

Lifeline

March 2013

Connecticut Area 7 Newsletter for Al-Anon / Alateen

In This Issue:

Pg 1. Announcements

Pg 2. Spiritual Gifts of the Program
Happiness

Pg 3. Public Outreach Corner
Spotlight on Literature

Pg 4. 2013 CT AFG Convention



Announcements:



Al-Anon Events:

- Al-Anon CT 2013 Convention
March 15-17, 2013
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)

AA Events with Al-Anon participation

- Roundup
- Soberfest: May 31- June 2, 2013, Bozrah, CT
- Rompiendo Fronteras

Temporary move:

- From Feb. 6 thru Apr. 10, 2013
Torrington Wednesday Afternoon Meeting
moved to St. Mary Parish Hall, Pulaski St, Torrington, CT
Return to Sullivan Senior Center Apr. 17, 2013

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."

Anniversaries:

- Tuesday, Mar. 19, 2013
5th Anniversary Tuesday Woodbridge Alateen AFG
First Church of Christ,
5 Meetinghouse Ln, Woodbridge, CT
Food and Fellowship 6:30 pm
Three Alateen Speakers 7:30 pm
Food and Raffle Items Appreciated
- Saturday Apr. 13, 2013 (Snow date Apr. 20)
39th Anniversary Waterbury Saturday Morning
Bunker Hill Congregational Church
274 Bunker Hill Ave., Waterbury, CT 06708
Fellowship Hall downstairs (entrance across from park)
Coffee "and" 10:00 am
Al-Anon, Alateen and AA Speakers 10:30 am
"Lunch to follow"
Finger Foods and Desserts 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
- Thursday 8:00 pm -9:30 pm New Haven, CT
Take a step even when you don't see the whole staircase.
Come join us as we strengthen our recovery
using 2 questions a week from the Step section of
Paths to Recovery
Bethesda Lutheran Church Parish House
305 St. Ronan St, New Haven, CT



Spiritual Gifts of the Program

When I first came to these rooms, I was spiritually bankrupt. I did not understand why I was lost and broken. I thought that I needed to fill my life with all the things of this material world. I thought if I made enough money, worked really hard and received happiness and love from my family and friends, that would complete and fill the void in my heart. I realized that this was not true. In the past I did everything for my loved ones and other acquaintances in my life until I started to become resentful. I finally broke when I had nothing to give to anybody and surely not myself. It was a humbling experience. I thought how my life had been a lie to myself, the person that I was supposed to love most. It was an Aha moment. I had lost my spirit and I was looking for my heart to be filled from the things of this world.



Today after finding my Higher Power and the healing of this program, I am not spiritually bankrupt anymore. My spirit truly lives within me today. I fill my life from within. I fill the whole in my heart from within today and I know I am a kind, loving and compassionate person. I can give and receive love today! It is so great to have the Faith and Hope in my life that has been missing so long. We are all spiritual people. Today I live my life, I dream of the person I am becoming. I have faith that God wants the best for me. And I deserve what is best for me today. The gifts that the program has given me by working the Twelve Steps in my life are Hope, Faith, Trust, Honesty, Forgiveness, Humility, Compassion, Love, Willingness and a fullness of God working in my life. I am finally becoming the person I am proud of being. I am true to myself. Thank you everyone.

Anonymous



“Life without God is like an unsharpened pencil
- it has no point.”

heard at 2012 N.H. Convention



Happiness

Everyone wants to “be happy.” But what is happiness? Is it getting everything I want? I know people who seem to have everything but are not happy and I know people who have very little but seem happy. Years ago I might have thought “If only . . . , I would be happy.” Since coming into the program I have learned that, as Abraham Lincoln is quoted as saying on the *Just For Today* bookmark (M-12), “Most folks are as happy as they make up their minds to be.” To me this means that while I cannot control what happens, I can control how I look at it and what I do about it. For example, if I am stuck in traffic and seem to hit every red light, I can fuss and fume and become unhappy or I can realize that there is nothing I can do about it so I may as well relax and go with the flow and be happier.

I have also noticed that when I try to notice the good things in my life and am truly grateful for them, I am a lot happier. Yes, there are bad things everywhere (just turn on the news or read the paper) and I often get caught up in them. But if I look around there are also a lot of good things which I often overlook. I have friends and good neighbors. I have a roof over my head, indoor plumbing, electricity, a car which starts, a soft bed at night, clothes to wear, food to eat, a program and a Higher Power. There are birds, squirrels, trees, flowers, grass, rivers, lakes and

oceans to enjoy. Should I concentrate on the problems these can sometimes cause or enjoy them? I enjoy music, reading, walking, being with friends and family. I could list a lot of things I do not like but doing that will not change them or make me happy.

I am a perfectionist who is trying to let go of a lot of stuff I really have no control over anyway and it is very freeing to have permission to let it go. If someone wants to do a task differently, who made me the only one with the “right” answer? Why waste time and energy worrying about it. I’ve got better things to do. I know that now, but I did not realize it before I came into Al-Anon. I thought it was my job to fix everything around me. And often the people I tried to “help” did not appreciate it. And I lived for that appreciation. After all, look at what I was doing for them. Only now do I realize that sometimes they, like me, want to “do it myself.”

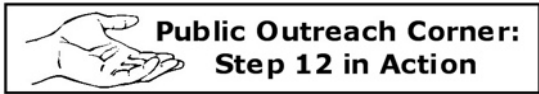
So what is happiness? To me it is being comfortable in my own skin. Knowing that I am doing my best to take care of what I need to and letting others, including my Higher Power, take care of the rest. It is taking the time to notice, enjoy and to be truly grateful for all the good things in my life. It is having the Serenity we pray for at each meeting.

Susan

"Keep it Simple"



"Let it Begin with Me"



District One Public Outreach

We had our first District 1 meeting on 2/16 as the original meeting on 2/10 was cancelled due to the blizzard! The group was small due to some scheduling conflicts with regards to work, however the excitement and commitment was evident in all. "Let it begin with me" is alive and well in District 1. Our goals for the next few months are "Keep it Simple." We will continue to contribute our literature to libraries, police departments, Spanish Speaking Centers, hospitals, day care centers and supermarkets. We will also volunteer our time and energy at the Convention. We will concentrate on the media for April.

One member will bring the message of hope to schools with the hope of educating social workers about Alateen and making sure they have a schedule of meetings.

As you can see, we have great plans. We invite any interested members to come to our next meeting which will be held the last week in March. Stay tuned for the date.

Love in Service,
Janice R.
P.O. Coordinator for District 1



Hello all Al-Anon and Alateen members:

Today I am featuring the book *Opening Our Hearts; Transforming Our Losses* (B-29).

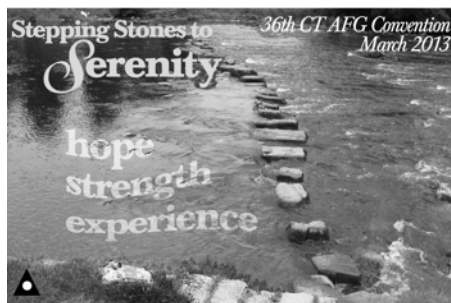
In Al-Anon and Alateen, when we describe alcoholism as a "family disease," we refer to the fact that one person's alcoholism affects the entire family. While symptoms of alcoholism are displayed by the alcoholic's behavior, symptoms of this "family disease" are revealed by the family's reaction to the alcoholic. Al-Anon can help us lessen these effects.

Chapter Two, "Living with the Family Disease of Alcoholism," from the book *Opening Our Hearts, Transforming Our Losses* describes the effects that alcoholism has on those closest to the alcoholic, as well as ways that Al-Anon helps us heal. This book shares the

experiences of Al-Anon members in facing the many losses associated with alcoholism and how they have found recovery through Al-Anon Family Groups. "We don't have to try harder or do better. We have tried long and hard enough. Though we may not be able to change the alcoholic, we discover there is one person we can change — ourselves." From page 23 of this featured book.

Al-Anon and Alateen literature is most fully understood when used in conjunction with other tools of the program. The books and pamphlets can strengthen your recovery. Why not pick up a new book that you haven't read yet? See you at Convention 2013!

Love in Service, CAL



IT IS NOT TOO LATE!

You’ve **missed** the pre-registration deadline, but you **can still come** to the convention. **\$30** (\$15 for teens, who also need signed paperwork) gets you any or all 3 days of the convention. See partial schedule below.

Stay more affordably:

Share a room with a friend - you deserve to treat yourself
To make **hotel** reservations (they have a pool)
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.



To Volunteer to Help at the convention, for Questions or for More Information: email convention2013@ctalanon.org

Partial Convention Schedule - for complete schedule and information see www.ctalanon.org **Convention Page**

Friday 3:00 pm Begin Registration
5:30 pm Early Bird Meeting
7:30 pm Opening Welcome, Alateen, AA and Al-Anon Family Keynote Speakers *
9:30 pm Entertainment / Skit (This is the one people will be talking about - don’t miss it.)
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 Workshops: see Topics online
Al-Anon, Bilingual (Spanish/English with translation), Alateen and AA meetings
(all of 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, must be signed up)
7:30 pm Welcome and Raffle, Alateen and Al-Anon Keynote Speakers *
10:00 pm Dance
10:30 pm Candlelight Meeting

Sunday 8:00-8:45 pm Early Bird Meeting
9:00-11:00 am AA and Al-Anon Spiritual Keynote Speakers *



We will also have a hospitality room, quiet room with labyrinth and other activities.

*with Spanish translation, hard of hearing assistance and ASL interpretation

Deadline for May Contributions is April 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

