



**THE R.A.P.**  
**Reaching Al-Anon People**  
**Al-Anon Information Service of the Delaware Valley (AISDV)**  
**September 2018**

**Fall into Service**

“Service is the heart of Al-Anon, for our program is dependent on each doing our share. Without service, Al-Anon would soon disappear. We can contribute simply by arriving early enough to set out chairs or help make coffee, and we serve when we sponsor members, greet newcomers, chair meetings, volunteer to be secretary for a meeting, order literature, create literature, and in many other ways large and small. More important, we *want* to share our experience, strength, and hope because part of our awakening is the understanding that we are not alone but part of the human community, and that others suffer as we suffered before we found Al-Anon.”

*From Survival to Recovery, (B-21) pp 241-242*



**Coordinator elections will be taking place at our next meeting on November 15.** To be eligible for nomination to a position, a member must have at least one year of Al-Anon and/or Alateen affiliation with some time involved in service. Each nominee, upon accepting nomination, shall submit an oral resume of their Al-Anon and/or Alateen experience. A simple majority of the voting members present at the meeting is required for election to the Coordinator position.

The term of office is two years and commence on January 1. Coordinators shall report directly to the Chairperson and attend all Steering and Service Board meetings. A verbal report shall be given on the status of the coordinator activities at all meetings.

Below is a brief description of available positions along with current coordinator name and email. Please feel free to reach out to them with questions regarding duties and responsibilities.

**Public Outreach Coordinator** (Dawn H. [district1dawn@verizon.net](mailto:district1dawn@verizon.net))

The Public Outreach Coordinator shall be responsible for public outreach activities at the local level for localities served by AISDV. The Coordinator forms a committee with as many members as deemed necessary to carry out its responsibilities.

**Institutions Coordinator** (Eileen K. [institutions@aisdv.org](mailto:institutions@aisdv.org))

The Institutions Coordinator shall be responsible for activities at all institutions such as hospitals, rehab centers, correctional facilities and educational centers. The Coordinator forms a committee with as many members as deemed necessary to carry out its responsibilities.

**Alateen Coordinator** (Sue C.)

The Alateen Coordinator is responsible for insuring that Alateen groups in the AISDV service area work together on projects and activities benefiting all current and prospective Alateen members.

The Coordinator promotes interest in sponsorship for Alateen groups by bringing awareness to Al-Anon members of the fact that Alateen is an integral and equal part of the fellowship. To help make Al-Anon members aware of the need for our children to have the opportunity to use the Alateen program, the Coordinator shall hold sponsor workshops, visit Alateen Group GRs, keep in touch with Alateen sponsors in the AISDV service area and be in touch with the PA Area Alateen

Coordinator. This position must be held by an Al-Anon member who is currently registered with WSO as an AMIAS (Al-Anon Member Involved in Alateen Service).

**RAP Coordinator** (Heather S. RAP@aisdv.org)

The RAP Coordinator is responsible for the publication and distribution of the RAP (Reaching Al-Anon People), the AISDV monthly information newsletter. The Coordinator will be responsible for the format of the RAP.

**Office Coordinator** (Claudine C.)

The Office Coordinator shall be responsible for the operation, maintenance and upkeep of the AISDV administrative offices. In this regard, the Coordinator shall be responsible for maintaining a telephone listing in the local telephone directories, distribution of mail, and the maintenance of all office equipment. The Coordinator shall insure that adequate access to the office is available to all members who require its use. Finally, the Coordinator shall insure that the office is maintained in a safe and secure manner.

**Literature Coordinator** (Joan G. literature@aisdv.org)

The Literature Coordinator is responsible to coordinate the purchase of all literature by the organization. The Coordinator shall insure that only Conference Approved Literature (CAL) is ordered and that the literature orders are done in an efficient and cost effective way. The Coordinator is also tasked with the establishment of a storage and distribution system that will insure that all forms of literature are available to AISDV coordinators and other AISDV members.

**Directory Coordinator** (Joe T.)

The Directory Coordinator is responsible for the generation, printing, storage and distribution of the AISDV Directory. The Coordinator shall insure that all information is accurate and that the directory is updated on a timely basis.

**Telephone System Coordinator** (Carol T. phone@aisdv.org)

The Telephone System Coordinator is responsible for all activities associated with the organization's telephone system. These activities include its setup and maintenance as well as that of any automated telephone answering system. The Coordinator shall insure that the system is operated in an efficient and cost effective manner.

**Website Coordinator** (Maria A.)

The Website Coordinator shall be responsible for the operation, maintenance and modification of the AISDV website. In this regard, the Coordinator may contract out vital administrative tasks. Any contractual arrangements must be in compliance with the AISDV Bylaws and Policies and Procedures.

For complete coordinator positions descriptions and responsibilities, including election procedures, check out the AISDV Bylaws online at <http://aisdv.org/Otherfiles/BylawsAISDV.pdf>, pages 29-34



### **“Personalized” Al-Anon Literature**

I’m a “jotter”, a scribbler, a doodler at times. I’m the person at a meeting with a tablet (on a good day) or the back of a receipt sometimes, jotting down a word or phrase or the reminder of an Alanon slogan that screams my name as the speaker or others share. I am ever amazed at how I hear just what I need to hear, sometimes in little bits and pieces. When something is weighing on my mind and I get myself to a meeting; sit quietly and listen, the miracle happens. A little word from this person, (write it down!), a familiar situation from that person (write it down), a simple slogan (write it down) and when I look over my scribbly page, I feel my Higher Power (God) speaking to me the words of comfort, love and direction. Not always easy and painless direction, or direction to put out the immediate fire I’m worrying about, but direction that feels right. I’ve always wished for the clear cut “thunderbolt” kind of help from God, but the longer I participate in this gentle fellowship, the more I see that God sends me these little bits and pieces, because that’s all I can understand at one time. Little bites vs. one big gulp.

So looking over my page while I’m at the meeting is only one way this has helped me. When I’m working this program (and due to the “human factor”, I’m not always on that!), I read back a few days, weeks, months, notes to see what words got written down. I think about them and pray to be open to that beautiful direction. Re-reading my own meeting notes sometimes offers me that good “right after a meeting” feeling, when I’m between chances to be at the real thing.

This by no means replaces the gift of our Alanon CAL!! I have a nice library of those beautiful words too, and I read them daily. That’s a dose of good medicine I try never to miss! I have just found that a personal supplement of reading my own jottings is like re-hearing what God’s trying to tell me, when I’m quiet enough and in the right frame of mind to hear it.

By: Bobbi

### **Conference Approved Literature (CAL)**

To order Conference Approved Literature (CAL) from the Literature Distribution Center download the order form here: <http://aisdv.org/Otherfiles/LDC6.pdf>

Send check and form to:

LDC #6

P.O. Box 77

Shrewsbury, PA 17361

Note: if ordering for a group be sure to include group name and address on all checks.

Can’t decide what to order? Review samples of CAL at:

<https://al-anon.org/for-members/members-resources/literature/feature-publications/>

or read selections from *The Forum*, Al-Anon’s monthly magazine here:

<https://al-anon.org/for-members/members-resources/literature/magazines/forum-magazine-stories/>

## Letting Go and Letting God – the end of public outreach at Riverside Correctional Facility

For nearly 20 years, AISDV Public Outreach has facilitated Al-Anon meetings in the Philadelphia Prison System. The women’s meeting started at the Philadelphia Institutional Correctional Center in 2000 and was relocated to the Riverside Correctional Facility (RCF) in 2004. Due to the upcoming closure of the House of Corrections in 2020, all inmates have been reassigned to other facilities within the Department of Prisons. As a result, the unit at RCF where Al-Anon meetings were held has been relocated and the Al-Anon meetings were discontinued in March 2018.

The Therapeutic Community, section B2 at RCF, consisted of a maximum of 64 inmates. This environment emphasized all 12 Step programs to support communal living and help reduce recidivism. The 12 steps and 12 traditions were posted behind the correction officers’ station. In order to fulfill their obligation to the judge, the women used a sign in book to prove their attendance at 12 Step meetings.

The idea to start a women’s newcomer meeting in the PPS was first suggested in 2000 by members of AISDV public outreach. It took two years to come to fruition. With commitment from dedicated members—Pat B., Dawn H., Paula P. and countless others—this public outreach effort benefited countless women. Initially, Al-Anon had a commitment every Saturday from 10 AM to noon. The meeting consisted of one chairperson and a maximum of two speakers and followed a beginner’s format. All 64 inmates would attend. In 2010, Al-Anon was recognized at the Philadelphia Industrial Correctional Center’s annual award banquet and received a plaque for volunteer group of the year. As time went on the Al-Anon commitment dwindled and the meeting was suspended in 2014. At the request of RCF, Al-Anon meetings were re-established in 2015 on every other Tuesday from 7:30 to 9 PM.

Dawn H. noted about her experience: “Throughout my years going to the service commitment I’ve watched many of women come and go. Some women would be there for two years and they would go out for five years and they would come back again. We would remember each other. As Higher Power would allow it, I built a special bond with some of these women who’ve I’ve seen in different areas of my life. They always seem to remember Al-Anon.”

Outreach to institutions has two purposes: (1) to build and maintain relationships with professionals and (2) to introduce Al-Anon to families and friends of alcoholics. Al-Anon Guidelines (G9), *Al-Anon/Alateen Public Outreach Service Outreach to Institutions*, (<https://al-anon.org/pdf/G9.pdf>) provides further information about this unique service.

If there is a female Al-Anon member who is interested in resuming the public outreach effort at RCF, please contact Dawn at [district1dawn@verizon.net](mailto:district1dawn@verizon.net).

In Al-Anon we don’t do anything alone. Much gratitude and appreciation to everyone who served as speaker or chairperson, districts and groups who contributed literature, and especially for the AISDV for voting to support funding for literature to be dispersed once a year. A special word of thanks to Pat B., Dawn H., and Paula P. for their long term commitment and service to this important outreach.