

Al-Anon Anniversaries

S. Philly Fri. AFG, D-2, Sept. 14, 7 pm

S. Philly AA Clubhouse, 1605 E. Moyamensing Ave.

Thurs. Morn. Paths to Recvry, D-20, Sept. 20, 9 am

Family of God Lutheran, 4770 Route 202
Buckingham

Parkside AFG, D-2, Fri., Sept. 21, 7 pm

Calvary United Methodist Church
48th and Baltimore Ave., Phila.

(Regular mtg. Tuesdays, 7pm, White Rock Baptist)

Ridley Park Mon. Morning, D-5, Oct. 8, 9 am

Christ Episc. Church, Sellers Ave. & Nevin St., R.P.

Focus on Recovery, D-5, Tues., Oct. 9, 12 noon

Lima Meth. Church, 209 Middletown Road, Lima

West Phila. AFG, D-2, Mon., Oct. 15, 7 pm

AA Clubhouse, 4021 Walnut Street, Phila.

Flourtown AFG, D-3, Sat., Oct. 27, 12:30 pm

St. Paul's UCC Church, 440 Bethlehem Pike
Fort Washington

Monthly Speaker - Potluck Mtg.

(Now held the third Tues. of every month)

Hope for Today AFG, D-2 Sept. 18 & Oct. 16, 7 pm

BRING A POTLUCK DISH TO SHARE!

Leverington Presb Church, 6301 Ridge Avenue
Roxborough/Manayunk – Parking Available
Bus Lines 9, 27, 35 - SEPTA Ivy Station

Meeting Changes

Red Fox Wed. Night AFG, D-7, 8 pm

NEW LOCATION: First Baptist Church
415 W. State St., Kennett Square 19349

Friday Night Serenity, D-5, St. John's Episcopal

Concord & Cheyney Rds., Concordville

NEW TIME: 7 – 8 pm, Fridays

Steps R Us AFG & Courage to Be Me Alateen, D-5

St. Timothy's Lutheran, Lamppost & Pennell, Aston

NEW TIME: 7 – 8 pm, Thursdays

Opportunities for Service Institutions Commitments

Girard Medical Center, 8th St. & Girard Ave., Phila.
Sundays, Sept. 2 and Sept. 16 from 1 to 2 pm

Malvern Institute IOP Ctr., 17 Ravine Rd., Frazer
Saturdays, Sept. 1, 8, 15, 22, 29, 11:30 am -12 pm

Mirmont Treatment Ctr., 100 Yearsley Mill Rd.,
Lima; Saturday, Sept. 8 and 22 from 1:50 to 3 pm

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

Business Meetings

District 4 Group Rep. Mtg., Thurs., Sept. 6, 7:30 pm

District 3 Group Rep. Mtg., Sat., Sept. 8, 9:30 am

AISDV Service Board Mtg., Thurs., Sept. 20
7:30 pm, Reformed Church of the Ascension
1700 West Main Street, Norristown

District 2 Group Rep. Mtg., Thurs., Sept. 27, 7 pm
AA Clubhouse, 4021 Walnut St., 2nd Fl.



District 19 Fall Picnic

October 7, 11:30 am

Neshaminy State Park, State Road, Croydon

AISDV Fall Dinner Dance

October 13, 6:00 - 10:00 pm

Williamson Rest., 500 Blair Mill Rd., Horsham

District 7 31st Annual Workshop

October 27, 8 am to 2 pm

Westminster Presby. Chrch, 10 W. Pleasant Grove Rd.
West Chester

24th PA Al-Anon Adult Children Conference

October 26-28, Antiochian Village, Ligonier

For more info e-mail paaccweekend@yahoo.com

Or see website at paacweekend.com

Al-Anon's Three Legacies - September

Submitted by members from AISDV Districts 4 and 5

Step Nine – Made direct amends to all such people wherever possible except when to do so would injure them or others.

In my family of origin my role was to be a care giver and to please others, leaving me with no self-esteem. I did not know how to value anything about myself, because I was busy being everything to everyone else. I felt my worth came from how others liked me, leading me to become a people pleaser. While trying to be everything to everyone else (which is impossible to do), I abandoned myself in the process.

Step 9 means facing people I have harmed when possible to make direct amends. However, sometimes it is impossible to make direct amends. In Al-Anon, I learned I can also make amends through my changed behavior and attitude. I was looking for love, appreciation, acknowledgement and respect from my family, which I was hoping to receive one day. Now looking back, I realize they were incapable of fulfilling my needs in that regard.

*Al-Anon taught me to accept my family for who they are without expecting them to be who I want them to be. I also learned to **give myself** what they could not give me. With my Higher Power's help, I gave myself permission to take care of myself by setting limits and boundaries when I am with them, instead of building walls.*

In working Step 9, I get to practice being the kind of woman my Higher Power wants me to be; a woman with personal integrity, kindness and compassion. I make amends, not to make my family or others feel better, but to reflect what is in my heart.

Merima

Tradition Nine – Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Al-Anon is not an organization... it's a fellowship. In the spirit of Tradition 9, there are no rules and rulers – we are all equals. So how has Al-Anon continued to grow for the past fifty-plus years without organization?

Our goals are achieved, because we collaborate as equals to fulfill our duties, responsibilities and achievements. We form committees and service boards in our groups, districts and area levels, and as members of these committees and boards, we act as trusted servants. Using the Steps, Traditions and Concepts as our guide, we work together as equals with varied talents and ideas. We learn to respect each other's diversity. When we interact with others in Al-Anon service, not only do we begin to become aware of ourselves as spiritual beings, but we sense the guidance of a Higher Power.

Being a trusted servant gives us the courage to continue to grow and reach out to do more service. The result is that we develop new attitudes and make positive changes in our

personal relationships. In accordance with Tradition Nine, Al-Anon groups may not be organized, but there is a service structure that gives us all wonderful opportunities for personal growth and recovery. It works like the adage says: "as ye sow, so shall ye reap."

Sue F.

"I become a leader in my life..."

Concept Nine – Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

Paths to Recovery tells us that "each and every member of Al-Anon has the potential to become a leader." Al-Anon principles help me learn how to be a leader in my own life and in the program. I learn, first and foremost, in Steps One through Three, and in Tradition Two, that I am not in charge. My Higher Power is.

Not only does the program teach me that I am not in charge; I also learn, little by little, that I never have to be alone in performing the duties of any service position. I don't have to agonize if I make a mistake (and I've made mistakes in every service position I've ever held). I am carried by the love and protection of my Higher Power and by the love and encouragement and active assistance of group members.

But to be a leader, I do have to act in ways that allow me to become trustworthy, to myself and others. I need to actually do what I say I'm going to do. I need to show up and show up on time. I need to be guided by principles, not personalities. I need to study and internalize our Traditions.

Al-Anon is a gentle program. My Higher Power guides me as, one day at a time, I learn to be more responsible and responsive to myself and others. Little by little, my compassion for myself and others grows as my Higher Power's light shines on me. Gently, almost without realizing it's happening, I become a leader in my life and in the life of Al-Anon.

Audrey

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