

Lifeline

November 2013

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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Announcements:



Al-Anon Events: (see page 6)

- Serenity Breakfast January 19, 2014, Crowne Plaza Hotel, Cromwell, CT
- CT Al-Anon Convention, March 21-23, 2014, Crowne Plaza Hotel, Cromwell, CT

AA Events with Al-Anon participation:

- CSCYPAA Nov. 29 - Dec. 1, 2013, Cromwell, CT
- MA AA Roundup with Al-Anon/Alateen participation Holiday Inn, Mansfield, MA, Feb 14-17, 2014

Meeting Format Change:

- Sunday 7:00 PM at Gaylord Hospital, Wallingford second entrance, stone conference building Chauncey Conf. Bldg., Gaylord Farm Rd, Wallingford One Step per week with Tradition at end of month Serenity on Sunday before the hectic work week.

Time Change:

- Unionville Women's Saturday Step Meeting 4:00 PM - 5:30 PM Starting 11/2/2013 Farmington Youth Center 23 School Street, Unionville, CT 06085 Please Join us.



Young Adult Meeting:

- Young Adult Al-Anon Meeting University of Hartford Tuesdays 12:00 PM - 1:30 PM 200 Bloomfield Ave (Rt 189), West Hartford

From Main entrance proceed to Parking Lot F. Konover Building, a.k.a. Village Market is unmarked blue building to right of Lincoln Theatre. Enter building through second exterior door to left of main entrance. Meeting room just inside this door. Handicap Accessible

Help Wanted:

- LDC needs volunteers: email ldc@ctalanon.org Tuesdays and Thursdays 9:30 PM - 3:30 PM, Fridays 12:30 PM - 3:30 PM *** Please call ahead 860-244-0022 ***
- This year we will need people to step up to most **Area Coordinator** positions for 2014-2016, including a new Lifeline Coordinator. Position descriptions may be found on the www.ctalanon.org members website under "Gratitude in Working Clothes." Please start thinking about it.

Consider strengthening your recovery and giving back for what you have gotten by volunteering to become an Area Coordinator. Someone was there for you. Be there for the next person.

Anniversaries:

- Friday, November 8, 2013 24th Anniversary
St. Albans Episcopal Church
197 Bushy Hill Rd, Simsbury, CT
6 PM Dinner, Finger foods appreciated - NO kitchen
7 PM Alateen, AA, Al-Anon Speakers
(Normal 4 PM meeting delayed to 6 PM)
Approved raffle items appreciated.
- Tuesday, November 12, 2013 48th Anniversary
North Haven Congregational Church
28 Church St., North Haven, CT
10:00 AM AA, Al-Anon and Alateen Speakers
Raffle. Lunch to follow. All Welcome.
- Tuesday, November 12, 2013 28th Anniversary
United Methodist Church
401 New Britain Ave., Newington, CT
7:00 PM Fellowship, Snacks and Desserts, Raffle
7:30 PM Al-Anon and Alateen speakers
4 speakers on the 12 Steps
Snack and dessert items appreciated.
- Sunday, November 17, 2013 Anniversary
St. Thomas the Apostle Church
872 Farmington Ave., West Hartford, CT
6:00 PM Refreshments, Raffle
7:00 PM Speakers



Concept 6

“The Conference acknowledges the primary administrative responsibility of the Trustees.”

Concept Six is about shared leadership. It can pertain to any relationship in which we cannot accomplish everything alone. Rather than become exhausted in futile attempts to do it all, as we might have done in the past, we learn to cooperate. We apply the principles of delegation, authority, and responsibility.

(From *The Forum*, June 2011)

As we apply Concept six to world services, the need for shared leadership between The World Service Conference & the Trustees becomes obvious. The primary responsibility of the Conference is to provide Al-Anon as a whole with guiding principles and a sense of direction. It would be impossible in a one week annual meeting for the Conference to involve itself in all of the administrative duties of the WSO or Al-Anon service worldwide. Therefore administrative oversight of the WSO is delegated to the Board of Trustees, which meets quarterly. Trustees report back to the Conference, but that doesn't mean they have to ask permission before taking action. In keeping with the delegated responsibility found in this Concept, they will know when to consult & when to act.

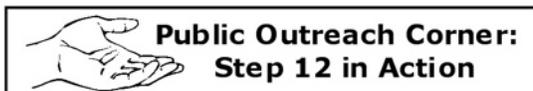
(From *How Al-Anon Works* pg. 134 & 135)

This Concept also involves mutual trust and clear communication. If I delegate a job, I need to be clear about what needs to be done, when it needs to be done, if time is a factor and how I want it done, only if it's important. Otherwise I need to trust that I have delegated the responsibility to the right person and allow them to do the job.

I used this Concept when I inherited the Chair position for the Fall Workshop several years ago. I trusted that the Chair people and their committees would do their jobs; I made suggestions, asked for progress reports and relaxed. My job was easy as I realized that all I needed to do was be available to guide, answer questions & help when asked.

Before Al-Anon I tried to do it all. I thought my way was the only way & the right way. I was controlling and a micromanager, frequently redoing or taking over the task. Today this Concept & others give me the freedom to delegate; to allow others to do it their way; to allow others the dignity of failure and success and I have more free time & less stress.

Carol D



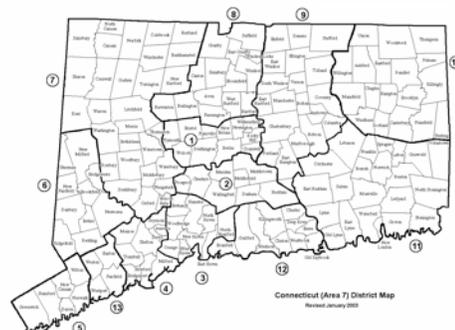
P.O. Correction

Oops! I wrote an article in the October *Lifeline* about Public Outreach. Unfortunately, I stated that our committee was in District 4 and not District 3. This was incorrect. The article was intended to represent the work that is being done in District 3. It is nice to know I can still make mistakes, and it was with love it was pointed out to me. I will keep coming.

Love In Service, Marie R, Orange

What District Am I In?

Connecticut (Al-Anon Area 7) is divided into 13 Districts. To see a larger copy of this map, see www.ctalanon.org and go to “Area 7 District Map” on the members' page.



Lessons From My Flower Gardens



I absolutely love my flower gardens. For those who may read that first line and think "what does that have to do with our Al-Anon program?"....Patience....read on.



For me, the slogans that I have learned in program are applied again and again when I plan, plant and care for my flower beds. At my home group early this spring, I shared that on a beautiful spring day, I went outdoors and surveyed the brown dead mess in my flower beds, seemingly worse this year because of severe winter storms. I was feeling completely overwhelmed. "First Things First" came to mind. So, I found my tools and went to work cleaning up a bed that received full sun and was already sprouting new growth. Later in the day, I checked and, sure enough, the new sprouts were already standing tall thanks to my efforts and God's glorious sun.



Throughout the spring cleanup, I had to remember "Easy Does It." My stamina is not what it was in younger years and now when I feel achy and tired after a few hours in the garden, I take a break.



This year, I decided to focus on my front beds as these are the flowers I see from my window and when I walk into my driveway. As an added bonus, I can share the beauty with my neighbors as they travel up and down the street.

In early summer when I began choosing new plants to purchase, "Think" came to mind. Last year, the deer, mole and groundhog population loved my garden too. So, this year I did a little on-line research, asked questions from my local nursery and chose flowers that my animal friends don't like. Of course, I also learned that when those critters are hungry, they'll eat anything! I do believe they probably laugh at my expensive repellents and other mother earth methods. "Live and Let Live!"



In mid summer, when my flowers are vibrant and healthy, I can rest, enjoy the colorful show and share cut flowers with friends. I know that "Gratitude Changes My Attitude."



And finally, late in the summer when I am once again overwhelmed with the trimming, drought issues and general care, I am learning to ask for help. And when I do ask for help, I have learned "Acceptance" because the job will not necessarily be done as I want and when I want.

Because flower gardening is a hobby that I thoroughly enjoy, these lessons "stick with me" so that I can apply these tools in all aspects of my life. I am truly a grateful member of this beautiful fellowship. I will definitely "Keep Coming!"



Kris P

What Is a Convention?

You're probably starting to see information about a Convention this Spring. You may be wondering what a "Convention" is exactly. If you decide to stop reading, I'll leave you with this thought:

You'll have a **Great Time** if you go to the Convention in March !

It's held at a hotel in Cromwell, and starts on Friday afternoon. It continues all the way through Sunday, late morning. There are Al-Anon, Alateen, and AA meetings throughout the weekend. Typically there is Entertainment Friday night and a Dance Saturday night. Some people get hotel rooms and stay overnight. Others opt to commute daily or only attend one day. Your registration includes all three days. There's a dinner and Keynote Speaker Saturday night and other Speaker meetings during the day, usually focusing on different topics. Besides the great Experience, Strength, and Hope you'll hear, there's a Hospitality Room (*Read: Food!*) and there are activities. Last year there was drumming & yoga, to name a few.

So that's a brief overview of the Convention.

Now, here's the Insider Scoop. I've only been to the Convention two years so far. Last year I decided to volunteer at one of the many tables that needed support for an hour or two during the event. At first, I thought, "Oh my gosh, I'm not important enough to go to the Convention. That's for people who have taken the

Steps and been in Al-Anon for many years." I thought people who go to the Convention were really important and it was only for certain people who figured everything out in their lives. I considered myself a relative newcomer and thought I would just volunteer for an hour, maybe go to a meeting, then leave.

WOW !! When I got there, it was so warm. I saw people I knew – people from my home group. I saw people that don't come to the meetings regularly. I heard speakers that were so incredible, they brought tears to my eyes. As for my volunteering, it was like talking to someone before or after the meeting. I ended up working with someone I didn't know very well. As it turned out, we had very similar stories. I came away feeling so accepted and understood. It was phenomenal!

For me, it can be very overwhelming trying new things. Believe me, I get it. But I'm here to tell you it was one of the best decisions I ever made. I'm hoping by sharing my experience you'll consider attending this year's Convention in March. Once the Registration flyers come out, make a point to take one and send it in. Having a pre-paid registration will give you an added incentive to join us that weekend and celebrate our recovery and serenity. It's also extremely reassuring to know we are never alone.

- Anonymous

Recovering Our Playful Side

(From 2013 CT AFG Fall Workshop)

Al-Anon Diner
Open 24 hours a day / 7 days a week
Also on weekends and holidays

Starters:

- Fried CAL**-amari
(with or without maturity sauce)
- First Things First soup
- Live and Let Live veggie platter

Lighter Fare:

- Over Easy Does It eggs
- Frying the wrong egg; any way you like it
- Keep an Open Face and Mind sandwich
- LBM** sandwich
- Keep It Simple burger
- QTIP** salad

Beverages:

- Listen and Learn lemonade
- HALT** malt
- ODAT** good to the last drop coffee
- THINK tea



Entrees:

- Stew in your own resentment or Detach With Love
- Move a Mussel, Change a Thought linguini
- AAA** Dagwood sandwich special
- Don't forget to BREATH Platter with a side of serenity salad
- Just For Today special (you decide)
- Undecided? Let Go and Let God

Dessert:

- Progress Not Perfection Pie
- Principles Above Personalities Pudding
- How Important Is It hot fudge sundae



KEEP COMING BACK

- **CAL Conference Approved Literature
- **LBM Let It Begin With Me
- **QTIP Quit Taking It Personally
- **HALT Hungry, Angry, Lonely, or Tired
- **ODAT One Day At a Time (B-6)
- **AAA Awareness, Acceptance, Action



**Which items are you hungry for?
And why?**

Ann Anymity and Sara Enity will be happy to serve you what chef Al Anonity has cooked up today.

Where Did the Lifeline Go?

The *Lifeline* tab on the CT Al-Anon website has moved to the "Literature" tab.

On www.ctalanon.org slide the cursor over the "Literature" tab then click the "*Lifeline*" tab and you will find us. You can also find the LDC (Literature Distribution Center) here.

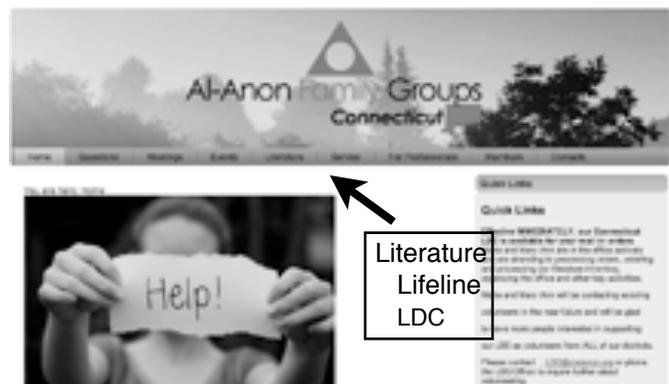
Please consider being the next *Lifeline* Coordinator.

LDC Needs Volunteers

The LDC is *your* Literature Distribution Center and it needs *your* help to keep things going smoothly. Volunteers can call 860-244-0022 or email ldc@ctalanon.org. "Many hands make light work."

Also if you email them an order before you stop in or before an event, it will save time when you get there. Please call 860-244-0022 before you stop by to be sure one of the managers will be there. Thank *you*.

④



Recovery - What a Concept!

Years ago, when my friend started the Saturday Night Westbrook meeting, she had told me that she wanted the meeting to do more sharings on the Concepts. I thought she was out of her mind. I had looked over the Concepts several times and decided that there was no way anyone could share on them at a personal level because they were all about Al-Anon business.

Today, I am admitting to you that I was wrong. Even though they seemed so foreign to me at the time, once I began doing service at the Area level, I could see them working in action. I knew my friend was right; but they are still *Al-Anon's Best Kept Secrets*.

On numerous occasions, I have had the opportunity to hear the executive director at WSO use this metaphor to describe our three legacies: "The Steps help us to play by ourselves; The Traditions help us to play with others; and the Concepts help us to play with the world at large." It is not enough for me to just work on the Steps or the Traditions that would be like sitting on a one legged stool. If I work the Steps and Traditions, it's like sitting on a two legged stool. However, if I work all three—Steps, Traditions, AND Concepts, I can sit quite comfortably on a three legged stool. Today, I find myself using the Steps for my own personal recovery; the Traditions in my home with my children or grandchildren for unity; and the Concepts at work with my coworkers and Al-Anon meetings creating better relationships--hence the world at large. Thus, my world has become balanced.

For me, the Concepts have increased not only my desire to do service in Al-Anon; they have amplified my awareness

of working to have a more positive relationship with others. This transformation has only occurred since I have begun working with the Concepts. I have become more tolerant, more accepting, more respectful, and more trusting of other people's talents and abilities. I have learned to give others the dignity of being responsible for whatever task they have been assigned and "keeping my hands out of the pot." Of course, this does not mean that I don't expect to be kept informed of their progress. But I have learned (the hard way at times) to mind my own business. I do my job, ask for help when I need it, allow others to do their job and trust that they will ask if they need assistance. It has given me so much personal pleasure to see the growth in others as they begin stepping out into the sunshine by giving service in Al-Anon.

Al-Anon service in conjunction with the Concepts has helped me grow in confidence with myself and all those that surround me by learning to trust the process. I have to admit that I never got it quite perfect when I was delegate. Since leaving that position I've come to realize that things happen the way they are suppose to happen and living the three Legacies have made me take responsibility for my own actions and to accept and be grateful for my abilities and the abilities of others. Because we all have our own special talents, I can think of no better place for any of us than to utilize them in Al-Anon service.

Love in service,
Taffy P. – Panel 42
GR – Tuesday Night Steps to Serenity
District 11



Hi Al-Anon and Alateen Members,

When I first came into Al-Anon I found everything a little confusing but I could relate to the slogans and the "Just For Today" bookmark (M-12). It had practical suggestions for things I could do "just for today."

At first I did not understand why some of the suggestions were there such as "Just for today I will be agreeable. ... I won't find fault with anything, nor try to improve or regulate anybody but myself." Eventually I realized that finding fault did not change the situation, did not improve it and often made it worse. When I was agreeable, people

around me seemed nicer, too. This did not mean that I had to accept unacceptable behavior but everything is not worth getting upset over. At lot depends on MY attitude.

Now I keep this little bookmark in my daily readers and try to do something it suggests each day. I can be as happy as I make up my mind to be.

Have a great fall! Best wishes to out new delegate, alternate and officers.

Love in Service, CAL



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 helping at the convention?

For more information: convention2014@ctalanon.org
or see the convention page at www.ctalanon.org

2014 CT AFG Serenity Breakfast

Sunday, January 19, 2014 (Snow date January 26)
Crown Plaza Hotel
100 Berlin Rd, Cromwell, CT 06416

Check in 8:30 AM - 9:30 AM



Hot Buffet Breakfast 9:30 AM - 10:30 AM
Scones, Danish, Bagels
Butter and Assorted Cream Cheese Spreads
Sliced Fresh Fruit
Fluffy Scrambled Eggs
Egg White Scramble with Broccoli and Onions
Crisp Bacon Strips
Home Fried Potatoes
Fruit Preserves
Chilled Orange, Apple and Cranberry Juices
Fresh Brewed Coffee, Decaffeinated Coffee and Tea Selections



Speakers, Music, Raffle 10:30 AM - 12:30 PM
Al-Anon, Alateen and AA speakers
Spanish Translation available



\$25 per person
Register by January 10, 2014
Space is limited



Questions: email convention2014@ctalanon.org
In case of bad weather, check
Convention page on www.ctalanon.org

Please consider being the **next Lifeline Coordinator**.
Send your Al-Anon resume' to Delegate Rita C. or lifeline@ctalanon.org by December 4, 2013.
See "Gratitude In Working Clothes" on the members' page for job description. Thank you.

Deadline for December Contributions is Nov. 25, 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 under Literature tab

