



# RAP

Reaching Al-Anon People **JUNE 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](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 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.  
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**TWO EVENTS IN JUNE YOU DON'T WANT TO MISS!**  
**PA CONVENTION AND AISDV SPRING LUNCHEON/FUNDRAISER**

## 51st Pennsylvania Al-Anon Convention

June 7-9, Selinsgrove, PA

16 Workshops! Speakers! Fellowship!

For more info: [pa-al-anon.org](http://pa-al-anon.org) or <http://aisdv.org/calendar.html>

## AISDV Spring Luncheon/Fundraiser

June 30, 12:00 - 4:00, \$35

Oaks Ballroom, Glenolden PA

free parking, handicap accessible

Call 215-222-5244

## Coming Up - Anniversaries and More

- Jun 4:** "Becoming an AMIAS" meeting, 7:00 pm, Zoom. See calendar at: [pa-al-anon.org](http://pa-al-anon.org)
  - Jun 7-9:** PA Al-Anon Convention with AA Participation, Susquehanna University, Selingsgrove
  - Jun 17:** Bensalem Men's AFG, 32nd Anniversary, 7:30, Livengrin recovery campus, Bensalem, District 19
  - Jun 20:** AISDV Steering Committee Meeting, 7:30 PM, Zoom. For Officers, Coordinators, DRs and/or Alt-DRs
  - Jun 29:** Districts 4 & 5 Workshop: "Bloom Where You Are Planted," 8:30am-12:30pm, Media
  - Jun 30:** AISDV Spring Luncheon/Fundraiser, 12:00-4:00, Oaks Ballroom, Glenolden
- Event details on AISDV calendar: <http://aisdv.org/calendar.html>**

## LITERATURE COORDINATOR CORNER

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

If you are a newcomer to Al-Anon, welcome! and take heart at all the resources that are available to you. If you are not a newcomer to Al-Anon, take a moment and recall the time you were.

All of the Conference Approved Literature (CAL) that is available can be a bit overwhelming. Daily Readers, such as Courage to Change (B-16) and Hope For Today (B-27), are wonderful ways to get bite sized stories from members. I love the new Daily Reader, A Little Time For Myself (B-34), and that is the one I have been reading in the morning before I set off for work.

Another great resource are pamphlets. They are very inexpensive and many groups do not charge for them. If there's a charge, they are usually less than a dollar. What can you get for a dollar these days?!

I often run across a pamphlet that I hadn't seen before. One such pamphlet that I recently picked up is called "So You Love An Alcoholic" (P-14). The subtitle is "Take Courage; There Is Hope." How I wish I had seen this in my early days of Al-Anon. I thought there was something wrong with me for loving a drinker. Even now that I've been in the program for a while, it was helpful to read, especially the list of Do's and Don'ts. Then I read this paragraph:

*"Alcoholics suffer from feelings of guilt beyond anything the nonalcoholic can imagine. Reminding them of failures, neglect of family and friends, and social errors is all wasted effort. It only makes the situation worse."*

This confirmed that what I had learned in Al-Anon and applied to my marriage was not a mistake.

Talk to the Literature Person in your home group if you are interested in something in particular. You can also order from <https://al-anon.org/for-members/members-resources/literature/>. There are even free downloads on this site.

### **Attention: Information Service Representatives (ISRs)**

If you're a new ISR, please register with AISDV. Provide your first name, last name initial, home group name, district #, and email address.

**Call AISDV at 215-222-5244**

### **District Representatives (DRs) Attended PA AWSC**

Six DRs in our AISDV service area participated in the PA Area World Service Committee (AWSC) meeting in Altoona, May 17-19. Thank you Madeline-DR1, Kimberly-DR2, George-DR-3, MaryBeth-DR4, Bill-DR7, and Michele-DR-19. Stay tuned for news from the meeting.

## GROUP REPRESENTATIVES (GRs) GET READY FOR ASSEMBLY

The PA Area Assembly is the group conscience meeting of Group Representatives from all over Pennsylvania. It will be held August 18-20 at the Hilton Harrisburg, in Harrisburg, PA. Will your GR be attending? Deadline for hotel booking is in July. Deadline for Assembly registration is August 2. More information coming soon at: [pa-al-anon.org](http://pa-al-anon.org). Keep checking at website or ask your DR.

### SECRETARY NEEDED

AISDV is struggling without a Secretary. Can you help? No need to leave your home as all meetings are electronic. Duties include taking minutes at Zoom meetings; emailing notices, agendas, minutes, and reports to meeting attendees; and keeping up-to-date contact information for meeting attendees.

Call AISDV 215-222-5244 or email Editor: [rap@aisdv.org](mailto:rap@aisdv.org)

## Heads Up Alateens: The Northern Mid-Atlantic Alateen Assembly and Conference (NOMAAC) is July 12-14

*Teenagers! The registration packets for NOMAAC are ready. Contact your AMIAS (Al-Anon Member in Alateen Service). NOMAAC will be held at Shippensburg University in Shippensburg, PA, July 12-14. Deadline to register: June 30. Permission slips are available on AISDV calendar—NOMAAC listing—at <http://aisdv.org/calendar.html>.*

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

by Luna, North Wales Alateen, District 3

My first NOMAAC (2018) was amazing. It gave me the overwhelming sense that I was loved and valued by all these people. I remember thinking that this was the place that I truly belonged. And then came the time to vote for the new board, the body that planned and ran NOMAAC, and I heard the worst words, “you have to be at least 15 years old to run.” I was devastated. I would have to wait an entire 2 more NOMAACs before I could run. Everything became dull at that point, a grayscale filter had descended over everything good. But then we got dressed and went to the banquet so everything was actually fine and I was overreacting.

I went to NOMAAC again the next year, 2019. Again, I loved it. Everything was awesome and I was going to be able to run next year!

Then in February/March of 2020, we got to go home early from school and there wouldn't be any school for two entire weeks because there was this small disease going around and they were concerned with our safety or something. But no school for two weeks because of a bug! Next thing I know, two weeks turned into a month, turned into no school for the rest of the year! How awesome! Also Alateen is cancelled. And no NOMAAC.

There are no words to describe how I felt. Abandoned, lost, forsaken by a god of evil, all these are so close, but so far from what it was like to know one of my favorite things couldn't happen because of a stupid virus. Then an AMIAS told me they were doing a NOMAAC on Zoom, and some Alateens would join from her house if we wanted to come. So one permission slip later, there were some teens from last NOMAAC, and it was...I mean it *was* awesome, but it wasn't

NOMAAC. The next year, PA Alateen was shut down just before NOMAAC, so NOMAACs 2020 and 2021 weren't like the previous ones. It was at this point that I asked to be on the board for NOMAAC 2022.

**Read Part II of Luna's story in next month's *RAP*!**

### ALATEEN MEETINGS

For street locations go to AISDV website: <http://aisdv.org/meetings.html?spec=t>

Mon 6 pm	Genesis Alateen	Doylestown	District 20
Mon 7:30 pm	Alateen Easy Does It	Yardley	District 20
Tues 7 pm	Together We Can	Perkasie	District 20
Tues 7:30 pm	Riverside Alateen	Philadelphia	District 4
Tues 8 pm	North Wales Alateen	Lower Gwynedd Twp	District 3
Tues 8 pm	Wayne Alateen	Wayne	District 4
Wed 7 pm	Foglifers Alateen	New Hope	District 19
Fri 7:30 pm	You Are Never Alone (YANA)	Hatboro	District 20

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

**Step 6** Were entirely ready to have God remove all these defects of character.

**Tradition 6** Our 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 co-operate with Alcoholics Anonymous.

**Concept 6** The Conference acknowledges the primary administrative responsibility of the Trustees.

*RAP* welcomes you to share on a step, tradition, or concept of the month in a future *RAP*. Please try to keep word count under 300.

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

**AISDV Officers**

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

**AISDV *RAP* Committee\***

Carla F  
 Debbie R  
 Isabelle B, Editor  
 Jennifer L  
 Jennifer S  
 Linda B

\**RAP* Committee welcomes its newest member Grace M from District 1