



Lifeline

Connecticut Area 7 Newsletter for Al-Anon / Alateen

January 2013

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Announcements:

Events:

- Serenity Breakfast
Sunday, January 20, 2013, 9:30 am
\$25 (Pre-Registration required)
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.

⇒ **Oct. 2013 Fall Workshop**
(Only if we have a Chairperson)



Anniversaries:

- Sunday, Jan. 27, 2013 (Snow date Feb. 3)
2nd Anniversary Southington Al-Anon M.E.S.H.
(My Experience, Strength and Hope)
Lunch 2:00 pm Speakers to follow
First Congregational Church, 37 Main St, Southington
Raffle and food donations appreciated
- Thursday, Feb. 28, 2013
6th Anniversary Newington Thursday Night Alateen
Grace Episcopal Church,
124 Maple Hill Ave, Newington, CT 06111
Potluck Supper 6:30 pm
Three Alateen Speakers 7:30 pm
Food and Raffle Prizes Appreciated

Need Support:

- Tuesday 5:30 pm- 6:30 pm Branford, CT
Looking for Serenity?
We know a place where you can go!!
"Paths To Recovery Step Meeting" needs support
First Congregational Church
1009 Main Street, Branford, CT
All Purpose Room

Location Change:

- Monday night New Fairfield 7:30 pm meeting has moved from the Adult Ministry Center of St. Edward the Confessor Church into the Church itself.
Park in back and go in the door facing the back lot then follow pink signs.
Please update schedules and tri-folds (don't forget the ones in newcomer packets) by crossing out the "AMC" and write "door in back."



Dealing With Anger

When I am angry, I could do a number of things depending on the level of anger I have. Sometimes I could smash something or scream. Usually I do something very unhealthy and then I cry. I cry until my head is pounding and I can't see. Sometimes I'm snotty to my friends or family and I feel guilty afterwards because I didn't mean the things I said. Now with Alateen's tools, when I get angry I say my Serenity Prayer over and over until the emotion passes me. I guess that's better than hurting myself. I try my best to stay away from people knowing that my mood could upset them. I still haven't learned how to make my negativity into positivity. I'm hoping I learn how to soon.

Mary



Courage

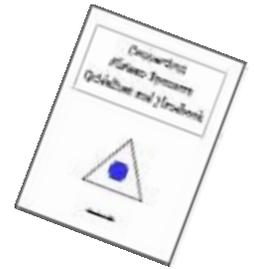
To me courage is when you stand up to your fear and stare it in the face. When you take the initiative to overcome that fear and realize that you want your goal more than the outcome matters to you. I realized I had courage when I was born. But though I am usually courageous, fear is always there. In fact without that fear I would be lost and confused. True courage is to understand, and value, your fear. Since coming to Alateen I have courage to say "You might be right" when someone says something I don't agree with. The ability to concede that my previous opinion may be incorrect has been a tool which allows me to live life so much more fully. The hardest thing for me to do or say is "You ARE right." It's one thing to say "You MIGHT be right." It's a completely different thing to say "You ARE right." While it's great to be able to admit I might be wrong, being able to step down and say that I AM wrong takes incredible courage. I am powerless. I have a very hard time admitting this. But when I can, it reminds me how important Step One is and that I have to keep remembering it.

Jake-Henry

Congratulations



Sharings from Alateens from our Area appear in the **Winter 2012** issue of *Alateen Talk*. (Excerpts of *Alateen Talk* are available at www.al-anon.org/members and can be used to increase awareness of Alateen and may encourage members to bring their children to meetings.) We have an active Alateen program in Connecticut but can always use more Alateen Sponsors. For more information on becoming an Alateen Sponsor, see www.ctalanon.org/members Alateen Forms Alateen Sponsors Handbook or see Bob B our CT Alateen coordinator or any Alateen Sponsor. "Has Al-Anon helped you? Then why wouldn't you want to give that gift to your child?"



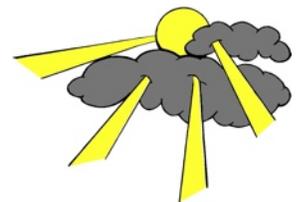
Expect a Miracle

This is for the mothers out there who have given up hope in the face of this disease: EXPECT A MIRACLE!

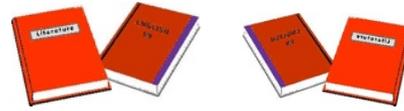
If you stay in the rooms, you will see it happen. Not in our time...in the time of our children's Higher Power's time.

We are just where we need to be (I know - hard to believe), we will get what we need and our Higher Power loves us unconditionally.

Trust the Process.



Jane



Dear A-Anon and Alateen Members:

It is the beginning of a New Year. How wonderful it would be if we could wave that magic wand and make all bad things disappear. Unfortunately we cannot do that. For me I have found the solution to making myself a more fulfilled and happy life. That only happens when I work hard and use the principles of these programs.

Taking a message from our Alateen book: "Courage To Be Me - Living with Alcoholism" has given me advance notice that I can make this year a better year by taking some of the examples shared and using them in my life.

As I read through some of the pages of this book I felt my heart lift at the positive attitudes and strong sense of self that the Alateens project.

Yes, alcoholism changes lives but so does joining groups like Alateen and Al-Anon.

Words that Alateens share are like the following:
"Alateen is a big huggable bear -- you can always hug!"
"Alateen is a work of art." "My life is like an unpaved road. It can be smooth or it can be bumpy. When I go down this road and hit the potholes, I must have good suspension. I must proceed to the next smooth section. I must learn how to pave these roads, because I live on them."

We cannot only learn a lot by reading the Al-Anon literature but can also build our libraries by including Alateen books and pamphlets.

Have a Very Happy New Year and enjoy the blessings of this program: One Day At a Time.

Sincerely, CAL



PLEASE SUBMIT YOUR SHARING TODAY.

“There is no *Lifeline* without you.”



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 Pre-Registered Participants

Deadline January 6th, 2013

(See 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

Register
Now!



HURRY!

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.

Volunteers needed

<p>DECORATIONS - Are you creative? REGISTRATION - Can you hand out envelopes? WALK-IN REGISTRATION - Can you spare an hour at the Convention? GREETERS - Do you like people?</p>
<p>RAFFLE - will be accepting ONE BASKET PER DISTRICT filled with Al-Anon and Alateen items. PLEASE give any basket donations to your DR or bring to your District Meeting. Raffle Baskets should be delivered to the Raffle Table by 3 pm on Friday, March 15th. Volunteers are needed at the raffle table during the convention weekend. For Questions on the Raffle contact convention2013@ctalanon.org</p>

Next Convention **Committee** meeting: Jan. 20 / 1pm Crowne Plaza Hotel, Cromwell, CT

To Volunteer, for Questions 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

Here’s the Deal

If you

- Reserve a **room** for **both** Friday and Saturday night in the AFG Convention block (Code "AYZ") at the Crowne Plaza Hotel in Cromwell, CT by February 22, 2013, and occupy that room.
- **Register** for the convention by March 1, 2013
- Pay for a Saturday night Banquet **meal**

We will rebate you in cash

on Sunday morning March 17, 2013
your \$25 **registration**
plus \$15 **toward** your banquet **meal**.

- ☛ You must pick up your cash by noon in the ballroom. (Bring your hotel receipt and meal stub)
- ☛ Only **one** rebate **per room**, limited to the **first 100** rooms.
- * Plus **ONE** lucky winner will be drawn in a **raffle** at the Spiritual meeting Sunday morning to receive **one free room night** rebated in cash Sunday morning.



Deadline for March Contributions is February 18, 2013

- Al-Anon **announcements**
- **Sharings** on using the Al-Anon tools
- Email **Subscriptions** available
- Send your items to lifeline@ctalanon.org

Please contribute a sharing this month!

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

