



R A P

Reaching Al-Anon People **APRIL 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

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.

APRIL 6, AISDV WORKSHOP "WHEN I GOT BUSY I GOT BETTER"

Time: 10:00 AM - 1:30 PM

Location: Hybrid

In person: 4021 Walnut St. Philadelphia

Zoom meeting ID and passcode at: <http://aisdv.org/calendar.html>

Suggested donation: \$5

Food, fellowship, and fun.

RSVP: <http://tinyurl.com/bhdy8d9>

Gratitude for Service in AISDV

I came into AISDV service about 5 years ago as an Information Service Representative (ISR), never having served outside my group before. I'm still in AISDV service but my positions have changed with rotation of service. Right now I'm RAP editor. When I began service as an ISR, I didn't know what I was getting into, how it would help my group, or how it would help me. My nature is to be curious and to be open to new experiences, so with that I stood for election as ISR. As with so many service positions that go unfilled for long stretches, my group had only me as a candidate for ISR and I was unanimously elected.

*I'm grateful to AISDV for giving me a home for my restlessness and curiosity. It has given me a place to grow in the program, make friends, work on the steps, traditions, and concepts and receive appreciation for my service. **Isabelle B, District 1***

Open Service Positions at AISDV

Secretary* *Area Liaison

Institutions Coordinator* *Office Coordinator* *Public Outreach Coordinator

Can you help?

Call AISDV at 215-222-5244 or email at website: <http://aisdv.org/contact.html>.

LOVE GIFTS FOR DELEGATES AT WSC

Why send love gifts for Delegates attending World Service Conference? For me it means, "Hello, I'm here and you're way over there, but we're connected in Al-Anon's world wide fellowship. Thank you for your service."

Our PA Delegate Ralph H will be happy to carry gifts from your group to the WSC in Virginia Beach April 18-21.

For details about when and where your group can send gifts, and what type of gifts, contact your District Representative (DR). Don't know your DR? Call AISDV 215-222-5244. **-Editor**

Coming Up - Anniversaries and More

Mar 19: North Wales AFG, 60th anniversary meeting, 7-9 pm, Lower Gwynedd, District 3
Apr 1: Rosetree Media AFG, 55th anniversary meeting, 7-9 pm, Media, District 5
Apr 9: Stepping Stones to Recovery, anniversary meeting, 6:30-8pm, Perkasie, District 20
Apr 14: Sunday Nighters AFG, 47th anniversary meeting, 5-7 pm, Philadelphia, District 1
Apr 15: Genesis AFG, anniversary meeting, 7:30 pm, Doylestown, District 20
Apr 19: Ken-Rich AFG, anniversary meeting, 7 pm, Philadelphia, District 1
Apr 24: Fresh Start AFG, 24th anniversary meeting, 7pm, Philadelphia, District 1

Apr 2: "Becoming an AMIAS" zoom meeting, monthly. 7 pm. See [pa-al-anon.org calendar](http://pa-al-anon.org/calendar)
Apr 6: "When I Got Busy I Got Better," AISDV workshop, 10am - 1:30pm, Philadelphia
Apr 18: AISDV steering meeting, 7:30 pm, for DRs or Alt-DRs, Officers, and Coordinators
Apr 18-21: World Service Conference, Virginia Beach, VA. PA Delegate Ralph H will represent us
Apr 27: Alateen Picnic, 3-9 pm, New Britain, sponsored by AMIAS, Bucks & Montgomery Counties
Apr 30: Cookie swap meeting with speaker, Bensalem, District 1

Event details on AISDV calendar: <http://aisdv.org/calendar.html>

What's a Cookie Swap Meeting? 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! District 1 is hosting a Cookie Swap Meeting at Crossroads Church, 726 Bristol Pike, Bensalem PA on Tuesday, April 30, 6:30 pm. Everyone welcome! District 1 is up and running again after not having a DR for 3 years. Let's show our support by showing up.

ALATEEN PICNIC

April 27, 3-9 pm
229 Kelley Ave, New Britain
For more information contact AISDV Alateen Coordinator Eileen

Alcoholism Affects Our Kids. How Can We Help Them?

Become an Al-Anon Member in Alateen Service (AMIAS). Attend a "Becoming an AMIAS" zoom meeting, held monthly. See Area calendar at: pa-al-anon.org.

If you're currently an AMIAS, recertification opened in January. The recertification form and mandatory reporter quiz must be completed by May 15. The Area Alateen Coordinator is Denise. Email Denise at: alateen@pa-al-anon.org.

**Al-Anon's Supplementary Sheet,
"Did You Grow Up With A Problem Drinker" (S-25)**

The following is by Kimberly M, District 2, who attended a public outreach event in Philadelphia. - Editor

At a recent public outreach event, AA and Al-Anon were invited to present to mental and behavioral healthcare professions, who care for children, about the programs.

In explaining the effects of Alcoholism on children, it is easy to know causes when the family is obvious in the dysfunction, i.e. Child Services is involved. It may not be as easy to recognize the distress when the family “looks fine.” I pointed out the Al-Anon piece “Did You Grow Up with a Problem Drinker” (S-25). This sheet can be shared with the child and parent(s) to discover something new about the cause of the child’s distress and maybe about themselves.

The reason S-25 is important to me— It convinced me to attend an Al-Anon meeting. Growing up, the reason Daddy didn’t live with us was because Mom didn’t want us to grow up with an alcoholic around. But that did not stop me from answering “Yes” to many of the questions on S-25. The family disease of alcoholism can be passed down by a generation of “non-drinkers,” who grew up without the knowledge of Al-Anon.

I am grateful for S-25. It introduced me to others like me who felt confused, awkward, and isolated from the rest the world. Now, I have a *family of choice* and choices are GREAT!!!

PA Al-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.

WELCOMING NEWCOMERS - PUBLIC OUTREACH

- Each member’s responsibility - Step 12
- Group inventory: (1) how does your group welcome newcomers and encourage newcomers to return?
- Does your group keep meetings “fresh”? Invite speakers? Try new formats?
- What can you do to revive groups in your district that closed due to COVID pandemic?
- Do you encourage personal sponsorship and service sponsorship?
- Can you help bring meetings to college campuses?
- Can you help start new meetings for young adults on college campuses?
- Can you bring Al-Anon literature to AA anniversaries?
- Can you keep in touch with Area Public Outreach Coordinator Beth A? Send her your ideas. Ask her questions. Let her know what you’re working on. Beth’s home group is in District 3. Email: public.outreach@pa-al-anon.org.

How Can AISDV Help Your Group or District?

The AISDV service area includes 150 Al-Anon Family Groups across ten Area Assembly districts and six counties in southeastern Pennsylvania.

There are several ways you can give your comments or ask questions.

- Send an elected member of your group (an Information Service Representative) to the AISDV service board meeting. Meetings are on zoom the third Thursday of every other month—January, March, May, July, September, November—at 7:30 pm.
- Send an email using the form on the AISDV website: <http://aisdv.org/contact.html>.
- Call the office at 215-222-5244.
- Email *RAP* Editor: rap@aisdv.org.

NEED HELP FINDING WHAT YOU NEED ON AISDV WEBSITE?

Some pages are for newcomers. Some for Al-Anon members. Some for AISDV Officers and Coordinators, DRs and Alternate-DRs.

Call AISDV 215-222-5244 and ask for someone to help you navigate the website.

- Find Al-Anon meetings
- Find upcoming anniversaries and other events on the Calendar
- Submit an Al-Anon announcement
- Sign up to receive announcements, e.g., meeting changes and calendar events
- Ask questions
- Download publications
- Buy Conference Approved Literature (CAL)

This Month's Step, Tradition, and Concept

Step 4 Made a searching and fearless moral inventory of ourselves.

Tradition 4 Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

Concept 4 Participation is the key to harmony.

**CONTACT US: rap@aisdv.org, 215-222-5244
4021 Walnut St., Philadelphia 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

AISDV Coordinators

Alateen Eileen, Directory Mary, Literature Claudia, RAP Isabelle, Telephone Janet, Website Jennifer