

RAP - REACHING AL-ANON PEOPLE - NOVEMBER 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 11: *Sought through prayer and meditation to improve our conscious contact with God ‘as we understand Him’, praying only for knowledge of His will for us and the power to carry that out.*

Forever I thought prayer was the formal prayer I learned growing up in Catholic School. I had to bless myself and repeat the prayers I was taught such as “The Our Father” or “The Hail Mary”. Forget the meditation end of it since my mind ran a mile a minute going 10 different ways. One minute sharing with God and a second later I was thinking about homework and getting the bus home. The harder I tried the harder it got. It was to the point I wasn’t even talking to him because it was a battle in my head. I just repeated over and over the taught memorized prayers.

As time went on and I was going to Alateen meetings and I came to this step it felt so gentle and loving. It started out as “sought” which to me meant to go looking, and then came “to improve”. This meant what I was doing wasn’t wrong, but I could improve by making a conscious effort to improve my contact with God as I understood him. Not by anyone else's ideas of My God but just my personal ideas. I needed the power and knowledge on how to make it better and to work. For me it was not doing the formal prayer but by saying “Hey God what’s up today, ya got a minute to chat” first thing. Thanking him for my blessings and for the honor to be one of his children, and then I hit him up with my prayers and asked for his guidance on how to carry out this time with him and to help me remember constantly that he is right here walking beside me. He is in earshot 24/7.

I just need to start the conversation.

Gabi R., Thursday Afternoon Literature AFG, District 2
AISDV Public Outreach Coordinator

Tradition 11: *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.*

I maintain personal anonymity at the level of press, radio, TV, and films. I have chosen to tell most people I know that I am a member of Al-Anon. My first sponsor felt it was important to plant many seeds so people would know they could approach me if they had alcoholism in their family. My

family lived in the Midwest. When I came into Al-Anon, I lived about a thousand miles away from them. I might not have shared my membership as freely if I still lived in my hometown and people knew my parents.

At first, I spent much of my time trying to bring friends and family into Al-Anon. It did not work. My current belief is that I am the least qualified person to bring a family member into the 12-Step community. A person needs to meet someone that he or she really identifies with. One of the Al-Anon books I looked through said that we are not trying to promote. We are trying to attract and comfort people whose unhappiness we can understand.

Becky R., Birdsboro Wednesday Night AFG, District Rep for District 32
AISDV Board

Concept 11: *The World Service Office is composed of selected committees, executives and staff members.*

Service is Al-Anon's third legacy. We do this by carrying the message. Anything done to help a family member of an alcoholic is service. However, The World Service Office is the business end of Al-Anon that provides services world wide. The concepts are service in action!

The WSO employs members that are experienced and knowledgeable to perform specific tasks. They must take time to understand the roles and needs of others to accomplish a safe work environment. Mutual respect, trust and collaboration create a better balance in all my relationships.

Finally, just like any organization, The WSO Committee staff are paid employees of the World Service Office. They coordinate activities, projects for service functions and must be members of Al-Anon. Being responsible and working together toward a common goal is a great recipe for a healthy relationship of any kind.

Carla F, Parkside AFG
AISDV Assistant Chair

MEMBERS REFLECT ON THEIR JOURNEY

HAPPINESS IS MY CHOICE: I started Al-Anon in my 30s. I'm now in my 70s. My perceptions of my alcoholic loved one have changed. I used to blame him for everything. If I was in a bad mood, it was because of him. I was sure he made me feel irritable and unreasonable. Then it dawned on me why I was feeling so angry at him: I wanted him to fulfill my every dream in life. How selfish of me, expecting this man to give me the world.

In Al-Anon I learned not to expect others to make me happy. I was encouraged to start loving myself first. I needed to take care of myself and not expect others to bring me joy. I started doing what made me happy. If I decided to do crafts, then I would do it. If I wanted to do a yoga class, then I'd do it. It was my choice. Taking care of myself is my top priority. No one can make me happy, lonely, angry, or depressed. It is *my* choice if I want to feel these emotions.

My husband and I began having a better relationship once I came to believe that I was the one responsible for my happiness. I'm thankful I became a member of Al-Anon and that I stayed with this program that is working on me. We are much happier since Al-Anon is a part of my life.

By Mary C, The Forum, June 2025

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AISDV NEWS, ANNOUNCEMENTS, AND CALENDAR EVENTS

Public Outreach

PECO Crown Lights will be displaying an Al-Anon message on their PECO building at 2301 Market St. in Philadelphia on the following dates: 10/31/2025, 11/26/2025, 12/31/2025. Please note that these dates are tentative and our Public Outreach Coordinator continues to be in contact with PECO.

In addition, an Al-Anon message will appear on the following billboards from October 2-29, 2025:

- Montgomery County - PA Turnpike and County Line overpass
- BucksCounty - PA Turnpike and County Line Rd overpass
- Philadelphia County - Grant Ave and Ashton Rd
- Delaware County - where 95 North and Blue Route meet

Service Opportunities

The AISDV Board is seeking volunteer members for the following service opportunities: Asst. Chairperson, Secretary, Asst. Secretary, Treasurer, Asst. Treasurer. The specific job duties and functions for each Officer position can be found in the [Bylaws](#) beginning on page 6. The **AISDV Bylaws** can also be found on the AISDV Website. Choose the link **Who We Are** located on the left side of the screen. The Daily Reader "A Little Time For Myself" (February 6) reminds us that "It is good to know service is recovery". Thank you for your consideration.

Calendar Events

Nov 7: North Phila 56th Anniv Hybrid, 7:30 pm, Berean Presbyterian Church, Phila

Nov 8: Coffee with District 2 Rep, 10-11 am, Little Peteae, 2401 PA Ave, Phila
 Nov 10: District 20 Meeting, 6 pm, St John's Church, 505 N York Rd, Hatboro
 Nov 20: AISDV Service Board Meeting, 7:30 pm via Zoom
 Nov 26: Wed Night Beginners AFG 45th, 7 pm, Trinity Church, 2212 Spruce St, Phila
 Dec 3: Birdsboro AFG Candlelight meeting, 6:30 food and fellowship 7 pm meeting
 St Marks Lutheran Church, Birdsboro
 Dec 9: Boyertown Serenity AFG Candlelight meeting, 6:30 pm food and fellowship, 7 pm
 meeting, St Columbkil Church, Boyertown (rain date is December 16)
 Dec 18: 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 12.
 - Email to rap.aisdvpa@gmail.com.
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Grateful for service,

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