

### Al-Anon Anniversaries

**Depend Upon Unity AFG, D-20, Tues., Nov. 13**

**3 F's - 7 pm, Meeting – 7:30 pm**

Livengrin Foundation, Penns Court, Suite 101  
350 S. Main Street, Doylestown

**Heart of Al-Anon AFG, D-5, Fri., Nov. 16, 6:30 pm**

1<sup>st</sup> Presby. Church of Springfield, 356 Summit Road  
Lambert Hall, Rear of Building – 3 F's after meeting



### AISDV Wants You!

AISDV Elections will be on Nov. 15 at 7:30 pm at the Reformed Church of the Ascension, 1700 W. Main St., Norristown. For information on positions, see the enclosed flyer, or find it on [www.aisdv.org](http://www.aisdv.org).

Give back by volunteering and receive a rewarding experience! Simply go to [www.aisdv.org](http://www.aisdv.org), click on *Service Opportunities*, and fill out the *Volunteer Sign Up Form*. You will be on a list to be notified of upcoming events in need of volunteers.

### Meeting Changes

**Babysitting Now Available**

**Tues. Morning Serenity AFG, D-20, 10 to 11:30 am**

St. Andrews UMC, 999 York Rd. Warminster  
Church basement – park in rear & go in glass doors

**New Time, New Location - N.E. Women's AFG, D-1**

**Starting Nov.3 - 9:30 to 10:30 am – 2<sup>nd</sup> Fl.**

**Gloria Dei Lutheran Church, same rm. as Tues.**

Huntingdon Pike and Old Welsh Rd, Bethayres

**New Time, New Location – ODAT AFG, D-32**

**7:30 pm, Thurs., Church of the Nazarene**

5<sup>th</sup> & Washington Sts., Royersford

**New Time - Discovering Choices AFG, D-19**

**7:30 to 8:30 pm, Langhorne Presby. Church**

125 Gillam Avenue, Langhorne

**New Location – Hope for Today AFG, D-2**

**Tues., 7 pm, 2<sup>nd</sup> Fl., Follow Signs**

Leverington Presby., 6301 Ridge Ave, Roxborough

**Hang-in-There AFGAC, D-5, Thurs., Nov.22, 7 pm**  
**Cancelled Thanksgiving Day, OLF School, Secane**

### Opportunities for Service Institutions Outreach

**Girard Medical Center, 8<sup>th</sup> St. & Girard Ave., Phila.**  
Sundays, Nov. 4, 11, 18 & 25 from 1 to 2 pm

**Malvern Institute IOP Ctr., 17 Ravine Rd., Frazer**  
Saturdays, Nov. 3, 10, 17, 24 - 11:30 am -12 pm

**Mirmont Treatment Ctr., 100 Yearsley Mill Rd., Lima**  
Saturdays, Nov. 10 & 24 from 1:50 to 3 pm

**See AISDV website calendar to e-mail the Institutions Coordinator for more information.**



### CANDLELIGHT MEETINGS

**South Philly AFG, D-2, Fri., Dec. 7**

**3 F's - 7 pm, Meeting - 7:30 pm**

1605 E. Moyamensing

**Congo Tues. Night AFG, D-32, Dec. 11**

**3 F's - 7:30 pm, Meeting – 8 pm**

Shepherd of Hills UCC, 527 Hoffmansville Rd.  
Bechtelsville

### Business Meetings

**Area World Service Committee (AWSC) Mtg., Nov 2-4**  
Carlisle, PA

**D-4 Group Rep. Mtg., Thurs., Nov. 8, 7:30 pm**  
Bryn Mawr Community Center

**AISDV Service Board & Information Service Reps Mtg.**  
**Thurs., Nov. 15, 7:30 pm** Reformed Chch of Ascension  
1700 West Main Street, Norristown

**D-32 Group Rep. Mtg., Sat., Nov. 17, 10 am**  
St John's UCC, 315 Gay Street, Phoenixville



*Wisdom from the Rooms*

*Just because worry took over the wheel doesn't mean it knows the way."*

## Al-Anon's Three Legacies – November

**Step Eleven – Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His Will for us and the power to carry that out.**

*I loved this step from my first entry into the rooms—it was the only one I really understood and was able to relate to without understanding anything else about the Al-Anon Program. I had already spent many long moments, hours, days even, praying for knowledge of God's will and even more for the strength to carry it out. I have grown and changed as I've come to these rooms. I hope I have a better understanding of prayer and meditation, of how to listen with my ears and my heart and my soul for knowledge of God's will. I have faith that if it is God's will then I already have the power to carry it out, I just need to get out of the way because MY will trips me up frequently.*

*Some of my strongest prayers and meditations are ones of gratitude, especially as I pray for the people that I love, thanking God for them and asking that God be with them in whatever way is best. That's hard for me sometimes because I want to tell God the way that I think is best. And then I pray for forgiveness for my wilfulness.... Tasha, D-5*

**Tradition Eleven – Our public relations policy is based on attraction rather than promotion; we need always maintain anonymity at the level of press, radio, and TV and films. We need guard with special care the anonymity of all A.A. members.**

*Personal anonymity embodies the principle of humility. "It is not the messenger but the message." This eliminates self-seeking and having an Al-Anon spokesperson that is mentioned by name. Anonymity allows us to hear God's message. We share safely what is in our hearts because of anonymity; and we listen, encourage and give assurance that there is hope. This is our spiritual aim.*

*We work on ourselves, apply these principles to our lives, and let others live theirs - then God does the attracting. The length of time someone is in the program is not important. What makes the difference in recovery is being teachable, and knowing there is always more room to learn and chances to grow.*

*In Public Outreach, we protect our credibility as an anonymous fellowship by letting others know of our program without breaking our personal anonymity. In our relationships, we lead by being the best example of the program we can be. Acting as Al-Anon ambassadors, we carry the message not by pushing others, but by attracting -- always remembering that God is in charge. By this means, without feeling the pressure of any persuasion, others are more likely to decide that they want what we have.*

***In Giving, We Receive***

*When we follow Tradition 11 and "Live and Let Live" we don't discuss the alcoholic or what their relationship is to us. We place principles above personalities, and accordingly, we protect the anonymity of AA members. Pat L., D-7*

**Concept Eleven – The World Service Office is composed of standing committees, executives, and staff members.**

*The structure of the World Service Office (WSO), as described in Concept 11, provides a valuable example of how to organize the administration of services, not only for Al-Anon members in service, but also for Al-Anon members in their family and work relationships. The WSO is the headquarters of the entire worldwide fellowship of Al-Anon, and it is headed by an Executive Director who is the administrator. The Executive Director is supported by a staff of paid employees. Staff members perform routine tasks and often implement new plans and policies. They, in turn are assisted by various committees such as Finance, Conference, Alateen, Literature, Public Outreach and Policy committees, to name a few. The Policy Committee is probably the most important of all the WSO committees, because it is empowered to review any issues submitted by Al-Anon members. It can make changes and reconsider existing policy. The success of these committees depends on the leadership and cooperation of committee members, service directors, executives and staff members. Keeping the spiritual principles of Al-Anon in mind, these committees do not manage or control, however, they may make recommendations.*

*Al-Anon's Twelve Concepts of Service may seem dry, but they are worth sinking our teeth into! Once we get to know them better, we realize the Concepts contain valuable guidance for maintaining unity in Al-Anon service and in the outside world. Rita R., D-5*

**For submissions to RAP for Dec., e-mail or mail to AISDV office by Nov. 20 - [RAP.aisdv@gmail.com](mailto:RAP.aisdv@gmail.com).**

### 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: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

e-mail Address: \_\_\_\_\_

Date: \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_