

Get Involved!

**Recovery Walk at Penn's Landing
September 20th 2014**

Recovery: It's REAL; It CAN Be Done;
It's Happening NOW!

Join 20,000+ people who believe and support it

To register go to this site:
<http://www.recoverywalks.org>

Join a team, or make a donation

PRO-ACT RECOVERY WALKS! 2014

Saturday, September 20, 2014,
Penn's Landing, Philadelphia

- Registration begins 7:00 am
- Walk begins 9:00 am
- Program 10:30 am
- event ends 1:30 pm

No smoking
PLEASE CONSIDER YOUR HEALTH
AND OTHERS
NO SMOKING WILL BE PERMITTED
AT THE WALK

SAVE THE DATE

AISDV Fall Dinner Dance Fundraiser

First District Plaza, The Grand Ballroom
Ticket Price: \$39.00; Free parking

November 8, 2014 6:00 PM
3801 Market Street
Philadelphia 19104



Al-Anon Anniversary Meetings

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

'Just for Today' 33rd Anniversary Meeting

Al-Anon District 20

Food and Fellowship; AA,
Al-Anon & Alateen Speakers
Wednesday Sep 17, 2014 7:00 PM
Salem United Church of Christ
186 E Court St
Doylestown 18901

33rd Anniversary Meeting

Al-Anon, AA and Alateen Speakers, Food,
Fellowship and Fun
Thursday Sep 18, 2014 7:00 PM
Trinity Lutheran Church (Luther Hall)
1000 West Main St
Lansdale 19446

54th Anniversary South Philly AFG

7:00 PM fellowship - 7:30 Meeting
Friday, Sep 19, 2014
7:00 pm
South Philly AFG
1608 E. Moyamensing Avenue
Philadelphia 19148

*It Works
If You Work It*

September's Step, Tradition and Concept

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.



While reading my Al-Anon literature in preparing to write about Step 9, I did not anticipate a glaring question: "How could I share my experience, strength and hope if I hadn't officially done Step 8, which is the precursor to Step 9?" Ouch! 25 years in Al-Anon and I still had the list in my head. So guess who did Step 8. I will sort out the whys of this being the only step that I bypassed. My recovery depends on it.

And regarding Step 9, I have actually made amends. HP and my conscience were the guides. Making amends helps alleviate guilt from the past and hopefully diminish triggers that invade my serenity. Now that I have a concrete list, opportunities for healing exist.

As suggested in so many of the readings, I put myself at the top of the list. My recovery begins with me. I had to admit and accept my limitations that led to hurting others, change, because this is an action step and forgive myself for not being perfect. The last thing I ever thought I would do is hurt others. I am sensitive and always tried to practice The Golden Rule. It was humbling when I realized I didn't have many of the tools or teachings from my childhood to be better equipped. Nor did I have the understanding of what my balance looked like to be at my best. This is critical in my dealings with others. Today, I know I need adequate ME-ALONE time to have an INWARD-HP FOCUS. I need this to take care of myself. These things I learned in Al-Anon.

My sister is the person that is constantly on my list. This has never been an easy relationship. Differences between us were spoken of at home. I was positive while she was negative. We just weren't close. Protective yes, close no. As we got older, both our wounds became dominant. Her lack of boundaries and high anxiety with constant talking in a hi-pitched voice grated on me. So much so that I would yell at her, demean her, even around others. I was mortified but my emotions ruled. Saying, "I'm sorry" would have been meaningless. I had to get a handle on me- my emotions, attitude and behavior. Focusing on the similarities between the two of us, common values and cultural interests have improved visits as well as I'm slowly learning how to handle cooking and meals to keep power and control issues from surfacing. Daily emails have been a wonderful bonding tool.

She is a bright and caring individual that I work on accepting, warts and all. It is my responsibility to take care of myself by getting me time and rest to be at the top of my game. Having compassion for her is a daily reminder of being at my best.

My parents are both deceased but they are on my list. I plan to write each a letter. I know they did their best. I believe the letters will augment my healing in some of the deficits that occurred in my childhood and the resultant pain and anger that still can surface.

A gift of this program is progress, not perfection. There are many ways to make amends. ~ Margie A.

Tradition 9

Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve



Tradition Nine, to me, speaks about flexibility. Being raised in an alcoholic household taught me that there were rigid rules I needed to follow. They were often unspoken, but were present nonetheless. And they were rigid. Some of these rules included:

- Don't talk about what's really happening.
- Under any circumstances, don't make Dad upset.
- Kids need to take care of themselves and stay out of the way.

Things were done a certain way, and that was that. No discussion.

As an adult in recovery, the concept of flexibility is very freeing. We can create remedies to address situations, then change or eliminate them if needed. This idea was revolutionary to me. We can apply this concept to our Al-Anon groups—we may create committees if needed who report to us, but they don't have to be forever—and our lives as well.

For example, if there's an issue in my family or workplace, I can come up with creative solutions. I can be flexible. If something is not working, I can look at other ways to address the need. I can give my day to my Higher Power and go with the flow. I don't have to panic if something unexpected happens; I can adjust.

Freeing my mind and heart from these restrictions opens new possibilities for my life. There is room for serenity and joy. Life can become beautiful!

~ Mary O.

Concept 9

Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.



I have served in several leadership positions in this fellowship. The most important thing that I learned was trust. In my first position, I did not trust myself, but I had enough trust in the fellowship. The fellowship told me that I did not have to do anything alone. I got in the car with another member and she asked me if I knew how to get to the turnpike. I said yes and she gave me the keys to the car and told me to drive. She trusted me when I did not trust myself. Good personal leadership also means being willing to listen to others and take suggestions. I gave a report and other members gave me suggestions on things that I could add that would make the report better. Good personal leadership is setting an example of a member working their program and not just talking about working the program. It means being willing to admit that I do not know how to do everything, but I am willing to do the parts that I can. I am also willing to ask for help for the things that I do not know how to do. Good personal leadership means trusting the Higher Power has instilled in me the qualities necessary to complete the task that has been presented to me. The words "trusted servant" are very important to me. ~Claudine C.