

RAP - REACHING AL-ANON PEOPLE - APRIL/MAY 2026



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 4: *Made a searching and fearless moral inventory of ourselves.*

Some things that I have learned from practicing Step 4 myself and assisting others:

- Step 4 is an act of self love which teaches us how to love and accept ourselves.
- Step 4 is not an inventory of the past but the present and future you.
- Step 4 is not a theory, but a proven fact to the millions of us who have practiced it.
- Step 4 is not done by thinking, but by writing with the help of a higher power and
- others who have done this step. We are never alone.

-Jim S, Flourtown AFG, District 3

Step 5: *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

Many attempts were made to write this article, and I struggled with how to explain the situation.

Originally my message was about setting boundaries as a long-time volunteer for an organization and acknowledging that change needed to begin with me. I wrote about confronting the issues to protect my well being, yet it was also important to describe (criticize) others' unacceptable behaviors to justify my actions.

That message did not sit right with me, so for inspiration I used a 5th Step worksheet. This changed my perspective to understanding how often I tried to force solutions, and became angry, frustrated, and unreasonable when my expectations were unmet. Admitting this to my Higher Power, myself, and now sharing this with the readers of RAP allows me to forgive myself and the others involved. Another realization is that for my continued growth it is vital to work the Steps on paper and with a trusted AlAnon member. At meetings many members share the positive impact this work has on their lives. The excuses as to why I have not done so are no longer valid.

By admitting the exact nature of these wrongs to my Higher Power, myself, and the readers, it opens the path to making the commitment to actually doing the work.

-Janet, Riverview AFG, District 5

Tradition 4: *Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.*

A couple of years ago, friends and I were inspired to form a group of knitters who would create and send warm clothing to a shelter in Ukraine. The idea was great and very well intended. The group grew quickly and needles clicked and clacked. Then the weak infrastructure collapsed. Personalities corroded the intentions and eroded the mission..

If we had implemented the principles of Tradition 4, I wonder how the outcome might have been different?

There is so much to learn from our program. By studying the Steps, Traditions and Concepts, individuals, families, and groups can find healthy paths to growth and change. Entrenched patterns can be shed. A new map based on personal responsibility and integrity is possible. How fortunate we are to have these time tested tools!

-Catharine K, Riverview AFG, District 5

Tradition 5: *Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.*

When I entered the rooms of AlAnon in the mid-1980's, I felt like I had no idea (or other options) when it came to dealing with my alcoholic. Come to find out that months into attending AlAnon meetings faithfully, I figured out my parents were alcoholics. The members were very welcoming, assuring me, I was in the right place. It was compelling that others were in similar, if not the same predicament. I found myself embracing the love and peace that the program gave me. Living with alcoholism made me very resentful and angry at the behavior of the alcoholics in my life; the compassion and genuine care released the resentments that ate at my heart and soul. I also was able to find a better spiritual base that I thought I had but was enriched by my attendance, working the steps, using the phone and getting a sponsor....still not one to write!! I needed that support, to take care of myself. Time takes time, support was what I needed...and that is why I keep coming back. This is where Tradition 5 comes into play. As devastating as the disease can be, I found comfort and solace and am now able to share and give back to others that are in similar situations.

-Regina F, AISDV Service Board, Flourtown AFG, District 3

Concept 4: *Participation is the key to harmony.*

Before Al-Anon, in many ways I felt like I was on the outside. My thoughts and opinions didn't really matter. The alcoholic ran the show. It's much different in the Al-Anon rooms. Being able to take part in the decisions for the group helps me to feel like I belong. Our service structure enables everyone to have a voice. We offer the same respect to others as we would like for ourselves. When a decision is voted on and it's not my preference, I learn to let go of the result and trust for the Greater good. I rely on my spiritual strength to guide my best thinking. My main goal is for the common good of the Al-Anon Fellowship.

I'm learning to leave my ego at the door. I don't personalize the outcomes and I carry on. Al-Anon is a "we" program; it takes all of us working together. If we want harmony, we move forward together trusting in a Power greater than ourselves.

-Diane S, Riverview AFG, District 5

Concept 5: *The Rights of Appeal and Petition protect minorities and assure that they be heard.*

Concept 5 assures that the thoughts and feelings of all members with minority viewpoints count. Through the right of appeal, they can be heard. This concept offers security and continuity for all.

-Kate R, Riverview AFT, District 5

Bring Your Kids to Alateen!

My name is Vivian, and I have been going to Alateen for two years. One thing I like about Alateen is being around other kids who can understand the feelings I have inside. My family and I have become close with other kids and their parents. We are like an extended family.

In our meetings, we always do our "Happies and Crappies". This helps us to remember the good things that happened during our week. One of my favorite things about Alateen is that after the meetings we sometimes go out for ice cream! I like to sit with my sister and our Alateen friends while the grownups do...who know what they do!

I hope more people will bring their kids to Alateen because it helps kids know that you aren't the only one this has happened to, and you didn't cause it, you can't control it, and you can't cure it. If you have kids, please bring them to Alateen!

-By Vivian. Reprinted from *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

AISDV NEWS, ANNOUNCEMENTS, AND CALENDAR EVENTS

Public Relations

The following message will be displayed on PECO Crown Lights on 5/23/2026: Al-Anon help for family/friends of Alcoholics www.aisdv.org 215-222-5244. This message was also displayed on 2/14/2026 and 3/13/2026. Additional dates may be added.

Service Opportunities

The AISDV Service Board is seeking volunteer members for the following service opportunities:

Officer positions: Asst. Chairperson, Secretary, Asst. Secretary, Treasurer, Asst. Treasurer

Coordinator positions: Literature, Office Coordinator

The specific job duties and functions for each Officer and Coordinator 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”.

Reach out to rap.aisdvpa@gmail.com or any member of the AISDV service board if you are interested in learning more. Thank you for your consideration.

2026-2029 Al-Anon/Alateen Service Manual (below excerpt from March [Forum](#))

You can now order a printed copy of this manual from the Al-Anon Online Bookstore at al-anon.org, or download a free electronic version with just a click.

“Every Al-Anon and Alateen member is encouraged to actively use and study this *Manual*. It gives a clear and concise picture of the Al-Anon fellowship, its purpose and functions, and how it helps us to resolve group problems and maintain unity” (p1).

Updates to the previous edition of the *Manual* are noted with the use of vertical lines in the outer margins.

Calendar Events

April 11: District 4 and 5 Spring Workshop, 8 am, Lima United Methodist Church, Media

April 16: AISDV Steering Committee Meeting, 7:30 pm via Zoom

April 18: District 3 Workshop, 8:30 am, North Penn Church of Christ, North Wales.

May 11: District 20 GR Meeting, 6 pm, St John’s Lutheran Church, Hatboro

May 16: District 32 Spring Workshop, 9 am, Trinity Reformed Church, Colledgeville

May 21: AISDV Service Board Meeting, 7:30 pm via Zoom (see AISDV website for link)

June 5-7: PA Al-Anon Convention, Susquehanna University

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.

Shares are needed for August (Step 8, Tradition 8, Concept 8). Reach out via email (rap.aisdvpa.org) if you are willing and able to contribute. All that is needed is to write 3-9 sentences on your selected topic. Include your first name, initial of last name, home group, district, and topic selection, i.e. Step 8.

Grateful for service,
RAP COMMITTEE: Deb M, Kate G, Jennifer L, Jennifer S