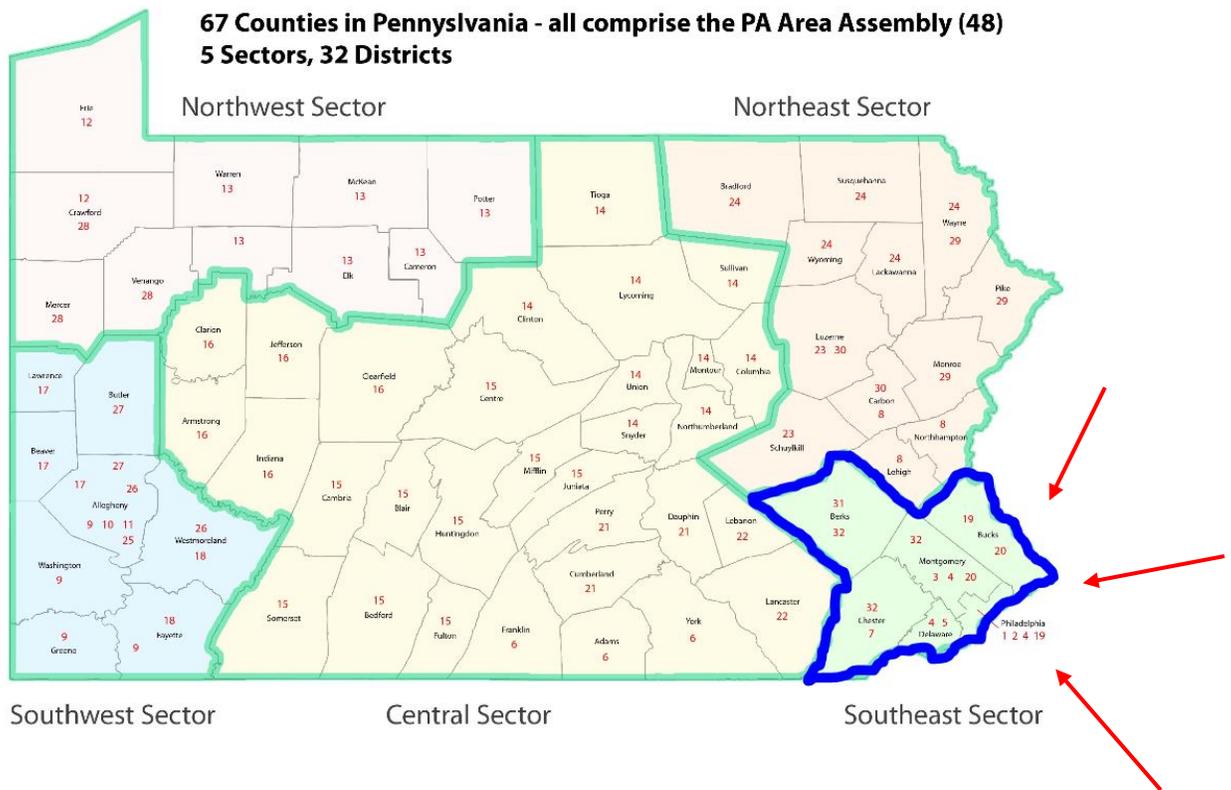




THE R.A.P.
Reaching Al-Anon People
Al-Anon Information Service of the Delaware Valley (AISDV)
May 2018

Where in the state of Pennsylvania is AISDV?

The **Al-Anon Information Service of the Delaware Valley (AISDV)** is made up of more than 170 meetings in Berks, Bucks, Chester, Delaware and Montgomery, Philadelphia, and even a little corner of Schuylkill counties. **AISDV** serves districts 1, 2, 3, 4, 5, 7, 19, 20, 31, and 32 in the southeast sector.



How to Download a Printer Friendly Al-Anon Meeting List by District

There is a new feature on the website allowing each district to print a list of only their meetings.

Go to the [Meetings page](#) of the AISDV website click on the link “[Printer Friendly List by District](#)” to print an up to date, black and white, one page list of your district meetings. Note that you have to pull down the menu to select your district (District 1 appears as a page holder) and then click **GO** to see your listed district meetings. Select the **File** tab of your Browser menu and choose **Print** to print the list. There is also a counter on how many meetings in your district and the last update of the meetings. This printer friendly list may be downloaded at any time from the AISDV website, <http://aisdv.org/>

She's a Nerd

I'm a **NERD**. What is NERD, you ask? It's the Annual meeting for current and past **North East Regional Delegates**. NERD's primary goal is to prepare the newly elected delegates for their first year's World Service Conference. Past and present delegates share their knowledge and experience and discuss mutual concerns. We also hear the northeast regional trustee's report.

This year for example, I learned that The Northeast Region of Al-Anon is eligible to submit a Trustee candidate. To apply request a résumé application from our current delegate, Jeff F. jeff@padelegate.org. Applicants fill it out and submit it for a vote to the Area World Service Committee (AWSC). The deadline is August 15, 2018. The Area Delegate submits the qualifying chosen résumé to the WSO where the final vote occurs at the World Service Conference. The North East Regional Trustee is an Al-Anon member who serves for three years.

I also learned that the 2023 Al-Anon International Convention will be in Albuquerque, NM. How cool is that?!

While the weekend is full of information, there is ample time for Al-Anon meetings and fellowship. It is a time to make new friends, laugh, eat well, sleep fast, and catch up with former friends. There is a mutual feeling of spirituality and camaraderie all weekend. We remind each other that the work of Al-Anon never stands still and we are part of the action. I love going to NERD each year and being a part of the worldwide fellowship of Al-Anon/Alateen.

By: Maria A., PA Past Delegate - Panel 52

Tips From the AISDV Website Coordinator

How to Sign Up for the AISDV Announcement List

Step One: Go to the [AISDV website](#). Then to the [Announcements page](#). Scroll to the "Sign up for AISDV Announcements" page. Read the paragraph then enter your email address and press "join." Step Two: you must reply to the email you receive. That's it. You will then be subscribed and you will receive all the announcements such as meetings, anniversaries, etc.



How to Send an Event for the Calendar

Go to the AISDV Website. Then to the [Announcements page](#) > Fill out the information for your event in the fill in boxes. Make sure you answer whether to send it to the Announcements List. If you have a flyer, check the box as well, you'll be sent an email where you will attach the flyer > follow those instructions. (You will be sent an email to attach the flyer.) Finally enter the security Code then Click 'Send Message'.

Alateen, AMIAS and NOMAAC

“Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else’s drinking. Alateen groups are sponsored by Al-Anon members who help the group to stay on track.”

— From the World Service Office website

Alateen celebrated 60 YEARS last year! Alateen meetings are opportunities for young people to share their experiences, strength, and hope with each other, discuss their difficulties, learn effective ways to cope with their problems, encourage one another and help each other understand the principles of the Al-Anon/Alateen program and learn how to use the Twelve Steps and Alateen’s Twelve Traditions.



Each Alateen meeting includes two **Al-Anon Members Involved in Alateen Service (AMIAS)**. AMIAS are contributing members of the Alateen group who must be members of Al-Anon and complete background checks and training required by the state of Pennsylvania. The Alateen Process Person is Dawn T. with Alex L. The Area Alateen Coordinator is Peter M. AMIAS service is a very rewarding part of recovery for those participating. Visit <https://pa-al-anon.org/home/about-alateen/> for more info.

Northern Mid-Atlantic Alateen Conference (NOMAAC) will be held at Shippensburg University, July 27-29. This weekend of recovery is a fabulous experience and one the teens talk about all year long. All teens (under 18) participating must have parental permission.

Teens can learn more about **NOMAAC** at the **Alateen Prep Rally & Pizza Party on Friday, May 18 at YANA - You Are Never Alone** (St. John’s Lutheran Church; 505 N. York Rd.; Hatboro). Informational & registration packets will be available!

The Alateen Coordinators Team will come to your area to do an informational meeting about Alateen. Please contact aappamigo3@gmail.com to schedule!



Posters are available at <http://aisdv.org/service.html>. Please print these posters, add your phone number or meeting information – use them whatever way works to plant the seeds of Al-Anon/Alateen! They can be posted at your place of worship, school halls, libraries and more...

If Al-anon has been helpful to you (it saved my life), please consider giving the gift of Alateen to your children! Thank you for the opportunity to “plant the seeds of growth” for Alateen.

By: Michelle M., AMIAS

And Let It Begin With Me... Public Outreach

Our goals are to attract newcomers to our fellowship and to inform professionals who work with families and friends of alcoholics about the Al-Anon/Alateen program. Public Outreach encompasses Outreach to the Public/Media (Public Information or PI), Outreach to Professionals (Cooperating with the Professional Community or CPC), and Outreach to Institutions.

AISDV Public Outreach initiatives share information about the help and hope available in Al-Anon/Alateen with people suffering from the family disease of alcoholism, with professionals including counselors, educators and clergy, with the media, and with members of the general public.

Representatives of Al-Anon/Alateen are available to staff tables at health fairs and other events and speak to large and small groups about recovery from the family disease of alcoholism. In March, AISDV participated in a Mental Health Resource Fair hosted by the Social Work Department at St. Christopher's Hospital, Philadelphia. AISDV members spoke to and gave a variety of Alateen/Al-Anon books and literature. Focus was more on Alateen simply because St. Christopher's Hospital specialty is children. The social workers were extremely happy to have Al-Anon literature to display to their clients. The social worker director is considering placing an Al-Anon/Alateen literature display in the ER room.

Al-Anon/Alateen members regularly bring information about our 12 step program of recovery to the family programs at local rehabs and treatment centers, including Bowling Green Brandywine Institution (Kennett Square), Girard Medical Center (Philadelphia), Malvern Institute (Malvern), and Mirmont Treatment Center (Lima).

Visit <http://aisdv.org/service.html> or contact Public Outreach Coordinator, Dawn H., at district1dawn@verizon.net to learn how to get busy to get better.



Letting Go...of Children

I raised my children to be independent. It was important to me that they be able to take care of themselves and not be dependent upon a privileged life. Having successfully raised self-reliant young adults doesn't mean I'm always happy with their choices. I am often conflicted.

My son believes his calling is with the Marines, despite his success as a mechanical engineer working on nuclear submarines. People tell me I should be proud of him as well, but that eludes me. His obsession to serve his country this way flabbergasts me. I find it incomprehensible and impossible to support such a dangerous decision. Instead I told him, "I realize that you are an adult, in charge of choosing your path, but I cannot support this choice and don't understand it. If anything ever happens to you, I will always feel that I could have done or said something to stop you from enlisting."

When I shared this with a friend, she said, "You're not being fair...to yourself." Was I assuming too much responsibility for an adult child? Mulling it over with another group of friends, I realized that letting go of any sense of responsibility doesn't mean that I approve. It indicates that I am moving towards acceptance.

Another friend spoke to my son about his intention to join the Marines. She recognized my passion to take action if something bothered me, rather than just complain or talk about it. She said his call to action reminded her of me. She heard his commitment to improve our world and not turn a blind eye or let someone else do the dirty work. I was stunned when she pointed that out, but contemplated and recognized the truth in her observation. It's taken me months to appreciate my son for knowing himself so well that he could make such a difficult choice as joining the Marines. He is listening to his inner voice. I respect that, in spite of being mystified and frightened by his choice.

My three children's career and domicile choices have been solely their choices, possibly with indirect influence but definitely without dictation from me. Although different from me, each of my children is discovering their own path. Their choices have caused me varying degrees of anxiety, but I have faith in them and respect their autonomy. I am letting go, albeit with effort and with varying degrees of trepidation.

How? By believing that they have to follow their own path to self-discovery, be true to themselves and live with themselves first to be happy. To squash my fear that harm may come to my child, that I could have done one more thing to save him or her, I take a deep breath, reach out for positive thoughts to replace my negative ones, and dig deep to find my faith in them. I can do this when it comes to my daughters' choices, but not my son's. At least not yet. I understand that I can't live their lives. Not if I want them to grow into confident and happy people. So I rejoice in their brave evolution, in their strength and freedom to find their own way, to make decisions based on what their conscious dictates, and not me. It isn't easy, but I turn myself in another direction and comfort myself in doing and unveiling the activities that make me happy, while recognizing that they are pursuing their own route for a fulfilling life.

By: Shelley H. Philadelphia, PA

Alateen Meetings Happening Weekly @ AISDV

MONDAY

7:00 PM University City's Alateen ^{1,2}
4021 Walnut Street, 3rd Floor, Philadelphia 19104

7:30 PM Alateen Easy Does It ¹
St. Andrew's Episcopal Church, 55 West Afton Road, Yardley 19067

8:00 PM Rosetree Media Alateen ¹
Reformation Lutheran Church, 102 W. Rose Tree Road, Media 19063

TUESDAY

7:30 PM Riverside Alateen ¹
Good Shepherd United Methodist Church, Chalfont & Calera Street, Philadelphia 19154

8:00 PM North Wales Alateen ^{1,2}
Church of the Messiah, US-202 & Sumneytown Pike, North Wales 19454
Enter in Rear of Church, 2nd floor, 1st Room on the left

8:00 PM Wayne Alateen ^{1,2}
St. Mary's Church, E Lancaster & Louella Avenue, Wayne 19087



WEDNESDAY

7:15pm Alateen In Drexel Hill ¹
Grace Lutheran Church, 600 Edmonds Avenue, Drexel Hill 19026

FRIDAY

7:30PM YANA - You Are Never Alone ^{1,2}
St. John's Lutheran Church, 505 N. York Road, Hatboro 19040

¹ Al-Anon meeting held at same time and location.

² AA meeting held at same time and location.