

## Upcoming Events

2015

- **Clinton Friday Morning Meeting**

21st Anniversary Meeting  
June 26, 2015  
The First Church of Christ  
55 Church St., Clinton, CT  
9:30 am Breakfast and Fellowship

- **Al-Anon Participation in the 2015 International Convention of Alcoholics Anonymous**

July 2-5, 2015, Atlanta, GA  
Share with Al-Anon members from around the world in Al-Anon workshops on Friday, July 3 and Saturday, July 4. For more information go to: [www.al-anoninternationalconvention.org](http://www.al-anoninternationalconvention.org)

- **2015 Vermont AFG Convention "The Gardens of Al-Anon"**

July 24-26, 2015  
At the historic Middlebury Inn, Middlebury, VT  
For more details and to register online go to [www.vermontalanelateen.org](http://www.vermontalanelateen.org)

- **CT AFG Area World Service Committee Meeting for August**

Friday, August 28, 2015, 7:30 p.m.  
Unitarian Universalist Church  
328 Paddock Ave., Meriden, CT  
Business meeting of the Area's Officers, Coordinators and District Representatives (DRs). Other Al-Anon members are welcome but may only observe and not vote.

- **"Recovery Rocks" 57th Annual Area 11 A.A. Convention**

Labor Day Weekend: September 4, 5, 6, 2015  
4 Points by Sheraton  
275 Research Parkway, Meriden, CT  
With Al-Anon and Alateen participation  
For more info: [www.ct-aa.org](http://www.ct-aa.org)

- **TEAM Event 2015**

**T**ogether **E**mpowering **A**l-Anon **M**embers  
October 3, 2015  
South Congregational Church,  
277 Main St., Hartford, CT.

## Announcements

- **The New Britain Wednesday**

**Night Meeting** effective June 17, 2015, has changed their starting time from 7:30 p.m. to 7 p.m. This group is in need of more members, so if you are looking for a meeting that starts earlier please join us.

St. Mark's Episcopal Church  
147 West Main St., New Britain, CT  
7 p.m. to 8:30 p.m.

- **The Cheshire Sunday Morning Meeting**

is meeting at the same place but their location has a new name. Formerly known as the Highland Health Care Center, it is now called the Cheshire Regional Rehab Center. Nothing else has changed.

Cheshire Regional Rehab Center  
745 Highland Ave., Cheshire, CT  
10:30 a.m. to Noon

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• SAVE THE DATES!

• **2016 39th CT AFG Convention**

• April 1, 2 & 3, 2016

• Crowne Plaza Hotel, Cromwell, CT

• Watch for future news!

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2018

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

July 5-8, 2018 — save the dates!  
Baltimore, Maryland

### Podcasts for Members and Groups

Podcasts about group concerns are available on the [al-anon.org](http://al-anon.org) website. Discover how other groups increase their membership, conduct group business and solve their common problems. Interested in learning how others groups function as a community? Members from groups share on this topic as well as on the structure of Al-Anon, becoming a Group Representative (GR), and the need for a GR and their duties. Go to: [www.al-anon.org/members/MembersAndGroups](http://www.al-anon.org/members/MembersAndGroups)



# Fear is no reason to say no to service

When I first came into the Al-Anon Program I was told that service would aid in my recovery. I started out simply by setting up before and then cleaning up after my home meeting.

Next it was “suggested” that I present the program for my group. I was afraid but I was told that I only had to start the topic for five minutes or so and then the group would take over. I was encouraged not to worry because my Higher Power would give me the words to say. If I forgot something I had planned to say then maybe I was not meant to say it. Everything went fine.

Later an experienced member of my home group “suggested” that I speak at the Fall Workshop. I was petrified. So I prayed, made some notes, trusted my Higher Power, and did it. People came up and complimented me afterwards. It gave me confidence.

Consequently I was recruited to help with the Fall Workshop. I became Co-Chair of the Program Committee. Then a past Delegate “suggested” that I was capable of being the Chair of the Fall Workshop. Now I was really scared!

My service sponsor said that fear is no reason to say no to service, that it would help me grow. I wore out the Serenity Prayer, did my best, and my Committee Chairs did a wonderful job of putting on the workshop.

I was voted Alternate GR (Group Representative) and later GR for my home group. This required attending District meetings. When District 3 needed a Secretary I volunteered. By getting involved in service beyond the group level I met Al-Anon members with a lot of recovery behind them and I gained a deeper understanding of the program.

Next the Delegate asked if I would be the Lifeline Coordinator. Now I was attending Area meetings. Being Editor was a learning experience which I enjoyed (after I got the hang of it). I was sad and relieved to give it up at the end of my

term. In Al-Anon we rotate terms so more people can have the opportunities and benefits of service.

Eventually the Convention Chair asked if I would be the Convention Secretary to fill in a vacancy at the last minute due to illness. At that convention I also pitched in with Pre-registration.

The following year I volunteered for Pre-registration again. It was a big help that the previous Chairs had put in a big Binder what they did, how they did it, what worked and what they might do differently.

The following year the convention needed a Treasurer. I was able to turn to the prior Treasurers as my service sponsors and again I had the benefit of a Binder to guide me.

When my term ended it was “suggested” that I be the

Convention Co-Chair. I did that and the following year I was Convention Chair.

With the help of my Higher Power, my sponsor, my service sponsors, and the Binders, I have completed my years as Convention Co-Chair and Chair. Now I am a GR and an Alternate DR (District Representative).

Each progression of position stretched me WAY beyond my comfort level and each role prepared me for the next. Along the way I have worked with wonderful

Al-Anon members (particularly eleven past Delegates) whom I would never have gotten the pleasure to know had I not pushed past my fear and out of the security of my home group. Their experience, strength and hope has been an inspiration. I have had a chance to practice the Al-Anon principles in a safe environment and have had many opportunities to grow.

“Hope For Today” page 338 says, “If I supply the willingness, my Higher Power will supply the way.” I have found this to be true. We do not do things alone. I am learning to ask for help and to delegate. And I have grown. That’s why I do Al-Anon Service.

— Sue G2

*“If I supply the willingness, my Higher Power will supply the way.”*

HOPE FOR TODAY, page 338

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# CONCEPT 5

The rights of appeal and petition protect minorities and insure that they be heard.

This Concept states that we all bring in our own individual freedoms and beliefs into this fellowship, and that the fellowship never takes those individual rights away from members. Our own freedoms and beliefs are very important to us, as they are what shapes us as individuals. It is critical to maintain our own sense of self when we enter this fellowship, as in this disease we are often told that our concerns and opinions are not needed nor heard.

It is in this Concept that we are free to state our opinions without feeling like they will be automatically rejected as being not good enough. We are encouraged to express our concerns even if we are in the minority.

Often in my past I was told that if I did not agree with the decision to keep quiet as my opinion would not change the outcome. I have learned in Al-Anon that my opinion is valued and respected by other members regardless if they are in

agreement with me. I am shown respect and dignity when I am allowed to express my views without fear of criticisms. It is the right of all members to share their opinion and to listen with open hearts and minds to other members. Only in this way can we come to sound decision making.

This Concept is essential when working in a service position. I know that I need to listen to each member regardless of my own personal bias. I need to place principals above personalities and listen to the message and not the messenger.

In Concept Five we also have a right to petition based on a personal grievance—and to be heard all the way to the Board of Trustees—without the fear of reprisal or prejudice.

It is important to know that we have this right even though we may never have to exercise it.

— Marcia M.

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## Highlights from “Horizons of Hope”

### Trying new things

This March at the 2015 CT AFG Convention “Horizons of Hope” I ventured out and tried some new things. I moderated the Early Bird meeting and signed up to be a Greeter.

I thought I would be nervous, but my Higher Power helped me to focus and all went well. I felt good about being a part of the Convention and—as always—I felt appreciated for doing service.

The May *Lifeline* had a wonderful article on the Labyrinth. The shares were awesome and has peaked my interest. I look forward to trying more new things at our 2016 convention in April.

The entire event was so good. The meetings, speakers, activities, decorations and entertainment were all great.

Thanks to all who put it on.

LIS,

Pauline K.

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## F.Y.I. from WSO

### What is an e-buddy?

Several years ago the World Service Office began communicating with Delegates and Coordinators via e-mail. Because we did not want owning a computer or having an e-mail address to be a requirement for service, we developed a new service position known as an e-buddy to provide communication to those trusted servants without e-mail.

An e-buddy is someone who will accept e-mail for such trusted servants and give it to them promptly when it is received, as well as send e-mail for them to the WSO when needed. This can be another trusted servant, a member of their home group, a relative, or friend.

*Thanks to Aimee L., CT Area Literature/Forum Coordinator for this submission.*

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## See you in September!

There is no July or August “Lifeline.” The deadline for submissions for the September issue is August 17. Email [lifeline@ctalanon.org](mailto:lifeline@ctalanon.org). Get your event publicized on the website by submitting to [webmaster@ctalanon.org](mailto:webmaster@ctalanon.org).