

RAP - REACHING AL-ANON PEOPLE - OCTOBER 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 10: *Continued to take personal inventory and when we were wrong promptly admitted it.*

I am currently working through the Steps for the first time and it has been quite a journey! At the moment, I have just finished my work on Step 10. I have been learning so much about myself, and Step 10 has helped me to recognize that I need reminders to stay in my program. Step 10 is a way of keeping me on track. It helps me to sleep well at night.

Each night before bed, I take a moment to look back at my day. I think about my words and actions. I ponder whether or not an amends may need to be made and I pray for guidance. I think that this is a great way to live - continually looking at what I am doing and making adjustments. I have a reminder set on my phone to remind me to stop and think about this before I go to bed. Some days I promptly do this. Some days I get distracted and forget. I am working to be more consistent. (Progress not perfection!) In doing this “spot check”, I go back through my day and think about conversations and situations. I think about how I treated others and how I treated myself. I think about the kind of wife, mother, daughter, sibling, and friend I was today and how I can strive to be better tomorrow. Some days, I spend working my program, and some days, I am stuck in my will. But as I grow in this program, the “good days” outweigh the “bad days” and for that I am truly grateful.

Laura R, Ardmore Courage to Change

Tradition 10: *The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.*

It is important that Al-Anon not be confused with other organizations, causes or interests that are not Al-Anon. My first sponsor, whom I had for multiple decades, had very different politics than mine. She had a lot to offer me regarding her understanding of the 12-Steps. I have a close Al-Anon friend whose politics are the opposite of mine. We choose not to discuss politics.

As a newcomer, if I had thought Al-Anon had a religious or political stance, I probably would have chosen not to attend. When I interact with other Al-Anon members or sponsees outside of meetings, I try to be very respectful of each person's religious practices and beliefs. I don't push my religious beliefs on other members.

Becky R., Birdsboro Wednesday Night AFG, District 32 DR; AISDV Service Board

Concept 10: *Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.*

I am really grateful for Concept 10 because it has helped me understand so much about myself. I used to get really frustrated when someone asked me to do something, I put all this time and energy into it, but I didn't actually have the authority to make the decisions. And then I would get upset when things were done differently than I thought they should be.

I'm learning to stop and ask myself, *What is actually my responsibility here? Do I have the authority to make this decision, or do I just need to do my part and let it go?* This has been especially important with my elderly mom, who has dementia. I have learned that I can love and care about her deeply without taking over. I don't have to investigate, fix, or make sure things are done the way I would do them. I can accept that family members may do things differently-and that's okay. Letting go of that responsibility has lifted a huge weight from me. I can stay in serenity by knowing my part, avoiding double-headed management, and trusting my Higher Power. My Higher Power has me, and my mom's Higher Power has her.

Sheryl E. District 4- Ardmore Thursday Morning, Courage To Change AFG

MEMBERS REFLECT ON THEIR JOURNEY

I remember when someone nominated me to serve as the AISDV Liaison, I thought "I can't do this". As I started to do this service position I started to enjoy it. I see why my Higher Power wanted me to do this. I grew from this position in so many ways. I thought I couldn't get up and speak in front of people as it was a little fearful. But I realized as soon as I leaned on my Higher Power in those situations that I was not nervous and fearful anymore. I realized He had me. It also gave me back some of the self-esteem that I had lost as a result of the family disease of alcoholism. I am so grateful for this opportunity and what I learned from it.

I hope someone takes this position and enjoys it as I did. Here is the description of this position from the By-Laws: The AISDV Liaison shall attend all Service Board and Steering Committee meetings. The election of this position is held every three years with the term of office to coincide with the term of office of the PA Area Assembly officers. The AISDV Liaison shall attend all PA Area Assembly meetings and any Area World Service Committee (AWSC) meetings and is authorized to represent AISDV and its position on any matters before it. (Revised 11/19/2020). The

AISDV Liaison shall report to the Chairperson on any meetings.

I will complete my 3-year term on December 31, 2026. If anyone is interested in becoming the AISDV Liaison or need further details, please come to the AISDV meeting or contact me at cynthia7615@verizon.net. The information for the meeting is on the AISDV Website.

Cynthia J, AISDV Liaison

AISDV NEWS, ANNOUNCEMENTS, AND CALENDAR EVENTS

Service Opportunities

Your help is needed. The AISDV Board is seeking volunteer members for the following service opportunities. Thank you for your consideration as our Program only works when people step up for service.

- Asst. Chairperson
- Secretary
- Asst. Secretary
- Treasurer
- Asst. Treasurer
- AISDV Liaison

The specific job duties and functions for each Officer position can be found in the [Bylaws](#) beginning on page 6. The Daily Reader “A Little Time For Myself” (February 6) reminds us that “It is good to know service is recovery”.

Calendar Events

Oct 3: District 20 Fall Workshop, 8:30 am, Davisville Church, Southampton

Oct 7: Recovery by the Book AA 15th Anniversary w/Al-Anon Participation from Royersford Recovery AFG and Recovery By the Book AA; 6 pm food and fellowship, 7 pm AA and Al-Anon speakers, Grace Lutheran Church, 594 Church Street, Royersford. Enter through glass doors on N. 6th Ave between Main and Church Streets

Oct 12: Anniversary Monday Morning Tension Relievers, 12 noon, St John’s Church, Hatboro

Oct 17: District 7 45th Anniversary Workshop, 8 am, Westminster Presbyterian Church, West Chester

Oct 24: Flourtown 42nd AFG Anniversary, 12:30 pm, 14 East Mill Road, Flourtown

Oct 27: Focus on Recovery Anniversary, 11:30 am, Middletown Friends Meeting, Lima

Nov 9: District 20 GR meeting, 6 pm, St John’s Lutheran Church, Hatboro

Nov 12: Thurs Night Pottstown AFG Anniversary, 6:30 pm, Cedarville United Methodist, Pottstown

Nov 25: Wed Night Beginner’s Meeting, 7 pm, Trinity Memorial Church, Philadelphia

Dec 16: Birdsboro Wed Night AFG Candlelight meeting, 6:30 p.m., AA and Al-Anon speaker 7-8

pm. St. Mark's Lutheran Church, [5 Brooke Manor, Birdsboro, PA 19508](#). It is in the basement of the fellowship building.

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

YOUR SHARE IS NEEDED FOR DECEMBER RAP

Shares are needed for December for Tradition 12 and Concept 12. Email RAP Coordinator at rap.aisdvpa@gmail.com by October 10 if you would like to submit a share. It would not be needed until November 15. All you need to do is to write 3-9 sentences on your selected topic.

Grateful for service,

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