

Al-Anon Anniversaries

Ambler Monday Night AFG, D-3, April 1,
3 F's - 7:30 pm, Speakers - 8:00 pm
Upper Dublin Lutheran Church, Fellowship Hall
411 Susquehanna Road & Butler Pike, Ambler 19002

Genesis AFG/AC, D-20, Monday, April 1, 7:30 pm
St. Paul's Lutheran Church, 211 N. Main St
Doylestown 18901

Darby-Colwyn Sunday Night AFG, D-5, April 7
3 F's - 6 pm, 7 pm meeting
BVM Church Hall, MacDade Blvd & Lansdowne Ave.
Darby Colwyn 19023

Northeast AFG 60th Anniversary - Oldest Group in PA!
D-1, Thurs., April 11, 7:30 pm, Nazareth Hospital
Marion Hall, 2601 Holme Ave, Philadelphia 19152

Ken-Rich AFG, D-1, Fri., April 19, 7 pm
Bridesburg Recreation Ctr.
4601 Richmond St., Phila. 19137

Saturday Night Recovery AFG, D- 32, April 20, 6:30 pm
Crossroads Presbyterian Church
10 West Cherry Lane, Limerick 19468

Saturday Serenity AFG, D-5, April 27
3 F's 9 am, 10 am meeting - Different location
Ridley United Methodist Church
Swarthmore & Dupont Street, Ridley Park 19078

Always Hope AFG, D-20, Tuesday, April 30
3 F's - 7 pm, 8 pm - Meeting
Penn Foundation Recovery Center Community Room
807 Lawn Ave, Sellersville 18960

D-20 Spring Workshop - "Earth Day"
Saturday, April 20, 8 am to 12 Noon
Davisville Church, 325 Street Road
Southampton 18966



Remembering Mary C., Riverview Step AFG, District 5
July 30, 1928 - January 12, 2013
Mary, fondly known as "Irish Mary", held many service positions in her 40-plus years of membership. Her wise words and gentle spirit will be sorely missed. Mary often said "I need to keep coming back to meetings, because I want the Al-Anon program to be here for my grandchildren."
Rest in peace, dear Mary!

AISDV Annual Spring Luncheon

Sunday, April 21 - \$29 per person

The IATSE Ballroom, 2401 S. Swanson St. Phila.
Registration Deadline April 11 - NO tickets sold at door
Register on-line at www.aisdv.org

Requesting Gift Basket Donations from Groups
For info contact Lorrie at vicechair@aisdv.org 215-442-9792

Service Opportunities Institutions Outreach

Contact institutions@aisdv.org.

Girard Medical Center, 8th St. & Girard Ave., Phila.
Sundays, April 7 and 21, from 1 to 2 pm

Malvern Institute IOP Ctr., (Enter from back)
1161 Lancaster Ave., Berwyn 19312
Saturdays, April 6, 13, 20, 27- 11:30 am -12 pm

Mirmont Treatment Ctr., 100 Yearsley Mill Rd.
Lima, Sats., March 13 and 27, from 1:50 to 3 pm

District 4 & 5 Spring Workshop

"When I Got Busy I Got Better"

Saturday, April 20, 8:30 to 1 pm

Lima Methodist Church, 209 N. Middletown Rd.
(Rt. 352 near the Granite Run Mall)

Meeting Changes

First Things First AFG, D-20, New Time
7:30 pm beginning March 3, Lenape Valley Presby.
Church, Route 202 & Ute Rd, New Britain 18901

Unity Clubhouse Fri. Night AFG, D-3, 7 pm
New Meeting, 445 Bethlehem Pike, Colmar 18915

Saturday Serenity AFG, D- 5, 9 am, St. Rose Lima
Location Change, March 30 & May 4 - Milmont
Firehouse, 714 Belmont Ave, Folsom, PA 19033

2013 41st Annual AFG PA Convention

Kaleidoscope Recovery in Focus

May 31 - June 2 at Susquehanna Univ., 514 University
Ave., Selinsgrove. Registration due May 10.

Registration Form avail. on aisdv.org/calendar

Al-Anon's Three Legacies – April

Step Four – Made a searching and fearless moral inventory of ourselves.

When I did my 'first' 4th step, I was scared. Scared that I wasn't 'doing it 'right' and that it wouldn't be 'perfect'. My sponsor reminded me that it need not be perfect and to ask my Higher Power for help before I began. I did just that. I sat down, asked God (my Higher Power) to help me and took a deep breath and began writing my fourth step. I began my writing (as if in a journal) and began pouring my heart out into this so called Fourth Step notebook. I wrote about my resentments and how I would like to get rid of them. For me it was like I had all these deep dark secrets that I kept in a closet. My sponsor reminded me to write about my assets as well. Assets?!? Really? Ok..... After I wrote down both my resentments *and* my assets, I began to breathe a little easier and my shoulders seemed less tense. Doing my Fourth Step wasn't nearly as bad as my fears lead me to believe. Since then, I have done many other Fourth Step inventories in different formats, like the *Blueprint for Progress*, and making lists & columns. I find each one is good since I'm taking my own inventory. It may not be perfect but my sponsor reminds me, "it's progress not perfection".

Shirley M., Seattle



Keep an Open Mind

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

Why do I love the Traditions? They give me structure, direction, equality and balance. Tradition Four tells me each group is equal to every other group. No group or member is ever set over another. Each has an equal voice. No one dictates. This tradition also gives our groups freedom to choose its own meeting format, as long as it does not affect another group or Al-Anon as a whole.

In keeping with Tradition Four, Al-Anon members realize that with autonomy comes the responsibility to follow our program. In taking this lesson home, we learn that allowing family members the respect and dignity to have their voice helps us to set boundaries and make decisions that are healthy for everyone.

Just as I need and have the right to be myself, so do others. In my meetings and at home, I must guard against my tendency to control, as it will affect the needs of the group and my family's needs and rights as individuals to be themselves. Respect for others promotes respect for me.
Jean U. – District 5

Concept Four – Participation is the key to harmony.

Our van pulled up to the home devastated by the hurricane. A woman stood on her front lawn with arms open wide and tears streaming down her face. She had endured six months of the ravages of the storm and also the active alcoholism of the only person able to repair her precious home. I was a member of a group of nineteen skilled laborers who volunteered to serve on a Katrina clean up. After a thorough assessment of what needed to be accomplished, hammers, nails, electrical wiring and a busy hum filled the house. Everyone was participating. We became the working hands of a Higher Power.

Similarly, when members of the Al-Anon Family Groups step up to serve, they are promoting a balance and a guarantee that the Twelve Steps, Traditions and Concepts will remain viable for the present and future generations alike. Recovery is about active participation. Participation, from service at group meetings and the Area Information Service office at the local level, to involvement and attendance at assemblies and conferences at the state and national level, provides a link to the larger community and keeps the cycle of renewal alive. The simple act of service is a vibrant source of recovery. Small miracles lie in participation which is the key to harmony.

Mary Ann J., Dist. 5

Institutions Coordinator needed – a liaison between Institutions, AISDV and the groups. Please contact Gabi at chair@aisdv.org or Tonya at alateen@aisdv.org.

For submissions to RAP for May, e-mail rap@aisdv.org or mail to AISDV office by April 20.

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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Date: _____ Amount Enclosed: \$ _____