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Reaching Al-Anon People **MAY 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.

AISDV SPRING LUNCHEON/FUNDRAISER
The Oak Ballroom, Glenolden, free parking
Save the date - JUNE 30 - 12:00 - 4:00
\$35, BUY TICKET BEFORE MAY 30! Call 215-222-5244

Coming Up - Anniversaries and More

- Apr 27:** Alateen Spring Outing, 3-9 pm, New Britain. Permission slip needed.
- May 7:** Hope For Today AFG, 13th Anniversary, 6:30 pm, Philadelphia, District 2.
- May 7:** Becoming an AMIAS Zoom meeting, 7 PM. See pa-al-anon.org calendar.
- May 14:** Tuesday Morning Serenity AFG, 46th anniversary meeting, 10 AM, Warminster, District 20.
- May 16:** AISDV Service Board Meeting. For ISRs, Officers, and Coordinators, 7:30 pm, Zoom.
- May 17-19:** PA Area World Service Committee meeting (Panel 64, 2024-2026). Hampton Inn, Altoona. For DRs, Area Officers and Coordinators.
- June 7-9:** PA Al-Anon Convention with AA Participation, Susquehanna University, Selinsgrove.

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

BEST WISHES DISTRICT REPRESENTATIVES (DRs) ATTENDING PA AREA WORLD SERVICE COMMITTEE MEETING MAY 17-19

AISDV DRs attending: Madeline DR1, Kimberly DR2, George DR3, Mary Beth DR4, Tom DR5, Bill DR7, Michele DR19, and Becky DR32

ATTENTION: New Information Service Representatives (ISRs)

Register with AISDV: Provide your first name, last name initial, home group name, and district #. Get onboarding information and help.

Call AISDV at 215-222-5244

Open Service Positions at AISDV - Can You Help?

Secretary *Area Liaison* *Institutions Coordinator*

Office Coordinator *Public Outreach Coordinator*

Call AISDV at 215-222-5244

Al-Anon Member In Alateen Service (AMIAS)

Recertification Deadline May 15

Recertification opened in January. The recertification form and mandatory reporter quiz must be completed by May 15. The Area Alateen Coordinator is Denise. If you have questions, email Denise at: alateen@pa-al-anon.org.

If you're interested in becoming an AMIAS, attend a "Becoming an AMIAS" Zoom meeting. They're held monthly. See PA Area calendar for more information: pa-al-anon.org.

A GROUP INVENTORY: IS IT TIME TO DO IT?

(See Al-Anon Guidelines: G8a & G8b)

- When was your group's last inventory? Before the COVID-19 pandemic?
- Does your group need to add a Tech Coordinator to its service positions?
- How does your group welcome newcomers and encourage them to return?
- Does your group keep meetings "fresh"? Invite speakers? Try new formats?
- Does your group encourage personal sponsorship and service sponsorship?
- Does your group have meetings on Traditions and Concepts?
- How does your group handle dominance, gossip, religion, outside issues?
- Does your group handle conflict through application of Traditions?
- Does your group encourage use of the Al-Anon/Alateen Service Manual?
- Does your group's business meeting encourage participation by all members?
- Would it help to invite a DR or other person outside your group to lead inventory?

Read News and Stories in PA Area Newsletter AI-A-GRAM

<https://mailchi.mp/pa-al-anon/al-a-gram-fall-14156299>

Current edition contains articles by Delegate Ralph H, Chairperson Lori F, Archives Coordinator Christine F, Group Records Coordinator Christal R, and Convention Chair Wendy F. Also includes Alateen writings, member shares, and article on difference between WSC and WSO.

A-Anon In A Few Words

Humility, Mutual Respect, Principles Above Personalities, Help, and Hope ...**Editor**

Come to the 51st Pennsylvania Al-Anon Family Groups Convention

PROGRESS NOT PERFECTION... IT'S A JOURNEY!

June 7-9, Susquehanna University, Selinsgrove, PA

REGISTER ONLINE ONLY * DEADLINE 5/23/24

<https://convention.pa-al-anon.org>

Help friends who don't have computers by filling out online registration for them.

Questions? Contact: convention.registrar@pa-al-anon.org

Workshops

❖ Learning

- Acceptance is Always the Beginning
- Denial: The Elephant in the Livingroom - The God of our Understanding
- The 500 Pound Telephone

❖ Growing

- Releasing Resentments
- Courage to Change our Character Defects - Detaching with Love
- Self-Love is Not Selfish

❖ Improving

- Building Healthy Relationships
- Choosing Happiness
- Setting Boundaries
- Taking Responsibility for Myself

❖ Evolving

- The Gifts of Service
- What Makes a Good Meeting?
- Sponsorship: What's it all About?
- A Little Time for Myself: Moving Meditation

AA Participation * Speakers * Dance * Fellowship * Basket Raffle * 50/50

LITERATURE COORDINATOR CORNER

This month we begin a new monthly feature by Claudia W, AISDV's Literature Coordinator. Claudia's homegroup is Sunday Nighters AFG in District 1. Thank you Claudia for your contribution to RAP!Editor

The Al-Anon Family Groups has free downloads for Al-Anon and Alateen members. There is a variety of bookmarks, pamphlets, fact sheets, check lists and an annual magazine. <https://al-anon.org/for-members/members-resources/literature/downloadable-items/>.

One pamphlet, "Al-Anon: Then and Now, A Brief History" (AR-2) caught my eye. It was short, 6 pages that fold into a pamphlet. I had heard much of what it talked about before, but never in such a succinct manner. The timeline I came away with is as follows, in brief:

- As early as 1939, Al-Anon had an informal beginning, as wives and other family members attended AA meetings with the alcoholic loved ones.
- Later, in the 1950's, family groups had formed, and an office providing support for these families was created in New York City.
- In 1955, literature aimed at recovery for families were created. *The Al-Anon Family Groups* was the first hardcover book published.
- The first Alateen group was started in California in 1957.
- In 1964, Al-Anon World Service Conference (WSC) was voted as a permanent structure of Al-Anon to reach a wider group conscience.
- The International Coordination Committee was formed in 1978. One hundred and thirty countries now participate in Al-Anon.

Just think, the Al-Anon we know today, where people from all walks of life are welcome, started with a few wives turning to each other for support as their husbands met in an AA meeting. Now, family and friends reach out to each other, and this is happening internationally! (Historical resources are listed at the end of the pamphlet.)

This Month's Step, Tradition, and Concept

Step 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5 Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relative, and by welcoming and giving comfort to families of alcoholics.

Concept 5 The rights of appeal and petition protect minorities and insure that they be heard.

CONTACT US: rap@aisdv.org; 215-222-5244

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