

THE RAP
Reaching Al-Anon People
Al-Anon Information Service of the Delaware Valley
August 2011

Anniversaries/Announcements/Events

August 19th – PA Area Assembly, Harrisburg
Hilton& Towers 1 North Second Street,
Harrisburg, PA 17101

September 17th – Delaware’s 33rd Annual Al-Anon/Alateen Convention, St. Mark’s Methodist Church, 1700 Limestone Road, Wilmington, Delaware 19804 -

September 23rd – Friday Night South Philly AFG 51st Anniversary - 1605 E. Moyamensing, 7 pm

September 24th Parkside AFG 52nd Anniversary 7:30 -9:30 pm – at church/48th & Baltimore Ave.

October 1st – Pennsylvania TEAM Event - Crown Plaza Hotel, City Ave., Philadelphia, PA 19131, 8:30 am – 4:30 pm – Ticket \$25

Step Eight – Made a list of all persons we had harmed, and became willing to make amends to them all.

In the past, I hurt a lot of people: family, friends, and even innocent spectators. Step Eight gets me ready to make amends to them. It’s like Step Six because it shows me that getting ready is just as important as doing it. Part of getting ready is putting the names on a list. It’s easy for me to say that everything was “their” fault. But writing names down helps me to face up to the fact that I hurt other people. Making my list won’t mean a thing unless I’m willing to do something with it. I can put it off, and make a lot of excuses, but my Higher Power won’t let me do that. He wants me to be willing to apologize so that when the time comes to make my amends, I’ll be a lot more honest and sincere. **Things to Think About:** I’ve hurt a lot of people and I feel badly about it. I know I need to apologize to them, but I have to be willing to do it before I can really mean it. Step Eight gets me there. When I’ve put together a list and I’ve really thought seriously about making my amends, I’ll be ready to say an honest, “I’m Sorry!”

“Alateen – a day at a time, page 161”

Traditions Eight – Al-Anon Twelfth Step work should remain non-professional, but our service centers may employ special workers.

Following the guidance of Tradition Eight, we help those we love by sharing who we are and leading by the power of example, not by acting as experts and offering unsolicited *advice*. This Tradition also makes allowance for the times when a relationship needs the assistance of professional expertise.

“Discovering Choices, page 262”

Concept Eight – The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

What we learn in Al-Anon helps us rise above the restricting minutiae and view ourselves and our lives with a new perspective. By keeping it simple and taking “First Things First,” we get past the trees and can appreciate the forest. This doesn’t mean that we dump all those nagging chores. We just learn to keep them in their place so they don’t smother us. In the service structure of Al-Anon, it is essential that an overview is maintained. Vision is needed to address policy questions, supply leadership, meet financial obligations, strengthen the interrelationship of the groups, and carry the message of Al-Anon around the world. With this responsibility in mind, as Al-Anon grew and the work of the World Service Office increased, the Board of Trustees, which administers it, appointed a large committee to advise them. This advisory board was replaced in 1964 by the Conference of Delegates. The Conference then became the permanent guardian of Al-Anon’s Traditions and services. The overall view was established.

“The Concepts – P-57, page 18”

Live and Let Live

A.I.S.D.V. Committee News

We like to thank Janice C. from district 20 for volunteering to help retrieve phone messages from the A.I.S.D.V. office. Janice C. will answer the 610/484 numbers and Frances G. Phone Coordinator will take the 215/267 numbers. Thank you both for your service.

Steering Committee Open Positions:

**Alateen Coordinator
Public Outreach**

A.I.S.D.V Meeting Dates

Steering Committee Meeting - 8/18/11 – 7:30 pm at the Reform Church of the Ascension, 1700 West Main Street, Norristown, PA 19403.

Service Board Committee Meeting – 9/15/11 - 7:30 pm at the Reform Church of the Ascension, 1500 West Main Street, Norristown, PA 19403.

Alternate District Representatives (DR’s) are members of the Steering Committee with a voice and a vote at all steering committee meetings. Please attend these meetings or send a representative.

A.I.S.D.V. Steering Committee Members

Chairperson	Liz K
Vice Chairperson	Gabrielle R
Secretary	Nicole W
Asst. Secretary	Mary Ann M
Treasurer	Claudine C
Asst. Treasurer	Elisa D
Alateen Coordinator	Open
Public Outreach	Open
Institutions Coordinator	Tonya R
Liaison	Kim H
RAP Coordinator	Carla F
Office Coordinator	Mary Eliz A
Directory Coordinator	Joe T
Telephone Coordinator	Frances G
Website Coordinator	Maria A

How to submit information to the RAP

To submit information to the RAP, please mail it to arrive no later than the 25th day of the month for insertion into the following month’s RAP.

The next deadline is August 25, 2011. Please mail to: Carla Forrest – 5826 Arch Street, Philadelphia, PA 19139 or email to: therap000@gmail.com. You may also mail in your story of recovery to be placed in the RAP.

How to subscribe to the RAP

The RAP is available for free on our website. Please go to www.aisdv.org. There is a lot of information listed, such as, meetings list, workshops, anniversaries, and events.

To receive your personal RAP or a group subscription: Make check (payable to AISDV), mail with form below to: Carla Forrest – 5826 Arch Street, Philadelphia, PA 19139.

Choose Subscription

\$12.00 per year (1copy a month) Snail mail
\$3.00 per year (1 copy a month) **Email**

Name _____
Group _____

\$25.00 per year (5 copies a month) snail mail
\$40.00 per year (10 copies a month) snail mail

Mailing Address

Our Three Legacies

Service through the Concepts
Unity through the Traditions
Recovery through the Steps

The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs.

Let it Begin with Me!