



# THE RAP

*Reaching Al-Anon People*

September 2015

*The Al-Anon/Alateen Newsletter of the Delaware Valley*

## Step 9

Made direct amends to such people whenever possible, except when to do so would injure them or others.

## Tradition 9

Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

## Concept 9

Good personal leadership at all service levels is a necessity. In the field of world service, the Board of Trustees assumes the primary leadership.

Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

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## *Using the Slogans*

As I pulled out of the hospital parking lot where I work, at 7:15pm, my cell phone began to ring and ring and ring. I pulled over because I couldn't believe how many messages it was indicating I had.

The messages were from my doctor telling me she needed to see me that night. She told me it couldn't wait and that I should be sure I brought someone with me. I knew it wasn't going to be good news.

I called the one family member who could drive and asked them if they could meet me at the doctor's office. Even though, they had let me down in the past, I thought, for sure, that this time would be different. Their response to my phone call was to say, "Oh, it's nothing; don't worry about it." So I shared with them that I was really scared and asked them if they could please come with me. After asking repeatedly, they said that they would. But if I had been "present," I would have realized that just for today, just for the minute, just for the moment, they meant it when they said they thought it was nothing.

Because they didn't show up!

I got in to see the doctor at 8:30 pm. She explained to me that this was stage three cancer—a life-threatening situation that needed to be addressed immediately.

When I went out to the parking lot, I called my sponsor and explained the situation in complete detail. When I began to lament about having to go through something like this with no one by my side, she asked me why I chose to call that person who had never been there for me before. When I tried to explain it to her, she said to me, as gently as she could "My dear, why go for water to an empty well?"

Later, she went on to ask me if I believed that my Higher Power would be with me on this new part of my journey. I said I knew He would be. She said to me "Now you really must practice turning it over and following the slogans, especially "First Things First" and "Doing the next right thing".

Throughout the next few days and weeks, prior to my surgery, and later during recovery and treatment, I continued to use the tools of the program. I checked in with my sponsor each day, and I was able to apply the slogans over and over again. When I felt fear, I told myself, "Fake it till you make it." When I didn't know what to do next, I said "First Things First" and "What is the Next Right Thing?" When my imagination was working overtime, I used the telephone to "Reason Things Out With Someone Else."

This program helped me to get through one of the scariest times in my life. I thank my good friend and sponsor who taught me willingness is the key, to "Think" in times of trouble and to always ask God to stay by my side.

*--Peggie C. Philadelphia, PA*

*a publication of... AISDV*

Al-Anon Information Service of the Delaware Valley  
aisdv.org • 4021 Walnut Street Philadelphia PA • rap@aisdv.org • 215-222-5244 (voicemail)

# AL-ANON NEWS & EVENTS

## South Philly Al-Anon's 55th Anniversary!

Friday, Sept 18, 2015  
Food and Fellowship @ 7pm  
Meeting at 7:45 pm  
AA, Al-Anon and Alateen Speakers  
1605 E. Moyamensing Avenue  
Philadelphia PA 19148

## Havertown Saturday Night Anniversary Meeting September 19<sup>th</sup>

7:30 pm: Food & Fun  
8:30 pm: Speakers--Al-Anon, Alateen and AA  
200 Brookline Boulevard  
Come help us celebrate 41 years of recovery in Al-Anon!  
*Food donations are always welcome!*

## 40<sup>th</sup> Anniversary Celebration Overbrook AFG Sunday Sept 20<sup>th</sup>

7:30 Food and Fellowship  
8:00 Speakers  
Overbrook Presbyterian Church  
MacMillan Chapel  
Lancaster and City Avenues  
Philadelphia, PA 19151

The RAP is Our Newsletter and we're depending on YOU to circulate it!

Please Copy and Distribute to Your Group!\*

\*Ask your group at your next business meeting for permission for monthly reimbursement of copy costs.

## North Penn Al-Anon Family Group 30<sup>th</sup> Anniversary

Thursday, Sept 24<sup>th</sup>  
Food and Fellowship @6:45pm  
Speakers @7:30 pm  
Door Prizes!  
Trinity Lutheran Church-Luther Hall  
100 W. Main Street • Lansdale, PA

## District 2 Workshop Planning Meeting

Saturday, September 19<sup>th</sup>  
12:00-2:00 PM  
4021 Walnut St Clubhouse  
2<sup>nd</sup> floor

*We need you to make it happen!*

## Upcoming Workshops

### District 1 and 19 Workshop

#### Falling Leaves

#### Raising Self Esteem

September 19, 2015  
8:30-9:00 Registration  
12:00-12:30 Closing  
\$5.00 Donation (Don't stay away if you don't have it.)

*Donations of Breakfast/Brunch happily accepted*

*Coffee/Tea/Water Provided*  
*Carpool and Bring a Friend*  
Crossroads Community Church  
7721 Torresdale Avenue  
Philadelphia, PA

### Fall Into Serenity:

#### First Annual Al-Anon Step Study Weekend

Friday October 2<sup>nd</sup>-Sat Oct 3<sup>rd</sup>

#### Friday 10/2/15

6:00pm Opening  
7:15 Step 1  
8:30 Step 2

#### Saturday 10/3/15

8:00 am Step 2  
(continued on pg 3)

## Do You Want to be a Speaker at the Women's Prison?

Contact Dawn at [district1dawn@verizon.net](mailto:district1dawn@verizon.net) for more info. This is a great opportunity for service and to carry the message to those who most need it!

## Want to Receive Regular E-Mails about More Service Opportunities and Special Events???

Go to [aisdv.org](http://aisdv.org) and click on "Announcements" then click on "Sign Up for AISDV Announcements".

**Upcoming Workshops (cont.)****Step Study Weekend (cont from pg 2)****Saturday 10/3/15 (cont.)**

9:15 Steps 4 &amp; 5

10:30 Steps 6 &amp; 7

11:30 Lunch (Cold Wraps and Sandwiches)

12:30 Alateen Panel

1:30 Steps 8 &amp; 9

2:45 Steps 10 &amp; 11

4:00 Step 12

5:00 Dinner Break (Hoagies and Desserts)

6:30 AA Speaker

8:00 Al-Anon Speaker

Cost \$40.00

Sponsored by District 3 and 20

Ben Wilson Senior Center

580 Delmont Avenue

Warminster, PA 18974

Register Now or for More Information

<http://afgstepstudyweekend.com>**34<sup>th</sup> Annual District 7 Workshop  
Al-Anon Faces Alcoholism**

October 3, 2015

8:00 Registration and Continental  
Breakfast

8:45 Welcome and Opening Remarks

9:00 Keynote Speaker

9:30-12:20 Sessions 1, 2 and 3

12:20 pm Lunch and Raffle

1:10 pm Closing Speaker

Topics

Alcoholism is a Family Disease

The Tools of Recovery

Higher Power of Our Understanding  
and more...

Westminster Presbyterian

10 West Pleasant Grove Rd.

West Chester, PA 19382

Call David M at 484-678-7374 to register  
or for more info**Live ....and Let Live**

Being happy, joyous and free is a conscious decision I choose to make. Growing up in a dysfunctional family, my father and his friends drank and my mother was the peace keeper. I never knew what I was coming home to. Was dad in a drunken rage, screaming about dirty dishes or whatever?

Living like this made me feel anxious and fearful. I was guarded, and it became easier to hide my feelings with anger and sarcasm. I became an angry, distrusting, serious person. I tried to be perfect. I needed control everything and everyone to help me feel safe. There was no time for fun on the agenda until I came to Al-Anon.

In Al-Anon, I learned to mind my own business, live and let live, turn it over to my higher power, stop reacting, and respond, and that it was alright to have fun. It felt so good to laugh and smile again. My guard came down and my mind opened with awe. I had forgotten how it felt to have fun. So, I try to do something fun everyday to bring joy to my life, such as learning to knit, crochet, sew and meet new people as often as possible. I can now enjoy my life, even with active alcoholism in the home, because Al-Anon has taught me how to live.

--Carla F. Philadelphia, PA

**Step Nine and Keeping the Focus on Myself**

Step Nine says, "Made direct amends to such people wherever possible, except when to do so would injure them or others." Step Nine helps me to right the wrongs that I'm now aware of. It allows me to own up to my responsibilities in dealing with people. My amends come in many forms—depending on the person or circumstance. Sometimes, my amends are made verbally by stating my mistake with an apology. Sometimes, I make my amends by changing my behavior towards that person. Other times, when I don't think it is best to associate with that other person, I can send the person well wishes internally.

An example of when I use Step Nine in my life is when I find myself screaming at people. When I catch myself reacting inappropriately, I remind myself that I am disrespecting the person by yelling. I may feel justified because I am frustrated or when I feel there is no other way to get my point across, but in reality, there is no excuse. The person does not deserve to be talked to with no dignity. It is my responsibility to "Think" first and communicate in a healthier way. I can change my behavior by speaking in a more suitable tone. I must forgive myself for my humanness of repeating the same mistakes. I can live one moment at a time by remembering progress not perfection. I'm growing in the program by focusing on my own behavior instead of blaming someone else for how I act.

--Julia K. South Philadelphia AFG

**Group/Individual Donations**

**World Service Office**

Payable to/Mail to: AFG Inc.  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617

**PA/State**

Payable to: PA A Assembly  
Mail to: Stephanie M.  
5594 Fairway Dr W  
Fayetteville, PA 17222

**Al-Anon Information Service of  
the Delaware Valley**

Payable to/Mail to: AISDV  
4021 Walnut Street  
Philadelphia, PA 19104

**Alateens/NOMAAC**

Payable to: NOMAAC  
Mail to: Scott L.  
5320 Little Gap Road  
Kunkletown, PA 18058

**Please write your Group Name  
and WSO ID# on all checks  
and include a return address  
on the envelope.**

*Tradition Nine and Let it Begin With Me*

Tradition 9 states, "Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve." I believe when this tradition was written it was to keep us safe from our own "-isms", the most prominent of which is the desire to control. Being born in an unhealthy family, I often acted as if I knew what was best for everyone around me. I wanted everyone around me to do what I thought was right.

This tradition teaches us that we are not an organization that follows any particular person, commander or CEO. We have a fellowship of equals. We all must take responsibility for how we want our group to be. If we are not a healthy group, we will definitely fall by the way side. Different service boards help us as a whole. At the group level, we have group representatives who go to the District meeting. For our Area, we have the Intergroup, which has committees that carry out the different functions of Al-Anon, including carrying the message. But just think, the well-being of Al-Anon as a whole and of my individual group starts with me! It begins first with having a firm understanding of the Traditions.

*--Toni K. South Philadelphia AFG*

*Special Thanks to the South  
Philadelphia Al-Anon Family Group  
for making this issue possible!*

*Want to find a meeting?*

*Go to [aisdv.org](http://aisdv.org) and  
Click on Meetings*

*Save The Date*

*Parkside AFG Anniversary  
AA, Al-Anon and Alateen Speakers  
Sat October 10<sup>th</sup> 2015 3 to 5 pm  
Calvary United Methodist Church  
48<sup>th</sup> Street and Baltimore Avenue  
Philadelphia, PA 19143*

*District 2 Workshop  
Saturday October 24<sup>th</sup> 2015  
8:30 am to 3:00 pm  
AA Clubhouse  
4021 Walnut Street  
Philadelphia, PA 19103*

*AISDV Fall Dinner Dance  
Saturday November 7<sup>th</sup> @ 5PM  
Dinner, Dancing, Speakers!  
50/50, Raffles, Door Prizes!  
Put on your dancing shoes!*

**Need Directories???**

Contact Joe T. at  
610-522-1359  
or e-mail him at  
[directory@aisdv.org](mailto:directory@aisdv.org)  
for more information

**Write for The Rap!**

*It's your newsletter!  
Send your contributions,  
concerns, comments and  
event notifications to:*

*[rap@aisdv.org](mailto:rap@aisdv.org)  
or The RAP c/o AISDV  
4021 Walnut Street  
Philadelphia, PA 19104  
(or to get a free copy of the  
Rap sent to your group)*

**Get Involved!!!**

*The next AISDV  
Meeting is  
Thurs, Sept 17<sup>th</sup> @  
7:30  
The Reformed Church  
of the Ascension  
1700 W. Main Street  
Norristown, PA*

**Want to Find Out About  
What's Going On  
In Our Area???**

*Go to [aisdv.org](http://aisdv.org) and click  
on Calendar*