



THE RAP

Reaching Al-Anon People

February/March 2017

The Al-Anon/Alateen Newsletter of the Delaware Valley

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

Concept Two

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

Step Three

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

Tradition Three

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

Concept Three

The right of decision makes effective leadership possible.

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Working Step 2

Came to believe that a power greater than myself could restore me to sanity.

Coming into Al-Anon and hearing this step read over and over again was eye opening. I knew God, but I only knew him as a punisher. He was not only greater than me—I feared his wrath. So telling me he could restore me to sanity didn't help at first. Instead, it angered me. I was not insane! I believed the lie that I told myself—everything was fine. If my qualifier would just listen to me, and allow me to shape our lives, everything would be just great.

Believing that lie that I told myself, and others like it, was the beginning of my insane thinking. I believed that he was Prince Charming, and I was Cinderella. Yet, both were not true. It took many twenty-four hours and a lot of step work to get me to see who the problem was. ME! I needed a power greater than myself, and I needed that power to restore my thinking back to center.

You see, I am worthy of God's love and care, but I had to surrender my need to control everything first. Once, I stopped with all the scenarios of what I thought life should be, it left room for my higher power to show up and teach me about me, and Him. To teach me how to sanely relate to his other children. And to teach me how to receive, give and appreciate love.

Submitted by
Naima D.
West Philly AFG

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Al-Anon Information Service of the Delaware Valley

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AL-ANON NEWS AND EVENTS

Al-Anon's 45th Annual PA Area Convention

"Carry the Message"

Fri, June 2nd to Sun June 4th, 2017
@ Susquehanna University
in Selinsgrove, PA

*Workshops! Speakers! Raffles!
Meetings! Dancing! Fellowship!*

Meet new people from across the state!

Workshop Topics:

Carrying the Message: The 12th Step ♣
Prayer and Meditation: Inner connection ♣
When I Got Busy, I Got Better ♣ Letting Go
of Forcing Solutions ♣ Living the Traditions
♣ Self-Acceptance ♣ Writing: Experience,
Strength & Hope ♣ Forgiveness

**Please download, print and distribute this
Registration Flyer to your group!**

[http://aisdv.org/flyers/45thPAAFGflyerregi-
stration.pdf](http://aisdv.org/flyers/45thPAAFGflyerregistration.pdf)

For more information or to register, go to:
<https://pa-al-anon.org>

Registration Opens March 1st

\$135 per person for Double Occupancy
Room, Four meals and Registration

For answers to your questions, e-mail
penna.alanon.convention@gmail.com
or call 717-745-5204

29th Annual Spiritual Day of Renewal

Saturday, March 11, 2017

9:00 am- 3:00 pm

Green Hill Presbyterian Church
3112 Kennett Pike, Wilmington DE

Introduction • Spiritual Stretching • Step
3 Workshop and Sharing • Recovery
Music • Step 7 Workshop and Sharing •
Meditation • Step 11 Workshop and
Sharing • Closing and the Circle of Light

Everyone in the recovering community is
welcome! Come for all or part of the day.
Each workshop is a complete meeting!

Bring a snack to share and your lunch.
Coffee, tea, and ice provided.

Please print and distribute this flyer to your group:
[http://aisdv.org/flyers/SpiritualDayFlyerMarch20171
.pdf](http://aisdv.org/flyers/SpiritualDayFlyerMarch20171.pdf)

Interim Service Seminar PA Southeast Sector

***Meet Area World Service Committee
(AWSC) members and members from
other Districts as well as your own.***

All Saints Episcopal Church
9601 Frankford Avenue, Philadelphia
Saturday, May 6th 8:30 am to 3 pm

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

**Volunteers Needed to Help
Plan the Day**

Step up to Service!

Planning Meetings

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**

***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 Anniversaries and Special Meetings

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

Northeast Al-Anon's 64th Anniversary

Nazareth Hospital, Marian Hall
2601 Holme Ave (at Roosevelt Blvd.), Phila
Thursday, March 9th @ 7:30 PM

<http://aisdv.org/flyers/2017NortheastAnniversaryflyer.pdf>

Haverford Lunchtime Ann. Celebration

Church of God in Christ
747 Buck Lane Haverford, PA
Thursday, March 16th @ 11:30 AM
Flyer: <http://aisdv.org/flyers/HaverfordLunchtimewithChildcareanniversaryflyer.pdf>

Royersford Anniversary Meeting

Church of Nazarene
445 Washington Street, Royersford, PA
Thursday, March 16th @ 7:00 PM
Flyer: <http://aisdv.org/flyers/RoyersfordAnniv2017Flyer.pdf>

Rosetree Media Anniversary Meeting

Reformation Lutheran Church
102 W. Rosetree Rd. Media, PA
Monday, March 27th @ 7:00 PM

God As I Understand Him Candlelight Meeting Bucks County AFGAC

Our Lady of Good Counsel Church
611 Knowles Ave @2nd Street Pk, Southampton
Thursday, March 30th @ 7:00 PM
<http://aisdv.org/flyers/ACOAflyer.pdf>

Sunday Nighters 40th Anniversary Meeting

Grace Epiphany Church
Gowen and Ardleigh Streets, Philadelphia
Sunday, April 2nd @ 6:00 PM
<http://aisdv.org/flyers/SundayNighters40thAnniversaryPDF.pdf>

One Authority—A Loving God

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

When I accepted my first service position of Group Representative, I was still very new to the fellowship, and still living in an alcoholic home. I approached the position just like I approached everything with my qualifiers. I was in charge, because I knew best. It was no surprise that I was quickly unhappy and dissatisfied with this new role. I couldn't understand, when I brought ideas to the group, why they didn't just accept them with open arms. I had countless discussions with my sponsor about what I thought was wrong with the group, and why they should be able to see that my way was the best way. I mean, "They gave me this position! Surely, that meant they wanted me to be in charge and run the show." I wanted her to agree with me about how messed up THEY were, but all she ever said was, "What part did you play?"

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Strengthen Your Recovery Through Service!

Do You Want to Speak at the Women's Prison?

This is a great opportunity for service and to carry the message to those who most need it!

Would your group like to donate literature or money for literature?

Contact Dawn at district1dawn@verizon.net for more info.

Spread the Message of Recovery to the Delaware Valley!

Are You Creative and Passionate about Al-Anon?

Join the Fundraising Committee of AISDV

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

Does Your Group Have an Information Service Rep (ISR)?

You Might Be Missing Out on Some Great Opportunities to Spread the Message!

ISRs attend six meetings a year and bring information back to their group.

Contact chair@aisdv.org for more info or just show up at the next AISDV Meeting—see pg 4 for details!

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 St Phila, PA 19104
or go to aisdv.org and click on
Contact Us/Donate

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 Naima and
Janeal for making this month's
issue possible! Check out the
Metro on Mondays for our
Public Outreach ad running
through April!

One Authority—A Loving God

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Thankfully, I was working the steps, but, in spite of that, I still couldn't find a solution to my problem. Then, I stumbled upon Tradition 2. It said, *"For our group purpose, there is but one authority—a loving God"* ...not me and my know-it-all self! *"...Our leaders are but trusted servants—they do not govern."* Wait, you mean, I was not in this position to govern the group?! What a shocker that was.

When I was able to digest that, and get honest with myself, I started to understand that the real problem wasn't the group—it was me, and my need for control. I was able to understand, and most importantly, accept, that I was just a trusted servant—I did not govern! When I began to accept and apply Tradition 2 to my position, I could actually enjoy service. I did not have to approach the group as I had approached the alcoholic—as someone to control or govern, because I felt that they were incapable of governing themselves. As a result, my relationship with my group improved. Things were less stressful for me, because I no longer believed that I was responsible for the entire group. That responsibility rightfully belonged, and still belongs, to our Higher Power as He expresses Himself through our group conscience.

Al-Anon has given me so many valuable lessons, and service has helped me grow in ways I never even knew I needed. For that, I'll be forever thankful.

Janeal 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
Meeting is:
Thurs, March 16th @ 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