



THE RAP

December 2016

Reaching Al-Anon People

The Al-Anon/Alateen Newsletter of the Delaware Valley

Step 12

Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Tradition 12

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

General Warrantees of the Conference (taken from Concept 12)

1. That only sufficient operating funds, including an ample reserve, be its prudent financial principle
2. That no Conference member shall be placed in unqualified authority over other members
3. That all decisions be reached by discussion vote and whenever possible by unanimity
4. That no Conference action ever be personally punitive or an incitement to public controversy.
5. That though the Conference serves Al-Anon, it shall never perform any act of government, and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

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My Spiritual Awakening

Step 12: *Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.*

Realizing, in Al-Anon, that there really is a God (or Higher Power) and that she wants the best for me—and all people—has been my spiritual awakening. I came to Al-Anon so beat down by alcoholism, I was pretty sure there was no God. If there was, she certainly didn't care about me. By slowly opening my mind and listening to others share, I began to hope for something different—a new way to live.

When I learned that focusing on myself and gratitude could transform my life, I realized I should give God and Spirituality some effort as well. What did I have to lose? I took what I liked and left the rest. I heard someone say they didn't need to figure out everything about God, but they knew their God was very big and that was enough. That worked for me too.

I tried asking God for help before I did something scary, and things seemed to go much easier when I did. I tried to slow down and enjoy the beautiful moments of my life, and I tried getting through the tough times with a knowledge that the strength of my HP was sustaining me. Once I did, I was no longer alone in this "cruel world." I could change my attitude and, therefore, my life, with the help of my HP.

Today, I believe my HP led me to Al-Anon to teach me how to be a happier person. I'm learning that the best way to carry the message of Al-Anon is by changing myself. I try not to be the boss at home—realizing that sometimes others have good ideas too (ha ha). Instead of constantly thinking about how others should change or how they could solve their problems, I try to remember that I don't know what's best. I try to believe and express the belief that they'll figure it out. My job is to focus on my own problems.

(continued on pg. 3)

A publication of... AISDV

Al-Anon Information Service of the Delaware Valley

aisdv.org • 4021 Walnut Street Philadelphia PA • rap@aisdv.org • 215-222-5244 (voicemail)

AL-ANON NEWS AND EVENTS

Districts 4 & 5 2017 Spring Workshop

*Great Workshops with
Great Speakers!*

Don't Miss It!

Lima United
Methodist Church
209 N. Middletown
Road, Lima, PA

Saturday, April 1st 2017
8:30 AM to 1:00 PM

Planning Meetings

Sunday, Jan 29th 2:00-3:30 pm

Sunday, Feb 26th 2:00-3:30 pm

Sunday, Mar 19th 2:00-3:30 pm

Sunday, Mar 26th 2:00-3:30 pm

**Set Up: Friday March 31st at
7:00 pm**

Al-Anon's 45th Annual PA Convention

June 2-4, 2017
Susquehanna University
Selinsgrove, PA

*Al-Anon and AA Workshops,
Speakers and Fellowship!*

Al-Anon and AA Meetings

Registration Opens in February

Save the Date Flyer:

<http://aisdv.org/flyers/SavetheDateFINAL45thAnnualPennsylvaniaAFConvention7.pdf>

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name and phone number to
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Join the Fundraising Committee for AISDV!

Al-Anon Info. Service of the Del. Valley

We Need Your Service to Help Al-Anon Grow!

*Help plan Fundraisers to Spread the Message
of Recovery to the Delaware Valley!*

Contact Janeal at:

**215-571-9458 or
janeal215@gmail.com**

Do You Want to be a Speaker at the Women's Prison?

Contact Dawn at
district1dawn@verizon.net for more
info. This is a great opportunity for
service and to carry the message to
those who most need it!

Can you think of three different ways Al-Anon has helped you this month? ...this week? ...today?

*Help us get the message out to those still struggling
who don't know that Al-Anon can help!*

Consider making a contribution to AISDV today.

Al-Anon Information Service of the Delaware Valley

*Contributions go towards advertisements, public service
announcements and towards literature used at treatment
facilities, sent to doctors and distributed at
public outreach events.*

Send your check to: AISDV 4021 Walnut Street Philadelphia, PA 19104 OR Go to: aisdv.org and click on: Contact Us/Donate

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Upcoming Special Meetings**Strength in Recovery 11th Ann Mtg**

Good Shepherd Episcopal Church
1634 Hilltown Pike Hilltown, Thurs 12/8 7PM

Congo AFG Candlelight Meeting

Al-Anon Speaker and Refreshments!
Shepherd of the Hills Church 527 Hoffmansville
Rd Bechtelsville Tues 12/13 7PM

Fresh Start-God As I Understand Him Mtg

Flameless Candles Please! All Saints Episcopal
Church 1811 Loney St. Phila Wed 12/14 7PM

Northeast God As I Understand Him Mtg

Matchless Candles Please!
Nazareth Hospital-Marian Hall-Roosevelt
Blvd and Holme Ave Phila Thurs 12/15 8PM

Richboro Thu Ngt God As I Under Him Mtg

Spiritual Sharing and Good Snacks! Bring a
Candle! St. John's United Methodist Church
820 Almshouse Rd, Ivyland Thu 12/15 7:30PM

South Phila AFG Candlelight Meeting

God As I Understand Him Fellowship and Mtg
1608 E Moyamensing Ave Phila Fri 12/16 7PM

Serenity and Solutions Candlelight Mtg

Food, Fellowship and Basket Raffle!
St. Benedict Rectory 2020 Chestnut Hill Rd,
Mohnton Sun 12/18 6:30PM

Hope for Today's God of Our Understand Mtg

Speaker Mtg w. Fellowship & Refreshments
Leverington Presbyterian Church
6301 Ridge Ave Phila Tue 12/20 7PM

Birdsboro Wed Night Candlelight Meeting

Refreshments Will Be Served! AA & Al-Anon
Spkr St. Mark's Church-Fellowship Bldg basemt
5 Brooke Manor Birdsboro Wed 12/21 7PM

Courage to Change Annual Gratitude Mtg

St. John's Lutheran Church 355 St. John's Circle
Phoenixville Wed 12/21 7PM

My Spiritual Awakening (cont. from pg. 1)

My letting go of control helps my family members be less rigid and controlling, too. It's like I put down my end of the rope in a tug of war. My husband and I can now listen to each other's ideas and compromise to come up with an even better way. In my humble opinion, my whole extended family could benefit from Al-Anon, but it's not my job to corral them into this wonderful program. I can pray for them to find their own way to peace and serenity and then let it go.

This step urges us to practice these principles in all our affairs—principles such as compassion and acceptance of others. I can see that this part of Step 12 will take me a very long time. I work in an office with someone who clears his throat and gags throughout the day. When he has a cold, he coughs about every six minutes. He never tries to do any of this quietly. These noises drive me insane if I allow them to. And therein lies the secret—if I allow them to. I have no control over what he does. However, I do have control over how I process it.

I can try to remember that he is child of God, just like me. I can try to remember that he probably has no idea of how disgusting it sounds to clear your throat with your mouth open, or how annoying it is when someone beats their eggs with a fork for 90 seconds and then microwaves them—stinking up the whole office. (As you can see, I still struggle with this.) But me letting my co-worker just be who he is helps me. I can be humbled by remembering that I am not perfect either, and I don't know the perfect/right way to do everything. Since I don't want to be the person who thinks they are perfect, I have to be the one willing to change. To be humble, patient and tolerant, I have to change. That's why, after all this time, I keep coming back!

-Maureen S.

How The Grinch Stole Recovery—Alateen Winter Workshop!

**Join Us on January 7th 2017
for the 8th Annual
Alateen Winter Workshop!**

**Doors will open at 2:30 pm
Program will start at 3:00 pm**

Three workshop meetings!

Pizza Dinner!

*Fellowship! Gift Baskets!
Alateen Speaker! Dance!*

**Leave All of the Holiday
Madness in the Dust!**

*Don't Forget Signed Permission
Slip and \$10.00 for Pizza*

*St. Mary's Church
104 Louella Avenue Wayne, PA 19087*

AMIAS workshops given by Area
Alateen Coordinator will be held at the
same time as the Alateen Meetings



Group/Individual Donations

World Service Office

Payable to/Mail to: AFG Inc.
1600 Corporate Landing Parkway
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the Delaware Valley**

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Road/Kunkletown, PA 18058

**Please write your Group Name
and WSO ID# on all checks
and include a return address
on the envelope.**

*Many thanks to Lorrie and
Maureen for making this
issue possible!!!*

A Spiritual Awakening

Having had a Spiritual Awakening, I became open to God's will and began to trust that the things that happen, happen for my best interest and growth.

I've had my ups and downs, heartaches, sadness...insecurities. My life has been interesting. I've learned to roll with it. The best part is that today my glass is full.

I try to stay positive and look for the best in my life and in people.

I was insecure, and my feelings were easily hurt. I was always told that I was too soft-hearted. This still happens, but it doesn't last long.

I put my program to work and turn my will and life over to God. I watch circumstances get better. I do believe there are no coincidences. It's all in God's plan; his influence is very obvious to me.

Going to meetings, doing service has given me growth over 33 years.

It's a wonderful life. At my home group, everyone shares from their heart. I never feel judged. Our meetings are a safe place, and everyone cares for you as our opening states.

When I have setbacks, I get off the pity pot and move forward. I use the steps and slogans in my thinking. When things get tough, I have my sponsor and Al-Anon friends to talk to. Time and space helps.

I feel God blessed me with this program. I'm thankful for all the blessings in my life and a program that helps me appreciate them. I am thankful for the Alcoholics in my life who brought me to its doors. Life is good the Al-Anon way.

-Lorrie D. Warminster, District 20

Need Directories???

Contact Joe T. at
610-522-1359
or e-mail him at
directory@aisdv.org
for more information

Write for The Rap!

It's your newsletter!
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event notifications to:

rap@aisdv.org
or The RAP c/o AISDV
4021 Walnut Street
Philadelphia, PA 19104
(or to get a free copy of the
Rap sent to your group)

Get Involved!!!

The next AISDV
Meeting is:
Thurs, Jan. 19th @ 7:30
The Reformed Church
of the Ascension
1700 W. Main Street
Norristown, PA
All are Welcome!

**Need to find a
meeting???**

Go to aisdv.org and
click on Meetings