

Reaching Al-Anon People

Al-Anon Information Services of the Delaware Valley Districts 1, 2, 3, 4, 5, 7, 19, 20, 32 www.aisdv.org

What's New?

AISDV - Task Force Recommendation/Motion on Dual Members Serving at AISDV

At the AISDV Service Board Meeting in May, a recommendation was made by the Task Force to change our bylaws to allow any Al-Anon member to serve in any service position at AISDV, regardless of outside affiliation or membership; as long as they could fulfill the requirements of the position.

It is expected that a motion will made at the July meeting of the AISDV Service Board and then the issue will be voted up or down at the July meeting of the AISDV Service Board. It is our expectation that all discussion of the motion will take place in the groups, and that all Information Service Representatives will come to the July meeting prepared to vote on behalf of their groups.

There are two documents on the AISDV website relating to this: the motion itself (click on all links to get the docments): http://aisdv.org/Rap/TaskForceRec5-15-14.pdf, and a backgrounder http://aisdv.org/Rap/KBDM-BackgroundInformation.pdf, that was developed on this issue as part of the KBDM process.

These documents have been sent to the 9 DRs in the AISDV service area for distribution to the GRs in their districts. This is intended to satisfy the requirement that all groups be notified of a motion to change the bylaws at least two weeks before the Service Board meeting at which it will be voted on.

SAVE THE DATE

ALATEEN ASSEMBLY CONFERENCE

JULY 11, 12 & 13 2014

NOMAAC 2014: "Stepping through the decades" Northern Mid-atlantic Alateen Assembly Conference

Shippensburg University

PA Al-Anon Convention

May 30th - 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!!

Sign up at whoscoming.com/pa-al-anon

Regional and National Events

38th Annual AFG of MD/DC Spring Convention Washington College Chestertown, Maryland Fri-Sun, June 6-8, 2014 With AA Participation

Registration form can be filled out and printed at http://www.marylanddc-alanon.org (calendar)

Questions? Email Brigitte T., the Convention Chair at:
MDDCSpringCon@gmail.com

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

Al-Anon Anniversary Meeting

Tue Morning Al-Anon 40th Anniversary AA & Al-Anon Speakers Tuesday, June 10, 2014 10AM

Trinity Lutheran Church W. Main Street and Valley Forge Road Lansdale 19446

Bensalem Men's AFG 22nd Anniversary Monday, Jun 23, 2014 7:30 PM

> Livengrin Rehab 4833 Hulmeville Rd Bensalem 19020

June's Step, Tradition and Concept

Step 6

Were entirely ready to have God remove all these defects of character



This is, to my way of thinking, the most difficult step of all. I have no trouble at all finding my defects, and I am pretty willing to admit them to trusted friends and to God. But to let them go? Yikes!

An Alanon friend once asked me what it is that the defect offers me, what I get from it. Hmm.

What in the world could I possibly get by holding on to a defect of character? My most glaring defect is my pervasive low self-esteem. It colors almost everything I do, every interaction, every thought.

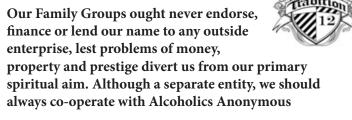
So what is the payoff?

Maybe putting myself down helps me avoid challenges, keeps me safe from failure, surrounds me in a cocoon of protection? Just a thought... It certainly helps me avoid outside criticisms, since I am so quick to criticize myself!

Looking at my defects in this way helps me to realize that any benefit to holding on to these defects is nothing but an illusion. Taking the time to understand the harm these defects cause may just help me become ready to let go and let God let God remove them so that I can heal.

~ Marianne G

Tradition 6



In Al-Anon we need to keep the focus on our primary spiritual aim to help others who live or have lived with the problems of Alcoholism. This we must do to help ourselves, others and to caring the message life is not hopeless. Clouding the issue with politics, religion, and cures for world peace, hunger and disease while all good enterprises would diminish our capacity to help one another and Alcoholics Anonymous

I come to Al-Anon to recover from my part in the family disease of Alcoholism. I need this program to stay true to its purpose. The spiritual program of Al-Anon has helped me to see my part in the merry-go-round of Alcoholism. I am with the help of my Al-Anon group recovering a day at time and looking at my side of the street. We can ill afford to take our spiritual path and fog it with other issues.

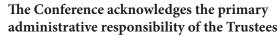
In a meeting I attend we had the opportunity to practice

Tradition Six. A well meaning member of our group suggested we donate money to the Church where we hold our meetings to help fund the Church's food pantry. Whilea great cause a wise member of our group mentioned that this would be a break of Tradition Six. That if we as individuals wanted to donate funds that would be fine, but as an Al-Anon group that would be an outside issue.

If we in Al- Anon splinter off into other directions we will loose the primary focus. I too will be lost. If I want to walk forthe cure of cancer or give money to a charity I as an individual have the right to do that. I do not have the right to sayit is from Al-Anon or my Al-Anon group.

~ Michelle S

Concept 6





This Concept to me is about understanding what it takes to achieve healthy relationships. The Concept says that the Board of Trustees has the 'primary' administrative responsibility and not the sole responsibility. This implies that some degree of administrative responsibility is shared even though the Trustees are the senior partners in this kind of relationship. And the Conference 'acknowledges' their secondary role.

To have a healthy relationship it is based on trust that means that I am open to a continual shifting back and forth between spheres of responsibility—giving and receiving—not rigid. I can accept my partner has a greater share of responsibility in some areas, just as my partner accepts that I have more responsibility in others. Sometimes my responsibility is primary; sometimes it is secondary.

The relationship is fulfilling when I have the freedom to be myself, recognizing that I will have more responsibility in areas that suit my natural talents and abilities. I accept more limited roles in areas where my partner has the natural ability to excel. With this Concept, I come to understand that I don't have to do it all.

The relationship is unbalanced when one partner lacks the trust to let go, and insists on maintaining control in matters that should be delegated to the other partner. That happens when a personal agenda takes priority over the higher goals of the relationship as a whole. Wanting to control and having a healthy relationship are mutually exclusive.

In Al-Anon our focus on the higher purpose of the relationship is our common interest of Al-Anon as a whole. When there is a divisive issue, the question for the individuals of the relationship is "How Important Is It?" If the relationship is based on trust, then it's okay to let go of the issue for the sake of the relationship as a whole.