

NOMAAC Time ! The Northern Mid-Atlantic Alateen Convention, will be held on July 13th, 14th & 15th at Shippensburg University.

Here is a message from Peter M., NOMAAC Al-Anon Treasurer, who arranged for the bus himself (still no Alateen Coordinator) : (

"We are set to have the best NOMAAC ever! Thank you to all of the Groups in the Delaware Valley for their very generous support! This year's bus will be paid entirely by donations from Districts and Groups!"

Al-Anon Anniversary

Havertown Saturday Night AFG, D-5, July 28, 7:30 pm
Union United Methodist Church (Lower Level)
200 Brookline Blvd., Havertown

Meeting Changes

Friday Night Serenity, D-5, St. John's Episcopal
Concord & Cheyney Rds., Concordville
NEW TIME: 7 – 8 pm, Fridays

Heart of Al-Anon AFG, D-5, Fri., 6:30 pm
First Presby Church of Springfield
Cascade & Summit Rd.

Temporarily moved to church lounge

Steps R Us AFG & Courage to Be Me Alateen, D-5
St. Timothy's Lutheran, Lamppost & Pennell, Aston
NEW TIME: 7 – 8 pm, Thursdays

4th of July Cancelled Meetings

Main Line & Bryn Mawr Beginners Meeting, D-4
Bryn Mawr Community Center

Solutions Thru the Steps, D-20, Good Shepherd
Lutheran, Street & Churchville Rds, Southhampton

Rose Tree Al-Anon/Alateen Joint Meeting

D-5, Two Speakers - Al-Anon & Alateen
Mon., July 30, 8 pm, Reformation Lutheran Church
102 W. Rose Tree Rd., Media

On-Line Donations Accepted!

Delaware Valley Al-Anon members and groups now have the option to donate to the Al-Anon Information Service of the Delaware Valley (AISDV) online! Just visit www.aisdv.org/contact_donate and scroll down to the new "Donate" section. **Please help the AISDV to continue providing information and assistance to those seeking help!**



**PA Area Assembly, Aug. 17 - 19
In Harrisburg**

Volunteers Needed for Institutions Commitments

Girard Medical Center, 8th St. & Girard Ave., Phila.
Sundays, July 1, July 15, Aug. 5, & Aug. 19, 1-2 pm

Malvern Institute IOP Ctr., 17 Ravine Rd., Frazer
Saturday, July 14, 11:30 am to noon

Mirmont Treatment Ctr., 100 Yearsley Mill Rd.,
Lima; Saturday, July 14, 1:50 to 3 pm

*See AISDV website calendar to e-mail the
Institutions Coordinator for more information.*

Save the Date!

AISDV Fall Dinner Dance
October 13, 6:00 - 10:00 pm
Williamson Restaurant
500 Blair Mill Road, Horsham

Business Meetings

AISDV Service Board Mtg., Thurs., July 19, 7:30 pm
Reformed Church of the Ascension, Norristown

District 2 Group Rep. Mtg., Thurs., July 26, 7 pm
AA Clubhouse, 4021 Walnut Street, Phila.

Al-Anon's Three Legacies - July

Submitted by members in the AISDV Districts

Step 7 - Humbly asked Him to remove our shortcomings.

Starting with the word "humbly", this step was a stumbling block to me. To me, humbly seemed pretty close to humiliation. Why did I have to ask God to remove my shortcomings? I had already been through the step of identifying my character defects so we were now both well aware of my shortcomings. I even did the Step where I told God & my sponsors, in great detail, all about them. Why did I have to spell it out again? It took a lot of work, talking to my sponsor and others in Al Anon, going to meetings & studying the Al Anon literature to learn that this step was crucial to my learning to let go & let God. I had to ASK my Higher Power to remove my shortcomings as a pathway to turning my will & my life over to the Higher Power's care. What a change this made - not only in how I prayed, but also in how I learned to trust in my Higher Power. Thy will, not my will, be done!

Michelle McF

Tradition Seven - Every group ought to be fully self-supporting, declining outside contributions.

After attending my first Conference, I better understood the meaning of the 'world-wide' fellowship of Al-Anon. An abundance of people gathered together with a common purpose and on my team. Al-Anon is made of tiny groups that make us feel loved and safe. I am grateful to be part of that community. But my heart was broken when I learned that we are not fully living up to Tradition Seven. The WSO depends on the income from the sale of CAL to give the services necessary to Al-Anon. Let It Begin With Me! I immediately sent a contribution of a dollar for each year of recovery to celebrate my own recovery anniversary. I also subscribed for Auto-Pay from my checking account for a monthly donation to the WSO. And for a long time I had increased my basket donations at meetings. Do you know that a dollar in 1951 is worth eight dollars today? How much am I willing to pay for a medicine that not only cures my loneliness, anxiety, obsessions and guilt, but also gives me serenity, peace, joy, confidence, spirituality, self esteem, self love, and more? I will be mindful that since I have a co-pay for my physical health, I will gladly impose one for my spiritual and emotional health as well. I will contribute with generous spiritual giving so that Al-Anon can be here for those who have not found the peace and serenity I so enjoy. Let It Begin With Me.

Maria A., PA Delegate

How to submit information to the RAP:

Mail to 4021 Walnut Street address or fill out the form at <http://aisdv.org/rap.html> to arrive no later than the 20th day of the month for insertion into the following month's RAP. The next deadline is **July 20, 2012**.

Concept Seven - The trustees have legal rights while the rights of the conference are traditional.

This concept shows me the respect that the board of trustees and the conference have for each other. The board of trustees is responsible for the legal and financial issues of the fellowship. The conference takes responsibility for the spiritual well-being of the fellowship worldwide. Although their responsibilities are different, they work together for the benefit and the growth of Al-Anon. The conference, which meets once a year, is the largest group conscience, which holds the spiritual principles in their hands for the entire fellowship. The trustees are familiar with the laws that are needed to uphold the legal and financial issues that may arise within the Al-Anon organization. The actual power lies with the conference because the delegates come together from around the world to share their experience, strength, and hope. One of the spiritual goals of the 2010 World Service Conference was "presume good will." This particular goal led to both independent parties working together, building trust to attain mutual goals and harmonious growth. In a way, this concept could be applied to a family. For example, a family may be considering going on a long vacation. The children, (being the conference) believe that it would be good for the whole family, a great decision. However, the parents (the trustees) need to consider whether they can financially go on this trip. It may take some time and research before a decision can be reached for the family. Although part of the family believes it would be good, it must end up being beneficial for the whole. Concept 7 does not have to be a mystery, as long as we open our minds and our hearts.

Maddie McC

KEEP AN OPEN MIND

RAP Subscription Order Form

Order on-line @ <http://aisdv.org/rap.html>

Make check payable to AISDV. **Mail to RAP, c/o AISDV, 4021 Walnut St., Phila., PA 19104.** Attn. Groups: Please include WSO Group ID No. on check.

Check one: e-mail Monthly Subscription @ \$3/yr. _____
U.S. Mail Monthly Subscriptions: One @ \$12/yr. _____;
five @ \$25/yr. _____; ten @ \$40/yr. _____

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