

THE RAP

Reaching Al-Anon People

February 2010

Announcements/Anniversaries/Workshops

February 20th AISDV Dinner Dance at Canstatter Club, 9130 Academy Rd. Phila. PA 19114, 6-11 p

March 20th - Dist 3 Al-Anon/Alateen Workshop – 8:30 am-12:00 noon (see flyer)

March 29th 2nd Anniversary of the Alateen at Oaks group at 7:00 pm. (see flyer)

The Manayunk Monday Niters AFG has discontinued the Beginners Meeting. The regular meeting from 7:30 – 8:30 will continue meeting at 4842 Umbria Street, Philadelphia, PA 19128.

The North Penn Lansdale AFG meeting Thursday 8:00 pm at Trinity Church is in danger of closing. Support is needed.

April 25th The Lois Wilson Story will be on TV, CBS Network - 9 pm EST

June 11, 12, 13 – The 38th PA AFG Convention will be at the Gettysburg College. Information and registration will soon follow.

October 2nd - South Philadelphia 50th Anniversary, Save the Date!

Step Two – Came to believe that a power greater than ourselves could restore us to sanity.

I had trouble with Step Two because the only Power I knew was the God I grew up with and I wanted no part of Him. So I made up a prayer: “If there really is a power out there, or anywhere, who cares about me, let me know. The mailbox is open: send a letter.” I’d say or think this appeal on my drive to work each morning. After a week or two, I got my letter. I had a dream in which I was going to meet my Higher Power. I climbed up a staircase in a house, not knowing what to expect, and opened a door. Inside was a room with a big, comfortable bed. It was spread with a patchwork quilt and propped against the pillow was my very own Higher Power. She looked like a kindly grandmother as she patted a place on the bed to invite me to sit down and talk to her. When I awoke, the visualization of my Higher Power and the deep feeling of peace stayed with me. As a result, I was able to completely change my concept of God. My Higher Power has worked within me and today I recognize her with many faces, but only

one personality; She is always loving and always available. To recover in Al-Anon, I don’t have to call my Higher Power “God.”

“As We Understood” – page 94/95

Tradition Two – For our group purpose there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

When our group has a problem and one person tries to take over and push an idea on everybody, it hurts the group. No one else has a chance to share ideas and sometimes we end up making decisions without looking at the problem closely enough. God has the answers for us and He’ll guide us in the right direction if we use the group conscience to solve our problems. We have leaders, but they’re only trusted servants who carry out what the group wants. Every member is important and has the right to speak up. When we work together, we’re a real group and we all have a share in looking for the answers that will make us strong.

“Alateen – a day at a time” page 167

Concept Two – The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

This Concept sets the democratic and spiritual framework for the fellowship. Al-Anon is democratic in structure and spiritual in that it demonstrates confidence in the individual member and in each Al-Anon Family Group. Its Traditions and Concepts safeguard individual rights, established equality and justice, and set forth the lines of accountability. In a truly democratic manner, at first the groups were polled on important questions, but as the groups grew more numerous, polling became unwieldy. The fellowship is now guided and directed by the Delegates to the World Service conference. These representatives are chosen by the members. They represent the groups, as they meet annually with the Trustees, committee members, and administrative staff of the WSO. P57

AISDV Committee News

The AISDV Fund Raiser Dinner Dance is February 20th at the Cannstatter Club, cost \$28 per person.

Public Outreach Coordinator- Cathy S

The PO Committee is having a meeting 3/2/10 Please contact the AISDV Office for more information at 215-222-5244 or contact Cathy S.

RAP Coordinator – Carla F

The RAP is requesting sharings from Al-Anon and Alateen members about recovery and the gifts of Al-Anon. Please send in your story and share your experience, strength and hope. Thank you for your participation. We'd love to hear from you.

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 215-921-3861 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 Alternate GR's may attend as a representative for their group.

AISDV Steering Committee Members

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

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

Steering Committee Meeting 02/18/10 – 7:30 pm
At the Reformed Church of the Ascension – 1700 West Main Street – Norristown, PA 19403
Service Board Meeting 03/18/10 - 7:30 pm at the
Church of the Ascension - 1700 West Main Street – Norristown, PA 19403

How to submit information to the RAP

To submit information to the RAP, please mail it to arrive no later than the 25th day of the month for insertion into the following month's RAP. The next deadline is February 25th. **Mail to: Carla Forrest 5826 Arch Street – Philadelphia, PA 19139 or email to: therap000@gmail.com**

How to subscribe to the RAP

Make check (payable to AISDV) and mail 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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\$25.00 per year (5 copies a month)
\$40.00 per year (10 copies a month)

Mailing Address _____

The Al-Anon Information Service of the Delaware Valley (AISDV) would like to thank everyone for his or her service, continued financial support and participation with helping to spread the word about recovery in Al-Anon.

**Let it begin with me
When anyone, anywhere reaches out for help,
Let the hands of Al-Anon and Alateen
Always be there, and Let it begin with me**

