

THE RAP

Reaching Al-Anon People

Al-Anon Information Service of the Delaware Valley

June 2011

Anniversaries/Announcements/Workshops

June 10th -12th 39th Annual PA AFG Convention at Gettysburg College, West Lincoln Ave. & College, Gettysburg, PA 17325

June 20th Bensalem Men's Al-Anon 19th Anniversary Celebration at 7:00 pm Livengrin Rehab, 4833 Hulmeville Rd Bensalem PA 19020

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

Step Six - Were entirely ready to have God remove all these defects of character.

I struggled with the Sixth Step for two years before I finally got it. I was in the habit of blaming two particular people for all my problems. I would take turns detesting and obsessing about each of them instead of focusing on myself. During this time I continued to work my way through the Steps. By the time I got to Step Seven, I finally understood that the best way for me to recover was to change my attitudes. I pray to my Higher Power to remove my obsession with others and to help me focus on myself. I pray to trust the decisions of my higher Power, Who knows which of my shortcomings need to be removed and when. "We learn to trust God's way and pace as we go about our business."

"Hope for Today - page 170"

Our Al-Anon Family Groups ought never endorse, finance, or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.

As private individuals, we are welcome to involve ourselves with any endeavor that interests us. There are many worthwhile causes that deserve our time and attention. Sometimes we are presented with opportunities for personal, material, political, or social gain that are too good to pass up. But as an Al-Anon group, we must avoid such involvement at all costs. Al-Anon's primary spiritual aim, helping families and

friends of alcoholics, would be compromised should we affiliate ourselves in any way with the most worthy outside causes, activities, or organizations. The Sixth Tradition urges us to avoid activities or relationships that are potentially harmful, involvements that could interfere with our ability to help families and friends of alcoholics.

"How Al-Anon Works - page 115"

Concept Six - The Conference acknowledges the primary administrative responsibility of the trustees.

Each April, delegates representing 67 areas in the United States, Canada and Puerto Rico meet with committee chairpersons, Trustees, Executive Committee members and the WSO staff at the World Service Conference (WSO). It is a stimulating time of mutual sharing and careful scrutiny of Al-Anon's role - from its close personal contact with each individual and group to its worldwide function. Many issues of our fellowship are discussed so that the group conscience can be fully expressed and clearly delineated. Now what? The worldwide service work of Al-Anon Family Group Headquarters, Inc., continues. Who has the authority to make day-to-day decisions in a fellowship? Concept Six makes it clear: just as the groups entrust their responsibility for Al-Anon as a whole to the WSC, the Conference gives the Board of Trustees the responsibility for policy, service activities, worldwide public relations, guardianship of our Twelve Traditions and prudent management of finances. With the trustees actively overseeing things until the WSC meets again, we can be sure that service will be available when any group or individual anywhere in the world asks for help.

"Paths to Recovery - page 286"

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

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

The A.I.S.D.V needs your help. If anyone is interested in doing service, there are two positions open. Please inform your group. The only requirement is that you must have been attending Al-Anon Meetings for one year and you cannot be a Double Winner.

Steering Committee Open Positions:

- Public Outreach
- Alateen Coordinator

The telephone answering staff need volunteers to help retrieve and answer calls. Please contact Carla F at 215-476-8178

Alateen Coordinator - Peter M

There will be a sponsorship workshop, June 25, 2011 at Rose Tree Alateen Meeting 252 and Providence road. Contact Peter at 610-698-2749.

There is a New Book available in paper back "How Al-Anon Works" cost is \$5.00.

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.

A.I.S.D.V Meeting Dates

Steering Committee Meeting 06/-16/11 – 7:30 pm This meeting will be a Conference Call.
Service Board Meeting 07/21/11 – 7:30 pm at the Reform Church of the Ascension – 1700 West Main Street – Norristown, PA 19403

AISDV 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 Elizabeth A
Directory Coordinator	Joe T

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 28th day of the month for insertion into the following month's RAP. The next deadline is June 28, 2011.

Please mail to: Carla Forrest - 5826 Arch Street – Philadelphia, PA 19139 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 – 5826 Arch Street - Philadelphia, PA 19139

Choose Subscription

- \$12.00 per year (1copy a month) Snail mail**
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Individual _____

Group _____

- \$25.00 per year (5 copies a month)**
- \$40.00 per year (10 copies a month)**

Mailing Address

How Important Is It?

This slogan helps us gain perspective. If we take the time to think about what really matters to us, we may include such concerns as health, serenity, adequate food and shelter, and loving support from others. Each of us is free to determine for ourselves what is truly of value, but most of us agree that we often get upset about matters of little consequence. Is it worth the price of self-recrimination, resentment of others, or hours of worry? Just "How Important is it?"
" How Al-Anon Works - page 71"