

## **RAP - REACHING AL-ANON PEOPLE - DECEMBER 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 12:** *Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.*

I believe a “spiritual awakening” can happen during the first Alanon meeting we attend. When we listen to others share, read literature and talk to a sponsor, eventually we “wake up” and learn alcoholism is a disease that affects everyone in the family. During the first year of attending this program, I had a “gentle metamorphosis” of the way I saw self and others. Even though my circumstances did not change until a decade later, I had a new perception on life. Today, I know it’s my behavior and attitude that needs tweaking, in order to “carry this message out to others.”

Kate R, Riverview AFG, District 5

**Tradition 12:** *Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.*

Spiritual foundation is a form of connectedness - often without knowing how or why we are connected - we are. Spirituality exists in the present moment while also having a sense of timelessness about it. Spirituality can be accessed in any of the senses. It exists regardless of language, culture, age, background. It does not need a name. It is often anonymous.

In Al-Anon I find strength in being present and showing up for myself and in service to the group. In tapping into my anonymity or if you will, my connectedness to the whole, I more easily connect to my Higher Power. Anonymity provides safety and respect to everyone while also reminding us we are all part of a greater spiritual connectedness. We are all equal and each has a Higher Power greater than ourselves.

Tradition 12 reminds - it isn't about the name or the personality, it is about the message being delivered or the work or action which needs to be accomplished. It reminds me to ask myself if I am choosing an action or following thinking to fit into the ideal of an individual personality or being open-minded and keeping the principle, the greater purpose, above any personality.

Aly, Riverview AFG, District 5

***Concept 12:*** *The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.*

Though I've been in Al-Anon many years, I've only recently started to study the Concepts and think about how to apply them in the fellowship and in my life. When I read the word "Warranties" in Concept Twelve, it calls to mind the product warranties I receive when buying a new product. Those warranties explain the proper use of the product and what I can expect from the product when I follow those guidelines. In a similar way, the General Warranties of the Conference provide the spiritual foundation for how we as Al-Anon members and groups can work together most effectively in support of our worldwide fellowship of recovery.

I like that Concept Twelve states, "In all proceedings the World Service Conference of AlAnon shall observe the spirit of the Traditions." It helps me remember that even though the Concepts may seem technical, I can always find a personal spiritual connection to them through my understanding of the Traditions. Here's how I see the Traditions woven into the General Warranties: Warranty One and Tradition Seven, Warranty Two and Tradition Two, Warranty Three and Tradition One, Warranty Four and Tradition Ten, and Warranty Five with Traditions Five and One. I'm a grateful member of Al-Anon because in this fellowship I'm learning how to live more fully in the world and contribute to a group in a healthy and accountable way. Thank you, Al-Anon, for helping me build relationship skills I never imagined would be possible for me.

Kate Q, Riverview AFG, District 5

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

I NEEDED HELP...AND SUPPORT. When I first got into the program, I saw a sign hanging on the wall of a therapist's office that read, "When the pain is greater than the fear, then you are ready"—ready to change. But because my fear was so large, it took a lot of pain and a long time to finally confront the reality that living in pain was not sustainable, and as scary as it was, I needed help. I could not do this thing called life all by myself. It takes support to raise a child. I cannot fix myself, and I need a whole lot of help.

I found my support in the rooms of Al-Anon. I found that the help I need does not come in the form of things, although sometimes it can. Mostly the help I need comes in the form of kindness and compassion. Being surrounded by kindness and compassion, I finally learned to tell the truth about my life to others. In learning to tell the truth and to get in touch with how I feel, I began to learn how to sit with my truth and stop running. I learned how to listen to myself and how to trust myself. I learned how to be kind and compassionate to myself.

The kindness and compassion in the support of Al-Anon continues to help reinforce my self-kindness and self-compassion. I, in turn find peace, sanity, and gratitude for my life. From here, I want to give back to others some of the kindness and compassion that I was so generously and unconditionally given.

*By Nan E., 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 **12/31/2025**.

### 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

- Dec 3: Birdsboro AFG Candlelight meeting, 6:30 pm Birdsboro
- Dec 4: Strength in Recovery 20th Anniv, 7 pm, Hilltown
- Dec 8: Malvern Line Road AFG 51st Anniversary, 6:30 pm, Malvern
- Dec 9: Serenity on the Hill Candlelight meeting, 6:30 pm, Boyertown
- Dec 9: God As I Understand God meeting, 10 am, Warminster
- Dec 9: Boyertown Serenity AFG Candlelight mtg, 6:30 pm, Boyertown (snow date December 16)
- Dec 11: God As I Understand Him Candlelight mtg, 7 pm, Ivyland
- Dec 12: South Phila AFG Candlelight Meeting, 7 pm, Philadelphia
- Dec 14: Fleetwood Alanon Group Holiday Cookie, 6 pm, Fleetwood

Dec 17: God As I Understand God meeting, 7 pm, Doylestown

Dec 18: AISDV Steering Committee meeting via Zoom, 7:30 pm

Dec 19: Hatboro Al-Anon & Alateen God as I Understand God Candlelight mtg, 7:30 pm

Jan 15: AISDV Service Board meeting, 7:30 pm via Zoom

Check out the [AISDV Calendar](#) on 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. Also, consider signing up for the [AISDV Announcements](#) on the [aisdv.org](http://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 ([rap.aisdvpa@gmail.com](mailto:rap.aisdvpa@gmail.com)) 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 1.
- Email to [rap.aisdvpa@gmail.com](mailto:rap.aisdvpa@gmail.com).

### **THE FORUM**

If you have written in the RAP on a Step, Tradition or Concept, consider sending your share to the World Service Office as they are in need of sharings on the Legacies. Submissions should range from about 200-400 words. Send to The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; to [wso@al-al-anon.org](mailto:wso@al-al-anon.org); or submit online at [al-anon.org/sharing](http://al-anon.org/sharing).

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Grateful for service,

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