

## ANNIVERSARIES

**May 13<sup>th</sup> – MONDAY SERENITY SEEKERS** will celebrate their **3<sup>rd</sup> Anniversary**. Food and fellowship at **6:00pm**, speaker at **7:00pm**.

**May 20<sup>th</sup> – PLUM UNITY AL-ANON** will celebrate their **47<sup>th</sup> Anniversary**. Food and fellowship at **7:15pm**, speakers at **8:00pm**.

**May 23<sup>rd</sup> – LATROBE AFG (THURSDAY NIGHT)** will celebrate their **41<sup>st</sup> Anniversary**. Covered dish dinner at **6:30pm**, AA and Al-Anon speakers at **7:30pm**.

**June 9<sup>th</sup> – CASTLE SHANNON** will celebrate their **33<sup>rd</sup> Anniversary**. Food and fellowship at **7:00pm** and speakers **8:00pm**.

**June 12<sup>th</sup> – NEW STANTON FOR ME AFG** will celebrate their **26<sup>th</sup> Anniversary**. Food and fellowship at **6:30pm** and speaker at **7:30pm**. Covered dishes welcome.

**June 13<sup>th</sup> – CARNEGIE AFG (THURSDAY NIGHT)** will celebrate their **39<sup>th</sup> Anniversary**. Food and fellowship at **6:30pm** and speakers at **7:30pm**. Fried chicken and drinks provided, covered dishes and desserts welcome. Held in Luke's Hall in the basement.

**June 18<sup>th</sup> – LATROBE TUESDAY NIGHT 12 & 12** will celebrate their **31<sup>st</sup> Anniversary**. Food and fellowship at **6:30pm** and speaker at **7:30pm**. Finger foods welcome.

## MEETING CHANGES

**WEST MIFFLIN 12 & 12 DISCUSSION**  
has been disbanded

**May 21<sup>st</sup> – NORTHSIDE TUESDAY NIGHT**  
will not meet due to Election Day.

**May 27<sup>th</sup> - PENN HILLS MONDAY  
AFTERNOON AL-ANON and AL-ANON IN  
ACTION** will not meet (Memorial Day).

**Check with all other Monday meetings for  
their Memorial Day schedule.**

## MEETING CHANGES (cont.)

**TARENTUM AL-ANON** is back in their regular meeting room. The meeting is in need of support. Wednesday at 8:00pm.

**NORTH HILLS AFG** has changed their meeting time from **8:00pm** to **7:30pm**.

**JEFFERSON CENTER AL-ANON's** meeting time will change from **8:00pm** to **7:30pm** effective **June 5<sup>th</sup>**. The Newcomers meeting has been discontinued.

**Check your meeting list for addresses.**

## UPCOMING EVENTS

**May 18<sup>th</sup> – AIS Informal Workshop at 10:00am.** Topic is "Talk to Each Other", making use of Al-Anon publications on Conflict Resolution (S-71, S-72, S-73). See enclosed flyer for further details.

**47<sup>th</sup> AFG PA State Convention - Recovery Begins with One Step - Friday, May 31<sup>st</sup> to June 2<sup>nd</sup>, 2019.** Susquehanna University 514 University Avenue, Selinsgrove, PA  
Register online or print one from the website.

### **INTERIM SERVICE SEMINAR**

**Sat. June 15<sup>th</sup> 8:30am**  
Hear How Speakers Have Grown  
Westminster Presbyterian Church  
2040 Washington Rd.  
Pittsburgh PA 15241  
\$ 8.00 Register by May 31<sup>st</sup>  
\$10.00 the day of the event

**Check the AIS website, where most flyers  
are available for printing, if not enclosed.**

## ANNOUNCEMENTS

**NEW!** Sewickley Valley Alateen meeting Tuesday's at Christie House – **7:00pm** for Newcomers, regular meeting **7:30pm-8:30pm**.

## ANNOUNCEMENTS (cont.)

**The AIS Office and LDC** will be closed Sunday **May 26<sup>th</sup>** for the Memorial Day Weekend.

## OUTREACH

Thinking of starting a new meeting or moving your meeting to a new site? The John Paul I Center, an Addiction Recovery Ministry in Sharpsburg has opened and has space for Al-Anon meeting on most days of the week. The site is part of the St. Juan Diego Parish at 201 9<sup>th</sup> St. The building has been renovated, is secure and parking is plentiful. If interested please contact the center for availability and a tour at: **(412) 784-8700**

## WHAT'S NEW?

"The WSO has released the "Just for Tonight" bookmark, offering thoughtful reflections on Al-Anon principles to help us slow down and prepare to rest. Based on a popular article in *The Forum* magazine, it sells for \$.10 each. The catalog number is M-81. It will have to be hand-written on your literature order form until the new order forms are available from WSO".



**Thinking of making a personal or group  
donation to the AIS of Greater Pittsburgh?  
Try our newly installed PayPal Button on  
our website!**

Go to [www.alanonpgh.org](http://www.alanonpgh.org) and click on the **Donate** tab.

**Be sure to indicate in the notes field your  
home group and if the donation is a  
personal or group donation.**

Thank you for supporting the AIS!

## KEY SUBMISSION GUIDELINES:

### Announcements

1. Announcements pertaining to new, disbanded and permanent meeting time or location changes WILL NOT be placed in *The Key* unless they are properly processed using a WSO Al-Anon Registration- Group Change Form (GR-1). Group Changes require a GR-1 Form signed by the District Representative. The District Representative will forward the form to: AIS & STATE, AIS will forward to: KEY EDITOR, MEETING LIST CHAIR and SECRETARY, STATE will forward to WSO.

2. *The Key* will be mailed to the name on file at the local AIS Office. Any changes must be submitted to the AIS Office using the "ISR Change Form". This form can be mailed to the AIS Office or SCANNED & EMAILED to: [pghaisoffice ldc@gmail.com](mailto:pghaisoffice ldc@gmail.com)

AIS will forward to KEY EDITOR and SECRETARY.

3. Announcements pertaining to Al-Ateen must be accompanied by the Group ID.

4. Submit items by the 10th of the month for the next month's issue of *The Key*.

5. Send written notice to: [pittkeyeditor@gmail.com](mailto:pittkeyeditor@gmail.com) or the AIS Office.

### Flyers:

E-mail a PDF of the flyer to [pittkeyeditor@gmail.com](mailto:pittkeyeditor@gmail.com). We will have them printed and folded for *The Key* mailing.

**Cost:** \$13.50 for single sided flyers  
\$25 for double sided flyers

**(Black & White Copies Only Please)**

**Make checks payable to:** *AIS of Greater Pittsburgh Area, Inc.* to cover postage and/or printing costs. Include a copy of the flyer with your check.

**GR-1 FORMS** are available from your District Representative, the AIS Office or [www.alanonpgh.org](http://www.alanonpgh.org) under member services.

**ISR CHANGE FORMS** are also available from the AIS Office & at [www.alanonpgh.org](http://www.alanonpgh.org) under member services.

### MEETING LISTS:

\$7.00 per 25 ~ includes postage when mailed  
\$4.00 per 25 ~ when picked up at ISR Meetings

**Make checks payable to:**

*AIS of Greater Pittsburgh Area, Inc.*

**Mail to:** *AIS Office, Attn: Meeting Lists*

*Looking for a meeting?* Go to [www.alanonpgh.org](http://www.alanonpgh.org) or [www.pa-al-anon.org](http://www.pa-al-anon.org) click "find a meeting"

## LITERATURE DEPOT:

Support your local AIS Office by purchasing literature locally. Simply contact the AIS Office and request an order blank. **Checks Only - No Cash!**

### AIS Office Hours

Sunday 12 PM – 3 PM

The AIS office is handicap accessible.

### ADDRESSES:

#### AIS of Greater Pittsburgh

3616 Mt Troy Rd Suite 2  
Pittsburgh, Pa 15212-1132

#### AIS Office Phone:

**Local Number:** 412-821-7750

**Toll-Free Number:** 1-800-628-8920

**Website:** [www.alanonpgh.org](http://www.alanonpgh.org)

#### World Service Office

1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5611

**Phone:** 757-563-1600 **Fax:** 757-563-1655

**E-mail:** [wso@al-anon.org](mailto:wso@al-anon.org)

**Website:** [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

#### PA Area Assembly State Treasurer

450 Conestoga Boulevard  
Lancaster, PA 17602

**PA Area Website:** [www.pa-al-anon.org](http://www.pa-al-anon.org)

Personal *The Key* Subscriptions - \$9 for 12 months.

Keep informed and support your local Pittsburgh AIS.

New \_\_\_\_\_ Repeat \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Date \_\_\_\_\_

Please print the information above, detach and mail with your check for \$9.00 payable to: AIS of Greater Pittsburgh Area, Inc.

# THE KEY

MAY 2019



Al-Anon  
Family Groups

*The Key* is available for printing at  
[www.alanonpgh.org](http://www.alanonpgh.org)

Step Five asks us to admit to ourselves, our Higher Power, and another human being 'the exact nature of our wrongs.' Self-awareness is important, but this Step suggests we include others in the process too. When we turn to our Higher Power and another human being, we admit we need help and cannot recover alone.  
*Opening Our Hearts, Transforming Our Losses* (B-29), page 120

### \*\* ISR MEETING \*\*

**The May ISR meeting** is scheduled for **Monday, May 20, 2019** scheduled from **7pm to 9pm** at St. Aloysius Church, 3616 Mt Troy, Road Pittsburgh, PA 15212.

**\*Districts 18 & 25 are requested to arrive early (6:30pm) to set up & stay after to help breakdown setup. Refreshments & Goodies always welcome!**

Please submit your literature orders to the LDC/office by **May 17** so that your ISR can pick them up at the ISR meeting, scheduled for **May 20**. **The LDC/office will be open at 6:00pm on May 20.**