

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

What is suggested by Step 8, to make a list of the people I've harmed and then to have the willingness to right the wrongs, is a courageous and rewarding way to live. Life with a less cluttered conscience was one of my deepest desires. Although there are different methods for making the list, the less obvious ones sometimes came to me by a stomach cramp or sweat on the back of my neck when I saw someone who belonged on it. It was hard for me to stay angry at one or several people because hate and anger don't know how to stay directed at just one person.

Putting myself at the top of the list made it clear to me that I couldn't extend to others what I didn't feel for myself first. This was a lengthy process often riddled with justifications that prevented my spiritual growth, but prayer and quiet listening (meditation) helped me to forgive myself by seeing myself as sick, not bad, which then gave me a quiet courage to do the necessary task asked of me in the following step. To me, this is where Step 7 (Humbly asked him to remove my shortcomings) fully bloomed and allowed Higher Power to help me change the things I could.

The essence of spiritual growth is willingness, and it came to me in a very slow way. Making the list in Step 8 was my action, and the spiritual gift provided was the desire to be a joyful, kinder, saner, freer human capable of and desiring of living this way with all people, not just the ones on my list.

Suzanne B., Riverview AFG, District 5

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

It was not until Covid that I started to study, to appreciate, and to practice the Traditions. They are gifts that help me every day. For Tradition Eight, it was easy to understand and to accept that our Service Centers can employ special workers to help them. Also, members can use professional

services to help them. I am grateful we are reminded to leave our jobs and our professions outside of the meeting.

This tradition reminds me to focus and to listen to other people's sharing and to maintain my boundaries. When sharing, we try to do so with humility, which simply means honestly sharing our strength, our hope, and our experience with the help of our Higher Power. We all have something to share and we can learn from Newcomers as well as other members. We are all equals in the Program. It reminds me of one of my favorite things in Al-Anon which has always helped me: No one will tell me what to do or how to solve my problems. Al-Anon provides me with tools to use and my Higher Power is always there for me when I ask for his help.

Reminders:

- When I am acting like bossy pants -- that is a cue that I am acting like an expert which I am not.
- When I am overwhelmed -- it can be a cue that I need to ask for help.

Grateful for the Traditions.

IPad Cathy

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

When I first started attending Al Anon, I could not see how an organization could work so well without there being "someone at the top" to direct everything and tell people what to do. It took me a long time to see that there is a bigger picture, the Concepts, and all the details to fulfill the Concepts, did not have to be done in an exact way.

Before coming to Al Aanon, I sought out jobs with minimal responsibilities, beneath my qualifications. I did not want to be in the position of having to rely on anyone else to complete something that I felt responsible for. I also thought because I was doing everything, I was in charge. If I wasn't in the lead and in control, I wasn't happy to just participate at a different level. I thought my only choice was to do everything or nothing.

Concept 8 is about letting go and trusting others. Through service, I slowly began to trust other members in the program. A group officer always came through or asked for help when needed. A Workshop, an Anniversary meeting, or Assembly was always a success. Al Anon members stepped up when there was a need. I learned that there is more than one way to do things. My way isn't the only way, and sometimes someone else's way is better!

Greta H., Riverview AFG, District 5

AN ALATEEN REFLECTION

Alateen is the light that helped me see hope when life felt overwhelming. It taught me that I am stronger than my struggles, worthy of love and respect and never alone in what I face.

Through Alateen, I found not only support, but the courage to believe in myself and my future.

Riley, Serenity Hall Alateen, Warminster, PA

CALENDAR EVENTS

Aug 14-16: 69th PA Area Assembly, Harrisburg Hilton

Aug 20: AISDV Steering Committee, 7 pm via Zoom (note the new start time)

Aug 30: First Things First 34th Anniversary, 7 pm, Lenape Valley Presby Church, New Britain

Sept 14: District 20 GR Meeting, 6 pm, St John's Lutheran Church, Hatboro

Sept 17: AISDV Service Board Meeting, 7 pm via Zoom (note the new start time)

July 20-23, 2028: Al-Anon International Convention, Minneapolis, MN - Save the date

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 will also find [Al-Anon Meetings](#) as well as other information that may help you in your recovery.

Grateful for service,

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