

RAP - APRIL/MAY 2025



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 4: *Made a searching and fearless moral inventory of ourselves.*

Most recently I have been thinking about regrets after my husband's suicide in August 2024. I have three major regrets OR decisions I wish I hadn't made in my life. Two I have carried with me for many years and one has to do with some emotional ways I wasn't able to be there for my husband as he wished I could have been, at times, in his last few months. I am in the process of letting go, by recognizing what was occurring in my life at the time I made such choices, which led to these regrets. I am also in the process of asking for forgiveness, by working my program and by forgiving myself through self compassion. Regrets are important because in our fearless moral inventory, we learn from them. They are our teachers. Step 4 is not a one and done. It gets us started on the path of coming clean and shedding our wrongs, but as with all the Steps, the work takes a lifetime, one step at a time.

Linda K, Riverview AFG, District 5

Step 5: *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

When I came into the room of Alanon, the first thing I experienced was an acceptance and understanding for what was happening in my life. As I began to work the Steps, more freedom and acceptance came into my life. The Fifth Step helped me grow into maturity and finding myself. Taking Step Four, I sought my HP's guidance through it. When it came to the Fifth Step, sharing it with my HP was easy. After the Fourth Step I sat quietly. I read it back to myself; reading it all together gave me a greater understanding of my story.

I chose to share it with my counselor (she was in the program). You can also share it with a trusted friend or sponsor. This helped me to see it with different eyes. It helped me to release it from my brain and it helped me to see what I could not see. The love and the acceptance of the person I was reading this to was amazing. There were a lot of hugs, and there were a lot of tears. But there was so much healing as I shared my story with her. She helped me to become accountable for my part in different situations, and this helped me to grow into maturity and honesty. The most healing part was to say it out loud and let it go. Putting events into my HP's hands that used to have power over me now no longer do as I have released them. I now no longer have to relive them. Sharing the Fourth Step helps us to realize we are human, no more trying to keep up with anybody, realizing we can make mistakes and it's OK. Helping us to accept each other, along with myself, and realizing that I am enough!

Maureen, Wednesday Night Drexel Hill, District 5

Tradition 4: *Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.*

Tradition 5: *Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.*

For 17 years while my husband was in the throes of this disease, I had treated him with silent anger, and disgust. When I learned that alcoholism was a disease, and my husband that I claimed to love, suffered from this disease I was devastated knowing I had treated him so badly. But yet I was not able to stop. I actually thought I shouldn't continue with our marriage, because I would never be able to live with myself knowing I had repeatedly, and still at times kicked him when he was down.

When I heard I also have a disease, which had stripped me of my mental, spiritual, emotional and sometimes physical well being, I was actually relieved. I had an excuse, I was also "sick", but there was a solution You all told me. I needed to keep the focus on myself, my HP, and those beautiful 12 Steps. And give the rest to God. The more I study the steps, the more I begin to love and respect myself. Today I understand that saying "you can't give away what you don't have". I will be forever grateful for this fellowship that is showing me what real love, respect and compassion looks like.

Shawn I, Monday Morning Riverview AFG, District 5

Concept 4: *Participation is the key to harmony.*

Concept 5: *The Rights of Appeal and Petition protect minorities and assure that they be heard.*

MEMBERS REFLECT ON THE ORIGINS OF RAP

The beginning of our RAP, Reaching Al-anon people, was during the time that Joan C. had served as delegate. She had said many times that we needed to create a committee to reach out to the public who had never heard of us. In the years since we have developed AISDV, and we were continuing to do something to help reach out, the committee decided we now need a Newsletter. With little or no experience, we met in Drexel Hill to try to accomplish this. The usual questions arose: What do we want this to be? What would we like it to look like? Where would we get the information? What will we put in and what will we avoid putting in?

In typical Al-Anon fashion there was lots of sharing, lots of ideas and much laughter. RAP was on its way after that night. I believe that this was in 1972. The editor was a woman called Jackie. Some of those wonderful people are no longer with us. Those of us who continue to be blessed are grateful to all those who have served and touched our lives.

Bridie P, Riverview AFG, District 5

As a fairly new member, I experienced the “Loving Nudge into service, “Go speak to that newcomer,” I listened, I related, I learned. In that first year or two (1970’s), Bridie, Josie, Peggy, Jackie (the editor) and “others” asked if I would join them “in this little service group,” and I knew not to say no.

The RAP – Reading For Al-Anon People began that night at Jackie's apartment, on Garrett Road, right above Drexel Hill Bowling Alley. There was jubilation and lots and lots of laughter throughout the process. My friend Josie said, “How about contributing those one-liners? “ NOW, I had something to “give back,” and God as I understand Him, through this Fellowship, was healing me. Grateful for Service,

Pat L, District 7

COMING UP

- April 5: District 4 and 5 Spring Workshop, 8 a.m. registration and fellowship
- April 22: District 1 Literature Group Cookie Swap, 6:30 p.m.
- April 26: District 32 Spring Workshop, 9 a.m. registration and fellowship
- April 26: Alateen Spring Event, 3pm - no permission slip needed!

- May 1: Northeast Anniversary, 7 p.m.
- May 6: Tuesday Mayfair Afternoon Anniversary, 1 p.m.
- May 15: AISDV Service Board Meeting, 7:30 p.m. Zoom
- May 31: District 1 Workshop on Service, 9 a.m.
- June 6-8: 52nd Annual PA AFG Convention

Please sign up for the [AISDV Announcements](#) on the aisdv.org website so that you are receiving other information that is updated on the website.

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

GUIDELINES FOR SHARING YOUR THOUGHTS

- For June RAP, shares are needed for Step 6, Tradition 6, Concept 6 or reflecting on your Alanon journey, i.e. a piece of literature or a slogan that has meaning for you, why this is my home group, any topic that is Alanon related, etc.
- 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 6
- 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.
- Email to rap.aisdvpa@gmail.com by May 15.

You can find the latest RAP also on the aisdv.org website under “Publications”, select RAP Archives.

The RAP is our newsletter and we’re depending on you to circulate it. For face-to-face meetings or events, please consider copying and distributing to your group. Ask your group/district at your next business meeting for permission and for monthly reimbursement of copy costs.

Grateful for service,

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