

THE RAP

Reaching Al-Anon People

October 2009

Anniversaries/Workshops/Events

October 16th North Philly AFG 40th
Anniversary at Berean Presbyt. Church,
Broad & Diamond Sts. @ 7:30 pm
October 19th West Philly AFG 16th
Anniversary (see flyer)
October 31st Dist 7 AFG 28th Annual Workshop
(see flyer)
November 18th Wednesday Night Center City
AFG Anniversary (see flyer)
November 27th Three Legacies AFG 3rd
Anniversary (see flyer)

Step Ten – Continued to take personal inventory and when we were wrong promptly admitted it.

I couldn't find any good points when I took my first inventory. That was pretty scary, so I just covered up my faults and left them alone. Through Alateen I learned that when I found a fault in myself, I had to admit it was a problem and work on it right away. I started to face things as they came up instead of putting them off and that became my way of doing the Tenth Step. I stopped thinking that I was all bad because I was only looking at one thing at a time instead of a lot of things at once. It took awhile, but I finally found a few positive qualities about myself. That boosted my self-confidence and gave me the strength to keep working on myself each day. "Alateen – a day at a time page 288"

Tradition Ten – The Al-Anon Family Group have no opinion on outside issues, hence our name ought never be drawn into public controversy.

I know an Al-Anon member who is careful to preface her expressions of opinion by saying, "This is my opinion and my opinion only." Her attention to stating her opinion without affiliating herself with any larger group or authority allows her to speak her mind freely and clearly without antagonizing others. I

also detect in her approach the influence of our Tenth Tradition. She does not presume to speak for Al-Anon, and she does not present her opinions in the context of Al-Anon meetings. The Tenth Tradition, of course, does more than encourage me to identify opinions I express as my own. It safeguards the program by avoiding public controversy. This Tradition contains no exceptions, no instances in which I may represent the program in any sort of public discussion of outside issues. My experience in service has benefited greatly from this Tradition. I've never been confused by having to decide what Al-Anon stood for and whether I supported this or that position. I've never felt that my efforts were being directed to any cause except the recovery of Al-Anon members. I've also never felt a responsibility to defend Al-Anon itself from public comment about it. Even the public opinions of others about this program can be thought of as outside issues. I do care what others think of Al-Anon, and I do strive to embody the principles of the program, but I haven't found that the effectiveness of the program is in any way affected by public debate about the nature of alcoholism and recovery.

"When I Got Busy, I got Better page 51, p-78"

Concept Ten – Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

Responsibility! Do we take on more than our share or shirk it completely? Authority! Do we dictate and dominate or passively cave in? Al-Anon shows us how to find the right balance between responsibility and authority in our personal lives so we do our own job and no one else's, so we know when to yield and when to stand up for our rights. Concept Ten describes how such balance is achieved in service for fellowship.

"The Concepts page 22" p-57

AISDV Committee News

Our Public Outreach – Cathy S and her
committee continue to get the word out about Al-Anon. **Individuals from District 20 will do Al-Anon Public Outreach on October 17 & 18 at the Pumpkin fest sponsored by the Bucks County Council on Alcoholism.** Al-Anon members have volunteered at health and wellness fairs through out the city. Volunteers are needed, to continue the outreach project. Please contact Cathy S.

Website Coordinator – Maria O

Maria is doing a fantastic job with the AISDV website. Some of the information provided is Al-Anon's meeting directory, public information projects, anniversaries and workshop announcements. Please visit our website at www.aisdv.org

Archive Coordinator – Susan A

The archive committee needs volunteers to continue to gathering and maintaining group information. The next meeting is Thursday October 22 at 4021 Walnut Street 2nd floor.

Institutions Coordinator – Gabrielle R

Volunteers are needed to take meetings to institutions, Girard Medical Center, Live-N-Grin, and others. Please contact Gabi at 215-921-3861 or at Luvstojabber65@aol.com.

Alateen Coordinator – Peter M

There is a new Alateen Meeting at the Church of the Messiah called the North Wales Alateen at 1001 Dekalb Pike, Lower Gwynedd, PA 19002 – 2nd floor rear. **Alateen sponsors are needed, please contact Peter at 610-687-5413 or pfmurphyIV@gmail.com.**

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A.I.S.V.D Meeting Dates

Service Board Meeting 11/19/09 - 7:30 pm
at the Reformed Church of the Ascension - 1700 West Main Street– Norristown, PA 19403
Steering Committee Meeting
The Steering Committee will not meet in December. Meetings will resume in 2010.

How to submit information to the RAP:

Information must be received by the 25th day of the month preceding the month in which they should appear. The next deadline is October 25.

Mail to: Carla Forrest – 5826 Arch Street – Philadelphia, PA 19139/ Email to: therap000@gmail.com

How to subscribe to the RAP:

Make check (payable to AISDV) and send it with form below to:

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