

Lifeline

Apr-May 2011

Connecticut Area 7 Newsletter for Al-Anon / Alateen

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**Rompiendo Fronteras (Breaking Frontiers)
Please Help Us!
Assembly**



Announcements:

Need Support:

Wednesday Noon Meeting in Hartford
(one hour 12:00 - 1:00 pm)
Trinity Episcopal Church
120 Sigourney Street, Hartford, CT
use Farmington Avenue entrance
(facing the parking lot)
meeting is downstairs in the Basement
(Huntington Hall)

Monday Night group in Clinton 7:30 pm
First Congregational Church,
55 Church St., Clinton, CT
I-95, X63, S on Rt 81, L on Rt 1,
1 mile on Left behind Church, AA nearby

We've gotten better about welcoming newcomers: people who are new to Al-Anon.

But do we welcome Al-Anon members who are not new to Al-Anon but are new to our meeting?

Or do we visit with our friends who regularly attend our meeting?

Is it possible that these not-so-new members are inadvertently being left out?

Talk about it.



Anniversaries:

- Tuesday, May 17, 2011, 10:30 am to 1:00 pm
Mystic Tuesday A.M. AFG 40th Anniversary
Celebrating "Wisdom." Calling all Old Timers!
Speakers, Lunch, Raffle, Babysitting available
First Methodist Church
23 Willow St., Mystic, CT
- Sunday, May 22, 2011, 7:00 pm
Portland Second Chance AFG Anniversary
First Congregational Church
554 Main St., Portland, CT
7:00 pm Fellowship, 7:30 pm Speakers
Desserts and approved Raffle items appreciated
- Tuesday, May 24, 2011, 9:30 am
Oakville Al-Anon 40th Anniversary
(formerly Watertown)
Union Congregational Church
161 Buckingham St., Oakville, CT 06779
9:30 am Coffee, 10:00 am Speakers
- Thursday, June 2, 2011, 10:00 am
Thursday Morning Al-Anon Adult Children Meeting
23rd Anniversary
St. Alban's Episcopal Church
197 Bushy Hill Rd, Simsbury, CT 06070
10:00 am-12:00 noon Coffee & pastries
Al-Anon Adult Child & AA Speakers.
- Saturday, June 4, 2011, 10:00 am
St. Cecelia's Parish House (lower level)
1184 Newfield Avenue, Stamford, CT
10:00 am-12:00 noon (Beginners meeting at 9:30.)
Refreshments and Al-Anon, Alateen & AA Speakers.

Events:

- District 6 Serenity Breakfast
Food, Fun and Fellowship
Saturday, May 14, 2011, 11:00 am \$10.00 per person
Scott Fanton Museum, 43 Main St., Danbury, CT
(near Rogers Park)
This is a catered event with
AA, Al-Anon and Alateen Speakers
- AA Roundup with Al-Anon participation, Meriden, CT
Sun May 15, 2011, Noon, No charge, lunch included
- AA Soberfest with Al-Anon participation
Jun 3-5, 2011, Bozrah, CT



Detachment In All My Affairs!

I want to share what I have been able to detach from to maintain my serenity.

Over the weekend, I was at my youngest daughter's first play. It had a comical twist from the original play: Romeo and Juliet to Romeo and Harriet. The cast was a combination of 5th and 6th graders. My daughter played Benvolio, Romeo's best friend.

She was hilarious! Her voice was clear and precise. Her comic sense of timing was right on and she had the audience rolling with laughter including me. The recording was shaky because I was laughing so hard.

My thoughts wandered to the what ifs and how come she is that good! Is it because the effects of this disease are giving her this coping mechanism of humor to laugh at

- Lois' Picnic Saturday, June 5, 2011, Katonah, NY
at the home of Lois and Bill W near Bedford Hills, NY
- Spring Delegate's Assembly Saturday, June 11, 2011
Find out what happened at the Conference.
- Rompiendo Fronteras (Breaking Frontiers)
Bilingual Sharing day
Sunday, June 26, 2011
Cheshire Grange, 44 Wallingford Rd, Cheshire, CT
- Al-Anon International Convention
July 5-7, 2013, Vancouver, BC (start saving now)

herself and with herself so that no one could hurt her first? My program got me back to reality and I started to detach from my distorted thinking and allowed the facts to remain.

She is a good kid who has a great sense of humor. This is who she is! Just enjoy her and her accomplishment and do not muddle it with what ifs.

I detached from my old broken record and made room for the new experience that has made its way into my and my children's life: non-active alcoholism.

Life is good where I stand and I will continue to keep coming back to Al-Anon to sustain myself a day at a time living in recovery.
D.L.

Riding My Scooter, Working My Program

Several years ago, I bought myself a scooter. I went to the DMV (Department of Motor Vehicles) on a Saturday morning to get it registered. As it turns out, Saturday morning is also when everyone ELSE goes to the DMV. As I stood on a line that went all the way around one large room and into the next, I wished I'd brought something to read. Then I remembered: I had my "Courage to Change" in my car. I asked the person behind me if they would save my place, and I retrieved my book.

After reading a few pages, I mused, "If only I could remember more of what I read, I'd get a lot more out of the program." I flipped through the index, and my eyes fell on the Al-Anon slogans. A thought occurred to me. With all this time on my hands, I could work on memorizing the slogans. That way, when I needed an Al-Anon tool, I would be able to run through the list and choose the slogan that fit.

There are 12 slogans in the index under "Slogans" and one, "This Too Shall Pass," which has its own entry. And, so,



for the next hour or so, I went to work. I memorized all 13 slogans, in alphabetical order. Now, whenever I need to, I can reach into my mental "slogan toolbox" and pull out whatever slogan I need.

After I got my scooter registered and began riding it to work and to meetings, I soon became aware that I missed having a radio, or a CD, to occupy my mind, like I do in my car. I thought to myself, "I wonder if I can recite the 12 Steps." I think I got about 9 of them the first time. Once I got to where I was going, I'd re-read the steps, concentrating on the steps I'd forgotten. Each time I rode, I practiced saying them to myself. It took many rides, but eventually I was able to say them perfectly!

I have to say, riding my scooter is one of the most all-out fun things I do. I never could have imagined, though, how much it would help me with my program, too!

Kim W.



HOW DOES A DR GROW?



With the start of a new Connecticut Area World Service Committee (AWSC) term, I am reminded of the phrase I have heard time and time again—"Educate, Educate, Educate."

I have always been aware of our program being one of repetition, so I would like to share my experience, strength, and hope as a former DR and area officer to all the new and still current District Representatives. As one of my sponsors frequently told me, "Take what you like; but, at least, listen to the rest."

1. Encourage members to participate in service. I found the best way was to ask members directly. Sometimes people need to be asked and encouraged before they realize that they can do the job.
2. Help groups understand that Al-Anon is a worldwide fellowship. I try to think what is best for Al-Anon as a whole and not what is best or easiest for me or my group/district.
3. Visit and encourage new groups making sure that they are receiving proper information. During my term as DR, I tried to get to every group at least once. Not to act as the "Al-Anon police," but to offer support to the GR and to let all the members know who are their links of service.
4. Urge groups in the district to complete and return WSO's group data sheets in a timely fashion.
5. Have district meetings at regular intervals. Make things easy on yourself. If time, date or place is inconvenient for you, then you may wish to change it, remembering to keep the area informed of any changes. Give yourself plenty of time to get organized. Arrive early for district meetings with all copying done, collated and ready for each group. Have your reports ready. I kept mine in a separate folder so I wouldn't become confused with other paperwork or flyers.
6. Keep in touch with other Group Representatives in your district, sharing ideas, views, problems and solutions so that you can keep the delegate informed. It made my job easier knowing that my group or I was not alone; there was always someone who could help me.
7. Keep meetings upbeat and positive. Service IS fun! How about some district workshops or other activities as part of the district meeting? Even serious matters don't have to drag everyone down. There is nothing like a change of attitude at the district meeting to make the GRs want to "keep coming back!"
8. Attend all area meetings and assemblies. You are the link between the groups in your district and the Area World Service Committee. It is your responsibility to report on the activities so that your groups will be informed and able to make an informed decision whenever necessary.
9. Study the service manual. It has been an invaluable tool for me in giving me guidance when fulfilling my own service responsibilities. Everything you wanted to know about Al-Anon is in the book!
10. Help your delegate to spread information and WSC reports. Read the reports in their entirety, even if it is spread out for 5 minutes during several meetings. My experience has been that if I abridged my report to the GRs; they, in turn, further condensed their report. The local groups suffer by not getting all of the appropriate information.
11. Study our Twelve Traditions and Concepts of Service. They are especially helpful in providing group unity and growth. Seeing them in action at district and area meetings made them come alive for me.
12. Be loving and patient with other members as well as yourself. Remember, progress not perfection. We're all at different stages of recovery.
13. Remember to offer suggestions, not to issue orders. Each group operates within the frame of its own autonomy. There's nothing that makes me want to dig in my heels more than the feeling that someone is riding roughshod over me.
14. Just as important to those who may be feeling bewildered, confused, frustrated, etc., please feel free to call any of the area officers and, by all means, get a service sponsor! Even after my three years of attending Conference, my service sponsor's experience, strength and hope have been an invaluable source of knowledge and comfort to me.



- Taffy P., Panel 42, CT -



Thoughts on Tradition Four



Many of us come to Al-Anon crippled, on our knees, desperate, nearly hopeless. Though not realizing how sick we really are, we do recognize that we can't go it alone anymore, that we need help and support.

The miracle is that as soon as we walk in that door, we become part of a group, which becomes our new family, which gently helps us heal and shows us a new way to live "whether the alcoholic is still drinking or not." Together we admit we are powerless. We form our family circle at the end of the meeting holding hands, connected, no one left out. Each person stands as an individual, but is a link in a chain, united.

But let's back up. We've made it in the door. We're scared to death, resentful that we are the ones who have to be "doing something about it." We come with an attitude and something of a chip on our shoulder. Why are people laughing? Why are they hugging each other? Why are they talking about religion and philosophy? What are these trite sayings? Why are they admitting to being powerless, yet speaking with such hope and

Al-Anon gives me the opportunity to hear so many different takes on similar problems, so many different ways of describing how we feel, so many different solutions to complex and perplexing situations. But no one tells me what to do. I am responsible for choosing what I like and leave the rest. I strongly believe in the power of the group. I know 1 + 1 = 3, because two individuals working together come up with better, stronger, brighter ideas than one alone. We Keep It Simple and put First Things First because the health and wellness of the group speeds recovery for the individuals in the group. So I believe in doing what is best for the group as a whole. This way it will remain vibrant, strong, and always be there for the next person who needs its help when he walks in the door.

The alcoholic is his own world, unto himself. He is isolated and alone, focused only on himself. So self-absorbed is he that he doesn't recognize anyone else's needs as important as his own. He keeps everyone and every thing around him off balance, distracted, and out of kilter. It's him against the rest of the world,

confidence about my secret problems? Why am I not running out of the room? Why do I feel a little better? Why am I crying? Why do I look forward to coming back again?

This Al-Anon meeting is strictly a 12 & 12 group. We study the 12 steps and then the 12 Traditions in order week by week, and then we do it again, over and over. Incredibly, it is never the same. There are many other groups with different agendas, and we probably attend many of them too. Since we are in Al-Anon to recover from the effects of alcoholism on our lives, we focus on ourselves and do whatever it takes to get better. We choose different meetings, read, ask questions, get counseling, gravitate to certain people, ask for a sponsor, learn to pray, grow, and begin to heal as we Listen and Learn.

Somehow we gradually change our minds, our hearts, and our attitudes. We do it together. We are always communicating because the more we talk about it, the better we get. We are only as sick as our secrets. Using only Al-Anon philosophy, literature, and language, we avoid confusion and strengthen understanding. Everyone's sharing is vital, powerful, and respected in our Al-Anon Family.



in this role as a victim, he is paradoxically powerful and controlling.

But I don't live in a vacuum. I recognize that my actions have consequences, and I try to take into account how what I may do might affect others. It's important for me to communicate with others clearly and honestly and then keep the lines of communication open. I want to understand and be understood. I want healthy relationships, not severed ones. I know others deserve dignity. But it is often hard to strike a healthy balance, for while I may respect the right of others to make their own decisions, I may disagree with and/or fear the effects of those choices. Al-Anon reminds me to Live and Let Live, believing that we all have a Higher Power that is working in our lives.

We stand in our family circle at the end of the meeting. We have connected heart-to-heart with frank and candid sharing. Now hand-in-hand we connect physically. The energy of our Higher Power surges through and into each of us as we speak the closing words. I am not the person I was when I walked in the door. I am lifted and getting better. Carol

Concept Two



Concept 2-The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

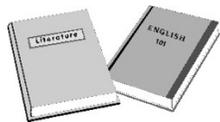
As I read about Concept 2, I begin to see a chain in my mind. This is an unbroken chain that spans the far reaches of the world and is always growing. Somehow, through the strength of this chain, across oceans and cultures, Al-Anon remains a constant. These are Al-Anon's "Links of service." (How Al-Anon Works) Within this structure, we have people. People who, as part of their recovery, take on service positions that keep the program alive. I recognize my part in this ever growing, ever changing chain of service. I see that I am not alone. I see that I am a part of something so much bigger than me, and yet, of which I am a crucial part. We, as members of the great worldwide fellowship

of Al-Anon and Alateen, make up this chain; we are trusted servants of our groups, districts, areas and regions. "Our service arms reach out worldwide to lovingly welcome us into our fellowship of families and friends of alcoholics." (Paths to Recovery)

This concept is about empowering the trusted servants of this chain to speak and act for those who elected them. "In service the principle of giving back that which you have been given comes to life." (Paths to Recovery) We can now see the bigger picture beyond the walls of our groups. The glue that keeps Al-Anon together is the service members that are willing to take on these positions. The voice of the members is spoken through us, the trusted servants of Al-Anon.

Kim C.

Focusing on Conference Approved Literature



Why don't we use other "outside" literature at meetings?

I was so beaten down with alcoholism that by the time I came/crawled into my first meeting, I was willing to do Anything to get help for me and my family.

The stakes were high and still are as long as I have my priorities straight!

I usually dance to my own tune and am not too concerned about what others think as long as I am aware that my dance is not Hurting anyone. Usually dancing can't hurt anyone else other than the dancer, herself. Unless, she is drunk and falls flat hitting or pushing someone else in her path of drunkenness. Lucky for me, I have never been a drinker, not even a drop.

I was puzzled and baffled at what this so called disease was capable doing to Me, and the rest of my family (husband and 2 young daughters). I started to dislike myself for what I was thinking and doing...



worldwide-based AFG (Al-Anon Family Groups). Through members sharing, they recalled their experience of a punishing God and rigid ceremonial rituals. Fortunately for most of us, we know the healing begins when we know that we are accepted and loved by this infinite Higher Power that we freely choose, how ever we might want to consider our HP (Higher Power). Dilution by religion will infiltrate CAL's spiritual message out of good intention from members who have had great benefits from their religious background and upbringing.

What I heard here was, if other professions, politics, or special interests are brought into the circle of Al-Anon, we will no longer feel equal and comfortable to be our authentic selves. My all-knowing attitude started to yield to humility as I attended more face to face meetings. All CAL has inserts of quotes from different sources to prove its case in spirituality and basis of experience, strength and hope, yet, this literatures has been reviewed and approved for the main purpose of keeping the Al-Anon recovery program pure.

What I have been experiencing in my recovery is that my thoughts wander often and most of the time, they stray back to the old thinking patterns. That is why working the Steps, especially Step 4, has helped me to be Aware of these kinds of thinking to allow me a chance, an opportunity to break that viscous cycle of my diseased thinking.

Steps 3 and 11 continue to guide me to the purest form of thinking when I work them to the best of my willingness using all CAL materials to bring me back to a healthier state of mind.

So by the time I got here, in Al-Anon, I was ready and surrendered the minute I heard the Twelve Steps recited by members. Then their sharing got me crying the entire first meeting.

Why do I share this background information? To state my belief: That we must focus on CAL (Conference Approved Literature) during Al-Anon's affairs!

What I heard here was, our best thinking got us here! That is 100% accurate for me. I thought I had all the right answers and solutions to every conflict especially with my loved ones. That thinking surely got me nowhere and I was actually crazier than my beloved alcoholic!

What I heard here was, take what you like and leave the rest! This phrase is so politically correct for me! It tells me to keep my mind free of judgments, open for learning, take what I need to hear now, leave what I can't absorb or accept. Then maybe when I am at a better place of recovery, I would see it differently than the last time...

What I heard here was, if this 12 Step program is a religious program, there would be only a few of us members instead of a

That is to me the pure purpose of staying focus on CAL, to help all of us break those old broken records that got us in the circle of madness and going no where. With CAL, I have hope that I will continue to see the light of recovery in front of me for as long as I practice these principles in all my affairs.

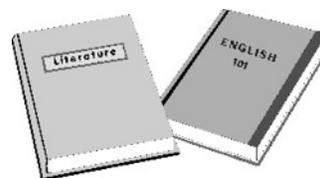
I read 7 daily readers, daily, 5 from CAL and 2 from other sources. Together, they help anchor my day. I learn to keep Al-Anon and others separate to discipline my thinking process.

When I am in Al-Anon, I will stay true to its gentle reminder, take what I like and leave the rest. Anonymity is the spiritual foundation of Al-Anon ever reminding me to place principles above personalities.

Our one common goal is to help each other to recover from Alcoholism so that we can continue to carry this gift forward in generations to come.

My experience, strength and hope here is that: Why we don't we use other "outside" literature at meetings is to unite us and not to divide us into sub groups of religions, sects, professions, political interests, but, to stay focused only on the sole purpose of healing ourselves from Alcoholism.

D.L.



AA Liaison Notes

I'm so excited about the upcoming events – but I need a little help. We have four events this year:

1. AA Round –Up

May 15, 2011, 1:00pm till 4:00pm

(Lunch is being served from
12:00pm to 1:00pm **No charge**)

Masonic Temple, 112 East Main St., Meriden

There will be two Al-Anon meeting regarding

Keeping a Positive Attitude and Service and a Keynote.

There is no charge for this event.



2. Soberfest - Please see the flyer.

June 3, 4 & 5, 2011

Odetah Camping Resort,

38 Bozrah Street Ext., Bozrah, CT 06334

3. 53rd AA Convention “Live in the Solution”

Flyers will be done shortly – please save the date

September 9, 10 & 11, 2011

Crowne Plaza, 100 Berlin Rd., Cromwell, CT

Planning meetings are the 3rd Sunday of every month at

12:00pm at Crowne Plaza, 100 Berlin Rd., Cromwell, CT

The Chair (Jackie) and Co-Chair (Mark) will be in touch

with DR's about possible speakers/moderators for the

event. Committee members are needed, if you or someone

you know is interested or if anyone is interested in

speaking or knows someone who they think might be

interested in speaking, please contact Jackie or Mark.

4. CSCYPAA XXVI 2011

Flyers will be done shortly – please save the date

November 25, 26 & 27, 2011

Crowne Plaza, 100 Berlin Rd., Cromwell, CT

Planning meetings are the 4th Sunday of every month at

12:00pm at Crowne Plaza, 100 Berlin Rd., Cromwell, CT

We are in need of a Chair and Co-Chair. I'm more than

willing to chat with anyone who is interested in the

position.

I would like to visit each district to introduce myself and go over the events with your GRs and ask for help directly from your groups. I am asking the DRs for Suggested Speakers. I would like to make sure that each district is well represented at all the AA events.

I learned long ago that I don't have to do anything alone and as long as I ask for help, the members will be there to help me. These are OUR events – not just mine and our participation reflects on Al-Anon as a whole.

Concept Four has always been my favorite and it is a goal for me to have participation at all of these events and to bring harmony to the attendees.

Sandy S.

AA Events Coordinator



Step 11: Improving Our Conscious Contact With a Higher Power

Quieting my voices to hear His has been improved with Step work. I have to put forth my willingness in looking at myself through Step 4 to see my reality. Having the spiritual awakening through working my Steps, all I do now is to be still to hear Him.

To hear God's will, I need to quiet my Ego, Fear, Self-Pity, Self-Righteousness, Indifference and Emotions. When my will is quieting down, I can hear my breathing, my heart beats and I can feel the weightlessness overcome me, filling me up with a profound peaceful sensation and humility.

He speaks with softness and clarity when I hear Him. I feel calm and cared for when His thought comes through. His will has been done by me. Each step of my action to carry it out, I feel at peace and comforted. The assurance of the program gently lighting my path to remind me that my actions and thoughts are controlled by me without being subjected to others' opinion and judgment. With its principles in check, and His words to mind, I march on living the life I deserve to live...

I can literally meditate in any settings to connect to my Higher Power, whether early morning still in bed, driving in my car, walking my dog, exercising on my bike or my treadmill, doing dishes, folding laundry or taking my shower... All I have to do is to stop all my thoughts (yep, don't know why I couldn't do that before working my Steps) and let Him in. Most of the time, all I do is smile and say Thank You God for today!

Sure, I have my fair share of bad days. When I need my God with skin, I reach out to call my beloved Sponsor(s). When He knows my day is very bad, He makes sure my girls know it and they welcome me with a delicious cooked meal. He ensures my life with guarantees: the love of my children, my family of origin, my ex-husband, my friends from Al-Anon, earth friends, and colleagues as well as neighbors. My God with skin through the people in my life continues to uplift my spirits day in and day out.

Thank you to all our Trusted Servants in Al-Anon.

D.L.



 **Public Outreach Corner:
Step 12 in Action**



Public Outreach - District 3.

During January and February of this year we did Public Outreach (PO) at the Hamden Middle School. We were invited to speak to seventh graders about the Al-Anon/Alateen fellowship. We spoke to students in some 30 health classes thanks to a Health teacher there. We told our stories and shared our experience, strength and hope. We talked about the tools we have collected in our tool boxes, i.e., the three Cs (I did not cause it. I cannot control it. I cannot cure it.), the steps, the slogans, and other tools of our program we have come to know and use in the process of our recovery. We shared that it's a known fact that alcoholism is a family disease, but thanks to the Al-Anon/Alateen program and fellowship there is hope. We spoke to approximately 450 children, three Health teachers, and two student teachers. We handed out brochures and donated literature to be distributed to the school counselor's office and library. We also distributed program literature printed in Spanish. Our speakers included: five female members of Al-Anon, two males who are double winners (members of both Al-Anon and AA), and a male teenager who attends Alateen. Fortunately, our Alateen speaker was able to speak on a school day only because he had early dismissal on that particular day. The children listened intently to our sharings and raised their hands to ask questions. Some children wrote comments in response to our presentations. Here are some anonymous notes written by students:

"I think your story is life changing!"

"I enjoyed hearing your story. It helped me realize that I can choose what I want to do in life. I can make my own choices."

"I learned that though life has many struggles, you can get through them and still be happy."

"Today I learned people have really bad lives, but can get it back on track."

"I learned from this story the great things that Al-Anon gives to you and how it can help people in need of it."

"I learned that I can be confident about anything."

"Thank you for coming! I learned that Al-Anon, AA and Alateen exists."

Due to several snow storms it took us three weeks to complete this PO project. A member of Al-Anon visited the school several weeks later to give each Health teacher a binder with a variety of Al-Anon/Alateen literature enclosed as a source of reference and/or to distribute to students and/or parents and other child care professionals as needed. We let them know we are available via email and by telephone to answer any questions they may have.

I cannot speak for the members who volunteered their time to show up and share and educate the children, however I can say this work has brought me joy.

Several of our speakers also came from other districts. This was greatly appreciated. We received a Thank You Note

from a Health teacher for our service. We have been invited to return next year to the school.

We recently attended an Awareness Health Fair at Worthington Hooker School in New Haven. We set up a table with our Al-Anon/Alateen literature. 200 students (fifth - eighth graders) attended the fair. Children visited our table and asked questions about the Al-Anon/Alateen fellowship. There were two Al-Anon members at the table. I was grateful to have a Spanish-speaking member of Al-Anon by my side. She was available to speak to children in Spanish. As Latino children approached the table I could sense their comfort seeing her and knowing their culture is represented in our fellowship. At the school's request, we were ever so grateful to have an Al-Anon member visit with a sixth grade class to tell his story and share his experience, strength and hope with the children and also answer any questions they had. I feel as though it is a wonderful experience for children to know that we have men in the Al-Anon fellowship as well. I am sure the male children appreciated his presence.

We thanked the school for this wonderful opportunity. The school nurse was instrumental in contacting us to ask for our participation. She sent us a Thank Note in appreciation of our service. We hope to participate in this event once again next year.

During the month of May will be participating in a Health Fair at East Haven High School. 950 students will be present

for this event. We will display a table with our Al-Anon/Alateen literature. Three women from our Al-Anon program and one male Al-Anon member will be present. We are honored to be participants of the fair and to be of help and service to our youth. Approximately 65 - 75 school professionals will also be present and so it will be a good opportunity to have literature available for them and answer any questions they may have about our program.

It is important to note that over a year ago we began planting seeds in District 3, i.e., reaching out to the local schools. Our garden has grown and we are ever so appreciative. I would like to thank all of the people from District 3 and also from other local districts who participated in PO events at the local schools here. Unity is what allows us to continue to grow in recovery. When we come together to work our program great things happen.

I encourage anyone who is in the Al-Anon/Alateen fellowship to consider doing PO at a meeting and in the community. I feel grateful to work alongside people in Al-Anon/Alateen during PO events. I have made many friends. I cannot put into words the happiness I have experienced from sharing the program with children and adults in the community.

The Al-Anon program has always been here for me and now I work to make it available to others.

Linda

Public Outreach Suggestions

When we have Public Outreach meetings, we try to keep it simple just like our Program. Anyone anywhere can do Public Outreach and just not on Lois's Birthday every year. A piece of literature, such as a brochure or bookmark can be left on everyone's chair before the meeting starts and each person can leave the literature wherever they go that day after the meeting. Each meeting can also decide to "Adopt" a building or place to keep Al-Anon literature stocked. Older editions of Forums are welcome in waiting rooms, Laundromats or libraries; as well as our most popular

Public Outreach tool the Al-Anon Faces Alcoholism booklet. Also, when your group's Literature person places a literature order with the LDC they can include additional items such as the Crying House bookmarks and other brochures that are offered free of charge and donate this literature to Public Outreach in your district. A donation like this would be greatly appreciated and is a gift that keeps on giving.

Laura C.
PO Coordinator
District #3



Rompiendo Fronteras (Breaking Frontiers) 2011

A.A. Bilingual Sharing Day - Area 11
"Breaking Frontiers in A.A. is How We Unite"
Sunday, June 26, 2011,
Cheshire Grange, 44 Wallingford Road, Cheshire, CT
9:00 a.m. - 3:00 p.m.

Registration fee is \$10.00 per person

- Special Service workshops
- Interpreters will be available
- Lunch Included
- Al-Anon/Alateen participation



Registration forms at www.ct-aa.org

Día de Compartimiento Bilingüe de A.A. - Area 11
"Rompiendo Fronteras En A.A. Es Como Nos Unimos "
Domingo, 26 de junio 2011,
Cheshire Grange, 44 Wallingford Road, Cheshire, CT
9:00 a.m. - 3:00 p.m.

Costo de registraci3n \$10.00 por persona

- Mesas de trabajo
- Habr3n int3rpretes disponibles
- Almuerzo incluido
- Participaci3n de Al-Anon y Alateen

Formulario de Registraci3n en www.ct-aa.org

Help!

(Please?)

Please Help Us!

The Convention Thought Force Committee would like your help in making future CT AFG Conventions better. Please fill out the survey available from your Group Representative (GR) or on the website (www.ct-al-anon.org) and return it to your GR or the P.O. address by June 11, 2011. Thank you for helping us help you.

Assembly
Assembly

Group Representatives (GRs):

Be sure your group is represented at the Assembly on Saturday, June 11, 2011, so everyone can find out from Rita, our Delegate, what was decided at the Conference in Virginia Beach.

(I hear there's a new book!)

Assembly
Assembly

Deadline for June Contributions is May 30, 2011

- Al-Anon **announcements** • Sharings on using the Al-Anon tools • Email **Subscriptions** now available
- Send your items to lifeline@ct-al-anon.org by **May 30** for the June issue.

Please contribute a sharing this month!

➔ Lifeline is also available online at www.ct-al-anon.org (scroll down)