

Al-Anon Anniversaries

Mon. Tension Relievers AFG, D-20, Feb. 18, 12 pm

St. John's Luth. Church, 505 N.York Rd., Hatboro

The Far Northeast AFG, D-19, Feb. 24, 7:30 pm

Our Lady of Calvary Church, 11024 Knights Road
Phila., Lower Church, Enter on Left

Book Study Meeting – 3rd Thursday

Hang In There AFG/Adult Children, D-5, 7 pm

Starting *Discovering Choices* on Thurs., Feb. 21

OLF School, Fatima Dr. & South Ave., Secane

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

Search for Serenity AFG, D-19, Tues., 7:30 pm

Location Change: Queen of the Universe

2443 Trenton Rd., Levittown 19056

Bethayres Hope & Serenity AFG, D-20, *New Time*

Tues., **7:30 pm**, Gloria Dei Lutheran, 570 Welsh Rd
Huntingdon Valley

Volunteers Needed for Institutions Outreach

Girard Medical Center, 8th St. & Girard Ave., Phila.
Sundays, Feb. 3 and 17, from 1 to 2 pm

Malvern Institute IOP Ctr., (Enter from back)

1161 Lancaster Ave., Berwyn 19312

Saturdays, Feb. 2, 9, 16, 23- 11:30 am -12 pm

Mirmont Treatment Ctr., 100 Yearsley Mill Rd.,

Lima Saturdays, Feb. 9 and 23, from 1:50 to 3 pm

WISDOM FROM THE ROOMS



God, Grant me the Serenity to
accept the *people* I cannot
change; the courage to change the
person I can; and the wisdom to
know it's *me*.



IN LOVING MEMORY OF FRANCES

August 13, 1923 - December 31, 2012

Frances G. was our AISDV Phone Coordinator and Office Assistant for 25 years, and an Al-Anon member for 40 plus years. Her dedication and friendship will be sorely missed, but she lives on in our hearts. Frances' favorite Al-Anon message:

Willingness is the Key!

What's Happening at AISDV ?

Board Positions Filled:

Phone Coordinator: Cathy S.

Website Coordinator: Liz L.

E-Communities Coordinator: Rosalie S.

Thank you, Cathy, Liz and Rosalie!

Open Positions on AISDV Board:

Institutions Coordinator

Literature Coordinator

Archives Coordinator

The Alateen Winter Workshop was very successful!
60 Alateens and Al-Anon members attended.
\$638.00 was raised.

SAVE THE DATE! APRIL 21, 2013

ANNUAL SPRING LUNCHEON

**The IATSE Ballroom, 2401 S. Swanson
St. Philadelphia**

2013 41st Annual AFG PA Convention

Kaleidoscope Recovery in Focus

May 31 – June 2, 2013, Susquehanna University

514 University Avenue, Selinsgrove

Request Info at 2013paafgconvention@gmail.com

Al-Anon's Three Legacies – February

Step Two – Came to believe that a power greater than myself could restore me to sanity.

I have often been irritable and unreasonable, but I knew it. I felt as though I had little control over this. The best I felt I could do was to give no response, isolate and wait until I could determine where the irritable reactions were coming from. Usually I discovered that they were left over from the past and they were not presently relevant; they were only causing insanity in my life.

Through working Step Two, I came to believe that a power greater than myself could restore me to sanity. Now when I become irritable and unreasonable, I try to surrender immediately to my Higher Power in order to regain my sanity.

Recently I became sick with a terrible flu. This made me uncomfortable physically, but also took an emotional strain. As with many physical illnesses, the recommended remedy was rest, or, in other words, do nothing. I resisted this, and I noticed that when I resisted I felt worse, but when I surrendered I felt peaceful and restored to serenity, despite the illness. It is an opportunity for prayer, meditation and to practice fully putting my life in God's hands. I realize that anytime I give myself fully to God, not only does He restore me, but He creates things more amazing than I could have ever dreamed!

Alison, District 2

Higher Powered

Tradition Two – For our group purpose there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants – they do not govern.

When some of us began to attend Al-Anon, we didn't have a relationship with God. At least I didn't. I knew He existed, but I thought He had turned His back on me, by allowing a family member to suffer from a drinking problem, which affected my life. But as I kept coming around, I learned that Tradition Two said He was a loving God, who by His authority expressed Himself in an informed group conscience in all areas of Al-Anon from the groups to the World Service Conference.

I learned that if groups could make decisions with God's help, then He could help me make choices, too, if I were willing to give Him that authority. Our slogan *Let Go and Let God* helps in making these decisions. Unlike in society, our trusted servants are equal and the same in the Al-Anon Fellowship.

God is the one authority; and He expresses His will to us, not only in the groups, but in our own personal lives. Therefore, obedience to the unenforceable is what we strive for.

Jean – District 12

Concept Two - The Al-Anon Family Groups Have Delegated Complete Administrative and Operational Authority to their Conference and its Service Arms.

Our World Service Conference is the active voice and effective group conscience of Al-Anon in world affairs. The Conference is spiritual and characterized by love for God and man to ensure that our democracy of world service will work under all conditions. We rely on Tradition Two, our group conscience, and our leaders as trusted servants. We expect that Al-Anon's World Service Conference will use its vested authority for following the destiny the Higher Power holds in store for all of us.

I am grateful for God as the authority expressed in our group conscience. I am grateful for our ISR, GR, and trusted servants at our group level. I could not be well informed without them. I have difficulty delegating responsibility in my personal life. I can trust others in my home life only with my Higher Power's help.

It is wonderful that Al-Anon is worldwide. Although I live and go to meetings in Pennsylvania, I have been nurtured by meetings at the New Jersey shore. One of my daughters lives in Germany. Perhaps I will have the opportunity to attend a meeting there one day!

Connie – District 5

For submissions to RAP for Jan., e-mail rap@aisdv.org or mail to AISDV office by Feb. 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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e-mail Address: _____

Date: _____ Amount Enclosed: \$ _____