



# RAP

Reaching Al-Anon People

NOVEMBER 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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**Affected by someone's drinking? Find an Al-Anon meeting at [aisdv.org](http://aisdv.org).**

### PRIMARY PURPOSE OF AISDV

*To help families and friends of alcoholics in our service area by sharing experience, strength and hope. We are a service arm of the Al-Anon World Wide Fellowship and the Pennsylvania Area Al-Anon Assembly.*

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### COMING UP

**Nov 10-12:** Pennsylvania Area World Service Committee Meeting. For all District Representatives (DR), Area Assembly Officers and Coordinators, and Pennsylvania Delegate and Alternate Delegate.

**Nov 16:** AISDV Service Board Meeting. For AISDV Officers & Coordinators, and Information Service Representatives (ISR). Nominations & elections at this meeting. Positions: Chair & Assistant Chair, Treasurer & Assistant Treasurer, Secretary & Assistant Secretary.

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### AL-ANON FAMILY GROUP ANNIVERSARIES - BEST WISHES!

- BROAD STREET MEN'S AFG, 1 YEAR, OCT 31, PHILADELPHIA, DISTRICT 2
- CONFERENCE APPROVED LITERATURE CIRCLE, 1 YEAR, NOV 12, NARBERTH, DISTRICT 4
- DEPEND UPON UNITY MEN'S GROUP, 18 YEARS, NOV 14, DOYLESTOWN, DISTRICT 20
- FLOURTOWN AFG, 39 YEARS, OCT 28, FLOURTOWN, DISTRICT 3
- GLENSIDE-WILLOW GROVE AFG, 64 YEAR, OCT 9, GLENSIDE, DISTRICT 3
- HATBORO FRIDAY NIGHT AFG, 49 YEARS, OCT 20, HATBORO, DISTRICT 20
- NORTH PHILADELPHIA AFG, 54 YEARS, NOV 3, PHILADELPHIA, DISTRICT 2
- WAYNE SATURDAY MORNING AFG, 38 YEARS, OCT 28, RADNOR, DISTRICT 4
- WEDNESDAY NIGHT BEGINNERS AFG, 43 YEARS, NOV 22, PHILADELPHIA, DISTRICT 2

**Find details of anniversary celebrations and other events on AISDV calendar:  
<http://aisdv.org/calendar.html>**

**By 12/31/23:** Groups should decide their permanent status as having a physical location or not. Notify PA Al-Anon Group Records: [group.records@pa-al-anon.org](mailto:group.records@pa-al-anon.org)

### **DID YOU KNOW?**

*AISDV office in Philadelphia has pamphlets (free) and books (for sale) in English and Spanish. The office has archives: decades of Reaching Al-Anon People (RAP), minutes of AISDV meetings, member interviews during COVID-19 pandemic, group surveys, and more! Pick up service manuals and group history forms for your group. The office will save your anniversary and workshop flyers! Would you like to serve in the office for one hour? Call 215-222-5244.*

### **Sing These Al-Anon Slogans to the Tune of Nursery Rhyme “Frere Jacques”**

Easy does it. Easy does it.  
First things first. First things first.  
How important is it? How important is it?  
Think, Think, Think  
Think, Think, Think

### **Alateen Members Share What They Would Tell an Adult Who Has a Teen/Pre-teen Thinking About Attending Alateen**

Just bring them. Try 6 times and if they don't like it, they don't have to keep coming, but we would love to have them come and have more teens. *Zoey, District 3*

As much as you got out of the program, they'll get out of the program. All the love and support isn't limited to just Al-Anon. It circulates from the pain of alcoholism through our problems to our place of recovery, whether that be Alateen, Al-Anon, or AA. The beauty and power of Al-Anon, that you experience, carries itself through all of the programs. Don't let go of the program's power in fear that it won't stick or something. Tell them it will be so much better than they can believe. *Luna, District 20.*

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

- Step 11** Sought through prayer and meditation improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- Tradition 11** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
- Concept 11** The World Service Office is composed of selected committees, executives and staff members.

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

#### **AISDV Officers**

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

#### **RAP Editor**

Isabelle B, [rap@aisdv.org](mailto:rap@aisdv.org)  
4021 Walnut St., Philadelphia PA  
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