

## RAP - REACHING AL-ANON PEOPLE - MARCH 2025



A newsletter of the Al-Anon Information Service of the Delaware Valley (AISDV) whose main purpose is to help families and friends of alcoholics in our service area. Our service area includes Berks, Bucks, Chester, Delaware, Montgomery, Philadelphia, and part of Schuylkill, which represents Districts 1, 2, 3, 4, 5, 7, 19, 20, 31, and 32.

### **REFLECTIONS ON THE LEGACIES OF AL-ANON**

*Recovery through the Twelve Steps, Unity through the Twelve Traditions,  
Service through the Twelve Concepts of Service*

**STEP 3:** *Made a decision to turn our will and our lives over to the care of God as we understood Him.*

Creating trust within ourselves and Higher Power (H.P.) is what Step Three is about.

Once we “made a decision to turn our will and our lives over,” we let go of our ego and gain confidence.

How do we “turn our will and our lives over?” We need to “Keep it simple,” do one thing at a time and if we don’t agree with others, remember “we can love them in a very special way.”

I believe “the care of God, as we understood Him,” is always there, making all things work for the good. Our Higher Power has a plan for each one of us and brings us people who teach life lessons and takes us to places where we can soar in learning.

This Higher Power forgives us when we stray off the path, accepts us as “we are” and genuinely loves us. It’s our responsibility to seek this inner mystery with all our senses, so we can gain clarity and be softer with those who are most important to us in the here and now.

*Kate G, Riverview Step AFG, District 5*

**TRADITION 3:** *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.*

Traditions are about my relationships with others. Tradition Three gave me the idea to have family meetings with my children while raising them as a single mother. We were all

affected by the disease of alcoholism and this gave us a chance to come together and support each other as a family. I was able to share the tools of the program with my children and, now that they are adults, I witness the positive affect on all of our lives.

*Nancy E, Riverview Step AFG, District 5*

**CONCEPT 3:** *The Right of Decision makes effective leadership possible.*

When I came to Al-Anon, I thought like many members I would learn how to help the alcoholics in my life stay and get sober. As I kept coming back, the gift I got was amazing. I soon got a sponsor and started working the three legacies and got into service. This concept especially helped me learn to make decisions, which I had never learned in my family growing up. On my service journey, I was a DR. The district trusted me to make decisions at the area meetings. They gave me the dignity to ask for help, they trusted me, no one from the district ever called to tell me how to do better or what to do, they let me grow and make informed decisions for the district. I have really grown from working the program and now have the confidence to make decisions with dignity and humility. Practicing the legacies in all my affairs gives me the chance to recover and grow from being affected by the disease of alcoholism.

*Robin S, Riverview Step AFG, District 5*

---

### **MEMBERS REFLECT ON THEIR JOURNEY**

As I've begun this service journey of RAP Coordinator, I am reminded that none of us do this alone. I need your help for this newsletter to continue to be a source of support in our AISDV service area and so that all districts are represented. Please consider sending your share to me; details are below. I understand how difficult it is to set aside the time to write a share for this newsletter, and I am reminded that "Progress, Not Perfection" is all that is needed. As long-time Al-Anon members have shared: Be Honest, Be Brief, Be Gone.

*Deb M, RAP Coordinator*

---

## **AISDV**

### **COMING UP**

- March 4:        Becoming An AMIAS meeting, 7 p.m. via ZOOM.
- March 18:      North Wales Family Group Anniversary Meeting, 7 p.m.
- March 20:      AISDV Service Board meeting, 7:30 p.m.
- March 22:      37th Annual Al-Anon Spiritual Day of Renewal, March 22, 8:30 a.m.
- March 29:      Alateen workshop, 2:30 p.m.
- March 29:      District 3 Spring Workshop, 8:30 a.m.
- April 5:        District 4 and 5 Spring Workshop, 8 a.m.
- April 26:      District 32 Spring Workshop, 9 a.m.
- June 6-8:      52nd Annual PA AFG Convention

Check out the [aisdv.org](http://aisdv.org) website for further details on the above, as well as for other dates that may have been added to the calendar after this publication was sent out. You can also find [Al-Anon Meetings](#) as well as other information that may help you in your recovery.

### **AISDV SERVICE OPPORTUNITIES**

Please consider one of the following service opportunities as your help is desperately needed!

- Secretary
- Asst Secretary
- Literature Coordinator
- Office Coordinator

---

### **GUIDELINES FOR SHARING YOUR THOUGHTS**

- April/May will be a combined edition.
- Shares are needed for Tradition 4 and Concept 5.
- Write 3-9 sentences on your selected topic. Include your first name, initial of last name, home group, district, and topic selection, i.e. Tradition 4
- Email to [rap.aisdvpa@gmail.com](mailto:rap.aisdvpa@gmail.com) by March 15.

You can subscribe to the RAP through AISDV announcements at [aisdv.org](http://aisdv.org). You can find the latest RAP also on the [aisdv.org](http://aisdv.org) website under “Publications”, select RAP Archives.

**Distribution**: The RAP is our newsletter and we’re depending on you to circulate it. For face-to-face meetings or events, please consider copying and distributing to your group. Ask your group/district at your next business meeting for permission and for monthly reimbursement of copy costs.

Yours in service,

RAP COMMITTEE: Deb M, Coordinator, Kate G, Linda B, Jennifer L, Jennifer S