

# Lifeline

Sep. - Oct. 2013

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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## Announcements:

### Al-Anon Events: (see page 6)

- Fall Workshop, Saturday, Oct. 26, 2013  
Cheshire High School 9-4
- CT AFG Fall Voting Assembly  
Saturday, November 2, 2013, Hartford
- 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:

- 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:

- 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 PM)  
beginning Oct. 1, 2013

### Help Wanted:

- 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](http://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.



## Spanish Liaison Assembly Report

(Saturday) June 8, 2013

Dear Al-Anon Family my name is Cindy P. a grateful member of this beautiful program. My home group is the "Grupo Serenidad" in Meriden in District #2. As the Spanish Liaison Coordinator for our area, I want to personally welcome each and every one of you for sharing this day with us.

I thank my Higher Power for giving me the opportunity to do service work. I have gotten answers and learned more about myself by working with the Spanish groups. I have been able to share with each individual group as well as each individual member. Even though we are small in numbers, only five Spanish groups in Connecticut, each group seeks to participate more, as well as in the area level, the district level and Public Outreach.

For this, we have been meeting to study the Service Manual. We have been able to have very small workshops to better the groups' knowledge of the tools of the Al-Anon Program to work on our recovery.

I'm trying to let them know about our Translation Guidelines for the use of each group that needs the translation equipment as well as interpreters. Anticipating the fact that today there are no language barriers because we all speak the Al-Anon language. I thank the groups that have used the translation equipment which in turn is a growth opportunity for both the Spanish and the English speaking groups.

Also, a reminder to all that this year I am currently the Spanish Chairperson for Rompiendo Fronteras. Hope to see many of you sharing with me this service event on Sunday, July 21, 2013, from 9:00-4:00 PM in Meriden.

I have been passing the message to the members and the G.R.s of the Spanish Groups to give themselves the opportunity to be with us at conventions, assemblies and any open activities where Al-Anon is participating.

Last but not least, I share with each and every one of you the thanks for giving me the opportunity to serve the area. It continues to be a very beautiful experience which in turn has given me a spiritual growth. I especially would like to personally thank our Delegate Rita C, my service sponsor, my sponsor and Sue G. for their tremendous support and guidance. I truly love You All.

Love and Service Cindy P.



## Informe Enlace de Español

Junio 8 del 2013

Querida familia Al-Anon mi nombre es Cindy P. Un miembro agradecido de este Bello Programa mi grupo base es "Grupo Serenidad" de Meriden Distrito # 2.

Soy el Enlace en Español de nuestra Área, Bienvenidos a cada uno de ustedes por estar compartiendo este día con nosotros.

Le doy gracias a mi Poder Superior por darme la oportunidad de Servir. He tenido una respuesta grandiosa trabajando con los grupos Hispanos he podido convivir con cada uno de los Grupos como cada uno de los miembros a un siendo solo 5 grupos Hispanos en CT. Con pocos miembros, Cada uno de estos grupos busca participar más; tanto en el Área como en los distritos y PO.

Para esto hemos estado reuniéndonos para estudiar más lo que es Manual de Servicio haciendo pequeños talleres para mejorar los grupos y saber que tenemos herramientas de Al-Anon para nuestra Recuperación

Trato dejarles saber sobre las guías de Traducción a cualquier grupo que necesite el equipo de traducción o al igual que traductores que me avisen con tiempo anticipando; para que sepan que hoy no hay barreras de idioma; porque todos hablamos el lenguaje de Al-Anon.

Le doy las gracias a los grupos que le dan uso al equipo que es una manera de crecer y compartir tanto como grupos latinos como Americanos.

Quiero dejarles saber que estoy trabajando como Coordinadora de Rompiendo Fronteras por cierto los espero ver allí es el día domingo 21 de Julio del 2013.

He pasado el mensaje a mis compañeros (ras) Representantes de grupos y los miembros para que puedan darse la oportunidad de estar con Convenciones Asamblea, Aniversarios y actividades donde tengamos participación de Al-Anon.

Por ultimo les digo a cada uno de ustedes Gracias por darme la Oportunidad de Servir en el Área una experiencia muy bonita que me a hecho crecer espiritualmente.

Quiero agradecer a la Delegada Rita C., mi Padrino de Servicio, mi Madrina y Sue G. por el Apoyo que me han dado Los AMO.

Amor y Servicio  
Cindy P.



### “Those meetings”

I am often asked why I still go to “those meetings.” There is no explaining to folks who do not understand that I came because of alcoholism and I stayed because of my life. I have been in Al-Anon for many years and I still find so much purpose in the program.

Some time after my divorce, I married a wonderful man who also happened to be in the program. We had many wonderful years much of it spent in service to Al-Anon. However, his last years were difficult because he became wheelchair-bound and very ill. It was during those trying years that the strength of this program was our lifeline. Because I had to be with him 24/7 and there was little or no help, the program was never more alive in me than it was in those times. We would often quote the slogans and quotations from the *Just for Today* bookmark. We shared these thoughts and put them into practice so many times. Uppermost was the one that simply said that we could do anything for 24 hours (or less!) that would kill us if we had to do it for a lifetime. Because I could no longer attend

meetings, I stayed in touch with my Al-Anon friends and they came to our home from time to time to hold a meeting. They were my lifeline.

Sadly he passed away and soon after, I went back to my Al-Anon meeting and was greeted with so much love and caring. They let me cry and shared in my grief because they loved him too. They helped me to find the strength to carry on and live my life to the fullest.

This brings me to today – I wouldn’t hear all the wonderful things that members share if I were not occupying my usual place at the meeting. Gems like “I am enough” I would never have heard. My life is not perfect today but close enough because I remain strong in my faith that this program works to help me live my very best life.

And last but not least, who would greet and encourage the newcomers if seasoned members were not there? Someone needs to tell them that we are still there, not because the program doesn’t work, but because it does.

Jacki B.



### A Present in the Present

I have a six year old cat named Quissett. He was a feral cat, born in the wild and not introduced to people early in life. For the first five years after my wife and I adopted him, he didn’t like to be picked up and held. About a year ago, I started an experiment. First thing in the morning when he was still a little sleepy, I would pick him up and, to distract him, I would carry him over to a window so he could look out. At first he would allow me to hold him only a few seconds. Each morning I continued picking him up, supporting him with both hands, holding him in front of my chest and directing his gaze out the window. Each day he would let me hold him a little longer. To maintain his interest, I would softly describe what I was seeing through the window--sky, trees, weather, buildings, and sometimes a bird or squirrel. In a few short weeks, he started purring as I held him and as I talked softly to him about the dawn of a new day. Over time, he has become very comfortable with being held, relaxing his entire body, purring, and rubbing his head up against my chin. Each morning now he runs to the window and waits for me to pick him up. I learned how gentleness and small steps on my part over time can ease my cat’s anxiety and develop intimacy and trust.

To my great surprise and wonder, the experiment had a greater effect on me than on my cat. As I observed each new day and described it’s beauty and uniqueness, I began to change my attitude. Here I was totally in the present, aware of my surroundings and enjoying everything about it. It didn’t matter what the weather was--the day was beautiful. Although the view was largely the same each day, there were subtle differences--lighting, wind, colors, plants, wildlife, the feel of my cat, the posture of my body, my breathing . . . I realized that each day is a new creation, never lived before and never to be lived again. Each day is a gift from my Higher Power, whom I choose to call God. I learned how taking time to be in the present and becoming aware of all the positives has nurtured more appreciation in me. My desire has become to live each day in the present and to enjoy it to the fullest.



John M



**Public Outreach Corner:  
Step 12 in Action**

Hello fellow Al-Anon members. It is with great pleasure I announce that District 4 has a new Public Outreach Coordinator. Her name is Leslie H. To date Public Outreach has held five meetings. Our first meeting was held at a local restaurant in Hamden on April 15, 2013. The meeting was held at that location to accommodate those who might want to come directly from work. In the past the meetings were held at 7 PM. We decided to meet at 6 PM. At the first meeting there were 6 of us in attendance. We enjoyed food and fellowship while discussing what goals we had for Public Outreach and the direction we as a committee want to focus on.

Some of what was discussed was Health Fairs that are held within our District. A Health Fair is held at various schools, colleges, and / or organizations that promote health and wellness within the community. Numerous agencies, and those representing a particular organization are invited to attend. The goal is to educate those that attend about the organization that is being represented. We attract rather than promote Al-Anon. For those that have never attended a Health Fair, I encourage you to attend. In Al-Anon we call this Twelve Step work. As Al-Anon members, we arrange a table and display Al-Anon literature. We are available to answer any questions the public might have about Al-Anon. Whether the questions come from the students, teachers or those visiting the various tables, we are there to offer our experience, strength and hope to those that are interested in our fellowship. We never know who's life we might change that day. We never do things alone. There are usually a few members willing to attend so you are not alone. At some events, we are given a lunch. What a way to give back what Al-Anon has given us. Plus we spend the day with program friends. It's that simple.

Public Outreach also discussed various places that we wanted to distribute Al-Anon literature. Some places that we will be distributing literature are libraries, police departments, senior centers, teen centers if the town has one, and local mental health clinics just to name a few of the places. Each person decided in what area and town they were willing to distribute the literature. Small display containers were purchased to hold some pamphlets. The project for our next meeting would be to sort through the various literature and put together packets to be delivered.

Because we needed space in which to do this, a committee member offered her home as the next meeting place.

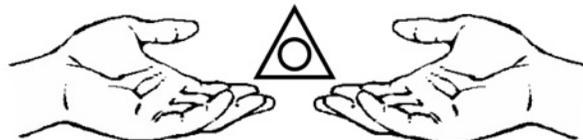
The committee also felt that they wanted to continue meet at 6 PM. Some members did come directly from work, so our next meeting would be a pot luck dinner/picnic. The meeting was held June 11, 2013. We enjoyed hot dogs, hamburgers and everyone brought a dish to share. We had 6 members in attendance, one of those being our District Representative Ann. We enjoyed our dinner, conversation and then got to work. We sorted literature and put the literature packets together. It was nice to see everyone working together for a common goal. To carry the message to those that still suffer. The end result was a display container that held the Al-Anon Faces Alcoholism 2013 booklet, a Three Views of Al-Anon pamphlet, an Al-Anon bookmark, a schedule and a "Has Your Life Been Affected By Someone Else's Drinking" Alateen sheet. Also included was a pen with the Al-Anon logo, and Al-Anon sticker with the Al-Anon number and website was attached to the container. Each container held 4 packets. Another Public Outreach job completed!

Being a new committee we also discussed how we might attract new members to future meetings. We decided that as the Public Outreach committee, we are willing to travel to various towns to hold our monthly meetings if necessary. Travel might be an issue for some that want to attend. In this way anyone that wants to be involved with Public Outreach can have the opportunity to be of service.

Why am I involved in Public Outreach one might ask? I learned long ago, (yes I am an old timer) that if you keep yourself busy you don't have time to keep your eyes on someone else. Public Outreach for me is a gift. I work with others that share a common goal. It's up to me to carry the Al-Anon message to those who may be affected by someone else's drinking. Someone did that for me. I can't keep it if I don't give it away. I could never give back to Al-Anon what Al-Anon has given to me. An hour or two a month is a small price to pay for my sanity. As a piece of our literature says, "When I got busy, I got better."

Our next meeting will be held Sept 10<sup>th</sup> 2013 @ 6 PM. Please feel free to contact Leslie the Public Outreach coordinator if you want to be involved in this great service commitment.

Love in Service, Marie R, Orange





Hi Al-Anon and Alateen Members,  
 This month I would like to look at Al-Anon's many pamphlets. When was the last time you reread one or used it to program from? I know mine often sit on a shelf or hang in a rack at meetings and rarely get a second look.



So this month why not pick one up and actually read it again. Maybe one of the ones pictured here: *Detachment* (S-19), *Wallet Card* (M-7), *Just for Today* bookmark (M-12), *Concepts* (P-57), *Al-Anon's Cofounders* (P-87),

*Three Views of Al-Anon* (P-15), *Joy of Service* (S-57), *Sponsorship Bookmark* (M-78), *Links of Service* (S-28), *Understanding Ourselves and Alcoholism* (P-48), *Sponsorship* (P-31), *How Can I Help My Children* (P-9),

*Al-Anon Sharings from Adult Children* (P-47), *Twelve Steps and Traditions* (P-17) or any of the many others available? You might even write about it in the Forum or Lifeline.

Love in Service, CAL



**How Service Saved Me**

When I first came to Connecticut I was given a book "When I Got Busy I Got Better" (P-78), this book changed a lot of things for me considering it is such a small book. As I was going through my divorce I took this book to heart. I had a service position at every meeting that I went to, this way even if I felt that I didn't want to go, I knew that I had to be there because of that service position. The perfection in me couldn't let anyone down (still working on that trait). Those service positions from Treasurer, Secretary, Set up/Coffee Maker to Topic Chair were all reason to be outside of myself and remembering to be where my feet are. Hocus-pocus where is my focus?

I have continued to be of service to this day. In November 2012 my mother's cancer came back full force. This was very hard for me to handle since we didn't really have much of a relationship and I had not physically seen her in over 27 years, but I somehow wanted to be there for her during this time. I was able to do this and be there for her because of Al-Anon.

The end of 2012 and the start of 2013 didn't go well for me. I had a friend that went back out and overdosed. She killed herself and her baby. This was hard for me to handle, but I tried to remember to have faith in God's plan and turn it over. Then my mom died. Between working in Newtown and the three deaths I wasn't okay. I wasn't even near okay, but of course I was telling everyone that I was fine.

I knew what I should be doing: calling my sponsor, going to more meeting, reading more literature and reaching out for help. I didn't do any of those things. I did everything the wrong way. I curled into myself and I didn't want to come out. I forgot that participation is the key to harmony, not just in program, but in life. That I can sit on the pity pot for 24 hours but that after that I have to get up because if

not I will get ring around the bottom. To me it doesn't matter how long I have been in this program, I can be brought to my knees asking what is step 1? I will never graduate from this program.

I was stuck in the muck for a while; what got me out of this was Al-Anon service. At this time I was the co-chair for flyers for the 2013 AFG Convention and the AA events Coordinator. I would make copies for the area meeting and make certain that my service was done, but that was about it. I was still trapped in my own head. During this time the convention meetings were taking place every third Sunday. I just didn't have it in me to go. I just wanted to stay home and not deal with anything, but the incredible people on that convention committee wouldn't have it. They loved me right through no matter what I did or didn't do. If I didn't go to the meetings, at least 5 people would be texting me to see if I was coming, what was going on with me and telling me that they loved me. No one yelled at me for not coming to the meetings, no one said that because I wasn't there that I wasn't part of the group. These people went out of their way to make sure that I knew that I was loved no matter what and that when I was ready to get out of my own way they would be there for me. I went to the convention and the people on the committee welcomed me with open arms. There was no judging, there was only love. I was able that weekend to finally get out of my own way and let the program work its magic on me. I cried so much that weekend, more than I had in a very long time, but I needed it. I needed to remember that I was not alone, that I was loved beyond measure and that if I needed anything, the people in this program were there for me. That is what this program is all about love, learning and remembering that as long as I am willing things will always get better with the help of this program.

Sandy

**CT AFG Fall Assembly 2013**

Hosted by Districts 5 & 6

Saturday Nov. 2, 2013

South Congregational Church

277 Main Street, Hartford, CT 06106 (site of the LDC)

Assembly Registration: 9:30am Al-Anon Members \$10 Alateens \$5

Workshops: 10:30am – 11:30 AM

Lunch Break: 11:30am – 12:15 PM

Bring your own brown bag lunch. Snacks and beverages will be available.

**Assembly: 12:30 PM – 5:00 PM**

*Alateen Bake Sale – Donations of Baked Goods Appreciated*

***CAL Literature and Books will be available through our own LDC***

***Place your order early and pick it up on your way home and save your group the shipping charges***

*Carpooling is encouraged, as a car ride with a fellow Al-Anon is a meeting waiting to happen.*

*See our website for directions and further details [www.ctalanon.org](http://www.ctalanon.org)*



**ATTENTION:**

Group Representatives and Alternate Group Representatives: This is a voting assembly. Give your group a say in electing the next Delegate, Alternate Delegate and Area Officers and approving a 2014 Area budget.



**2013 CT AFG Fall Workshop**

An entire day of Al-Anon!

Workshops and keynote speakers, fellowship and fun.

Cheshire High School \$20 at the door (no pre-registration)  
\$5 for Alateen

October 26, 2013 9:00 AM - 4:00 PM

Bring Your Own Brown Bag Lunch!! Drinks and Snacks Provided

Alateens fundraiser bake sale (for dessert)

Al-Anon approved raffle items appreciated

Groups are invited to create posters about their group

Please contact Marcia and Donna at [fallworkshop2013@ctalanon.org](mailto:fallworkshop2013@ctalanon.org)

**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 a committee?

For more information: [convention2014@ctalanon.org](mailto:convention2014@ctalanon.org)

or see the convention page at [www.ctalanon.org](http://www.ctalanon.org)

**Theme Contest Winner**

The winning theme “**Awaken the Spirit Within**”

for the 2014 convention was submitted by

Catherine R of Simsbury.

Congratulations!



**Deadline for November Contributions is Oct 21, 2013**

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

Please contribute a sharing this month: “There is no Lifeline without you.”

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

