

# THE RAP

## Reaching Al-Anon People

### April 2010

#### Announcements/Anniversaries/Workshops

**April 17<sup>th</sup>** - District 4&5 Workshop 8:30 am to 3:00 pm at Riverview Church, 337 Riverview Ave. and Garret Rd. Drexel Hill, PA 19026

**April 24<sup>th</sup>** District 32 Workshop – 9am to 1pm  
At Crossroads Presbyterian Church (see flyer)

**June 8<sup>th</sup>** – District 5 Live and Let Live Anniversary Meeting (see flyer)

**June 11<sup>th</sup> – 13<sup>th</sup>** PA AFG Convention at Gettysburg College, Gettysburg, PA 16159

#### **Step Four – Made a searching and fearless moral inventory of ourselves.**

When I first came to Alateen, I put on an act because I shy and lacked self-confidence. I soon learned that everyone in the program is equal. I wanted to feel better so I started to look at myself. The Fourth Step helped change my life. At first I did a lot of analyzing and that didn't work. Aiming for perfection wasn't the way to go either. So I kept it simple. I looked at the good side first and then worked on one thing at a time on the bad side. It made me realize that I have a lot of good qualities that I've missed because I've been spending a lot of time concentrating on my faults.

#### **Things to Think About**

I'm a lot happier today because I'm working at being a better person. Taking my own inventory helps me to know who I am and what I can do. I'm more honest with myself and I'm learning to see all the good that's inside of me instead of just the bad.

*Alateen – a day at a time page 99*

#### **Tradition Four – Each group should be autonomous, excepting in matters affecting another group or Al-Anon or AA as a whole.**

*THE AUTONOMY* described in Tradition Four allows each group to decide what works best for its members within Al-Anon guidelines and principles. Without such autonomy at the group level, every meeting would be exactly the same. Autonomy makes responses to our members' need possible and gives us room to make mistakes and to learn from correcting them. The Worldwide fellowship of

Al-Anon is richly nourished by the experience of the various groups, as they are shared with the larger whole through district and area meetings and the World Service Conference (WSO). However, the Tradition cautions us to be sure that decisions made by our group do not affect another group adversely or present an unfavorable or inaccurate picture of Al-Anon and AA as a whole.

*Paths to Recovery page 163*

#### **Concept Four – Participation is the Key to Harmony.**

At the 2009 World Service Conference, we were asked to consider how our Legacies could be used either as barriers that keep us apart or as bridges that bring us together. I find it very interesting how I can change the most spiritual of ideas into weapons. Take Concept Four for example. "Participation is the key to harmony" is very sound in its simplicity. And yet I could take that to mean: You had better participate in what we are doing, how we are doing it, where we are doing it, and we are doing it – or you are not doing your part for your own recovery.

After all, that's how it was in my family. It wasn't until I was serving on the TEAM task force (the new service event with Area and WSO participation), that I saw the other side of this Concept. For years I had been hearing from all the "service junkies" how the Regional Service Seminar was the place to be – no matter where it was. So what that I lived in San Jose, CA and the RSS was in Anchorage, Alaska? How important is my recovery? And when I would hear about these small remote districts and Areas that didn't participate in any Rsss... well, where are their priorities? If they wanted harmony they should be participating. Together we can open the door to participation. All it takes is a willingness to accept that sometimes my part of Concept Four is to help make participation possible. My recovery is so much fuller when I reach to the Legacies to find a bridge.

*"The Forum page 31"*

**A.I.S.D.V Committee News**

The special events committee is planning another event. Members are needed to join the committee to help with the planning. Please contact Alison W at [alisonslawek@yahoo.com](mailto:alisonslawek@yahoo.com) if you are interested.

**Liaison – Kim H**

Kim attended the PA Area Meeting in February. She reported that anyone who has 50 years in Al-Anon is needed to speak for two minutes at the PA AFG Convention June 11<sup>th</sup>-13<sup>th</sup> at Gettysburg College. Please contact your GR or your DR for information. The Regional Service Seminar has been discontinued. It has been replaced with “The TEAM” (Together Empowering Al-Anon Members).

**Public Outreach – Cathy S**

Literature has been ordered and the AISDV office phone number will change to include the website information. Al-Anon will do PSA’s at the Ambler Theatre in Doylestown. Flyers have been ordered for the districts to give out to the groups. Members are still needed to man tables at health fairs. Please contact Cathy S. at [stjohnc@comcast.net](mailto:stjohnc@comcast.net) or (610) 622-0697.

**Institution Coordinator – Gabrielle R**

Members are needed to volunteer to take meetings to institutions. Please contact Gabi at 215-921-3861 or [609-668-4047/Luvs2jabber65@aol.com](mailto:609-668-4047/Luvs2jabber65@aol.com).

**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**

**Steering Committee Meeting 04/15/10 – 7:30 pm at the Reform Church of the Ascension – 1500 West Main Street – Norristown, PA 19403**  
**Service Board Meeting 05/20/10 – 7:30 pm at the Reform Church of the Ascension – 1700 West Main Street – Norristown, PA 19403**

**AISDV Steering Committee Members**

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Vice Chairperson	Alison G
Secretary	Nicole W
Asst. Secretary	Open
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Asst. Treasurer	Elisa D
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How to submit information to the RAP

**To submit information to the RAP, please mail it to arrive no later than the 25<sup>th</sup> day of the month for insertion into the following month’s RAP. The next deadline is April 25<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 mail it with form below to:** Carla Forrest – 5826 Arch Street Philadelphia, PA 19139

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**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**

