

Lifeline

July-Aug. 2013

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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Announcements:



Al-Anon Events:

- Fall Workshop, Saturday, Oct. 26, 2013
- NH Al-Anon/Alateen Convention with AA participation
Oct. 4-6, 2013, Radisson Hotel, Nashua, NH
<http://nhal-anon.org/Convention.html>
- CT Al-Anon Convention, March 21-23, 2014,
Crowne Plaza Hotel, Cromwell, CT
First planning meeting Sept. 15, 2013, 1 PM, Cromwell

AA Events with Al-Anon participation:

- Area 11 Convention, Sept. 6-8, 2013, Waterbury, CT
- CSCYPAA Nov. 29-Dec. 1, 2013, Cromwell, CT

Meeting Closed (Disbanded):

- Friday Night Windsor Meeting has closed

Meeting Format Change:

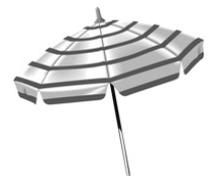
- Monday Morning Meriden
10:00 AM Beginners Meeting (Half Hour)
10:30 AM Regular Meeting (One Hour)
St. Andrew's Episcopal Church
20 Catlin St., Meriden, CT

New Meeting:

- Tuesdays 12:00 - 1:30 PM beginning June 11, 2013
Young Adult Al-Anon at the University of Hartford
University Commons Building
Connections Health Education and Wellness Center
Basement UC Room 116
200 Bloomfield Ave (Rt 189)
West Hartford, CT 06117
Handicap Access
- Wednesdays 7:30 PM Parents' meeting
7:00 PM Beginners meeting
Hospital of Central Connecticut
Bradley Memorial Campus
81 Meriden Ave, Southington, CT
Conference Room A, Handicap Accessible.
All Al-Anon members and prospects welcome.

Time Change:

- Tuesday night Windsor Al-Anon Group
meeting at Recovery Club,
118 Palisado Ave., Windsor, CT
changing to 7:00-8:30 PM (from 7:30-9:00)
beginning Oct. 1, 2013



Alateen Sharings On Love

1. Since coming to Alateen I have learned to not let other people's words affect me and am more confident. I show my love to others by showing kindness and not judging them whatsoever. I don't know how I see my Higher Power's love for me.
Erik

2. I have learned to not let other people's words affect my moods. I express love to those that are around me by being nice.
Brandon

3. I have learned that before I could love anyone else, I had to learn to love myself and give myself the help I need to work my program. The Steps have taught me how to love other people.
Ally

4. I have found that since I started Alateen I have learned to deal with my mom's alcoholism better and when I am in a jam to say the serenity prayer over. I've learned a lot about Alateen. I usually act nervous and not myself in front of those I like. I am different around the family.
Anonymous

5. I express love to others by sharing the slogans with them when they're experiencing tough times. They start off questioning me but then turn out thanking me in the long run.
Caleb



6. Before Alateen the 5 words I would use to describe myself are 4 Greek swears and 1 Irish swear. Now the 5 words I would use to describe myself are English and no swears or inappropriate words. I rarely express love to anyone and when I do it's in the form of scaring the bleep out of them. I see my Higher Power's love for me by my luck - like my Higher Power is making me lucky.
Kelly

7. I began to love myself for my actions since attending Alateen. I have been proud of how I handle situations with a calm attitude. Also, I do not regret my actions after I do them. I think before I do something. I express my love to people around me by being true to myself first. I have to know how to love someone before I express it. So I express my love by helping others with tasks, giving someone a gift, and telling someone what I like about them. I see my Higher Power's love for me by being open to other answers. I always remember that everything happens for a reason. Even if I do not like the result, my Higher Power does it for the best of me.
Paige



“Meeting Needs Support”

Why do we constantly hear that this or that “meeting needs support”? Why do we have so much trouble at some meetings getting anyone to do group service such as refreshments, secretary, discussion starter/programmer, literature, public outreach, treasurer, group representative, alternate group representative? Why do many people consistently come to meetings late so they miss the information about what else is going on with Al-Anon/Alateen? Why do we have trouble getting people to volunteer for district and area service positions and to be Alateen sponsors?

Maybe we do not appreciate what the program has done for us? Maybe we do not feel we are good enough? Maybe we don't realize the extra recovery we get from doing service? Maybe we don't have sponsors or sponsors who have not done service themselves? Maybe we have not

looked at the Guideline on Group inventories (G8) available free on the WSO members' website? Maybe we have not looked at the *Al-Anon Groups at Work* or the *Al-Anon/Alateen Service Manual*? Maybe we have not studied literature other than a daily reader? Maybe we have not seen the information on Healthy Groups? Maybe those who ARE doing service are spread too thin? Maybe we have too many groups? Maybe we are not attracting enough newcomers or giving them enough reason to stay? Maybe we are not committed to one home group but attend any group when the spirit moves us or we are in trouble again? Maybe, maybe, maybe.

Do you have suggestions from your personal Al-Anon experience which you can share with the rest of us? What is good and healthy about your group? What do YOU do to help keep your group healthy?
Sue



CT LDC Reopens Aug 27, 2013

Greetings from the LDC (Literature Distribution Center) office! Your new Manager, Marie B. and Assistant Manager, Mary Ann L. are busy learning the workings of the office. Sue G. and Ruth S. have both provided several hours of training and we have been working at 277 Main Street in Hartford a few days each week.

We are filling orders received by mail, walk-in and e-mail, responding to e-mail inquiries and answering phone messages. We have all of the titles on the order form on hand, except for a few that are on back order.



We even have the newest workbook Reaching for Personal Freedom: Living the Legacies (P-92).

As you have no doubt seen on our webpage www.ctalanon.org, our official opening day is Tuesday, August 27. In the meantime, if you wish to pick up an order, it is best to call or e-mail in advance to arrange a time. Please use our office number 860-244-0022 and/or e-mail ldc@ctalanon.org.

Looking forward to being of service to all in the fellowship,

Marie and Mary Ann



LDC History

As a 6 year volunteer at the Connecticut LDC (Literature Distribution Center) I found that many Al-Anon members had limited knowledge about the facility and its history. In that District 8 was asked to submit articles to the *Lifeline* this month I thought this was a great opportunity to share some of the information about the LDC.

In 2005 the Long Range Planning committee facilitated the opening of the LDC at the South Congregational Church, 277 Main Street in Hartford, where our spring and fall assemblies have been held for the past 5 years. Prior to that time assemblies were rotated in different facilities across the state depending on which district was hosting the meeting.

The LDC office is located in the basement of the church. Throughout the US many areas (states) have LDC's. Many are like ours with volunteer managers who are given a lunch stipend and gas mileage. Others like in Massachusetts have an LDC that has had the same manager for 20+ years. She is paid a salary and the LDC is subsidized (money given from the Area budget) by the Massachusetts Area.

Until the opening of our LDC, members in CT were ordering literature from WSO in Virginia Beach or from the Massachusetts LDC because the turn around time was quicker. The CT area (AWSC = Area World Service Committee) gave the LDC \$5,500 back in 2005 to start its checking account. Since that time the office has operated in the black with no further money given from the area. The LDC is also not included in the area budget.

The office opened with 2 volunteer managers and a Finance Committee consisting of a Finance Chair/ Treasurer, area treasurer, the 2 managers and 2 other Al-Anon members with business experience. Bank accounts

and vendor accounts were set up and the doors opened for business.

Over time, policies and procedures were set up, additional equipment purchased and the management structure changed to 1 manager and an assistant manager. Members of the fellowship with financial and business consulting backgrounds were asked to provide their input as to best business practices. The Manager and Assistant Manager were not part of the CT Area Committee (AWSC) such as Public Out Reach, Schedules, Alateen, etc.

While the LDC sells Al-Anon literature it has operated as a business not as an Al-Anon Committee or other service model. In doing so shrinkage, poor accounting practice and other problems that are the demise of small businesses have been avoided. Because the LDC is a non-profit, the operating fund balance while not large is in line with what is acceptable for a non-profit organization in CT.

Beginning last October the Board of Directors (BOD) working along with the LDC Manager and Assistant Manager, who had served 6 years and 4 years respectively, and the Finance Committee began the transition process to a new Manager and Assistant manager.

The Finance Committee provided the Board of Directors with an extensive transition plan to facilitate a smooth changeover to a new Manager, Assistant manager, and finance committee chair in addition to 2 new members of the finance committee. A new Manager and Assistant manager are now in place.

As I write this article an announcement was recently released by the BOD stating that the LDC is open for filling orders by mail and the office will reopen for walk-ins 8/27/13.

Shelly M

We Are Never Alone

My name is Sandy and I am the GR of the 7 PM Newtown Group. I had to write regarding my incredible experience at the Al-Anon International Convention in Vancouver this past July.



This story started on December 14, 2012; as we all know an unspeakable tragedy took place that day. It still lives with us. Our group was caught in the middle of the madness as our meeting is held at St. Rose of Lima. We learned many things during this time: to remember that God has a plan and though we hated it, we had to have faith no matter what and how to protect our group from the countless cameras.

About two weeks later our group received about 15-20 cards from Al-Anon members in Ohio. They were sent with love and to remind us that we are never alone. It showed us that this fellowship is truly worldwide. The group was dumbfounded by the love and support that we received. I asked our delegate Rita for the contact information for the Ohio delegate and wrote a letter thanking him and all the groups for their love and support. I thought the story ended there, but it didn't.

I left my hotel room in Vancouver on July 6 and was taking the elevator down when another Al-Anon member got in. We all know each other because of the name tags.

I saw that she was from Ohio and I told her of my love for Ohio and explained why they had such a special place in my heart, she started to cry, she looked at me and said "My group was one of the groups that sent cards" then I started to cry. I will have to say that no one looked at us funny when we left the elevator, because we were surrounded by other Al-Anon members. This woman went on to tell me that their delegate read my email at their assembly and that there wasn't a dry eye in the place when he was done. You can't image how wonderful I felt. The love from our group had found its way back to Ohio. All I could think was how implausible it was that this women and I ended up on the same elevator, but there are no such thing as coincidences.

I look at it today as if God was playing an incredible game of Tetris. How to make sure that this woman and I stayed at the same hotel, that we got on the same elevator, and that I was able to see that she was from Ohio. God had a plan for me that day and I am grateful that I followed it because I had one of the most extraordinary experiences in my life. I was to speak at the convention that day about Concept 9 – Good Personal Leadership. I decided to tell this story when I spoke and I got to meet more and more people from Ohio. I was truly blessed that day. I came home and told the group of the miraculous experience and we all sat in gratitude and realized just how remarkable this program really is and how we are never, never alone.

Sandy S



*With
Al-Anon/Alateen
you are not
alone*



My Life Changing Al-Anon Experience

I started coming to Al-Anon meetings in the month of February and that was over 4 years ago. Hard to believe how much time has passed. I enjoy and look forward to every year the CT AFG Convention. The workshops and speakers are amazing. The social aspect of the Convention is something I cherish. I highly recommend attending this event usually in March.

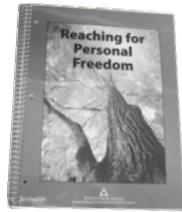
I have made such wonderful friends in the meeting rooms, and at various other events. Many of them have become close friends that I see socially outside the rooms. Their words of wisdom through experiences and the personal friendships have made a tremendous impact on my life. I care deeply for these people and know that feeling is mutual.

Doing service is a wonderful way to give back and connect with others on a deeper level. At my home meeting I have been chosen for different service duties

and always willingly accept. Recently I became a District Public Outreach Coordinator. This is an extremely rewarding service position. I felt strongly that it was my time to step up and try to give back a little to people who are in need of support and serenity in their lives, such as I have found through Al-Anon. I still have a great deal to learn and have not been doing this very long. However, I am open to what lies ahead.

One of my favorite sayings/slogans is "progress not perfection" and I feel like it applies in this situation. We are all a work in progress and no one is perfect. I am so very grateful to have found this program and honestly do not know where I would be without it in my life. Sincere thanks and I will keep coming to these meetings. I do not plan on stopping for a very long time. Much peace, and serenity to all of you.

Leslie H.



Hello all Al-Anon and Alateen Members:

I was fortunate to attend the International Convention in Vancouver and it was very exciting for me, but one of the other exciting things was the introduction of our new workbook "Reaching for Personal Freedom Living the Legacies" (P-92). Al-Anon Family Groups has three Legacies: recovery through the Twelve Steps, unity through the Twelve Traditions, and service through the Twelve Concepts. They are the spiritual foundation of our program. Each offers opportunities for healing and personal growth.

Although the Legacies may be difficult to understand at first, with time and continued study our perception of them gradually changes. The depth of their wisdom gives us an ever-growing, evolving understanding of the Al-Anon program and the ways we can apply it in all our affairs.

I have not had a lot of time to read a lot of the new book but at first glance I can see that the comments and questions in each of the Legacies has a lot of wonderful information. And I really love the sharings that were added by members to each of them.

Our Literature Distribution Center has a supply at the office now so feel free to order some. If you have not gotten the notice, they will officially be open beginning on August 27 for walk-ins; however, feel free to call the office and place an order and when they will be available and Marie and Mary Ann will fill the orders for pickup.

It is wonderful that we have members that are so willing to be of service in our great program.

Love in Service, CAL

The Forum

I cannot think of one particular tool that has helped me in Al-Anon because I use them all. But I have decided to salute "The Forum" because it contains many of the tools we do use. It is a gem of a periodical and of great value to our wonderful program.

It arrives at just the right time each month as a welcome surprise in its plain white envelope to preserve anonymity and perhaps to raise the eyebrows of the postman and neighbors. I tend to read it cover to cover as soon as I receive it. It includes personal wisdom and stories from members of Al-Anon and of Alateen, the step and tradition of the month, an instant meeting to help our meetings,

news of world service and other information about Al-Anon.

It has a special section in which members tell how they use our lovely literature. I find their comments very interesting and insightful and am excited and encouraged to continue reading the literature.

I commend the WSO for sending free copies of "The Forum" to each group and think a subscription should always be included in our anniversary raffles.

Marty S

Let's Talk About Crosstalk

Recently, I was reminded why Crosstalk can create an uncomfortable environment for me at an Al-Anon meeting. We had a guest speaker come from another meeting in our District as part of a Speaker Exchange. After the speaker finished sharing, other members were given the opportunity to share. As each member shared, the guest speaker started to comment on their sharing after they were finished. The comments increased in frequency as more members continued to share.

Ironically, our group had already experienced some issues with Crosstalk; a business meeting is scheduled to discuss the concern of Crosstalk. According to an Open Forum article from June of 1995, The World Service Conference at a workshop at the 1991 World Service Conference created a definition of crosstalk. "Crosstalk occurs when one member monopolizes the meeting with one-to-one responses to another member."

By experiencing what I feel was Crosstalk at this meeting; I realize why I felt so uncomfortable. I come to Al-Anon

and continue to come because it is a safe place I can share openly without fear of being judged, questioned, or dominated. I consider crosstalk a form of dominance and/or control.

As a result of Crosstalk, time was taken away during the meeting for the opportunity for many others to share especially since it is a large meeting. We are all equal members in Al-Anon; no one person has more authority than another. Al-Anon meetings are not the place for one-on-one personal sharing. There are other appropriate opportunities for this type of sharing; either before the meeting, during the break, or after the meeting.

I respect and value the principles of the Al-Anon program. For me, it is a sacred tool to my recovery; I cannot find this type of environment anywhere else that is conducive to experience the sharing of experience, strength, and hope which significantly contributes to my sanity, serenity, and trust in the principles of the program.

Laura C

2014 CT AFG Convention

Save the date: **March 21-23, 2014**

37th Annual CT AFG Convention

Crown Plaza Hotel

100 Berlin Rd, Cromwell, CT 06416

(860) 635-2000

Hotel Code: QAZ

Meet friends in recovery

Grow in Service Have FUN!

Interested in being part of the committee?

The first **Convention Committee Planning meeting**

will be at the Crowne Plaza Hotel, Cromwell, CT,

Sunday, **September 15**, 2013, 1:00 PM.

For more information: convention2014@ctalanon.org

or see the convention page at www.ctalanon.org

?



Theme Contest

We need a theme for the convention.

If your idea is chosen,

you will **win** one free convention registration and a room for the weekend (sorry no meals).

Email as many entires as you wish to

ThemeContest@ctalanon.org

All entries must be **received by**

Saturday, **September 7**, 2013.



See the flier at your meetings or on the Convention page at www.ctalanon.org.

2013 CT AFG Fall Workshop

The committee is busy preparing for the CT AFG Fall Workshop.

The date is October 26, 2013. Location TBA.

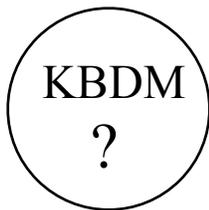
They are still looking for a Properties Chair,

Literature Co-Chair,

Raffle Chair

and committee members for all committees.

Please contact Marcia and Donna at fallworkshop2013@ctalanon.org



Five Questions For Knowledge Based Decision Making (KBDM)

- What do we know about our members' or prospective members' needs that is relevant to this discussion?
- What do we know about the resources and our vision for the organization that is relevant to this discussion?
- What do we know about the current realities and evolving dynamics of the world and our fellowship that is relevant to this discussion? What are the Pros and Cons?
- What are the ethical implications of our choices? In other words will our decision be consistent with our spiritual principles?
- What do we wish we knew, but don't?

Deadline for October Contributions is Sep. 23, 2013

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

Please contribute a sharing this month: "There is no *Lifeline* without you."

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

