

- CT AFG Convention
- Round-Up 41
- TEAM

Events

Near and far — and really, really far

- **38th Annual Connecticut AFG Convention “Horizons of Hope”**
With Alateen and A.A. participation
March 20-22, 2015
Crowne Plaza Hotel, Cromwell, CT
See page 2
- **Massachusetts Al-Anon/Alateen Convention**
April 10-12, 2015
Sheraton, Framingham, MA
- **Round-Up 41**
A.A. Workshops, Speakers, and Al-Anon participation
Sunday, April 12, 2015
719 Birdseye St., Stratford, CT. See page 2
- **10th Al-Anon/Alateen Greek Convention**
With A.A. participation
May 8-10, 2015
Nautica Bay Hotel, Porto Heli, Peloponnese, Greece
- **21st International A.A. Convention**
With Al-Anon participation
May 14-17, 2015
Eden Beach Resort, Athens, Greece
- **Pennsylvania AFG Convention**
May 29-31, 2015
Susquehanna University, Selinsgrove, PA
- **2015 International Convention of Alcoholics Anonymous**
July 2-5, 2015
Atlanta, GA

- **TEAM**

October 3, 2015. 277 Main St., Hartford, CT. See page 3

- **Al-Anon’s Sixth International Convention**

July 5-8, 2018 — only three years away — save the date!
Baltimore, MD

Announcements

New Location

- **Groton Wednesday Night Al-Anon**
St. Andrew’s Presbyterian Church
310 Fort Hill Road, Groton, CT
7 p.m.
- **New Hartford Al-Anon**
St. John’s Episcopal Church (NEW as of Jan. 26, 2015)
42 Church St., New Hartford, CT
The church with the red doors on the green
(OLD location was Maple Hollow Road)
10-11:30 a.m. Same time—join us!

New Al-Anon Meeting

- **Reaching for Personal Freedom**
Central Village Congregational Church
33 Main St., Route 12
Central Village, CT 06374
Tuesdays 1–2 p.m.

Meeting Closed

- **Prospect Thursday Night AFG meeting**
After 43 years of experience, strength and hope the Prospect Thursday Night meeting closed their doors on January 29, 2015

Visit these Al-Anon sites! Get current information on what’s new in Al-Anon. There are all kinds of resources available at the click of a mouse. When you register as a member of these sites it gets even better. You can access more news and in depth info. Lifeline is also available online at www.ctalanon.org. Check them out!

www.ctalanon.org • www.al-anon.alateen.org

March 20-22

Horizons of Hope

2015 CT AFG Convention

March 20-22, 2015

Crowne Plaza Hotel, Cromwell, CT



Keynote speakers Friday night, Saturday night and Sunday morning. Entertainment skit Friday night. Workshops all day Saturday including A.A. and Alateen meetings and speakers. Bilingual (Spanish/English) meetings Saturday. A delicious banquet (for an extra fee—limited seating) and a dance are planned for Saturday night. Visit the Hospitality Room and Higher Power Room. Goodies to purchase include raffles, literature, mugs, totes, wrist bands, and CDs. Detailed info at www.ctalanon.org.

SIGN UP TODAY! Convention Registration forms are on the 2015 Convention page at www.ctalanon.org.

After February 24, 2015 weekend price is Al-Anon & AA Adults \$25, Alateens \$10.

WALK-INS ARE WELCOME! (Teens require signed paperwork, see the website.)

HOTEL RESERVATIONS: Stay at the hotel and don't miss any of the fun! Four sharing a room is about \$36 per person per night. Enjoy the Crowne Plaza pool and fine restaurant. Call the Crowne Plaza Hotel at (860) 635-2000 or book online: www.crowneplaza.com. Use Hotel Code Y8Q when booking.

SERVICE OPPORTUNITIES! Remember Step 12? The convention needs your friendly face, helping hands and presence! Make new friends and give back by serving. For information on volunteering opportunities please email convention2015@ctalanon.org

Round-Up 41

April 12

A.A. Workshops, A.A. Speakers, Al-Anon Participation

Sunday, April 12, 2015, 8 am to 3:30 pm

Stratford Academy Johnson House
719 Birdseye St., Stratford, CT

The Area Round-Up is a one-day event filled with workshops for the sharing experience and knowledge about Recovery, Unity and Service. There is a speaker meeting with A.A., Al-Anon, Alateen representation at the close of workshops. This forum is designed to help acquaint the members of the fellowship with all activities or opportunities available to them throughout the area. Coffee all day, pastry in the morning, and lunch provided. Visit the website:

www.ct-aa.org/new-and-events/round-up/

For more information email: roundup@ct-aa.org

Find an Al-Anon or Alateen meeting

Schedules sometimes change, check the website for the most current listings. Visit www.ctalanon.org. Select the "Meetings" tab and find meetings listed by day, town and other meeting information. Generally, meetings are held 52 weeks a year. During very extreme weather conditions churches and other buildings may have to shut down so meetings are not possible. Be prepared with the email or phone numbers of your fellow members and let each other know what is happening with your group.

Attend a meeting no matter where you are!

Online meetings and telephone meetings sometimes supplement, rather than replace, face-to-face Al-Anon meetings. They are also helpful for the homebound, for those times when the weather is too hazardous to venture out, and for travelers who can participate in a meeting from anywhere in the world. To find a list of electronic meetings, visit www.al-anon.alateen.org, or send an e-mail to wso@al-anon.org.

October 3



Save the date for **TEAM** **CT AFG Event**

Saturday, October 3, 2015

277 Main Street, Hartford, CT (home of the CT-AFG LDC)

TEAM events are designed to energize members' spiritual quest, activate members' creativity, and expand members' understanding of our worldwide fellowship. A TEAM event is a partnership between Area(s) and the World Service Office (WSO), with the aim of providing an opportunity for Al-Anon and Alateen members to learn more about service and the Al-Anon program. The Area and WSO Task Force work together to plan an agenda of presentations that address the Area's specific needs and expand members' understanding of our worldwide fellowship.

Information will be forthcoming after April on the CT AFG website on the TEAM page. TEAM pre-registration forms will be available at the Horizons of Hope CT AFG Convention (see box at left).

Thanks for serving!

Our deepest gratitude goes to both our outgoing and incoming leaders for their faithful service.

District 3 PANEL 8

DR: Ann T.
Alt. DR: Susan G.

PANEL 11

DR: Susan G.
Alt. DR: Miguel C.

District 5

Alt. DR: Stacy H.
(Served 1 yr.)
Irene P. (Newly elected)

District 8 PANEL 8

DR: Carol D.
Alt. DR: Amy A.

District 8 PANEL 11

DR: Amy A.
Alt. DR: Katie D.

District 11 PANEL 8

DR: Susan B.
Alt. DR: Megan H.

PANEL 11

DR: Dorothy C.
Alt. DR: Janet P.

Archives Coordinator PANEL 10

Diane H. (Served 1 yr.)

Spanish Liaison PANEL 8

Cindy P.

PANEL 11

Ester L.

Lifeline Coordinator PANEL 10

Kim C. (Served 1 yr.)
Margaret G.
(Newly elected)

2014 Fall Workshop Chair

Ronnie S.

2015 TEAM Chair

Kary L.

Al-Anon Anecdotes :)

I'd like to start a column called "Al-Anon Anecdotes." Do you have a short but sweet sharing that would give us members a well-needed chuckle? Anything that shows how far you've come, how you've changed, or how blind you were? Email it in! I'll start the ball rolling with my submission below...

MY QUEST FOR AN ACCELERATED AL-ANON

After one of my first Al-Anon meetings a member encouraged me to work the 12 Steps, read the Al-Anon literature, and make a commitment to attend six meetings. I remember my former controlling self responding to her with, "Great, I'll do the steps this weekend. I can tackle those books in about a week. Can I do the six meetings in six consecutive days? I really need to wrap this up quick. My qualifier is coming home from rehab in 26 days." The member smiled, gave me a hug and replied, "Just keep coming."

— Margaret G.

Read any good books lately?

Al-Anon Family Groups (AFG) offer a wide range of literature covering topics relating to people affected by someone else's drinking. You will find many of these publications available at Al-Anon meetings in Connecticut and elsewhere, including publications designed especially for Al-Anon beginners. Many of these publications are made available for free at meetings through the donations of meeting participants. Some, especially hard-cover books, are available at reasonable prices. You can order Al-Anon literature through a local meeting, or order it directly from Connecticut's Literature Distribution Center (LDC). CT AFG, Inc., 277 Main Street, Hartford, CT 06106. Contact LDC@ctalanon.org or phone the LDC/Office (860) 244-0022 for more info or to inquire about volunteering.

Your recovery is up to you

— By Vicki

My dad's an alcoholic and I've never seen him sober. He's never admitted to having a drinking problem. He is an abusive, manipulative, controlling, binge drinker who hides his drunkenness with ease. He felt no empathy or love towards my family. I moved out of his house four years ago. I was a different person then. I am a different person now from a year ago. I have changed myself several times.

My dad and brother got into an argument about school. Dad called him a failure. He had physically hurt my brother before and I was afraid it would happen again. I tried to be mediator one last time. I suggested that if he wanted my brother to do better then he should support him, not tell him he has no potential. Dad replied, "You know what, I have no confidence in YOU. You're the one with no potential." My dad has called me a lot of things—but for some reason that phrase affected me the most and has stayed in the back of my mind. I put all my hope into my potential and my dreams of being a better person than my father.

It's been four years since we've spoken. I experienced more pain after moving out. I developed panic disorder agoraphobia (PDA). It's the fear of how you feel. Anxiety felt like a cloud downpouring on me. I held an umbrella in my hand the whole time—unfortunately I never chose to open it.

I dropped out of school. I was having panic attacks almost everywhere I went. They controlled my life. I had trouble if I was more than 30 feet from my house. Finally I decided that I was done with suffering and joined Alateen.

After seven months in Alateen my PDA went from extreme to minimal. There was no particular slogan or literature that helped me recover. I just decided to be the person I was meant to be. Alateen was the first place that told me it was okay to save myself. That I had the ability to fix my own problems, and make a difference in my life.

With recovery I reapplied to college. I got accepted and went to campus two weeks before school started. I sat on a bench there and thought about how I went through this metamorphosis from being a reserved, fragile girl to someone who was willing to take risks and fly.

When I got up from the bench I left that girl behind. Whenever I pass that bench I see that girl—dressed in black, messy hair, nose pierced, cigarette in hand—the old me. She looks miserable, defeated, and alone. I'm not afraid of her nor do I mock her. Instead I smile at her. If she hadn't had the courage to admit

she was defeated, I'd have never started Program. Now with every risk I take I have a group of people to support my accomplishments and failures.

My recovery from PDA started when I accepted that I was the one causing the panic. I had to challenge the fears. I scream at them, "Show me what you've got!"

Today I am no longer agoraphobic and I almost never fear having a panic attack. When I started to recover all of the negative connotations I had about myself came out. My fear of failing and my greater fear of succeeding were staring right at me. I knew once I started my classes I would be stepping through a wall of anxiety I had been hiding behind for years. The person behind that wall is an incredible human being who I didn't know existed. I now know who I am, who I want to be, and who I will be. I am an insightful, empathic, and strong leader.

Recovery is up to you and how you perceive things. Never let anyone say you can't recover. Do it your way and when you're ready to fly you will.

I have this weird obsession with hands. I knew someone who had very interesting hands with scars on his knuckles from fights. In between his fingers he had hardened calluses. His palms were soft. He hadn't gotten into a fight for a year so the scars were fading. The calluses were prevalent because he worked too hard. He looked tough but was actually a soft-hearted guy just like the palms of his hands. His

hands showed me who he was, and who he is now, so I trusted him.

Then I looked at my own hands. I'm an artist so my thumbs are callused from holding my pencils too tight. When I run my blood dilutes so the faint outlines of my self-harm scars reappear on my wrist. My nails are bitten down because I get anxious.

I use my hands to create and my father used them to destroy. When I didn't trust myself I would worry about being him. I imagine what it would be like if my calluses came from gripping the bottle too hard instead of my pencils. I think about what it would be like pointing my finger with my bitten-down nail at my future daughter and telling her she had no potential, rather than point out her accomplishments. I'm not my dad, nor will I ever be him. My hands are too different from his.

When it came to regaining my faith the common question always came back to me "How do you know God is even real?" I can't tell you about heaven, hell, or even what God looks like but I can tell you this—the atoms that collided during the Big Bang didn't know that someday we'd need hands. God gave me hands so I can create, so I can be anxious. I know that now's the time to face my fears, to remind myself that the further I run ahead the faster the scars of my past will fade. They will always be there, I can never go back and change that. But my hands will change and someday the scars won't matter anymore. ▲

Lifeline is alive!

Hello fellow Al-Anon members,

My name is Margaret G. and my home meeting is the Milford Monday Night Parents Meeting. I am honored and excited to be serving as the new Lifeline coordinator. Thanks to the previous Lifeline coordinators Kim C. and Sue G. (2) for their unfailing service in this position.

There is no way I can do this assignment by myself. The success of Lifeline depends on a regular, healthy flow of submissions coming in from you.

Please get your group to book the date for their anniversary meeting or other event *insanely far in advance* and forward me those dates asap to secure timely publication in Lifeline. The sooner your information gets emailed to me, the better publicity your event will enjoy. **The deadline for the May 2015 issue is April 20.** You are welcome to email

me at Lifeline@ctalanon.org. Get your event publicized on the website by submitting to Ruth at webmaster@ctalanon.org.

CONTRIBUTIONS WELCOME!

(Thanks for keeping it under 800 words)

We need submissions that...

- Tell how the Al-Anon program works for you
- Stories that would attract members into service
- Area officer's, coordinator's, DR's and GR's reports
- What's new/events/announcements

ALATEEN SPECIAL DOUBLE ISSUE!

One of my goals is an issue dedicated to the Alateen program. Alateens and Alateen Sponsors get writing and email your stories to Lifeline@ctalanon.org. (800 words or less please.)

Thanks in advance for your submissions! — Margaret G.