

RAP - REACHING AL-ANON PEOPLE - JUNE 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 6: *Were entirely ready to have God remove all these defects of character.*

Before I can truly take Step Six, I must fully accept and embrace Step Three: “Made a decision to turn our will and our lives over to the care of God as we understood Him.” Step Three reminds me that recovery and spiritual growth are not about controlling everything myself. They are about surrender, trust, and faith. When I place my will and my life into God’s hands, I begin to understand that I do not have to carry every burden alone. Step Six builds upon that decision by asking me to trust God enough to let go of the defects that keep me spiritually stuck and separated from the person He is calling me to become.

This Step is truly a lesson in willingness. It teaches me that change does not happen through force, shame, or perfection, but through humility, honesty, patience, and trust in God’s care. I begin to see my life opening up in new directions. Old fears, resentments, and habits slowly lose their grip as I become more willing to surrender them. I may not always know exactly how God will work in my life, but I can trust that He is guiding me toward healing and spiritual growth.

Step Six gives me the opportunity to cooperate with God instead of resisting Him. My responsibility is not to fix myself completely, but to become willing — willing to let go of my faults, willing to change, and willing to allow God to do what I cannot do alone. My goal is to prepare my heart, open my mind, and trust God to take care of the rest.

Finally, an important part of my Sixth Step work is practicing gratitude. The more I give thanks for my life as it is today, the more I begin to accept the healing that God offers me. Gratitude helps me focus less on my shortcomings and more on the blessings, strengths, and opportunities for growth that are already present in my life. As I recognize and cultivate the abilities God has given me, I become increasingly willing to let go of the defects, attitudes, and behaviors that no longer serve me or others.

Robin B

Tradition 6: *Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary*

spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

Our primary spiritual aim is to reach out to newcomers, as well as all other members, including long timers. I love that we have spiritual unity in being separate from outside organizations. Lois W. was asked, “What part of the program is spiritual? Her reply, “It’s all spiritual.” With that in mind, we can use the tools given for spiritual solutions to life’s problems. When I entered Al-Anon, I found acceptance, love, hope and that I “belonged. I found my voice, I could share my ideas, you listened and gave me the dignity that if I made a mistake, it wasn’t a permanent job. I wouldn’t be judged or shamed but accepted just as I am. I learned we were equals, that no one had authority over another, that we work as a team, and are open to other’s ideas. I’m grateful to be a part of this World-Wide, loving fellowship.

Pat L, District 7

Concept 6: *The Conference acknowledges the primary administrative responsibility of the Trustees.*

It has always been hard for me to admit that I am wrong, even now, despite the awareness gained after many years in our Program. It wasn’t that I unreasonably insisted on being right under any circumstances, but thanks to decades of living with active alcoholism and the “isms” that went along with it, I suffered from so much fear, worry and anxiety that the illusion of control that I believed I had, was the only thing allowing me to hold myself together and navigate life. I truly felt that my solutions and opinions were the correct ones in nearly every situation I faced. The idea of trusting and delegating was completely foreign to me, even though I began to realize that believing I was the only one who had the answers was an exhausting and frustrating way to live. I needed to learn many lessons in Al-Anon and one of my most valuable came from learning to trust again, and this trust in and reliance on a Power greater than myself, allowed me a new lease on life.

Even though our Concepts are designed to help Al-Anon run in a cohesive, diplomatic manner, as stated on page XIII of the Intro in Paths to Recovery: “The Concepts help us extend all that we learn to the World at large – our families, jobs, organizations and communities.” the value in this is enormous! Study and practice of Concept 6 is helping me to relinquish my crazy sense of control that I clung so tightly to for most of my life. It introduced me to some new ideas – trust, respect and delegation and the peace, calm and serenity that awaits me when I put this Concept to work in my life is something I’ll forever be grateful for.

Mary H., Richboro Thursday Night, District 20

MY DISEASE

Before Al-Anon, I knew little outside of grief. My relationship with the addicted members of my family had transformed from frustration to obsession. Without realizing it, I had built a prison in my mind, where I was convinced that I was trapped and nothing would ever change.

My mother, who has been in the program for 30 years, listened to me complain, even as it ate into our time together. Finally, she said, “You sound like an addict.” Only then did I see how my addiction to control, judgment, self-pity, anger, and dependence mimicked the signs of addiction to alcohol.

I found a meeting and have been going ever since. From the start, I knew it was where I needed to be. Without Al-Anon, my life would be terrible and completely unmanageable. Today I am someone who shares regularly in meetings and sponsors others. I now carry a sense of calm I haven’t felt in decades!

By Helena J., The Forum, May 2026

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AISDV CALENDAR

June 5-7: PA Al-Anon Convention, Susquehanna University, contact Kay G. at alanonkay@gmail.com for more information.

June 17: Birdsboro Wednesday Night 36th Anniversary, 6:30 pm, St. Mark’s Lutheran Church

July 13: District 20 GR meeting, 6 pm, St. John’s Lutheran Church, Hatboro

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 for August RAP for the Step 8, Tradition 8, or Concept 8.
- 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 8.
- Email to rap.aisdvpa@gmail.com.
- Reach out via email (rap.aisdvpa@gmail.com) or phone (610-505-9348) to Deb with any questions.

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; or submit online at al-anon.org/sharing.

2026-2029 AL-ANON/ALATEEN SERVICE MANUAL

The link to the 2026-2029 Al-Anon/Alateen Service Manual is located [here](#). This 2026-2029 Manual replaces any previous editions. Groups are encouraged to obtain a hard copy of this service manual, along with the companion manual, for their Group Representatives (GR) as members seeking guidance on specific questions may find the information within these pages. It can also be electronically downloaded. All members are encouraged to review this manual.

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