1pm at the Cromwell Crowne Plaza.

? CT Convention Questions? Email convention2012@ct-al-anon.org
Check out the AFG Convention page on www.ct-al-anon.org ?

Deadline for March Contributions is Feb. 20, 2012

- Al-Anon **announcements** • Sharings on using the Al-Anon tools • Email **Subscriptions** available
- Send your items to lifeline@ct-al-anon.org by **Feb. 20** for the March issue.

Please contribute a sharing this month!

➔ *Lifeline* is also available online at www.ct-al-anon.org (scroll down)

