



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

The **Al-Anon Information Service of Delaware Valley (AISDV)** serves the greater Philadelphia area plus Bucks, Chester, Delaware and Montgomery counties; our website is here to help you 24/7. Our online [Al-Anon Meeting Directory](#) lets you easily find meetings, and you can subscribe to our monthly newsletter, [The RAP](#). Our [Calendar](#) consolidates events in the area with statewide, national and international events, and by subscribing to the [Announce List](#) you may receive them directly in your email Inbox.

The primary purpose of AISDV is to help families and friends of alcoholics in the Philadelphia area by offering experience, strength and hope. AISDV is a service arm of the Al-Anon fellowship and works in conjunction with Al-Anon's World Service Organization and the Pennsylvania Al- Anon Assembly.

Three Obstacles to Success in Al-Anon *

“All Al-Anon discussions should be constructive, helpful, loving, and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract us from our goals.

1. Discussions of religion: Al-Anon is not allied with any sect or denomination. It is a spiritual program, based on no particular form of religion. Everyone is welcome, no matter what affiliation or none. Let us not defeat our purpose by entering into discussions concerning specific religious beliefs.
2. Gossip: We meet to help ourselves and others learn and use the Al-Anon philosophy. In such groups, gossip can have no part. We do not discuss members or others, and particularly not the alcoholic. Our dedication to anonymity gives people confidence in Al-Anon. Careless repeating of matters heard at meetings can defeat the very purposes for which we are joined together.
3. Dominance: Our leaders are trusted servants; they do not govern. No member of Al-Anon should direct, assume authority or give advice. Our program is based on suggestion, interchange of experience, and rotation of leadership. We progress in our own way and pace. Any attempt to manage or direct is likely to have disastrous consequences for group harmony.”

* This text is from the pamphlet, *Alcoholism, the Family Disease* (P-4), © Al-Anon Family Group Headquarters, Inc., Virginia, 2005. It can also be found in *Al-Anon/Alateen Service Manual 2018-2021* (P24-27), page 22.
<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

Money, Money, Money

Tradition 7: *Every group ought to be fully self-supporting, declining outside contributions.*

The suggestions found in Reserve Fund Guideline (G41) are a result of what seems to work the best for the most. A list of “financial inventory” questions is included. The guideline can be found online at <http://www.al-anon.org/members/pdf/guidelines/G41.pdf>.

The following, taken directly from the guideline, suggests how to set a group budget:

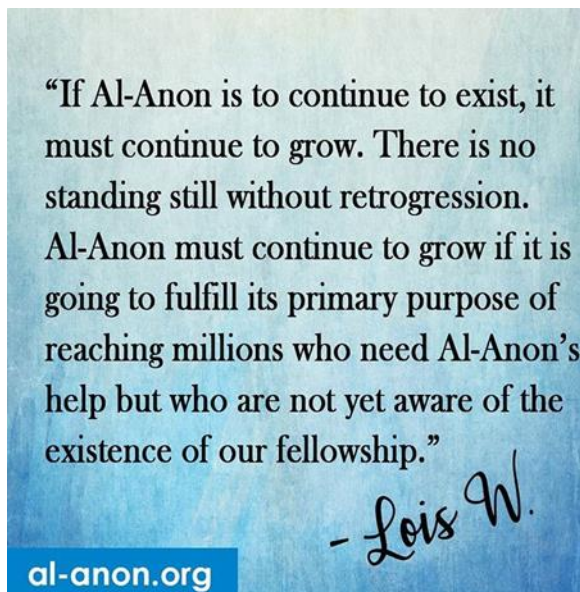
The following two methods of disbursing funds are commonly used among groups.

1. A set amount of money is paid or set aside each month or quarter for:

- Rent
- Group Representative's and Intergroup Service Representative's (or Alternate GR's) expenses
- Al-Anon Conference Approved Literature
- Refreshments
- District, LDC, AIS contribution
- Area contribution
- WSO contribution

2. In some groups making donations may be budgeted in percentages. After a group's fixed expenses are met, it would be up to the group to determine the proportions. Fixed expenses may be rent, literature, GR expenses, and refreshments.

- _____% to the District
- _____% to District Public Information, AIS, LDC
- _____% to the Area
- _____% to the WSO



Outreach to Institutions

Public Outreach **informs** the general public through the media, professionals, facilities, and organizations about who we are, what we do, and how to get in touch with us. Our goal is to **attract** to our program those whose lives are or have been affected by someone else's drinking, so that those who need our program can find the help and hope we offer. We also strive for name recognition and credibility as a community resource.

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.

Al-Anon/Alateen members regularly bring information about our 12 step program of recovery to the family programs at local rehabs and treatment centers. Current institution commitments include:

<p>Bowling Green Brandywine Institution Comprehensive Addiction Treatment Center 1375 Newark Road Kennett Square, PA 19312 Sundays 10:30 to 11 am Contact D7 DR</p>	<p>Girard Medical Center 8th St and Girard Avenue Philadelphia, PA 19122 1st and 3rd Sundays 1 - 2 pm</p>
<p>Malvern Institute 940 W King Rd Malvern PA 19355 Contact D7 DR</p>	<p>Malvern Institute 240 Fitzwatertown Rd Willow Grove Pa 19090 Al-Anon Intergroup District 3 staff the meeting with Al-Anon volunteers</p>
<p>Mirmont Treatment Center 100 Yearsley Mill Road Lima, PA 19063 2nd and 4th Saturdays, 1:50-3 pm Contact D5 DR</p>	<p>Recovery Centers of America 235 Lancaster Ave, Devon, PA 19333 Wednesday night, 7:15 p.m. - 8:15 p.m. More info: InstitutionAl-AnonMeeting.pdf</p>

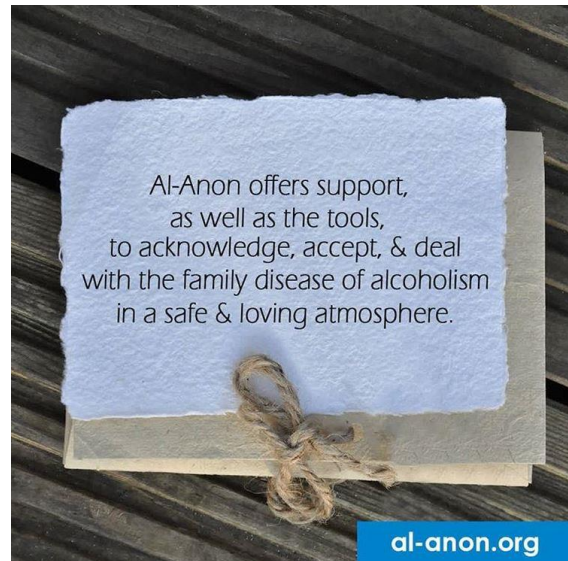
If you or your group may be interested in participating in this important service opportunity, contact the Institutions Coordinator for more information at institutions@aisdv.org

Beginners' Meetings – Not Just for Newcomers

A few weeks ago I was asked to speak at a meeting and enthusiastically jumped at the opportunity to do service. Unfortunately, I mixed up the start time and arrived 45 minutes late for the regular meeting however I was 15 minutes early for the beginner meeting. Not having attended any beginners meetings when I was a newcomer, I did not know what to expect. I remained open and experienced a meeting that was flowing with experience, strength, and hope. The chairperson opened and closed the meeting in the familiar manner. New members shared and asked questions to learn more about recovery through Al-Anon. As a long-time member, I walked away from that meeting rejuvenated. My recovery journey was reaffirmed and I felt gratitude to those newcomers who took the courageous step into that meeting.

Beginners' Meetings *

“Beginners’ meetings offer newcomers the opportunity to discuss their feelings in a caring and comfortable environment. They provide newcomers the opportunity to learn from current Al-Anon members who share their experience, strength and hope as a result of practicing the Al-Anon program. Experienced Al-Anon members introduce newcomers to the Al-Anon program through Al-Anon Conference Approved Literature and the first three Steps, as well as inform them about the far-reaching effects of the family disease of alcoholism.



There are two types of Beginners’ meetings:

- Some beginner’s groups meet weekly as separate groups, are registered as Beginners’ Al -Anon groups and focus on beginners’ topics. They elect their own Group Representative. They may use “Beginner” as part of their group name. The Beginners’ Meeting Guideline (G-2) is posted on the Members’ menu at al-anon.org and can be downloaded and printed as needed for members’ use.
- Some groups hold special beginners’ meetings in conjunction with the regular group meeting, for a designated time before, during or after the regular meeting to provide newcomers with a simple introduction to Al-Anon. These beginners’ meetings are part of the regular group and do not register as a separate group. They are served by the Group Representative of the hosting Al-Anon group. There is a space on the New Al-Anon Group Registration Form to indicate if a group offers such a meeting format.”

* *Al-Anon/Alateen Service Manual 2018-2021 (P24-27), page 31.

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

Find a Beginners' Meeting Near You

<p>Monday 12:00 PM DOWNTOWN LUNCHTIMER'S Philly Improv Theatre 2030 Sansom St, Philadelphia 19103 Rehearsal Room A, 2nd Floor</p>	<p>Wednesday 730 PM WEDNESDAY BEGINNERS AFG CENTER CITY Trinity Episcopal Church 22nd & Spruce Street, Philadelphia 19103</p>
<p>Monday 7:00-7:45 PM MALVERN LINE ROAD AFG Christ Memorial Lutheran Church 89 Line Road, Malvern 19355</p>	<p>Wednesday 7:00 PM PHOENIXVILLE COURAGE TO CHANGE AFG St. John's Lutheran Church 355 St. John's Circle, Phoenixville 19460</p>
<p>Monday 7:00 PM ROSETREE MEDIA Reformation Lutheran Church 102 West Rose Tree Road, Media 19063 Alice Thompson room - above regular meeting room</p>	<p>Wednesday 8:30 PM BRYN MAWR BEGINNERS Bryn Mawr Community Center 9 South Bryn Mawr Ave, Bryn Mawr 19010 Building behind library</p>
<p>Monday 7:30 PM GENESIS AFGAC (Adult Children Meeting) St. Paul's Lutheran Church 211 N. Main Street, Doylestown 18901 Enter on Spruce St. parish building</p>	<p>Thursday 7:30 PM FIRST STEP Livengrin Rehab. - Community Center 4833 Hulmeville Road, Bensalem 19020</p>
<p>Tuesday 6:00 pm MALVERN CENTER BEGINNERS' AFG 225 Lancaster Ave, Malvern 19355 Lincoln Court Shopping Center behind REVive</p>	<p>Thursday 7:30 PM CLIVEDEN/WISTER St. Peter's Lutheran Church 74th Avenue & Briar Road, Philadelphia 19138</p>
<p>Tuesday 6:30 PM SERENITY TUESDAY AFG Holy Trinity Episcopal Church 212 S High St, West Chester 19382</p>	<p>Thursday 8:00 PM PAOLI AFG Church of the Good Samaritan 212 Lancaster Ave, Paoli 19301</p>
<p>Tuesday 7:30-9:00 PM WARMINSTER'S BEGINNERS Abington Memorial Health Center 225 Newtown Road, Warminster 18974 1st Floor Main Meeting Room</p>	<p>Friday 8:00 PM AMBLER Upper Dublin Lutheran Church Butler Pike & Susquehanna Rd, Ambler 19002</p>
<p>Wednesday 7:00 PM FRESH START AFG All Saints Episcopal Church 1811 Loney St, Philadelphia 19111 1st Wed. of month, Beginners Mtg.</p>	<p>Saturday 7:30 PM HAVERTOWN/SATURDAY NIGHT Union Methodist Church 200 Brookline Boulevard, Havertown 19083</p>