

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

I began this journey at Step One and can now see how my unmanageability had its roots in trauma, and concerned the dysfunctional (and largely mindless) coping mechanisms which I had adopted. In Step 2, I came to see that God could restore me to healthy thinking, as well as heal the effects of traumas and grief. I worked Steps 3, 4, 5, and after getting a better idea of that which keeps tripping me up, in Step 6 I ask myself - am I ready for this restoration? Have I had enough of the old self-will driven ways of thinking and acting, and even though I may feel uncertain and unfamiliar when contemplating taking this Step, have I become ready for something new? Can I see from past experiences of trying to change myself without God's help, that my thinking and behavior falls back into old patterns rather quickly, and that perhaps I do indeed have a need for divine assistance in order to get rid of that which no longer serves my Higher Power (whom I choose to call God), others, myself?

A few character defects I carry - over-responsibility, overthinking, self-sufficiency - are deeply ingrained and trip me up again and again; they feed the big illusion that I have attributes that only God has, and that I can change myself and others. But my Creator wants to and can heal me of this unnecessary weight and resulting pain that has very much tired me out. It is my repeated failures which teach me, and finally bring me to a point where I desire and am uplifted at the thought of good healthy change. As I consider this Step more deeply, I more and more see the sense of becoming willing for the Creator to make of me whatever it is that He is trying to make of me. The Creator creates, and at Step 6, I become ready and willing to let go of the old, get out of the way, and be open to the new....in other words, to let Him create!

*Barb W, Riverview AFG, District 5*

**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.*

I now appreciate Tradition 6. I've learned that no matter what meeting I go to, I will not be approached by anyone to discuss politics, religion or any outside issues. That is important to me in this politically charged world. The need to keep our groups focused on Alanon remains because no outside issues are discussed.

This helps us continue to help families and friends recover from the disease of Alcoholism. I now have a Higher Power. I have learned to keep my focus on my recovery. This tradition helps me feel like I belong.

*Eileen R, Riverview AFG, District 5*

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

“When the student is ready the teacher appears” has often been true for me in my Alanon journey. Learning has been a process with lots of old habits discarded. Learning happens every time I attend a meeting, but I was stunned to learn from Concept 6 that I had gotten into the habit of making decisions and then presenting them to my family. There was no discussion, input or even a thought about how others might feel about the choices I made. This was pointed out to me in some 4th Step work, and I then realized that when I was referred to as “Commander-In-Chief” that it wasn’t meant to be funny.

Another habit I was totally unaware of was my tendency to micromanage home projects and chores where help was needed and then constantly check progress. So grateful to see all the ramifications of nagging. How annoying - and disrespectful; I certainly wouldn’t want that done to me! It all comes down to doing my part, letting others do their part and leaving the rest to God.

*Marie LT, Riverview AFG, District 5*

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## **MEMBERS REFLECT ON THEIR JOURNEY**

I have been coming around for many years and have been in meetings with some of the early members of Alanon. I wanted to have what they had, so I just kept coming back, I got involved in service and my life got better. Today I learn from everyone in the rooms as I work the steps, traditions and concepts. I am still a work in progress so I continue to work on my relationship with my Higher Power, who shows me the truth about myself, when I am willing.

I continue to learn who I am today. I can laugh, live in the moment and experiment as I follow my passions. I am on a life-long journey of self-awareness as I desire to be God-reliant instead of self-reliant. I learned that shame and blame gets me nowhere. I have a friend who says "the more I know about myself the less I know." There is still a lot for me to learn.

*Barb M, Riverview AFG, District 5*

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## **COMING UP**

- June 6-8: 52nd Annual PA AFG Convention with AA, Susquehanna University
- June 19: AISDV Steering Committee Meeting via Zoom, 7:30 p.m.
- July 14: District 20 meeting, St John's Church in Hatboro, 6 p.m.
- July 17: AISDV Service Board Meeting via Zoom, 7:30
- August 9: AISDV Summer Fundraiser Luncheon & Dance, Oaks Ballroom in Glenolden, 1-5 p.m.
- August 21: AISDV Steering Committee Meeting via Zoom, 7:30 p.m.

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 other information that is updated on the website.

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

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### **GUIDELINES FOR SHARING YOUR THOUGHTS**

- For August RAP, shares are needed for Step 8, Tradition 8, Concept 8 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 8
- 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](mailto:rap.aisdvpa@gmail.com) by July 15.

You can find the latest RAP also on the [aisdv.org](http://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