

What's New?

**AISDV Task Force Update**

After much discussion, the AISDV Task Force has recommended, and a motion is on the floor, to change the Bylaws to allow Al-Anon Members who are also AA Members to serve at the AISDV in most instances. The final wording of the motion will go out to all Groups in the AISDV after the August Steering Committee conference call; the vote on this motion will occur at the September AISDV meeting. All Groups in the AISDV should send their ISRs to the September meeting for this important vote.

Regional and National Events

**Assembly**

**August 15 - 17, 2014**

Harrisburg Hilton & Towers  
200 Market St Harrisburg 17101

Al-Anon Anniversary Meetings

**First Things First 22nd Anniversary**

Sunday, Aug 17, 2014

7:30 pm

Lenape Valley Presbyterian Church  
Chalfont 18914

**Parkside AFG 55th Anniversary**

*Transforming the lives of families and friends  
of alcoholics for 55 years*

Saturday, Sep 13, 2014

3:30 PM

Calvary United Methodist Church  
48th and Baltimore Ave  
Philadelphia 19143

**54th Anniversary South Philly AFT**

7:00 PM fellowship - 7:30 Meeting

Friday, Sep 19, 2014

7:00 pm

South Philly AFG  
1608 E. Moyamensing Avenue  
Philadelphia 19148

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Group Name: \_\_\_\_\_  
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# August's Step, Tradition and Concept

## Step 8

**Made a list of all persons we had harmed, and became willing to make amends to them all.**



As I prepare to write about step eight a line written in Al-Anon's, How Al-Anon Works for Families & Friends of Alcoholics strikes me. "...Sometimes people's suffering is of their own making, sometimes pain is just a part of life. And sometimes we contribute to the problem".

Step eight asks me to take a realistic look at the effects of my actions and to sort out what is and is not my responsibility. When I first started in Al-Anon I felt responsible for the actions of the alcoholic in my life and the pain they caused. I was so tied to him and the disease I didn't know how to look at my own actions and what was truly my responsibility.

When I began to look at my actions I was gradually able to let go of the responsibility I felt for the actions of alcoholic in my life. Becoming fully honest with myself has not been easy but I wanted a better life, I wanted to get well, and so, I became willing to be lead through the steps.

I was able to recognize the harm my actions inflicted on my loved ones. I knew there were amends to be made to the alcoholic in my life and to my children. I thought of others who had been hurt by my actions too. I could identify those people because I carried guilt and shame over my interactions with them. Guilt and shame I didn't even know existed until I took the time to look. In time I even learned to see the harm I had caused myself. It's impossible to hurt someone else without hurting yourself.

It was not enough for me to just make the list however I had to become willing to make the amends. Our literature suggests making a list of those we have harmed. Then taking that list and dividing into columns: those amends we are willing to make, those we may possibly make, and those we cannot imagine ourselves ever making. Since willingness is often a gradual process those amends we can't imagine ever making often make their way over to the column of amends we may possibly make and some even make their way over to the column of amends we are willing to make.

I didn't have to worry how or when to make the amends to those I had harmed. I learned that my Higher Power would help me to know how and would provide the opportunity for me to make the amends that was needed as long as I was willing.

In step eight, as with all of the steps there is so much healing that takes place in my own life and in the lives of those I love. I discovered what I was truly responsible for and this in turn provided the opportunity for alcoholic to own his own actions if he chose to do so. It became possible because I had stopped owning them as if they were mine. Mostly this step cleared the way for developing a healthy loving relationship with others and myself.

~Theresa M

## Tradition 8

**Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.**



Twelfth step work is a huge component of our program. We are told that we have to give it away if we want to keep it. This work is a humble sharing of our experience, strength, and hope in Al-Anon. Tradition 8 reminds us that we are not professional in this endeavor. We are not psychologists or preachers or teachers or in any other way accredited professionals. We are just regular people, trying to heal from the effects of alcoholism - nobody is more or less qualified for this work, as long as we are working our program. We do not offer professional opinions or advice.

I was fortunate enough to visit the World Service office about 15 years ago and got to see the other facet of Tradition 8 in action. Our service centers may employ special workers. Well that's a darn good thing because how else could an organization this big survive?

At the World Service office I saw the publishing work that only trained workers are able to accomplish. Imagine how we could otherwise send out the Forum worldwide! CAL, or conference approved literature must be published, and this is done by special workers, trained in their fields. Tradition 8 works to keep us all equal in the program, with the necessary supports provided by our service centers so that we can heal and grow in the program.

~ Marianne G

## Concept 8

**The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.**



In the service manual I read about Concept Eight. Al-Anon's Board of Trustees decided it should focus on policy, leadership, finance, group and public relations. It formed a seven-member Executive Committee to handle the day-to-day administrative concerns of the World Service Office.

In my life I can take this Concept to help me think about what I am and what I am not responsible for. I am responsible for my life and how I live it; I have learned that I need to make time every morning for prayer and meditation; I need that so my days run smoothly. I need to go to work every day and earn a living; I am responsible to do my share of the housework. I can ask for help when I need to. It is not for me to check on how other family members live their life or do their job. It is not a good idea, if I see that a family member didn't do their share of the housework for me to jump in and do it without their asking for my help. If the particular undone task, such as vacuuming, remains undone; I can ask in a friendly way, if the person would please vacuum. I don't have to go back to my old way of acting, which would be do the vacuuming and then have a resentment. This Concept can help me to focus on myself.

~ Anonymous