

RAP - REACHING AL-ANON PEOPLE - JULY 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 7:

Humbly asked Him to remove our shortcomings.

Patience (or lack thereof) has always been one of my shortcomings. I remember when my mom was getting older and started to slow down her pace, it became difficult for her to run errands. I would help her, but I always felt like I was rushing her to get done so I could do the next thing on my list. I was aware that I was doing this, yet I still couldn't slow down.

When my mom was diagnosed with ovarian cancer, something happened inside of me. It occurred to me that I won't ever get a chance to spend this morning with her again. I believe this was God giving me a gift of spiritual awareness...BE PRESENT, BE STILL, AND SLOW DOWN. And, blessedly, was able to accept this gift.

With the acceptance of this gift, my attitude and my behavior changed. My mom was an avid baseball fan and I was able to sit with her, learn about baseball and be content. My mind was not thinking ahead about the next thing I had to do; I was present. I am grateful for the two years I was able to be truly present with her before she passed.

Today, I let go and let God work in my life. I ask him to relieve me of my shortcomings when He feels I'm ready. What a blessing and a gift to know that I'm able to ask for help and know I won't do it alone anymore.

Carol T, Riverview AFG, District 5

Tradition 7:

Every group ought to be fully self-supporting, declining outside contributions.

Tradition 7 is more than about group funds; it also pertains to us as individuals. As a family dealing with the effects of alcoholism, there was never enough money. I was counting every penny just to make ends meet. I lost sleep; fear and worry became my obsession. Finally, I hit a financial bottom and surrendered, “I can’t, he can, so I’ll let him”. I gave God our home, car, paycheck, taxes, bills, everything; it’s now his. I took one day at a time, one bill at a time and this financial burden was lifted. Financial miracles began. I had a spiritual awakening that my H.P. had my back. We would be okay.

When I put a Caring God first, I began to find help and was able to better care for myself; I became fully self-supporting. Throughout my recovery this has taught me to become and choose to be dependent on God financially, emotionally and spiritually, while not expecting others to do this for me. I continue to trust and choose to take it, sometimes one minute at a time. I “swapped my defects” for God’s assets (peace, courage, guidance, and provision). With a smidgen of humility, I released all and believed, fully trusted, that my HP could and would help.

Tradition 7 has taught me how to be fully self-supporting, to say “No” when I need to do so, not to people please, to pause and ask God for his guidance. After some time in Al Anon, I still do not do any of this perfectly. I’m a newcomer at every meeting, willing to listen and learn. I practice taking responsibility for my actions and well-being. God shows me daily the “Principle of Self-supporting,” he is a source of my spiritual strength. I keep coming back. Thank God for God.

Pat L, District 5

Concept 7:

The Trustees have legal rights while the rights of the Conference are traditional.

The concepts are a guide for service and show us how the 12th step, having a spiritual awakening, is done. Concept 7 seeks balance between legal and traditional authority. Some matters can only be resolved through the legal system. Traditional rights, however, in Al-Anon are based on spiritual principles of the Legacies.

In my personal life, I strive to seek guidance from a Power greater than myself. As one who seeks clarity, I see how my roles have been distorted by the disease of alcoholism. In this moment, I am aware how vital it is to PAUSE: postpone action until serenity emerges.

My husband and I make traditional household decisions together and participate in getting chores done. We have legal documents in the safe deposit box if something happens to either one of us. “With cooperative respect,” the home functions.

As a mom, I’m finding balance with a college graduate returning home. The traditional role of enforcing rules and legal parental responsibilities are gone. Giving guidance only when asked and enforcing guidelines in our home are the new norm. It is an exciting time to discover who our son is as a young adult.

Kate R, Riverview AFG, District 5

COMING UP

July 12: Coffee with District 2 Representative, Taylor’s Cafe, 10-11 am

July 14: District 20 meeting, St. John’s Church, Hatboro, 6 pm

July 17: AISDV Service Board Meeting via Zoom, 7:30 pm

July 23: 35th Anniversary Birdsboro Wednesday Night AFG, Birdsboro, 6:30-8 pm

August 9: AISDV Summer Fundraiser Luncheon & Dance, Oaks Ballroom, 12:30-5 pm

August 12: Coffee with District 2 Representative, Taylor’s Cafe, 10-11 am

August 21: AISDV Steering Committee Meeting via Zoom, 7:30 pm

Check out the [AISDV Calendar](#) on the 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. Also, consider signing up for the [AISDV Announcements](#) on the aisdv.org website so that you are receiving the RAP. You can also find [Al-Anon Meetings](#) as well as other information that may help you in your recovery.

GUIDELINES FOR SHARING YOUR THOUGHTS

- Shares are needed each month for the step, tradition, concept of the month, and a personal reflection. Feel free to plan ahead and send to me at any time prior to the 15th of the month. Reach out via email or phone (610-505-9348) to Deb with any questions.
- 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 8
- Email to rap.aisdvpa@gmail.com by July 15 for August RAP.

You can find the latest RAP also on the aisdv.org website under “Publications”, select RAP Archives.

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.

Grateful for service,

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