



# RAP

Reaching AI-Anon People **MARCH 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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## **THIS RAP IS AN EXPANDED ISSUE - 4 PAGES! DON'T MISS ANY OF IT**

See Delegate Ralph H's letter, page 2

See Alateen writings from their Winter Workshop, pages 3-4

### **Is a GR (Group Representative) Necessary?**

Every group, no matter how small, needs a GR. A GR is the crucial link in the continuing function, growth, and unity of AI-Anon. A GR is elected by their group. A GR maintains connections between the group and the district and between the group and world services. A GR is the only trusted servant eligible to vote for a DR and vote at Assembly. GRs elect the Delegate and the Assembly Chairperson. It is through the GR that the group's voice and authority (group conscience) is linked to world services. Is your group linked?

### **DRs Met at AWSC meeting in Carlisle PA Feb 9-11**

District Representative (DRs) from all over Pennsylvania met together for their first Area World Service Committee (AWSC) meeting of Panel 64. It was a time to get to know one another, share information about groups in their districts, hear from new Delegate Ralph H, and begin their committee assignments. DRs in AISDV service area were assigned to work on the following committees:

**DR 1** Madeline S-Public Outreach; **DR2** Kimberly M-Finance; **DR3** George L-Literature; **DR4** MaryBeth L-Website; **DR5** Tom M-Alateen; **DR7** Bill M-Bylaws; **DR19** Michelle M-AA Liaison; and **DR32** Becky R-Archives. The AISDV Liaison was also assigned to Public Outreach. THANK YOU TRUSTED SERVANTS.

### **PA AI-Anon Convention: "Progress Not Perfection: It's a Journey"**

June 7-9, 2024, Susquehanna University, Selinsgrove, PA

Fellowship, fun, and 16 Workshops!

Registration information coming soon.

## LETTER FROM RALPH H, DELEGATE PANEL 64

Dear Al-Anon friends,

I just returned home from a trip to Stepping Stones, where Lois lived with Bill and where Al-Anon's Clearing House (now known as the World Service Office, or WSO) began in May of 1951 with a letter to 87 known family groups. Returning to the beginning, where it all started, was a powerful spiritual and emotional experience for me. I will share more about that experience in the May Delegate's Report.

I gave my first Delegate's Report at the February 9-11 Area World Service Committee (AWSC) Meeting for Panel 64. I will post a version of that report on the PA website ([pa-al-anon.org](http://pa-al-anon.org)) at the beginning of March once the DRs have had a chance to communicate with their Districts.

I look forward to representing Pennsylvania at the 2024 World Service Conference (WSC) in Virginia Beach. For details on how to share Love Gifts with the Conference Delegates or cards and letters of encouragement and support, please reach out to your DR, as they have the details from my report. The 2024 World Service Conference theme is:

*Our Path toward Grace, Unity, and Understanding  
Nuestro camino hacia la gracia, la unidad y la comprensión  
Notre cheminement vers la grâce, l'unité et la compréhension*

By the grace of our Higher Power, may we encourage each other in unity as we grow in understanding so we can continue to be the *help and hope for families and friends of alcoholics*, especially those who have yet to find the rooms of Al-Anon.

Your friend in service,

Ralph H  
[delegate64@pa-al-anon.org](mailto:delegate64@pa-al-anon.org)

### **APRIL 6TH, AISDV WORKSHOP "WHEN I GOT BUSY I GOT BETTER"**

*Time: 10:00 AM - 1:30 PM. Location: 4021 Walnut St. Philadelphia 19104.*

### **Can You Help?**

Can you help a few hours a month? By:

- Bringing a meeting to a hospital or rehab center?
- Volunteering in AISDV office at 4021 Walnut St, Philadelphia?
- Serving as a temporary personal sponsor or service sponsor?
- Serving as Secretary for ISR zoom meetings?

Call AISDV office at 215-222-5244 to get connected to the right person.

## Coming Up

- Mar 11:** District 20 GR meeting  
**Mar 21:** AISDV Service Board meeting. For ISRs (Information Service Representatives), officers and coordinators  
**Mar 27:** District 2 GR meeting  
**Apr 6:** AISDV workshop “When I Got Busy I Got Better, 10am - 1:30pm, Philadelphia  
Event details on AISDV calendar: <http://aisdv.org/calendar.html>

**What’s District 1’s Cookie Swap?** It’s an Al-Anon meeting with an Al-Anon speaker. Attendees may bring a dozen cookies, 3 cookies in each of 4 wraps (e.g., bag, foil). Then swap with other attendees at the end of the meeting. District 1 is hosting this meeting with a cookie swap at Crossroads Church, 726 Bristol Pike, Bensalem PA on Tuesday, April 30, 6:30 pm. District 1 is thrilled to be up and running again after not having a DR for 3 years. Everyone is welcome to attend. Your support is appreciated.

## ALATEENS SHARE THEIR WINTER WORKSHOP WRITINGS

On January 13, Alateens participated in the annual Alateen Winter Workshop sponsored by AISDV. Among the day’s activities was writing on the topic: “Nightmare you face and how Alateen helps.”

Thank you Kaitlyn, Michael, Mackie, and Lila for sharing your writings. And also to AMIAS Michelle M for getting these writings to us in time for our March *RAP*. **Isabelle, Editor**

*Finn is my best friend I met today. That I’d never want to leave now. Living with an alcoholic is really really upsetting when you are an Alateen and I have to separate with my Dad and I want to see my puppies more often so then we can see my Dad more but if my Dad still drinks I will have to move schools after the 4th grade year is over. My Dad was sober for 5 weeks but then he broke his record on new year’s eve and he ruined my new year’s resolutions and my resolution is for Dad to not drink anymore.* **Kaitlyn, District 20**

*When coming across nightmares and I try to use the slogans and humor to get me through it. I also use other people I love in Alateen to help me and give me support.* **Michael, District 20**

*A nightmare is that I’m not smart enough to get into the college that I want. Sometimes it’s tough to make everything work when your Mom is an alcoholic who disrupts your homework. After lots of talk with my Dad, I’ve come to realize that when I’m at my Mom’s house, I always needed distractions like video games. This was never a problem because I always had enough time to fence, get yelled at, play video games and do homework. With how much homework I have now, the time for all of that is just not in the cards. It has been a lot harder for me to focus on homework.*

*Alateen has given me the strength to accept that alcoholism is affecting my school life. It is very hard to think through such normalized trauma on your life. Slogans like “Let Go & Let God” and “One Day At A Time” simplifies it all.* **Mackie, District 4**

*I was eight the first time I went to Alateen; a life with my alcoholic mother led me to do so. It eventually became too much. I came home to find her skull cracked open and her bleeding out on the stairs, intoxicated. I knew to call the cops, this not being the first time something like it had happened. She was permanently removed from my home, being sent to rehab after we had lost count of how many she had already been admitted to.*

*This was the first time I went to Alateen. My father took me to a meeting after these events took place. I stepped in that room full of teenagers as an eight year old and was welcomed with warm smiles regardless. I was nervous to be there, to learn this new program, but the members there were so supportive that I ended up coming back time and time again.*

*I had found the people who understood me. I had lived all those years with my mother feeling like I was the only child that was experiencing this. It was frightening and the feeling of loneliness was overwhelming, But, as I learned the program and connected with the members, I felt a freedom that I had never had before. I learned ways to cope with what had happened in my life, that it wasn't my fault, and that there were ways to overcome the challenges that it caused. I started to regain some of the childhood I had lost, finding it in these people who were reclaiming themselves after losing it all to an abusive situation as I had. I wouldn't be where I am today without it. Being 16 now, and in the program for 8 years, I wouldn't want it any other way. My experience does not define me, but has made me who I am. The people in Alateen who helped me out of the dark have allowed me to be who I am. I want all struggling children to have this incredible resource. I was a lost eight year old in my own scary world, and Alateen found me.*

**Lila, District 4**

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

- Step 3** Made a decision to turn our will and our lives over to the care of God as we understood Him.
- Tradition 3** The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
- Concept 3** The right of decision makes effective leadership possible.

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#### **AISDV Officers**

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