

R.A.P.

REACHING AL-ANON PEOPLE

AL-ANON INFORMATION SERVICE OF THE DELAWARE VALLEY

Special Summer Edition 2018: Taking Al-Anon on Vacation

ANNOUNCEMENTS

PA Al-Anon Assembly

Friday 8/17/2018 through
Sunday 8/19/2018 in
Harrisburg, PA

AISDV Service Board Meeting

Thursday 9/20/2018 at
7:30pm at the Reformed
Church of the Ascension in
Norristown

AISDV

**4021 Walnut Street,
Philadelphia, PA 19104**

**www.aisdv.org
(215) 222-5244**

*You are not
what you were told.
You are not stupid.
You are enough."*

al-anon.org

HOW DO YOU BRING AL-ANON WITH YOU?

This experience, strength, and hope on how to take Al-Anon along on vacation was provided by members at AISDV March 15, 2018 Service Board meeting.

- 1. Al Anon and Alateen Conference Approved Literature!** 24 people shared that bringing along their literature to read helps them work their program on vacation. The daily readers, like One Day at a Time, Courage To Change, and Hope for Today were particular favorites. And some members even accessed the Forum and other literature electronically!
- 2. Make it to a meeting!** They say meeting makers make it, and 13 members shared that they make an effort to find a meeting wherever they are. From looking up meeting locations online, to attending open AA meetings, participating in electronic meetings online, or calling into phone meetings, the options are abundant! One member shared that they took a cross-country trip and stopped for meetings every day!
- 3. Making sure Higher Power gets a Vacation Invite!** 10 members shared that they work their program on vacation by praying. The Serenity Prayer was a definite favorite, and very light weight to pack!
- 4. Taking time for ourselves!** Many members shared that they keep the focus on themselves and their program by taking time for themselves to be alone, get some fresh air, be with nature, or practice their morning program routine of prayer, meditation, and literature.
- 5. Using those Slogans!** Several members shared that they get through their vacation one day at a time by remembering and repeating their favorite slogans and reading the Just for Today bookmark.
- 6. Remembering we're not alone!** Members shared the importance of connecting with other people in the program. A sponsor or a new program friend may be just a text or a phone call away.
- 7. Finding that peace!** Members also shared about bringing their meditation practice on vacation, and even bringing along a journal.

SLOGANS

A writer for a local newspaper recently maintained that most people spend more time planning vacations than they do thinking about what is really important in their lives. Of course a vacation has a certain importance, but as our slogan asks, "How Important Is It?" In my case, the main focus of my mental activity usually is whatever problem, grievance, or irritation I am entertaining at the moment. "Now," I tell myself, "I'm concentrating on what's really important!" But, how important is it? When I look back on this two years from now, or next month, will it matter? Al-Anon helps me to address the larger concerns in my life. For example, how can I make better contact with my Higher Power? Am I taking time to enjoy the present moment? Am I becoming the person I want to be? What can I give thanks for today? Are my priorities in order? Am I so busy with smaller, less meaningful concerns that I run out of time for the really important considerations? Today I will make room to think about what really matters. "Today I'll use the slogan, 'How Important Is It?' It will help me think things through before I act and it will give me a better picture of just what is important in my life." Alateen—a day at a time

- Courage To Change pg. 250



WILLINGNESS



I keep remembering a vacation I took with my children. Equipped with 18-wheeler inner tubes, helmets, and leather gloves, we "tubed" the Yakima River for three days.... The picture of this trip kept nagging at me whenever I thought about willingness, but I couldn't see how it related until I looked up the word in my thesaurus. "Agreeable, open, responsive, pliable, yielding, bending, shapeable, teachable, compliant, obedient" were some of the synonyms I found. I thought about pushing the inner tube away from the bank into the rush of the stream. It was important to relax and not fight the rapids, to bend and steer away from the rocks, to be responsive to sudden changes, to be pliable and yielding. In order to experience the thrill of the ride, we had to be willing to go with the flow. Then I thought about my attitudes. I often sit with my arms crossed in front of me. I sleep curled up in a ball. I hold my mouth tightly closed. I am frequently inflexible about changing my attitudes or plans. I tend to be brittle and reluctant to do things unless they are done my way. When I'm not willing to let go, I'm trying to control. When I'm not willing to listen, I'm self-righteous. When I'm not willing to accept reality, I'm in denial. But my life can be as exhilarating as tubing the river if I develop the habit of meeting each situation with openness, ready to "go with the flow" and see what happens. I can just show up at the river willing to push off into the stream, knowing that I have my inner tube under me (God) and my helmet and gloves (the tools of recovery in Al-Anon, especially the Twelve Steps). I haven't mastered this approach to living, although I am excited about it. My progress may be slow, but I inch forward a bit every day.

Today, after many years in Al-Anon, I have the same Higher Power that I came in with, but we have a much better, much more realistic relationship. I may not always understand God's will, especially when I see a loved one's suffering or lose someone who is dear to me, but I trust that He is a loving God who does have a plan. I no longer expect to be convinced that this plan is a good one before I relinquish my hold on life. By working the Al-Anon program, I have come to believe that I'm really not in charge of anyone or anything. I'm just here to do the best I can with what God gives me. If I truly put my life and the lives of my loved ones into God's hands through daily prayer, He will be good to me beyond my wildest desire.

-How Al-Anon Works pg. 278