



RAP

Reaching Al-Anon People December 2024

*A newsletter of the **Al-Anon Information Service of the Delaware Valley (AISDV)**.
Serving Southeastern Pennsylvania Counties: Berks, Bucks, Chester, Delaware, Montgomery,
Philadelphia, and (part of) Schuylkill.*

AISDV, 4021 Walnut St., Philadelphia, PA 19104

215-222-5244, 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. AISDV service area includes PA Area Assembly Districts 1, 2, 3, 4, 5, 7, 19, 20, 31, and 32.*

FIND AL-ANON & ALATEEN MEETINGS: <http://aisdv.org/meetings.html>

Coming Up

- Dec 2: 50th Anniversary Celebration, Malvern Line Road AFG, D7, Malvern PA, 6:30 PM.
- Dec 4: Becoming an Al-Anon Member in Alateen Service (AMIAS) info meeting, Zoom 7:00 PM.
- Dec 10: Candlelight Meeting, Serenity on the Hill AFG, D32, Boyertown PA, 6:30 PM.
- Dec 11: Gratitude Meeting, Courage to Change AFG, D32, Phoenixville PA, 7:00 PM.
- Dec 11: Candlelight Meeting, Birdsboro AFG, D32, Birdsboro PA, 6:30 PM.
- Dec 12: 19th Anniversary Celebration, Strength in Recovery AFG, D20, Hilltown PA, 7:00 PM.
- Dec 13: Candlelight Meeting, South Philadelphia AFG, D2, Philadelphia PA, 7:00 PM.
- Dec 17: Candlelight Meeting, D20, Warminster PA, 10:00 AM.
- Dec 17: Candlelight Meeting, Tues Night Hope for Today AFG, D2, Philadelphia PA & Zoom 6:30 PM.
- Dec 19: AISDV Steering Meeting for District Representatives (DRs) or their Alternates and AISDV Officers and Coordinators, Zoom 7:30 PM.

Event details on AISDV calendar: <http://aisdv.org/calendar.html>

Wow! Dec 7, 11, 31 - AISDV message atop PECO Bldg, 2301 Market St, Phila PA

Alateen: Winter Workshop Coming January 18, 2025, Wayne PA

Facing the Holidays

by Candy S, District 1

Home group: Thursday Afternoon Literature, Electronic Meeting

When I was asked to share my thoughts on this subject, of course I said, "Yes." I was taught in the Parkside AFG (District 2, Philadelphia), "If you want to grow, you don't say No." This teaching came through word and deed. I started to wonder what I had to say about Facing the Holidays. "Compare yourself to yourself, Candy."

My pre-Al-Anon and early Al-Anon self would have a lot of anxiety about the holidays: gifts, decorations, food, etc. At some point, because of Al-Anon, I discovered I had choices. I told my daughter

Christmas was Christ's birthday. I asked her who she knew who gets gifts on someone else's birthday. Then, I made a decision to stop doing decorations if she wasn't interested in helping. I still cooked the foods that I enjoyed growing up but without all the turbulence that went with family dinners. It was just me and my daughter and visitor(s). Because there was no chaos at my house, my family often didn't come even if invited. Sometimes it felt lonely. Where was my Norman Rockwell Christmas? Well, I *never* had a Norman Rockwell Christmas! And thanks to Al-Anon and my Sponsor, I know there is a difference between fantasy and reality. Fantasy is what I wish would happen. Reality is what's happening here and now. I missed all the family members. But, I didn't miss the chaos. It was a trade off. Will I embrace insanity or serenity? I choose serenity.

Today, I put up a pre-decorated table top tree. Put remote control candelabra in each window. Burn my Christmas-Tree-in-a-Can candle. Make sure I have egg nog with nutmeg in the fridge. And, I make plans with family or others who *like* me and who I *like*. That's how I Face the Holidays!

**AISDV in dire straits heading into 2025 with numerous service vacancies.
Please help! Call 215-222-5244**

Notes from Area World Service Committee Meeting Nov 15-17

by Lori F, Area Chairperson

Home group: Open Mind AFG, Erie PA, District 12

The Area World Service Committee (AWSC) has three meetings each year and is responsible for planning and conducting our August Area Assembly. The AWSC conducts the business of PA Al-Anon and Alateen and works on service projects. This month marks the end of our 1st year of a 3-year Panel term.

At our November 15-17 meeting in Carlisle PA, there were 38 service members in attendance: 23 DRs, 6 Coordinators, 2 AIS Liaisons, the 2025 PA Convention Chair, the 2025 *NOMAAC Chair, and 5 Area Officers. During our meetings we hear reports, discuss topics, have sector and committee breakouts, and vote on matters at hand. Here are a few highlights from the November meeting.

We approved the May 2024 AWSC minutes and the 3rd Quarter PA Treasurer's Report. We created a Group Records Assistant position with the primary duty to maintain our [PA Meeting Finder](https://pa-al-anon.org/meetings/) (<https://pa-al-anon.org/meetings/>) on our [PA Al-Anon website](https://pa-al-anon.org/) (<https://pa-al-anon.org/>) using our group records data. We charged a NOMAAC/PA Area Alignment and Compliance Task Force to remedy and properly align the relationship between NOMAAC and the PA Area in legal and functional aspects.

A highlight for me is the Delegate Report. Ralph H reported on World Service Office (WSO) finances, the Trustee process, policy updates on 'Choosing a Group Name' and 'Group Autonomy,' Al-Anon service structure history, and his overall Delegate experience.

Your District Representative (DR) is the vital link from the Area to the groups for all the meeting details, reports and presentations.

Thank you to all who serve on the AWSC! I am blessed to serve. ¡Muchas Gracias!

*(Northern Mid-Atlantic Alateen Assembly & Conference)

My First Al-Anon Meeting Was Over 50 Years Ago

By Bridie P, District 5

Home Group: Riverview Step AFG, Electronic Meeting

I came around in 1965 or 66. I did not attend on a regular basis at first. Another woman asked if I would help her make coffee for four weeks so I made four consecutive weeks in the program. That woman did not show up and did not come back, but I had four weeks under my belt. In that time, I got to know people and to feel that I was a part of Al-Anon.

After that, I attended regularly and began to drive Elizabeth, my first sponsor to meetings. You see she needed help. So I began to accept help and to give help. In 1969, I became involved in service, didn't know what I was doing, but I began to learn. My first Assembly was in Harrisburg in 1970. We had 30 Group Representative (GRs) attend. I was beginning to learn what this meant and how it worked.

I began to know people from West Chester and around Philadelphia—Northeast and South Philadelphia; so my world was getting bigger and bigger.

We had very little literature, so people brought in material of all kinds, mostly of a spiritual nature. In time CAL became known to us and we removed outside literature to a separate table at our meetings. It took about a year for us to remove that table. Al-anon was growing and changing. We had more meetings and our meetings had more structure. There was some resistance to this because it meant talking about Traditions and taking up time in our meetings with this rather than getting on with the important things.

Alateen was growing and I became a sponsor. It was a new level of service and there was much growth for me. I learned so much...just listening to the children. Later I volunteered in New York at the World Service Office (WSO); this I did from 1980 to 1986. I had the privilege of meeting Lois and attending world service meetings.

The Philadelphia area members had rented a room at 4021 Walnut St. This became AISDV headquarters. It was staffed by volunteers. We answered phones and directed people to available help. And we were able to do public information coordination from there. It was a very fruitful and involved time in my life.

Attention Information Service Representatives (ISRs)

- **PLEASE arrive early to Zoom meetings to help with roll call. Zoom meetings begin at 7:30 PM.**
- **When you attend the Zoom meeting, PLEASE add to the Chat: your first name, last name initial, group name, district #, and Y or N to indicate whether you will be voting on behalf of your group. This will speed up roll call for attendance and voting requirements. AISDV meetings can be long. You can help shorten them. You don't have to be an ISR to attend the meeting, but everyone must add their info to the Chat so AISDV can record attendance and quorum.**

LITERATURE COORDINATOR CORNER

by Claudia W, AISDV Literature Coordinator

Home group: Sunday Nighters AFG, Philadelphia, PA, District 1

Many Al-Anon members make daily reading of Al-Anon literature a special time. A comfortable chair, a cup of tea in a favorite mug, maybe a scented candle can lend an air of relaxation. Or, a chair at the kitchen table, a designated notebook, and a favorite pen may be what you need. Maybe you have an hour every afternoon, or 10 minutes in the morning.

You could be using a daily reader such as *Courage to Change* (B-16), *Hope For Today* (B-27), or *A Little Time for Myself* (B-34). You could be working through a workbook, such as *Reaching for Personal Freedom* (P-92) or *Paths to Recovery* (P-93).

As of late, I have been reading the 2005 revised edition of *Al-Anon's Twelve Steps & Twelve Traditions* (B-8). Each Step and Tradition has an overview, a reflection called Thinking It Over, plus a story representing one of the many Al-Anon shared experiences. This book gives insight into how the Steps work on their own and together.

All these pages contain experience, strength and hope. ***

Al-Anon Warranties?

By George L, District 3 Representative

Home group: Thursday Night Willow Grove AFG, Willow Grove, PA

A warranty is a guarantee or assurance. The General Warranties of the Conference are contained in Al-Anon's Twelfth Concept of Service. Al-Anon guarantees that large sums of money are not going to be amassed; no one shall have total authority over others; all decisions will be discussed and voted on, hopefully, with unanimity; there will be no punitive actions taken against anyone nor will we be involved in public controversy; and the Conference will not act like a government and shall remain democratic in thought and action.

The Warranties underlay all the work of Al-Anon. When we enter the rooms of Al-Anon, we are often confused as to who is in charge. It takes a while to realize that no one is in charge, and we are all equal members. At our business meetings, we ensure that the group is not accumulating too much money, and we send excess funds to the District, Area, World Service, and Information Service. We encourage members to speak their mind and to participate in knowledge-based decision making. We accept the decision of the vote of the members. Al-Anon's Warranties provide guardrails for our mutual pursuit of serenity.

In Step 12, we seek to practice the principles of Al-Anon in all our affairs. The Warranties present an array of principles: prudence, humility, substantial unanimity, personal responsibility, avoidance of controversy, mutual respect, and equality. These principles are the bedrock of Al-Anon and provide guidance to all Al-Anon members for our daily lives.

This Month's Step, Tradition, and Concept

- Step 12** Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.
- Tradition 12** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.
- Concept 12** The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

General Warranties of the Conference

In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:

- (1) that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
- (2) that no Conference member shall be placed in unqualified authority over other members;
- (3) that all decisions be reached by discussion, vote and whenever possible by unanimity;
- (4) that no Conference action ever be personally punitive or an incitement to public controversy;
- (5) that though the Conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

CONTACT US

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