

RAP - REACHING AL-ANON PEOPLE - FEBRUARY 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 2: *Came to believe that a Power greater than ourselves could restore us to sanity.*

When I showed up in the rooms of Al-Anon, I thought I knew everything I needed to know about my “Higher Power.” I grew up in the church, my dad was a minister, and my mom was the best minister’s wife anyone had ever seen. I knew who God was. The problem with that “knowing” was that I had it all wrong. You see, my dad was not only my minister, but he was also an active alcoholic. Additionally, my mom was an untreated adult child of an alcoholic. Unfortunately, that combination set the scene for a warped view of God and religion.

In working Step 2 with my sponsor, I learned I had never really lived with a “sane” version of a Higher Power because what was presented to me by my parents (who were both suffering from the family disease of alcoholism) was diseased. That realization helped me to see why I struggled to trust in that God of my childhood to deal properly with the disease of alcoholism—because you can’t treat disease with disease! It was scary for me to explore anything outside of what my childhood upbringing had been in this area. But when I started to look to others in Al-Anon for help in dealing with the family disease of alcoholism, I recognized that I could still refer to my Higher Power as G.O.D., or Good Orderly Direction. And that’s how Step 2 and the remaining Steps “got off the ground” for me.

In having the willingness to open my mind, heart, and soul to what was working for others in the program (asking them for Good Orderly Direction), I was given a beautiful gift. I got to meet God, my true God, for the first time in my life, in and through the spiritual experiences of other members of Al-Anon.

Jessica M, Al-Anon Spoken Here AFG, District 31

TRADITION 2: *For our group purpose there is but one authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants - they do not govern.*

This Tradition builds on the ideas of unity and equality expressed in Tradition 1. As a group, we experience the unity of our reliance on a Higher Power, the unity and equality mandated by

Tradition 1, and most importantly, the unity inherent in our **one** group conscience, reflecting the authority of a loving GOD.

Audrey F, You're Not Alone, District 5

CONCEPT 2: *The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.*

I still tend to hold on to responsibilities that belong to others, because I know I will do the job right, and FASTER. Concept Two helps me to learn how this behavior is detrimental to myself and to the growth of those around me. Concept Two teaches me that by allowing others the opportunity to work at tasks that they are able to do, with practice and support if needed, others can grow into their roles and learn to trust themselves, while I in turn can come to trust them. On the other hand, if I continue to take care of others' responsibilities for them, they will not learn to be competent in areas that affect them, and they may have less self-esteem due to the lack of opportunities to "try." They may quit or give up on themselves - picking up on my unspoken message that I don't think they can do the job, and they may eventually tell themselves that they "can't" handle that responsibility. Family members, and group members, can easily get polarized on both ends of the spectrum of these dysfunctional roles, and if I am unintentionally promoting this dynamic by not delegating, I'm not doing such a great job at my job! There is also no need for me to carry the weight of others' responsibilities; it's not healthy for me or anyone to do so. The best gift I can give my family and groups is the example of my own recovery, and Concept Two helps me to disrupt the dysfunction, and promote well-being for all of us.

Barb W, Riverview AFG, District 5

NOTE: For members who contribute to The RAP, consider submitting your share to The Forum as they are in need of shares on our three Legacies. Submissions should range from 200 - 400 words and should be sent to The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; to wso@al-anon.org; or submit online at al-anon.org/sharing.

MEMBERS REFLECT ON THEIR JOURNEY - "LEARNING TO LISTEN"

Before I came to Al-Anon, I thought I was a great listener and that I had the answers to everything. I would often give advice and voice my opinions, even when no one asked. I did this mostly with my husband, who's the alcoholic in my life, but it also extended to my stepchildren, coworkers, and just about anyone else who crossed paths with me.

Then I finally came to the program. One morning, after I made a comment to my stepdaughter about her outfit, my husband confronted me in a fit of rage over my actions. Confused, I called my Sponsor to discuss the situation. After I told her my story, she asked, "Did your stepdaughter ask for your opinion?" I replied, "No." She gently explained that next time I can try to refrain from offering an opinion unless I'm asked. It's been two years since that incident, and I've learned that if I wait and listen to what's being said to me, I will hear much more than I could ever anticipate.

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AISDV NEWS, ANNOUNCEMENTS, AND CALENDAR EVENTS

Public Outreach

Below find a Zoom link and dates and times for Public Outreach meetings being hosted by Beth A, PA Public Outreach Coordinator. Anyone is welcome to attend!

February - Monday, February 16th - 6:00-7:00 PM

March - Thursday, March 19th - 6:00-7:00 PM


Join Zoom Meeting:

<https://us02web.zoom.us/j/8730707510?pwd=IMJEYuesOo2mr9zBsd4CqEDLAW5MbY.1&omn=88313002871>

Meeting ID: 873 070 7510

Passcode: OUTREACH

PA Al-Anon

Follow this link <https://al-anon.org/> for a letter from Suzanne H., Delegate, Panel 64. Look for the search magnifier  search icon. Simply search for "October 2025 Chairperson of the Board Letter."

Calendar Events

March 19: AISDV Service Board Meeting via Zoom, 7:30 pm

April 11: District 4 and 5 Workshop, Theme: The Serenity Prayer, 8 am, Media

June 5-7: PA Al-Anon Convention, Susquehanna University - 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 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 3.
 - Email to rap.aisdvpa@gmail.com.
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Grateful for service,

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