



THE RAP

Reaching Al-Anon People

December 2015

The Al-Anon/Alateen Newsletter of the Delaware Valley

Step 12

Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Tradition 12

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

General Warrantees of the Conference (taken from Concept 12)

1. That only sufficient operating funds, including an ample reserve, be its prudent financial principle
2. That no Conference member shall be placed in unqualified authority over other members
3. That all decisions be reached by discussion vote and whenever possible by unanimity
4. That no Conference action ever be personally punitive or an incitement to public controversy.
5. That though the Conference serves Al-Anon, it shall never perform any act of government, and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

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Gratitude—We Have All We Need at This Moment

Gratitude generates peace of mind.

Even in the midst of anger and sadness, there is always something to be grateful for.

Gratitude has been a problem for me this week. I was sitting here feeling overwhelmed, sad and angry—angry that our condo association for our beach rental is strong-arming us about limiting rentals. This will force us to sell something I have dreamed of having since I was a little girl. Sad because my daughter-in-law and son are dealing with, at the tender ages of 29 and 30, placing their grandmother in hospice. They live miles away in Seattle and I can only be there to listen via the phone.

Furthermore, a friend of mine is dying from cancer.

All of these things happening at once have left me feeling overwhelmed and powerless.

When I am feeling overwhelmed and powerless, it is most imperative I take stock of what I am grateful for.

I am blessed to have known my friend and my daughter in-law's grandmother. I am blessed to even have had a condo at the beach and for the great memories that accompany that. I have a wonderful family with adult children that I love, and I am so grateful for our relationship. I am grateful for what I have accomplished in my career; eight years ago I never would have imagined it would be possible to go back to school, get another degree and write a book. I am grateful for a loving husband and a warm house with plenty of food to eat.

Gratitude does give me peace of mind when I work at it. However, it doesn't always come easy. If I acknowledge that my Higher Power, who is God, does give me all I need in that moment, hour or that minute of time, I can be grateful. I just have to look for it. I now do this by meditating on the good in my life that my Higher Power has graciously given me and then making a list of at least 3 things I am grateful for. By implementing this practice, I found that even in the midst of anger, sadness or turmoil, there is *always* something to be grateful for.

Finding the positive in a negative situation brightens my day and sometimes is even energizing. When you find yourself in turmoil or sad, look to your Higher Power and ask, "What is good in my life today and what am I grateful for?"

"There is no such thing as a problem without a gift for you in its hands." Richard Bach

-Sherry S. Blue Bell, PA

a publication of... AISDV

Al-Anon Information Service of the Delaware Valley
aisdv.org • 4021 Walnut Street Philadelphia PA • rap@aisdv.org • 215-222-5244 (voicemail)

AL-ANON NEWS AND EVENTS

AISDV 7th Annual Alateen Winter Workshop

Saturday, January 9th 2016
3 pm to 10 pm
Doors open at 2:30

**\$10 Donation Requested/
Permission Slip Required
at the Door**

This is an Alateen Workshop and is Not Open to all Al-Anon Members. Only AMIASes will be Allowed to Attend the Sessions and There Will Be a Limit.

**Donations of Raffle
Baskets/Desserts/Snacks
Encouraged**

Contact Sarah R at
sarahreilly3990@gmail.com
for more information

St. Mary's Episcopal Church
Lancaster and Louella
Avenues
Wayne, PA 19087

Do You Want to be a Speaker at the Women's Prison?

Contact Dawn at
district1dawn@verizon.net for more
info. This is a great opportunity for
service and to carry the message to
those who most need it!

Can Your Group Take a Writing Commitment?

**October: Overbrook
November: Tuesday Morning
Serenity
December: ????
January: ????**

Contact Franny at rap@aisdv.org
or 267-535-0945 for more info.

Want to Learn about More Events and Opportunities for Service?

Go to aisdv.org and click on
Calendar

To Sign Up for Regular E-Mails:

Go to aisdv.org and click on
Announcements then click on
Sign Up for AISDV Announcements

NEW MONTHLY WRITING MEETING !!!

"Let It Begin With Me"

Begins Saturday, Jan 16th
10 AM to 12 Noon
& Meets Once a Month

8419 Germantown Ave, Phila.
3rd Floor (no elevator)

If you are interested, contact Ruth
@ 215-260-1015 or e-mail her at
relaxwithruth@gmail.com

*Meet with like-minded people
interested in writing their
stories or writing for the RAP,
the Forum or the new daily
reader!*

A New Al-Anon Daily Reader

is in process to reflect the diversity
of the fellowship as it is today

More sharings are needed
from all of us! Go to:
[http://www.alanon.alateen
.org/members](http://www.alanon.alateen.org/members)
to submit your story.

Want to Get More Involved in Service?

Elections are occurring at AISDV in January for:

Assistant Chair Assistant Treasurer
Secretary Assistant Secretary

Call Lorrie D for more info @ 215-442-9792 or come to
the next AISDV meeting if you would like to step up!

For position descriptions, go to aisdv.org and
click on Who We Are and scroll to the bottom of the page.
You do not have to be an ISR in order to run.

The next mtg is Thurs 1/21 at 7:30 @ The Reformed
Church of the Ascension, 1700 W Main Street, Norristown

Upcoming Anniversaries and Special Meetings

Tuesday Morning Serenity AFG

God As I Understand Him
Meeting and Luncheon

St. Andrews United Methodist Church
999 York Road, Warminster PA
Tuesday, December 8th 10:00 AM

District 20

God As I Understand Him Meeting
Electric Candles Only
Salem UCC Church

186 E Court Street, Doylestown PA
Wednesday, December 9th 7:30 PM

South Philadelphia AFG

God As I Understand Him
Candlelight Meeting
Fellowship/Food/Fun

1608 E Moyamensing Ave, Phila PA
Friday, December 11th 7:00 PM

Richboro Thursday Night

Candlelight God As I Understand
Him Meeting

St. John's Methodist Church
820 Almshouse Road, Ivyland PA
Thursday, December 17th 7:30 PM

Far Northeast

God As I Understand Him Meeting
Bring Snacks and Candles

Our Lady of Calvary Church
11024 Knights Road, Philadelphia PA
Sunday, December 20th 7:00 PM

Pottstown Wed Morning AFG

Gratitude Meeting

St John Baptist Byzantine
301 Cherry Street, Pottstown PA
Wednesday, December 30th 10:00 AM

Literature Corner: "Reaching for Personal Freedom"

I want to enthusiastically recommend our new workbook, "Reaching for Personal Freedom" to my fellow members of Al-Anon. I have been using the workbook for over a year to deepen my own recovery, and I wanted to share my experience in how it has helped me.

"Reaching for Personal Freedom" is a workbook much like our blue "Blueprint for Progress" Fourth Step workbook. Like the Blueprint, "Reaching for Personal Freedom" is printed on letter sized paper, spiral bound, and divided into sections. Each section has readings for thought and then questions with space below to print the answers.

The workbook covers all of our three Legacies--the Twelve Steps, Twelve Traditions, and Twelve Concepts of service. I have used the workbook section by section, starting with Step One. I have found a lot of insight in using the workbook "horizontally"--Step One, then Tradition One, then Concept One, then Step Two, and so on. This has brought me insights into the connections between the steps, traditions, and concepts that I had not previously noticed.

For me, the biggest advantage of the new workbook is that it serves as a structured journal. I have readings and writing prompts, and I can date each entry so that I can go back and see what I wrote to track my progress. Using the workbook has helped me to find gaps in my program where I can benefit from additional reading or reflection. Often, if I am having trouble answering the questions in a particular section, then I will use that as a prompt for further study of that Step, Tradition, or Concept in other Conference Approved Literature. I have also used the book when I chair meetings in order to find fresh topics for discussion.

One major drawback of the workbook for me is that the sections are more about the legacies than actually working them. In other words, when I finish a section, say on Step Two, I have a better understanding of that Step, but it is not the same as actually working Step Two. It is important for me to keep in mind that learning about a tool is different than using that tool, since I still tend to confuse one with the other!

I can see the workbook benefitting all Al Anon members, though in different ways. Those, like me, who have a few years in the program (or more) can benefit by re-examining and deepening our understanding of all of our Legacies. Newcomers can benefit from the wide scope of the workbook, which covers so much of the program while also allowing a member to share their own experience along the way. Those looking for new tools for sponsorship or material to use for group study would also benefit from this book.

It is wonderful to see our fellowship grow through the continued availability of new literature. I hope to see Al Anon produce more such workbooks in the future covering important topics such as growth through service and working with a sponsor. Thanks for letting me share!

-Rob L

Group/Individual Donations

World Service Office

Payable to/Mail to: AFG Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617

PA/State

Payable to: PA A Assembly
Mail to: Stephanie M.
5594 Fairway Dr W
Fayetteville, PA 17222

Al-Anon Information Service of the Delaware Valley

Payable to/Mail to: AISDV
4021 Walnut Street
Philadelphia, PA 19104

Alateens/NOMAAC

Payable to: NOMAAC
Mail to: Scott L.
5320 Little Gap Road
Kunkletown, PA 18058

Please write your Group Name and WSO ID# on all checks and include a return address on the envelope.

Let Go and Let God

Slogans they are one of my favorite tools of the program. Short and sweet

This is my favorite slogan, and yet, I struggle with it every day. I want to turn all my problems over to my higher power and then I wait for a solution. Sometimes things don't happen as fast as I want them to. I must remember it is his will and not mine.

I took care of my sick mother for years, and I never felt like it was a job. I enjoyed being with her and sometimes talking about things we shared. When she passed away, it was very hard, and I was very sad; however, I knew in my heart she could not go on, and she was getting weaker as time went by. I still miss her every day. I had to use this slogan because it was his will, and I knew she was in peace and had no more pain.

I learned many things in Al-Anon, but I have a lot more to learn. I will keep coming to Al-Anon; for this is the only thing I can do to have a peaceful life.

I was told you never graduate, and that's ok; so I just keep coming back.

--LuAnn G. Philadelphia, PA

3rd Annual Sober New Years Eve Party

AA/Al-Anon/Alateen

Speakers @ 8:30

Food/Fellowship/Fun/50-50

DJ to Dance the Night Away!

Bring Appetizer or Dessert to

Share/Main Entrée Will Be

Provided

Thursday, December 31st

8:00 PM to 12:30 am

Upper Dublin Lutheran Church

Fellowship Hall, 2nd Floor

Susquehanna Rd & Butler Pike

Ambler, PA

\$10 at the Door, But Don't Stay Away if You Can't Pay

Sponsored by District 3 Al-Anon Family Groups

Need Directories???

Contact Joe T. at

610-522-1359

or e-mail him at

directory@aisdv.org

for more information

Write for The Rap!

It's your newsletter!

Send your contributions, concerns, comments and event notifications to:

rap@aisdv.org

or The RAP c/o AISDV

4021 Walnut Street

Philadelphia, PA 19104

(or to get a free copy of the Rap sent to your group)

Get Involved!!!

The next AISDV

Meeting is

Thurs, Jan 21st @

7:30

The Reformed Church

of the Ascension

1700 W. Main Street

Norristown, PA

Want to Find Out About What's Going On In Our Area???

Go to aisdv.org and click on Calendar