



Al-A-Gram

Area 48 Area World Service Conference

Summer, 2016



Photo Lori F. stream behind AWCS Meeting

Inside this issue:

- TEAM Event.1
- Public Outreach. 2, 6
- Tradition 6.3
- My Higher Power5
- Writings. 8-12
- Let it Begin With Me . . 13
- Coming Events15
- Submission Info.16

Al-a-gram Coordinators' Report

Please visit Pa-Al-Anon.org to sign-up to receive the Al-A-Gram by Email.

Yours In service,

Robin C. & Scott G. — Al-A-Gram Co-Coordinator

Al-Anon TEAM event

The Pennsylvania Central Sector is teaming up with the World Service Office (WSO) for workshops and presentations on Leadership, Public Outreach and Sponsorship. Presenters will include Staff and Board members from the WSO as well as leaders from the Pennsylvania Area.



Please join us on September 24th in Carlisle, Pennsylvania for a one day workshop of learning and recovery, as well as an opportunity to meet some individuals from the World Service Office and the PA Area. This event will run from 9:00 a.m. until 4:30 p.m.

For more information and to register Online:
pa-al-anon.org/events/keystones-of-recovery

Assembly Is This Weekend!

Registration Open

Friday 19th 3-10 PM

Saturday 20th 7-8:30 AM

Hilton Harrisburg

1 North 2nd Street,

Harrisburg, PA 17101

+1 717-233-6000



Photo Anthony Easton

Public Outreach

April, 2016 was a busy month. It was Alcoholism Awareness Month; perhaps you had success as well spreading the word of the Al-Anon message. I previously shared with the AWSC how I was privileged to partake in various opportunities within District 21 (my District, major props to Debby M. for her fine work as DR!) to participate in various school fairs. We were able to allow people who chose to, to take information about Al-Anon from our table, those who were intrigued asked questions, and we were able to communicate and educate. It was Attraction rather than Promotion at work for sure. AFA's gives all the pertinent information about Who We Are, sharing personal stories on how Al-anon Family Groups can help people troubled by someone else's drinking. Public Outreach Easy Does It! The table pretty much ran itself. People even took our meeting schedule at will.

Then I had an extraordinary opportunity and an awesome privilege of being a part of a PA Department of Corrections staff training for drug and alcohol program specialists alongside

of one of our Al-A-Gram Coordinators, Robin C. She created an informative agenda including a PowerPoint presentation that helped close the gap between not knowing and knowing what Al-Anon can mean amongst correctional institutional personnel. Even I learned a lot that day. They were provided enough resources between Robin and me to be able to assist those in need through the beginning of a recovery process. It was a great experience and feeling to freely share our personal stories, program tools and material. I believe that we sent a clear enough message that AFG is very much willing to co-labor with DOC's mission of providing services and resources to offenders and their families. There are those of us who first came to Al-anon because of our alcoholic love one having had an encounter with the criminal justice system. We would like professionals to know that as offenders choose their recovery path, that Al-Anon is available and is a viable option.

***Gratitude In Service,
Kay, Public Outreach Coordinator***



Photo by Meesh



The Sixth Tradition: the Boundary That Keeps Al-Anon Al-Anon

As chair of the convention registration committee, one of my responsibilities was to check the convention's email box to answer questions and receive requests. One afternoon, I got an interesting email with a question I hadn't been asked before.

A man I will call Jim asked if his group – another Twelve Step fellowship – could have a table at the convention to distribute literature and reach out to Al-Anon members. He felt that there was some overlap between his group's purpose and Al-Anon's, and he wanted to carry his fellowship's message.

Now, I have done public outreach for Al-Anon – a LOT of public outreach. I have Al-Anon Faces Alcoholism copies ready to be handed out. I have spoken to correctional counselors (you can read more about that in this issue), been interviewed by the media, and arranged and worked literature tables at neighborhood fairs. So, yeah, public outreach is big with me. But it has never occurred to me to have a table at someone else's convention, and I had to think about this one a little bit.

Fortunately, service has taught me about the Traditions, and the thought process wasn't

as involved as it might have been. My first thought was that Jim's request went against our Sixth Tradition, which states that "Our Family Groups ought never endorse, finance, or lend our name to any outside enterprise, lest problems of money, property, and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous." I replied to Jim's email by telling him that as an Al-Anon service arm, the convention had to adhere to Tradition Six, so we could not give him the table he requested.

This is something I've been thinking about in the months since that initial exchange. Many of our members belong to more than one Twelve Step group, whether that's AA or some other group, and some attend non-Twelve Step groups, such as faith-based programs offered through various churches; educational programs offered by different providers, both professional and non-professional; and/or book study groups, group therapy, individual therapy, and so forth. Additionally, many, if not most, facilities that host Al-Anon meetings also host other groups. So what's the harm in being friendly

with our friends and allowing them to carry their message to members of our fellowship?

Remember, Al-Anon's primary spiritual aim, as defined in Tradition Five, is "to help families of alcoholics." Why wouldn't offering information about other groups help families of alcoholics?

The Service Manual is actually very clear on that subject, and discusses it in great depth beginning on page 56. "Publicizing events of other organizations creates an appearance of affiliation, even if the event is composed primarily of Al-Anon or Alateen members." So right off the bat, there is a specific guideline that we shouldn't do that, and it gives the reason why.

So why is the appearance of affiliation such a big deal? What difference does it make if the event or outside organization will help families of alcoholics?

It turns out that there are some very good reasons for that, and those are also spelled out on pages 122-124 of the Service Manual.

First, Al-Anon meetings are open to those for whom there is a problem of alcoholism in a relative or friend. There is no other requirement for membership. Including information about other groups in Al-Anon meetings can very easily give the wrong impression to the newcomer about who we are and what we're about, thereby diluting the Al-Anon message and program. For example, many members

of the Serenity AFG also go to an educational group that is privately run by a couple. There's nothing wrong with this; a lot of people do multiple things because they find it useful to their recovery. But the Serenity AFG took a group conscience and decided to announce the outside group's weekly topic and social events as a service to those in both, in addition to Al-Anon and AA events. When Brianna walked in for her first meeting, she heard the outside group's announcements being read and decided that Al-Anon wasn't for her because she thought she had to be a member of both groups to belong in Al-Anon. Although she met the only requirement for membership – that there be a problem of alcoholism in a relative or friend – she didn't understand that. The group confused the issue by mixing the outside group in with Al-Anon. Had the Serenity AFG followed Tradition Six, Brianna might have stayed and found the recovery she was seeking for herself.

Let's consider another example. The KISS AFG meets at the Serenity Glen treatment center. The meeting is registered with WSO, and it's open to the public. However, many of the people who attend that meeting are family members of current Serenity Glen patients, and most of the rest are family members of former Serenity Glen patients. Consequently, meetings are peppered with labels such as "co-dependent," "co-alcoholic," "dual diagnosis,"

and self-diagnoses such as “food addict,” “caffeine addict,” and “rageaholic.” Meetings are often more like group therapy, with cross-talk and advice-giving, and often devolve into discussions about the alcoholic. Some people, especially those who are not associated with Serenity Glen, attend one or two meetings, then leave for other groups. One person felt that she was unwelcome because her alcoholic loved one had relapsed soon after completing the Serenity Grove program; the group gave her the impression that the group was only for people whose loved ones were sober. When she found another group, she learned that Al-Anon is for everyone, whether the alcoholic is still drinking or not. There were enough complaints that the DR visited the group a few times and at a district

meeting, the decision was made to remove the KISS group from the schedule because they were not following Al-Anon traditions.

I will be honest. I based these examples partly on experiences I have had with other Twelve Step groups, but they can just as easily happen in Al-Anon. The Sixth Tradition gives us a boundary that protects the integrity of our fellowship and its message and ensures our survival. Without it, Al-Anon might well be a tangled mess of groups run for the benefit of a relative few, not a fellowship intended for the benefit of all who want it.

The second part of Tradition Six, which defines Al-Anon Family Group’s relationship with Alcoholics Anonymous, will be featured in the next Al-A-Gram. Stay tuned! △

I HAD Religion ... Al-Anon Gave Me Faith.

I was raised in a church-going, prayerful home. I attended private school for six years followed by six years of evening classes offered for the “public school kids.” I followed the rules, made my sacraments, learned the rote prayers, and knew when to sit, stand, or kneel. I got RELIGION. But somewhere along the way the “faith” portion was lost on me. Sure, I BELIEVED in God (my higher power). My God was IMPORTANT ... and He was BUSY ... you know, sick babies, earthquakes, famine ...

... it’s not MY job to “figure it out”

IMPORTANT things. And while I believed, I never made that personal connection that He was here for ME. I believed He gave me tools and other people and intelligence to figure it out. But He was REALLY busy. I mean, come on now, he’s GOD. My little ordinary life just didn’t make the list.

Through my journey in Al-Anon, through meetings and literature and sponsorship, I have come to believe that my God is just that - MY God. And that EVERYONE has one

(or can have one if they desire). And this God wants me to be happy. And He gives me blessings and challenges and lessons, if only I stop to listen and be open to His guidance.

My image of God has gone from “Strong and Important and Oh-So-Very-Busy” to “Kind and Gentle and Of-Course-I-Have-Time-For-You” – approachable and loving and forgiving. Yes, most of all FORGIVING. He gave me talents and intelligence. But He also gave me free will. That’s what gets me in trouble - what makes me veer off the path on a pretty regular basis – my free will. But He also understands my shortcomings and forgives me and gives me chance after chance after chance to do better.

My prayer each day is “God, help me to stay on the path that you have set for me.”

I have learned that “I don’t know” is a perfectly acceptable answer. That it’s not MY job to “figure it out” Sometimes (okay, frequently!) I don’t know or understand why things happen or what lesson I’m supposed to learn and that it’s ok to not know. Because I have a higher power who does. God did not bring me this far just to drop me off! I have faith and trust and a belief that everything happens just how it’s supposed to and I can learn and move forward and try to be the beautiful person God intended for me to be. I have faith. △

Public Outreach & the Professional Community

This past April, I had the privilege of working with Kay C., Area Public Outreach Coordinator, on a presentation to drug and alcohol specialists with the Department of Corrections, as well as a handful who work with parolees at community corrections centers (CCCs). I had done something similar a few years ago with Sandy K., the previous Coordinator, and we made enough of an impression that we were asked back.

I am a big fan of public outreach to the professional community. One of the people who suggested that I start attending Al-Anon meetings was my son’s school counselor, and someone had to tell her about Al-Anon in order for her to tell me about it. I will admit that it can be intimidating to speak to professionals. This is their job, after all, and they surely know more than I do. If that were true, there wouldn’t be the opportunity or the need for us to speak!

We were given three hours Friday morning. That presented two challenges right there. The first is that three hours is a lot of time to fill. The second is that we were the last two presenters of a week-long training, during which time the class members learned about a number of drug and alcohol treatment options. Since our primary spiritual aim is to provide support to families and friends of

alcoholics, we really don't fit that mold. So we had two main obstacles: One, we had to grab their attention and hold it for a long time; and two, we had to explain how Al-Anon can be a part of an offender's recovery, even if they're already in AA or NA. Many are incarcerated or otherwise involved in the criminal justice system because of drugs and alcohol, either as a direct cause, as when someone is convicted of possession with or without intent to distribute; or indirectly, as when someone is convicted of theft to support a habit. A number of them come from environments where drug and alcohol use are the norm, rather than the exception. So by attending Al-Anon, they have the chance to learn healthy boundaries, more effective coping strategies, and how to ask for and accept help when it is needed.

Kay already described what we did at the presentation, so I won't rehash that. But I had to find something of value to offer them so they wouldn't feel like their time was being wasted. Don't forget, this was Friday morning. They were tired and wanted to go home; some had come from as far as Erie and Wernersville. I also wanted to make sure they left with resources they could use to put a meeting together, as well as to show what WSO could offer them.

I picked up the phone and called WSO to see what precisely they could offer. It turns out that they can offer a LOT. Sergio told

me about a correspondence service where inmates could write to WSO and get a letter back from an Al-Anon member on the outside, who could offer experience, strength, and hope to someone who may not have a whole lot. Claire was especially helpful. She used her experience working in the New York State correctional system to guide me in what information to include in the presentation. I put out a request for literature to give out. One district sent a couple of copies of *How Al-Anon Works*. Another sent copies of the AFA. I put together the PowerPoint and a resource handout, and made copies of the literature order form. Kay rounded up all the books she had, and I brought others. I picked Kay up at her house and we headed out for Elizabethtown. We were ready.

The presentation went very well. We showed the PowerPoint, we each told our stories, and we tried to start a discussion. That kind of fell flat, but it was Friday and they wanted to go home.

Here are some lessons that I learned:

- WSO is amazing. Their staff is committed to Al-Anon and if they don't have an answer, they will find one. I had no idea that there was an inmate correspondence service available, and I wouldn't have known where to find one. Claire was very generous with her time, and all she wanted was a report afterward.

- Professionals may be very highly trained and experienced in their field, but Al-Anon may not be their field. They want to be of service to their clients, so we need to be of service to them.
- I should have brought water, but that's just a personal observation.

Robin C.
Al-A-Gram Co-Coordinator

Some Sharings from the Convention



Coming to convention is always exciting!

- First letting go of a hectic workweek.
- Letting others care for my pets.
- Driving or riding along the highway with friends.
- Sharing encouragement, strengths, and experiences together.
- Hearing touching experiences and funny ones, too, among so many Al-Anon members.
- Growing many new friendships.
- Dining together. Sharing good news, too.
- Feeling serenity as I journey home.

This is what I look forward to every year!

Barb A.
NE Philly

When I come to convention, I grow in service, grow in the program, and grow in patience. Convention committee participation wasn't something I ever thought I'd do, but I found myself saying "Yes!" to the request of being a literature co-chair. I worked my program by placing principles above personalities, asking "how important is it?" and by using the slogans while interacting with other people on the committee. It was Al-Anon at work. Service at its best. Teamwork. Patience. Common goals.

Speaking at a workshop wasn't something I ever thought I'd ever do, but again I found myself saying "Yes" to the request. What followed was an overwhelming feeling of gratitude and fellowship. I'm learning that it's not so bad to say Yes... I'm learning that I'm a part of a phenomenal group, a worldwide fellowship of recovery through Al-Anon and Al-Anon service.

I am so grateful.
Jan O.

When I come to Al-Anon convention:

I listen to learn new ideas to put into practice in my daily life to better myself and those around me.

I grow in fellowship not only meeting new people, but enjoying the laughter engendered in the commonality found in workshops as well as in the car riding to and from Susquehanna. The openness of sharing is heightened by experienced participation. This dissolves my unhealthy isolation.

I enjoy verdant nature, peaceful farm structures, the river's gentle flow, and seeing new things along the road – all God's blessings.

I enjoy not cooking those good meals.

It is good to hear experienced Al-Anon speakers from afar, which I wouldn't hear at my regular meetings.

I feel safe in a good environment.

I hear the birds, see the squirrels, and watch the fountain and I laugh when the toilet flushes all by itself ever so loudly.

I was once asked to draw a silo. How many times have I passed by this distinctive farm structure? Yet I didn't know how to draw its roof.

JoAnn F.
Hatboro AFG, District 20

When I come to convention:

I learn about myself, become aware of myself through the sharings of others. Someone I have never met before, or a dear friend, will share on what I needed to hear from a perspective I had never envisioned.

I can forget work, daily chores, the minor family crises that try to distract me from serenity on a daily basis and focus on my recovery, my well-being, develop my dreams and goals – or at least start to.

I grow every time I discover something about myself – be it positive or negative – for until then, I could not appreciate that positive aspect or ask to have the negative be removed or transmuted into a positive.

I come to convention to be energized, awakened to myself, and be renewed in my journey through life.

Steph M.
Stepping Out Friday Nite, Gettysburg

Convention is yearly renewal of past friendships, new thoughts and ideas, reflection on past behavior, and growth recognized from new behaviors.

Peace through rest and relaxation.

Peace through nature and just being.

Serenity in just letting go of anger and sadness

– just for this weekend, I can be ME, feel free,
be a new spirit!

Live, love, laugh, and be happy!

Just for this weekend, I can recognize recovery
– my recovery, I am getting well.

Lois Mc.
Hatboro AFG, District 20

When I come to convention, I am moved by the number of people that take the time to travel to the remote PA town of Selinsgrove. I see people of all colors, sizes, shapes, people with pain on their faces, and people with big smiles. I look around at people and look for someone I saw last year or met in a workshop, or standing in line at the ladies' room. It is a place where relationships are made and blessed.

We come together with all our junk, in all phases of recovery and wellness. We manage to get along, be kind, respect and cry with each other for a weekend. We share and realize that how we are not unique, we have a backstory that we own. We all have the common thread of alcohol in our lives or addiction and we all have our own HP, we all have this special weekend. We all will be different next year, all changed, all affected, all growing – never to be the same again!

Melissa R.
Beautiful View, Gap, PA

I came to the Al-Anon convention while I sat in the rooms to hear others' experience, strength, and hope, I was able to settle my mind down in the peaceful settings. While being at peace, my mind could understand what others were sharing. For example, I have heard people share about acceptance before, but this time I really heard "accept myself." I heard "take care of myself." I really need to seriously be kind to myself. And also there were many others in the same room hearing the same message. This is huge for me. This taking care of myself is serious. For my wholeness to grow, I think this is a good place to start. I did forget about others while I was in those meetings. It is OK to stop thinking about others for a while. The meetings were like a life saver being thrown out to be while I am in the wild ocean.

- Gratitude
- You are enough
- You have enough
- You know enough

Dale M.
Beautiful View, Gap, PA

The Journey

Free to be me... courageously changing in a loving, honest way, growing spiritually, happily, in a safe place.

Seeking peace through recovery, I enthusiastically grow. Peace!

- FOCUS
- Me now
- Willing
- Free
- Here today
- Open
- Honest
- AT LAST

Kim G.
Recovery Seekers, Schuylkill Havel

At convention, I learn that I am not alone. I leave everything else at home and I grow because I see the bigger picture – the beautiful world around me.

“Convention” starts when we get in the car and start driving. The fellowship continues at the meals, workshops, and between times. I learn from everyone I meet – new friends and old friends.

Convention started my recovery six years ago and energizes my recovery each year. Thank you to everyone who made this successful convention occur and to everyone who attended.

Michelle M.
Hatboro Friday Night



“Let Go and Let God”

This is one of my favorite slogans! Before Al-Anon, my higher power tried to reach me in many different ways. I couldn't or wouldn't listen.

I remember walking my dog with my grandson while my mind was spinning in many different directions. Meantime, my grandson would stop to say “Hi, bird” “Hi, squirrel” His joy and pleasure at seeing God's creatures was beautiful, but I didn't get it.

After working the Al-Anon program, I now greet the birds and squirrels when I walk my dog. I also have learned to say, “Good morning, God.” “Thank you, God.”

Michelle M.
Hatboro Friday Night

This is my third convention. I find each one better than the last or the one before. Susquehanna University is absolutely beautiful and the grounds are magnificent. The accommodations in the dorms are perfect... The programs provided for us are excellent. We learn so much from them and always have the choice of which ones we want to go to. We meet many wonderful people and we learn a lot from each other. We are like a big family all with the same problems... We have the options of buying Al-Anon related books and CDs, which I get a great benefit from

them... The means here are of great variety and very good, with much to choose from... Everything is handled with much professionalism and runs very smoothly. To me, this is a must every year.

Charlotte H.
Lansdale Tuesday Morning

My relationship with my son, I feel, has always been "good". I was a single mom after leaving his dad at age 18. My son was two at the time. It was the two of us pretty much until he was in his early 20s. I met someone special enough to let into the fold that was willing to accept us as a package deal. Shortly after, I was offered a job out of state with my company. I accepted after "clearing" it with my son and the new man in my life. My son chose to stay in PA and the new man in my life chose to come with me. So my son and I started on new, separate journeys.

I eventually moved back to PA to be by family whom I missed terribly. However, I discovered my behaviors and attitudes were very similar to those of my mother. I was angry, I was spiteful, I wanted things done my way, when I wanted them done. If it wasn't done my way, it wasn't good enough. I didn't like ME, how I was behaving, how I was sounding. I didn't want to treat people the way I had been treated. I wanted to do it differently. A friend suggested Al-Anon. I found the program and



thanks to my Higher Power, it stuck!

So back in PA, I found my relationship with my son now distant. He was involved with a woman who he devoted his heart to, along with her two daughters. I wasn't invited into their lives. I found myself forcing solutions by inviting myself over or overcontacting. My program and sponsor encouraged me to live and let live, to let go and let God, to keep an open mind, to pray and not worry; if I'm going to worry, why pray? I recall a conversation with a sponsor who encouraged me to trust my Higher Power in that I will have a relationship with my son again. Shortly after that, I had a phone call from my son and I expressed my need and desire to have a relationship with him. He replied, "Mom, we do have a relationship. It's just not the one you want."

I can report today that my son has left that relationship, entered another, more loving relationship to which I've been welcomed into with open arms.

With my program, I can take part upon the invitation but accept others' boundaries as well as set my own.

Sherri G.
Export

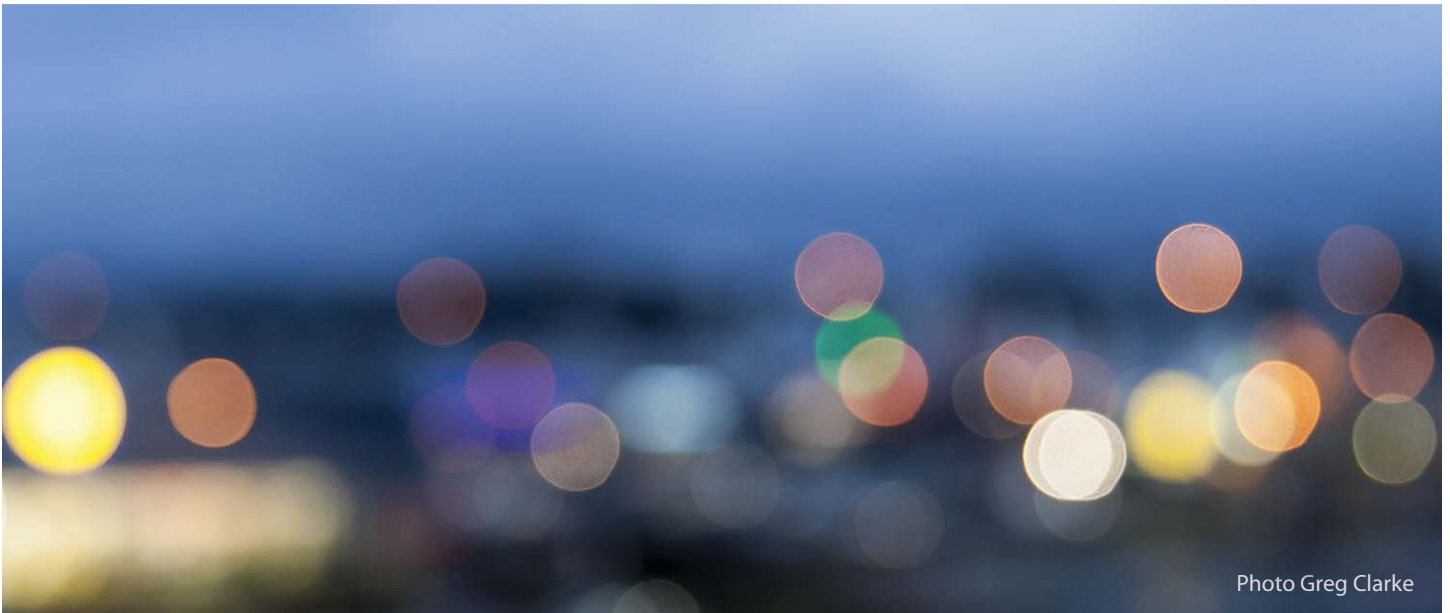


Photo Greg Clarke

Let It Begin With ME:

As a long-time Al-Anon member, I am a part of history, having witnessed and participated in the ever-growing, ever-changing fellowship. Al-Anon's history must be preserved as a means of honoring and protecting our legacies: recovery using the Steps, unity according to the Traditions and service guided by the Concepts.

So, should "It" begin with me?

Writing a district history has been suggested more than once. It has been my intention to do so, but...procrastination reigns! Do I have the time to do it "completely, perfectly and on time"? Whose time? Completely-it can be amended. Perfectly-it will be edited and can also be revised.

Intentions? Whose intentions? Do others have expectations of me, or do I just expect

too much of myself? How often do I feel guilty, resentful, less than, like a failure!

I love and am grateful for those members of Al-Anon who so readily nurtured me and offered their experience, strength and hope. Do I have an obligation to share in this manner? No, but how grateful am I?

I am an original member of my home group, soon to celebrate our 17th anniversary. And, I am the first District Representative of District 28 (formerly 12-A). I have been privileged to serve and contribute to the growth of this previously inactive part of Pennsylvania, to grow personally and spiritually, and to challenge others to experience recovery through service.

Indeed, "It" begins with me.
Kay G-B



We are sixty-five years old! In 1951, Lois W. and Ann B. formed a clearing house to care for all of the letters that were being received at A.A. Headquarters. Little did they know how large Al-Anon would be all these years later. We now have 25,231 Al-Anon and Alateen groups worldwide.

On April 16, people gathered to celebrate the anniversary in Virginia Beach, VA at Al-Anon Headquarters. At one o'clock WSO staff and trustees began conducting tours. We had the privilege of meeting most of the staff who respond to our phone calls, emails and other inquiries and help us continue to carry the message. We met the French and Spanish translators who are full-time employees. We learned that CAL is translated in 44 languages and we have groups in 135 different countries. We visited the warehouse from which material is shipped and where Newcomer Packets were being put together.

One of the most fascinating portions of the tour was visiting the Archives. It is an amazingly small room kept at a constant climate-controlled temperature. All of our Archive

materials have been scanned and placed on discs. The preservation potential is enhanced when paper is eliminated. There was a lot in that small space and Joe, the Archivist, had many stories to tell.

Saturday evening we gathered at the Wyndham Hotel for dinner. Delegates had spent the week in Conference. A total of 370 attended the meal and program. One of the preludes to the speakers was the countdown to see who had the most years of service in Al-Anon. At 50 years, there were still five women standing! The longest – a woman named Dee has 60 years! Our own Mary R from Philadelphia was next with 57 years.

The highlight of the evening was hearing from the speakers, Mary R and Sandra F. Sandra is a former staff member. She worked with Lois and was part of the transition team when headquarters moved from New York City to Virginia Beach.

Mary has been a gift to Pennsylvania Al-Anon for years. I've seen her at many events and even heard some of her story. On Saturday evening I was enchanted, educated, entertained, and inspired as Mary shared. At 97, she is amazing!

The day was packed with learning opportunities, meeting new family members, and being spiritually touched. Thanks, Al-Anon, for 65 years...and counting.

Ruth W., Shippensburg

Heard at the 65th Anniversary Celebration:

“People say things get better. That’s not true. Things get better. Things get worse. We get better.

“If your husband had hemorrhoids, would you use Preparation H?” △



Around the Area:

August 19-21: PA Assembly, Harrisburg, PA

September 3: International Harvest of Hope, Girard, PA

September 10: Lancaster-Lebanon District 22 picnic, Leola Community Park, Leola, PA

September 10: District 21 Annual Family Picnic, Negley Park, Lemoyne, PA

September 17: District 1 Workshop – Serenity Through Recovery, St. Thomas Aquinas Rec Center, Philadelphia, PA

September 24: Keystone of Recovery – TEAM event, Carlisle, PA

September 25: Washington Sunday Niters 31st Anniversary, Washington, PA

September 30-October 1: Fall into Serenity: 2nd Annual Al-Anon Step Study Weekend, Jamison, PA

October 21-23: PA Al-Anon Adult Child Conference, Ligonier, PA

October 22: District 7 – 35th Anniversary Workshop, West Chester, PA

For more information about any of these events, please visit the Calendar at pa-al-anon.org/home/calendar.

Attend an event? Tell us about it! Send articles to area48alagram@gmail.com.

Sign Up to Receive the Al-A-Gram

The Al-A-Gram is available to all members by signing up on our website.

It's easy just:


- Visit **pa-Al-Anon.org**
- Enter your Email and First Name in the sign up form.

How to Submit Material to the Al-A-Gram

The Al-A-Gram welcomes your submissions!

We especially want:

- Stories about personal recovery through service.
- News about upcoming events in your district.
- Original photography. In keeping with the spiritual principle of anonymity, please do not identify individuals by name or whether they are members of 12-Step fellowships.
- Because we are a service arm of Al-Anon Family Groups, we adhere to the Steps, Traditions and Concepts. Service stories should be written in first person

("I" and "me," not "you") and focus on the Al-Anon member, not on the alcoholic or other people. The Al-A-Gram coordinators reserve the right to edit stories for language, but we will leave the essential message intact. 

Submissions may sent to:

E-mail:

area48alagram@gmail.com

or by mail to:

Robin C.
PO Box 1028
Carlisle, PA 17013

