

Al-Anon Anniversaries

Rockledge Fri. Night AFG, D-3, June 7, 7:30 pm
Memorial Church of the Holy Nativity, Huntingdon
Pike and Jarrett Ave, Rockledge 19046

Bensalem Men's AFG, D-19, Mon., June 17
7:30 pm, Livengrin Rehab., Shanahan Hall
4833 Hulmeville Rd, Bensalem 19020

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 Steering Committee Mtg. Conf. Call
For Alt. DR's and Board Members, Thurs., June 20,
7:30 pm. For details e-mail Secretary@aisdv.org

Event Cancelled!

Blue Moon AA Breakfast with Al-Anon Participation
Sunday, June 16 at The Drexelbrook has been cancelled.

AISDV Annual Personal Appeal Letter

The annual personal appeal letter will be sent out this month to the groups in AISDV districts. Please read the letter in your meetings at least twice and encourage support of the AISDV.

2013 Al-Anon International Convention

July 5-7, Vancouver, British Columbia, Canada
www.al-anoninternationalconvention.org

Day of Connecting, Thurs., July 4, is an opportunity to connect with staff members and volunteers from the World Service Office in a variety of Al-Anon workshops and meetings. The Day of Connecting is a separate event taking place during the day on Thursday, July 4th, before the Convention starts.



News Flash!!!! The 41st Annual AFG PA Convention at Susquehanna University was a tremendous success with over 340 members attending!

Service Opportunities Institutions Outreach

Contact institutions@aisdv.org.

Girard Medical Center, 8th St. & Girard Ave., Phila.
Sundays, June 2 and 16, from 1 to 2 pm

Malvern Institute IOP Ctr., (Enter from back)
1161 Lancaster Ave., Berwyn 19312
Saturdays, June 1, 8, 15, 22, 29 - 11:30 am -12 pm

Mirmont Treatment Ctr., 100 Yearsley Mill Rd.
Lima, Sats., June 8 and 22, from 1:50 to 3 pm

Meeting Changes

Fri. Night Ambler AFG, D-3, Permanent Time Change Starting June 7, 8-9:30 pm, Upper Dublin Lutheran Church, 411 Susquehanna Road, Ambler

Good Orderly Direction AFG, D-19, Thurs., 7 pm Step 4 Mtg., 4th week of mo.
St. David Lutheran, 9169 Academy Rd., Phila.
Bring *Blueprint for Progress*

Al-Anon's Three Legacies – June

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

I believe Step Six is asking me to be willing, along with remembering that I can't do it alone. For today, this Step helps me slowly realize that I can feel pain yet I don't have to suffer when the alcoholic behaves in ways that impact my children, and myself.

A few days ago my wife and I got into a confrontation while at dinner with our children. I chose to speak about an issue, and my wife stated what we were going to do about it. I replied, "I'd like to discuss this before any decisions are made". My wife then resorted to raising her voice and behaving very aggressively, cursing and calling me names in front of my children. I felt embarrassed, frustrated, and sad that this was

Step Six continued...

happening - especially in front of our children. However, the Steps before Step Six helped me see that I was powerless over what she was doing. And, I had to ask myself if I was entirely ready to let go of thinking I was at fault for her unacceptable behavior.

I've concluded the following as the result of speaking to my sponsor and sharing with program friends. Before, I shared at the table, I sensed it wasn't the right time to discuss the matter at hand. So, sometimes I'm not entirely ready to listen to my Higher Power. I want to do *what* I want *when* I want to! Secondly, after reviewing the role I played in the matter, the exact nature of my wrong appeared to be dishonesty. I still believed on some level that I deserved to be treated poorly and that her words about me were really true. So, I've got to ask my Higher Power to help me see that this isn't true! When I believe I'm not worthy, I can't be of maximum service to my fellows. I know today that I've got a lot invested into seeing myself as less than. My Higher Power is giving me opportunities to see differently so that I can take actions based upon knowing that I'm one of God's kids- not a less-than, worthless person.

Jarred

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 cooperate with Alcoholics Anonymous.

When I walk into an Al-Anon Meeting, I know that the only thing I am going to hear is the principles of the Al-Anon program. Before Al-Anon my focus was everywhere but on me and nothing received my undivided attention. With Tradition Six, Al-Anon helps me to keep the focus of our primary spiritual aim, which is to help the families and friends of Alcoholics and my recovery. If our group started to endorse or finance outside entities, these entities may feel they would have a right to have a say in our fellowship. Any Al-Anon member is at perfect liberty to participate in groups outside the fellowship, but as an Al-Anon Group we do not lend our moral or financial support to these groups.

Even though we are a separate entity from Alcoholics Anonymous, we would not be in existence today without it. We have drawn from its experience, and AA has generously given its help and support toward the growth of Al-Anon. We are grateful and are willing to co-operate with AA in every way possible.

Linda B.

The Six P's of Step Six

Perspective.... Pain..... Prayer

Patience....Process....Payoff

p. 67, Paths to Recovery

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

The Concepts are referred to as the Twelve Concepts of Service. The Steps are designed for personal recovery and growth and the Traditions are designed for group unity and growth, for without unity there could be no growth in the number of groups or members.

The Concepts guide us in service structure as we proceed in new avenues of Twelfth Step work. The conference, called "the World Service Conference (WSC)" is the body of delegates, regional trustees and other service members who meet annually to resolve areas of growth and maintain a path that assures Al-Anon will always be protected, sometimes even from itself.

Like much of Al-Anon, the Concepts have evolved, as has the Conference, quite often intermingling and growing through and within each other. Lois first discussed the possibility of an Al-Anon Conference in 1958, and in 1968 she announced the Concepts were becoming a reality by adapting the Concepts of AA to the Al-Anon program.

Concept Six clearly defines the duties of both the WSC and the Trustees. The Trustees' primary responsibility is administrative—a necessary function in an expanding fellowship. Trustees do not make policy nor declare specific ideas as "Al-Anon facts". The Conference decisions come from discussion and voting rights of Al-Anon members just like those in any home group. Each of them has been touched by the disease of alcoholism and as they grew in the fellowship of Al-Anon they grew in service and personal recovery.

Sue F.

Website Coordinator and Institutions Coordinator needed! Please contact Gabi at chair@aisdv.org.

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

Group Name: _____

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e-mail Address: _____

Date: _____ Amount Enclosed: \$ _____

