



THE RAP

Reaching Al-Anon People

March 2016

The Al-Anon/Alateen Newsletter of the Delaware Valley

Step Three

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition Three

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 Three

The right of decision makes effective leadership possible.

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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The Spirit of the Third Tradition

"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."

The focus of every Al-Anon Family Group is to support recovery from the effects of alcoholism: each of us love someone who abuses or did abuse alcohol.

Focus is difficult for me. I have spent much of my life working out ways to be distracted from what is really going on to chase the dreams of what I want different in my life. When I came to Al-Anon, I faced the one situation I could no longer ignore or handle in the ways I tried before—the effects of my son's abuse of alcohol. I come to Al-Anon for that purpose only and, in listening to other members, have found ways of being and doing things that were new. I tried some suggestions and they worked. My life became more manageable, and I am a happier member of my family!

I found that the group focused on what I could do, not what I couldn't, which helped me develop trust. Trusting the group meant to me that others were there for the same reason I was. I wanted to fully face reality, while changing the thinking, feeling, doing things that were only causing me pain. Each person I spoke to, I trusted because that person had some experience with the feelings I shared, if not the exact circumstances.

Inclusive rather than exclusive, no rules keep me out of belonging to Al-Anon. Only one requirement is expected, that I am affected by someone's alcoholism and need help myself. I just know that when I reach my destination at an Al-Anon meeting I belong there and it brings me hope and relief. Meetings with a focus on that one thing guide me to a grounded path no matter what choices the alcoholic I love is making. I can choose recovery and know where to go to find it.

That is all because of the Third Tradition. My Higher Power uses that to remind me to keep it simple, which I can easily forget. I have no reason to become distracted and can focus on just one thing during the meeting. Since I can do that in the meeting, I find that I can do it in my life outside the meeting. Gradually, I learn how to apply principles I learn in meetings to my daily life because I belong to a fellowship of people who are learning to do the same.

-M.T.G., 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 AND EVENTS

Al-Anon's 65th Anniversary Banquet

Saturday April 16, 2016

WSO Open House & Tours
from 1:00 to 3:00
Banquet Begins at 6:00 PM

*Speaker: Mary R. from
Philadelphia*

Wyndham Virginia Beach,
Oceanfront
5700 Atlantic Avenue Virginia Beach

For more information:
<http://www.al-anon.org/members/pdf/65thAnnivOrderForm.pdf>

NEW MONTHLY WRITING MEETING !!!

"Let It Begin With Me"

Sat, March 26th 10 AM to 12 Noon
Meets Once a Month

8419 Germantown Avenue,
Philadelphia
3rd Floor (no elevator)

Contact Ruth @ 215-260-1015 or @
relaxwithruth@gmail.com

*Meet with like-minded people
interested in writing their stories
or writing for the RAP, the Forum
or the new daily reader!*

Al-Anon's 44th Annual PA Convention

June 3-5, 2016
Susquehanna University
Selinsgrove, PA

*Workshops, Speakers, Fun,
Games, Dancing, Lots of
Fellowship!*

*\$135 includes Registration,
Room and 4 meals!
Deadline to Register: May 7, 2016*

Flyer and Registration Form:
<http://aisdv.org/flyers/44thPAAFGflyerregistration.pdf>

New Meeting! Young Adults AFG of University City

A Brand New Meeting for Young
Adults and Those Transitioning from
Alateen to Al-Anon

Saturdays @ 5:00pm
4021 Walnut Street, 3rd Floor
Philadelphia, PA

All Ages Welcome!

District 20 Workshop "Spring Into Action!"

**Are You Ready for Some Spring
Cleaning?**

Davisville Church
325 Street Road, Southampton
\$5 suggested donation

Saturday April 9th 8:30 am to 12:30pm
<http://aisdv.org/flyers/District20SpringWorkshop.pdf>

District 4 and 5 Spring Workshop Follow the Yellow Brick Road!

Lima United Methodist Church
209 N. Middleton Road, Lima

\$5 suggested donation
Food Donations Welcome!
Bring Your Friends

Saturday, April 16th 8:30 am-1pm
<http://aisdv.org/flyers/WorkshopDistrict4>

**Can you think of three different ways Al-Anon has helped
you this month? ...this week? ...today?**

*Help us get the message out to those still struggling
who don't know that Al-Anon can help!*

Consider making a contribution to AISDV today.
Al-Anon Information Service of the Delaware Valley

*Contributions go towards advertisements, public service
announcements and towards literature used at treatment
facilities, sent to doctors and distributed at
public outreach events.*

Send your check to AISDV 4021 Walnut Street Philadelphia, PA 19104

Upcoming Anniversaries and Special Meetings

Speakers, Fun, Food and Fellowship!

North Wales 52nd Anniversary

Church of the Messiah, Main Hall
1001 DeKalb Pike, Lower Gwynedd
Tuesday, March 8th 7:00 PM

Congo Tuesday AFG 43rd Anniv

Shepherd of the Hills Church
527 Hoffmansville Road, Bechtelsville, PA
Tuesday, March 8th 7:00 PM

Solutions Through the Steps Anniv

Good Shepherd Lutheran Church
Street and Churchville Rds, Southampton
Wednesday, March 9th 12:00 Noon

God As I Understand Him Meeting

Candlelight and Refreshments
Bucks County AFGAC
Our Lady of Good Counsel Church
600 Knowles Avenue, Southampton
Thursday, March 31st 7:00-8:30pm

Hope for Today 5th Anniversary

Leverington Presbyterian Church
6301 Ridge Avenue, Philadelphia
Tuesday, April 5th 6:30-8:00 pm

Saturday Afternoon II Anniversary

St Mary's Episcopal Church, Basement
1831 Bainbridge Street, Philadelphia
Saturday, April 9th 2:00-4:00 pm
Anniversary follows the regular meeting.

District 4 and 5 Workshop Planning Meeting

Lima Methodist Church
209 N. Middletown Road,
Media, PA

Saturday, March 12th 1:30 PM &
Saturday, April 9th 1:30 PM

Concept 3

The right of decision makes effective leadership possible.

Growing up, I didn't seem to have many tools to be an effective leader of my own life. I felt scared of putting myself out there in the outside world, because expressing myself usually led to put-downs and criticisms at home. Because of Concept Three, I get the opportunity to learn gently about effective leadership in the safe rooms of Al-Anon, and thus, to have the courage to make good decisions for myself outside the rooms.

Trust is necessary in applying Concept Three. Over the years, I have held many different service positions in Al-Anon that gave me abundant opportunities to develop trust in myself and others. Starting out in each service position, I didn't have much trust in myself and my capabilities. Each time I asked myself, can I really do this job?

Thanks to Concept Three, the answer was yes. Not only could I do it, but I would develop a strong sense of confidence in God, myself and others in the process. Why? Because I was given the trust, dignity and freedom to decide for myself how to perform each role within the prescribed guidelines. Plus, I eventually learned the benefits of delegation and giving others that same trust, dignity and freedom.

Today, I am thankful for Concept Three's right of decision in Al-Anon and how I can use it in my personal life. I am happy to say that I now challenge those old childhood fears by expressing myself and putting myself out there in many ways. Each day, I have the right to decide what I will focus on to be a more effective leader of my life. When my focus is on letting God, my Higher Power, lead the way, I can't go wrong!

Irene A. - District 5

Volunteers Needed for the Following Positions at AISDV!

Assistant Secretary: Takes notes and during AISDV meetings in the secretary's absence and documents the minutes of the meeting. Assumes the position of secretary after two years of service. Assists with making copies of minutes and other documents. Notifies groups of the place and time of the next mtg. Keeps an up-to-date list of all groups in AISDV.

Assistant Treasurer: Assists the treasurer with creating the annual budget proposal. Assumes the position

of treasurer after 2 years of service. Assumes the duties of treasurer in the treasurer's absence, including recording transactions, making deposits and writing checks for approved expenses. Prepares and sends out the annual appeal letter to all groups in AISDV.

Archives Coordinator: Responsible for the operation, maintenance and modification of the AISDV Archives. Transports and displays archives at special events. Reports on the status of the archives at the AISDV meetings.

Contact Sherida for details at chair@aisdv.org

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

**AI-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.**

*Many thanks to Theresa,
Irene and my other
anonymous contributors for
making this issue possible!*

Cultivating Creativity and Abundance

I have been a member of AI-Anon for over a decade, and I am amazed at the cycles of creativity that keep me spiraling upward, instead of the former downward spiral of my life before recovery.

My brokenness and spiritual poverty have been replaced by forward motion, spiritual renewal and personal growth. As the season of spring arrives once again, I feel a fresh sense of creative growth about to burst forth after a long winters nap.

“When we create, we plant ourselves firmly in the moment and teach ourselves that what we do matters.” P.41 Courage to Change

I planted many bulbs in the fall and await their appearance daily. Just like the bulb under the thawing earth, so, too, my creative energy and vitality are charging up and urging me to live each day fully. I have been embracing my creative side ever since I read the February 10th reading from Courage to Change.

“Creativity is a powerful way to celebrate who we are. It is spiritual energy that nourishes our vitality. It is a way to replace negative thinking with positive action.” P.41

I am looking forward to the rest of 2016 to continue creating a life full of purpose and vitality. I will cultivate creativity and celebrate the life of abundance that I have found in AI-Anon. I now know that abundance is my birthright as a child of God.

-Theresa W. Warminster, PA

Need Directories???

Contact Joe T. at
610-522-1359
or e-mail him at
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
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, Mar 17th @
7:30
The Reformed Church
of the Ascension
1700 W. Main Street
Norristown, PA

**Need to find a
meeting???**

Go to aisdv.org and
click on Meetings