



# Lifeline

May 2013

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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## Announcements:

### Al-Anon Events:

- CT Alateen Workshop Weekend (CAWW)  
May 17-19, 2013, Chester, CT
- Al-Anon International Convention  
July 5-7, 2013, Vancouver, BC  
(Registration NOW available, passport needed)  
See [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members)  
for details and registration information.
- Fall Workshop, Oct. 2013
- Al-Anon CT Convention, March 21-23, 2014, Cromwell, CT  
First planning meeting Sept. 15, 2013, 1 pm, Cromwell

### AA Events with Al-Anon participation:

- Soberfest: May 31- June 2, 2013, Bozrah, CT
- Rompiendo Fronteras: Sunday, July 21, 2013, Meriden, CT
- Area 11 Convention, Sept. 6-8, 2013, Waterbury, CT

### Need Support:

- Monday 7:30 pm Clinton CT  
One of the oldest meetings on the shoreline.  
First Congregational Church  
55 Church Rd, Clinton, CT
- Thursday 8:00 pm - 9:30 pm New Haven, CT  
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



### Anniversaries:

- Friday, May 10, 2013, Rocky Hill  
Recovery and Hope Anniversary  
St. James Church  
767 Elm St, Rocky Hill, CT  
7:00 pm Food; 8:00 pm Speakers/Raffle  
Finger foods appreciated.  
**No Nuts** - Severe Allergies in Building (Thank You)
- Tuesday, May 20, 2013, Mystic  
Tuesday Morning AFG 42nd Anniversary  
First United Methodist Church  
23 Willow Street, Mystic, CT  
Side and Rear Entrances to Parking Lot  
10:30-1:00 2 Speakers, Raffle, Potluck lunch
- Tuesday, June 4, 2013, Glastonbury  
Tuesday Evening Women's Group 19th Anniversary  
First Congregational Church  
2183 Main St., Glastonbury, CT  
Refreshments 7:00 pm, Speakers 7:30 pm  
Finger foods appreciated. Men and Women welcome.
- Saturday, June 9, 2013, Portland  
Portland Sunday Night Anniversary  
First Congregational Church  
554 Main Street, Portland, CT  
7:00 pm Fellowship, 7:30 pm Speakers  
Raffle Items, Desserts & Finger Foods appreciated.



### Meeting Change:

- Wednesday Evening Enfield  
Time change to 7:00 - 8:00 pm beginning June 5, 2013  
Church name change to Holy Trinity Episcopal Church  
at same address: 383 Hazard Ave., Enfield, CT  
(was St Mary's) Meeting needs support.

## Signs

When I first came into these rooms  
I saw upon the tables sat  
Some funny cardboard cards  
And I thought, "What the heck is that?"

I sat and I listened  
And I wondered could it be  
That this place I had entered  
Was the right place for me?

There was no active alcoholic  
In my life now, I debated  
They were all in my past, my Dad  
And everyone I ever dated!

Sure, I was critical, judgmental  
And subject to sadness  
And no matter how I tried  
Couldn't seem to stop the madness!

I mean my life wasn't horrible  
Full of *nothing* but pain and strife  
My relationships were strained, but hey,  
Wasn't that just life?

But at your urging I kept coming  
And quickly I began to see  
I was in the perfect place  
For unmanageable me

And those funny little signs  
That I read week after week  
Have become a way of life for me  
The serenity I seek



When I'm hard on myself or others  
**Easy Does It** seems wise  
**Live and Let Live**  
When I'm about to criticize

When I want to analyze something  
Until it makes me sick  
**Keep It Simple** or **How important Is It?**  
Always do the trick

When I want to win a battle  
And feel I am right  
**Keep An Open Mind**  
Helps to diffuse that fight

When I struggle to control  
Persons, places or things  
**What's To Be Will Be**  
And it always brings me peace

When I worry or feel fear  
For a loved one I realize  
**Let Go And Let God**  
Makes everything right-sized!

Because they help me remember  
Who's really in charge of this show  
And I breathe a sigh of relief  
Because I don't have to know

I try to take my life **One Day At a Time**  
Not to see things white and black  
But I need a little help with this  
So I'll **Keep Coming** back!

Libby



## Again

My partner (qualifier) found recovery (again). I'm supposed to be grateful; I'm supposed to be supportive; I'm supposed to continue working my Program.

Well, the reality is this: I'm tired! Tired of the 'false starts,' tired of being the one who has to 'be strong,' tired of making good choices, tired of everything!

I've complained to several program people. You know what they told me – Keep Coming, Keep Working Your Program, Focus on Yourself, Be Gentle with Yourself, Live and Let Live, Don't go to Every Fight, Just for Today, One Day at a Time, Stay in the Moment, Have Faith, Don't Have Expectations, Progress not Perfection.

They're all great suggestions...things I would probably share if someone came to me with this same problem.

I appreciate the unconditional Love and Support I receive from the members of Al-Anon. It makes the burden just that much lighter.

I will try to do my best. I will remember to breathe. And I will find strength and comfort in the fact that I'm never alone. Never. Spiritually or physically - because of the constant presence of My Spirit and the warm, loving members of my Al-Anon family.

Thank you!

- Pamela V



### **Public Outreach: Let it Begin with Me!**

After a year or so of coming to Al-Anon meetings I began to feel increasingly called upon to contribute something, anything, by way of service to my wonderful home group. I was getting so much help from the members of my home group, and other meetings I attended, and was profoundly grateful. After a while it became obvious to me how so many people were “stepping up” in service positions, whether it be leading a meeting, literature chair, treasurer, group representative, refreshments, etc. They did it with such enthusiasm and I could not help but be inspired. I realized that these meetings would simply not happen unless dedicated people like this were willing to step up to the plate and commit.

One day, a service opportunity as literature chair became available. I decided to quit staring at my shoes (I had gotten quite adept at this by then) and raise my hand. I could never have predicted how that simple decision could profoundly accelerate my recovery, deeply connect me with my home group and so many other Al-Anon members, and inspire me to challenge myself to do more. Literature chair was a great role since I gained a much deeper appreciation of the many wonderful pieces of Al-Anon literature. What a terrific “fringe benefit” to increase my personal “library” of literature and strengthen my knowledge of the program!

After a few years in this role the group representative position became available. I figured I was ready for a new challenge and raised my hand despite some misgivings as to whether I was “worthy” to be a representative of my group and ready to take on this added responsibility. Again, I discovered that taking this “risk” brought immediate benefits. A much deeper appreciation of the way Al-Anon is structured, the numerous other essential service roles taken on at the district, regional and world level and the opportunity to have a voice in this on behalf of my group. This role was not a hardship!

Amazingly, before attending my first GR meeting I had never even heard of public outreach. At each meeting our

district representative would remind the group that we needed a public outreach coordinator and we would all stare at our shoes! I loved the GR role but at each district meeting found myself wondering, what the heck is public outreach?? One particular slogan kept staring me in the face and made me think more deeply about myself and my role in Al-Anon. “Let it begin with me.” Although I had learned that this slogan helps us to keep the focus on and be responsible for our own actions and behaviors, I found myself relating more to it in relation to the Al-Anon declaration:

“Let it begin with me. When anyone, anywhere reaches out for help, let the hand of Al-Anon & Alateen always be there & let it begin with me!”

I like to think that my Higher Power “tapped me on the shoulder” to raise my hand again and volunteer to take on a service position I knew absolutely nothing about! Clearly, the district needed help, and why not me? The support I immediately received from our district (including a major allocation of our budget to support public outreach activities) was simply amazing. Very quickly I connected with other public outreach coordinators from all over the state and was amazed to learn about the numerous facets of PO and how much some other districts were accomplishing. Their enthusiasm was and is contagious and I could not wait to bring some of these ideas back to the GR’s in District 5 and my own home group, and encourage people to try them.

After sharing my newfound knowledge of and enthusiasm for public outreach (PO) at a group meeting, Pete K (now affectionately known as “The Laminator” for his prowess and dedication towards laminating “How Al-Anon Works” posters which we distribute as part of our PO efforts) stepped up to co-chair the PO coordinator role with me. We are now well into our third year as a team and what an amazing journey it has been! Our PO committee has grown to 20 from zero and I am proud of what we have been able to accomplish. I am convinced the enthusiasm we share is infectious and strongly encourage anyone thinking about service to try public outreach. Let it begin with you!!

David S - Co-Coordinator for Public Outreach – District 5



## Thank You!

A BIG Thank you note from me to the Convention Committee & any other members who volunteered the weekend of the Convention either as moderators, speakers, in the skit, Alateen Sponsors, or at the Literature, Raffle, Sales & Souvenir, Pre-reg & Walk-in reg, Greeter, PO, or BOD Tables. Also the CAWW raffle table, Hospitality room, Activities, & Spanish and ASL Interpreters.

It takes many dedicated members to put on a Great Convention.

We had an AWESOME, Successful, CONVENTION ! -  
STEPPING STONES TO SERENITY - ROCKS ON ! 2013

I hope you enjoy the warm memories & message of Hope & Serenity the Fellowship so kindly gives us at the convention weekend.

I believe it's our H.P. (Higher Power) at work & play !

We laugh, hug, dance, sing, cry, smile, listen, pray, share, eat, swim, think, rest, play, love -

Yes, we LIVE & LET LIVE - ONE DAY AT A TIME.

Concept 4 - Participation is the Key to Harmony !

Love you all,

Gina R., CT AFG.Convention Chair 2013



Hi Al-Anon and Alateen Members,

Although I have mentioned the "Alateen – a day at a time" (B-10) reader, I again will talk about it as this month is the anniversary of this book. "Alateen – a day at a time" made its debut at the April 1983 Conference, and the first printing sold out within a three month period. By the end of that year, members bought more than 77,000 copies.

How encouraging it is that we absorb the knowledge of our literature so enthusiastically.

An Alateen sponsor wrote that if a meeting started to get out of hand, they would ask one of the teens with the most energy to read page 285. It talks about the First Tradition and how a group is only as good as its weakest link. The page also mentions how we all need to listen to each other, and take the meeting seriously, because there are many members that need the help Alateens offers.

Alateen helped me to look back, accept, and forgive the things that happened in my childhood. Page 108 reminded me that I was special and unique. I needed to know that I was indeed one of God's miracles. Thanks to page 298, I also learned that God doesn't make junk. The sharings in this book are so simple, so honest, so right to the point.

This Alateen sponsor also mentioned that she often takes the little red book to Al-Anon meetings when she chairs. The book is always well-received by all.

What a great way to introduce new material in all of our meetings.

Have a great Spring. Hope to see all of you at the International Convention!

Love in Service, CAL

### **Deadline for June Contributions is May 27, 2013**

- Al-Anon announcements
- Sharings on using the Al-Anon tools
- Email Subscriptions available
- Send your items to [lifeline@ctalanon.org](mailto:lifeline@ctalanon.org)

**Please contribute a sharing this month!**

➔ **Lifeline** is also available online at [www.ctalanon.org](http://www.ctalanon.org) Lifeline tab

