



# RAP

Reaching Al-Anon People October 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](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. 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>

**AISDV Fall  
Dinner Dance Fundraiser  
October 5, 2024  
Philadelphia PA  
~ BEST WISHES ~**



## Coming Up

- Oct 1: District 1 meeting for Group Representatives (GRs), Zoom, 6:00 PM
- Oct 2: Becoming an Al-Anon Member in Alateen Service (AMIAS) info meeting, Zoom, 7:00 PM
- Oct 2: Alateen event, Upper Moreland High School, Willow Grove, PA, 6:30 PM
- Oct 5: AISDV Fall Dinner Dance Fundraiser, Cannstatter's, Philadelphia, PA, \$42, 4:00 - 9:00 PM
- Oct 17: AISDV Steering Mtg for DRs or Alternates & AISDV officers/coordinators, Zoom, 7:30 PM
- Oct 19: 43rd annual District 7 workshop, continental breakfast, Westminster Presbyterian Church, West Chester, PA, registration 8:00 - 9:00 AM, workshop 9:00 AM - 1:00 PM
- Oct 25: 50th Anniversary celebration, Hatboro Friday Night AFG, District 20, St. John's Lutheran Church, Hatboro, PA, 7:00 PM
- Oct 29: 21st Anniversary celebration, Focus on Recovery AFG, District 5, Middletown Friends Meeting House, Lima, PA, 11:30 AM - 1:30 PM
- Oct 30: 7th Anniversary celebration, Foglifters AFG, District 19, Thompson Memorial Church, New Hope, PA, 6:00 PM

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

## LITERATURE COORDINATOR CORNER

by Claudia W, AISDV Literature Coordinator  
Home group: Sunday Nighters AFG, Philadelphia, District 1

Two wonderful Alateen books are Alateen, Hope For Children of Alcoholics (B-3) and Courage To Be Me, Living With Alcoholism (B-23).

The smaller of the two, Alateen, Hope For Children of Alcoholics, is not light in content. Even the cover of that little book is amazing. The bright yellow cover has an abstract eye with a tear, and the word Hope contains a smiley sun. Anyone questioning whether Alateen could help them will find answers in this book. The Twelve Steps and Twelve Traditions are listed and described. Personal stories written by Alateen members are moving and enlightening. There is information on how to find or start and organize an Alateen meeting. I learned there is the Lone Member Service intended for young people who feel they could benefit from Alateen but can't attend meetings. Page 89 states that someone interested in the Lone Member Service can email [wso@alanon.org](mailto:wso@alanon.org). They will be put in contact with an Alateen member who attends meetings regularly and will begin correspondence. Both parties benefit from this arrangement. This book is available in English (B-3) and Spanish (SB-3).

Courage To Be Me, Living With Alcoholism also contains information about the Steps and Traditions, with the added bonus of worksheets. There are also worksheets on general topics, such as Working on Solutions on page 299. More stories written by Alateen members, as well as poetry and fun and serious illustrations are found throughout the book.

Both of these books are written in plain and easy to read language. So much love and care were put into the creation of these books that my inner teen benefitted greatly from reading them. They would make a great gift for your favorite teen, no matter what their situation is.

### Alateens Thankful for Bus to NOMAAC

Alateens sent a thank you card to AISDV for donating money to hire a bus to take Alateens to the Northern Mid-Atlantic Alateen Assembly and Conference (NOMAAC) in July 2024.



Card was signed by Alateens: Alex, Debbie, Denise, Jade, Kali, Riley, and Sasha; and Al-Anon Members in Alateen Service (AMIAS): Eileen and Diane

### 🍁🍁 Alateen Fall Picnic 🍁🍁

At the Fall Picnic in New Britain, PA, September 21, Alateens decorated an evergreen tree with messages written on Fall leaves. They wrote happy things on the leaves & put them at the top of the tree. They also wrote things they're grateful for on other leaves & put them in the middle of the tree. Lastly, they wrote things that make them unhappy - things they want to Let Go & Let God & put them at the base of the tree - to leave them behind! Alateens were from Districts 3,19 & 20.

## CONGRATULATIONS New District Representatives for Districts 20 and 31

At the Pennsylvania (PA) Area Assembly in August, Jen C was elected District Representative (DR) for District 20 and Erin S was elected DR for District 31. That means every district in the AISDV service area now has a DR. Woo hoo!!!! Thank you for your service Jen and Erin! (Continued next page)

DRs serve 3-year terms coinciding with the PA Area panel. If you'd like to know the name of your DR, ask your Group Representative (GR) or call AISDV 215-222-5244. DRs are the link between GRs and the PA Area Assembly. DRs are trusted servants who give GRs news from the PA Area World Service Committee (AWSC) and bring GRs' concerns to PA AWSC meetings. DRs from all over Pennsylvania work together to plan the annual PA Area Assembly.

## *AISDV Needs a Secretary*

*AISDV has been without a Secretary for 9 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 meeting agenda, 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 to volunteer***

## ISRs Will Soon Vote for New Coordinators & 2025 Budget

Your group's ISR (Information Service Representatives) will vote on November 21 for Alateen, Directory, Institutions, Literature, Office, Public Outreach, RAP, Telephone, and Website Coordinators. Term of service for a Coordinator is 2 years (2025-2026). Current Coordinators are: Eileen and Diane (Alateen), Mary G (Directory), Claudia W (Literature), Gabi R (Public Outreach), Isabelle B (RAP), Janet C (Telephone), and Jennifer L (Website).

On November 21, ISRs will also vote on the 2025 AISDV budget. Will your group be represented for these important votes?

## What I Learned as RAP Editor

*by Isabelle B*

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

- First and foremost, I couldn't do it alone. Al-Anon and Alateen members were willing to help.
- RAP committee members reviewed drafts, advised me, and coached me. It amazed me how different reviewers spotted different things in the drafts that needed correction.
- My lack of experience using computer software didn't matter...I learned something new with each issue. I searched the Internet for instructions, asked for help, and did my best.
- When I asked them, members at Group, District, AISDV, and Assembly level were willing to submit content—either a news article or experience, strength, and hope.
- It was okay that my RAP format/design didn't look like previous RAPs. I did what I could based on my few skills, imagination, and interest; and that was enough to keep things going. As time went on, the RAP issues got a bit better (like my recovery).
- Consistency and timeliness were attributes that gave me a safe/easy structure to work within.
- Last but not least, I learned more about Al-Anon and its twin messages of hope and love.

What a joy it's been to be RAP Editor for 2023-2024. Who will be Editor for 2025-2026? Will it be you? Call AISDV if you have questions: 215-222-5244. See description of duties in AISDV Bylaws, which you can find at AISDV website: <http://aisdv.org/who.html>.

## TRADITION TEN

**The Al-Anon Family groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.**

*by Kate R, District 5*

*Home group: Riverview Step AFG, Electronic Meeting*

The Traditions are guides for our groups' growth and show us unity. By practicing them wholeheartedly, we can learn how to love and accept ourselves and others — within our meetings and families.

*“While many of us discover for the first time that we actually have opinions of our own, we also realize that everyone else has just as much right to their opinions as we do ours.” (How Al-Anon Works for Families & Friends of Alcoholics, p. 119)*

As we gain clarity in our minds, we discover what our opinions are and stay focused on our own attitudes, we will be free of giving unwanted advice to family and friends. As we learn not to be distracted by others, it becomes easier to be non-judgmental. With time and prayer, this helps me evolve into what God's will is for me.

The second part of Tradition Ten refers to how a conflict becomes a controversy when one does not stay in his or her own lane.

In moments when I need to spiritually detach from another human, it is vital for me to seek Higher Power (HP). The Serenity Prayer and slogans such as Let Go and Let God, are go to's for me to center myself and intertwine my heart with HP.

## This Month's Step, Tradition, and Concept

- Step 10** Continued to take personal inventory and when we were wrong promptly admitted it.
- Tradition 10** The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
- Concept 10** Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

## CONTACT US

[rap@aisdv.org](mailto: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