



# R A P

Reaching Al-Anon People February 2025

*A newsletter of the **AI-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)**

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**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>

## [Calendar-Coming Up](#)

**February 4th:** Becoming an AMIAS meeting-First Tuesday of every month

7:00pm- 7:30pm via Zoom [MEETING LINK](#) Meeting ID: 839 3562 4384 Passcode: 041646

**February 5th:** Al-a-Teen Workshop Information on the AISDV Website to come!

**February 20th** Steering Committee Mtg For the AISDV Board, Coordinators, Alt DRs, and District Reps.

[link to zoom meeting](#)

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

**Submit calendar entries on the website on this page**

**Questions? Ask the web coordinator at [aisdvwebco@gmail.com](mailto:aisdvwebco@gmail.com)**

*AISDV in dire straits heading into 2025 with numerous service vacancies. Please help! It is an amazing way to give back to Al-Anon and enrich your own program.*

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***We are open to anyone interested in writing on the Third Step, Tradition or Concept for  
our March RAP! [rap@aisdv.org](mailto:rap@aisdv.org)***

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

**Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.

**Tradition 2:** For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

**Concept 2:** The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.



**Tradition 2:** This program of recovery has been one of the greatest gifts of my life. Growing up in a home with alcoholism, I learned that there was one authority, my father, and I lived in fear of displeasing him. In Alateen/Al-Anon, and through the grace of my Higher Power, I've learned to move through my fear and to value being in a group which values participation and recognizes that leadership comes from each of us.

Through the nudging of my Higher Power through the people in these rooms, I will be embracing the service opportunity of RAP Coordinator beginning March 2025. As each of us are equals and each has a voice, I look forward to hearing each of your voices as you consider sharing your experience, strength and hope in the RAP. My gratitude to Isabelle and Jennifer L who have been so supportive during this time of transition. This program continues to teach me that none of us have it all together but together we have it all.

Deb M, Monday Morning Riverview Step AFG, District 5

**Sharing our experience, strength and hope is how we grow in Al-Anon. Consider submitting an article for next month! Guidelines are below:**

- email [rap@aisdv.org](mailto:rap@aisdv.org)
- Deadline to submit an article/share for the March RAP is February 15.
- Length: keep it focused on the topic and your personal recovery journey. Suggested guideline is 5-9 sentences.
- Include your first name, initial of last name, home group, district, and brief title for your share.
- Suggested Topics:
  - Step, Tradition or Concept of the month
  - Sharing your personal journey and where you are today
  - Life lessons you've learned and ways in which Al-Anon has helped you
  - Al-Anon tools and resources that have worked for you, i.e. slogans, literature, etc.
  - How have you grown in service? Was there anything that held you back from committing to service?

### **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.

### **CONTACT US**

[rap@aisdv.org](mailto:rap@aisdv.org)

**AISDV office** 215-222-5244-

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### RAP Committee

AISDV : Chair Debbie R, Assistant Chair Carla F, Treasurer Joanne G

RAP Editor: Deb , Jennifer L (Temporary Editor)

Jennifer S, and Linda B,