



# RAP

Reaching Al-Anon People

AUGUST 2023

A newsletter of the Al-Anon Information Service of the Delaware Valley (AISDV). Serving parts of Berks, Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties.

AISDV, 4021 Walnut St., Philadelphia, PA 19104

215-222-5244, [aisdv.org](http://aisdv.org)

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## Find meetings and calendar of events at [aisdv.org](http://aisdv.org)

Best Wishes to First Things First AFG in New Britain PA celebrating 31 years!

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### Coming Up

Aug 17: AISDV Steering Committee Meeting (for AISDV Officers & Coordinators, and Alternate District Representatives)

Aug 18-20: Pennsylvania Area Assembly (only GRs vote at these meetings)

Sept 16: BBQ/speakers, District 31, 12:00-4:30, West Lawn, PA

Sept 17: BBQ/speakers, District 19, 12:30-3:30, Bristol, PA

Sept 21: AISDV Service Board Meeting (for AISDV Officers & Coordinators, and ISRs; only ISRs vote at these meetings)

AISDV is in need of a Public Outreach Coordinator to help carry the message of hope to persons who have been affected by the family disease of alcoholism. Are you feeling called to service? Call 215-222-5244.

### ***Thank You Trusted Servants At Assembly August 18-20***

Much is expected of our Group Representatives (GRs) as they listen, evaluate, and make decisions on their group's behalf at Assembly. This year is an election year. GRs who have been convening together for the last 3 years will elect a new slate of State Officers and a new Delegate to the World Service Conference. The September RAP will have the names of those elected.

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***Debbie R from Philadelphia shares:*** *I am so grateful that I was able to attend Al-Anon's 2023 International Convention. I registered early and began to plan my journey very thoughtfully. I was very concerned about the kind of airline mishaps that occurred last summer that caused people to be delayed or to even have their trips cancelled. So, I planned to take a road trip instead and even purchased a new car to travel in. Alas, that plan didn't work out. Now, I have real challenges with procrastination and with being cheap. While I hemmed and hawed, I missed deadlines. Then while waiting for the best deals and the lowest rates on airfare and hotels, I found myself about 10 days out before the International without hotel or travel arrangements. I didn't have*

*sense enough to be worried and somehow knew that things would work out, and they did. I found a great route and airfare to Albuquerque and while en route to Albuquerque an Al-Anon friend called to offer me an opportunity to room with her and her roommate after a third roommate was unable to come. The Higher Power was thoroughly infused in my journey. What started out as an isolator's delight turned into an Al-Anon love fest as I stayed close to my Al-Anon Family throughout and even after the International was over. During my planning stage, I wrote "don't panic," however "have faith" would have been a much more appropriate perspective. Using Al-Anon's legacies while exercising my faith muscle = my recovery soaring to new heights!!!!*

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**Charlie U, an Alateen Member, shares:** The first thing people ask when they're talking to an Alateen is, "What is NOMAAC all about?" NOMAAC is the Northern Mid-Atlantic Alateen Assembly & Conference. Teens normally answer: fellowship, friends, or recovery. All are correct, but I feel like the biggest answer is one that no one talks about. NOMAAC is about love. The love that we feel for each other. The love that the NOMAAC Board puts into planning and running it. The love that goes into each meeting and workshop. Without love there would be no fellowship, friends, or recovery work. The love that we feel and share is the driving force of NOMAAC and especially Alateen.

Every year, more and more amazing people go to NOMAAC. They go because it sounds fun, or it's a weekend away, a weekend of peace. Those teens leave NOMAAC with an even bigger family than they came in with. It may only be three days a year, but the teens are able to break down so many walls and let people in. They leave no longer feelings alone, worthless, ignored, and unloved. Here they find the love that they need to push through those feelings and horrible thoughts. Every Alateen knows that they are safe to share everything that is weighing them down. They can guarantee that their thoughts and feelings wouldn't be used against them, which is something that could possibly happen a lot in their home lives. NOMAAC is where the love is. It's where teens can go to be themselves. NOMAAC is their safe space and it's my safe space. I wish these feelings could last all year.

The NOMAAC Board is extremely grateful to AISDV for paying for the bus to bring Alateens in AISDV service area to NOMAAC! It means the world to us to have this support and love from AISDV. **Charlie U, NOMAAC Board 2023**

### **THIS MONTH'S STEP, TRADITION, AND CONCEPT**

**Step 8** Made a list of all persons we had harmed, and became willing to make amends to them all.

**Tradition 8** Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

**Concept 8** The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

**CONTACT US** <http://aisdv.org/contact.html>

**AISDV Officers**

Chair - Debbie R  
Treasurer - Eric C  
Assistant Treasurer - Joanne G  
Secretary - Claudia W

**RAP Editor**

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