

RAP - REACHING AL-ANON PEOPLE - JANUARY 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 1: *We admitted we were powerless over alcohol - that our lives had become unmanageable.*

I came to my first meeting three months after my daughter was born. I had grown up in an alcoholic home and there was every kind of abuse imaginable: physical, emotional and sexual. There were seven of us and I would plead with my mother to leave and her excuse was always that my younger siblings would be affected. When I became pregnant when my sons were 11 and 12½ , the visions of what my life could be like flashed in front of my eyes. I was angry, frustrated and I felt trapped. One of my friends had been telling me how much Al anon had helped her and I went to my first meeting. It took some time but I was able to realize that my higher power had a much better plan for me and using the tools of the program allowed me to have a better perspective and a much saner life.

Mary Liz A., Manoa Tuesday Morning AFG, District 4
AISDV Service Board

Tradition 1: *Our common welfare should come first; personal progress for the greatest number depends upon unity.*

I was introduced to Al-Anon due to my late spouse's problem with alcohol. Before coming to Al-Anon, my focus was on everyone else and what they were doing or not doing. I thought that I was in control of everybody and everything. This tradition started to open my eyes to the fact that it wasn't just about me. It was about our common welfare. In other words, I had to focus on what was best for my group, Al-Anon as a whole, and my family. If one person is in control, the group would not be united. I learned that there was so much to be gained by coming to meetings and listening to the sharing of the experience, strength and hope of others around the rooms. In order to keep my gains from the program, I also had to share the rewards of the program around the rooms.

Mary G., Cliveden Wister Group, District 1
AISDV Service Board

Concept 1: *The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.*

Concept 1 is instrumental in defining the way our Al-Anon groups relate to each other in our ultimate goal of supporting families of alcoholics, including ourselves. In Paths to Recovery, page 249, it states: "Al-Anon's structure is often described as an upside-down triangle, with the Al-Anon groups at the top. Members volunteer service and act as representatives from the groups to our districts and Areas and from the areas of the World Service Conference." This means that Al-Anon groups, each time they take a group conscience, whether it's to elect a group representative, or make a decision about their group, are automatically participating in the worldwide fellowship of Al-Anon. I like that this model is highly participatory and collective, and is able to be sustained over time.

This Concept has personal implications. It calls me to show up for myself and tend to my relationship with my Higher Power, so I can show up grounded when it comes time to take a group conscience in my home group. I trust my fellow Al-Anon members to tend to their relationship with their Higher Power, and so I know that each decision we make is spiritually-guided. This gives me great peace of mind. As someone who grew up in an emotionally and spiritually chaotic household shaped by alcoholism, the idea of decisionmaking being collective, and carefully considered, was initially foreign to me. It is very healing to know that in Al-Anon, the groups— who are ultimately the ones most impacted by any decision made by the WSC— are also the ones who decide who is in the WSC through careful election. I don't have to be afraid that the concerns of my home group will be disregarded, because I know the WSC relies on the Al-Anon groups, through its structure, to make decisions that impact us all.

Natalie W, AISDV Service Board

Courage and Faith

Since the start of my service journey, it feels like I've been on a fast track to recovery by my Higher Power, through service. I also know I have been prepared to serve as a leader by my Higher Power, my Service Sponsor, and all of you. I never in my wildest dreams would have thought of myself as a leader when I started Al-Anon 7 years ago.

When I first came to Al-Anon I was sad, lonely, insecure, mean, out of hand, irritable, and unreasonable without knowing it. If the 'ole Suzanne' walked in the rooms, I may not like her, I will love her, just like you all loved me. The unconditional love I have been so grateful to receive from each one of you has carried me and helped shape me into what I am charged to be for PA Area Al-Anon.

I've been led by so many gentle leaders that I hold so close to my heart, that have helped me to become the strong, healthy, calm, independent member I am today. All throughout my service journey, I was assured that I'm not alone and everyone is behind me to support me and help me grow, develop, and thrive in service. I am beyond blessed to be a part of this fellowship. I am thankful for the alcoholics that delivered me to you all. Thank you for having faith in me as your trusted servant as I pray for continued courage each day.

By Suzanne H., Pennsylvania Area Delegate - Reprinted from Fall 2025 Al-A-Gram

CALENDAR EVENTS

Jan 15: AISDV Service Board Meeting, 7:30 pm, Zoom link on website
 Jan 21: UPV Solutions for Serenity 12th Anniv Candlelight Mtg, 12:30 pm, Pennsburg
 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 2.
- Email to rap.aisdvpap@gmail.com.

Grateful for service,

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