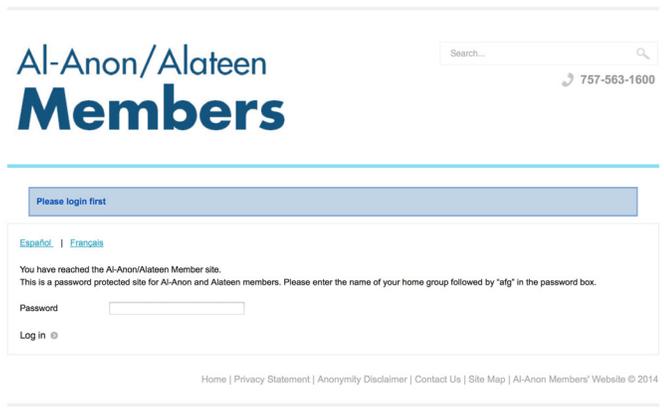


What's New?



WSO has just announced the total redesign of the Al-Anon/Alateen member site.

<http://www.al-anonfamilygroups.org/members/>
<http://www.al-anon.alateen.org/members>

Al-Anon Anniversary Meetings

Havertown Al-Anon Family Group Anniversary March 3, 2014

Food & Fellowship - 7 pm Meeting - 8 pm
Trinity Lutheran Church
1141 West Chester Pike
Havertown, PA 19083

Northeast Al-Anon AFG's 61st Anniversary (Oldest group in PA!)

March 6, 2014 at 7:30 pm
Nazareth Hospital's Marian Hall
2601 Holme Ave (at Roosevelt Blvd)
Philadelphia, PA 19152

Solution through the Steps 9th Anniversary

March 19, 2014 at noon
Good Shepherd Lutheran Church
Street & Churchville Roads
Southampton 18966

Workshops

Step Up To Step Four!!

Workshop on benefits of working the Steps!
Saturday, March 22, 2014
from 9am to 3pm

Grace Episcopal Church
Gowen & Ardleigh Sts
Philadelphia, PA 19119

*Cost is \$15.00 per person includes lunch - the first 25 people who register and pay receive a free workbook!
Online registration available soon!*

District 4/5 Spring Workshop Reaching for Personal Freedom

Will be held on **April 26, 2014** from 8:30am - 1pm

Lima United Methodist Church
(behind Granite Run Mall)
209 N. Middletown Road
Lima, PA 19037

Regional and National Events

Assembly

August 15 - 17, 2014
Harrisburg Hilton & Towers
200 Market St Harrisburg 17101

SAVE THE DATE

May 31st - June 1st, 2014

The PA Al-Anon Convention will be held again at Susquehanna University in Selinsgrove, PA! Theme for this year is: **Many Voices, One Journey!!**

Save the date and make plans with your Al-Anon buddies for this wonderful weekend of recovery!!

March's Step, Tradition and Concept

Step 3

Made a Decision to Turn Our Will and Our Lives Over to the Care of God, as We Understood Him.



By late November 2010, I knew my life was unmanageable. Shortly after being admitted to another psychiatric hospital, I was given a choice. By this point, I hated everyone in my family. Actually, hated would be putting it nicely. Alcoholism poisons everything it touches. No one in my family was an exception to that rule. Hurt people, hurt people.

It seemed, as a child, that my pleas for help went unnoticed. That night, I improved the lines of communication. In that moment, I came to trust the something that I will never be able to fully explain. Without that one prayer and the proceeding events, I'm not sure if I would have ever again entertained the thought of turning over my issues/thoughts and dreams.

That Higher Power provided the evidence I needed to turn over all that is me. All I needed was the moment of clarity that only a leap of faith can provide, in order to finally hear the response. No amount of therapy or medication has given me what I got that night... a spiritual awakening.

Today, the second my life seems remotely unmanageable, I need to remember that night. For me, the Steps were out of order for a reason. He knows me better than I do. Why not surrender and let Him have a go at it?

~ Danielle H.

Tradition 3

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.



Being a member of Al-Anon has been critical to my recovery. Before Al-Anon, I often felt excluded, like someone on the outside. I brought those feelings on myself through isolating and holding negative thoughts about myself. When I came to Al-Anon, people said encouraging things like "Keep coming back" and even the closing

said that the other members already loved me. What a wonderful place Al-Anon can be for the hurting family members. It is important that we don't have any other affiliations, we just focus on coming together for mutual aid. We are all equal, all members are valuable as we recover together from the family disease of alcoholism. Belonging to this wonderful organization has been so healing to me; now I belong, I am a part of.

~ Anonymous

Concept 3

The Right of Decision makes effective leadership possible.



After being asked to contribute to the RAP on either Step 3, Tradition 3, or Concept 3, my initial thought was "Oh no, now I have to make a decision!"

I knew that I would say yes to this service, but I did not want the responsibility of actually choosing which topic to write about. In my imperfect Al-Anon fashion, I procrastinated long enough to only have to choose between Tradition 3 or Concept 3. And then I did it. I actually "decided" to do Concept 3.

Now what have I done?!?? I do not even know what the Concept says!!! Well, thanks to our CAL literature, I found out that Concept 3 is "The right of decision makes effective leadership possible."

Growing up with a controlling father, and then marrying an active alcoholic, I never trusted any decisions that I made. I lived in fear and doubt. Little did I know, but in my Al-Anon recovery, Concept 3 was already working in my life. I was fortunate enough to come into the program when my children were very young. Now, all three are young adults, and I am better able to "Let Go" and allow them to make their own decisions without micromanaging their lives.

I still struggle with making my own decisions, but at least I actually make them today. I am no longer paralyzed by fear. I can trust myself. I can even change a decision if necessary. I can actually become an effective leader in my home and my community thanks to the Al-Anon program. I am so grateful that I made the decision to seek help from living with the disease of alcoholism. Having made that decision, I know that anything is possible, even writing about a Concept. :)

~ Anonymous
Doylestown PA