



Lifeline

January 2014

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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Hello



Announcements:



Al-Anon Events:

- 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:

- 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 Chauncy 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
- Old Lyme St. Anne's Episcopal Church 7:00 PM (Starting 1/5/14) 82 Shore Road, Old Lyme, CT



New Meeting:

- Fridays 12:00 noon to 1:15 PM *Blueprint for Progress* 4th Step Inventory meeting First Congregational Church 1 Walton Place, Stamford, CT 06901 Handicap accessible

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 ***

LDC will be closed December 21 through January 6.



New Year's Resolutions

Each year it seems I make New Year's resolutions which seem to fade before the month is out. Each year I seem to pick the New Year as a place to start again to be the person I want to be. But in Al-Anon we can begin over again anytime with Step One: "We admitted we were powerless ..."

I thought I had done that years ago, but recently, with the help of my sponsor, I realize that there is a big difference between admitting I am powerless at an *intellectual* level and actually realizing that I need a close relationship with my personal Higher Power. I need to feed that relationship constantly so it is there when I really need it. I also need to notice everything around me instead of living with the voices in my head all the time. If I take the time notice what is around me, I am filled with wonder. If I take the time to notice all the good things in my life and am truly grateful, I am much happier. There are bad things, but there are so many more good things. And taking the time to notice the good things helps me (and my Higher Power) deal with the bad.

Several years ago my husband died. He had congestive heart failure which started to affect his other organs. The last two weeks he spent in the hospital, between visits to him, my Higher Power kept me busy with the death and funeral of the husband of an Al-Anon friend. When my husband's kidneys finally gave out and they were considering dialysis, *my husband* decided he did not want to go that route. I did not have to make that decision. When he was in hospice, I was able to let him say good bye to his brothers and sisters, some of whom were able to come in person. When he died, my sister and another good friend were there with me. And I had the support and example of many Al-Anon friends, many of whom had also lost loved ones. Then I had surgery and was too busy to worry about "poor lonely me." Did you notice all the blessings scattered in the bad time? I did.

I, then, threw myself into Al-Anon service and made many more Al-Anon friends. The last few years have flown by. And although I miss my husband, my sister and I have been able to travel together. And life is pretty good if I just remember to notice the good, keep my nose out of other people's business, remember I do not need to be perfect and keep doing the next right thing. I love the slogans and the literature. But I need to *apply* them to my life to have them really be effective. So that's what I plan to do this year. And if I fail, I can always start again, any time.

Sue G.(2)





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

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



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

2014 Serenity Breakfast Registration

Full Name _____

Name on Tag _____ Al-Anon Alateen AA Spanish

Email _____ Phone _____

Address _____

Current Service Position _____

Make Check (**\$25 per person**) payable to CT AFG Convention

Mail to: CT AFG Convention, P.O.Box 2224, Bristol, CT 06010 **by January 10, 2014**

2014 CT AFG Convention

Register now for **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 helping at the convention?

For more information:

convention2014@ctalanon.org

or see the convention page at

www.ctalanon.org



Spotlight on Literature



Hi Al-Anon and Alateen Members,

As the New Year begins, I know a lot of you are making resolutions for a better you in 2014. What better way to improve yourself than to pick up a piece of Al-Anon literature that you have been meaning to read. Maybe it's a good time to begin working your steps. Whatever you need, CAL is always here for you!

Love in Service and Happy New Year, CAL



THERE IS NO LIFELINE WITHOUT YOU! PLEASE SUBMIT YOUR CONTRIBUTIONS!

HELLO!

I would like to begin by saying thank you to Sue G.(2) for her unfailing service to this area as the Lifeline coordinator for 5 years!!

I am committed to doing the best job I can do as your new Lifeline Coordinator/Editor!

I consider this an honor and challenge, and thank you for your faith in me. **Kim C.**



Deadline for February 2014 Contributions is Jan. 23, 2014

- 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