

# THE RAP

## Reaching Al-Anon People

### January 2010

#### **HAPPY NEW YEAR!**

#### **Announcements/Anniversaries/Workshops**

Jan. 2010 – Hang In There AFGAC will be having Literature Study with “Opening our Hearts Transforming our Losses” 3<sup>rd</sup> Thursday of the month –7pm at Our Lady of Fatima School – 5 Fatima Drive – Secane, PA 19018  
January 11 – New Meeting, Manayunk Monday Niters AFG (see flyer)  
January 22<sup>nd</sup> You’re Not Alone AFG 12<sup>th</sup> Anniversary (See flyer)  
January 30<sup>th</sup> – Saturday Serenity 4<sup>th</sup> Anniversary - (See flyer)  
February 6<sup>th</sup> AISDV Dinner Dance – will be held at Cannstatters, 6pm – 11pm Tickets will be \$27.00 or \$28.00 – Please save the date. Come out and support AISDV. There will be more information given soon.

**Step One – We admitted we were powerless over alcohol-that our lives had become unmanageable.**

**When I finally realized that I was powerless over the alcoholic, it was a freeing feeling. “Detach with love” it was suggested! So what was I to do with all this free time? I heard that this was a selfish program. I was told that I was not a bad parent, and I was not a failure. At the time I was married for 24 years, but I did not have to include my spouse in everything that I did. I learned to take care of myself. I would buy myself flowers because I love them. I saw the women in my group treat themselves to dinner and a movie, so I did it too. Today Al-Anon is called a self caring program. The changing of one word puts a whole different perspective on some things. Today I still love my family and the alcoholics in it, but I learned to love myself first.**

**“Submitted by, Joe T.”**

**Tradition One- Our Common welfare should come first; personal progress for our greatest number depends upon unity.**

Tradition One works! Here’s how our group used it: “Our meetings were often silent and dull until the full meaning of the First Tradition sank into our heads. Without group unity, we wouldn’t have good meetings and newcomers wouldn’t get the help they needed. After reading and studying Tradition One in depth, we all realized we had to give a little bit more of ourselves to make the group work. “We started to open up and share; then we began to trust each other. This trust made it easier when one of us had a problem and newcomers seemed to feel more at ease, too. “Today we’re thankful for this trust. Our group is together and we know we can lean on each other’s shoulders in times of trouble.”

“ALATEEN – a day at a time” page26

**Concept One – The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon**

Our groups are the building blocks of the fellowship. They carry the final responsibility and authority for Al-Anon. When each group acts responsibly in supporting world service, philosophically and financially, Al-Anon’s message will be spread across the world. Since each group is the collective strength of its members, each one of us has the responsibility for world service. Before Al-Anon most of us were so obsessed with somebody’s drinking that we had a warped sense of responsibility. Out of our anger and despair we did everything or nothing. Here we learn that the first responsibility is to our selves. We are healed through living the Twelve Steps and we begin to reach out to others. Our first service work is being responsible for bringing the coffee, chairing a meeting, or reaching out to a newcomer. Many of us, feeling our new strength and vigor, may start to take on too much. Instead of trying to control the drinker, we may try to control the group, seize the baton and rush ahead with it, rather than giving everyone the opportunity to participate.

“The Concepts- P-57” page 4

**AISDV Committee News**

The AISDV Fund Raising Committee is planning a Dinner Dance at Constatters. Also, we have elected new Steering Committee Members. Thanks for your service.

**Alateen Coordinator – Peter R**

Volunteers are needed to be sponsors. Please contact Peter at 610-687-5413 or email at [pfmurphviv@gmail.com](mailto:pfmurphviv@gmail.com).

**Institutions Coordinator –Gabi R**

Volunteers are needed to take meetings to Girard Medical Center, Today Inc., Live-N-Grin and the Malvern Institute. Please contact Gabi at 215-9213861 or 609-668-4047.

**Alternate District Representatives are members of the Steering Committee with a voice and a vote at all steering committee meetings. GR’s and or Alternate Gr’s please attend or send a representative.**

**AISDV STEERING COMMITTEE MEMBERS**

<b>Chairperson</b>	<b>Liz K</b>
<b>Vice Chairperson</b>	<b>Alison G</b>
<b>Secretary</b>	<b>Open</b>
<b>Asst. Secretary</b>	<b>Open</b>
<b>Treasurer</b>	<b>Claudine C</b>
<b>Asst. Treasurer</b>	<b>Elisa D</b>
<b>Alateen Coordinator</b>	<b>Peter M</b>
<b>Public Outreach</b>	<b>Cathy S</b>
<b>Institutions</b>	<b>Gabrielle R</b>
<b>Liaison</b>	<b>Kim H</b>
<b>RAP Coordinator</b>	<b>Carla F</b>
<b>Office Coordinator</b>	<b>Mary Liz A</b>
<b>Directory Coordinator</b>	<b>Joe T</b>
<b>Telephone Coordinator</b>	<b>Frances G</b>
<b>Archives Coordinator</b>	<b>Susan A</b>
<b>Website Coordinator</b>	<b>Maria A</b>

**A.I.S.V.D Meeting Dates**

**Service Board Meeting 01/21/10 - 7:30 pm**  
at the Reformed Church of the Ascension - 1700 West Main Street– Norristown, PA 19403  
**Steering Committee Meeting 02/18/10 - 7:30 pm**  
at 4021 Walnut Street – Philadelphia, PA 19104 – 2<sup>nd</sup> floor rear.

**How to submit information to the RAP:**

Information must be received by the 27<sup>th</sup> day of the month preceding the month in which they should appear. The next deadline is January 27<sup>th</sup>. **Mail to: Carla Forrest – 5826 Arch Street – Philadelphia, PA 19139 or email to: [therap000@gmail.com](mailto:therap000@gmail.com).**

**How to subscribe to the RAP:**

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

**Carla Forrest – 5826 Arch Street Philadelphia, PA 19139**

**Choose Subscription**

\$12.00 per year (1 copy a month) **Snail mail**  
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Individual \_\_\_\_\_

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\$25.00 per year (5 copies a month)  
\$40.00 per year (10 copies a month)

Mailing Address: \_\_\_\_\_

**Please send in your sharings!**

**The RAP is requesting sharings from members about recovery in Al-Anon. Please feel free to share on the 12 Steps, 12 Traditions, 12 Concepts of Service and the slogans. Tell us what Al-Anon has done for you. Your letter will be published in the RAP and will not be returned to you. You may remain anonymous; just state it in your letter. Thank you in advance for your service and sharing.**

