

Events

2015

- **Pennsylvania AFG Convention**
May 29-31, 2015
Susquehanna University, Selinsgrove, PA
- **Area 11, Soberfest 2015**
June 5-7, 2015
Odetah Camping Resort, Bozrah, CT
With Al-Anon, Alateen participation
- **Spring Assembly**
Saturday, June 13, 2015
South Congregational Church, 277 Main St., Hartford, CT
(Same location as LDC.) Semi-annual business meeting of the Area's Group Representatives (GRs) along with the Area Officers, Coordinators and District Representatives (DRs). Other Al-Anon members are welcome but may only observe and not vote.
- **2015 International Convention of Alcoholics Anonymous**
July 2-5, 2015
Atlanta, GA
- **"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
- **TEAM Event 2015**
Together Empowering Al-Anon Members
October 3, 2015
South Congregational Church,
277 Main St., Hartford, CT.

2016

- **2016 CT AFG Convention**
April 1-3, 2016 —save the date!
Crowne Plaza Hotel, Cromwell, CT

Anniversaries

May 2015

- **Wednesday Morning Guilford Al-Anon**
28th Al-Anon anniversary meeting
Wednesday, May 20, 2015
10 am. Al-Anon and A.A. Speakers
First Congregational Church
122 Broad St. on the Guilford Green
(Enter double doors on Church St. and go downstairs)
Speakers at 10 am, raffle and lunch
- **Recovery and Hope Rocky Hill**
Al-Anon anniversary meeting
Friday, May 29, 2015
7 pm Food and Fellowship
8 pm Speakers and Raffle
St. James Church
767 Elm St., Rocky Hill, CT
Finger foods appreciated. Church prohibits nuts due to severe food allergies. Open meeting, all are welcome.
- **Saturday Morning Windsor/Poquonock AFG**
40th Al-Anon anniversary meeting
Saturday, May 30, 2015
9:30 am Potluck Breakfast
10:30-Noon A.A. and Al-Anon Speakers
Poquonock Community Church
1817 Poquonock Ave., Windsor, CT
Breakfast items and Al-Anon related raffle donations gladly accepted. Guests are welcome.

AFG Anniversary Meetings continued on page 3 >

SOME IMPORTANT DON'TS • Don't check up to see how much the alcoholic is drinking, search for hidden liquor, or pour the liquor out. • Don't nag the alcoholic about drinking. Never argue while he or she is under the influence of alcohol. • Don't preach, scold, or enter into quarrels with the alcoholic. From "So You Love an Alcoholic" P-14

Horizons of Hope

2015 CT AFG Convention

March 20–22, 2015

Crowne Plaza Hotel, Cromwell, CT



Great 2015 CT AFG Convention!

We had a great convention despite the snowy weather. Thanks to the many, many people who worked hard to make it happen — from people who organized the program, to those who planned all the setup and signs, decorations, snacks, flyers, handled registrations, name tags, kept track of finances and more. And of course, thank you to all of you who attended!

There was an early bird meeting Friday. That night the skit “Searching for Serenity” was very well received. It was written and produced by Alateen Sarah and starred Alateen Miguel with sharks and fish culled from the committee. It included audience participation on “Let It Go” (Frozen) and “Lean On Me” (Bill Withers).

The keynote speakers from British Columbia, Minnesota, and Connecticut, and the various workshop speakers were inspirational. The workshops had something for everyone — Alateen, A.A., Spanish/English Bilingual, ASL (American Sign Language), Parents, Adult Children, Men, Women, and for Al-Anon members in A.A., and LGBT. There was a raffle for baskets, a free weekend, a serenity blanket, and a set of CDs. There was also the cow-spotted CAWW blanket raffle. Besides the workshops there was plenty to do — yoga, swimming, water aerobics, chair exercises, the Labyrinth, group drumming, vision boarding, games and picture puzzles, a dance, a delicious banquet meal, Alateen pizza party, fellowship with program friends, candlelight meetings, and a hilarious Program-trivia Family Feud contest. We had amazing decorations with bigger-than-life rose balloons and beautiful rose bouquets. There was even shopping for convention-themed ceramic mugs, tote bags, wrist bands, rotary pens, “One Day At a Time” coins, literature, and tables of items handmade by the Alateens.

Save the date and plan to attend next year! There are many great opportunities for service. Some committees work from September to March to make it all happen. Others simply need an hour of your time to man a table at the convention. Those who participate — and put more into it — get more out of it. Come join the fun!

The 2016 Convention will be held at the Crowne Plaza Hotel in Cromwell, CT, April 1-3. Watch the www.ctalanon.org website for details as they become available.

Sue G2.
2015 Convention Chair

“ I attended the convention and it was one of the best Al-Anon conventions ever. The keynote speakers and the workshop speakers were all excellent. It was a wonderful weekend of fun and fellowship. Thank you to the committee for all your hard work. — Carol D., Area Treasurer ”

Highlights from Horizons of Hope

Labyrinth Shares

I served on the 2015 AFG CT Convention Planning Committee as Activities Chair. The experience deepened my Program and reminded me that I get more from service than I give. One of the activities was the Labyrinth in the HP (Higher Power) and Me Spiritual Space. We encouraged anonymous "Labyrinth Shares" on feedback cards for participants that said, "We hope you will take a moment to reflect and then write a brief statement about your labyrinth experience and post it on the cork board." Here are some of the comments.

Yours in service,
Kathi M., 2015 Activities Chair

When I walked the labyrinth I:

... realized that a problem and a solution could come to my mind without preparation, and I could just go with God's flow.

... learned that when I start to feel lost, confused and impatient, I just need to keep moving in the direction I'm going. To trust, let go and be directed. At that instant fear releases.

... felt there was calm all around me. There were legs and feet, legs and feet, moving quietly around me. There were people

sensing the peace and healing, knew the struggles I felt. We were all seeking the same serenity.

... could release the disease of alcoholism and its effect on everyone in our family. I can love the man, who happens to have the disease.

... learned to trust in myself. Life always turns out for the best; better than you believe is possible.

... am on my Path to Recovery. A step forward may appear to be a step backward. Yet I realize that I am never in the same place on my path. Therefore, they are all steps forward!

... realized that I cannot move someone else's feet along this path. If I take my eyes off my feet, I lose my path. Keep the focus on yourself.

... learned that my fears are unfounded.

... felt that it was interesting how you seem to be going in, then going out ... progress is not linear.

... learned to let go of what is not on my path, to follow my path. ▲

Thanks for serving!

Our deepest gratitude goes to these leaders for serving on the Horizons of Hope Convention.

Thanks also to all the volunteers too numerous to list here for their service.

Chairperson

Sue G2.

Co-Chairperson

Gail L.

Secretary

Deborah D.

Treasurer

Pat S.

Co-Treasurer

Pamela V.

Ex Officio, 2014 Convention Chair

Scott D.

Floater

Chris D.

Fran K.

Flyers

Deborah C.

Rosie C.

Greeters

Gina R.

Kary L.

Hospitality

Samantha D.

Anca D.

Literature

Patty B.

Monica D.

Name Tags

Pat W.

Noreen G.

Pre-Registration

Mark G.

Mike E.

Program

Amy A.

Jackie B.

Properties

Chuck F.

Zachary K.

Raffle

Kathy G.

Patricia M.

Sales/Souvenirs

Marie S.

Kathe L-B.

Spanish Liason

Ester R.

Roxana V.

Walk-in Registration

Martha N.

Colleen G.

In the following the first name listed is the Chair, the second name is the Co-Chair

A.A.

Darin K.

Patrick R.

Activities

Kathi M.

Lynn K.

Alateen

Miguel James C.

Allyanna L.

Alateen Sponsor

Christine B.

Brenda R.

ASL

Leda R.

Liz C.

Dance

Cindy R.

Decorations

Cristina C.

Roberta L.

Electronic Equipment

Tom M.

Janet Z.

Entertainment

Sam C.

Sarah W.

Anniversaries

June 2015

• Tuesday Evening Women's AFG Glastonbury

22nd AFG anniversary meeting

Tuesday, June 2, 2015

7 pm Food and Fellowship

7:30 pm Speakers

First Church of Christ Congregational

2183 Main St., Glastonbury, CT

Finger foods appreciated. Men and

women are welcome.

• Clinton Friday Morning Al-Anon

21st AFG anniversary meeting

Friday, June 26, 2015

9:30-9:55 am Breakfast and Fellowship

10:00-11:30 am Alateen, Al-Anon and

A.A. Speakers

The First Church of Christ

55 Church Rd., Clinton, CT

(Entrance around back)

Food and Al-Anon raffle items

appreciated. Guests welcome!

LDC Corner

Literature Distribution Center

Spring Assembly is coming fast (June 13, 2015). Now is the time to pre-order your literature so your items will be ready for pick up when you arrive — saving time and money on shipping. As always, you can also order when you arrive at the Spring Assembly.

NEW ITEMS! K-70 which consists of S-71, S-72 & S-73 for \$9.90 and also available separately. S-73 “Talk to Each Other: Resolving Conflicts within Al-Anon” for \$4.95. The new S-24 “Al-Anon Declaration Table Card” for \$1.65 are also in.

In stock are Service Manuals, P-24/27 \$5.50, P-24 \$1.10, and World Service Conference Summary 2014 P-49 \$5.50. **(Special P-24/27, P-24 and P-49 \$11.00 a \$1.10 savings.)**

The LDC is always in need of volunteers. Thanks to our regular helpers and to those who serve at special events like the Spring Assembly. Please consider volunteering even if it is only once a year. Call Marie or Mary Ann at 860-244-0022.

To Order Literature

Email: ldc@ctalanon.org

Fax: 860-244-0022

Phone: 860-244-0022

Mail: CT AFG LDC

277 Main Street

Hartford, CT 06106

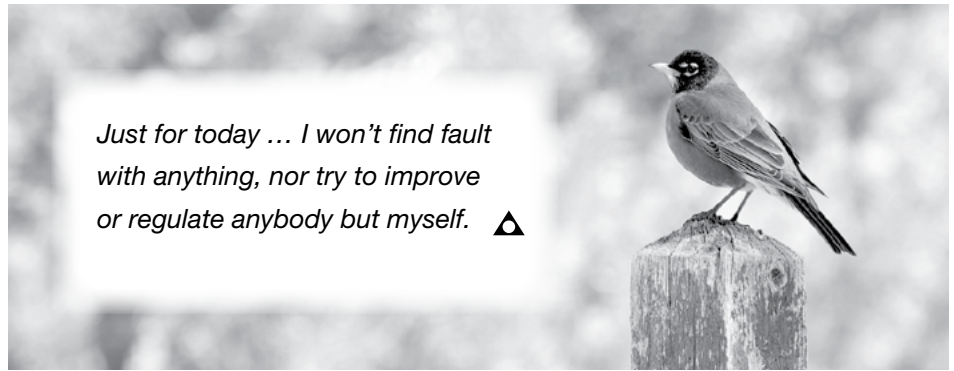
Ways to pay for your orders

Check, cash, or Paypal. Please do not mail us cash or your credit card info.

— Marie, CT AFG LDC Manager

The deadline for the June 2015 “Lifeline” is May 29. Email Lifeline@ctalanon.org.

Get your event publicized on the website by submitting to webmaster@ctalanon.org.



Awesome Anniversary Meetings

This submission was originally an email from Kim G., DR from District 4, to her GRs and was written in the Fall 2014

This weekend I had the pleasure of hearing two Alateens share their story and to hear other Alateens comment and share. I have to say I was in awe! Their sharings were filled with raw emotion, unfiltered, and from the heart. I get it now when an Alateen Sponsor talks about how sponsoring has changed their life and helped their own recovery.

The anniversary meeting on Saturday evening, which was actually the Trumbull Thursday Evening meeting, was impressive! The number of people there (the biggest meeting I had ever been to) and the three speakers were amazing! I was so glad that at the last minute I had decided to attend this meeting. It was unfortunate that shortly after the speakers had finished the fire alarm went off, but thankfully no one was hurt and I heard it was just from the smoke from the ovens.

The second anniversary meeting I attended was my home group, Milford Sunday Evening. We had three speakers as well, A.A., Al-Anon and Alateen. Again, I heard another amazing story from an Alateen speaker. Five or six Alateens came to support her. A few of them shared and again as I listened I realized there is so much that they can teach me and help me in my recovery. I would like to add that the A.A. and Al-Anon speakers were awesome too!! — Kim G. ▲

Why Not You?

Hopefully your Group Representatives have been asking for you to consider writing a submission for Al-Anon literature such as “The Forum.” If you haven’t considered it, what’s holding you back? Why not you? All of our CAL is written by people like you and me. We all have experience, strength and hope that others might benefit from. Al-Anon Family Groups is looking for you to share with them ways in which “Discovering Choices” (B-30), or “Al-Anon’s Twelve Steps & Twelve Traditions” (B-8) have helped you grow. WSO is also hoping you’ll join them in celebrating the 50th anniversary of “So You Love an Alcoholic” (P-14) by describing what this pamphlet means to you. Send your sharings by June 1st to: The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention “CAL Corner” or at wso@al-anon.org or at www.al-anon.org/members.

LIS, Aimee L., Area Literature Coordinator