

THE RAP

Reaching Al-Anon People

Al-Anon Information Service of the Delaware Valley

July 2011

Anniversaries & Announcements

July 15th-17th – 37th annual Northern Mid-Atlantic Alateen Assembly & Conference (NOMAAC) Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257

July 16th – Havertown Saturday Night Anniversary – 7:30 Food & Fellowship, 8:30 meeting w/speakers – AA, Al-Anon & Alateen Union Methodist Church – 200 Brookline Blvd., Havertown, PA 19083

Aug. 19th – 21st – PA Area Assembly – Harrisburg Hilton & Towers - 1 North Second Street, Harrisburg, PA 17101

Step Seven – Humbly asked Him to remove our shortcomings.

My dad is the alcoholic in my family. He started drinking long before I was born. Even though his problem was older than I am, I took on the responsibility for it. And I couldn't handle it. I worried about my dad so much that I made myself sick. I got so depressed that I was close to suicide. I was put into a hospital where the doctors told me that I had to stop worrying about my dad. They told me that I needed to concentrate on taking care of myself. When they let me out of the hospital, they told me to go to Alateen. In Alateen it took me over a year to get to the Seventh Step. The Seventh Step was the easiest step I've ever taken in the program. It took me just a few minutes to ask God to please help me stop worrying so much about my dad. Now it's not just my dad that I love a lot. I also love everybody in Alateen. But I don't have to worry about anyone. *From "Courage To Be Me page 144"*

Tradition Seven – Every group ought to be fully self-supporting, declining outside contributions.

I never thought much about Tradition Seven, which says that every group ought to be fully self-supporting. I thought it referred only to paying the rent. But recently I was involved with a group that maintained itself financially and still was not fully self-supporting because no one would commit to service. I already held several positions, and when

my various terms expired. No one was willing to take my place. I made what felt like the responsible choice for myself and stepped down anyway. The meeting closed. In my opinion, a group that cannot fill its service positions is not fully self-supporting. Today, in other, more flourishing groups, I have a greater appreciation of my responsibility to this Tradition. I believe that as we nurture our groups, we nurture and empower ourselves. We can make a contribution; we can make choices that help us to allow healing in ourselves and others. *From "Courage to Change, page 251"*

Concept Seven – The Trustees have legal rights while the rights of the Conference are traditional.

If all issues could be resolved through harmonious cooperation, life would be ideal. We can reach for this ideal in our private lives through keeping our conscience and our actions in balance. While we become aware of our intuitive needs, we can't let our emotions rule us. Our actions must come from a sensible viewing of what is right to do. When we acknowledge our heart, and temper it with judgment, the two become one and life flows more smoothly. The Concepts point the way to this ideal of harmony in the service structure. Concept Seven defines the balance of powers between the Conference (the conscience of Al-Anon with traditional rights) and the Trustees (who are responsible for Al-Anon's actions because of their legal responsibility for Al-Anon's funds and services). *The two work well together when each recognizes its role and neither is "tempted to make a 'rubber stamp' of the other". From "The Concepts, P-57, page 16"*

Self-righteousness

How often have I justified my own unkindness, or my interfering where I had no business, with that very argument? Too many times, especially during my alcoholic loved one's drinking days. After all, I claimed, I was right: Alcohol was ruining our lives, and it was my duty to say so – again, and again, and again. I am learning to let go of my certainty about what other people should do. *From Courage to Change, pg. 303*

A.I.S.D.V Committee News

The Al-Anon Intergroup Service of the Delaware Valley’s primary purpose is to help families of alcoholics in the Philadelphia area by offering experience, strength ad hope. AISDV is a service arm of the Al-Anon fellowship and works in conjunction with Al-Anon’s World Service Organization and the Pennsylvania Al-Anon Assembly. Our website is full of information, such as calendar events, meetings, public outreach and the announce list. We thank you for your donations, which enable us to provide information to people who need help. Please visit our beautiful website at www.aisdv.org.

Steering Committee Open Positions

- Alateen Coordinator
- Public Outreach Coordinator

The Al-Anon Pennsylvania AFG Convention was held June 10th– 12th. The speakers and workshops were wonderful and people enjoyed the dance and karaoke. Thank you to the Convention Committee.

There are many meetings in Philadelphia and the surrounding area. However, if you cannot get out, there are online and phone meetings. Although the human companionship and warmth cannot be totally replaced by online and phone meetings, an important element of recovery is to stop isolating ourselves. Member should encourage other member to attend Al-Anon/Alateen in their community, but if someone is physically unable to attend meetings, these options are available.

A.I.S.D.V Meeting Dates

Service Board Meeting 07/21/11 – 7:30 PM at the Reformed Church of the Ascension - 1700 West Main Street – Norristown, PA 19403

Steering Committee Meeting – 08/18/11 at the Reform Church of the Ascension – 1700 West Main Street – Norristown, PA 19403

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.

AISDV Steering Committee Members

Chairperson	Liz K
Vice Chairperson	Gabrielle R
Secretary	Nicole W
Asst. Secretary	Mary Ann M
Treasurer	Claudine C

Alateen Coordinator	Open
Public Outreach	Open
Institutions Coordinator	Tonya R
Liaison	Kim H
RAP Coordinator	Carla F
Office Coordinator	Mary Elizabeth A
Telephone Coordinator	Frances G
Archives Coordinator	Susan A
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 20th day of the month for insertion into the following month’s RAP. The next deadline is July 20, 2011.

How to subscribe to the RAP

Please make check (payable to AISDV) and mail it with the form below to: Carla Forrest – 5825 Arch Street – Philadelphia, PA 19139

Choose Subscription

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\$25.00 per year (5 copies a month)
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Serenity Prayer

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.

Easy Does It, One Day at a Time