

THE RAP

Reaching Al-Anon People

March 2010

Announcements/Anniversaries/Workshops

March 14th Alateen at Oaks Group 2nd Anniversary instead March 29th see flyer sent last month

March 15th New Beginnings Monday Night 56th Anniversary- 7pm at Johnson Memorial United Methodist Church, 3117 Longshore Street, Entrance on Hawthorne St. 2nd floor, Rainbow Room

March 15th Rosetree Media 42nd Anniversary at 8pm (see flyer)

April 9th The Ken-Rich AFG 50th Anniversary at 7:30 pm instead of 8pm at - The Bridesburg Recreation Center, Richmond & Buckius Sts. Phila. PA 19137

April 17th District 4 & 5 Workshop at Riverview Presbyterian Church (see flyer)

New Al-Anon Meeting – District 1 for women only, (see flyer)

Step Three – Made a decision to turn our will and our lives over to the care of God As We Understood Him.

We're not perfect. We can't solve all of our problems alone. A Higher Power can make things easier for us. But He won't just take over our lives and let us sit back and do nothing. We have to decide to let Him help us. That's where Step Three can help. Turning our will over to the care of a Higher Power is an important part of our program. It helps us to break away from the past with a new sense of direction. We stop controlling people and situations in our lives. Our good feelings come back and we find peace of mind working the program.

Things To Think About

I find real comfort knowing there's a Power greater than myself who can keep me going in the right direction. Alateen shows me how to let go and let that Power work.

"Alateen – a day at a time" page 69

Tradition Three – The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group,

provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

I first came into Al-Anon because of my 16-year-old daughter's drinking. I felt insane and knew I needed help. My daughter attended AA meetings for more than three years, after which she decided her problems and her drinking were not due to alcoholism but to a difficult adolescence. I wondered whether I could stay in Al-Anon given my daughter's conclusion. As far as I knew, there were no other alcoholics in my immediate family. Once again, as I had so many times in my life, I thought I didn't belong. I'm so grateful for the Third Tradition, which tells me, "The only requirement for membership is that there be a problem of alcoholism in a relative or friend." The only qualification for me to be a member of Al-Anon is my own internal barometer. Do I feel I identify with others who have been affected by alcoholism? Does someone's drinking disturb me, even if that person doesn't believe he or she is an alcoholic? Despite my misgivings, I decided to continue attending Al-Anon meetings, and the answers to my questions came in due time.

"Hope for Today" – page 348

Concept Three – The Right of Decision makes effective leadership possible.

Within the framework of their general responsibilities, whether these be defined by charter, resolution or by custom, it should be traditional for all world service boards, committees and executives to decide which matters they may properly dispose of and upon which they will report, consult or ask specific directions. Our world servants should be trusted with these directions; otherwise no effective leadership is possible. Let us consider why the Right of Decision is imperative for our leaders. Let us examine this principle in its practical application to all levels of our world service structure. *"P-26"*

A.I.S.D.V Committee News

The AISDV Fund Raiser Dinner Dance was a great success. Everyone had a good time. The food was delicious and we danced all night until it was over. Thank you all for your support.

Public Outreach Coordinator - Cathy S

There are several upcoming public outreach events and health fairs. **3/24/10** Wed. 11 am – 2 pm West Chester University Wellness Fair. **3/27/10** Sat. 8am to 1 pm the IBEW Local 654 Health Fair, Boothwyn, PA – **April 22 Thurs.** 12 pm – 2 pm @ LaSalle University Health Fair, 1900 W. Olney Avenue, Philadelphia, PA. Volunteers are needed to man the tables, hand out literature and talk with people about Al-Anon. (see flyer for contact info)

Institutions Coordinator – Gabi R

Volunteers are needed to take meetings to Girard Medical Center, Today Inc, Live-N-Grin Outpatient Center. Please contact Gabi at 215-921-3861 home or 609-668-4047 – Cell. Contact Melissa B at 484-358-9270 for the Malvern Institute’s meeting. Please contact Prison Coordinators Dawn H at 215-917-5515 or Pat B 215-335-1585 to volunteer to take meetings to the Philadelphia Women’s Prison.

RAP Coordinator – Carla F

The RAP is requesting sharings from Al-Anon and Alateen members about their recovery in 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.

Alternate District Representatives are members of the Steering Committee with a voice and a vote at all steering committee meetings. Please attend these meetings or send a representative.

A.I.S.D.V Meeting Dates

Service Board Meeting 03/18/10 – 7:30 pm
at the Reform Church of the Ascension – 1700 West Main Street – Norristown, PA 19403
Steering Committee Meeting 04/15/10 – 7:30 pm
at the Reform Church of the Ascension – 1500 West Main Street – Norristown, PA 19403

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

AISDV Steering Committee Members

Chairperson	Liz K
Vice Chairperson	Alison G
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

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 March 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

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