

RAP - REACHING AL-ANON PEOPLE - OCTOBER 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 Steps, Unity through the Traditions,
Service through the Concepts*

Step 10: *Continued to take personal inventory and when we were wrong promptly admitted it.*

It has been decades since I embraced the Alanon way to live my life, yet there are times when I commit a wrongdoing, I realize it stems from an unhealed wound from the past. An unkind word, a rejection, an old feeling of not being accepted is what triggers my reaction. Years of living with active alcoholism with such emotions led to loss of my self-esteem. Having done the work to look deeply into the roots of my unhealed wounds in Steps 4 through 9, I now am quicker at noticing when some old triggers happen, even when there is no alcoholic in my present circumstances. Step 10 is a way for me to be good to myself and user friendly with myself.

The key word is *Promptly!* The acronym HALT: Hungry, Angry, Lonely and Tired is useful to learn why I go off the beam. When I pause and pay attention to my needs, my thoughts, words and actions seamlessly transform into wholesome interaction with others and everyone, including me, benefits from the process. I realize that when I am disturbed, I need to take my own inventory and take this Step 10 *promptly!*

Kalpana, Riverview AFG, District 5

Tradition 10: *The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.*

Because of the Legacy of the 10th Tradition, a friendly helpful person greets us as we journey into our first Al-Anon meeting. This legacy provides us relief from chaos while attending our Al-Anon meeting. Surrounded by other members, we can concentrate on the task at hand. Imagine the confusion if each member, or even one, diverted us with their favorite news flash of the day. Instead, we are free to continue with our chosen task of bringing help to the families of alcoholics. Each meeting is a precious time for us. We share our experience, strength, and hope with those looking for serenity and relief from

confusion and turmoil. We extend our gratitude to those who have gone before us, who have learned the hard way to discourage outside issues during meetings. The 10th Tradition also includes avoiding public engagement in any circumstances involving our program.

Peggy L, Riverview, AFT, District 5

Concept 10: *Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.*

When I reflect on Concept 10 of Al-Anon, I see how important it is not only in service work, but in my relationships and personal life. For a long time I tried to take on responsibility without having the authority or I tried to control things that weren't mine to manage. This imbalance led to resentment and frustration, not to mention confusion. Concept 10 is a great reminder for me to let others take care of their own roles. I have always prided myself in jumping in to "fix" things that weren't my responsibility so this concept reminds me to take a step back. I'm also reminded to be clear with myself and others about what my role and responsibilities are.

Trusting others and letting go of double-headed control isn't always easy, but it does bring peace, serenity and respect to my relationships. Concept 10 teaches me that both trust and boundaries are essential for healthy Al-Anon service and healthy living.

Kim F, Riverview AFG, District 5

MEMBERS REFLECT ON THEIR JOURNEY

I have recently had the opportunity to reflect on my life's journey in Alanon. Upon retirement 12 years ago, and the death of my husband, I wanted to know who I am today. Using the Steps, I'm learning to be God-reliant instead of self-reliant, which has led me to a new sense of spirituality.

I prayed for the truth about myself, not always liking what was presented to me daily. This led me to a deeper journey of self-awareness. I realized I had become a good listener, live in the moment, and am conscious of treating people with love and kindness and learning compassion. I laugh and have fun. I also let a really nice man into my life 7 years ago. When I slip, I try not to beat myself up, but learn from my mistakes. I ask myself, have I matured? There are so many more examples of what this program continues to teach me through meetings. I am a work in progress. As a friend of mine says "the more I learn about myself the less I know".

Barbara M , Riverview Step AFG, District

COMING UP

October 11: Coffee with District 2 Rep, 10-11 am, Greek Lady, 222 S 40th, Phila.
 October 13: Hatboro Monday Tension Relievers, 31st Anniv, 12 noon, St John's Church
 October 15: Foglifters 8th Anniv, 6 pm, Thompson Memorial Presb Church, New Hope
 October 16: AISDV Steering Committee Meeting, 7:30 pm via Zoom
 October 18: District 7 Workshop: Help and Hope, 8 am-1 pm, West Chester
 October 20: West Phila AFG 32nd Anniv Living, 7 pm, West Philly Clubhouse & Zoom
 October 24: Hatboro Friday Night AFG 51st anniversary, 7 pm, Hatboro
 October 26: Conf Approved Lit Circle AFG Anniversary, 6-8 pm, Narberth
 November 8: Coffee with District 2 Rep, 10-11 am, Little Peteae, Philadelphia
 November 10: District 20 Meeting, 6 pm, St John's Church, Hatboro
 November 20: AISDV Service Board Meeting, 7:30 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 aid 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 (rap.aisdvpa@gmail.com) or phone (610-505-9348) to Deb Mc 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 10

Grateful for service,

RAP COMMITTEE: Deb Mc - Coordinator, Kate G, Jennifer L, Jennifer S