

Lifeline

Mar-Apr 2012

Connecticut Area 7 Newsletter for Al-Anon / Alateen

In This Issue:

Pg 1. Announcements

Pg 2. Finding Me

How As We Understood Has Enhanced My Recovery

Pg 3. Public Outreach Corner
Spotlight On Literature

Pg 4. World Service Conference
35th Annual CT AFG Convention



Announcements:



Events:

- 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
- AA Roundup with Al-Anon/Alateen participation
April 22, 2012, 8:00 am to 4:00 pm
William J. Pitkin Community Center
30 Greenfield St, Wethersfield, CT
- CAWW (Connecticut Alateen Workshop Weekend)
May 18-20, 2012, Chester, CT Reg Friday 4-7 pm
- Al-Anon International Convention
July 5-7, 2013, Vancouver, BC (save up now)

Need Support:

- Wednesdays 1:00-2:30 pm
Path to Recovery Afternoon Meeting
30 Todd Road, Shelton, CT
- Monday 7:30-9:00 pm
Hamden Monday Night Spiritual Awakening
Al-Anon Family Group
Step into Recovery: New Format - A Different
Step each Week
Spring Glen Congregational Church
1825 Whitney Ave, Hamden, CT

Notice:

- West Haven Tuesday Night will **not meet** Tuesday,
March 13 because the church will be closed.
Those who are able will attend the Alateen
Anniversary that evening.

Anniversaries:

- 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
- Tuesday, March 13, 2012
Woodbridge **Alateen** Anniversary
to raise funds for CAWW
First Church of Christ Congregational
5 Meetinghouse Lane, Woodbridge, CT
Upper Room
Potluck and fellowship 7:00 pm
Three Alateen speakers 7:30 pm
Food and approved raffle items appreciated
- Tuesday, April 24, 2012
West Haven Tuesday Night, "Recovery on the Green"
Al-Anon Family Group 42nd Anniversary
Church of the Holy Spirit
28 Church Street, West Haven, CT
7:00 - 8:00 PM Food, Fellowship, and Raffle,
8:00 - 9:30 PM Al-Anon, Alateen and AA speakers

New Meeting

- Thursdays 7:00-8:30 pm
Lourdes in Litchfield - Montfort House
50 Montfort Rd. Litchfield, CT 06759
with Adult Children topics



Finding Me

In the past years of dealing with an alcoholic, I have lost sight of who I am. Am I this person, am I that person?? Constantly being called a nag or bad can make a person lose sight of the good things with themselves. I look at my self sometimes and think that I am putting on a play and I am an actor in this life. Am I the villain? Am I the heroine? Am I the good one? Am I the bad one? I have felt so phony in my own personality. Being in

How As We Understood Has Enhanced My Recovery

This beautiful, baby-blue little book is packed full with words of wisdom and tranquility. The first printing, as marked in my, fraying, book, is May 1985. I remember when this book first became available for purchase - we were so excited about this new addition to the Conference Approved Literature (CAL) that we could not keep the shelves filled with them – they sold like hot-cakes.

Having arrived at the rooms of Al-Anon Family Groups in November 1982, I started on my road to recovery. Then, around the mid-1990s, active alcoholism (along with many other ‘isms’) crept back into our home to the, supposedly, sober alcoholic spouse in my life. I asked God “how could this, possibly, be happening again?” Even after all these years, once more, it was affecting *my* life and it was becoming so unmanageable. I prayed “God please help me.” HE did. This was at a time when I was being of service in Al-Anon as an Area Delegate and, thank goodness, that kept me very busy; with all that was going on in my life, God had me right where He wanted me for *my* recovery.

Not knowing what lay ahead, my marriage and my life were falling apart. It became apparent that prayer and meditation became more necessary than ever before. I prayed day and night asking God for clarity and guidance. I stood at a major turning point in my life because the big “D” word (divorce) was not something that had ever occurred in my family; how could I be the first and disgrace them?

That’s when the book *As We Understood* became a spiritual source for my sanity. I vividly remember clutching the

Al-Anon had made me aware that this is all part of the plan.

Now that I am concentrating on me, I am finding me, the person who has so many good things to offer not only to others, but to myself. This awakening is just beginning and I am enjoying discovering me - not the alcoholic.



Krysten



book and holding it to my heart and asking God to guide me to the pages I needed to read. I picked up the soft cover version and opened it to page 213 where the prayer, at the top of the page, is circled. Tears got in the way of reading the entire prayer but I was able to read the first few words out loud, they are: *Oh, most potent source of comfort and strength*; I’d repeat those words over and over until I stopped crying. Those words were so comforting; they slowly restored a sense of calmness in my head. Once I dried the tears, I read the rest of the prayer: *Oh, most potent source of comfort and strength, which I acknowledge but cannot define, grant me the wisdom to let my tears flow without shame whenever they are appropriate, the courage to love and to express my love in words and actions, and the serenity that comes when I can accept reality without trying to shape it to my expectations or desires.* To this day, for me, this is one of the most powerful prayers ever. Until then, I had never before felt such a strong love and caring *from* my Higher Power - Step Three had truly taken root in my life.

Many years have passed since then and I still hold *As We Understood* dear to my heart like a good friend who was there for me during one of the darkest times in my life. Now, it is a source for quiet prayer and meditation and it lightens up my life. My tears sometimes still do flow without shame, usually due to feelings of sincere inner happiness and gratitude. Many of the book’s pages are curled up and some of the highlighting from years past has faded; yet the wisdom that this powerful little book’s pages hold will forever remain.

Anonymous

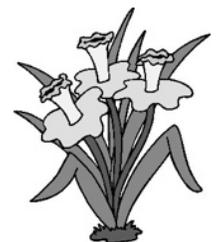


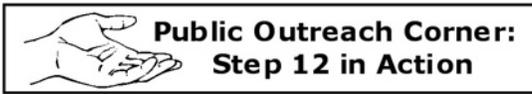
See: We still had room for *your* sharing!

Please send it to:

lifeline@ct-al-anon.org

or CT AFG / Lifeline
277 Main St.
Hartford, CT 06106





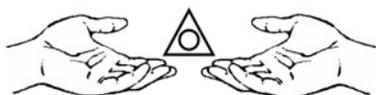
Concept Four states “Participation is the key to harmony.” Whenever I do service work at a group level, district level, or area level, I grow to understand what Concept Four is all about. Growing up in the disease of alcoholism, I always longed to belong to or be a part of something. Each member of the family did their own thing to survive; as a result there was no participation or harmony in the family. In short, there was no living; just existing and watching life go by.

In Al-Anon I learned the meaning, value and importance of how everyone has the opportunity to participate and contribute to their group in so many ways. Contributions can be very simple from sharing on the topic to setting up or volunteering to hold one of the various service positions the group has available. When I realized I had something to contribute, I finally felt like I belonged and connected with something.

I believe it is one of the many ways my Higher Power gives me opportunities to grow and especially to learn about myself and my capabilities and perhaps talents. When anyone asks me to do service, especially to speak about my experience, strength and hope, I know if I say no, I will not grow. Saying yes to service has allowed me to decide to try new activities in my life that I would not even contemplate before doing service. As a result, it has led me to have many spiritual awakenings; as Step 12 states, “Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.”

I will be forever grateful there were members in the program there to welcome me when I came in to the program; I also realize how important it is to ensure that the program will continue to be available for all newcomers who seek it. I have learned that the newcomer can be the most important person in the room, insuring the future of the Al-Anon program. That is why doing Public Outreach is so meaningful to me. I have found when even one new person attends our District Public Outreach meeting, they can offer a new idea that no one else had come up with previously. One person can make a difference in what they can offer; reaching one person can make all the difference in their life and the lives of others.

Laura C / PO Coordinator District #3



Hi to all Al-Anon and Alateen Members:

Soooo many activities going on right now. Alateens are looking forward to their CAWW (Connecticut Alateen Workshop Weekend) and having fundraisers; Al-Anon is getting ready to present their convention weekend and P.O. (Public Outreach) is working hard to carry the message. All of these activities remind me of our *Paths to Recovery* book (B-24) about the 12 Steps, 12 Traditions and 12 Concepts of Service.

This book was produced to give all members an in-depth look at the Steps, Traditions and Concepts. If it is the first time you are looking to study our 3 legacies it can be exciting. And if you are looking to enhance your recovery by seeking new insight, this book will definitely increase your understanding.

In this book you will find the experience, strength and hope of hundreds of Al-Anon members. Al-Anon’s logo is a triangle with a circle inside. The triangle represents the three legacies: Recovery through acceptance of the Steps, Unity through acceptance of the Traditions and Service through acceptance of the Concepts. Inside the triangle is a circle which has been described by some Al-Anon members as a circle of welcome that carries the Al-Anon message of hope to the families and friends who are living or have lived with the disease of alcoholism. In this simple symbol we find the spiritual principles that unite us in our common bond.

And so I jump to the 12th Step “Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.”

In Tradition 5 we learn that: “Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.”

And Concept 1 states: “The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.” In Al-Anon ultimate responsibility is exercised with loving care and wisdom.

As you can see there is a wealth of knowledge written in *Paths to Recovery*. When I hear that someone is impatient to get to the “real program,” someone reminds us that our “real program” is to help families and friends of alcoholics. We share what we have received in order to keep it for ourselves, that is our spiritual principle and recovery, unity and service are found in all the principles we share.

I hope everyone who reads this article will get an opportunity to read this book or share it in a group setting. It is a wonderful road to recovery.

May the sun shine warm upon your face and the wind always be at your back. Happy St. Patrick’s Day.

World Service Conference

Rita C, our Connecticut Delegate to the World Service Conference, will be meeting with the other delegates, trustees, and WSO staff for the week of April 15-19, 2012, for the 52nd Annual World Service Conference.

While she is there she would enjoy receiving **cards and notes** of encouragement from her Al-Anon people back home. You can send her mail at

Rita C, Delegate Connecticut Panel 51
(Hold for WSC 4/15 - 4/19, 2012)
Stamford Marriott Hotel and Spa
243 Tresser Blvd
Stamford, CT 06901

Please plan to have your mail arrive after April 11.

Put a return address of
CT AFG - Delegate Rita C
277 Main St
Hartford, CT 06106

in case the mail is delayed.



She would also love to have “**love gifts**” to take to the conference. These are just little items with Al-Anon slogans, quotes or ideas identified by state (and district and group, if you wish) which she takes to the Conference and gives to other delegates to take back to their areas. In turn she will bring back an assortment of love gifts from the other areas to the Spring Assembly in June to share with us and our groups. Love gifts can be made by your groups or at the Convention.

At the **Assembly** (June 9, 2012) Rita will share what she learned at the Conference. All Group Representatives (GRs) and their alternates should plan to attend so they can bring the information back to their groups. Be informed. Keep the Links of Service open.



Spanish Interpretation will be available.

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

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.

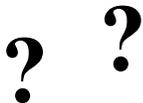
Help Wanted:

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.



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



Deadline for May Contributions is Apr. 23, 2012

- Al-Anon **announcements**
- **Sharings** on using the Al-Anon tools
- Email **Subscriptions** available
- Send your items to lifeline@ct-al-anon.org by **Apr. 23** for the May issue.

Please contribute a sharing this month!

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

