

New Alateen Meeting

- **Groton Alateen Meeting, District 11**
Wednesdays, 7:00 p.m.
St. Andrew's Church
310 Fort Hill Road, Groton
Same time as the Al-Anon meeting in the same building

Events

- **2016 CT AFG Serenity Breakfast**
Sunday, January 17, 2016 (Snow date January 24)
Crowne Plaza Hotel, 100 Berlin Road, Cromwell
Registration: 9:00 a.m. Breakfast: 9:30 a.m.
Al-Anon, Alateen & AA Speakers: 10:30 a.m.–12:30 p.m.
Crowne Plaza Hotel: 100 Berlin Road, Cromwell, 860-635-2000
Come and join us for some Fellowship and Food! If you have never been come and see CONCEPT 4 "Participation Is The Key To Harmony" in action.
★ No walk-ins. Register by January 12. Go to www.ctalanon.org or contact your GR for more info.

- **CT AFG Convention "Miracles in Motion"**
April 1–3, 2016 (Friday–Sunday)
Crowne Plaza Hotel, 100 Berlin Road, Cromwell
With Al-Anon, Alateen and AA participation.
For more information and registration forms go to www.ctalanon.org or email Convention2016@ctalanon.org.
Reserve rooms at the Crowne Plaza Hotel by calling the Leah Richards, Convention Service Manager, at 1-860-807-2451 or the hotel direct at 1-860-635-2000. Be sure to mention the Al-Anon Convention for a special rate when you make your reservation.
★ See page 2 for more on "Miracles in Motion" >>



NEW YEAR'S RESOLUTION:

In 2016 I will read more Al-Anon literature

Since its founding in 1951, Al-Anon Family Groups has published more than 100 books and pamphlets that share a single purpose: to help family and friends recover from the effects of someone else's drinking. This literature supplements the face-to-face meetings where Al-Anon members share their insights and experiences with each other. It is only one tool of the Al-Anon/Alateen program.

Al-Anon/Alateen literature is most fully understood when used in conjunction with other tools of the program. The books and pamphlets can strengthen your recovery, but they cannot substitute for the help and healing that takes place at Al-Anon meetings in the context of a complete recovery program.

Many of the pamphlets are made available for free at meetings through the donations of meeting participants. The hardcover 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) at:

CT AFG Inc.
277 Main Street
Hartford, CT 06106

Contact the LDC by email at LDC@ctalanon.org or the LDC office by phone at (860) 244-0022 for more info or to inquire about volunteering.

Resources available online

There are great benefits to visiting www.al-anon.org. You can download the public outreach magazine "Al-Anon Faces Alcoholism 2016" which addresses the question, "What can you do when someone close to you drinks too much?" Under the "Al-Anon Literature" tab, each quarter a chapter from one of Al-Anon's books is posted. Here you can also find three articles from the current issue of Al-Anon's *The Forum*. This monthly magazine contains many personal stories of inspiration.

Al-Anon Literature is also available for purchase on Al-Anon's online store — <http://ecomm.al-anon.org/shop>



Al-Anon Family Groups presents the
39th Annual CT AFG Convention
“Miracles in Motion”
April 1-3, 2016

Crowne Plaza Hotel, 100 Berlin Rd, Cromwell, CT 06416

Print Clearly - one Form per person

 First and Last Name

 Name and City for Name Tag

 10 digit Phone Number

 Email Address for Confirmation
 If no email, postal address.

Circle one: Al-Anon AA Guest Alateen**

Adult \$25 / Teen \$5 \$_____

Saturday Night Banquet (Optional) \$_____
 Salad, Entrée, Starch, Vegetable, Dessert, Tax & Gratuity.

Circle One:
 Beef (\$33) Chicken (\$29) Vegetarian (\$27)

Special Needs (Meal) _____


Check # _____ Total Enclosed \$_____

Pre-register to be entered in a drawing for free
 2017 Convention Registration

Non-Refundable Checks Payable to

CT AFG Convention
 P.O. Box 2122
 Branford CT. 06405

Postmark after March 16, 2016, and Walk-ins
 Adult \$30 / Teen \$10

With Al-Anon, Alateen and AA Participation
 Spanish and ASL Interpretation and 
 Hard of Hearing headsets available.

Registration opens 3:00 pm Friday,
 8:30 am Saturday and Sunday.

Information and Online Registration:
www.ctalanon.org

Questions / Volunteer Interest:
convention2016@ctalanon.org

****ALATEEN:** Per CT Safety and Behavioral Requirements
ALL TEENAGERS MUST complete appropriate Permission
 Slips and **notarized** Medical Authorization form, including
 out of state guests. Do NOT mail any Alateen forms with
 the registration. Forms MUST be presented upon arrival
 to the Alateen sign-in table at the convention.
 Download forms at www.ctalanon.org.


ALATEEN: Name of Accompanying Adult or Teen

Hotel Reservations

The Crowne Plaza Hotel Cromwell is now called the
 Radisson Hotel. To make hotel reservations, call the
 hotel directly at (860) 635-2000.
 Give the Convention Code **XGQ**.

Pre-register for Convention and Hotel room by March 10, 2016
 AND pay for two hotel nights using our Hotel Code to be
 entered in a drawing for reimbursement of one room night.

If staying at hotel, name on hotel reservation:

Special need: Spanish Interpretation, ASL Interpretation,
 Hard of Hearing headset, other: 



The 2016 Convention Activities Chair has requested...

OLD KEYS

Check your junk drawers and if you are like me old pocketbooks! :) Activities is planning on having a love gifts and participant keepsake craft table in the Hospitality Room that they will need old keys. Or, if you don't have old keys for around 10 cents the hardware store has very cute ones. Please pass this request onto your GR's and bring them to the Serenity breakfast or collect them at your next District meeting.

If you do end up getting some please reach out to me and let me know how many so I can let her know. Too many is never a bad thing but too few is.

Tongue depressors are another item on her list so, if by chance you happen to have a bundle just laying around the house....let me know.

For whatever Holiday you celebrate... have a Merry and Happy!

Looking forward to seeing you at the Serenity Breakfast!

*Thank you, LIS, Amy A.
2016 Convention Co-Chair*

A Message from our **Delegate**

Hi all!

Again I've been called away by the sounds and sands of the Caribbean. You are in my thoughts.

WSO

- WSO has announced the retirement of Barbara O. from her position as Associate Director as of December 6. She will be greatly missed.
- WSO is also getting ready for the 56th WSC April 11-15 entitled "Realizing Our Spiritual Potential"

AREA

- The Area officers have been listening to the members of their needs and wants so I have appointed a thought force and two task forces to answer these wants and needs.

- The thought force will be chaired by Ron S. with the charge to explore the future options for schedules.
- Dave T. will chair a task force with a charge to revise the written CAWW guidelines.
- Stacie V. will chair a task force with a charge to explore and provide additional means of financial support for the LDC/storage/office.
- Also remember I am waiting for resumes for a Chair to the Fall Workshop 2016 and an AA Events Coordinator.

Many happy wishes for the holiday season and I hope to see you all in the New Year.

— Love and Peace, Ann B., CT Area Delegate

A Message from the **WSO Treasurer**

Thank you to all who devoted some of your precious Delegate Report time to share with your Areas the concerns we share about the financial health of AFG Inc. Over the next month or so I'll be sharing some of the 'Top Delegate Tips for Financial Health'. Please let us know how well these work in your Areas. We'd love to continue the conversation we started in April as we realize our financial potential!

- Encourage the Area to make a onetime donation to WSO
- Encourage Groups to make the appeal letter message more appealing: read it with enthusiasm, always explain the purpose of letter to newcomers.
- Show how a small increase in a group's contribution could have a significant impact. Encourage other avenues of showing gratitude with the use of the contribution envelopes, explaining that contributions weren't just a 7th Tradition matter, but also a form of 12th Step work.
- Encourage District and Area to make contributions based on funds remaining over their ample reserves after events.
- Get members motivated via a "friendly competition" between districts with simple prizes for the 'winners.'
- Continue to circulate in the Area an extra container each week for individual member to contribute directly to the WSO (Quarterly Appeal called "Quarter for Quarter") Lighten your load by putting your change in the Q4Q container.
- Consider going to different groups and asking them outright to increase their contributions from "what they can afford" and to consider a contribution based on "what gratitude they have in their hearts." Stress that the Higher Power will provide, and that living by a spiritual principle is a long-term solution, not a temporary fix like passing the basket a second time.
- Provide a spreadsheet with WSO and Area contributions by group and district and ask that each group (or District) consider increasing contributions to both entities.
- Dedicate collections made in November to WSO
- Emphasize spiritual abundance along with doing service as our way of giving back; the financial abundance and/or increased contributions/donations will follow.
- Challenge groups to contribute \$250 to cover the cost of the group

— LIS, Jennie M.

How healthy is your group?

At the most recent TEAM event held on October 3, 2015, attendees were asked to envision healthy groups and what made them that way.

As members moved around the hall to write collaborated thoughts on large writing boards, electricity filled the air. The best within each of us poured out onto the paper with such ease and resolve, it was difficult not to be moved. We are an amazing group of people.

The following is a condensed tour de force of that process.

Healthy groups practice:

- Use of the suggested meeting opening and closing from the Service Manual
- The study the Al-Anon Steps, Traditions and Concepts
- Use and have available Conference Approved Literature (CAL) during meetings
 - Allow lending of CAL to members
- Conduct regular business meetings and inventories
 - Are self supporting and contribute to District, Area and WSO
 - Follow links of service
 - Make reports and calendar of events available
- Have participation in rotation of service
 - Have filled service positions

- Sharing with and make newcomers welcomed
- Protecting anonymity
- Encouraging sponsorship
- Are aware that part of sharing is sharing time
- Keeping the sharing focused on the Al-Anon program
- Refrain from gossip, dominance, or criticism

Healthy groups resolve problems by:

- Inviting Higher Power to the discussion
- Stating the problem clearly and utilizing Knowledge Based Decision Making
- Group participation (Concept 4)
 - Attend other meetings to see how they work the program
 - Ask for help from Sponsors, GRs, DRs, AWSC members
- Having group inventory and group conscience
- Reading and discussing the Traditions
- Having business meetings utilizing the Service Manual
- Using the conflict resolution tools
- Remembering principles over personalities
- Presuming good will, reasoning things out, focusing on solutions

Healthy members practice by:

- The study and practice of Al-Anon Steps, Traditions and Concepts
- Daily reading of Al-Anon literature
- Participation in service
- Promoting and taking advantage of sponsorship
- Keeping the focus on ourselves and our recovery
- Practice patience, tolerance and compassion
- Practice being honest, open and willing

Healthy members participate by:

- Regular attendance at meeting
- Helping to set up and clean up after meetings
- Taking group commitments such as program chair or refreshments
- Protecting anonymity
- Welcoming newcomers and providing literature
- Keeping the focus on the Al-Anon program
- Volunteering to be a sponsor
- Contributing to the meeting financially and emotionally
- Sharing experience, strength, and hope as well as sharing time
- Using “I” statements
- Providing a safe environment for member shares

Reap what you sow in the rooms of healing

When I first walked into the ‘Rooms of Healing,’ I have to admit that I was a broken — mentally, physically and spiritually. Through weeks of reading, listening to others speak, regularly attending my meeting, I finally came out of my shell and found the courage to share. After months and months of reading, active listening and multiple sharings, I found the courage to program. While this process has helped my mental and physical healing, the Higher Power and my spirituality were still a relative mystery to me.

I would listen to others and I would say to myself — “Gee, if I could only believe in my Higher Power like so-and-so, then I would be on my way to really healing!” I was trying to put a time limit on my healing. What I have discovered going forward was that as long as I opened my heart to others, loved others and compassionately cared about others, that spiritual healing was indeed occurring!

Today, I continue to adopt my loving and caring principles on a daily (if not hourly) basis. I feel there is far more peace and serenity now in my life. Especially during this wonderful time of year, planting the ‘seeds’ of loving and caring will come full circle and you will reap the rewards of that harvest! — *Jim S., GR, District 4*

Lifeline needs your Anniversary details for the March issue!

A great number of our CT Al-Anon groups have their anniversaries in March and April. To ensure it will be publicized in the March issue set your anniversary date, time and place ASAP and email lifeline@ctalanon.org. No problem if your flier isn't ready yet, we just need the facts.

WANTED: Your heart-felt sharing on Step 2 for the February issue.

Thanks to everyone who has sent in Alateen sharings. They will be published in our special upcoming Alateen double issue. We are half way to filling eight pages. Please Alateens and Sponsors send in your sharings even if they are very brief!

Don't forget to have your event publicized on the website! webmaster@ctalanon.org.