



RAP - REACHING AL-ANON PEOPLE - SEPTEMBER 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.

AN ALATEEN REFLECTION

I am more
More than my experiences
More than my alcoholic father
More than an eldest daughter
More than a failing student.

I am more

More than my favorites
More than my negativity
More than my emotions
More than awkward introductions
And upsetting goodbyes

More than a story to read

I am more than the love that I give

I am a work in progress
Something crude unfinished
And beautiful

Together We Can - Poem by Finn

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 9: *Made direct amends to such people wherever possible, except to do so would injure them or others.*

This step is where I am right now. I made my Step 8 list of persons I have harmed, and it took time and reflection to become willing to make amends. My Step 8 list isn't long. As I often heard recommended in the rooms, I put myself first. I never identified how I might make direct amends to myself, but as I look over my list of "harms", I see that I have already made many amends just by embracing the gifts of the Al-Anon program. Distorted self-esteem, loneliness, isolation from my fellow humans - these are just a few of the harmful effects that have been greatly eased by participation at meetings, doing service and practicing "Let It Begin With Me."

The next amendment for me to tackle is the one to my husband. I have decided to write a letter so that I can admit gently and honestly how I have harmed him. I can't predict how he will react. He may not agree that he has been harmed, but the point of the step is for me to make the effort. I never really thought I would get this far in working the steps. I'm so grateful for the progress I have made, with the help of my sponsor and loving guidance from my Higher Power.

Joanne G., Wednesday Night Beginners, District 2, Step 9 and AISDV Service Board

Tradition 9: *Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

I like rules. I like it when everyone knows the rules and the rules stay the same for everyone. At least I think I do. I can't say I have a lot of experience with this. In an alcoholic environment, it seems the only rule is that the rules keep changing. When I finally understand a rule for a particular situation, the next time the situation arises, the rules have changed.

Tradition Nine helps me recognize that I am part of my group and that supporting the group through sharing my experience, strength, and hope, or through service or monetary contributions, helps create unity. Unity has provided me with far more serenity than rules have.

I also find that the more flexible I become, the more opportunities I get to participate in roles that carry responsibility. Much to my surprise, members have asked me to help on committees to create fun events. With clear roles (not rules!), I'm able to trust myself and each committee member to do our part. These events have helped my recovery, encouraging me to venture into more service roles.

It's a relief to know I'm not responsible for everything. The responsibility is spread out, so no one has too much. There are experts and helpers along the way. Recovery can sometimes be hard work and seriousness may be required, but I'm glad it's a shared journey with many hands reaching out to help with roles, not rules.

Chris, Vermont (reprinted from September 2024 Forum)

Concept 9: *Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.*

I didn't always experience good leadership in the home I grew up in or in jobs I had in the work world. Sometimes I have found myself mirroring ineffective leadership behaviors I experienced at work or home. Practicing principles including open-mindedness, tolerance, patience, understanding, calmness and consideration of others are helpful. To me 'Principles Above Personalities' means I am going to treat everyone fairly.

I'm currently a District Representative. Recently a group member asked me a question that led me to think about whether I am really representing what group members want. The question is, Does a Group Representative consult with their group at a business meeting about things that will be voted on at Assembly? The truth is that I recall voting my own conscience. CAL says input should be sought. However, trusted servants are more than messengers and are given the right of decision. I am responding by making my groups aware of and getting feedback on an issue I expect will be voted on at our final Pennsylvania Area Wide Service Committee (AWSC) meeting this year.

Becky R., District Representative, District 32 and AISDV Service Board

AISDV NEWS, ANNOUNCEMENTS, AND CALENDAR EVENTS

Calendar Events

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)
 Sept 18: South Philly AFG 66th Anniversary, 7 pm, 1605 E Moyamensing Ave, Philadelphia
 Sept 19: Parkside AFG 67th Anniversary via ZOOM, 2:30 pm. Meeting ID 840 8594 5293, Passcode 439807. Call in # 929 205 6099. Zoom link on [AISDV Calendar](#)
 Oct 3: District 20 Fall Workshop, 8:30 am, Davisville Church, Southampton
 Oct 24: Flourtown AFG Anniversary, 12:30 pm, 14 East Mill Road, Flourtown
 Oct 27: Focus on Recovery Anniversary, 11:30 am, Middletown Friends Meeting, Lima
 Nov 12: Thurs Night Pottstown AFG Anniversary, 6:30 pm, Cedarville United Methodist
 Nov 25: Wed Night Beginner's Meeting, 7 pm, Trinity Memorial Church, Philadelphia
 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 each event, as well as for other dates that may have been added to the calendar after this publication was sent out.

Consider signing up for the [AISDV Announcements](#) on the [aisdv.org](#) website to receive all AISDV announcements. You can also find [Al-Anon Meetings](#) as well as other information that may help you in your recovery.

Al-Anon/Alateen 2026-2029 Service Manual

[Here](#) is the link to the 2026-2029 Service Manual and replaces any previous editions. Every Al-Anon and Alateen member is encouraged to actively use and study this Manual. It gives a clear and concise picture of the Al-Anon fellowship, its purpose and functions, and how it helps us to resolve group problems and maintain unity. (language directly from this Manual)

AISDV Bylaws

[Here](#) are the most recent AISDV Bylaws. AISDV is a service arm of the Al-Anon fellowship and works in coordination with Al-Anon World Service Organization and Pennsylvania Al-Anon Assembly. See Appendix 1 in the Bylaws for a discussion on the structure of the Al-Anon organization.

The specific purposes of AISDV are as follows:

1. To encourage unity of purpose and growth of individual Al-Anon groups in the service area, the Greater Delaware Valley of Pennsylvania.
 2. To provide information and serve as a resource to anyone seeking help with problems connected with an alcoholic relative or friend.
 3. To serve as the communications center for the individual member groups with respect to matters of policy, publicity and interest.
 4. To promote the Twelve Steps, Twelve Traditions and Twelve Concepts of Al-Anon in the service area.
 5. To establish and maintain a central business office as a clearing house for Al-Anon activities.
- (above language is directly from the Bylaws)

Grateful for service,

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