

Al-Anon Anniversaries

North Wales AFG, Tues. March 5, 7 pm - 3 F's 8 pm 3- Speaker Meeting, Church of the Messiah
US 202 & Sumneytown Pike, North Wales 19454

Steps R Us AFG, D-5, Thurs., March 14
3 F's 6:30 – 7:30 pm, Mtg. 3 Speakers, 7:30 pm
St. Timothy's, Lamp Post & Pennell Roads, Aston

District 3 & 32 Pre-Spring Workshop

Fairy Tale Recovery –

Write Your Own Happy Ending

Saturday, March 9, 8:30 – 2 pm

Church of the Messiah 1001 DeKalb
Lower Gwynedd (North Wales)
Continental breakfast, bring brown bag
or pizza & soft drink available for \$5

District 4 & 5 Workshop Planning Mtg.

Sunday, March 10 at 1 pm, Lima Methodist Church
209 N Middletown Rd., Lima 19037
All are welcome!

WHEN I GOT BUSY, I GOT BETTER
DISTRICT 4 & 5 ANNUAL SPRING WORKSHOP

Saturday, April 20, 8:30 to 1 pm

Lima Methodist Church, 209 N. Middletown Rd.

Volunteers Needed for Institutions Outreach

Contact institutions@aisdv.org.

Girard Medical Center, 8th St. & Girard Ave., Phila.
Sundays, March 3 and 17, from 1 to 2 pm

Malvern Institute IOP Ctr., (Enter from back)
1161 Lancaster Ave., Berwyn 19312
Saturdays, March 2, 9, 16, 23- 11:30 am -12 pm

Mirmont Treatment Ctr., 100 Yearsley Mill Rd.
Lima, Sats., March 9 and 23, from 1:50 to 3 pm

Meeting Changes

First Things First AFG, D-20, New Time

7:30 pm beginning March 3, Lenape Valley Presby.
Church, Route 202 & Ute Rd, New Britain 18901

Search for Serenity AFG, D-19, Tues., 7:30 pm

Location Change: Queen of the Universe
2443 Trenton Rd., Levittown 19056

AISDV NEEDS YOU!

Open Positions on AISDV Board:

Institutions Coordinator – a liaison between AISDV
and Institutions (vitally needed!)

Literature Coordinator – keeps supplies on-hand

Archives Coordinator – calling all history buffs!

Please! Contact Gabi – chair@aisdv.org

Business Meeting

AISDV Service Board Mtg, Thurs., March 21, 7:30 pm

Reformed Church of the Ascension
1700 West Main Street, Norristown 19403

2013 41st Annual AFG PA Convention

Kaleidoscope Recovery in Focus

May 31 – June 2 at Susquehanna Univ.

514 University Avenue, Selinsgrove.

Registration due May 10. Registration

Form avail. on aisdv.org/calendar

ANNUAL AISDV SPRING LUNCHEON

APRIL 21, 2013

The IATSE Ballroom, 2401 S. Swanson St.

Phila., For info contact Lori at

vicechair@aisdv.org

WISDOM FROM THE ROOMS



**The problem in front of me
is never as great as the
Power behind me!**

Al-Anon's Three Legacies – March

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

Nowadays, when I think about turning my will and my life over to God, I think about self-care. When I first came into the program, the idea of surrendering to a higher power was foreign and strange. Now, it feels like home. I see this as great growth for me.

I know I need “turn it over” when all my muscles are tense and my mantra is, “Why me?” and “I just don't have the time!” Turning it over brings instant relief to me. I'm suddenly relaxed, and my mantra turns into “Thank you” and “I can” instead of “I can't”.

My best teacher today on this subject? One of my cats. I picked him up as a stray a year or so ago. He was so terrified and miserable when we first found him on the street. He quite literally showed up on our doorstep, in need of medical attention. Since we've taken him in, he's gone from a probably abused and terrified kitty, to a slightly timid but loving and trusting cat. I've watched him blossom and grow. The absolute trust and love he puts in me every day gives me a model of how I hope to one day trust and love my Higher Power.

Marjorie B., District 2

RELIEF . . . SAFETY . . . TRUST

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.

Tradition 3, like Step 3, gives me a sense of relief. When Tradition 3 is adhered to, the relief comes from feeling safe from everything in the world that keeps me from focusing on myself and my recovery from the effects of alcoholism. I can decide for myself how to work this program without direction or advice from any religious denomination, therapeutic facility or institution. Tradition 3 helps me to keep it simple by filtering out outside causes. I apply Tradition 3 to my life by sticking to my primary purpose, and not getting side-tracked by the problems of others over which I have no control.

The second part of this tradition let me decide for myself whether or not I belonged. Newcomers are automatically welcomed without having to give reasons for attending or having to fill out a qualification form. Thanks to Tradition 3, I am better able to keep the focus on myself, and unite with others in one common goal - recovery from the effects of alcoholism. **Anonymous**

Concept Three – The Right of Decision makes effective leadership possible.

When I was a District Representative, I was attending an Assembly, I heard Ric B. from the WSO share on the Concepts. The one word that he kept repeating was “Trust”. As a member of Al-Anon, when trusted with a position, I try to be open to the suggestions of others. The decisions made by me affect my group, my district and Al-Anon as a whole. My group has made a decision to trust me to make the best possible decision based on the information provided by the group and my own experience, strength and hope. When I am not sure, I first turn everything over to my Higher Power and then talk things over with another person. I have to be careful that when making a decision, I am not imposing my will on the decision, but following the will of the group. If new information is submitted, I will take this into consideration in making my decision. I know if I make a mistake, I can tell my group and they will understand. They know that I am human and I am doing the best that I can.

Claudine C., District 2

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

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