

Holiday Meetings

Fairmount Club House New Year's Al-Anon Mtg.

2044 Fairmount Ave., Phila. 19130 – D-2

11 am, Open Mtg., Guests Welcome, 3 F's

Pottstown Wed. Morning AFG, Jan. 2, 10 am

St. Johns United Church of Christ

Price and High Streets, Pottstown 19464

God As We Understand Mtg./Babysitter Available

Hope & Serenity AFG, D-20, Fri., Jan. 11, 10 am

3 F's afterwards, Davisville Baptist Chrch basement

325 Street Rd, Southampton 18966

Cancelled New Year's Day, Tues., Jan. 1

Manoa AFG, D-4, Trinity Lutheran, Havertown, 9:30

Warminster Beginners AFG, D-20, 7:30 pm

Abington Memorial

Discovering Choices AFG, D-19, 7:30 pm

Langhorne Presby., Langhorne

Alateen Winter Workshop *New Date*

Sat., Jan. 5, 3-10 pm, St Mary's Episcopal Church

104 Louella Ave., Wayne, Set-up at 1 pm

Permission slip on AISDV Calendar

Al-Anon Anniversaries

Discovering Choices AFG, D-19, Tues., Jan. 15

7:30 pm, Langhorne Presby., 125 Gillam Ave

Langhorne 19047, 3 F's, Not Handicapped Access.

You're Not Alone AFG, D-5, Fri., Jan. 18

3 F's - 9:30 am & afterward, 10 am mtg.

Thomas Room, St. Gabriel's RC Parish House

Rear entrance, downstairs, 233 Mohawk Ave.

Norwood

Downingtown Fri. Night AFG, D-7, Jan. 25

AA/Al-Anon Anniv., 3 F's - 6:45 pm, 8 pm Mtg.

St. James Episcopal Church, 409 E. Lancaster Ave.

Saturday Serenity AFG, D-5, Sat., Jan. 26, 9 am

3 F's 10 am, *Different Location from Meeting!*

Ridley United Methodist Church

Swarthmore & DuPont Aves., Ridley Park



AISDV Service Board Mtg., Thurs., Jan. 17, 7:30 pm

Reformed Church of the Ascension

1700 West Main Street, Norristown 19403

Open Positions on AISDV Board:

Institutions Coordinator, Website Coordinator,
E Communities Coordinator, Archives Coordinator

Let's keep Al-Anon outreach going by filling these positions. It's a rewarding way to give back what you have received. For more information e-mail Gabi at chair@aisdv.org.

Meeting Changes

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, Jan. 6 and 20 from 1 to 2 pm

Malvern Institute IOP Ctr., (Enter from back)

1161 Lancaster Ave., Berwyn 19312

Saturdays, Jan. 5, 12, 19, 26 - 11:30 am -12 pm

Mirmont Treatment Ctr., 100 Yearsley Mill Rd.,

Lima Saturdays, Jan. 12 and 26 from 1:50 to 3 pm

Save the Date!

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

WISDOM FROM THE ROOMS

Hope comes from
Hearing Other People's Experience



Al-Anon's Three Legacies – January

Step One – We admitted we were powerless over alcohol, and that our lives had become unmanageable.

In Al-Anon, Step One helped me to realize that I am powerless over alcohol, but I am not alone in dealing with the effects of it. I grew up with a lot of craziness, including alcohol and drug abuse, and a parent that grew up with an alcoholic parent. I knew my family was very sick, but I didn't see alcoholism as the key problem - it was just one of many issues. I now understand that a lot of what I experienced was "isms."

I had intimacy issues, and I was starting to see that things were not going to magically get better. In my late-20s, my family of origin began to bottom out; worsening mental health issues for two siblings and another - formerly considered the "responsible one" - was facing jail time. Everyone was crashing, yet no one acknowledged that anything was wrong. The family motto: "Just don't talk about it - maybe it will all go away". I was powerless over it all.

A therapist suggested Al-Anon, and I was confused. My problem was my family in general, not booze. Somehow I realized there might be something for me there, and I went to a meeting. Within minutes I heard people talking about detaching and intimacy issues...I knew I belonged.

I am grateful for the pain that brought me to Al-Anon, and I am thankful for Step One that tells me that "we" in Al-Anon admit we are powerless over alcohol. I have since developed a "family of choice". God bless my biologicals, but they have their own Higher Powers--if they choose to see it that way.

Jim, District 2

Tradition One: Our common welfare should come first; personal progress for the greatest number depends upon unity.

Our common welfare should come first. I really didn't know what these words meant when I first entered the program but as time went on, I realized that the common welfare was for us to focus on the reason why we were in the rooms "to help families and friends of alcoholics". We were all in these rooms for our personal progress, and in order to achieve this progress, we needed unity. The Al-Anon program is a unique fellowship that unites members from all walks of life to help themselves and others to lead purposeful, useful lives by overcoming the frustration and helplessness caused by association with an alcoholic. The success of each group relies on the unity of the group to share responsibility, a warm

spirit, and individual self-improvement - something I had to learn in becoming a part of Al-Anon Family Groups.

Linda B. – District 5

POWERLESS BUT NOT HELPLESS

Concept One – The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

This concept explains my service to the group as Group Representative. I take the responsibility to heart. Not only is the group sponsoring my trip to the state assembly, but it is my responsibility to bring information back. Though the business meetings are longer when I return from assembly or district meetings, the dialogue happens. We are able to discuss a topic or issue openly and honestly. (Open discussions do not always happen in my family of origin.)

Not only do new members stay for business meetings, but they start to serve. I believe that experiencing how Al-Anon works in service and reporting back to the group give me and the group members a sense of purpose and inclusion. (Inclusion is not something I always feel in my family of origin.)

Though my group sees me as a "knowledgeable" source, I have given back that knowledge to the group in my reports. The group members are aware and informed to bring the Al-Anon message to others. Thankfully, we can find a Service Sponsor, so new service members do not feel alone and isolated. If you think about it, Concept One is about togetherness. (Togetherness is not something I always feel in my family of origin.)

Kimberly M. - District 2

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

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