



# THE RAP

March 2019

*Reaching Al-Anon People*

*The Al-Anon/Alateen Newsletter of the Delaware Valley*

## Step One

We admitted we were powerless over alcohol – that our lives had become unmanageable.

## Tradition One

Our common welfare should come first; personal progress for the greatest number depends on unity.

## Concept One

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

## 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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## *The RAP Awareness & Participation*

My goal as the new RAP editor is to increase awareness about the newsletter. You can subscribe to the RAP for it to be delivered to your inbox by emailing [rap@aisdv.org](mailto:rap@aisdv.org); you can find the latest RAP on the [aisdv.org](http://aisdv.org) website under "Publications", as well as archives of past editions; and finally, a physical copy can be arranged if requested from your GR. Please take a moment to announce the RAP availability at your next meeting!

My second goal is to increase participation from all our wonderful members. We all have experience, strength, and hope to share. Each issue will feature information and contributions on various topics, hopefully submitted by you! The next issue will focus on steps, traditions, and concepts 4, 5, and 6, but submissions on any topic are welcome!

Consider sharing your personal journey and where you are today, life lessons you've learned, ways in which Al-Anon has helped you, musings on a Step, Tradition, or Concept of Service, Al-Anon tools and resources that have worked for you, etc.

I kicked it off on the next page with some thoughts and ideas that kept coming up for me the last few meetings. Your stories don't have to be perfect or profound; they just need to be about you and from the heart. "It takes courage to write with complete honesty, but finding that courage is a step forward toward recovery for you and those who read your sharing."

To all our current RAP subscribers that have thought about writing, but didn't know what to write and to the hopefully many new readers: here are a few guidelines, adapted from "The Forum Writing Guidelines (F-1)". I am looking forward to hearing from all of you!

- Word count: 300-400 words for one page; 800-1,000 for two pages
- Focus on you and your own story, not your qualifier or someone else's
- Write in the first person singular (I, me, or my)
- Submissions should be Al-Anon related, avoiding outside issues, treatment center or therapy language, religious philosophies, or other Twelve Step Programs
- Observe Al-Anon's Twelve Traditions when sharing
- Have fun with it and/or use it as an outlet for an idea or thought you've been sitting with for awhile

The deadline to submit for the next RAP is April 18th. Send submissions, questions, and suggestions to [rap@aisdv.org](mailto:rap@aisdv.org). "Anonymity is the spiritual foundation of all our Traditions." A google form (link below) has been set up for submissions and may be sent anonymously or with a first name and/or initial.

<https://goo.gl/forms/hPcuedZhEimWHiq22>

Kendra

*A publication of... AISDV*

Al-Anon Information Service of the Delaware Valley

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# AL-ANON NEWS AND EVENTS

## *Districts 4 & 5 2019 Spring Workshop*

*Great Workshops with  
Great Speakers!*

*Don't Miss It!*

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

Saturday, April 6<sup>th</sup>  
8:30 AM to 1:00 PM

**Volunteers Needed to Help  
Plan the Day**

*Step up to Service!*

**Planning Meeting**

Sunday, March 31<sup>st</sup> 2:00-3:30 PM

**Set Up: Friday April 5<sup>th</sup> at  
6:30 PM**

Please print and distribute this flyer to your group:  
<http://aisdv.org/flyers/2019springworkshopflyer5.pdf>

## *Spring into Al-Anon Workshop*

Saturday, March 30<sup>th</sup>  
10:00 am- 2:00 pm  
Old Mill House  
1 Plank Road, Schwenksville, PA

Join District 32 Al-Anon Groups as we work through steps, traditions, and concepts and connect with friends, both new and old. There will be group exercises from the *Reaching for Personal Freedom* workbook.

We encourage you to purchase the books for the workshop. Please let us know if you are interested in purchasing the workbook at the event by calling Bill at 610-733-3352.

Please bring a brown bag lunch.  
\$10.00 suggested donation.

Please print and distribute this flyer to your group:  
<http://aisdv.org/flyers/SpringintoAl-AnonFlyer.pdf>

## *Al-Anon's 47<sup>th</sup> Annual PA State Convention "Recovery Begins with One Step"*

**Fri, May 31 - Sun June 2, 2019**  
@ Susquehanna University  
514 University Ave, Selinsgrove, PA

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

*Meet new people from across the state!*

*More information will be available in the  
spring. Check for updates and register at:  
<https://pa-al-anon.org>*

## *Upcoming District Meetings*

### **District 2**

AA/Al-Anon Clubhouse  
4021 Walnut St, 2<sup>nd</sup> Floor, Philadelphia  
Thursday, March 27<sup>th</sup> 7:00 PM  
Wednesday May 29<sup>th</sup> 7:00 PM

### **District 4**

Ludington Library  
5 S Bryn Mawr Ave, Bryn Mawr, PA  
Thursday, May 23<sup>rd</sup> 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](http://aisdv.org) and click on: Contact Us/Donate

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!

#### **Pennsburgh New Beginnings AFG – 1<sup>st</sup> Anniversary**

St. Mark's Church

81 Main Street, Pennsbuigh, PA  
Thursday, March 28<sup>th</sup> @ 6:00 PM

Flyer: <http://aisdv.org/flyers/AlAnonPENNSBURGAnniv3-28-19.pdf>

#### **Northeast AFG's 66<sup>th</sup> Anniversary**

Nazareth Hospital, Marian Hal

Roosevelt Blvd & Holme Ave, Philadelphia  
Thursday, March 28<sup>th</sup> @ 7:30 PM

Flyer: <http://aisdv.org/flyers/NE66flyer.pdf>

#### **Genesis AFG's 33<sup>rd</sup> Anniversary – D20**

St. Paul's Church

301 No. Main Street, Doylestown, PA  
Monday, April 1<sup>st</sup> @ 7:30 PM

<http://aisdv.org/flyers/Gen33rdAnniversaryFlyer.jpg>

#### **Live & Let Live Anniversary**

Christ Community Church

Riverview & Garret Roads, Drexel Hill, PA  
Tuesday, April 2<sup>nd</sup> @ 6:30 PM

<http://aisdv.org/flyers/DrexelHillAnniv4-2-19.pdf>

#### **Hope for Today 8<sup>th</sup> Anniversary Meeting**

Leverington Presbyterian Church

6301 Ridge Avenue, Philadelphia, PA  
Tuesday, April 16<sup>th</sup> @ 6:30 PM

Flyer:

<http://aisdv.org/flyers/AFG8yearanniversaryflyer.pdf>

#### **Un diaa la vez Spanish Meeting Anniversary Meeting**

St. Thomas Aquinas (school cafeteria)

1719 Morris Street

Saturday, April 20<sup>th</sup> @ 1:00 PM

## Step Work

How insane had I become? I lived with a qualifier at a time before either of us had confronted the effects of growing up in an alcoholic household. Perhaps we both hadn't any sense of sanity for many years without even realizing it. In adulthood, she turned to the drink, while my drug was to over think. I monitored the bottle levels, took pictures, questioned, pried, and sniffed; I even bought a breathalyzer. It was like our relationship and house had turned into a scientific investigation. But all the analyzing in the world could not give me real control over the situation or smoke out deception or the gifted ability to hide alcoholism. Instead, it led me to insanity, the opposite of serenity. The over thinking and analyzing was a stand-in to avoid confronting my own emotions, pain, sadness, and anger I had deep down, which merely feels like control.

While growing up in an alcoholic household, I turned to gathering knowledge and analysis to cope with the insanity around me. The fears and anxiety from living in an unstable and unpredictable environment could be managed if only I knew more, learned more, found solutions, got answers, figured out what was wrong and how it could be better. The intellectual pursuits were an outlet and a means to have hope for my future. I grew into an avid Googler, eager to plunge into the next Wikipedia hole when a new "challenge" came my way. I believed I could just intellectualize myself out of any puzzle put in front of me. If I had the knowledge, I had control. Except that I didn't. All I had was an illusion, a security blanket to smother and hide the negative emotions. It was a false sense of security that blinded me to the truth: my reality was altered, I was emotionally stunted and closed off, and my over-thinking and attempts to take control of situations likely prevented growth and necessary crises from naturally occurring. My life had become increasingly unmanageable.

Within months of us moving into separate homes, a crisis occurred that acted as a catalyst to the qualifier confronting her alcoholism. Once she was doing well, finished rehab, consistently attending meetings, making AA friends that could support her in ways only other alcoholics can, I had a crazy realization: she did not need me to take control of her well-being. She could do that on her own and I could live my own life and take care of my own well-being.

*continued on page 4*

## Strengthen Your Recovery Through Service!

### **Do You Want to Speak at an Institution?**

There are great opportunities for service and to carry the message to those who most need it!

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

See page 6 for a list of institution commitments and how to get involved!

### **Spread the Message of Recovery to Delaware Valley teens!**

Have you been in Al-Anon for at least 2 years and interested in Alateen service?

### **Become an Al-Anon Member Involved in Alateen Service (AMIAS)!**

Contact Diane K. or Diane T.  
[alateen@aisdv.org](mailto:alateen@aisdv.org)

### **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](mailto:chair@aisdv.org) for more info or just show up at the next AISDV Meeting—see page 4 for details!

**Group/Individual Donations**

**World Service Office (WSO)**

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

**PA/State**

Payable to: PA Assembly  
Mail to: Kathy M.  
450 Conestoga Blvd.  
Lancaster, PA 17602

**Al-Anon Information Service of the Delaware Valley (AISDV)**

Payable to/Mail to: AISDV  
4021 Walnut St Phila, PA 19104  
or go to [aisdv.org](http://aisdv.org) and click on Contact Us/Donate

**District**

Payable to: Your District Treasurer  
Mail to: TBD  
Contact your DR for information

**Alateens/NOMAAC, Inc.**

Payable to: NOMAAC, Inc.  
Mail to: Susan C.  
333 Cherry Lane  
Havertown, PA. 19083

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

**Need Directories???**

Contact Eileen K. at [directory@aisdv.org](mailto:directory@aisdv.org) for more information

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

Go to [aisdv.org](http://aisdv.org) and click on "Meetings"

*Step Work*

*continued from page 3*

I had freedom! Then why was my life was still unmanageable? If she was doing well, why wasn't I restored to sanity? Why was my health failing, my work life a mess, and my personal relationships suffering? With my attention now focused on me, my own issues that I had been too easily ignoring were becoming painfully obvious. In addition to her, other people closest to me had been used as a means to avoid my own baggage, which was now bulging at the seams. In her recovery, I was finally able to see my own need for the same. It was then that I remembered about a group called Al-Anon. So I did what I do best. I researched. I collected a list of all the weekday meetings in about a 10 mile radius and made a plan to attend one each night starting the next Monday. I had a perfect plan.

When I went to my first meeting that week, I felt an immediate sense of relief, hearing all the similar stories, and knowing that others would understand my struggles. I felt an overwhelming sense of belonging. I quickly accepted that a Power greater than myself could restore me to sanity, even if that Power was simply the collective sharings and interactions of the group. After nearly eighteen months of attending meetings, I have accepted there is no perfect plan to my recovery. I still rely heavily on research and constantly seeking answers to the many ongoing crises in my life. However, I also sometimes remember that even with all the research and courage to change the things I can, there will be things I cannot change and I can accept them. I often struggle with the wisdom to know the difference and every day is a challenge to practice step three: "Made a decision to turn our will and our lives over to the care of god, as we understood him."

Each day is a new opportunity to practice stopping once I've gathered all the facts. To take a breath, pray to my higher power, and meditate on whether the facts need to be acted upon. I have Al-Anon resources to help me determine if the knowledge is my higher power's will or whether it's my will leading me back down the road to insanity.

*Kendra*

**Write for The Rap!**

It's your newsletter!

Send your contributions, concerns, comments and event notifications to:

[rap@aisdv.org](mailto:rap@aisdv.org)

or submit online:

<https://goo.gl/forms/hPcuedZhEimWHiq22>

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, May 16<sup>th</sup> @ 7:30

The Reformed Church of the Ascension

1700 W. Main Street  
Norristown, PA

All are Welcome!



## Find a Beginners' Meeting Near You

<p><b>Monday 12:00 PM</b>  <b>DOWNTOWN LUNCHTIMER'S</b>          Philly Improv Theatre          2030 Sansom St, Philadelphia 19103          Rehearsal Room A, 2nd Floor</p>	<p><b>Wednesday 7:30 PM</b>  <b>WEDNESDAY BEGINNERS AFG CENTER CITY</b>          Trinity Episcopal Church          22nd &amp; Spruce Street, Philadelphia 19103</p>
<p><b>Monday 7:00-7:45 PM</b>  <b>MALVERN LINE ROAD AFG</b>          Christ Memorial Lutheran Church          89 Line Road, Malvern 19355</p>	<p><b>Wednesday 7:00 PM</b>  <b>PHOENIXVILLE COURAGE TO CHANGE AFG</b>          St. John's Lutheran Church          355 St. John's Circle, Phoenixville 19460</p>
<p><b>Monday 7:00 PM</b>  <b>ROSETREE MEDIA</b>          Reformation Lutheran Church          102 West Rose Tree Road, Media 19063          Alice Thompson room - above regular meeting room</p>	<p><b>Wednesday 8:30 PM</b>  <b>BRYN MAWR BEGINNERS</b>          Bryn Mawr Community Center          9 South Bryn Mawr Ave, Bryn Mawr 19010          Building behind library          Starting 4/3/19, new time is 8:00 PM</p>
<p><b>Monday 7:30 PM</b>  <b>GENESIS AFGAC (Adult Children Meeting)</b>          St. Paul's Lutheran Church          211 N. Main Street, Doylestown 18901          Enter on Spruce St. parish building</p>	<p><b>Thursday 7:30 PM</b>  <b>FIRST STEP</b>          Livengrin Rehab. - Community Center          4833 Hulmeville Road, Bensalem 19020</p>
<p><b>Tuesday 6:00 pm</b>  <b>MALVERN CENTER BEGINNERS' AFG</b>          225 Lancaster Ave, Malvern 19355          Lincoln Court Shopping Center behind REVive</p>	<p><b>Thursday 7:30 PM</b>  <b>CLIVEDEN/WISTER</b>          St. Peter's Lutheran Church          74th Avenue &amp; Briar Road, Philadelphia 19138</p>
<p><b>Tuesday 6:30 PM</b>  <b>SERENITY TUESDAY AFG</b>          Holy Trinity Episcopal Church          212 S High St, West Chester 19382</p>	<p><b>Thursday 8:00 PM</b>  <b>PAOLI AFG</b>          Church of the Good Samaritan          212 Lancaster Ave, Paoli 19301</p>
<p><b>Tuesday 7:00-8:30 PM</b>  <b>WARMINSTER'S BEGINNERS</b>          Abington Memorial Health Center          225 Newtown Road, Warminster 18974          1st Floor Main Meeting Room</p>	<p><b>Friday 8:00 PM</b>  <b>AMBLER</b>          Upper Dublin Lutheran Church          Butler Pike &amp; Susquehanna Rd, Ambler 19002</p>
<p><b>Wednesday 7:00 PM</b>  <b>FRESH START AFG</b>          All Saints Episcopal Church          1811 Loney St, Philadelphia 19111          1st Wed. of month, Beginners Mtg.</p>	<p><b>Saturday 7:30 PM</b>  <b>HAVERTOWN/SATURDAY NIGHT</b>          Union Methodist Church          200 Brookline Boulevard, Havertown 19083</p>

*Last updated March 12, 2019. For the most updated meetings, check the "Meetings" page at [www.AISDV.org](http://www.AISDV.org)*

## Outreach to Institutions

Public Outreach **informs** the general public through the media, professionals, facilities, and organizations about who we are, what we do, and how to get in touch with us. Our goal is to **attract** to our program those whose lives are or have been affected by someone else’s drinking, so that those who need our program can find the help and hope we offer. We also strive for name recognition and credibility as a community resource.

AISDV Public Outreach initiatives share information about the help and hope available in Al-Anon/Alateen with people suffering from the family disease of alcoholism, with professionals including counselors, educators and clergy, with the media, and with members of the general public.

Al-Anon/Alateen members regularly bring information about our 12 step program of recovery to the family programs at local rehabs and treatment centers. Current institution commitments include:

<p><b>Bowling Green Brandywine Institution</b>                  Comprehensive Addiction Treatment Center                  1375 Newark Road                  Kennett Square, PA 19312                  Sundays 10:30 to 11 am                  Contact D7 DR</p>	<p><b>Girard Medical Center</b>                  8th St and Girard Avenue                  Philadelphia, PA 19122                  1st and 3rd Sundays 1 - 2 pm</p>
<p><b>Malvern Institute</b>                  940 W King Rd                  Malvern PA 19355                  Contact D7 DR</p>	<p><b>Malvern Institute</b>                  240 Fitzwatertown Rd                  Willow Grove Pa 19090                  Al-Anon Intergroup District 3 staff                  the meeting with Al-Anon volunteers</p>
<p><b>Mirmont Treatment Center</b>                  100 Yearsley Mill Road                  Lima, PA 19063                  2nd and 4th Saturdays, 1:50-3 pm                  Contact D5 DR</p>	<p><b>Recovery Centers of America</b>                  235 Lancaster Ave, Devon, PA 19333                  Wednesday night, 7:15 p.m. - 8:15 p.m.                  More info: <a href="#">InstitutionAl-AnonMeeting.pdf</a></p>

If you or your group may be interested in participating in this important service opportunity, contact the Institutions Coordinator for more information at [institutions@aisdv.org](mailto:institutions@aisdv.org)

## Additional Alateen Contacts

There was information at the bottom of page three on how to get involved with Alateen at the local (AISDV) level. For Pennsylvania state Alateen information, please contact the following:

Alateen Process Person (APP): Dawn T. at [alateenpp@pa-al-anon.org](mailto:alateenpp@pa-al-anon.org)  
 Alateen Coordinator: Alex L. at [alateen@pa-al-anon.org](mailto:alateen@pa-al-anon.org)