

Al-Anon Anniversaries

**Glenside Paths to Recovery, D-3, Wed., May 8
7 pm - 3 F's, 7:30 mtg.** Lighthouse Fellowship UM
137 N Easton Road, Glenside 19038

**Tues. Morning Serenity, D-20, May 14, 10 am
3 F's after mtg., Babysitting Available!**
St. Andrew's United Methodist Church
999 York Road, Warminster 18974

Fresh Start AFG, D- 1, May 15, 7 – 8:30 pm
All Saints Episcopal Church, 1611 Loney St., Phila.
Corner of Frontenac & Loney Sts.

Sunday Nighters, D-1, May 19, 5 pm
Grace Epiphany Church, 224 E. Gowen Avenue
Philadelphia 19119

NOMAAC is Coming!



**Northern Mid-Atlantic Alateen Assembly and Conference
PA Alateen Conference, 40th Anniv., Shippensburg Univ.
Starting 3 pm, Friday, July 19, ending noon, Sunday, July 21**
For more information, contact Scott Lutz at
scott@arcmaintenance.net Cost is \$115.00 per person.

Business Meeting

**AISDV Service Board Mtg. for ISR's and Board Members
Thurs., May 16, 7:30 pm**, Reformed Church of the Ascension
1700 West Main Street, Norristown
19403

Wisdom from the Rooms:
Acceptance changes everything!



2013 Al-Anon International Convention

July 5-7, Vancouver, British Columbia, Canada
www.al-anoninternationalconvention.org
Day of Connecting, Thurs., July 4: 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.



Service Opportunities

Institutions Outreach

Contact institutions@aisdv.org.

Girard Medical Center, 8th St. & Girard Ave., Phila.
Sundays, May 5 and 19, from 1 to 2 pm

Malvern Institute IOP Ctr., (Enter from back)
1161 Lancaster Ave., Berwyn 19312
Saturdays, May 4, 11, 18, 25 - 11:30 am -12 pm

Mirmont Treatment Ctr., 100 Yearsley Mill Rd.
Lima, Sats., May 11 and 25, from 1:50 to 3 pm

Meeting Changes

**Listen & Learn AFG, D-3, Mondays, 8 pm
New Time**, Valley Forge Medical Ctr.
1033 W. Germantown Pike, Norristown
(5 miles west of Plymouth Meeting Mall)

**Unity Clubhouse Fri. Night AFG, D-3, 7 pm
New Meeting**, 445 Bethlehem Pike, Colmar 18915

**Saturday Serenity AFG, D- 5, 9 am, St. Rose Lima
Location Change only for May 4 - Milmont
Firehouse, 714 Belmont Ave, Folsom, PA 19033**

2013 41st Annual AFG PA Convention

Kaleidoscope Recovery in Focus

May 31 – June 2 at Susquehanna Univ., 514 University
Ave., Selinsgrove. **Registration due May 10.**

Registration Form avail. on aisdv.org/calendar



Institutions Coordinator needed – a liaison between Institutions, AISDV and the groups.
Please contact Gabi at chair@aisdv.org. or Tonya at alateen@aisdv.org.

Al-Anon's Three Legacies – May

Step Five – Admitted to God, ourselves and another human being the exact nature of our wrongs.

I resisted working the Steps at first. I had decided that until I could figure out how all twelve steps worked, I wouldn't begin a single one. Eventually the suffering in my life compelled me to take a chance, and I began to work with a sponsor despite my reservations. My biggest reservation about the Fifth Step was that I wouldn't be willing to do it. I never had trouble admitting fault to others, but I came to understand that I had been relying on a false modesty. There was no honesty involved. True honesty takes trust, and I didn't trust anyone.

Nonetheless, I was surprised to find that my Fifth Step came and went almost without me noticing. Before I began, I didn't understand the changes I would undergo as I worked the first four steps. I didn't yet know that my life would become so unmanageable that I would be willing to try anything. I didn't yet know that I would come to believe in a Higher Power that would help me if I was willing to turn myself and my life over to it. And I didn't yet know that working the first four steps with my sponsor would teach me how to trust others. In the end, working my Fifth Step was hard work, but it felt completely natural. I am reminded that God helps me do what I think I cannot do, so long as I am willing to do the legwork.

Alex T., District 1

Tradition Five – Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

I have been in Al-Anon for quite a few 24 hours. When I first came in I didn't like the Traditions. Now I love them. The first part of Tradition Five tells me that I have to practice the steps of AA myself in all my affairs. As I strive to adhere to these principles, I gain greater knowledge, and serenity, and I am better able to help others.

Secondly, I follow Tradition Five by attending open AA meetings to learn more about the disease of alcoholism. I am grateful to be able to attend an open AA meeting almost every week. This has enhanced my recovery and helped me to not take things personally when others display anger towards me. I have learned that it is the "ism" of the disease talking and not the person. I have also learned to love the alcoholic and dislike the disease.

To carry out the third part of Tradition Five, "giving comfort to families of alcoholics", I attend Beginner's Meetings frequently and thus have a chance to "keep it fresh" for myself as well. I have been in their shoes and can feel how

frustrated they are. I help the newcomers to realize that they are no longer alone and that Al-Anon is the safe place to be. I suggest they try six meetings to see if the program is for them. I also explain that this program is a lifelong one, and that as long as they keep coming back their situation can continue to improve and their unhappiness can be overcome.

Sue D - District 5

Concept Five: The rights of appeal and petition protect minorities and insure that they be heard.

When I read Concept Five I immediately thought of a time when I could have used this right at the Group level. But I didn't! Instead I kept quiet. My minority opinion remained in my head. I was too scared to rock the boat.

Here is what happened. I could walk to the Al-Anon meeting in my neighborhood. I looked forward to that meeting every week. It was a hot night and as we were about to start the meeting someone suggested that we go outside with our chairs because the air conditioning was not working. All in favor raised their hands. I stopped in my tracks!

People picked up their chairs and headed for the door. I thought - this is my neighborhood; suppose someone sees me; suppose they ask me what I was doing on that church lawn? My anonymity was in jeopardy. I was uncomfortable, afraid that I was the only one to object. I continued outside with the group, set up my chair, and then silently turned and headed home.

Now I realize that if I feel strongly about something, I need not be afraid to speak out and yes - it takes courage to express myself if I have a single lone opinion. Concept Five tells me that the minority view is important and speaking it and listening to it are both important.

RM, District 5

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

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