

PA Al-Anon Convention

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!!

Deadline to register is May 10th!

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

Workshops

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!)

Al-Anon Anniversary Meetings

Saturday Night Recovery AFG 5th Anniversary Saturday, May 3 at 6:30PM

Crossroads Presbyterian Church
10 W. Cherry Lane
Limerick 19468

Tuesday Morning Serenity AFG's 36th Anniversary Saturday, May 3 at 6:30PM

AA and Al-anon speakers, food and fellowship

Saint Andrew's United Methodist Church
999 York Road
Warminster 18974

Tuesday Mayfair Afternoon, 39th year anniversary Tuesday, May 13 at 1PM

speaker: al-anon and aa. food, door prizes and 50/50 raffle.
(enter on Tyson)

St. John's Lutheran Church
Hawthorne St & Tyson Ave Philadelphia

Glenside Paths to Recovery AFG 14th Anniversary Wednesday, May 14 at 7PM

7:00pm Food & Fellowship; 7:30pm Speakers

Lighthouse Fellowship United Methodist Church
137 North Easton Road
Glenside 19038

Fresh Start 13th anniversary Wednesday, May 14 at 7PM

Fun, food, fellowship

All Saints Episcopal Church
1811 Loney St
Philadelphia 19111

Friday Morning Hope and Serenity Friday, May 16 at 10AM

Refreshments, food and fellowship to share before and after speakers. Nursery available. Meeting is basement of main church. Enter thru MOPS door on side of building.

Davisville Baptist Church
325 Street Road
Southampton

Warminster Beginner's Meeting Reunion Tuesday, May 20 at 6:30PM

Food & Fellowship - 6:30 - 7:15 pm
Speakers - 7:15 pm

Abington Memorial Health Center
225 Newtown Road
Warminster 18974

May's Step, Tradition and Concept

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs



The first time I worked Step 5, I was puzzled by the “admitted to God” start. It seemed to me that God already had a good understanding of me and all my wrongs. In working my Fourth Step, I had learned a lot about myself – wasn’t God already aware? This was evidence that I had not yet given up my critical, analytical approach to everything in my life! Those who have gone before me have a proven set of steps that work – I just need to work them to the best of my ability.

For my Fifth Step, I met my sponsor at a diner in mid-afternoon where I was sure no one would recognize us. I chose the diner so that I would have to “keep it together” – I couldn’t possibly cry and carry on in public! My kind, loving sponsor has many years in the program and listened to me go on and on about all of my wrongs.

One of my biggest discoveries was that I was a liar. Instead of telling the truth, I would tell people what I knew they wanted to hear. For example, in responding to an invitation I did not want to accept, I would say yes and then either cancel at the last minute, or attend despite not wanting to be there. What a discovery I made the first time I responded to an invitation with a simple “no thanks”! It was amazing – there was no drama. This was the beginning of my learning that I am in the hands of my Higher Power. As a trusted servant told me – there are only two things you need to know about the Higher Power. One: there is a Higher Power; and Two: you’re NOT it. Being true to myself and my Higher Power are truly benefits of this program and the Fifth Step.

~ Michelle M.

Tradition 5

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics



There are three challenges in Tradition Five: I needed to learn about the Steps and how I could practice them in my life. I had to change my attitude toward the alcoholic, gain compassion so that I could be civil and eventually encourage him with tolerance and love. The final challenge of this Tradition is to give back what was openly given to me – understanding, fellowship and comfort that I so desperately needed. These are separate issues I needed to address in order to be a healthy member of a healthy group of Al-Anon.

I came into the program wanting to tell my woes, change the alcoholic and be finished with Al-Anon. I stayed because I realized that I, too, needed to change my behavior, seeing in time the character defects I had developed while living in the alcoholic situation and the damage they had done not only to me, but also to

those around me. I was full of resentment and fear, which hurt me more than I realized. I knew each alcoholic effected six other people, but how many others did my behaviors effect? Once I saw this was something I could change, I wanted to become a better person and found that this was possible by practicing the Steps in my own life. I began on my journey.

In working the Steps, seeing my part in the troubles in my life, I began to change. By letting go of my bitterness and resentments, I began to feel a gentleness of spirit, a kindness of heart and began to feel better about myself. I could finally be kind to the alcoholic no longer believing that that would make me seem weak. I developed an understanding of the disease of alcoholism and that it was just that, a disease, not a choice. Today I understand that even in sobriety, the alcoholic still needs my understanding and appreciation that his meetings are important and sometimes need to come before my choice for his time.

This Tradition tells us that our one purpose is to help families of alcoholics. I always remember the phrase that you can’t keep it if you don’t give it away. Because I am eternally grateful to those who were in the rooms when I first walked in, I want to be there for the newcomer in the same way. It is very gratifying to see the suffering newcomer see light at the end of their tunnel and begin to smile and laugh. How rewarding it is to receive a call from a fellow Al-Anon member and let them talk themselves around to a solution to their issue without advice from me. To be a friend to another who is suffering from the effects of the disease of alcoholism is a gift from my Higher Power. One day at a time I want to remain available, sharing my experience, strength and hope with those who are walking in my shoes.

~Liz K.

Concept 5

The rights of appeal and petition protect minorities and insure that they be heard



This Concept reminds me that I have a voice and a duty to give my opinion in matters brought before the group for discussion. All groups have the tool of group conscience. The issue should be thoroughly researched by a committee prior to presenting it for discussion. Every group member has a right to provide their input on the matter and expect that their viewpoint will be heard with respect and an open mind without fear of judgment or humiliation. A vote is then taken and the minority should respect the group’s decision. However, if a member feels the decision is not in keeping with Al-Anon’s principles, they have a right to appeal the decision but must keep in mind that there is no guarantee the decision will be overturned.

One of the meetings I attend had a group conscience about the closing prayer. All members were encouraged to voice their opinion. We considered this matter for several months before voting. The vote was to keep the prayer. About a year later a member brought up the matter again. After several more months of discussion and prayer, the final decision was to have the Chairperson announce their preference for closing that day’s meeting. This decision was one with which everyone could be comfortable.

~ Kathleen L.