

Al-Anon Anniversary Meetings

Early Morning Narberth AFG, D-4, Nov. 1, 7 am
St Margaret's Church (Antioch Annex)
207 Narberth Avenue, Narberth 19072

Depend Upon Unity Men's AFG, D-20
Tues., Nov. 12, 7 pm, Women are welcome
Livengrin Penns Court, 350 S. Main St.
Suite 101, Doylestown 18901

Friday Night Serenity AFG, D-5, Nov. 15
6:30 pm – 3 F's, 7:30 pm mtg.
St John's Episcopal Church
576 Concord Rd, Concordville 19342

Heart of Al-Anon AFG, D-5, Fri., Nov. 15, 6-9 pm
First Presby. Church of Springfield, Lambert Hall
Saxer Ave. and Summit Rd, Springfield 19064



“Reap the Harvest of Recovery”

District 20 Workshop

Saturday, November 16

8 am Registration, 9 am to Noon Workshops

Davisville Church, 325 Street Road
Southampton 18966

Institutions Outreach

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

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

Mirmont Treatment Ctr., 100 Yearsley Mill Rd.
Lima, Sat., Nov. 9 & 23 from 1:50 to 3 pm

Northeast Philadelphia Women's Prison
Speakers Needed - Tues., Nov. 5 & 19, 7 pm – 8 pm
Every 1st & 3rd Tues. For info e-mail
district1dawn@verizon.net

Business Meeting – AISDV Elections

AISDV Board Mtg., Thurs., Nov. 21, 7:30 pm

For Information Service Reps (ISRs) & the AISDV Board & **YOU** at Reformed Church of the Ascension
1700 West Main Street, Norristown 19403
Email *Gabi* at chair@aisdv.org or *Carla* at secretary@aisdv.org for details.

Please consider running for these offices: Vice Chairperson, Secretary, Asst. Secretary, or Asst. Treasurer or these coordinator positions: Institutions, RAP Newsletter., or Archives.

See job descriptions on the website calendar flyer.

Message from The RAP Coordinator: *Two years ago, when I realized there was no one stepping up to do the RAP newsletter, I thought, well, whatever job I do, it will be better than no RAP. I'm not a whiz on the computer, and I never did a newsletter before. But I knew that in Al-Anon, the job I did would be accepted. Being on the AISDV Board once again has been a wonderful growth experience for me....just like my first time serving (I was a Liaison to the PA State Assembly many moons ago). I truly get so much more than I give by corresponding and meeting with many fantastic people, while improving my skills and self-esteem. It's time to pass it on and give someone else a chance to serve and grow. How about you? If not RAP Coordinator, then one of the other open positions. **Some vital positions have been unfilled for the past year!!!! (Institutions and Archives Coordinators). Also needed will be the four officers noted above.** Do you care about keeping Al-Anon thriving and accessible to anyone, anywhere, who reaches out for help? Contact *Gabi* or *Carla* at the e-mail addresses above. Carpools travel from different areas to the Board meeting. You never do anything alone!*

Irene A.



WISDOM FROM THE ROOMS:

THINK Is it

Thoughtful

Honest

Intelligent

Necessary

Kind?

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.

Improving my conscious contact with God, to me means developing a spiritual practice that brings an awareness of God in my life. I take time to listen in the stillness daily, and I pray fervently aloud, not making requests for what I want, because I don't know what's best, but only for knowledge of God's will. One of the best ways for me to work Step Eleven is to go to an Al-Anon meeting, where God with Skin speaks to me through you.

BLESS YOU, CHANGE ME

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

When I started to attend Al-Anon Meetings, I became enthusiastic about the program, because I wasn't alone anymore. So, I started to tell everyone about this great program, how it helped me and how it could help everyone I came in contact with. I didn't know it at the time, but that was promotion, not attraction. As I kept coming around I realized the importance of personal anonymity at the level of press, radio, films and TV. An example was when the World Service Office was moving to Virginia Beach, VA and we saw an interview of Ric B., Al-Anon's Director, discussing the move with a reporter on the television. His back was to the camera and he was introduced as Ric B. As an Al-Anon member, I knew who he was because of having met him, but to the outside world he was an anonymous member of Al-Anon keeping his personal anonymity while on TV. Being a member of Al-Anon, I can determine at what level I want to maintain my personal anonymity at home, but I need to be careful not to break my anonymity at the public level. Because Alcoholic Anonymous is an anonymous program also, we must guard the anonymity of A.A. members at all times.

Thanksgiving

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

The World Service Office is comprised of 12 committees—**Archives, Alateen, Budget, Conference, Cooperating with the Professional Community, Institutions, International Coordination, Literature, Nominating, Policy, Public Information, and Regional Service Seminars.** Each one has an important function in Al-Anon, and each one is comprised of members with expertise in those specific areas.

So what if the Alateen Committee started getting involved in budget issues, or the Literature Committee decided to address a conference matter? I would think the concerns of Alateen and Literature wouldn't be attended to, and the budget and conference would be a mess.

That has been one of the biggest lessons I have learned in Al-Anon. My life was in disarray because I was always focused on the actions of everyone else. I never realized my constant attempts at controlling the people and circumstances around me were keeping me from having control in my own life.

Today I do my best to stay in my own lane. It has helped me tremendously as it releases me to take care of myself, the one person in life I do have control over.

Annie S., District 5

For submissions to RAP for December, e-mail rap@aisdv.org or mail to AISDV office by Nov. 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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