

Al-Anon Anniversaries

First Things First, D-20, Sun., Aug. 19, 7:30 pm

Lenape Valley Presbyterian Church
321 W. Butler Ave. & Ute Rd., New Britain

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)

Summer Serenity



New Jersey's Annual Jal-Con Convention

Fri-Sun, Aug. 10-12, Sheraton Edison Hotel, Edison, NJ
Call 888-796-6999 or e-mail jalcon2012@yahoo.com

Meeting Changes

Friday Night Serenity, D-5, St. John's Episcopal
Concord & Cheyney Rds., Concordville
NEW TIME: 7 – 8 pm, Fridays

Heart of Al-Anon AFG, D-5, Fri., 6:30 pm
First Presby Church of Springfield
Cascade & Summit Rd.

Temporarily moved to church lounge

Steps R Us AFG & Courage to Be Me Alateen, D-5
St. Timothy's Lutheran, Lamppost & Pennell, Aston
NEW TIME: 7 – 8 pm, Thursdays

PA Area Assembly Aug. 17 - 19

To all officers and attendees:
Safe Travels and Best Wishes for a productive
and inspiring time in Harrisburg!

Opportunities for Service Institutions Commitments

Girard Medical Center, 8th St. & Girard Ave., Phila.
Sundays, Aug. 5 & Aug. 19, 1-2 pm

Malvern Institute IOP Ctr., 17 Ravine Rd., Frazer
Saturdays, Aug. 4, 11, 18, 25 at 11:30 am to noon

**Mirmont Treatment Ctr., 100 Yearsley Mill Rd.,
Lima; Saturday, Aug. 11 & 25 from 1:50 to 3 pm**

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

Fun-Filled Fall Events!

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



First Things First!

Business Meetings

AISDV Steering Committee Mtg., Thurs., Aug. 16,
7:30 pm Conference Call

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

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

Al-Anon's Three Legacies ~ August

Submitted by members from AISDV District 5

Step Eight – Made a list of all persons we had harmed, and became willing to make amends to them all.

I was the Queen of Denial - No, not Cleopatra! For years, I accepted my qualifier's reasons for feeling ill, not going to work, or where our money went, although my gut told me differently. When I began to face the truth of my situation in Al-Anon, and actually speak the truth out loud, many things began to improve in my interactions with my qualifier and in my life in general.

I think that the point of the Eighth Step is to speak "out loud" what we have learned about ourselves in the Fourth Step personal inventory and to begin to take responsibility for our own actions or inactions. It is the time to stop practicing denial with regard to our own behaviors that may have harmed others. While it is important to forgive ourselves for things we did that allowed us to survive in sometimes awful circumstances, it is also important to ask forgiveness of those we harmed in the process.

With God's help, we can face what we've been trying to avoid; make amends to those we have harmed and move forward with our lives without the burden of unvoiced regret. Although we may not receive forgiveness from everyone from whom we sought it, we can gain a degree of peace of mind from knowing that we did our part in trying to make amends.

Donna M.

Tradition Eight – Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centers may employ special workers.

Although in Al-Anon we do employ special workers who are paid a salary, they do not handle Step Twelve calls. The Step Twelve calls are handled by Al-Anon members. There is a clear boundary between carrying the message as an Al-Anon member and doing a job as a paid worker.

My own experience with this tradition prompted me to share on it. I have been dealing with a lot of anger recently, and the program and my Higher Power led me to look at this. Recently, on a trip out of town, my anger really surfaced as an explosion. I was so glad I didn't have to sit and stew in my anger, but was able to call my sponsor and others in the program and reason things out. I didn't have to wait until I got home and try to get an appointment with a professional for help. Even though I was out of town, I had prepared a list of meetings in the area ahead of time and was able to get to a meeting and share my frustration and anger. At the meeting, people shared what worked for them and gave me suggestions to diffuse my anger. The non-professional help I received in Al-Anon is just what I needed!

Sue D.

Concept Eight – The Board of Trustees delegates full authority for routine management of the Al-Anon Headquarters to its executive committees.

Concept Eight taught me that it's okay to delegate some of my responsibilities. Growing up in an Alcoholic home, the only girl with three brothers, I took on most of the roles of my mother. I couldn't trust my brothers to get the work done, so I did it myself and resented it. I've learned that I am not taking care of myself when I care- take. I exhaust myself, I carry a resentment and anger, and the other person is not free to grow from the responsibility that I've taken on for him or her.

The word that stands out most in this Concept is "routine". As a single parent, it makes me so grateful when I think that my Higher Power has delegated full authority for routine management of my two beautiful children and our household to me. I see it as such a gift and a show of faith in my abilities and I am honored. What I also get from this concept is a reminder that I need to ask for additional help with anything that is not "routine" for me. I don't have to try and do everything, and when I don't know what to do or say or decide it's okay to call someone in the program, talk to my Sponsor, read some CAL, pray and meditate and make a meeting. Sometimes I only have to do one of those things. Sometimes I have to do all of them, but I don't have to suffer and struggle with situations that are beyond my ability to "manage". It doesn't make me incompetent when I seek a Higher Source for help. It keeps me from adding to my list of people I have harmed, keeps me from building resentment, and restores me to sanity. And for that I am so thankful.

Mary A.

Send in a sharing on one of the Three Legacies (under 250 words). Members from Districts 1, 2, 3, 4, 7, 19, 20 & 32 are invited to participate. Contact Irene at rap.aisdv@gmail.com.

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