



Al-Anon Anniversaries

Far N.E. AFG, D-19, Sun., June 3, 7:30 pm
Candlelight Mtg., Our Lady of Calvary Church
Lower Church, 11024 Knights Road, Phila.

Lansdale Tuesday Morning AFG, D-3
June 5, 10 am, Trinity Lutheran Church
(Luther Hall) West Main St. & Valley Forge Rd.

Bensalem Men AFG, D-19, All Are Welcome
Mon. June 25, 7:30 pm, Livengrin
833 Hulmeville Rd., Bensalem

Levittown Speaker-Discussion Mtg., D-19
Thurs., June 28, 7 pm, United Christian Church
8525 New Falls Road, Levittown

TOGETHER WE CAN MAKE IT!



NOMAAC, the Northern Mid-Atlantic Alateen Convention, will be held on July 13th, 14th & 15th at Shippensburg University. We need someone to step up to help with organizing the bus for the kids and sponsors to get there! Please, contact the NOMAAC Al-Anon Treasurer, Peter M. at 610-698-2749. Thank you!

Rose Tree Al-Anon/Alateen Joint Meeting
D-5, Two Speakers - Al-Anon & Alateen
Mon., July 30, 8 pm, Reformation Lutheran Church
102 W Rose Tree Rd., Media

Meeting Changes

Heart of Al-Anon AFG, D-5, Fri., 6:30 pm

First Presbyterian Church of Springfield
Cascade & Summit Rd.

Meeting temporarily moved to church lounge - enter through the smaller "handicap" door to the left of the large main church doors (assuming you are facing the front of the church). Signs and/or a person will be inside to guide you.

Saturday Serenity AFG, D-5, 9 am

June 2 relocated to Folsom Fire Co. #1
411 Sutton Ave., Folsom

Business Meetings

District 32 Group Representative Mtg.

June 2, 10 am, St John's United Church-Christ
315 Gay Street, Phoenixville

AISDV Steering Committee Meeting

Thurs., June 21, 7 pm, Conference Call

AISDV Service Board Mtg., Thurs., July 19, 7:30 pm

Reformed Church of the Ascension, Norristown



Save the Date!

AISDV Fall Dinner Dance

October 13, 6:00 - 10:00 pm

Williamson Restaurant

500 Blair Mill Road, Horsham

40th Annual PA AFG Convention

Fri. – Sun., June 8-10, 2012

St. Vincent College, Latrobe, PA

Register on-line at www.aisdv.org

Click on *Calendar* then *PA AFG Conv. Info*

Have a fun & inspiring weekend of recovery!

Al-Anon's Three Legacies ~ June

Sharings are from members in the AISDV Districts

Step Six – Were entirely ready to have God remove all these defects of character.

To me this step says: PAUSE. Pause and reflect.... reflect on the defects you have on your list. Are you entirely ready? How do you get entirely ready? I know I don't like pausing... pausing seems like a total waste of time. You already have the list, so why not just get rid of these defects - ASAP?? I have learned that the pause is SO important because then - you have time to think. You can take time to really own your defects, to accept that yes, they really are a part of you - at the moment. You can figure out the payoffs you get for holding onto those defects; the ways you hold onto them because you are reluctant to change. Heck..... you don't want to change at all! No wait a minute, you do. You do want to change. You want to heal. You want to grow. It is worth the work. You are tired of living the way you always have... you are tired of the drain on your energy. You are ready, ready to try a new way. You are ready to ask for help from your Higher Power, to trust, to risk, to walk through the fear!

Maureen S.

Tradition Six - Our Al-Anon Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

When I first came to Al-Anon, I was a wreck spiritually, physically, and emotionally. All I wanted to do was talk about my alcoholic and how I was going to learn to make her stop. I did not like Tradition meetings, I couldn't understand why we had to take the time to hear about something that was so foreign to my problem. I needed to fix things fast. Today, I am forever grateful for the patience and love my Al-Anon family showed me. They did not scold me when I went on and on about my alcoholic. They just told me to "keep coming back." That it would get better. Tradition Six, when I finally opened my heart, taught me not to meddle, intervene, or give unsolicited advice to my adult child, lest problems of control, resentments, or anger divert us from our primary loving relationship. I now love the Traditions and Tradition meetings. I see a

practical use for them in my spiritual journey. I thank God for Al-Anon, and thank you Al-Anon for God.

Maria A.

Concept Six – The Conference acknowledges the primary administrative responsibility of the Trustees.

This is a great reminder about letting people do their jobs their way – especially if I can't or won't do the job myself. The World Service Conference meets once a year, but the Trustees meet quarterly. Some things must be attended to on a timely basis, and the Conference acknowledges that the Trustees are in the best position to handle those items. In my life, there are many jobs that I might critique – but unless I am going to do them, I've learned it's more productive -- for all concerned -- if I accept that the person actually doing the job is also responsible for figuring out the best way to "git 'er done."

Lisa W.

How to submit information to the RAP:

Mail to 4021 Walnut Street address or fill out the form at <http://aisdv.org/rap.html> to arrive no later than the 20th day of the month for insertion into the following month's RAP. The next deadline is June 20, 2012.

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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