

Al-Anon Anniversary Meeting

Birdsboro AFG-AC, D-32, Wed., July 17, 7:30 pm
St. Mark's Lutheran Church Fellowship Hall
(basement) 5 Brooke Manor, Birdsboro 19508

NOMAAC is Coming!



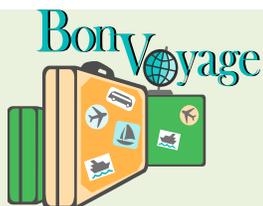
Northern Mid-Atlantic Alateen Assembly and Conference
PA Alateen Conference, 40th Anniv., Shippensburg University
Starting Friday, July 19, 3 pm, ending Sunday, July 21 at noon
For more information, contact Scott Lutz at
scott@arcmaintenance.net Cost is \$115.00 per person.

Business Meeting

AISDV Service Board Mtg. For Information Service
Reps (ISRs) & the AISDV Board, **Thurs., July 18, 7:30 pm.** Reformed Church of the Ascension
1700 West Main Street, Norristown 19403 **For
details e-mail Secretary@aisdv.org**

AISDV Annual Personal Appeal Letter

Linda M., Assistant Treasurer, wrote a letter enthusiastically describing AISDV service, and why it is important to contribute to this year's annual personal appeal. Please read her letter in your meetings at least twice and encourage support of the AISDV.



To everyone going to the **2013 International Al-Anon Convention in Vancouver**, July 4 – 6:
Have a wonderful convention experience! Anyone interested in writing an article about it for the RAP? Submit to RAP@aisdv.org.



2014 PA Convention Chair Needed

Christine F., our PA AWSC Chair, is accepting resumes (simply Al-Anon or other experience) for the position of Convention Chair for 2014. Convention site has not yet been determined and a committee with members from all five Sectors in PA is needed. If interested, please submit all resumes to Christine at areachairpa@gmail.com by July 31, 2013.

WISDOM FROM THE ROOMS:



Beware of FEAR:

False

Evidence

Appearing

Real

July 4 Meeting Cancellations

Thurs. Night Willow Grove AFG, D-3, Malvern Inst.
Thurs. Serenity Step Mtg., D-2, Lombard St., Phila.
Hang in There AFGAC, D-5, OLF, Secane
G.O.D AFG, D-19, St. David's, Academy Rd., Phila.
Steps R Us AFG, D-5, St. Timothy's, Aston
Levittown AFG, D-19, United Christian Church
Bucks County AFGAC, D-20, OLG, Southampton
North Penn AFG, D-3, Trinity Lutheran, Lansdale

Meeting Time Change

Ambler AFG, D-3, New Time: 8 pm, Fridays
Upper Dublin Lutheran Church, Butler Pike &
Susquehanna Rd., Ambler

Al-Anon's Three Legacies – July

Step Seven – Humbly asked Him to remove our shortcomings.

Patience (or lack thereof) has always been one of my shortcomings. I remember when my mom was getting older and started to slow down her pace, it became difficult for her to run errands. I would help her, but I always felt like I was rushing her to get done so I could do the next thing on my list. I was aware that I was doing this, yet I still couldn't slow down.

When my mom was diagnosed with ovarian cancer, something happened inside of me. It occurred to me that I won't ever get a chance to spend *this* moment with her again. I believe this was God giving me a gift of spiritual awareness... BE PRESENT, BE STILL, AND SLOW DOWN. And I, blessedly, was able to accept this gift.

With the acceptance of this gift, my attitude and my behavior changed. My mom was an avid baseball fan and I was able to sit with her, learn about baseball and be content. My mind was not thinking ahead about the next thing I had to do; I was present. I am grateful for the two years I was able to be truly present with her before she passed.

Today, I let go and let God work in my life. I ask him to relieve me of my shortcomings when He feels I'm ready. What a blessing and a gift to know that I'm able to ask for help and know I won't do it alone anymore.

Carol T., District 5

Tradition Seven - Every group ought to be fully self-supporting, declining outside contributions.

When I was growing up, my parents depended on outside contributions from my grandparents for basic necessities.

These outside contributions turned into outside influences, bringing people-pleasing, absence of boundaries, and lack of good self-care.

How can you set a boundary with someone who is paying for your children's clothes? How can you say "no" to someone who buys your groceries? How can you ever put your own needs ahead of someone who is constantly giving, giving, giving? My parents never found a way.

So I grew up with confusion about what we had or didn't have, what we could or could not afford. I learned that it is much more important to please other people than to worry about taking good care of myself. How deeply I needed Alanon!

The Seventh Tradition teaches me that I have the right and the obligation to take good care of myself, physically, emotionally, and financially. The Steps assure me that I am not alone in these efforts; that my Higher Power has always and will always support me, and love me, and see me through in my journey to become fully self-supporting.

Audrey, District 5



Balance

Concept Seven – The Trustees have legal rights while the rights of the Conference are traditional.

"While all family members are equally important, and all but the youngest of children have their own responsibilities... [Adults]...sign the mortgage papers and make sure the bills are paid... [and are]... held legally accountable for the actions of the family as a whole." (How Al-Anon Works, p. 135)

Believe it or not, the Concepts apply not only in Al-Anon service, but at home. Here is how Concept Seven ideas about legal accountability worked for me:

When my youngest daughter turned 17, she told me that everyone drinks and goes to parties. She thought that responsible parents drove the kids to the parties and allowed sleepovers to ensure teen safety. I felt confused, knowing that it was illegal for teens to be drinking and that parents could incur astronomical fines for serving minors. Additionally, I worried about someone getting hurt.

As her parent, I am accountable to set the rules in our home. With my sponsor, I discussed allowing my teen to have the freedom to make her own mistakes. This meant that I had to limit my control and not be a dictator. My sponsor suggested that I keep it simple and set a clear rule: "No drinking. It is illegal". This is exactly what I did.

When I called the parent, who drives kids to parties, she indicated that I was overprotective and naive. I told my daughter that she is not permitted at that home because no adults live there. She didn't like it, yet understood. Months later, my daughter thanked me for setting clear rules and caring enough to be a responsible parent.

Karen G., District 5

For submissions to RAP for August, e-mail

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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