



THE RAP

Reaching Al-Anon People

May/June 2016

The Al-Anon/Alateen Newsletter of the Delaware Valley

Step Six

Were entirely ready to have God remove all these defects of character.

Tradition Six

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

Concept Six

The Conference acknowledges the primary administrative responsibility of the Trustees.

Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Understanding Step Six

I just finished my freshman year! Not at college, but in Al-Anon. I couldn't resist using this reference, since, not only is it the time of year when many are completing a year of school, but because it lets everyone reading this know I'm sort of a newbie.

I entered this program last May, sooooo sad and lost and hurt and exhausted—you get the picture—miserable, and looking for anything that could help me figure out how my life with our daughter could have gotten so bad. I had heard a bit about the program in the past, but never thought I qualified to come. I had seen for myself the healing effects of this, and other 12 step programs, in a close friend and some family members, so finally, desperate, I took the encouragement of a loved one and came to a meeting. (Hmm, God at work, and I finally listened.) I was so genuinely welcomed and cared about...I couldn't believe the feeling! I got the beginner's literature, and like I do in all things, I quickly jumped at it and read pamphlets, bought books, etc! I couldn't wait to be done with the pain and skip ahead to this intangible "Serenity". I thought that the quicker I read and got through the steps, (completely disregarding the traditions, concepts, sponsors and sheer time) the quicker I'd be able to exhale and all would be good. I'd be "Serene".

You may already be laughing at this, or maybe you can relate in some way. In any case, this month's Step is #6: "Were entirely ready to have God remove these defects of character." Truthfully, it's the first time I'm really considering what it means and how involved it is. Last June I read it quickly and thought to myself "of course I'm entirely ready to have God remove my defects! Isn't everyone?!" No brainer! "Yes, I'm ready, let's go!" A year later, thanks to a member of my home meeting asking for a contributor to this month's RAP, I have read and thought and prayed a little on Step 6. I'm beginning to see how much more is involved. The list of character defects we make in step 5 is not a done deal, but a living document. Therefore, I think Step 6 might be acknowledging each character defect as we discover it, and then patiently thinking, reading and praying on it so that in time we'll be "entirely ready" ...maybe one defect at a time...to have God remove it.

That's where I am today. In closing, I'll say, thanks to a passage in Paths to Recovery (pg. 67-68), I learned the great "P's" of Step 6—Perspective, Pain, Prayer, Patience, Process and Pay-Off. These words have helped me understand the depth of this step and have given me a lot of food for thought. I hope they can help others too.

Gratefully,

Bobbi

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

AISDV Family Picnic & Fundraiser

Belmont Grove in Beautiful
Fairmount Park!
Site #2

**Sunday July 17th 2016
12:00 to 4:30**

Food, Fun and Fellowship!
Cost is \$25 for Adults
\$10 for Children (13 and under)

Mail Checks to AISDV/4021
Walnut St/Phila, PA 19104

**For any questions or to join
the committee, contact Janeal
@ 215-571-9458**

7th Annual Al-Anon Family Groups Spanish Convention

*Cuando Estoy Ocupado
Me Siento Mejor*

June 24th to 26th 2016

St. Mary's Abbey
Retreat House
230 Medham Road
Morristown, NJ 07960

For More Information Contact
Nora at:
intergrupolatinonj@gmail.com

District 19 Picnic

Sunday July 17th 2016
1:00 PM to 5:00 PM

Food, Fun and Fellowship!

Hamburgers and Hot Dogs
Included

Dessert Donations Accepted

AA and Al-Anon Speakers!

Core Creek Park Pavillion
7 Tollgate Road
Langhorne, PA

New Meeting! Young Adults AFG of University City

**A Brand New Meeting for Young
Adults and Those Transitioning from
Alateen to Al-Anon**

Saturdays @ 5:00pm
4021 Walnut Street, 3rd Floor
Philadelphia, PA

All Ages Welcome!

The Annual PA Assembly State Business Meeting for Group Representatives

***Harrisburg Hilton
August 19-21, 2016***

Registration Deadline: July 19th

***Make sure your group has
representation at this important
business meeting!***

Want to Do Some Important Service Work?

*Al-Anon Members Needed to
Chaperone Alateen Events!*

Contact Sue at alateen@aisdv.org
for details!

Tell her you want to become an AMIAS*
*Al-Anon Member Involved in
Alateen Service

***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

Upcoming Anniversaries and Special Meetings

*Speakers, Fun, Food and
Fellowship!*

Glenside Paths to Recovery 16th Anniversary

Lighthouse Fellowship United Methodist
Church/Meeting in Library
(Enter through rear parking lot)
137 N. Easton Road, Glenside
Wednesday, June 15th 7:00 pm

Bensalem Men's 24th Anniversary

Shanahan Hall @ Livengrin Rehab
4833 Hulmeville Road, Bensalem
Monday, June 20th 7:30 pm

Hope Family Group 39th Anniversary

Regina Nursing Center
550 E. Fornance Street, Norristown
Wednesday, June 22nd 7:00 pm

Just for Today Saturday Afternoon

AFG 34th Anniversary

Jane's Memorial Church
Thelma Nichols Building
57 E. Haines Street, Philadelphia
Saturday, June 25th 1:00 pm

Monday Morning Miracle AFG 3rd Anniversary

Trinity Reformed UCC
60 N. Hanover Street, Pottstown
Monday, June 27th 11:00 am

***"Ardmore Meeting with
Babysitting" has changed its
time and location!***

It now meets at:

**Memorial Church of God in Christ
747 Buck Lane
Haverford, PA 19041
Thursdays @ 11:30**

Exploring Concept Six

*The Conference acknowledges the primary administrative
responsibility of the Trustees.*

Before Al-Anon, I always felt that when my significant other ran the vacuum, I had to run it again, because it would not be done to my liking. Still, after many years in Al-Anon, I am taking the reins on certain things that I don't feel happen fast enough. In Al-Anon, it takes the commitment of each individual working together to achieve the desired goal. Most intergroups are managed by trusted servants of the districts they serve. They are elected by members of Al-Anon to meet on a regular basis to assure the groups that the business of paying rent and other bills, public outreach and Alateen, duties are carried in a timely manner.

Concept 6 helps me understand the importance of trust, communication and "staying on my own side of the street". Recently, my husband has been very sick, and I feel he isn't pro-active enough in his own healthcare. My screaming at my husband does not get him to take care of himself. It only frustrates me, and he, in turn, ignores me. Furthermore, in trying to take care of him, I ignore my own responsibilities. I ignore myself and don't get done what I need to do for me. For example, I am really fed up with my disorganization in my office space. Recently, it occurred to me that I can hire someone to help me organize and throw out things. By hiring someone, I am getting my house in order and giving someone an opportunity for work. In this way, I am taking care of my own needs and allowing my husband to take care of his. This requires trust in a higher power and the willingness to turn over the reins of control. It is only with the guidance of Al-Anon that I have been able to start to do this in my life.

Sue D.

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 Mary D,
Sue D, Bobbi and the
Eddystone Saturday
Serenity group for making
this issue possible!!!

Tradition Six

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

Tradition Six reminds me that whenever a group's discussion goes off track and becomes dominated by outside issues, it robs individual members of their meeting time and recovery from the effects of someone else's drinking. I look forward to my "hour of power". This meeting has become the foundation of my program. I rely on it to help me recharge my batteries. It helps keep the focus on myself and my own recovery. While outside causes may deserve merit, in my opinion, they really don't belong in the Al-Anon rooms. Discussion of such causes and outside interests would erode our foundation. I trust that we are ever mindful of maintaining the spiritual aim of this program, to help families and friends of alcoholics recover from the effects of someone else's drinking...period.

We need to preserve the integrity of the program, while also cooperating with AA. Every 5th Saturday we have a double speaker meeting at my group. We have an Al-Anon speaker as well as an AA speaker. These meetings are special to me and an important part of my recovery. I find it very helpful to hear the experience, strength and hope the AA members bring from their program. It is a reminder that they struggle and have to work their program too, every day. I firmly believe that any outside issues, causes, political or religious views need to be kept outside the rooms. Outside the rooms, we are free to endorse anything and everything our hearts desire.

In my home, I work my program to the best of my ability, some days better than others, and trust that my qualifier is doing the same with his program. I used to collect t-shirts and have many advertising my company, charities and causes. However, I never wear these t-shirts to the meetings. In these rooms, I am just "me", a member of this wonderful world-wide fellowship. I am working on my recovery from the effects of someone else's drinking. I count on giving and receiving support in these rooms, finding serenity and living a better life—just like you.

--Mary D.

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)

Need Directories???

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

Get Involved!!!

The next AISDV
Meeting is
Thurs, July 21st
@ 7:30
The Reformed Church
of the Ascension
1700 W. Main Street
Norristown, PA

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

Go to aisdv.org and
click on Meetings