

# Lifeline

CONNECTICUT AREA 7 NEWSLETTER FOR AL-ANON & ALATEEN

May  
2016

Miracles in Motion

## MAY

### • Enders Island, Mystic

Anniversary meeting  
**Thursday, May 5, 2016**  
6:30 pm Fellowship, finger foods  
7 pm Speakers, raffle.  
Enders Island, Mystic

### • Bristol Federal Hill AFG

23rd Anniversary meeting  
**Saturday, May 7, 2016**  
9:30 am Breakfast with speakers and raffle to follow  
Bristol Public Library  
5 High St., Bristol

### • Portland Second Chance AFG Meeting

Anniversary meeting  
**Sunday, May 15, 2016**  
7 pm Fellowship, finger foods  
7:30 pm Speakers, raffle  
First Congregational Church  
554 Main St., Portland, CT

### • Bristol Tuesday Night "Listen & Learn" AFG

47th Anniversary meeting  
**Tuesday, May 17, 2016**  
7 pm Food and Fellowship  
7:30 pm Speakers  
Bristol Baptist Church  
43 School St., Bristol

### • Wednesday Morning Guilford AFG

29th Anniversary meeting  
**Wednesday, May 18, 2016**  
10 am Speakers followed by raffle and lunch  
First Congregational Church  
122 Broad St. on Guilford Green  
(Enter through double doors on Church St. and go downstairs)

### • Woodbury Al-Anon

42th Anniversary meeting  
**Wednesday, May 18, 2016**  
10 am Speakers followed by raffle and lunch  
St. Paul's Episcopal Church  
294 Main St. South, Woodbury  
(Route 6 at Route 317)

## JUNE

### • Clinton Friday Morning Al-Anon

22nd Anniversary meeting  
**Friday, June 17, 2016**  
9:30 am Fellowship and Breakfast  
10 am Speakers, raffle.  
The First Church of Christ  
55 Church Rd., Clinton

## CHANGES

### • Bristol St. Andrew's Al-Anon

NEW NIGHT!  
**Thursdays Nights at 7 pm**  
(No longer on Friday Nights)  
St. Andrew's Church  
1025 Stafford Ave., Bristol  
Effective March 2016

### • Greater Hartford Parent's Al-Anon

NEW MEETING!  
**Thursdays, 7-8 pm**  
Institute of Living, Massachusetts Cottage  
1st floor, Group Room  
200 Retreat Ave., Hartford  
(Park at the Donnelly building)  
Effective April 7, 2016

### • Monday Morning Meriden Al-Anon

CLOSED :(  
With regret the 10 am Monday meeting at St. Andrew's Church, Catlin St., Meriden, stopped meeting effective April 1, 2016. After 32 years the meeting was no longer self supporting.

## CT AFG AWSC 2016 Schedule

Connecticut Al-Anon Family Groups  
Area World Service Committee

**June 11** CT AFG Spring Assembly

**Aug. 5** CT AFG Budget Meeting

Aug. 26 CT AFG Area Meeting

Oct. 7 CT AFG Area Meeting

**Nov. 5** CT AFG Fall Assembly

Dec. 2 CT AFG Area Meeting

CT AFG AWSC meetings are held at the Unitarian Universalist Church, 328 Paddock Ave., Meriden at 7:30 p.m. Assembly locations to be announced.

## Lifeline publication deadlines for 2016

*Lifeline* is printed in time for distribution at the CT AFG AWSC meetings. Let us know how the Al-Anon program works for you! Send a story that would attract members into service. Tell us what's new with your group. Please submit Anniversary Meeting notices far in advance. Email [lifeline@ctalanon.org](mailto:lifeline@ctalanon.org).

June issue . . . . . May 30

September issue . . . Aug. 8

October issue . . . . . Sept. 26

November issue . . . . Oct. 24

December issue . . . . Nov. 18

Don't forget to have your event publicized on the website!

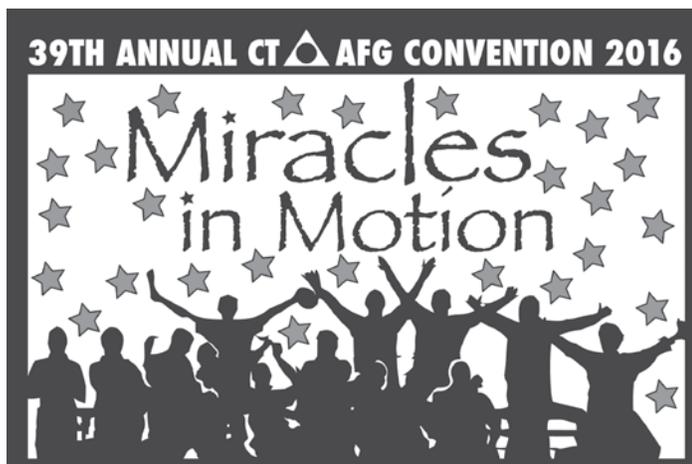
Email: [webmaster@ctalanon.org](mailto:webmaster@ctalanon.org)

**Editor's Note:** There were some technical difficulties receiving emails this April from [lifeline@ctalanon.org](mailto:lifeline@ctalanon.org). The problem has been resolved. If your submission was not included here please resend it and I'll do my best to get it into the June edition.

— LIS, Margaret G., Lifeline Coordinator

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# Miracles from **Miracles in Motion**



## ★ **MIRACLES IN MOTION LIVED UP TO ITS NAME**

For me the Convention means Workshops, Keynotes and Fellowship. I can catch up with old friends and make new ones. I can hear about Miracles through Workshop Speakers and from conversations in the hallways and the Hospitality Room.

The Hospitality Room is THE happening place. Just sit at a table and eventually others will join you. I heard different voices and new ideas. When someone shares their current challenge, odds are I or someone else at the table can relate because we have experienced something similar.

Convention is the time to deepen my program and to connect on a closer level with the worldwide fellowship. I heard people share their experience, strength and hope from all over Connecticut and from many other states.

My first three years at the Convention I only attended the Saturday events. I came to the realization that I was missing out on the total experience. Staying at the hotel for the weekend is a mini retreat from the world. On Friday night I enjoyed the interesting Keynotes and got a kick out of the entertainment — that alone is a great reason to show up on Friday. What a blessing I would have missed Sunday morning if I hadn't stayed for the Spiritual Speakers! It was a fantastic way to center myself and to reignite the courage to change.

— *Submitted by Anonymous*

## ★ **SERVING AT THE CONVENTION**

This was my third year attending the Al-Anon Convention in a service position. I continue to learn something new about myself each year with the guidance of my Higher Power and from program friends. It is so rewarding to be serving in a position that makes our Conference Approved Literature available to members who are on their journey of recovery. That, along with the privilege of meeting new friends along my own journey, makes me ever grateful for Al-Anon and the gifts that it holds. Thank you Convention Committee for all of your hard work and for another amazing Convention!

— *LIS, Aimee L., CT Area Literature/Forum Coordinator*

## ★ **THE CONVENTION WAS WONDERFUL**

All of the Workshops I attended were very good. I particularly enjoyed the one on humor (The Merry Go Round of Miracle). My favorite Keynotes were the Spiritual Speakers, both AA and Al-Anon, on Sunday morning. The theme of the entertainment was a good idea.

The Convention Committee did a great job.

— *LIS, Carol D., CT AFG Treasurer*

## ★ **NOT ALL IN THE MIND...**

When the Convention program was published, I noticed that two yoga workshops were listed — Gentle Yoga before the Convention began on Saturday morning and Yoga Nidra mid-day on Saturday. I attended both.

This year I've worked hard on improving my conscious contact with my Higher Power, and I've noticed that if my body is tranquil, communication definitely improves; hence, my interest in yoga.

My instincts generally go to trying to figure things out and fix them — not exactly the Al-Anon philosophy. When my mind is on high alert, every cell in my body leaps to attention and then starts marching. Mind and body are off to the races.

Since my mind is not always my best friend, I need to call on my body to help slow me down. Yoga allows my body to take the lead. That happened at the Convention. Both Yoga Workshops took me to a serene and gentle place and to a closer contact with my Higher Power. Another Miracle...

— *Jill*

## ★ **THE CONVENTION WAS AWESOME**

Friday night the Speakers were great. Their sharing was honest, open and full of truth. Recovery really is a Miracle. The entertainment was so much fun — joyous and light. Everyone did a great job and the voices were amazing.

Saturday I volunteered at the Greeters Table. I love meeting and welcoming people. After that I went to an AA meeting on "Trusting the Higher Power." The Speaker's story was very moving. What a Miracle that he was able to see the light and get into recovery. He is living his Miracle!

I walked the Labyrinth this year. It was so peaceful to walk along with God. He told me that I deserve joy and happiness.

In the afternoon I had MY Miracle. There was a meeting I wanted to go to called "Healing Relationships." It featured a mother and son sharing their journey to restoration. I felt disappointed because I was going to miss it since I had to return to work the Greeters Table. But when I got there the table was cleared and closed. I ran back to that meeting and I'm so happy I got to hear their stories. Talk about a Miracle! We were witnessing it.

This program is such a blessing for so many. We are all Miracles!

— *Pauline K., DR, District 10*

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# Labyrinth Miracles

*Below is a sampling of anonymous shares from the Labyrinth activity. Submitted by Kathi M., Convention Activities Chair*

## When I walked the labyrinth, I felt/learned/realized that...

- ★ I stayed the course on the way in and on the way out. It took patience, something I've had little of in my life. Instant gratification was my style. I've learned in Al-Anon to hold the course and wait for God's guidance. I don't have to figure it out. God speaks to me in the silence.
- ★ I felt open and receiving. I learned I can allow myself to be joyous and happy. I deserve it. I got an image of me dancing on the beach with my Higher Power. I felt safe.
- ★ I am free.
- ★ The labyrinth is like life... We take twists and turns, doubling back, retracing our steps, putting one foot in front of the other and doing what we need to do. It somehow all resolves itself... Just keep putting one foot in front of the other. Motion, quiet, contemplating. I feel peaceful.
- ★ Feeling joy and serenity. I am a Miracle.
- ★ I am thankful. Thankful to God for all of the loving and supportive people I meet along my journey.
- ★ Centering myself regularly is the key to finding serenity.
- ★ I breathe in faith. I breathe out love.
- ★ I prayed and meditated on healing self, soul, body, and relationships, and on accepting my Higher Power.
- ★ My intention was that I wanted to be comfortable with myself. It then advanced to I will be comfortable with myself no matter what.
- ★ I am not alone!
- ★ I could let go and allow myself to be led.
- ★ Total acceptance of my loved ones and know that I can't make them feel what I feel.
- ★ I need to maintain my conscious contact with my Higher Power. I thank my HP for the guidance and protection that surrounds me always all ways. Thank you HP.
- ★ I prayed for openness and willingness but in the center I learned to also pray for honesty.
- ★ To focus on this moment, breathing and enjoying LIFE.
- ★ God needs me to name my worries, fears, doubts, concerns. Bring them to God and leave them with trust, and patience. Remember: Love heals all! God is love, God can do what I cannot. I am in touch with peace, hope.

## ★ A WONDERFUL AND SPIRITUAL EXPERIENCE FOR ME

I started to worry that the members would not support the Convention and that in the end we would not be able to financially support the event. You see, I was not trusting in my Higher Power and that all would be well. I needed to "Let Go and Let God."

Thanks to the generosity of the fellowship, many of you attended. "Miracles in Motion" was truly the Miracles I now receive in my life.

Hearing the experience, strength, hope and love from the Workshop and Keynote Speakers gave me joy. The activities helped me to relax. I shared with others my gratitude to Al-Anon for the years of strength and hope I received. The program has given me back my life. It has taught me to lighten up and how to bring fun and enjoyment back into my life.

Thank you to the Radisson Hotel managers and staff alike. They worked well with all the committees to make our Al-Anon members comfortable so they could enjoy the Convention.

Thank you to the Al-Anon, Alateen and AA fellowships for your support. This Convention and any future events could not come together without your continual love and support.

I am truly grateful to be a part of this world-wide fellowship of Al-Anon and Alateen.

— Gail L., "Miracles in Motion" Convention Chair

## Learning from the Alateens

I went to my Friday meeting and nobody was going to chair. So I thought, "Oh to heck with it — I will! Of course I had nothing to chair on. I had just gotten the March 2016 issue of *Lifeline* at the District meeting. I pulled that out and started searching for inspiration.

That *Lifeline* was the special Alateen double issue. I found a sharing written by an Alateen on **QTIP**. Many members of my meeting had never heard the slogan **Quit Taking It Personally** before. The "new" slogan was a fresh topic and we enjoyed a really great meeting. I recommend it to other groups.

I want to thank Alateen Abby F. for her sharing in *Lifeline* and for giving us a great meeting topic. We really do learn a lot from the Alateens!

I personally never experienced Alateen in my younger years. I wish I knew about it. It would've helped me when I was a teenager!

— Vicki, New Milford

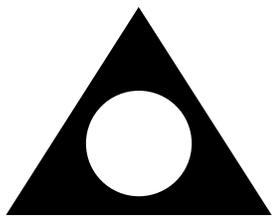
## Al-Anon Billboard Spotted!

Hello Everyone!

I am very excited to tell you that one of our members has seen our billboard on I-84 near the mix master in Waterbury, and it looks great!

If you are traveling in that direction please look for it, but please drive safely! Hopefully, many people who need the help of Al-Anon will see the billboard.

*With Gratitude, Mary Ann T., Public Outreach Coordinator*



# Happy 65th Al-Anon!

Thanks to Lois W. (wife of AA co-founder Bill W.) and her close friend Anne B. for co-founding Al-Anon in 1951

## ★ THERESA, JANET AND SUE'S GREAT ADVENTURE

Several people from Connecticut went to Virginia Beach, VA, to participate in Al-Anon's 65th Anniversary Open House and Banquet. On Friday, April 15, 2016, Theresa, Janet and I met in Milford at 5:30 am for the drive down. Because of the early hour we did not hit too much traffic. Despite stopping for lunch, gas and rest breaks we still made good time. We were checked into our hotel and on the beach by 5:00 pm. We only got a little lost once trying to get from the Delaware Memorial Bridge to US 13 South.

We went for a walk on the boardwalk and to dinner. Saturday morning we went shopping. In the afternoon we went to the World Service Office (WSO) Headquarters Open House. There were a lot of people from all over! We took the tour of the WSO building and saw the various departments. Staff was there to greet us and answer questions. It is a unique building with an administrative wing and a warehouse wing connected by a lobby which incorporates the Al-Anon logo (circle in a triangle) in its design. The weather was very pleasant and we enjoyed the views and the gazebo near the pond.

Saturday evening we dressed and went to the hotel where the reception and banquet was held. There were about 300 people from all over. Surprisingly, some had over 50 years in Al-Anon! The banquet hall was beautifully decorated with chandeliers and colored lights.

We each received a brochure that featured interesting Al-Anon information: an Al-Anon timeline from 1951 to 2016; a list of the 133 participating countries; a welcome from Paula B., Chairperson of the Board; a welcome from Bev A., Chairperson of the Executive Committee; and a reminder that "The ultimate success of Al-Anon and its members depends on focusing ourselves on our one purpose: helping families and friends of alcoholics." (Al-Anon's Twelve Steps & Twelve Traditions (B-8), Tradition Five)

After the meal, Mary R. from Philadelphia (who has been a member for 57 years) and Sandra F. from Brooklyn shared their experience, strength and hope. Both ladies had worked with Lois W.

Sunday morning we headed home. We returned tired but happy. We had a great adventure and enjoyed the trip.

— Sue G., DR, District 2

## ★ FROM OUR DELEGATE

I want to thank all the people who made love gifts to take to Virginia Beach. Right now there are keys with slogans all over the country and Canada along with bookmarks with our song on it. Miracles in Motion continues to resonate throughout AFG.

— Love and Peace, Ann B., Delegate

## ★ A SPIRITUAL AWAKENING

I am so glad I choose to attend Al-Anon's 65th Birthday Celebration in Virginia Beach, VA. I had another spiritual awakening.

This celebration was held the night after the World Service Conference ended. Many of the delegates were able to attend. Our trustees were there in force, along with World Service Office staff and members in service not currently in official service positions.

As I listened to the speakers I realized how grateful I am for those who came before me and for their sacrifice of time, energy and resources to craft the Al-Anon legacies. I am grateful to those who continue to keep Al-Anon thriving and healthy by following the legacies.

As an Al-Anon member I am part of that lineage. I have received the gift from them so that I may grow. It is also my responsibility to help Al-Anon thrive and continue to grow — now and in the future.

Seeing our World Service Office for the first time was emotional for me. Growing up I had a house that I called home but it was never home in my heart. When I saw the front entrance I felt like I was finally home. Here in this building, on an international level, are the people who help my family of choice stay informed. In this place people help us to reach out to the newcomer through Public Outreach. They help our younger members through Alateen. They preserve our history in the Archives, and do so much more.

We perform many of the same projects on a local level in our Area through our service arms. Like us, the majority of the WSO staff started out simply as Al-Anon members just like you and me.

Overall I felt deeply connected to all Al-Anon members past and present and it awakened a deeper commitment to support the future members of Al-Anon.

— Respectfully submitted, Stacie V., Alternate Delegate

**Al-Anon Declaration:** *Let It Begin with Me.* When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and — *Let It Begin with Me.*

There is a need to set the record straight on how the Al-Anon Declaration begins. The first and last lines of the Al-Anon Declaration are "Let It Begin with Me." More and more it seems that people are incorrectly starting the declaration with the second line "When anyone..." Please — let's say the Al-Anon Declaration the way it was written. For reference see page 22 of the *Service Manual* (P-24/27), the back of the Yellow Tent card (S-24), and page 173 of *Many Voices, One Journey* (B-31).

— Thanks, Sue