

THE RAP

Reaching Al-Anon People

Al-Anon Information Service of the Delaware Valley

October 2011

Anniversaries & Announcements

Oct. 1st – TEAM EVENT – 8:30am – 4:35pm \$25

Oct. 1st – Downtown Lunchtime AFG 27th
Anniversary, 6:30pm at First Baptist Church,
17th & Samson Street

Oct. 17th – West Philadelphia AFG 17th
Anniversary, 7-9 pm, AA Clubhouse 4021
Walnut Street 19104

Oct. 21st – North Philly AFG 42nd Anniversary,
7:30pm Broad & Diamond Street, (see flyer)

Oct. 30th – AISDV Fall Luncheon Fund Raiser,
Fisher's Tudor House, 1859 Street Road,
Bensalem 19020 - \$25.00

Step Ten – Continued to take personal inventory and when we were wrong promptly admitted it.

In Step Ten one of the words that stood out in my mind was “continued.” It reminded me that I began my personal inventory in Step Four. Likewise the words, “and when we were wrong, promptly admitted it,” reminded me of work I had already done in Steps Five, Eight and Nine. All of these Steps represented a thorough, personal housecleaning for me. But I knew my house wouldn't stay clean if I didn't do a few daily chores. In order to work Step Ten, the experience I acquired in the nine Steps that led up to it showed me what I needed. Specifically, I needed to recognize my powerlessness over other people. I needed to believe that God could help me. I needed to make the decision to allow my Higher Power to take care of me. I needed to inventory my behavior so I could recognize my good points as well as my bad.

From “Paths to Recovery, page 105”

Tradition Ten – The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

Tradition Ten states that our groups have no opinion on outside issues, and thereby avoid

public controversy. We can apply this to our relationships by minding our own business and not arguing about issues that have nothing to do with us. We realize that others have as much as to their opinions as we do to ours, and we give them the same dignity and respect we want for ourselves.

From “Discovering Choices, page 263”

Concept Ten – Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

Responsibility! Do we take on more than our share or shirk it completely? **Authority!** Do we dictate and dominate or passively cave in? Al-Anon shows us how to find the right balance between responsibility and authority in our personal lives so we do our own job and no one else's, so we know when to yield and when to stand up for our rights. Concept Ten describes how such balance is achieved in service for fellowship. Relationships are harmonious when persons know exactly what their area of operation is and how much leeway is allowable for individual initiative. Authority can never be divided into equal halves – “double-headed management.” When there is confusion in definition, if two people are trying to do the same job, when there is no communication, or if the person in charge is unwilling to delegate suitable authority, then personal clashes result and nothing gets done.

The service structure of Al-Anon is built on the premise that each individual counts. To avoid “avoid over-bossing,” each member in service is considered a trusted servant with a clearly defined job to do and the authority to do it.

From, “The Concepts P-57, page 22”

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.**

A.I.S.D.V. News

The TEAM Committee gives a special thanks to the A.I.S.D.V. for their generous financial support.

Maria A is the Pennsylvania Area Delegate Elect. She begins January 2012. Congratulations Maria!

Special Events Committee Gabi R

Fall Fundraiser Luncheon at Fisher’s Tudor House, October 30th \$ 25.00

Steering Committee Open Positions

Elections will be held in November and members elected will begin January 2012. The open positions are:

- Vice Chair Institutions Coordinator
- Secretary Liaison
- Asst. Secretary RAP Coordinator
- Asst. Treasurer Archives Coordinator
- Alateen Coordinator Website Coordinator
- Public Outreach

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. Thank you.

A.I.S.D.V Meeting Dates

Steering Committee Meeting – 10/20/11 – 7:30 pm at the Reform Church of the Ascension, 1700 West Main Street – Norristown , PA 19403
Service Board Meeting - 09/15/11 – 7:30 pm at the Reform Church of the Ascension – 1700 West Main Street – Norristown, PA 19403

AISDV Steering Committee Members

- Chairperson Liz K
- Vice Chairperson Gabrielle R
- Secretary Nicole W
- Asst. Secretary Mary Ann
- Treasurer Claudine C
- Asst. Treasurer Elisa D
- Alateen Coordinator Open
- Public Outreach Open
- Institutions Coordinator Tonya R
- Liaison Kim H

- RAP Coordinator Carla F
- Office Coordinator Mary Eliz A
- Directory Coordinator Joe T
- Telephone Coordinator Frances G
- Archives Coordinator Susan A
- Website Coordinator Maria

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 October 25th, 2011. Please 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 (1copy a month) Snail mail
- \$3.00 per year (1 copy a month) Email

Individual _____

Group _____

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

Mailing Address _____

**God grant me the serenity to accept
The things I cannot change, courage to change
the things that I can and the wisdom to know
the difference.**