

THE RAP

Reaching Al-Anon People

Al-Anon Information Services of the Delaware Valley

December 2011

Happy Holiday Everyone!

Announcements/Anniversaries/Workshops

December 16th – South Philadelphia AFG
Candlelight Meeting - God as we understand
Him - 7:30 pm 1605 E. Moyamensing Ave.
19148.

**January 7th - AISDV 3rd Annual Alateen Winter
Workshop** - Registration @ 2:30pm; Event from
3-10pm – St. Mary's Episcopal Church 104
Louella Avenue, Wayne 19087 - Cost: \$10. It
would be appreciated if groups donated a gift
basket. Bring desserts to share. This is a closed
meeting, only open to Alateen and certified
Alateen Sponsors, (AMIAS) (Church at corner of
Lancaster & Louella). **Permission slip needed**

Step Twelve - Having had a spiritual awakening as the results of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Step Twelve encourages me to "... practice these principles in all my affairs." Some of my affairs are financial ones, and a part of me thought I could manage them without the help of a Higher Power. Not only did I think I could handle my finances alone, separate from the principles of the program, I also thought that if I made a certain amount of money from my work, I could tell God to go jump in a lake. I was still clinging to the notion that something-in this case a sum of money-was going to allow me to manage my life in my own way and on my terms. The end result was ironic, but it made sense, too. The more I asked God to help me achieve the goal that would finally eliminate my need for a Higher Power, the crazier I became. Finally I realized what I was doing and went back to the first three Steps. Once again I accepted that my Higher Power would always be in charge of me and all my affairs.

From "Hope for Today, page 226"

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

Why do I have to be so careful when it comes to anonymity? To protect myself from being embarrassed? No! A more important reason is that names don't really count. Many times if names are mentioned, the personality comes before the principle. If a good deed is done and a name is attached to that deed, there's a good chance the name will get more recognition than the deed. Maintaining my anonymity helps me to be humble. I don't need to be recognized by others. My Higher Power recognizes me every day. Anonymity keeps me humble. I don't have to looking for praise for everything I do. My good feeling comes from knowing that I'm doing what my Higher Power wants me to do.

From "Alateen a day a time, page 179"

Concept Twelve – The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

Our personal spiritual awakening is the result of the Twelve Steps. Applying spiritual principles is also the goal of Al-Anon service. Through spiritual practice we find the freedom to live courageously and joyously. Since wealth, prestige and power are often obstacles to spiritual practice, the founders of our fellowship wrote Concept Twelve to counteract them. It sets forth five warranties for spiritual progress that counsel prudence- in personal relations, in money matters, and in all our contacts. Through establishing the prudent middle ground between fear and recklessness, we can achieve effective harmony.

From "The Concepts P-57, page 26"

A.I.S.D.V Committee News

AISDV Elections/Open Positions

Elections were held 11/17/11 and many people were present. Most of the positions were filled however, we still have five positions opened listed below. We need to fill these positions as soon as possible, in order to continue to carry the message of hope to those who need it. Thank you for your help. If you are interested in serving, please contact Gabi R at 609-668-4047 and remember, you don't have to do anything alone.

Alateen Coordinator
RAP Coordinator
Assistant Secretary
Public Outreach
Archivist Coordinator

Alternate District Representatives 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. Thank you.

A.I.S.D.V Meeting Dates

Service Board Meeting - 1/19/12 – 7:30 pm at the Reform Church of the Ascension – 1700 West Main Street – Norristown, PA 19403
There is No meeting in December 2011. See you all in January 2012.

AISDV Steering Committee Members

Chairperson	Liz K
Vice Chairperson	Gabrielle R
Secretary	Nicole W
Asst. Secretary	Mary Ann
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
Archives Coordinator	Susan A

Website Coordinator

Maria

How to submit information to the RAP

To submit information to the RAP, please mail it to arrive no later than the 26th day of the month for insertion into the following month's RAP. The next deadline is December 26th, 2011. Please mail to: Carla Forrest – 4021 Walnut Street, Street Philadelphia, PA 19104 or email to: therap000@gmail.com

How to subscribe to the RAP

Make check (payable to AISDV) and mail it with form below to: Carla Forrest – 4021 Walnut Street, Philadelphia, PA 19104

Choose Subscription

\$12.00 per year (1 copy a month) Snail mail
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Group

\$25.00 per year (5 copies a month)

\$40.00 per year (10 copies a month)

Mailing Address

The RAP is Free at www.aisdv.org

God grant me the serenity to accept the things I cannot change, courage to change the things that I can, and the wisdom to know the difference.

Let It Begin with Me
When anyone, anywhere reaches out for help,
Let the hands of Al-Anon and Alateen
always be there, and let it begin with Me.