



RAP

Reaching Al-Anon People November 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>

BEST WISHES new Al-Anon Meeting: Thursday Night Pottstown AFG
Starts November 7, 2024, 7:00 PM, Cedarville United Methodist Church,
Rm 108, 1092 Laurelwood Rd, Pottstown, PA 19465

BEST WISHES District Representatives attending Pennsylvania
Area World Service Committee meeting, Carlisle PA, Nov 15-17

Coming Up!

- Nov 1: 7th Anniversary Celebration, Path to Peace AFG, District 3, Church of the Holy Spirit, Harleysville, PA, 9:30 AM.
- Nov 1: 55th Anniversary Celebration, North Philadelphia AFG, District 2, Berean Presbyterian Church, Philadelphia, also conference call, 7:30 PM.
- Nov 2: 40th Anniversary Celebration, Flourtown AFG, District 3, 14 E. Mill Rd, Flourtown, PA, 12:30 PM.
- Nov 6: Becoming an Al-Anon Member in Alateen Service (AMIAS) info meeting, Zoom, 7:00 PM.
- Nov 10: 2nd Anniversary Celebration, Conference Approved Literature Circle AFG, District 4, Holy Trinity Lutheran Church, Narberth, PA, 6:00 PM.
- Nov 11: 5th Anniversary Celebration, Courage to Change AFG, District 20, Family of God Church, Buckingham, PA, also Zoom, 12:00 pm.
- Nov 11: District 20 Group Representative (GR) meeting, St John's Church, Hatboro, PA, 6:00 PM.
- Nov 12: 19th Anniversary Celebration, Depend Upon Unity Men's AFG, District 20, Doylestown Mennonite Church, Doylestown, PA, women invited to this event, 7:00 PM.
- Nov 14: District 1 Gratitude Workshop, Nazareth Hospital, Philadelphia, 7:00-9:00 PM.
- Nov 15-17: Pennsylvania Area World Service Committee (PA AWSC) meeting, Carlisle, PA. For District Representatives (DRs), Liaisons, and Area officers and coordinators. Fri-Sun.
- Nov 21: AISDV Service Board meeting. Coordinator elections, bylaws amendments, and review of

2025 budget. For ISRs, officers, and coordinators. Zoom, 7:30 PM.
Nov 27: 44th Anniversary Celebration, Wednesday Beginners AFG, District 2, Trinity Episcopal Church, Philadelphia, 7:00 PM.

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

Attention Information Service Representatives (ISRs)

- Prior to attending your first meeting, give AISDV your contact information, your group name, and your district number. This will ensure that you receive agenda, minutes, and reports prior to meetings. All meetings are on Zoom; try to arrive a little early as it helps with roll call. All Zoom meetings begin at 7:30 PM.
- When you attend the Zoom meeting, 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 and we are trying to find ways to save time. 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.
- If you have questions, don't hesitate to call AISDV at 215-222-5244.

Responsible Stewardship

By Joanne G, AISDV Treasurer

Home group: Wednesday Beginners AFG, Philadelphia, District 2

November is an important month in the AISDV calendar. Nominations and elections take place for service positions that are due for rotation, and the budget for the following year is presented and approved.

In 2024, AISDV's increased level of activity has meant more income and more spending than in 2023. Donations have been strong all year, and fundraising has been successful. I anticipate that the 2025 budget for the Vice Chair (fundraising), Public Outreach, Sponsored Events and the PA Area Liaison will grow in 2025. We will also propose increasing the rent we pay to the 4021 Clubhouse, both because we are using their WiFi, and because the rent has remained constant for years, and an increase is due.

The proposed budget will not become final until approved by the voting members of the AISDV (that's you, ISRs!). Responsible stewardship means that you will ask questions to clarify your understanding, offer constructive suggestions and vote as part of the group conscience. Please be sure to attend the November 21 meeting and participate in this important discussion and decision. AISDV is counting on you!

AISDV Still Needs a Secretary

AISDV has been without a Secretary for over 10 months creating challenges for everyone participating in the work of this service arm. An AISDV Secretary maintains contact information, takes minutes of meetings, notifies attendees of meetings, and provides attendees with reports and other info they need for meetings. Any member of Al-Anon in the AISDV service area, who is not also a member of AA, is eligible for the position. The position of Assistant Secretary is also open.

Call AISDV at 215-222-5244 if you have any questions

AISDV Elections

On November 21, ISRs will vote for AISDV Coordinators. The current Coordinators are nearing the end of their 2-year terms. Who will stand for these positions? Perhaps you? Someone from your group? Any Al-Anon member in AISDV service area, who is not also a member of AA, is eligible.

For position descriptions, see AISDV Bylaws on AISDV website: <http://aisdv.org/who.html>.

A huge thank you to Current Coordinators:

Alateen - Eileen F and Diane
Directory - Mary G
Institutions - Unfilled
Literature - Claudia W
Office - Unfilled
Phone - Janet C
Public Outreach - Gabi R
RAP - Isabelle B.
Website - Jennifer L

ISRs will also vote on amended Bylaws and hear proposals for 2025 budget!

LITERATURE COORDINATOR CORNER

by Claudia W, AISDV Literature Coordinator

Home group: Sunday Nighters AFG, Philadelphia, District 1

No matter who you are or where you are on your journey with Al-Anon, there is conference approved literature that can be of service to you. There are bookmarks, pamphlets, and daily readers. There are also in depth books addressing many of life's challenges and triumphs.

Al-Anon's "Daily Checklist of Myself" (S-6) was written with Alateens in mind, but it's a great tool for anyone! It's a two-sided single page. The front side titled "Daily Checklist of Myself" is sub-headed "Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it." This is followed by "Just For Today, I will take my own inventory." On this front side is a checklist with 13 questions, each tied to a slogan, step, or principle; along with check boxes for every day of the week.

For example:

Q: "Did I worry or over react?" is tied to "Let Go and Let God" (S, M, T, W, T, F, S)

Q: "Did I indulge in self pity?" is tied to "Everyone has problems, together we can make it; meetings help." (S, M, T, W, T, F, S)

The back side is titled "How Am I Doing?" It contains a list of 16 attitudes or behaviors and a space to write which program tools are helping you change. Below that, there is a space to write "Other Things That I'm Working on Changing."

You can order "Daily Digest of Myself" (S-6) from the Literature Distribution Center #6:

<https://pa-al-anon.org/area-resources/literature-order-form-2/>

or, from the Online Bookstore: <https://ecomm.al-anon.org/Search?SearchTerms=S-6>.

New Al-Anon booklet!

"Healing Within Our Alcoholic Relationships" (P-95), 48 pages, \$4.00

The Path of a Former AISDV Secretary

by Kathy L

Home group: Glenside-Willow Grove AFG, Glenside PA, District 3

After hearing AISDV/Intergroup announced many times at meetings, being the inquisitive individual I am, I decided to investigate AISDV for myself. I attended my first AISDV meeting when it was held at Friends Hospital in Philadelphia. I didn't quite understand everything at first. But I realized I needed to attend more meetings to get a fuller understanding of the purpose of AISDV as well as to get further involved than only as an Information Service Representative (ISR).

When the AISDV meeting was held at 4021 Walnut Street, I became the Secretary. After my 2-year term, I knew I wanted to stay involved in AISDV and remained as an ISR. During my many years at AISDV, I have volunteered for various fund raisers. At one time, I was involved in the revision of our By-laws, which was a learning experience that I will never forget.

My involvement has led me to learn more about the purpose of AISDV, a public outreach forum. By volunteering I have experienced a better understanding of AISDV. I have been blessed to have had the opportunity to serve with many selfless individuals who are always willing to assist in any way they can.

The new AISDV Public Outreach Coordinator is Gabi R.

If you want to help do public outreach, call AISDV office: 215-222-5244.

GRATITUDE - by Kate R, District 5

The attitude of gratitude makes our lives better. Learning how to practice it takes time. I have been practicing gratitude by waking up and saying the Serenity Prayer and listing the alphabet with positive words: you are Amazing, you are Beautiful, you are Creative, etc. When I say the word "you," I think of my higher power and me combined.

This Month's Step, Tradition, and Concept

- Step 11** Sought through prayer and meditation to 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

rap@aisdv.org; 215-222-5244; AISDV, 4021 Walnut St., Philadelphia, PA 19104

AISDV Officers

Chair Debbie R
Assistant Chair Carla F
Treasurer Joanne G
Assistant Treasurer Open
Secretary & Assistant Secretary Open

AISDV RAP Committee

Carla F, Debbie R, Grace M,
Isabelle B (Editor), Jennifer L,
Jennifer S, and Linda B