

### Al-Anon Anniversary Meetings

#### Glenside-Willow Grove AFG, D-3, Oct. 7, 7:30 pm

St. Peter's Episcopal, 654 N Easton Road  
Glenside 19038

#### Focus on Recovery AFG, D-5, Oct. 8, 11:30 am

Lima Methodist, 209 N. Middletown Rd  
Lima 19037 (near Granite Run Mall)

#### Ridley Park Mon. Morning AFG, D-5, Oct. 14, 9 am

Christ Episcopal, Sellers Avenue & Nevin Street  
Ridley Park 19078

#### West Phila. AFG, D-2, Oct. 21, 7 pm

AA Clubhouse, 4021 Walnut Street  
Philadelphia 19104

#### Hatboro Fri. Night AFG, D-20, Oct. 25, 6:30 pm

St. John Lutheran Church, 505 N. York Road  
Hatboro 19040

#### Flourtown AFG, D-3, Oct. 26, 12:30 pm

St. Paul's UCC Church, 440 Bethlehem Pike  
Fort Washington 19034

#### Live and Let Live AFG, D-5, Oct. 29, 7 pm

Riverview Presbyterian, Riverview & Garrett Roads  
Drexel Hill 19026

#### Early Morning Narberth AFG, D-4, Nov. 1, 7 am

St Margaret's Church (Antioch Annex)  
207 Narberth Avenue, Narberth 19072

### Meeting Change

#### Downingtown Friday Night AFG, D-7, 8 pm

#### Location Change for one week only- 10/4/13

Marsh Creek Community Church  
101 Crump Road (& Whitford Road), Exton,  
PA 19341



**WISDOM FROM THE  
ROOMS: H. A. L. T.**

**Don't get... Hungry Angry Lonely Tired**

**Do get... Honest Active Lively Tolerant**

### Business Meeting

#### AISDV Steering Committee Mtg. Conf. Call, Oct. 17

7:30 pm, For Alternate DRs & the AISDV Board.

Email [secretary@aisdv.org](mailto:secretary@aisdv.org) for details.



#### AISDV Fall Dinner Dance, Oct. 12, 6-11 pm

Cannstatter's, 9130 Academy Road, Phila. 19114  
\$30 per person, register at [whoscoming.com/aisdv](http://whoscoming.com/aisdv)  
For Info call Lorrie 215-442-9792

#### District 7 Annual Fall Workshop

"Living in the Spirit of Al-Anon"

**Oct. 26, 9 am to 2 pm**

Westminster Presbyterian Church

(Rt. 202, North of Rt. 926)

10 W. Pleasant Grove Rd., West Chester 19838

#### 25th PA Al-Anon Adult Children Conference

**October 25-28**

**ANTIOCHIAN VILLAGE**

RT. 711 NORTH, LIGONIER 15658

Register on [aisdv.org/calendar](http://aisdv.org/calendar)



### Service Opportunities

### Institutions Outreach

Contact [institutions@aisdv.org](mailto:institutions@aisdv.org).

#### Girard Medical Center, 8<sup>th</sup> St. & Girard Ave., Phila.

Sundays, Oct. 6 & 20 from 1 to 2 pm

#### Malvern Institute IOP Ctr., (Enter from back)

1161 Lancaster Ave., Berwyn 19312

Sat., Oct. 5, 12, 19, 26 from 11:30 am -12 pm

#### Mirmont Treatment Ctr., 100 Yearsley Mill Rd.

Lima, Sat., Oct. 12 and 26, from 1:50 to 3 pm

## Al-Anon's Three Legacies – October

### *Step Ten – Continued to take personal inventory and when we were wrong promptly admitted it.*

When I first came into the rooms of Al-Anon, I saw the Tenth Step as one more way I could live in self-recrimination -- one more way to remind myself of everything I'd done wrong. When I was living in self-loathing and fear, I was really good at finding reasons to stay there. I saw people viewing themselves differently in Al-Anon. They were walking this mysterious path they called *Acceptance*. It looked really good to me, but I had absolutely no idea how to bring it into my life.

I kept coming back, and *Gratitude* was my first gift of the Program. I began to see and feel all the blessings in my life, even when there was plenty of darkness there too. I began to thank my Higher Power every night for all that was positive and hopeful, instead of just dwelling in the scary negativity. That gave me the courage to also acknowledge my part in the darker stuff. Now I know there is no truth in seeing only the negative in myself or anyone else.

The Tenth Step offers me a path to self-acceptance -- a way to admit what I've done wrong, own it, honestly regret it, find ways to correct it, and then let it go. I learned that being paralyzed by fear and self-loathing was a way I assured myself of misery, and that there was no great honesty or humility in only seeing what I don't like about myself. Now my daily Tenth Step is about gratitude, as well as amends.

*Tasha*

### *Tradition Ten – The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.*

As a group, we do not take stands on public causes, other beliefs, or outside issues, no matter how worthy. Why? Because it will divert us from our primary spiritual aim. I use Tradition Ten in my personal life by applying the slogan *Live and Let Live*. In Al-Anon, I learn that the only thing I have control over is my own choices and attitude. What goes on in the lives of others is an outside issue. Focusing on my primary spiritual aim – serenity – and not trying to control others, keeps controversy out of my life. Likewise, in Al-Anon groups, staying out of outside issues which lead to controversy makes it possible for us to focus solely on helping each other recover from the effects of alcoholism.

*Anonymous*



## *Listen and Learn*



### *Concept Ten - Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.*

Concept Ten reminds us to make sure that people know what their job is before they begin to work on it. Each level of service has clearly defined responsibilities; this ensures there is no issuing of conflicting directives, creating "double-headed management."

All service jobs should create success for both the person doing the job and the person who has the responsibility to oversee the job. When we don't clearly define what is expected, we leave the other person to fill in the blanks. Then both parties are likely to end up confused or disappointed. Conflict is guaranteed when time is not spent clarifying the limits of authority.

Everyone wants to do a good job, but many of us do nothing because we are afraid of making mistakes and being corrected. Once there is a clear understanding of the limits of responsibility, we must step back and let the person do the job. If we want others to help us and be responsible for the tasks we delegate to them, then we must give a clear job description in writing and take time to discuss each task to achieve a clear understanding for both the worker and the manager.

*Anonymous*

**For submissions to RAP for November, e-mail [rap@aisdv.org](mailto:rap@aisdv.org) or mail to AISDV office by Oct. 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.\_\_\_\_  
Group Name: \_\_\_\_\_

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

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

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

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

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