



THE RAP

Reaching Al-Anon People

October/November 2016

The Al-Anon/Alateen Newsletter of the Delaware Valley

Step 10

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

Tradition 10

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

Concept 10

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

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and TV. We need guard with special care the anonymity of all AA members.

Concept 11

The World Service Office is composed of selected committees, executives and staff members.

Self Love

The topic of "Self Love" was foreign to me when I first came into the rooms of Al-Anon. I was able to gain insight on better ways of taking care of myself through the use of the slogans and working the Steps of the program in recovery with my sponsor. I was under the impression that by taking care of everybody else's needs, I was caring for myself. That was just delusional thinking on my behalf; for, in order to care for someone else, one must care for themselves first.

Self-Love is largely a matter of acceptance. After doing my 4th step inventory, I was able to accept my "character defects," which I like to call "character defenses." Now that I am able to accept myself unconditionally, that is, without having to fulfill certain conditions or live up to others' standards, I made much room in my life to love myself. By making a list of all of my positive qualities that come out of making a fourth-step inventory, it facilitated a shift in my perception toward thinking of myself in a positive light.

Treating myself with love and acceptance is a gift of my recovery. Being able to turn my fear, anxiety, and worry over to my Higher Power is taking care of myself. I know now that I do not have to carry all these burdens on my own. By living in the present moment and knowing that feelings are not facts makes the process of loving myself much easier. One must treat themselves with kindness on a daily basis to heal the damage of one's self-worth from being a part of an alcoholic family. We must re-learn how to program our minds to love ourselves again.

Living in the day, and seizing the present moment is nourishing to our souls. We must take time to smell the flowers, take walks in nature, and take time to respond to what our inner-most soul needs. I know now that by taking the

(continued on page 4)

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/SavetheDateFINAL45thAnnualPennsylvaniaAFGConvention7.pdf>

Subscribe to the RAP!

Text or e-mail your name, group
name and phone number to
rap@aisdv.org or 267-535-0945

*Want to Learn about More
Events and Opportunities for
Service?*

Go to aisdv.org and click on
Calendar

*To Sign Up for Regular
E-Mails:*

Go to aisdv.org and click on
Announcements then click on
Sign Up for AISDV
Announcements

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

Publication of any contributions or editorial options does not imply endorsement by Al-Anon as a whole, but by the individuals who wrote them. We reserve the right to edit, and it is understood that other Al-Anon groups, without permission, may reprint all copy.

Upcoming Anniversaries and Special Meetings

*AA and Al-Anon Speakers!
Fun, Food and Fellowship!*

Depend Upon Unity Men's Group 11th Anniversary Meeting

Livengrin-Bailiwick Office Campus
252 W. Swamp Road, Unit 54 & 55
Doylestown—Women are invited!
Tuesday, November 15th 7:00 PM

Bucks County AFGAC 32nd Anniv.

Our Lady of Good Counsel
611 Knowles Avenue, Southampton
Thursday, November 17th 7:00 PM

Heart of Al-Anon Anniversary Mtg.

First Presbyterian Church of Springfield
Lambert Hall-Rear of Building
Cascade and Summit Roads
Friday, November 18th 6:00 PM

Drexel Hill AFG Thanksgiving Eve Candlelight Gratitude Meeting

Grace Lutheran Church
School Lane & Edmonds Ave, Drexel Hill
Wednesday, November 23rd 7:15 PM

Strength in Recovery

Thanksgiving Eve Al-Anon Meeting

Good Shepherd Episcopal Church
1634 Hilltown Pike, Hilltown, PA
Wednesday, November 23rd 7:30 PM

Thanksgiving Potluck Meeting and Fellowship

"Together We Can Make it"

Hosted by Thursday Stepping Stones AFG
Bring a Dish to Share
Greenhill Presbyterian Church
3112 Pennsylvania Ave, Wilmington, DE
Thursday, November 24th 12-3 PM

Tradition 10

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

Although I am a lover of summer, the Fall season is wonderful and a time for me to receive many more gifts from my Higher Power. Thank you, Higher Power!

The basic message of Tradition 10 reinforces our focus on help for the families and friends of alcoholics. Our groups at all levels – district, state, world service do not "take sides" or voice opinions on any outside issue. This wonderful tradition ensures all of us members that we will never see a quote or interview with the "position" of the Al-Anon Family Groups. Because of this, we can freely partake in this fellowship without any knowledge of personal or group religious affiliations, political party positions and the like. At this time of such turmoil in so many areas, avoidance of public controversy is key to the health and survival of Al-Anon & our recovery.

My growth in this program has included using the traditions in my personal life. When I first entered these rooms, one of gifts I received was the direction to, "sit down, shut up and smile". This gift worked for me in my early recovery and was VERY well received by my family and friends. Prior to this direction, I was more than willing to "help" everyone with my ideas & suggestions. After a few years in this

(continued on page 4)

Volunteers Needed for the Following Positions at AISDV!

Assistant Secretary: Takes notes during AISDV meetings in the secretary's absence and documents the minutes of the meeting. Assumes the position of secretary after two years of service. Assists with making copies of minutes and other documents. Notifies groups of the place and time of the next mtg. Keeps an up-

to-date list of all groups in AISDV.

Archives Coordinator: Responsible for the operation, maintenance and modification of the AISDV Archives. Transports and displays archives at special events. Reports on the status of the archives at the AISDV meetings.

Contact Sherida for details at chair@aisdv.org

Group/Individual Donations

World Service Office

Payable to/Mail to: AFG Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617

PA/State

Payable to: PA A Assembly
Mail to: Stephanie M.
5594 Fairway Dr W
Fayetteville, PA 17222

Al-Anon Information Service of the Delaware Valley

Payable to/Mail to: AISDV
4021 Walnut Street
Philadelphia, PA 19104

Alateens/NOMAAC

Payable to: NOMAAC
Mail to: Scott L.
5320 Little Gap 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 Michelle and
Amber for making this issue
possible!!!*

Self-Love (cont. from page 1)

action to show up at meetings and being gentle with myself, is the true definition of self-love. For me, reading, practicing yoga, baking, doing service by helping another member in Al-Anon, and keeping the focus on myself is my way of preserving my own self-love. I have the program to thank for my spirituality and teaching me how to love myself again.

-Amber

Tradition 10 (cont. from page 3)

fabulous program, last October, I finally "heard" the entire message of Tradition 10. Up until last year, I only heard – don't share your thoughts and opinions with everyone. For some reason, last year, I finally heard "we HAVE NO OPINIONS on outside issues". What a gift! When I don't have opinions on outside issues (my daughter, my grandson, my son-in-law, my co-workers, your problems etc.) I give up the old "judge, jury and executioner" role I held for so long.

This removes my need to forgive, because I have removed my judgement and determination about what everyone else SHOULD OR SHOULD NOT be doing and saying. Applying this tradition to my personal recovery ensures my focus on my own life, my relationship with my Higher Power and how I can treat all of God's kids with the grace, dignity & respect that they deserve.

--Michelle M.

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!
Send your contributions,
concerns, comments and
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, Nov. 17th @ 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