

# THE RAP

## Reaching Al-Anon People

### December 2009

#### Happy Holidays!

#### Announcements/Workshops/Events

December 16<sup>th</sup> Seeking Serenity AFG, The Gifts of Al-Anon Meeting 7pm (See flyer)

January 2<sup>nd</sup> Alateen Winter Workshop (See flyer)

January 30<sup>th</sup> Saturday Serenity 4<sup>th</sup> Anniversary Celebration (See Flyer) next month

January 1, 2010 – The RAP, single copy mailed subscription will rise to \$12.00. This will include the announcement flyers. Email subscriptions will remain at \$3.00, which will not include the announcements. Email subscribers may refer to our website for upcoming events at [www.aisdv.org](http://www.aisdv.org).

#### **Step Twelve: Having had a spiritual awakening as the results of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.**

Getting lost showed me the way. My partner and I got lost while driving to a movie theater. We laughed at our misfortune and our 90 – minute drive to nowhere and back. When we got home, I commented that I could remember a time when such a situation would have caused the two of us to be at each others' throats, blaming, justifying, and tossing criticism at each other. I said that I had enjoyed our time together in the car, even though we missed the movie. No one was to blame; we just got lost and made some wrong turns. His response was a "thank you." He mentioned a recent home improvement project ad said he noticed that I hadn't been making negative comments about how long it was taking to complete. My spiritual awakening lies in this: I'm gaining a deeper understanding of what is worth getting upset about. I'm glad that I was able to practice the slogan, "How Important Is It?" I think I'm learning to carry the message, and my own life is much more peaceful because of it. **"The Forum – page 25"**

#### **Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.**

The Key phrases in Tradition Twelve are anonymity, spiritual foundation and principles above personalities. Tied together, these words and phrases embody basic principles of our program. Whenever and wherever a potential member reaches out for help, we want to be assured that Al-Anon is there. It is in learning about Tradition Twelve that we learn the spiritual guidance anonymity offers, its intent and how we can humbly apply the program to our daily lives. **"Paths to Recovery – page 235"**

#### **Concept Twelve: The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.**

Our personal spiritual awakening is the result of the Twelve Steps. Applying spiritual principles is also the goal of Al-Anon service. Through Spiritual practices we find the freedom to live courageously and joyously. Since wealth, prestige, and power are often obstacles to spiritual practice, the founders of our fellowship wrote Concept Twelve to counteract them. It sets forth five warranties for spiritual progress that counsel prudence – in personal relations, in matters, and in all our contacts. Through establishing the prudent middle ground between fear and recklessness, we can achieve effective harmony. **"P – 57 page 27"**

#### **— "Words From a Institution Service Member"**

I've received many gifts as a result of working my program of recovery in Al-Anon. Last Sunday another gift appeared as I and two other members arrived at R.C.F. on State Road to hold a bi-monthly Al-Anon meeting with the inmates there. Since February 2000, these meetings have flourished and I believe nourished the women in **"B" Unit**, as well as ourselves, who facilitate and share our experience, strength, and hope on alternate Sunday afternoons. Last Sunday a spokes person named Theresa announced that she and the group gathered has a surprise for us. After we voted to take half our meeting time to speak and share we allotted the remaining time for the "surprise."

The "Surprise" was a talent show "our girls" prepared for us. There were tears and laughter, songs, recitations of original poetry and a skit in which each

When the show ended there was a standing ovation and again tears and smiles. I, myself, was speechless and overwhelmed, especially when Theresa announced the show was a Thank-you for the years of meetings we have brought to them. Our hearts were full of the love that passes understanding as we left the correctional facility and our spirits filled with the joy no one can take from us.

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