



# RAP

Reaching Al-Anon People **JULY 2024**

A newsletter of the **AI-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](http://aisdv.org)

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*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 AI-Anon World Wide Fellowship and the Pennsylvania Area AI-Anon Assembly.*

AISDV service area includes PA Area Assembly Districts 1, 2, 3, 4, 5, 7, 19, 20, 31, and 32.  
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**FIND MEETINGS IN OUR SERVICE AREA: <http://aisdv.org/meetings.html>**

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***Read about it in next month's RAP:***

***+ AISDV Spring Luncheon/Fundraiser held June 30***

***+ Literature Coordinator Corner - [Intimacy In Alcoholic Relationships](#)***

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## Coming Up

(See details on AISDV calendar: <http://aisdv.org/calendar.html>)

- Jul 2: "Becoming an AMIAS" meeting, 7:00 pm, Zoom
- Jul 8: GR meeting, District 20, 6 PM, Hatboro
- Jul 12- 14 NOMAAC (Northern Mid-Atlantic Alateen Assembly and Conference), Shippensburg
- Jul 13 Summer Workshop: "Gift of Serenity," 9AM - 2 PM, Collegeville, District 32
- Jul 18: AISDV Service Board Meeting, 7:30 PM, Zoom. For Officers, Coordinators, and ISRs
- Jul 30: GR meeting, District 1, 6:30 PM, Zoom
- Jul 31: GR meeting, District 2, 5:45 PM, Zoom
- Aug 16-18: 67th PA Area Assembly, Hilton Hotel, Harrisburg. For GRs, DRs, Delegate, Alt-Delegate, Area Officers/Coordinators/Liaisons, and guests. **Register by July 24 for discounted rate:**  
<https://assembly.pa-al-anon.org/product/67th-pennsylvania-area-assembly-registration/>.

## ***"Progress Not Perfection...It's A Journey"***

### **51<sup>st</sup> Pennsylvania AFG Convention**

*by Wendy F, Convention Chairperson*

*Home group: For Me AFG, District 18*

Progress Not Perfection...that's my absolute favorite slogan! Why? Because I came into this program putting unbelievable pressure on myself to be perfect in everything that I did and in every relationship I had. Unattainable at best; detrimental at worst...especially when dealing with the family disease of alcoholism. On my recovery journey, I learned to slow down and learn

a new way of doing things. I learned to grow in my program and in my relationship with my Higher Power. My life improved, and I have evolved into someone I never thought I could be! I learned that from all of you, and I continue learning and growing at events like the PA AI-Anon Convention.

Wow, what an amazing weekend!! There were approximately 194 of us at this year's Convention sharing our experience, strength, and hope with each other. Friday evening opened our Convention with a wonderful share by our first speaker, Jan O. You know how you've known someone for so many years and have never heard their story? That was me with Jan. What a blessing to have her share her story with all of us.

We had a long but fulfilling day of workshops on Saturday. So many options to choose from, I wanted to attend them all! We had fun workshops with skits and props and fashion shows! We had working workshops and regular meetings and some meetings to concentrate on our own well-being. But at the end of the day, no matter what workshops were attended, it was about learning, growing, improving, and evolving with those who understand us best.

Saturday evening was another phenomenal night of sharing by both our AA and AI-Anon speakers. Mike L, our AA speaker, kicked off the evening with a very heartfelt and inspiring share. I was on the edge of my seat just rooting for him and his family. When our scheduled Saturday night AI-Anon speaker, PA Delegate Ralph H, became ill and was unable to attend, we had to switch to Plan B and asked Jeff F, a former Delegate, to speak. He graciously said yes and delivered an amazing and vulnerable story to us all. I felt so blessed to have been in the room that evening. And then we danced.

Sunday came—the end of the Convention—I just wanted it to go on and on!! But we ushered out the 2024 Convention with more singing and dancing at our morning Sing-A-Long. Then our Spiritual Speaker, Sharon G, told her emotional story of experience, strength, and hope. Wow!

If you were ever just “thinking” about attending Convention, do it! If you never considered going to Convention, do it! And if you attended Convention, do it again! The fellowship and sharing is nothing short of amazing, and it is a special opportunity to continue our personal recovery journey one step at a time, because remember, it's Progress Not Perfection. ###

### **Love-Filled PA AI-Anon Convention, June 7-9**

*by Debbie M, Home group: Yardley Steps to Serenity, District 19*

The convention was held at Susquehanna University. Almost 200 people attended. The workshops were amazing, with great participation from AA. Raffle baskets numbered 36, and approximately \$1600 was raised from basket sales. The 50-50 sent a lucky winner from Bucks County home with \$400. The weather was perfect, and the theme “Progress Not Perfection,” was carried off beautifully by the hospitality chairs. There were poster boards with slogans and affirmations welcoming participants as they entered the buildings. The energy was contagious, and there were some first-time convention participants!

### **Are You a New ISR (Information Service Representative)?**

Register with AISDV: Provide your first name, last name initial, home group name, and district #. Get onboarding information. **Call AISDV at 215-222-5244.**

## Highlights of PA Area World Service Committee Meeting

*by Mary Beth L, District 4 Representative  
Home group: Manoa Tuesday Morning*

*(District Representatives from around the State met in Altoona, PA, May 17-19, for the PA Area World Service Committee (AWSC) meeting. Mary Beth brings us the following highlights. Editor.)*

- The Pennsylvania AWSC Panel 64 theme was selected: “Serving PA Al-Anon With Open Hearts and Open Minds.”
- The Writing Guide for the new CAL\* on Sponsorship and Service Sponsorship can be found on the Al-Anon website; <https://al-anon.org/pdf/Sponsorship-Writing-Guide.pdf>.
- Sharings may be submitted via website [al-anon.org/sharing](http://al-anon.org/sharing), via email to [wso@al-anon.org](mailto:wso@al-anon.org) with “Sponsorship Piece” in the subject line, or by mail to Al-Anon Family Group Headquarters, Inc, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617.
- The 67th PA Area Assembly will be at the Harrisburg Hilton, August 16-18. Our guest speaker will be Sue P, Associate Director of Group Services at the World Service Office.
- Approval was received to create a new piece of literature about our relationship with finances in Al-Anon recovery.
- This is the 70th anniversary of “The Forum.” Look for special reprints in each issue celebrating our 70th year.

\*Conference Approved Literature

## ***Alateens Looking Forward to Northern Mid-Atlantic Alateen Assembly and Conference (NOMAAC) July 12-14, 2024***

*See Part II of Luna’s NOMAAC story below; See June RAP for Part I*

### **PART II of II - “I Got Into Service Through NOMAAC”**

*by Luna, Home group: North Wales Alateen, District 3*

[Leading up to NOMAAC 2022] I asked to be on the board for NOMAAC 2022. I was inducted as secretary, and I performed the duties just as I was supposed to. But at NOMAAC 2022, the chairperson couldn’t come, so I split the chairperson responsibility with one of my peers. Then at voting for the new board, both my peer and I ran for chairperson. I won the election, and my peer became one of my best friends and the NOMAAC secretary. We began planning NOMAAC 2023 the next day.

A little later the AMIAS chairperson, who had been in service since I had joined Alateen at age 12, came and talked to me about the PA Area Assembly. I had never even heard of Assembly, but apparently I was supposed to go there and report back. She also told me that I had to give a small speech about the ongoings of the NOMAAC Board. I asked her how many people I was to talk in front of, and she responded with, “Ohhhh, not many.” Turns out, Assembly usually has 200+ attendees. And I had to give a speech in front of them. No big deal. I had had prior experience in public speaking, so it shouldn’t be a huge deal, but then again it was never anything like this. I went up to give my speech and my Alateen buddies came with me. Those two clowns almost fell off the stage as we were walking up, and I came to a realization: I wasn’t alone. I had two of my best friends with me. I can do anything. That includes giving a silly little speech. It went awesome.

I kept it up at the Area level—serving as NOMAAC board chairperson while continuing to participate in Area level service. I served on the AWSC Alateen committee to revise the ASBR [Alateen Safety and Behavioral Requirements], gave my quarterly NOMAAC reports, and with the other NOMAAC board members ran NOMAAC 2023, where I was elected chair again. Unfortunately, that would be the last time I would be able to do that; the NOMAAC by-laws prohibit service for more than 3 terms—keeping the principle of rotation of service in our minds and hearts.

So here I am, having given a second Assembly report, and attended a total of 5 AWSC meetings. I cannot even begin to describe how much service has helped me. I have grown so much and met so many amazing people. My recovery thus far has been so incredible. I have had so many experiences, gone to so many different places, and participated in the making of the most beautiful program I could ever hope to give to someone else.

Please, if you aren't in service, there are always so many different ways to serve, and there are always holes that must be filled. If you think you can't do it, for travel or monetary reasons, or if you think you just can't perform the duties, please try. I went into service as a clueless 16-year-old, and the only reason I am here today is because of the help I've gotten along the way. In the World Wide Fellowship of Al-Anon and Alateen, you are never alone. ###

- **2024 Al-Anon Member Survey Underway till July 31. Take the survey:**  
<https://al-anon.org/for-members/wso/research-and-surveys/membership-survey/>
- **Help AISDV - Help Families & Friends of Alcoholics - 215-222-5244**

### QUESTIONS FOR NEWCOMERS

1. What could your group have done to make you more comfortable at your first meeting?
2. What would you like to know that hasn't been explained yet?

Email your answers to: [rap@aisdv.org](mailto:rap@aisdv.org)

### This Month's Step, Tradition, and Concept

- Step 7** Humbly asked Him to remove our shortcomings.
- Tradition 7** Every group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
- Concept 7** The Trustees have legal rights while the rights of the Conference are traditional.

RAP welcomes you to share on a step, tradition, or concept of the month. Email us: [rap@aisdv.org](mailto:rap@aisdv.org).

**CONTACT US: [rap@aisdv.org](mailto:rap@aisdv.org); 215-222-5244 AISDV, 4021 Walnut St., Philadelphia 19104**

- RAP Committee: Carla F, Debbie R, Grace M, Isabelle B (Editor), Jennifer L, Jennifer S, and Linda B.
- AISDV Officers: Chairperson Debbie R, Assistant Chairperson Carla F, and Treasurer Joanne G.
- Open AISDV officer positions: Assistant Treasurer, Secretary, and Assistant Secretary.