

# Lifeline

October  
2016

CONNECTICUT AREA 7 NEWSLETTER FOR AL-ANON & ALATEEN

## OCTOBER

- **Alateen Awareness Month**  
See box on page 3

- **Monday Morning Serenity**  
40th Anniversary meeting  
**Monday, October 10, 2016**  
9 am Potluck Breakfast and Fellowship  
10 am Speakers & Raffle  
Trinity Episcopal Church  
300 Main St., Wethersfield

- **Huntington Tues. Night**  
Anniversary meeting  
**Tuesday, October 11, 2016**  
6:30 pm Food and Fellowship  
7:30 pm Speakers & Raffle  
St. Paul's Episcopal Church  
25 Church St., Shelton

- **Wednesday Centerbrook Step Meeting**  
5th Anniversary meeting  
**Wednesday, October 12, 2016**  
6:30 pm Food and Fellowship  
7 pm Speakers & Raffle  
Trinity Lutheran Church  
109 Main St., Centerbrook

- **Newington Thursday Night Men's Meeting**  
Anniversary meeting  
**Thursday, October 13, 2016**  
6:30 pm Food, Fellowship  
7:30 pm Speakers  
Grace Episcopal Church  
124 Maple Hill Ave., Newington

- **Meeting by the Sea AFG**  
1st Anniversary meeting  
**Thursday, October 13, 2016**  
6 pm Potluck  
7 pm Speakers  
(Not at regular meeting date or location)  
Niantic Baptist Church  
443 Main St., Niantic

- **The Loving Hugging Friends of Al-Anon**  
38th Anniversary meeting  
**Wednesday, October 19, 2016**  
6 pm Potluck Dinner and Fellowship  
7 pm Speakers, Raffle  
Westchester Congregational Church  
95 Cemetery Rd. Colchester

- **Newington Tuesday PM Step**  
31st Anniversary meeting  
**Tuesday, October 25, 2016**  
7 pm Potluck Dinner and Fellowship  
7:30 pm Speakers  
United Methodist Church  
401 New Britain Ave., Newington

- **Live and Let Live AFG**  
41st Anniversary meeting  
**Thursday, October 27, 2016**  
9:30 am Coffee  
10 am Speakers, 11:30 am Lunch, Raffle  
Congregational Church  
9 Division St., 1st floor, Naugatuck

- **Grupo fe y esperanza de Hartford**  
Reuniones en Español  
**Martes de 7 pm a 9 pm**  
Parte de atrás de la Iglesia Nuestra Señora de los Dolores.  
Reuniones en la casa parroquial.  
Parqueo: detras de las casa parroquial  
16 Greenwood St., esquina de la calle Grace, Hartford

## SPECIAL EVENTS

- **Al-Anon/Alateen SPONSORSHIP SEMINAR**  
**Why Sponsorship?**  
**Saturday, October 15, 2016**

9 am to 2 pm  
South Church (LDC)  
277 Main St., Hartford  
Preregister: \$8; Walk In: \$10; Alateen: \$5  
Please take the Anonymous Sponsorship Survey to provide valuable information:  
<http://goo.gl/forms/8iyZMpqjUCF1CGe22>

- **CT AFG Convention Committee Meeting**  
Healing Our Hearts  
**Sunday, October 16, 2017**  
1 pm to 3 pm  
Radisson Hotel  
100 Berlin Rd., Cromwell

- **Area 11 Round Up 2016**  
with AFG participation  
**Sunday, October 23, 2016**  
Mark T. Sheehan High School  
142 Hope Hill Rd., Wallingford  
9 am to 3:30 pm, lunch included in fee  
Pre-reg. \$10, At the door: \$12

- **CT AFG Fall Assembly**  
**Saturday, November 5, 2016**  
South Church, 277 Main St., Hartford  
See box on page 2

- **CCYPAA** with AFG participation  
**November 25-27, 2016**  
Radisson Hotel  
100 Berlin Rd., Cromwell

- **CT AFG Convention**  
Healing Our Hearts  
**March 31-April 2, 2017**  
Radisson Hotel  
100 Berlin Rd., Cromwell

## NOVEMBER

- **Tues. AM Early Birds AFG**  
51th Anniversary meeting  
**Tuesday, November 8, 2016**  
10 am Speakers  
11:30 am Lunch  
North Haven Congregational Church  
28 Church St., North Haven

## NEEDS SUPPORT

- **Early AM Step Meeting**  
Thursday mornings at 7:30 am  
Guest speaker on third Thursday of month  
St. Paul's Episcopal Church  
661 Old Post Rd., Fairfield

## The 2017 CT AFG Schedules Are Out

The NEW 2017 Connecticut Al-Anon/Alateen Meeting Schedule will be available for purchase starting Thursday, October 27. The booklet price is \$1 per copy. Order copies with your pre-assembly literature order and pick your order up at the Fall Assembly, Saturday, November 5th, before 12 noon! The 2017 Meeting Schedule will be available for purchase throughout 2017 until next October. For more information, call the LDC Tues./Thurs. at 860-244-0022.

## UPCOMING SEMINAR

# Y Sponsorship?

Come one, come all to the Sponsorship Seminar! On **Saturday, October 15, 2016**, we will be having a workshop on all aspects of sponsorship. This is for everyone, whether you are a sponsor, have a sponsor, or want a sponsor. Service sponsorship and Alateen sponsorship are also on the agenda.

### TOPICS INCLUDE:

- How Do I Find a Sponsor?
- Alateen Sponsorship – Why and How
- Being an Al-Anon Sponsor: Principles Above Personalities
- Do's and Don'ts of Sponsorship
- Service Sponsorship
- The Sponsor-Sponsee Relationship – Discussing Expectations

As you can see, we are leaving nothing out! This is too good to be missed! Bring a friend – they will thank you.

Registration is \$10 and starts at 9 am. The program runs from 9 am to 2 pm. There will be “coffee and” in the morning but please bring your own brown bag lunch. The location is the South Congregational Church, 277 Main St., Hartford, CT (site of the LDC).

— *Editor's note: See page 4 for sharings from Ron S. and Gladys H. that highlight the benefits of sponsorship.*

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## SAVE THE DATE FOR THE Fall Assembly

### GRATITUDE IN ACTION

*Hosted by Districts 4 and 5*

- Saturday, November 5, 2016  
South Congregational Church, 277 Main St., Hartford, CT (Site of the LDC)
- Registration: 9:30 am. Al-Anon members: \$10. Alateen: \$5
- Workshops: 10:30 to 11:30 am  
New GRs and Alt. GRs: Stanley Room (upstairs)  
New DRs and Alt. DRs: Bryant Room (across the hall)
- Lunch Break: 11:30 am to 12:15 pm  
Bring your own brown bag lunch. Snacks and beverages will be available. Donations of baked goods for the Alateen Bake Sale are appreciated.
- Assembly: 12:30 to 5 pm

CAL literature will be available at the LDC before the Assembly (until noon). Avoid shipping charges! Place your literature order in advance and pick it up at the Assembly. LDC office email: [ldc@ctalanon.org](mailto:ldc@ctalanon.org) or call (860) 244-0022, Tuesdays and Thursdays, 10 am to 3 pm.

Carpooling is encouraged. A car ride with a fellow Al-Anon member is a meeting on wheels!

## CT AFG NEEDS YOU!

### WANTED: Webmaster

Do you have what it takes to be our next Webmaster? Our website is hosted using the open source Joomla! content management system.

The Webmaster position requires computer skills, time and an understanding of the Al-Anon principles — but it is not rocket science either. The job description is on our members' website ([www.ctalanon.org/members](http://www.ctalanon.org/members)). Click on “Service Opportunities” at the bottom of the page. Click on “Gratitude in Working Clothes” and scroll down to “Web Site Coordinator.” I can answer questions at [webmaster@ctalanon.org](mailto:webmaster@ctalanon.org). Someone out there can do this. Is it you?

If you wish to take on this service commitment, send your Al-Anon résumé to our Delegate or submit it to your home group's GR who will pass it along. Qualified candidates will present their résumé at the AWSC (Area) meeting.

— Sue G2

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## Where Is Your Meeting? Is It Welcoming?

When a newcomer or someone who is new to your meeting arrives at the location listed in the schedule, can they find your meeting? I have tried to go to meetings where there was no indication of which building or door to enter. Even if I find the right building, which room is it in? I went to one meeting where there was an AA meeting and church meetings going on. Where was the Al-Anon meeting?

### SIGNS ARE WONDERFUL!

Some meetings have tent signs near the door and additional signs to guide a person to the correct room. The next time you go to your meeting, pretend you had never been there before. Could you find your meeting? Would you know you are in the right room?

As Lois W., one of the founders of Al-Anon, said, “Let us not mistake anonymity for secrecy.” (*Lois Remembers* page 194 quoted in *Many Voices, One Journey* Page 205)

She also said, “[If] Al-Anon groups do not let the public know of our presence, ... we block ourselves off from those in need.” (*Lois Remembers* page 194)

### DOES YOUR GROUP HAVE A GREETER?

Is someone available at least 10 minutes early to greet people? I have gone to several meetings where no one arrived until 10 minutes AFTER the meeting was scheduled to start. If I were new, I would have been confused, given up, and left. How sad.

Al-Anon was there for me. I want to be sure it is there for the next person who needs it and I “Let It Begin With Me.”

— Sue G2

## CT AFG 40TH CONVENTION

# Healing Our Hearts

**H**ello CT AFG! The Convention Committee is very excited to announce the 40th Convention theme is **HEALING OUR HEARTS**. We are looking forward to seeing how our Higher Power's plans for this year's convention will unfold. No doubt, this year's event will bring many "Ah-Ha" moments.

Serving at the convention offers many fantastic opportunities for program growth and personal recovery. Lynn and I encourage all Al-Anon newcomers and long-time members to join a convention committee. We invite you to attend our next meeting on Oct 16th from 1 pm to 3 pm at the same hotel that the convention will be held, the Radisson Hotel, 100 Berlin Road, Cromwell. The following meeting will be held on Sunday, Nov. 20th. Meeting attendance is not mandatory but we would love to have you join us.

You can sign up now for your room reservation at the Radisson. Call (860) 635-2000 or go online at [www.radisson.com/cromwell-hotel-ct-06416/usacrct](http://www.radisson.com/cromwell-hotel-ct-06416/usacrct). Use the booking code AFG017 for the CT AFG discount price. LIS.

— Amy A. 2017 CT AFG 40th Convention Chair & Lynn K., Convention Co-Chair

### Audio and Electronics Committee needs helping hands

**C**hair Michael B. and Co-Chair Bob are seeking individuals who wish to be of service to the Fellowship by helping to set up and break down the audio/visual equipment at the 2017 Convention. All that is required is a desire to help and the ability to move equipment weighing up to 20 lbs during the weekend of the convention. Please contact Michael B. at [AFGMondayCollinsville@yahoo.com](mailto:AFGMondayCollinsville@yahoo.com) and/or attend at least one of the Planning Committee meetings held at the Radisson Hotel in Cromwell. Attendance at the Convention Planning Committee is not mandatory but would be appreciated. In Al-Anon, we do not have to do it alone.

### Public Outreach at Women's Expo

**I** experienced a new form of service last weekend. I volunteered at the Al-Anon table at the Women's Expo in Hartford.

I enjoyed it so much. I made a new friend in Al-Anon, Katie. We had a wonderful time talking to each other and to the people who visited our AFG table for Al-Anon/Alateen literature.

We had quite a few people stop. Some were aware of Al-Anon and some weren't, but many shared that the disease was in their family.

I feel so good about doing Public Outreach service because Al-Anon has done so much to help me to have a wonderful and happy life. I love to share that with people. It is truly a wonderful fellowship.

We are so blessed to have found hope. Love in service,

— Pauline K.

— Editor's note: To sign up for Public Outreach contact Mary Ann T., Public Outreach Coordinator at [ctafgpublicoutreach@yahoo.com](mailto:ctafgpublicoutreach@yahoo.com) or ask your GR to help you get connected.

## October is Alateen Awareness Month

**A**lateen, part of the Al-Anon Family Groups, is an anonymous fellowship of teenagers, along with adult Al-Anon group sponsors, who help one another to recover from the effects of other people's drinking.

The meetings below are OPEN on the October 2016 nights listed. During open meetings Alateen welcomes the following: adults; interested teens; professionals; parents; Al-Anon Members Interested in Becoming Alateen Sponsors; and AA members who are also members of Al-Anon.

Teens are welcome to attend any Al-Anon meeting when an Alateen meeting is not available. For more information please visit [www.ctalanon.org](http://www.ctalanon.org) or call 1-800-8AL-ANON (1-888-825-2666) 24 hours.

— David T., Alateen Coordinator

Bristol Tuesday: 10/4, 10/11, 10/18, 10/25

Bristol Baptist Church, 43 School St., Rear entrance downstairs, 7:30 pm

Greenwich Thursday: 10/6, 10/13, 10/20, 10/27

Greenwich Hospital, 5 Perry Ridge Rd., Pemberwick Room, 3rd floor, 8 pm

Groton Wednesday: 10/5, 10/12, 10/19, 10/26

St. Andrew's Church, 310 Fort Hill Rd., 7 pm

Guilford Tuesday: 10/4, 10/18, 10/25

First Congregational Church, 122 Broad St., Rt. 77 on the Green side entrance, 2nd floor, 7:30 pm

Litchfield Monday: 10/3, 10/10, 10/17, 10/24, 10/31

First Congregational Church, 21 Torrington Rd., Building next to church, 8 pm

Newington Thursday: 10/6, 10/20, 10/27

Grace Episcopal Church, 124 Maple Hill Ave., 7:30 pm

Norwich Monday: 10/3, 10/10, 10/17, 10/24, 10/31

Backus Hospital, 326 Washington St., D Wing mental health ward, Room G25, 6:30 pm

Trumbull Thursday: 10/13, 10/27

Trinity Episcopal Church, 1734 Huntington Tpke., 8 pm

Wallingford Monday: 10/3, 10/10, 10/17, 10/24, 10/31

Gaylord Hospital, Chauncey Conference Building, Gaylord Farms Road, (Go past main entrance, further down the road is Chauncey building on left), 7:30 pm

Woodbridge Tuesday: 10/4, 10/11, 10/18, 10/25

First Church of Christ, 5 Meetinghouse Lane, Rear parking entrance, 2nd floor, 7:30 pm

# Willingness leads to recovery

**A**l-Anon gives me hope for a better day – each day I work my program. I recently celebrated my Al-Anon anniversary by saying yes to speak at the Sunday Night New Haven Al-Anon Meeting Anniversary. I could have mentioned the number of years I have been attending Al-Anon meetings, but, for me, it is more important to focus on how I am practicing my program today. After all, the only day my Higher Power has given me is today.

When I came to Al-Anon my life was a mess. I had a successful, secure career but I was suffering. My home life was full of turmoil and bitter resentment. My relationship with my children damaged, seemingly beyond repair. I was full of despair, angry, and hopeless. And God? Nowhere to be found.

Somehow I was given the gift of willingness – in a moment of sheer desperation – to go to an Al-Anon meeting. And that gift continued to nourish me as I put up my hand to do service at my second meeting. Thank you, Al-Anon, for coffee service! I felt like I belonged.

I kept saying yes. Yes to Programmer, to Group Representative, to District service. Each act of service had something to offer me. Each service position taught me something about myself. I was lovable, capable, I had abilities, I had something valuable to offer the group.

I got a sponsor who helped me understand what my part was in each of my family relationships – especially my part in my relationship with the alcoholic. I kept blaming everything on the alcoholic. Everything was her fault! Until my sponsor challenged me to consider that, just maybe, I had a part in the chaos. How about 5% he said? That was a start to healing me.

When my sponsor guided me to put the focus on myself, I started to see the changes that Al-Anon brought me. Through working the Steps, attending meetings and listening to others, through daily reading of literature I was changing how I saw me, my attitudes, my behavior, my motives.

But it was willingness to do service that gave me that perspective that there is a Power greater than myself working in my life and in the lives in my loved ones. And it was working the Steps and embracing humility that I became teachable. And you – dear Al-Anon folks – taught me.

I learned that when I can't feel a Higher Power in my life, I need to remember that it isn't God that has moved. Today I have a God of my understanding that I don't fully understand. And that understanding keeps evolving as I evolve in Al-Anon with the help of that Higher Power – who today I call God. I ask daily for knowledge of His will for me. Wow! I have gotten so many gifts in my life for following what He has guided me to. And when I doubt His existence, and I do sometimes doubt, I am reminded by Al-Anon to gently look back at the journey He has taken me on and see His presence in my life. And I see amazing abundance!

Today my relationships with my children is healing and I cherish every moment I spend with them and their families. Especially, I am grateful for my 4-year-old grandson. He has given me that

opportunity to be for my grandson what I could not be for my children when they were young. And those amends that I have and continue to practice with my grown children has nurtured a deeper love and acceptance within each relationship. And one of my children attends her own 12-Step program of recovery. For all Al-Anon has given me, I am so grateful today.

I have problems and challenges like everyone living their life on planet earth. My dear wife of 36 years is in poor health and I have retired from my career in part to be of help. Life provides me opportunities on a daily basis to work my program, to find a balance, to feel at peace with my life.

I read daily literature, I attend my meetings, I engage in service at my meetings and, for now, at the Area level. I talk to my sponsor and close Al-Anon friends and 'reason things out'. I love reaching out to newcomers to extend that hand of Al-Anon that was extended to me when I entered my first meeting long ago.

And Al-Anon gives me hope for a better day today.

Respectfully submitted to "Lifeline,"

— Ron S.

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## Love is acceptance not rejection

**W**hen I decided to become an Alateen Sponsor, my reason for doing so was to better understand and improve my relationship with my son. To my surprise I learned to better understand myself, my parents and my son. Tradition 3 in *Alateen – A Day At a Time (B-10)* stated that, "love is acceptance not rejection." So I practiced accepting the good and the bad and the gift of serenity became mine.

It was through Alateen Sponsorship that I learned what true forgiveness was all about. I received it for myself, my parents, my son as well as from them. It was from that point on I have been sold on the gift of service.

— Gladys H.

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## Lifeline publication deadlines for 2016

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

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)