



# THE RAP

*Reaching Al-Anon People*

November 2015

*The Al-Anon/Alateen Newsletter of the Delaware Valley*

## Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.

## Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and TV. We need guard with special care the anonymity of all AA members.

## Concept 11

The World Service Office is composed of selected committees, executives and staff members.

Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

## *Step Eleven and Aligning My Will*

I used to suffer long and hard, in pain and misery, trying to force solutions. I didn't have time to pray or meditate because I was too busy trying to fix the problem! Thanks to what I've learned in Al-Anon, things are better. Now, when I find myself jammed up due to my alcoholic loved one, or to any number of things that are not cooperating with my plan, I more readily take my concerns to God.

Yet, my prayers still begin with lame attempts at directing the show. I do this by giving direction to God. This reminds me of a really bad back seat driver—one who can't see the road ahead, or what lurks around blind corners, yet still feels the need to call out directions: "Turn right, turn left, stop, go, etc."

But God *does* know the road before me. And only He knows that to get me to point C, I must first go through points A and B. There's no other way to get there. Although the road may be rough, heartbreaking, and downright frightening at times, its purpose is to bring me to where I need to be. He knows what's best for me. When I pray according to *my* will, I am assuming that *I* know what's best. Not only for me, but for everyone else! This self inflicted responsibility comes with a lot of pressure. "I need to get this right!"

I have to remember that I have a very limited perspective. How can I possibly know what's best when all I can see is what's right in front of me? (And even that is subject to interpretation.) I forget that being the Master of the Universe is a huge responsibility for one as small as me. Since I don't know the future, or the plan to get there, I can't know what is best for the here and now. But God does.

It's through prayer and meditation that I align my will with God's. In meditation I sit quietly and focus on my breath. This helps clear my head of its chatter, and makes me more accepting of what is. I soon feel closer to my HP. How close can you feel to someone with whom you spend no time?

Towards the end of my prayer, I find myself praying only for God's will. What started out as panicked requests usually ends with praise and a deeper awareness of a bigger God with a bigger plan. My world is more manageable because I now realize that I'm **not** managing it. God is. And now I have peace.

*--Lois M Maple Glen, PA*

*a publication of... AISDV*

Al-Anon Information Service of the Delaware Valley  
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# AL-ANON NEWS AND EVENTS

## **AISDV Fall Dinner Dance**

Al-Anon Information Service of the Delaware Valley

**Saturday November 7<sup>th</sup> 2015  
5 pm to 10 pm**

**3 Speakers/Dinner/Dancing  
50-50/Raffles/Door Prizes  
\$39/person**

Must Register ASAP

By calling Sherida at  
267-496-1128

No tickets will be sold at the door!

Reformation Lutheran Church  
1215 East Vernon Road  
Philadelphia, PA 19150

*This Fundraiser Supports Our Efforts to  
Carry the Message in the Delaware Valley!*

## **Special Gratitude Meeting**

Share something special about the people  
in your life, someone who has passed on  
or whatever is in your heart..

Bring a candle and a snack if you wish!

All Saints Episcopal Church  
9601 Frankford Avenue, Philadelphia  
Saturday, November 28, 2015 @ 7pm

## **Special "God As We Understand God" Candlelight Meeting**

**Hosted by: Sunday Nighters**

Grace Epiphany Church  
Gowen and Ardleigh Sts, Phila  
Sunday Nov 15, 2015 @ 6PM

Feel free to bring an unscented  
candle if you like!

## **NEW MONTHLY WRITING MEETING !!!**

**"Let It Begin With Me"**

**Begins Saturday, Jan 16<sup>th</sup>  
10 AM to 12 Noon  
& Meets Once a Month**

8419 Germantown Ave, Phila.  
3<sup>rd</sup> 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!*

## **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!

## **Want to Learn about More Events and Opportunities for Service?**

Go to [aisdv.org](http://aisdv.org) and click on  
Calendar

To Sign Up for Regular E-Mails:

Go to [aisdv.org](http://aisdv.org) and click on  
Announcements then click on  
Sign Up for AISDV Announcements

## **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>  
to submit your story.

## **Want to Get More Involved in Service?**

Elections are occurring at AISDV in November 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](http://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 11/19 at 7:30 @ The Reformed  
Church of the Ascension, 1700 W Main Street, Norristown

## *Upcoming Anniversaries Speakers, Fun, Food & Fellowship!*

### ***Depend Upon Unity Men's Mtg-10<sup>th</sup> Ann.***

Livengrin—Bailiwick Office Campus  
252 W. Swamp Road, Unit 54 & 55  
Doylestown  
Tuesday, November 3<sup>rd</sup> 7:00 pm

### ***Drexel Hill Wed Night 50<sup>th</sup> Ann.***

Grace Lutheran Church  
Edmonds Ave & School Lane Drexel Hill  
Wed, November 11<sup>th</sup> 6:30 PM

### ***Willow Grove AFG 2nd Anniversary***

Malvern Institute  
240 Fitzwatertown Road Willow Grove, PA  
Thursday, November 12<sup>th</sup> 6:00 PM

### ***Heart of Al-Anon 4<sup>th</sup> Ann. Meeting***

First Presbyterian Church of Springfield  
356 Summit Road, Springfield, PA  
Friday November 13<sup>th</sup> 6:00 PM

### ***Bucks County AFGAC 31<sup>st</sup> Ann.***

Our Lady of Good Counsel  
611 Knowles Avenue Southampton, PA  
Thursday, November 19<sup>th</sup> 7:00 PM

### ***Wed Night Beginners Anniversary***

Trinity Memorial Episcopal Church, Parrish  
House, 2212 Spruce St, Philadelphia  
Wednesday, November 25<sup>th</sup> 7:00 PM

### ***Saturday Serenity AFG 10<sup>th</sup> Ann.***

Milmont Fire Company  
714 Belmont Avenue, Folsom, PA  
Saturday, November 28<sup>th</sup> 9:00 AM

### ***Friday Night Serenity 12th Ann.***

St. John's Episcopal Church  
576 Concord Road, Glen Mills, PA  
Friday, December 4<sup>th</sup> 6:30 PM

## *Reflecting on Concept Eleven*

*The Twelve Concepts of Service summarize the Al-Anon principles that have proven to help Al-Anon's service organizations function effectively together. The 12 concepts are the way the business end of Al-Anon is run. This month we focus on Concept 11: The World Service Office is composed of selected committees, executives, and staff members.*

There are 12 committees which make recommendations to guide Al-Anon's WSO. These committees are: Alateen, Archives, Budget, the Conference Committee, World Service Conference, Cooperating with the Professional Community, Institutions, International Coordination, Literature, the Nominating Committee, Public Information, and the Regional Committee.

Everything World Service does, it assigns to a Committee. That's probably where the idea that no one does anything alone in Al-Anon originated. There is no one person in charge in Al-Anon, and the members of each committee change regularly.

This use of committees is replicated at the state level, in AISDV, in the district, and finally, in our beloved home groups. We volunteer for positions and step down when our term is up. We have the common goal to keep Al-Anon healthy and strong, and we do this by allowing others to step up to service.

In addition to its committees, the WSO also seeks good leaders who manage it as executives. People are chosen who practice the Al-Anon principles in all their affairs and stay abreast of what is happening in the Al-Anon community.

Lastly, Al-Anon has paid employees in addition to its volunteers. Using the principle of being totally self-supporting, Al-Anon pays its employees a fair wage for the type of work they do. This is the way employees are shown respect as they perform their duties. In Al-Anon, we practice honesty, fairness, respect, and willingness. We keep our principles uppermost in our minds, which help to guarantee continued friendly, efficient service within Al-Anon and in our lives.

Concept 11 can also be brought into our family life. My own personal experience was to have family meetings, allowing our children to say what they agreed with and what they did not in the way we ran our home. We all had chores. I learned that I didn't have to do everything myself. We also had allowances for our children, which I believed helped them to have a concept of the value of money and responsibility. For my own accountability, I gave myself challenges for which I set deadlines. I was relieved to see that I accomplished a lot of them.

At first glance, the Concepts seem like they do not relate to us, but neither did the Traditions until we applied them in our meetings and our home lives. One day at a time, I, too, have learned to practice these principles in all my affairs.

*--Lorrie D. Tuesday Morning Serenity*

### 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

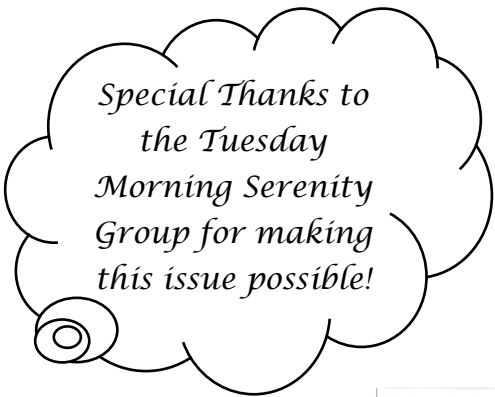
#### Al-Anon Information Service of the Delaware Valley

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.**



*Special Thanks to the Tuesday Morning Serenity Group for making this issue possible!*

## Practicing Tradition Eleven

*While the Twelve Steps relate to the personal growth of individual Al-Anon members, the Twelve Traditions relate to unifying the Al-Anon groups by adherence to these Traditions by all groups. This month, we examine Tradition Eleven.*

*Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films. We need guard with special care the anonymity of all AA members.*

We know from sad experience how well it works when we try to control things. Yet, when we reap the benefits of living both the Al-Anon program and practicing the Twelve Steps, we may be tempted to promote Al-Anon to others by shouting from the rooftops, figuratively speaking, thus changing/controlling the lives of others. There is a fine line here because we do want others to know about the help and healing we have experienced in Al-Anon. However, Tradition Eleven warns us to maintain personal anonymity. Rather than promote Al-Anon, we must step back, and with humility, by example, attract others to want what we have and to, then, seek it in our program.

As far as press, radio, TV, and films are concerned, these media may be used, but only if anonymity is maintained. This is why we will never see a celebrity promoting Al-Anon or AA. In Al-Anon, in Tradition Eleven, we are also charged with protecting the anonymity of AA members as these may be our own loved ones, the family members or friends who brought us to Al-Anon in the first place.

We have a Public Outreach program which is not a contradiction of Tradition Eleven because it does not violate anyone's anonymity, but rather, it makes the message of Al-Anon available to people who might otherwise not hear it. So, pamphlets in doctor's offices and other means of informing and attracting people to the help they may desperately need are valuable tools we use in Al-Anon. My mother lived in an alcoholic marriage, and she suffered unspeakably. She never heard of Al-Anon. Thus, the Public Outreach program has the purpose and intent of reaching people who are suffering and need the help and peace that we have found. Reaching out to those in need *in a spirit of humility* is what Tradition Eleven is about.

*--Patricia L.*

### 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, Nov 19<sup>th</sup> @  
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](http://aisdv.org) and click on Calendar