

### What's New?

#### Here is a great opportunity to do service at the WSO level

Committees: Since 2006, the Board of Trustees has been reviewing and revising Selected Committee structures to determine if each of the Committees is meeting the needs of the fellowship. Some Committees have been disbanded and others have had their membership or meeting times restructured to allow members to serve without spending time on airplanes or in cars to travel to the World Service Office.

The trial Alateen Work Group is seeking one At-Large member. It will be appointing Thought/Task Forces made up of Alateen members, and Al-Anon Members Involved in Alateen Service (AMIAS) as needed.

The Forum Editorial Advisory Committee, the Public Outreach Committee, and the Literature Committee have five At-Large members each. Due to the restructuring, these members can come from anywhere in the World Service Conference structure.

The Work Group and other Selected Committees discussed above are one-year time commitments and run from May to April each year. Résumés are due by the time of the Conference; applicants are notified in May or June as the Committees are formed.

There may be an opening during the year, so interested candidates can submit their résumé at any time.

The list for the World Service Office Committees are:

- Alateen Members and AMIAS
- Forum Editorial
- Literature
- Public Outreach

The due date to submit the résumé is August 15, 2014.  
Email [delegatempa@gmail.com](mailto:delegatempa@gmail.com) for the résumé form.

### Spanish Convention

#### First Spanish Convention in the US July 3-6, 2014

- Day trip to Stepping Stones, tour to NYC, and a Sunday Brunch Cruise
- Interpreters available
- Keynote Speaker Ric B. Executive Director

Marriott Newark Liberty International Airport  
1 Hotel Rd Newark 07114

### Regional and National Events

#### NOMAAC 2014: "Stepping through the decades" Northern Mid-atlantic Alateen Assembly Conference July 11, 12 & 13, 2014 Shippensburg University

#### 12 Step Study Weekend July 25th - July 27th 2014

The Lady of Our Villa  
245 Meadowside Road  
Mount Pocono, PA 18344  
Double rooms \$175; Single Rooms \$220

For more information regarding registration contact Evie at:  
Email: [StepStudy@Hotmail.com](mailto:StepStudy@Hotmail.com)

#### Assembly August 15 - 17, 2014 Harrisburg Hilton & Towers 200 Market St Harrisburg 17101

### Al-Anon Anniversary Meetings

**Hatboro AFG - July 4th Celebration**  
SHARE your freedom & independence through  
the steps & traditions.  
Jul 4, 2014  
St. John's Lutheran Church  
505 N. York Road  
Hatboro 19040

**Havertown Saturday Night Anniversary**  
Jul 19, 2014 7:00 PM  
food fun and fellowship! AA & Al-Anon speakers  
Downstairs Room. Air Conditioned!  
Union Methodist Church  
200 Brookline Blvd  
Havertown 19083

## July's Step, Tradition and Concept

### Step 7

#### Humbly asked Him to remove our shortcomings



When I think of the words used in the steps, they are very specific. Steps six and seven separate our defects of character from our shortcomings because they are not the same.

Humbly: meek, honest, gentleness of spirit. Asked: not told. Remove: take away. Shortcomings: limitations, weaknesses.

When I honestly ask God to remove my limitations I need to look back at steps 4 and 5 and see what is holding me back from become the me I am meant to be, want to be, aspire to be.

Fear: of humiliating myself, failure, not meeting expectations.

Procrastination: I will put the least favorable or more difficult things off to the point that all my fears are fully realized. And yet the cycle continues.

I want to be gentleness of spirit. In order for me to be so, I need to ask my Higher Power to remove these and replace them with focus of purpose and take the fear so that I may be strong enough to do His will.

### Tradition 7

#### Every group ought to be fully self-supporting, declining outside contributions



I remember when I lived with my parents. I had very little say in the day to day decisions of the household. In fact, I had to act, feel and respond the way they wanted me to or else I would be punished. I was completely under their control.

When I was finally old enough to move out, I didn't have to abide by their rules any longer because they were not paying my way. However, I do remember one time when I got into a financial bind, and I asked my parents to pay my electric bill.

The next time they visited they lectured me on how many lights I had on and told me that I should conserve more energy. What could I say? After all, they paid my bill. I was obligated to shut up and listen because I was not fully self-supporting.

This is the very reason Tradition 7 is in place. Can you imagine if Al-Anon accepted contributions from a group with a particular agenda? Al-Anon would then be obligated to this group in ways that may be damaging.

Al-Anon practices their 7th Tradition at every meeting when they pass around the collection basket. These funds allow the Al-Anon groups to function individually and to make decisions autonomously.

Al-Anon's 7th Tradition can be a valuable tool to use in all aspects of life. When we are self-supporting we are free to make our own decisions without others' agendas.

### Concept 7

#### The Trustees have legal rights while the rights of the Conference are traditional



When I began to read and study the literature on this Concept it brought up a lot of feelings in me, especially regarding trust. Trust is something that I struggle with any given day because I want to appear all together. This was before I began working the Steps, Traditions and Concepts and the words I spoke to my children were final. No negotiating, just plain no for an answer.

Concept 7 I thought trumped Concept 1, 2 and 6; due to my lack of trust and faith. I spoke of having faith in a Higher Power but my actions spoke distrust. Especially when the alcoholic in my life had an idea; even when the idea made sense, I was hesitant.

It wasn't until my youngest son asked if he could use the car and stay out after midnight. He said, my friends' parents allow them to come home at 1:00 am. He continued with his pitch saying as long as I'm careful and don't bring attention to myself; I will be alright. I listened attentively without intervening. Before I responded I asked him a question, do you want to jeopardize losing your license for a year, just to stay out an hour after curfew? Then I proceeded to say no, you must be in by 11:45 or I will pick you up if you're going to be in later than midnight.

I couldn't believe how easy it was! There was no screaming, no doors slamming; just calm reasoning and drawing on the experience of shared family recovery. My Higher Power is also a part of this recovering family, making me the Board of Trustees. I have granted legal rights to guard and protect our family and, if necessary, override any decision made by the Conference (my son) that would endanger the legal and financial well-being of the entire family.

~ Tonya R.