

RAP - REACHING AL-ANON PEOPLE - JULY 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 7: *Humbly asked Him to remove our shortcomings.*

Right now I am dealing with fear...having to say goodbye to a friend and am praying for acceptance. I realized that fear is a shortcoming that I want removed but am I really ready? Changing myself is very hard but if I ask my HP for help, He will answer in HIS time, not mine and maybe not the way I want. I need to be patient. Sometimes I have to sit with the discomfort.

Shortcomings keep me from a close relationship with my HP. Humbling myself and asking for my fear to be removed is accepting that I am not in control. By wanting to control and thinking I can control anyone outside of myself, I am not trusting my HP. Once I have done all I can, I have to let go and let God.

Sue D., Ridley Park AFG, District 5

Tradition 7: *Every group ought to be fully self-supporting, declining outside contributions.*

Not only does Tradition 7 refer to being financially self-supporting, it also suggests that I depend on myself to reason out what is best for me emotionally.

Instead of focusing on a question, comment or behavior that I don't feel comfortable with, it is my responsibility to stay in touch with my feelings. If I can Postpone Action Until Serenity Emerges (PAUSE), then I can choose acceptance instead of anger and frustration of not being understood. The more I become aware of this, the more I want to change. It's up to me to know when it's appropriate to speak or listen.

Kate R., Riverview AFG, District 5

Concept 7: *The Trustees have legal rights while the rights of the Conference are traditional.*

So, what does that mean for us? I think that this concept is about balance. Balance is important in any relationship, especially a marriage. In my marriage, we each have specific individual responsibilities and some shared responsibilities. After 36 years together, we are each well aware of and comfortable with our “duties”. Things run rather smoothly for the most part. The only times things go awry is when one of us decides to get involved with something that is the responsibility of the other. Someone decides to tell the other person what to do. Immediately, feelings of annoyance, anger or even resentment start to surface. I am just as guilty of this as my husband is. I am a recovering Control Freak and I always think that I know best....

Using the tools that AlAnon has given me helps me to stay in my own lane and take care of my own responsibilities. I use slogans like “Let it begin with me”, “How important is it” and “Easy does it” to guide me. These slogans remind me to keep the focus on myself and what I need to do. They remind me not to try and force solutions and that everything is not the most important decision ever made! I need to embrace the balance of power and accept that I have no authority over anyone. Most importantly, I need to have trust in my Higher Power to guide me in my thoughts and actions.

A wise woman once told me, “If I focus all my time and energy on all the work I need to do on myself in a day, when I am done - it’s time for bed.”

Laura, Riverview AFG, District 5

MEMBERS REFLECT ON THEIR JOURNEY - MAY 1985

Dear RAP, It has been 8 years the family has been living with sobriety. If not for this program, my husband and I could not have handled the situation. My daughter has been living in our home for the past 2 years, and for one year has been drinking. I was aware of this and was amazed at how I could cope. All the tools of Al-Anon were at my disposal, and I sure used them. As much as I wanted, I never searched, reacted or interfered with her affairs. I showed nothing but love, compassion and patience. And with faith and hope, and the help of God, the better would come of this. She confronted my husband and I and asked for help. She said she loved us and would not hurt us as before. I suppose she was getting desperate and realized she could not lose all the struggle of the past good 8 years of sobriety. There are many good and beautiful people in this world, who are there when you need them. Being away for several weeks has helped, and I’m home once again. At the present, I am happy and grateful, and thank God everyday for being there.

Millie K., Far Northeast Group (a share from the May 1985 RAP)

AISDV

Calendar Events

July 10-12: PA-ALACON (Recovery weekend for teens), Shippensburg

July 13: District 20 Meeting, 6 pm, St. John's Lutheran Church, Hatboro

July 29: District 2 Meeting, 5:45 pm via Zoom

August 20: AISDV Steering Committee Meeting, 7 pm via ZOOM

August 30: First Things First 34th Anniversary, 7 pm, New Britain

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 OCTOBER RAP

Shares are needed for October for Step 10 and Concept 10. Email RAP Coordinator at rap.aisdvpa@gmail.com by July 10 if you would like to submit a share. It would not be needed until September 15. All you need to do is to 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 10

Grateful for service,

RAP COMMITTEE: Deb M., Kate R., Jennifer L., Jennifer S.