

## Special CT AFG Workshop Event

### TEAM Event 2015

Together Empowering Al-Anon Members

Saturday, October 3, 2015, 9 am – 5:30 p.m..

Registration opens at 8 am. Pre-registration only – No Walk-Ins

Sign up today! See the website for more info: [www.ctalanon.org](http://www.ctalanon.org)

South Congregational Church (Home of the CT-AFG LDC)

277 Main St., Hartford (Where the AWS Assemblies are held)

## Anniversary Meetings

### October 2015

- **Monday Morning Serenity**

Monday, October 12, 2015

9 a.m. Breakfast; 10 a.m. Speakers

39th Anniversary Meeting

Trinity Episcopal Church

300 Main St., Wethersfield

- **The Loving Hugging Friends of Al-Anon**

Wednesday, October 14, 2015

6 p.m. Potluck Dinner, Speakers and Raffle

37th Anniversary Meeting

Westchester Congregational Church

95 Cemetery Rd., Colchester

- **Harvest of Hope**

Friday, October 16, 2015

6:30 p.m. Buffet; 7:30 p.m. Speakers and Raffle

33rd Anniversary Meeting

St. Andrew's Lutheran Church

1125 Stafford Ave., Bristol

- **Tuesday Night Newington Step Group**

Tuesday, October 20, 2015

7 p.m. Food (snacks, desserts); 7:30 p.m. Speakers and Raffle

30th Anniversary Meeting "12 Steps to Serenity"

United Methodist Church

401 New Britain Ave., Newington

### November 2015

- **Monday Night New Haven Meeting**

Sunday, November 8, 2015

*(Please note we moved our celebration to a Sunday and a neighboring site for space)*

2 p.m. Food and Fellowship; 3 p.m. Speakers and Raffle

60th Anniversary Meeting

Old Stone Church

251 Main St., East Haven (Easy access from I-95)

## Announcements

- **The Branford Tuesday Night Step Meeting**

Tuesdays, 5:30-6:30 p.m.

First Congregational Church

1009 Main St. Branford (Use door on Blackstone Ave.)

This meeting is seeking experienced Al-Anon members to help support the group. **Effective November 3, 2015 this group will change the meeting time to 6:00-7:00 p.m.** This meeting is a 1-hour Step Study Group utilizing the "Paths to Recovery Book" (B24). Group copies are available to use during the meeting.

- **CSCYPAA XXX**

Road of Happy Destiny

November 27-29, 2015 (Friday-Sunday)

Crowne Plaza Hotel

100 Berlin Road, Cromwell

Awesome speakers, meetings with people just like you, lots of dancing, amazing spiritual experiences, and great sober all-night partying. Alcoholics Anonymous event with Al-Anon and Alateen participation. For more info email [cscypaa@ct-aa.org](mailto:cscypaa@ct-aa.org).

## SAVE THE DATES!

### 39th Annual CT AFG Convention

April 1, 2, 3, 2016

Crowne Plaza Hotel, Cromwell

Registration coming in late fall.

The next meeting is:

**SUNDAY, OCTOBER 18, 2015**

at the Crowne Plaza Hotel, Cromwell

Call (860) 635-2000 to book a room using **CODE XGQ**

you can make reservations online — click on this link:

[https://resweb.passkey.com/Resweb.do?mode=welcome\\_gi\\_new&groupID=50958288](https://resweb.passkey.com/Resweb.do?mode=welcome_gi_new&groupID=50958288)

For questions and information email:

[Convention2016@ctalanon.org](mailto:Convention2016@ctalanon.org)

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ANNOUNCING THE 2016 CONVENTION THEME:

## Miracles in Motion

Congratulations to winner Kary L., Past Delegate Panel 34 (CA)S for her winning theme submission! Her prize is registration plus two-nights stay at the 2016 convention.

Editor's Note: Wow October already, where did the summer go? October is the 10th month of the year and a time for reflection on Step 10. Please consider contributing your thoughts on Step 11 for the November "Lifeline" or Step 12 for the December issue.

# Step 10

## Continued to take personal inventory and when we were wrong promptly admitted it.

Each time I do a Step 10 I become more aware of myself and the survival skills I learned by living with an alcoholic. It has helped me to come out of the shell I created to protect myself. That shell not only protected me, it hid me from myself. I didn't know I was causing harm to others by my actions and attitudes. Step 4 helped to see the harm I had caused and Step 10 helps me to keep looking and digging deeper to see myself. This awareness helps me to change what I don't like and strengthen what I do like. Each time I find myself at Step 10 I know that it is a learning experience and that I am closer to being the person my Higher Power put me on earth to be — a loving, kind and caring person with no hate, anger or judgment of others.

— Janet P.

Before I came to Al-Anon I apologized for everything. Any time someone was upset I assumed it was my fault and I apologized. I did not even consider for a nano-second that perhaps their feelings had nothing to do with me.

I was always wrong in my mind because I had accepted responsibility for everyone in my life.

As a newcomer to Al-Anon one of my first lessons was that *everything* was not my fault. Step 10 made a big impact on me and my "brain think."

Gradually, as I accepted that working the Steps would make my life better, I myself interpreted Step Ten to mean that if I am wrong I need to figure out an amend not an I am sorry.

I need to question myself on two points. The first is *What is my part in this situation?* The second is *What can I change about my behavior so that I do not contribute to this?* I must admit to my part and make amends.

Thank you Al-Anon, for changing my life.  
— Susan B.

*"In the Steps which precede the Tenth, we have been dealing with the past—cleaning house, so to speak. ... Now with Step Ten, this procedure becomes a daily ritual, a housecleaning that takes place in a nightly review of the day's happenings. ... If this Step becomes a part of our daily life, there will be no backlog of guilt to worry about; we keep order as we go along."*

— "One Day at a Time in Al-Anon" page 176



### Al-Anon E-Communicates

A few years ago one of our members reached out with an email called "Monday Wisdom." It was a slogan, phrase or quote from conference approved Al-Anon

literature that went out to about 15 people. Here is a sample of a wisdom from the other day: "Laugh when you can, apologize when you should, and let go of what you can't change."

My best part of this e-communication are the many responses that share how that wisdom pertains to them or how they had learned in the rooms over time how to exercise such a message.

The email list has grown to 52 on one and 20 on a second. Both lists get the same message but the smaller list prefers not to receive

the conversations (those are probably work email addresses).

In no way does this replace a phone call or a meeting. It is just another way to be connected. When we "Reply All" to the group it starts a digital conversation that is helpful, inspiring and often fun.

I recommend that other groups give it a try and get their own AFG emails going.

Our founder Lois W. would be delighted at how the internet has helped Al-Anon expand its reach in this immediate and global world.

Grateful in Al-Anon,  
Mickey L.

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## Acceptance and Gratitude

**O**n a camping vacation with my sister recently I had the opportunity to practice what I consider are the two main pillars of the Al-Anon program: Acceptance and Gratitude. Going with the flow and accepting the things I cannot change and noticing and being grateful for what I have.

The weather was mostly good, not too hot or rainy. There were a few days of rain but not while we were walking around Gettysburg. I was able to visit with most of my family but there was one brother who was “too busy” to see us. Oh well, maybe next time. We attended a lovely baby shower for the first of the next generation (who is an unexpected blessing). Maxwell was born healthy after we returned.

This trip we were able to stop and see things along the way such as a small candy factory in Kentucky and Lake Michigan’s eastern shore. For the Fourth of July we were able to get the very last campsite in a state park in West Virginia. We spent time in the Amish country in Indiana and Ohio. We tried to see a sculpture garden in New York. That did not work out but we had a nice drive in the area.

When we were on a carriage ride, there was an accident on the highway but the drivers did not seem badly hurt and we were not involved. While we waited for the traffic to clear we saw some amazing vintage cars preparing for a show in the parking lot.

There are always bad things but I’ve found, when I look for them, there are always good things, too. Before Al-Anon I missed the good things because I was concentrating on the bad. I wasted a lot of energy “swimming up stream,” trying to force things I could not change anyway. Now I am more accepting of what I get and everything seems to work out for the best. And I am happier. Thank you Higher Power, for always watching over us.

— Sue

## ALATEEN CORNER

### Alateen speaker protocol

**F**all has arrived and there are lots of anniversaries! If you would like an Alateen speaker at your celebration please follow proper protocol and talk to an Alateen Group Sponsor in your district first.

Please do not directly ask a teen to speak. The sponsor knows if a teen is ready and able to speak and can do the asking without imposing pressure upon the teen. If the sponsor doesn’t have an Alateen to speak it is possible that another group can provide one.

Groups that meet in the morning have a better chance of getting an Alateen speaker if they hold their Anniversary when there is a school vacation.

You can donate money to the Alateen group for a teen speaking at an Anniversary. On occasion an Alateen travels a far distance to be a speaker. Most times it’s the sponsor who drives but sometimes a teen has their own transportation. Either way, with gas prices it can add up to be an expensive service commitment.

In keeping with Tradition 7, please have your group offer to pay for travel expenses. The current CT-AFG Area rate is 30¢ a mile.

The Connecticut Area Alateen sponsors would like to try and get an Alateen to every group that requests it in order to give our teens an opportunity to share their Program. — *Dave T., Alateen Coordinator*

### WANTED: More Alateen meetings and Alateen sponsors

**W**e need more Alateen meetings and more Alateen group sponsors. Your District Representative is the local resource for information. You can also access the “Alateen Sponsors Handbook” on our Members page. Click on the link “Alateen Forms” and download it. If you need any help, please do not hesitate to contact **Dave T., Alateen Coordinator**, [alateen@ctalanon.org](mailto:alateen@ctalanon.org)

### October is Alateen Awareness month

Many of the Alateen meetings in Connecticut will be open at least part of the month. Thanks to District 12 for providing the invitation below.

District 12 Alateen Groups (Clinton and Guilford) invite you to attend open meetings during Alateen Awareness Month

- **You’re Worth It Group**  
**7:30 p.m. to 9 p.m.**

**Tuesday, October 6, 2015**

**Tuesday, October 13, 2015**

**Tuesday, October 20, 2015**

**Tuesday, October 27, 2015**

First Congregational Church on the Green  
122 Broad St., (2nd floor, side entrance)  
Guilford

- **I Can’t, We Can Group**  
**7 p.m. to 8 p.m.**

**Wednesday, October 7, 2015**

**Wednesday, October 21, 2015**

United Methodist Church  
12 Commerce St. (Back entrance)  
Clinton

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# If you're not doing Public Outreach, you only have an 11-Step program

On September 12-13, 2015, CT AFG Public Outreach had a booth at the Hartford Women's Expo at the CT Convention Center in Hartford. Volunteers manned the booth and gave out *Al-Anon Faces Alcoholism* (AFA), pamphlets, schedules, business cards, pens, and LifeSavers. The pens and candy drew a crowd to the table. I'm happy to say that we had to keep restocking the AFA's and schedules (and of course the candy!).

So many people do not know who we are! Someone told me that she gives us a lot of credit for stopping drinking.

We had people who said they knew what Al-Anon was but after speaking with them it was obvious that they had a misguided notion of the program. When I explained Al-Anon to one woman, she said, "That's so much better!"

Many people said they had friends who could use Al-Anon and took literature for them.

A woman came up to our table who was so discouraged and confessed she didn't know what to do because her daughter wouldn't

stop drinking. How wonderful that we were there to introduce her to Al-Anon, give her a schedule and some literature and share with her our experience, strength and hope.

For me that is Step 12 at its best. There was a great turnout at this event so a lot of Al-Anon seeds were planted in the crowd.

These events aren't only great opportunities to practice Step 12 they are also fun! Besides taking turns at the table we enjoyed walking around, getting samples and checking out the expo event. I even got a massage!

One of our PO members said, "If you're not doing Public Outreach, you only have an 11-Step program." Surprisingly, this service commitment is not as time consuming as one might think. PO can be as simple as putting an Al-Anon bookmark in a magazine at a doctor's office, dentist's office, auto repair shop or wherever people sit and wait. You never know how many hurting people might benefit from this simple anonymous action.

Other September Public Outreach happenings included a table at Mohegan Sun

for a Chamber of Commerce event and at the Women's Expo in Bridgeport. In October an Al-Anon table will be at the NBC Health and Wellness Festival (see below to volunteer).

We have two huge new projects coming up that we will be sharing exciting news about in the near future so stay tuned!

Public Outreach is Step 12 in action!

— Pat R.

## CT AFG Public Outreach

The event below has a booth reserved for Al-Anon which needs to be staffed for two-hour increments. Please email Pat R. and sign up.

*"...When anyone, anywhere, reaches out for help—let the hand of Al-Anon and Alateen always be there, and let it begin with me."*

### • NBC Health and Wellness Festival

Exhibition Hall in the XL Center, Hartford  
Oct. 17-18, 2015 (Saturday and Sunday)

Contact: Pat R. —

[ctpublicoutreach@ctalanon.org](mailto:ctpublicoutreach@ctalanon.org)

## On the Road to Al-Anon

At my first CT Area World Service Committee meeting this winter I didn't know one soul out of the 40+ people there. I had a miserable drive up from Stratford that winter evening and got lost. When I learned attending the monthly Area meeting was part of the service commitment as Lifeline Coordinator I almost backed out because I hate driving alone in the dark.

Kim G., DR from District 4, went out of her way to welcome me to Area. She even invited me to join the District 4 carpool from the Milford commuter lot to Meriden. It is so much more fun (and economical) to ride up together. The time flies by and we have our own mini Al-Anon meeting along the way.

Every trip there is a rotation of volunteers making the trek so it has become a wonderful way to meet Al-Anon members. How funny that the burdensome ride has transformed into the highlight of the evening! Our Higher Power is mighty for turning our fears into joy when we submit to service.

When the Spring Assembly in Hartford came around I was looking forward to riding with up with Kim for the day. Unfortunately the night before she had to cancel. Graciously she lined me up with two other District 4 ladies. Pam (Alt. DR) and Judy (GR) turned out to be great company. We had so much common ground between us that it was amazing. The round trip flew by and was actually one of my favorite parts of the day.

In May when I received the agenda for the Spring Assembly I was horrified to discover my name on the program for a 3-minute presentation on Lifeline! I wrote a page up, timed myself, and whittled it down. No one ever mentioned there would be 150+ in the audience! Somehow I got through it and even won encouraging applause and a warm bear hug from CT AFG Delegate Ann B.

At the Assembly I signed up for Smingo Bingo (Service Manual Bingo). We were arranged into teams of six and I knew no one on my team. Luckily it was an open book

contest. Our team never made it to Bingo but we each did win five new friends from all over Connecticut. We had good-natured discussions on how to use the manual, the Concepts, and Warranties, and I honestly learned a lot. The Al-Anon people I've met have been a great blessing to me. I'm looking forward to meeting more at the TEAM event in Hartford (and am excited about the ride!).

— Margaret G., Lifeline Coordinator

### Lifeline needs Al-Anon and Alateen submissions!

(Under 800 words please)

Let us know how the Al-Anon program works for you • Send a story that would attract members into service • What's new with your group? Email [lifeline@ctalanon.org](mailto:lifeline@ctalanon.org). Please submit Anniversary Meeting notices two months in advance.

Get your event publicized on the website by submitting to [webmaster@ctalanon.org](mailto:webmaster@ctalanon.org).