

R.A.P.

REACHING AL-ANON PEOPLE

AL-ANON INFORMATION SERVICE OF THE DELAWARE VALLEY

Special Winter Edition 2018: Working the Al-Anon Program Over the Holidays

ANNOUNCEMENTS

10th AISDV Annual Alateen Winter Workshop

Karate Kid: Wax on into Recovery
Saturday 1/5/2019 3pm-10pm
St. Mary's Episcopal Church in Wayne

AISDV Service Board Potential Meeting- Save the Date

Thursday 1/17/2019 at 7:30pm at the
Reformed Church of the Ascension in
Norristown

AISDV
4021 Walnut Street,
Philadelphia, PA 19104
www.aisdv.org
(215) 222-5244



HOW CAN WE WORK OUR PROGRAM OVER THE HOLIDAYS?

- Call or text program friends or a sponsor!
- Do something nice for yourself, like a massage, afternoon tea with Al-Anon friends, or something else.
- Keep your Higher Power with you at all times!
- Start your day with prayer and remember your gratitude at the end of the day.
- Remember Hungry Angry Lonely Tired spells HALT.
- Keep it simple! You can reinvent your holidays! Start New Traditions. It doesn't have to look like your past or anyone else's. Give yourself permission to change!
- First things first. Take care of yourself!
- Go to more meetings, especially phone meetings, and listen to speaker recordings.
- Write a gratitude list for every day!
- Detach with love. It is OK to walk away, take a walk, sit quietly in another room, meditate, pray. My serenity is the key.

These suggestions were taken from the DRs, Coordinators, and Officers at the November 2016 AWSC meeting and originally printed in the Area 48 Al-A-Gram in 2016.

HOW CAN WE USE THE TRADITIONS, CONCEPTS, AND GENERAL WARRANTIES OF THE CONFERENCE OVER THE HOLIDAYS?

Looking at Al-Anon's Second and Third Legacies, the Traditions, Concepts, and General Warranties of the Conference, can provide us with some useful tools when interacting with others. Here are some questions to help reflect on how to use Al-Anon's Legacies at home.

Tradition Five: Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

What is my primary purpose for the Holidays this year? How can I accomplish this? What may divert me from my primary spiritual aim? How can I seek help when I feel like I am being diverted?

Tradition Seven: Every group ought to be fully self-supporting, declining outside contributions.

How can I be physically, emotionally, and spiritually self-supporting this Holiday Season? How can I decline outside contributions that are harmful to me?

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

What principles can I place above the personalities of my family to help me work my program? In what ways can my connection with my Higher Power, myself, and my Al-Anon friends help me to feel that I am enough without the external validation of my family?

Concept Four: Participation is the key to harmony.

How do I want to participate this Holiday Season? How can I allow others to participate in a way that communicates my respect and trust of them?

General Warranty of the Conference 4 (as referenced in Concept 12): That no Conference action ever be personally punitive or an incitement to public controversy.

How can I pause and seek spiritual guidance when I may be contemplating an action that may be personally punitive or punishing to myself or others? In what ways are my thoughts personally punitive to myself? Can I share these thoughts with my sponsor or a trusted Al-Anon friend?

-Airen M. District 2

SLOGANS TO REMEMBER

Let it Begin with Me
Easy Does it
Let Go and Let God
First Things First

One Day at a Time
THINK
Keep it Simple
How Important Is It?

Keep an Open Mind
HOW- Honest Open Willing
Just for Today
Live and Let Live