



THE RAP

Reaching Al-Anon People

September 2016

The Al-Anon/Alateen Newsletter of the Delaware Valley

Step 9

Made direct amends to such people whenever possible, except when to do so would injure them or others.

Tradition 9

Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9

Good personal leadership at all service levels is a necessity. In the field of world service, the Board of Trustees assumes the primary leadership.

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.

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Progress

As a child I felt I could do nothing right. My father was impatient and critical. I thought, "When I'm grown up, I'll get it right." My father's parenting style was to point out everything that I did wrong, and nothing that I did right. I believe he thought he was helping me become a better person. Of course I never got everything right, but it didn't stop me from trying. I demanded too much of myself in striving for my father's approval. This determination carried over into my roles as a wife, a mother, and an employee.

When I came to Al Anon, I heard many foreign slogans and sayings: "Easy Does It, Let Go and Let God, Expectations are resentments waiting to happen, Progress not Perfection, and Put your oxygen mask on yourself first." They were perplexing. But I knew there had to be a better way to live, so I kept an open mind, listened at meetings, read conference approved literature, and eventually found a sponsor.

Once I realized I was expecting too much of myself, I eased up, threw away my lists, and became less pushy. I renounced my endeavors to be perfect. My change in attitude allowed me to forgive myself for my shortcomings. Then it became easier to let go of my expectations of others, and I was also able to forgive them for being human. It was a relief to begin making different choices in my life.

This domino affect led me to find serenity, and my peace of mind and happiness continued to escalate. My faith in Al Anon also increased, and I began to understand that my old slogans, such as "Where there's a will there's a way," no longer served me. I recognized that I and others each have our own Higher Power, and I'm not it. My Higher Power started as Al Anon, and now it's something more.

Keep Coming Back.

Shelley H.

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

Fall Into Serenity
2nd Annual Al-Anon Step
Study Weekend
Co-Sponsored by Districts 3 and 20

Friday, September 30th 2016
5:15 to 9:00 PM
Steps 1 and 2
Alateen Hot Dog Fundraiser

Saturday, October 1st 2016
8:00 AM to 5:30 PM
8:30-12 noon Steps 3- 9
12-1:30 Lunch w. Alateen Panel
1:30-5:30 Steps 10, 11, and 12
AA, Alateen and Al-Anon Speakers!

Register Now!

afgstepstudyweekend.com

Register Online or Mail In:
http://aisdv.org/flyers/AFG_2ndAnnual_Flyer2016_revised7_6_2016.pdf

Cost is \$40—Full/Partial
Scholarships Available
Event Limited to 300 Attendees

St. Cyril's Church
1410 Almshouse Road
Jamison, PA 18929

Continental Lunch provided—no
dinner—Unable to accommodate
special dietary restrictions.
Handicapped Accessible

District 1 Workshop
Serenity Through Recovery

St. Thomas Aquinas Rec Center
1719 Morris Street, Philadelphia

Saturday, September 17th 2016
9:00 AM to 1:00 PM

*\$5 Donation-Don't Stay Away if You
Can't Pay!*

Three Workshops Held
Refreshments Available
Breakfast Donations Welcome!

For any questions, contact
Cindy @ 215-543-9344 or
Madeline @ 302-377-1370

Join the Fundraising
Committee for AISDV!

Al-Anon Info. Service of the Del. Valley

Get Involved with the Fall
Dinner-Dance!!!

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

Contact Janeal at:
215-571-9458 or
janeal215@gmail.com

Al-Anon TEAM Event
Learn About Service in the
Al-Anon Program
Together Empowering Al-Anon Members

Workshops from the
World Service Office on
Leadership, Public
Outreach and Sponsorship!

*Meet WSO Board Members and
Leaders from the PA Area!*

*Expand your knowledge of the
worldwide fellowship of Al-Anon!*

For more information or to
register go to:

<http://pa-al-anon.org/events/keystones-of-recovery/>

Comfort Suites Hotel
10 South Hanover Street
Carlisle, PA 17013
Saturday, September 24th 2016
8:30 AM to 4:30 PM

Cost is \$25
Lunch is Provided

*Special Group Rates Available at the
Hotel*

**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

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

Hope and Serenity Anniversary

Babysitting and Light Refreshments
Davisville Baptist Church
325 Street Road, Southampton
Friday, September 16th 7:30 pm

Friday Night South Philly AFG 56th Anniversary

South Philly AA Clubhouse
1605 E. Moyamensing Avenue, Phila.
Friday, September 16th 7:00 PM

Abington AFG 14th Anniversary

Bring a Sweater; Room is Cold!
Abington Hospital, Lenfest Building
Conf Room P and G, Ground Floor
1200 Old York Road, Abington
Sunday, September 18th 6:30 PM

Parkside AFG 57th Anniversary

Food Donations Welcome!
Calvary United Methodist Church
48th Street and Baltimore Avenue, Phila
Saturday, September 24th 3:00 PM

District 20-Just For Today 35th Ann

Salem United Church of Christ
188 E. Court Street, Doylestown
Wednesday, September 28th 6:30 PM

Glenside-Willow Grove 57th Ann

St. Peter's Episcopal Church
654 N Easton Road, Glenside
Monday, October 10th 8:00 PM

Thursday Night PEACE 2nd Anniversary Potluck

Bring a Small Salad, Main Course or
Dessert to Share or Just Bring Yourself
The Church of St. Martin-in-the-Fields
8000 St. Martins Lane, Phila
Thursday, October 13th 7:00 PM

Ease My Days

"Easy does it," says my sponsor, when she hugs me good-by after a meeting, or leaves a voice mail or a text message on my cell phone. The slogan reminds me to take the Al-Anon Pause, another saying I have heard in Al-Anon meetings. "Easy does it" reminds me to slow down and take a breath. It helps me stop and reflect especially important for busy days when I ease higher power out of the way replacing it with my way. "Easy does it" reminds me to think and ask myself, "Who really is in charge?" Then I pause and reflect on the 12 Step program and think about one of my favorite steps—Step 3; I made a decision to turn my will and life over to the care of God. "Easy does it" strengthens that decision and tests my faith challenging me to let-go to a higher power of my understanding and listen to the direction and guidance I seek. Meditation and prayer ease the way something I practice daily to grow spiritually and psychologically stronger. "Easy does it" reminds me to be patient, things will work out; my loved ones are in the hands of a higher power something greater than me. "Easy does it" cues me to relax and to surrender reminding me that activities can be approached in a gentler softer way.

"Easy does it" does indeed ease my days.

-Anonymous

Volunteers Needed for the Following Positons 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

AI-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 Shelly H., my anonymous author and all your personal support for making this issue possible!!!

Feeling—How Important Is It?

Before I came to AI Anon, I didn't feel. I couldn't identify my feelings. I had sublimated my feelings in order to function, but I wasn't living. I didn't think that *my* feelings were important.

Through the safety and understanding of AI Anon meetings and members, and through the Conference Approved Literature, I learned why I wasn't happy, that I had other choices and that my feelings were valid.

I was so used to pretending and accepting the "shoulds" and the "had to's" in my life, and listening to others tell me how to live, that I lost myself, lost what was important to me, and lost my ability to feel.

Today, I realize the importance of taking care of myself, and making time to pursue activities that feed my soul and make me happy, and the importance of identifying, acknowledging, and voicing my feelings without fear.

Initially, I held back at AI Anon meetings and didn't share. Then a member said "How will we get to know you if you don't share?" With her encouragement, I took the leap. By sharing in AI Anon meetings I made friends, gained confidence in the validity of my feelings, and eventually learned to share outside of the meetings. As a result, I've dropped my façade, made friends and have honest, intimate, rewarding relationships with them, my husband and my children. I am happy with my life for the first time in years and am happy with the life I am modeling. I am a most grateful member of AI Anon.

Together we can make it.

-Shelly H.

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
Meetings are:
Thurs, Sept 15th and
Thurs, Nov. 17th @ 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