



THE RAP

Reaching Al-Anon People

October 2015

The Al-Anon/Alateen Newsletter of the Delaware Valley

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10

The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

Concept 10

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

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.

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Feeling My Feelings

Today I woke up very sad. It is an old, familiar feeling. When I was a child growing up in a turbulent home affected by drinking, I remember sadness as a constant companion, with its cousins—worry and feelings of hopelessness. I would dig myself out of my sadness using made-up techniques—immersion in trying to be perfect both in and out of school, people-pleasing, denying my own voice and feelings, feeling "bad" or "guilty" for those feelings, and, later, in my teen years, acting out, because I did not have the words or connection within to identify what was going on inside of me. I did not have any tools or an adult whom I could confide in or express myself to. I did pray to God, but did not feel any comfort or relief.

My twelve year old granddaughter is refusing to go to school, repeating a pattern from last year. This has caused mayhem in my daughter's family, because the two younger boys, now, do not see why *they* have to go to school. She is a single mother, and she is overwhelmed and scared. Because my granddaughter's anxiety and possible depression were not addressed over the summer with counseling, the pattern is repeating itself. Every avenue of professional support I suggest for my granddaughter, my daughter refuses, saying, "they won't help". But in my sadness, now, I have tools I can use. First of all, I can feel and accept my feelings, instead of denying them. I struggle with sadness—it scares me—but I now know that I have a Higher Power with whom I can share my feelings, through meditation and prayer, by going to a meeting or by sharing with a friend or Sponsor. I am not alone. And I now know that my daughter and granddaughter also have a Higher Power, who will guide them just as I have been guided, sometimes without my knowledge. I can make suggestions and I can support, but I can also create boundaries—not accepting the early morning onslaught of phone calls and texts, for example. I can use the slogan "First Things First", the Serenity Prayer and the First Step to sort out what I am powerless over, and what, perhaps, I can change, about myself or the situation, with my Higher Power's help. Using these tools calms me down and helps me to not feel so overwhelmed with the situation. I can remember that "This Too Shall Pass" and know that my identity as a grandmother and mother is not defined by this crisis. In fact, I can remember that good can come from any situation; for example, this crisis might deepen my spiritual program, because I am forced to ask for hope, faith and guidance.

Lastly, I know that, despite a crisis, it always behooves me to take care of myself, by getting enough sleep, by taking time to pray and meditate, by reading the CAL literature, and going to meetings. I did not know, when I was young, that loving and taking care of myself in times of sadness was appropriate or would make a difference. Now, thanks to Al-Anon, I know that to be true, and I am so grateful to have all of these tools. Using the tools and engaging in self-care will be good examples for my daughter and granddaughter, perhaps, but most of all, it will help me as I move through this sadness.

—Brooke P. Haverford, 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 Fall Dinner Dance
Al-Anon Information Service of the
Delaware Valley

Saturday November 7th 2015
5 pm to 10 pm

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

Must Register By October 30th

Call Sherida at 267-496-1128 or go
to <http://aisdv.org/calendar.html>
to register and pay online.

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!*

The RAP is Our Newsletter
and we're depending on
YOU to circulate it!

**Please Copy and Distribute to
Your Group!***

*Ask your group at your next business
meeting for permission for monthly
reimbursement of copy costs.

**Can Your Group Take a
Writing Commitment?**

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

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

District 2 Workshop

FALL INTO SERENITY

Saturday October 24th

8:30am-3pm

4021 Walnut Street
Clubhouse

Registration Fee: \$5.00
Bring Your Own Brown Bag Lunch

We would greatly appreciate
donations of breakfast items or
baked goods for our sweet table,
monetary donations for beverages
or literature for prizes!

*Come share your experience,
strength and hope with us!*

For more information, contact:

Janeal @ 215-571-9458
Claudine@ 215-339-0744
Tonya@ 267-324-9544
Cheri @ 267-428-9415

If you would like to chair a
workshop, contact Cheri.

**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!

District 2 Workshop
Planning Meeting

Saturday, October 17th
12:20-2:00 PM

4021 Walnut St Clubhouse
2nd floor

We need you to make it happen!

**Want to Receive Regular E-Mails about
More Service Opportunities and
Special Events???**

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

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 on Nov 19th if you would like step up!

Anniversaries!!! Speakers, Fun, Food and Fellowship!

Focus on Recovery 11th Anniversary

Lima United Methodist Church
209 Middletown Road Lima, PA
Tuesday, October 13th 11:30 am

Friday Night AFG Anniversary

St. John's Church of Christ
500 W Main Street Lansdale, PA
Friday, October 16th 6:15PM

West Phila's 22nd Anniversary

4021 Clubhouse
4021 Walnut Street Philadelphia, PA
Monday, October 19th 7PM

Palmyra AFG 15th Anniversary

Epworth United Methodist Church
Morgan Ave and E 5th St Palmyra, NJ
Thursday October 22nd 6:30 PM

Hatboro Friday Night 40th Ann.

St John's Lutheran Church
505 N. York Road Hatboro, PA
Friday, October 30th 6:30 PM

Drexel Hill Wed Night 50th Ann.

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

Willow Grove AFG 2nd Anniversary

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

Bucks County AFGAC 31st Ann.

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

When You "Keep Coming Back"

Wow! I have 25 years in the program and not counting!! What have I learned in these 25 years? Lots!

First of all, I learned how to listen. Now, I would rather listen than talk. Folks even ask me why I don't always comment or talk when I hear something.

I now have a voice where one was never heard before. I observe and listen to my needs and follow my intuition. And I can say no to people in my life, even if they do not always like it.

Now, I pick my battles and don't have to win every fight I get invited to. I finally accept that alcoholism is a disease, and I try hard to accept folks as they are instead of trying to fix or change them. Letting go of control has really helped, and I can now let G-d, my Higher Power, in.

I learned how to surrender when I really needed to, such as when I was in the hospital during a lengthy illness and 2 surgeries. I kept saying "surrender to the pain and my doctors' care." This helped immensely because I really could not control the outcome of all the treatments, medicines and tests by all the different doctors.

I came into the program angry at almost everyone in my life, especially the alcoholics. Now, I do not wake up or go to bed angry. I read my literature instead, or I call my sponsor or go to a meeting.

Because of all these changes, I have better self-esteem, and I learned to love myself. I am my own best friend!! And I shall never graduate!

--Judy L. Wynnewood, PA

How Important Is It?

I was on my way to the Friday Night meeting in South Philly. All of a sudden, I felt like the "crazies" were taking over. Chaos was flooding my thoughts, and I started dropping the f-bomb. Clearly, something was wrong, so I applied the slogan, "Think", and I stopped and took a breath. As sanity started to return, I picked up the phone and called my sponsor. While it was ringing, the thought "How Important Is It?" settled in my mind, and I began to feel even calmer. Speaking to my sponsor, I was able to clear my head and prioritize what was important and let the rest go.

How important is it? Al-Anon is the most important thing in my life. It is what keeps me sane when things seem to be coming from all directions at once.

--Gabi Friday Night South Philly AFG

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 Overbrook Al-
Anon Family Group
for making this
issue possible!*

Concept Ten

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

I was used to taking on the responsibility in my family to save it from the devastating effects of alcoholism. I saw myself as the ultimate authority. No one seemed to care if bills got paid on time, if the house or the dishes were clean, if doctor's appointments were followed, if the yard was raked, and so on. So I took on everything to make sure it was done and done well. If they tried to help or to step up, I was ready to tell them how to do it. It was my way or the highway. No wonder they seldom offered.

I was proud to be able to keep the family from falling apart and from stranger's prying, judgmental eyes. I thought I was doing a good job. I always presented a family that was responsible and happy to the world. Now I know I wasn't fooling anybody but myself. I became resentful of my family and my family of me.

Concept Ten was a spiritual awakening for me. It taught me that I wasn't in charge of the world **or** my family. Having direction and clarity as to what is and is not my responsibility, I learned that everyone is to be respected as they do their job the way they know how, and I learned to mind my own business. Sometimes, I'm happy to say, they do a better job than I could have. I have learned to trust.

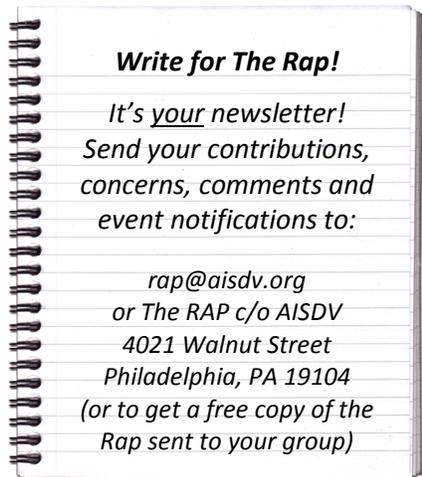
In Al-Anon/Alateen, authority is carefully defined at each level of the service structure. For a given service responsibility, someone has to have the authority to act and everyone knows who that person is. In a situation where there is conflict or doubt, there are legal, traditional, and spiritual principles in place to resolve that situation. However, we must not forget that at all levels, the ultimate authority is —*"a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants -- they do not govern."*

In my family today, we discuss issues and reach a majority decision. Because everyone has a say, decisions are accepted in unity and harmony. Today I live an extraordinary life thanks to the Al-Anon/Alateen Legacies that serve as the guidelines to my life.

-Maria A. Bala Cynwyd, PA

Need Directories???

Contact Joe T. at
610-522-1359
or e-mail him at
directory@aisdv.org
for more information



Get Involved!!!

The next AISDV
Meeting is
Thurs, Nov 19th @
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