

## Al-Anon Meetings Changes

### Rockledge AFG

Change of meeting time to

7:30-8:30 PM beginning Friday, April 4, 2014.

Rockledge AFG meets at the  
Memorial Church of the Holy Nativity  
Huntingdon Pike and Jarrett Avenue  
(1 block below Church Road)  
Rockledge, PA 19046

## Al-Anon Anniversary Meetings

**The Ken-Rich AFG in Philly will hold their 54th Anniversary on Friday, 4/4/14**

Al-Anon & AA Speakers, Door Prizes & 50/50 Raffle  
7:00 p.m.

Bridesburg Recreation Center  
Richmond & Buckus Sts.  
Philadelphia, PA 19134

## SAVE THE DATE

**May 31st - June 1st, 2014**

The PA Al-Anon Convention will be held again at Susquehanna University in Selinsgrove, PA! Theme for this year is: **Many Voices, One Journey!!**

Save the date and make plans with your Al-Anon buddies for this wonderful weekend of recovery!!

## Regional and National Events

**Assembly**  
**August 15 - 17, 2014**  
Harrisburg Hilton & Towers  
200 Market St Harrisburg 17101

## Workshops

### District 4/5 Spring Workshop Reaching for Personal Freedom

Will be held on **April 26, 2014** from 8:30am - 1pm

Lima United Methodist Church  
(behind Granite Run Mall)  
209 N. Middletown Road  
Lima, PA 19037

### District 20 will have their 1/2 day spring workshop

-Spring Forward into Recovery on  
**Saturday, May 3rd, 2014** from  
8:30 am - 12:30 pm at the

Davisville Church  
325 Street Road  
Southampton, PA 18966

Limited Literature will be available for purchase!

Suggested donation: \$5 - (If you can't pay - Don't stay away!)

## Service Opportunities

**Here is a great opportunity to do service  
at the WSO level.**

The list for the World Service Office Committees are:

- Alateen
- Archives
- Forum Editorial
- International Coordination
- Literature
- Outreach to Professionals
- Public Outreach



You'll be asked to list in order your areas of interest. Contact your District Representative (DR) for the Committee Résumé Form or contact Maria at [delegatepa@gmail.com](mailto:delegatepa@gmail.com).

The due date to submit the résumé is April 30, 2014.

# April's Step, Tradition and Concept

## Step 4

### Made a searching and fearless moral inventory of ourselves

I have been coming to the rooms for almost 20 years, and have worked multiple Fourth Steps. Each time, I came out of the process with the realization that my low self-esteem was a huge part of my problem. Duh. I could have told anyone that without Al-Anon.

The first time I worked the Step, I saw how much impact my early life had on this... it was all the fault of my family, my teachers, my friends. And so I stagnated, comfortable in the notion that I discovered the facts and there was nothing to do but accept them.

Each time since, I dug a little deeper, always finding someone else to blame. My self-esteem remained very low. I assumed this was simply a fact of my life, something to deal with as I dealt with the color of my hair or my eyes. An unchangeable fact. Al-Anon taught me to release the resentment, to forgive, and to have compassion for all the people in my life who did the best they could with what they had. Still, I was feeling very badly about myself.

For the past two years I have been working with a Fourth Step group. The first thing that was different was the way I understood the Step: This was not a fault finding mission, it was a 'searching and fearless' look at myself. Yes, at myself, not at the people around me. A 'moral inventory' *not a judgment*, on myself or anyone else.

Finally I get the concept of peeling the onion! Finally I see myself as a person with challenges, but also with the skills needed to face the challenges. Finally I see myself as loved ones see me, warts and all. I see that my self-esteem is one of my life lessons, and that my job is to face the lesson, learn all I can about it, ask for my Higher Power's help, and then, armed with this inventory, work Steps 5 - 12 to grow into the person I am meant to be. This searching and fearless moral inventory turned up many lessons, one of which is that I have what I need to find the peace and serenity I seek. The peeling onion revealed many assets previously hidden under the defects. Step 4 has turned into a gift.

~Marianne



## Tradition 4

### Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole

I am grateful and amazed at the beauty and depth of the program. The 12 Steps, 12 Traditions and 12 Concepts as Tradition 4 reminds us are the 3 legacies of this program. Reading through Tradition 4 in Al-Anon's "Paths to Recovery"

I was moved by how the message of this Tradition supports the foundational concepts and essential purpose of the program.

In order to thrive and flourish, the program needs both independence and unity. It explains the healthy tension between the autonomy of individual groups and its wider relationship to Al-Anon and AA as a whole. The Tradition addresses the consequences of individual group actions on the larger Al-Anon/AA Fellowships and how all the parts can interrelate in balance with each other. This Tradition's job is to uphold the need for unity of purpose and message within all of Al-Anon, exemplified by the use of CAL-approved literature. At the same time, it allows autonomy for the groups and for individual group decisions about the time, place, format of the meeting, speakers, becoming self-supporting financially, and the general organization of an individual group. This brings a wealth of richness and experience to the Fellowship and nourishes its spirit.

Understanding and applying the concepts of autonomy and unity that Tradition 4 teaches cannot only help our groups and by extension the Fellowship, grow in spiritual wisdom, but will also provide guidance for spiritual growth in our own personal lives, living in balance, the goal of Tradition 4.

~ Peggy A

## Concept 4

### Participation is the key to harmony



In my opinion, the 4th Concept sums up the three legacies: Unity in Service.

Participation and Harmony, the two things I have sought my whole life.

The service structure, for me, says that no person or group will be able to gain control because of the rotation of service positions; the fact that all positions held from the group level to World service have a term limit imposed on them. The terms are set so everyone has a chance to participate. I can take a service position and know it has an end.

The first year that I was a Group Rep and went to the PA Assembly, I was amazed at how many people were there. I was a part of this Assembly. With the other Group Reps, District Reps, Committee members and the PA Assembly Board members. I have to admit, I was star struck. I could feel the vibrations in the room. By my third year and the end of my term, I learned a lot about how Al-Anon stays strong. I was proud of the job I did and felt good. I was proud to have been of service to my group.

Since then I have been in different service positions and feel that I am never alone. The fact that each position has a term limit is essential, because I cannot do anything the rest of my life. But I can do it today.

~Linda, District 19