

Al-Anon Anniversaries

Alateen at Oaks, D-32, **Sun., Mar. 4**, 7 pm
Havertown AFG, D-4, **Mon., Mar. 5**, 7 pm
Solutions Thru Steps, D-20, **Wed., Mar.7**, Noon
Rose Tree AFG, D-5, **Mon., Mar. 12**, 7 pm
Northeast AFG, D-1, **Thurs., Mar.22**, 7:30 pm
Darby Colwyn Sunday Nighters, D-5, **Mar. 25**, 6 pm
Courage 2B Me Alateen, D-5, **Thurs., Mar. 29**, 6:30pm
Ken-Rich Al-Anon, D-1, **Fri., Mar. 30**, 7 pm
Live & Let Live, D-5, **Tues., May 1**, 7 pm

Meeting Changes

Ken-Rich, D-1, **now meets at 7:30 pm, Fridays**
Bridesburg Rec. Ctr., Richmond & Ash Sts., Phila.
Honestidad, D-2, **now meets Tues., 7:30 pm**
Incarnation of Our Lord, 5131 N. 5th St., Phila.
Lima Sunday AFG, D-5, **now meets at 7 pm, Sun.**
Lima Methodist Church, Lima
Hope & Serenity, D-20, Fri., 10 am
Davisville Baptist, Southampton
Room change: MOPS rm., basement of church
Strength & Hope, St. Rose of Lima, D-5
Tues., 8 pm, **No mtg. Mar. 6 or Apr. 3**
Abington AFG & Alateen, D-3, Sun., 7 pm
Parking lot is no longer free

NEEDED: ALATEEN COORDINATOR

Al-Anon Member in Alateen Service who will plan workshops, meeting exchanges, and social events to bring together and benefit Alateen members and groups.

District 20 Spring Workshop

Sat., April 21, 9 am to noon, Davisville Baptist
Southampton

New Meetings

A New Day AFG, D-32, Sun., 6 pm
St. Gabriel's Episcopal, E. Rt. 422, Douglassville
Lunchtime Downtown, D-2, Tues. & Thurs.
1:15 pm, 1st Baptist Church, 17th & Sansom
Grays Ferry AFG, D-2, Wed., 7:30 pm
St. Gabriel's, 30th & Dickinson, Phila.
3rd Fl., *Not handicapped accessible*
Heart of Al-Anon, D-5, Fri, 6:30 to 7:30 pm
1st Presby Church, Cascade & Summit, Springfield
Delaware County
How Al-Anon Works AFG, D-32, Fri., 8-9 pm
St. John's Lutheran, 1035 Old River Rd.
RR4, Gibraltar

Business Meetings

AISDV Service Board Mtg., **Mar. 15**, Norristown
Dist. 2 GR Mtg., **Mar. 22**, 7 pm, 4021 Walnut St.
Dist. 4 GR Mtg., **Mar. 22**, 7:30 pm, Bryn Mawr

40th Annual PA AFG Convention

Fri. – Sun., **June 8-10**
St. Vincent College, Latrobe, PA
Register on-line at www.aisdv.org
Click on *Calendar* then *PA AFG Conv. Info*
Deadline: May 15, 2012



Al-Anon's Three Legacies

Recovery through acceptance of the Steps
Unity through acceptance of the Traditions
Service through acceptance of the Concepts

Step Three *Made a decision to turn our will and our lives over to the care of God, as we understood Him.*

I can remember feeling exhausted when I was trying to manage everything and everyone in my life. I stopped feeling exhausted when I learned to stop "playing God". Again, the Steps, especially Step Three were the key to my release. I became free when I finally turned the game of life over to my Higher Power. Everything is so much easier today because I am learning to let go of the things over which I have no power and to allow God to take control of them instead. I was amazed to find that letting go doesn't mean becoming an unidentifiable blob without strength, emotion, or desire. I have found just the opposite. In surrendering the things over which I am powerless, I am able to see where I do have power – over myself, my reactions, my attitudes, my choices. As a result, I have found a deeper sense of identity and self-worth. All that has been required of me is some willingness." *How Al-Anon Works p.244*

Tradition Three *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.*

We would only hurt ourselves if we were to ramble from one issue to another at our meetings. What brought us to Al-Anon in the first place was one thing: alcoholism. By keeping our focus on this problem, a solution will come for each of us as we follow the guidance of our Higher Power and the Twelve Steps. There is no instant cure, as some people or programs may promise. Because we did not get the way we are overnight, it will take time for us to return to healthy thinking.

I do not have to tell people whether they belong at an Al-Anon meeting. As we read the Traditions, they will become aware. They will soon learn that we qualify for

Al-Anon when someone else's drinking bothers us. Each of us must decide for ourselves whether we meet the requirements for the program as stated in Tradition Three. *Paths to Recovery, p. 157*

Concept Three *The right of decision makes effective leadership possible.*

Before Al-Anon we did not trust anyone else. When the group trusted us with the responsibility for bringing cake or ordering literature, we became able to make the necessary decisions. We grew from making relatively small ones, both in our personal lives and in service work, to being able to make more wide-reaching decisions. We became trustworthy and then, we learned to trust. *The Concepts, Al-Anon's Best Kept Secret? P-57*

How to submit information to the RAP:

To submit information to the RAP, please mail it to the address below 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 March 20, 2012.

How to subscribe to the RAP: Please make check (payable to AISDV) and mail to RAP, c/o AISDV, 4021 Walnut St., Phila., PA 19104 with Subscription Form. Please include WSO Group ID No. on check.

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Group Subscription: \$25.00 per year (5 copies a month) \$40.00 per year (10 Copies a month)

Individual or Group Mailing/Email Address & ID#:

Let it begin with me. When anyone anywhere reaches out for help. Let the hand of Al-Anon and Alateen always be there. And let it begin with me.