

RAP

Reaching Al-Anon People **AUGUST 2024**

*A newsletter of the **Al-Anon Information Service of the Delaware Valley (AISDV)**.
Serving parts of Berks, Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties.*

AISDV, 4021 Walnut St., Philadelphia, PA 19104

215-222-5244, aisdv.org

***PRIMARY PURPOSE OF AISDV:** To help families and friends of alcoholics in our service area by sharing experience, strength and hope. We are a service arm of the Al-Anon World Wide Fellowship and the Pennsylvania Area Al-Anon Assembly.*

AISDV service area includes PA Area Assembly Districts 1, 2, 3, 4, 5, 7, 19, 20, 31, and 32.

FIND MEETINGS IN OUR SERVICE AREA: <http://aisdv.org/meetings.html>

Coming Up

- Aug 6: “Becoming an AMIAS (Al-Anon Member in Alateen Service)” information meeting, 7:00 pm, Zoom. Info at: <https://pa-al-anon.org/home/calendar-3/>.
- Aug 11: 32nd Anniversary Celebration, First Things First AFG, Sunday, 7:00 pm, New Britain.
- Aug 15: AISDV Steering Meeting, 7:30 PM, Zoom. For DRs or Alternate DRs, and AISDV officers and coordinators.
- Aug 16-18: 67th PA Area Assembly, Hilton Hotel, Harrisburg. For GRs, DRs, Delegate, Alt-Delegate, Area Officers/Coordinators/Liaisons, and guests. Registration closes Aug 1, pa-al-anon.org.
Event details on AISDV calendar: <http://aisdv.org/calendar.html>

Group Representatives (GRs) Heading to Assembly Aug 16-18

by Isabelle B, RAP Editor

Assembly is the annual group conscience meeting (i.e., business meeting) for all Pennsylvania GRs. Voting at Assembly is by GRs only. GRs represent the groups—the ultimate responsibility and authority for Al-Anon world services (Concept 1). This year’s Assembly is the first one for Panel 64, so all officers and coordinators are new, as are most of the GRs. Each Panel serves for 3 years. At this Assembly, GRs will take care of PA Al-Anon business and attend workshops on Sponsorship, the Al-Anon/Alateen Service Manual, and Al-Anon’s Twelve Concepts of Service. Assembly location is the Harrisburg Hilton Hotel in Harrisburg, PA.

Thank you to groups for reserving funds to send GRs to Assembly. Thank you, too, to groups and service sponsors for preparing new GRs for this milestone on their paths to recovery. Thank you to GRs for your service!

Happiness Bloomed at the AISDV Luncheon-Fundraiser

by Carla F, Luncheon-Fundraiser Committee Chair

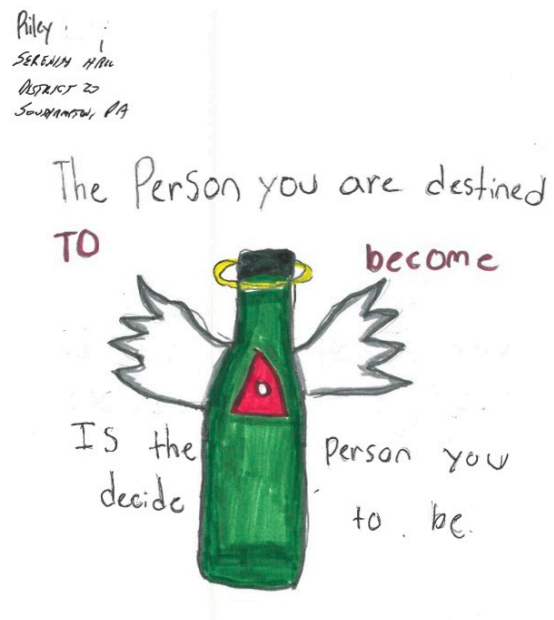
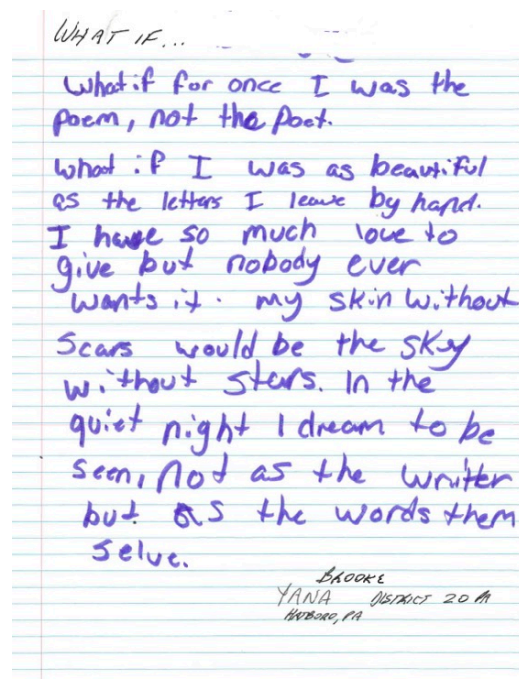
The AISDV Luncheon-Fundraiser was held June 30, 2024 at the Oaks Ballroom in Glenolden, PA. It was a huge success. The room was filled to capacity (90 in attendance), and there were lots of hugs as members expressed happiness at seeing old friends. The delicious food was served buffet style and included baked salmon, roasted chicken and potatoes, penne pasta, and salad, and ice cream for dessert. There were Al-Anon, Alateen, and AA speakers who reminded us why our fellowship matters. Groups donated about 20 beautiful baskets which were raffled, and we sold tickets for a 50/50.

The Committee worked hard and pitched in wherever needed. Thank you to Cecilia C, Claudine C, Debbie R, Joanne G, and Peggie C. We plan to have a dinner dance in late fall or early winter. Suggestions for venue and theme would be appreciated. Contact the AISDV office if you're interested in helping with the next event: 215-222-5244.

Thank you all for your help and support. It was great to be together in person again and to have some much-needed fun!

Created by Alateens at Northern Mid-Atlantic Alateen Assembly and Conference (NOMAAC) July 12-14, 2024

Poem by Brooke - YANA meeting; Hatboro, PA District 20
Drawing by Riley - Serenity Hall meeting; Southampton, PA District 20



See Alateen drawing by Kali in next month's RAP

LITERATURE COORDINATOR CORNER

by Claudia W, AISDV Literature Coordinator
Home group: Sunday Nighters AFG, District 1

There is so much fabulous CAL (Conference Approved Literature). I have a habit of acquiring books, CAL and otherwise, and leaving them for someday. I'm learning that someday is today.

Acting as AISDV Literature Coordinator has provided me with the opportunity to read, reflect and share what I have read. Service truly is a gift.

The CAL I will talk about today is Intimacy In Alcoholic Relationships: A Collection of Al-Anon Personal Stories. I am so glad I finally read this book. The preface describes how complicated it can be for members to share about intimacy, which can include but is not limited to sexual intimacy.

The book is divided into six chapters covering: (1) alcoholism, (2) trust, (3) communication, (4) boundaries, (5) spirituality and (6) gratitude. Each chapter contains personal stories that inspire and comfort. Every chapter has questions at the end for the reader's self-reflection.

Intimacy In Alcoholic Relationships contains experience, strength and hope, no matter what forms intimacy take in your life.

In Chapter 5, a member shared about "the spiritual meaning of intimacy" and ended by saying:

The slogan "How Important Is It?" reminds me of what I value most in my relationship. The sweetness of sharing my innermost feelings and dreams is irreplaceable. That ability to share—that intimacy—is a blessing.

See next month's Literature Coordinator Corner, which will be about free downloadable CAL available on the Al-Anon Family Groups' website.

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Service Positions at AISDV - Can You Help?

Currently needed:

Secretary, Assistant Secretary; Assistant Treasurer,
Office Coordinator, Institutions Coordinator, and Public Outreach Coordinator
Call AISDV at 215-222-5244

- *Safeguard your group's history of help and recovery. Send your anniversary and other event flyers in pdf format to: Pennsylvania Area Al-Anon Archives. Be sure the document includes your group name, district number, and the date (mm/dd/yy). Email it to Christine F at: archives@pa-al-anon.org.*
- *Attention GRs and CMAs: When you receive a financial appeal letter from Al-Anon District, Area, or World Service, please don't forget to read it to your group.*

From an Al-Anon Member - Sharing on Step 8
Made a list of all persons we had harmed
and became willing to make amends to them all.

Kate R
Riverview Step AFG, District 5

At the top of my list for those I have harmed are the intertwining of self and Higher Power, who I choose to call God. The lifelong relationship, within my heart, evolves when I practice being still, listening to silence and whoever is speaking to me. As one who is the queen of distraction, with moods that fluctuate with the wind, while judging situations, P.A.U.S.E. (Postponing Action Until Serenity Emerges) is vital for emotional stability.

“Jumping in can mean more trouble than waiting for God to show you what to do next,” says Bridie P, an Al-Anon member for over 50 years.

In this moment, I am willing to make amends with HP and me. To be *willing* is an attitude of the mind and does not depend on outward conditions. Going inward can be challenging, after decades of seeking peace from other human beings, activities, and books. Writing, meditation, and whispering the Serenity prayer are tools to go inside the soul.

Amends means taking action to right the wrong we have done. In order to strive for balance, I will state: how I was wrong, how it makes God/me feel, and explain how to correct my distractions, moods, or judgments in the future. The reason for making this amends is to strengthen my relationship with God and to become closer with those who are important. By improving the power within, my external physical/emotional well being will be healthier, and hopefully, deeper connections will abide.

This Month's Step, Tradition, and Concept

Step 8 Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8 Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

Concept 8 The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

RAP welcomes you to share on a step, tradition, or concept of the month.

CONTACT US: rap@aisdv.org; 215-222-5244
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AISDV Officers

Chair Debbie R
Assistant Chair Carla F
Treasurer Joanne G
Assistant Treasurer - Open
Secretary & Assistant Secretary - Open

AISDV RAP Committee

Carla F, Debbie R, Grace M,
Isabelle B (Editor), Jennifer L,
Jennifer S, and Linda B