

## **RAP (REACHING AL-ANON PEOPLE) - AUGUST/SEPT 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 8:** *Made a list of all persons we had harmed, and became willing to make amends to them all.*

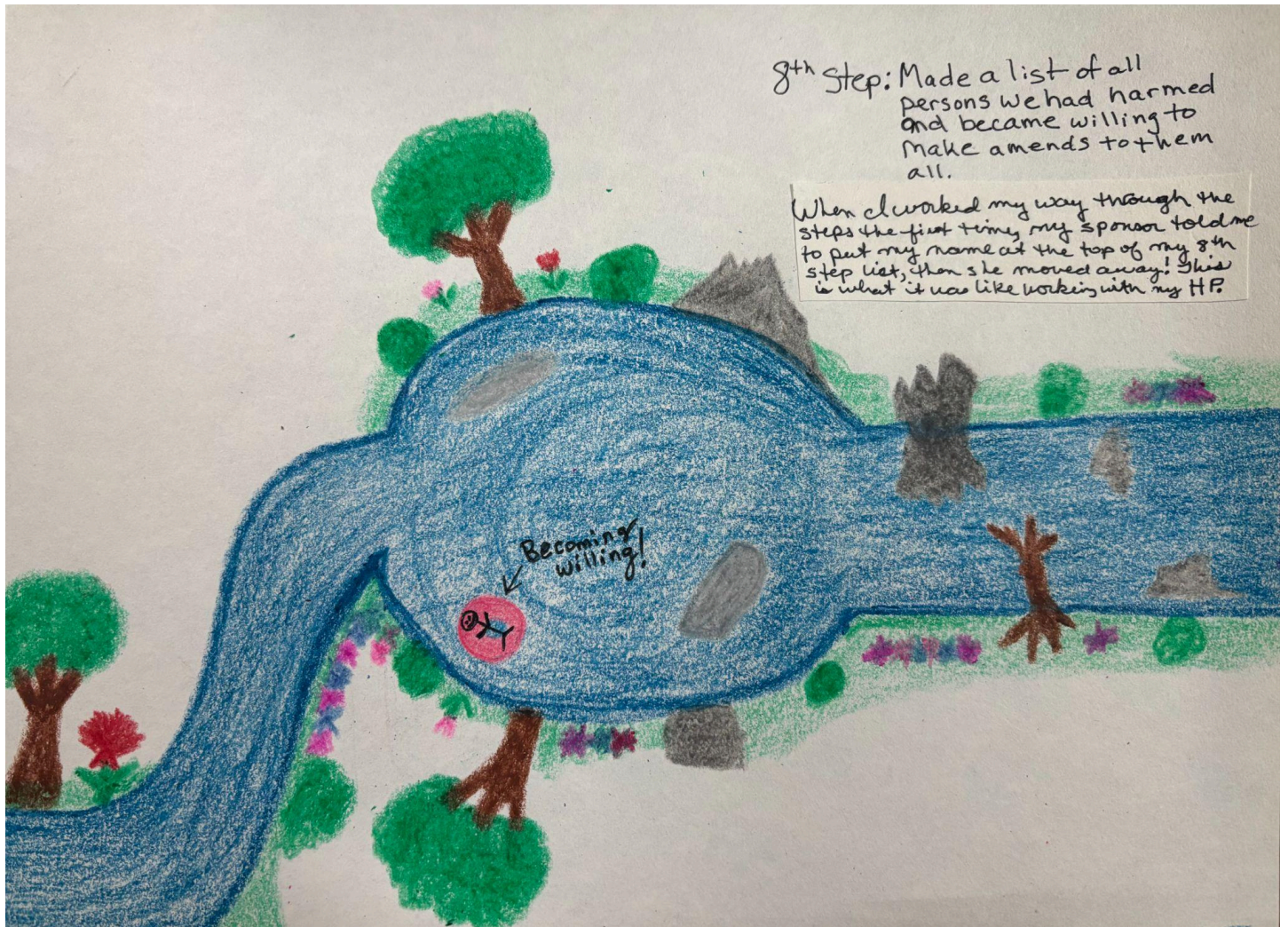
I already had my list of those I had harmed. Now I needed to decide if/when and how to make my amends. I remember the first time I made my list. I did not put myself or God on my list. This time around we were both on the list. I was now ready to honestly make my amends.

I started with God this time and asked for his forgiveness for blaming him for my troubles. I also asked his forgiveness for me not believing him like I had thought. This gave me a better understanding of my God. I now believed in a loving and caring God. What a gift! I now know I am a human being and am lovable.

There was another person on my list and that was me. I asked God to remove my shame, guilt and self-hatred. He did forgive me. He showed me I am a good person. He showed me that I am not responsible for everyone's life. Another person I made amends to was difficult for me. I did this one through a letter since we didn't have a relationship. I asked this person to forgive me for my hatred towards them for abandoning me. I never heard from them, but that was okay. I was now free to believe that their disease took away his ability to have a relationship with me. I now had compassion for them instead of hatred. I was able to be there for them in their dying days.

I also do this step each evening before I go to bed. I look at my day to see if I said or did something that was unkind. If so, I apologize as soon as I can. It helps me keep my side of the street clear. It helps me remember I am not perfect. I am human. It is progress not perfection. I can be honest with myself and others. I am gaining self respect and self confidence.

Eileen R, Riverview AFG, District 5



Jen S, RAP Committee

***Tradition 8:*** *Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.*

Tradition Eight tells us whether professional or non-professional we don't give advice. We focus on our own recovery. We share our experience, strength, and hope and that is enough!

Tradition Eight also tells us that Al-Anon is a huge worldwide organization and we do need to hire professionals and special workers. On a personal level, we don't have to do everything ourselves. We can ask for help. We can hire people.

Geri D, Riverview AFG, District 5

**Concept 8:** *The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.*

**Step 9:** *Made direct amends to such people wherever possible, except to do so would injure them or others.*

In my family of origin my role was to be a care giver and to please others, leaving me with no self-esteem. I did not know how to value anything about myself, because I was busy being everything to everyone else. I felt my worth came from how others liked me, leading me to become a people pleaser. While trying to be everything to everyone else (which is impossible to do), I abandoned myself in the process.

Step 9 means facing people I have harmed when possible to make direct amends. However, sometimes it is impossible to make direct amends. In Al-Anon, I learned I can also make amends through my changed behavior and attitude. I was looking for love, appreciation, acknowledgement and respect from my family, which I was hoping to receive one day. Now looking back, I realize they were incapable of fulfilling my needs in that regard.

Al-Anon taught me to accept my family for who they are without expecting them to be who I want them to be. I also learned to give myself what they could not give me. With my Higher Power's help, I gave myself permission to take care of myself by setting limits and boundaries when I am with them, instead of building walls.

In working Step 9, I get to practice being the kind of woman my Higher Power wants me to be; a woman with personal integrity, kindness and compassion. I make amends, not to make my family or others feel better, but to reflect what is in my heart.

Merima, Reprinted from September 2012 RAP

**Tradition 9:** *Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

**Concept 9:** *Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.*

When I first came to Al-Anon, I didn't have an interest in the Concepts. I came into the program with fear and anger. By hearing others share their experience, strength and hope in meetings, it gave me courage to share my feelings, share my ideas and respond to requests to lead meetings. Other members gave me hope that I could get better. I had always thought of myself as a follower, not a leader. By attending meetings on a regular basis, I can always welcome newcomers and listen to them. That is my form of leadership.



The service structure of Al-Anon gives many opportunities to serve - group reps, district reps, delegates and trustees. The trustees are important in the leadership needed for our world service.

BettyKay M, Riverview AFG, District 5

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

I AM NO LONGER ALONE. Before I came to Al-Anon, a counselor told me that my soul was dry. I had no idea what she meant. I was angry and frustrated, and I blamed others for my problems. My dad drank too much, but I didn't know he was an alcoholic. Growing up in a family where drinking was normal, I had no knowledge of the family disease. I learned that I am an adult child of an alcoholic and was encouraged to go to Al-Anon. It made all the difference.

I learned that I didn't cause the alcoholism, I couldn't control it, and I can't cure it. I started to pray to something greater than myself even though I didn't know what that was. In Al-Anon, I heard the suggestion to "act as if" to begin to develop trust in something. I got a Sponsor and slowly started working the [Steps](#).

Now, I have faith that all is well and that I will be okay no matter what. I believe in a loving Higher Power, and the fear that I once felt is gone, because I don't try to do everything myself. I am no longer alone, and I look to my Higher Power whenever I need support.

*By Amy S., The Forum, June 2025*

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### **COMING UP**

August 1: Conshohocken Friday Night Anniversary-St Mark's Lutheran Church-6:30 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  
 September 13: Coffee with District 2 Representative, Fishtown Diner, 10-11 am  
 September 14: District 19 Annual Al-Anon Picnic, Silver Lake Park, 11 am - 3 pm  
 September 15: District 20 meeting, St. John's Church, Hatboro, 6 pm  
 September 19: South Philly AFG 65th Anniversary, South Philly Clubhouse, 7:30 pm

September 20: Parkside AFG Anniversary, 1 pm via Zoom

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.

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**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 M with any questions.

Write 3-9 sentences on your selected topic and email to [rap.aisdvpa@gmail.com](mailto:rap.aisdvpa@gmail.com). Include your first name, initial of last name, home group, district, and topic selection, ie Tradition 8.

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Grateful for service,

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