RAP - REACHING AL-ANON PEOPLE - NOVEMBER 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 11*: Sought through prayer and meditation to improve our conscious contact with God 'as we understand Him', praying only for knowledge of His will for us and the power to carry that out.*

"Sought through Prayer and Meditation". When I read those first 5 words, I got scared. Prayer, I understood, but Meditation scared and baffled me. In the beginning I thought I had to learn how to meditate. I have tried, but I still am not really able to get it. And I hope I do sometime. But then, I realized in Al-Anon it is a learning experience that continues to grow. And even though I am not good at meditating, I do know how to pray and to use it. I may not always be perfect, but it is Progress not Perfection!

I must remember that I can pray at any time. I usually do my prayers at the beginning and end of the day, when I am in bed and it is quiet. But, sometimes, I forget, but then I realize I can pray anytime, anywhere, day or night. And one of my favorite times is while I am swimming my laps. It is a great time for me to reflect and thank God and ask for his guidance…..even if I have already prayed that morning. Because I can talk with God anytime of the day. He is always there.

Sometimes I pray or have prayed when I am hiking or walking in the woods or mountains. It is a peaceful time and I can thank God for the beauty I am witnessing and the many gifts he has given me. It is a good time to express my gratitude as well as ask for guidance.

I am a work in progress, but even though I have had prayer in my life since I was a little girl, I am still learning how to pray and use it anytime and anywhere. When I pray throughout the day, it helps me to relax, focus and enjoy my surroundings whether that means people or places or just life. Prayer, talking and listening to God has definitely strengthened me and helped me in all parts of my life.

Allison H, AISDV Service Board

Tradition 11*: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.*

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My first understanding of this tradition was to distribute literature to my family and friends, explaining how to work the Al-Anon program. I was so excited to tell everyone about Al-Anon, how it helped me and could also help them. However, this was not Al-Anon's public relations policy. Nor did I respect the anonymity of Al-Anon members and AA members.

After several years in the program, I realized the best public relations was through attraction not promotion. I understood tradition 11 much better once I became a GR. Applying the traditions strengthened my program. I learned how to work well with others. Most of all, I learned to listen because everyone has a voice in Al-Anon! Living the program is the best way to carry the message. Our actions speak louder than words.

In conclusion, everyone deserves respect and dignity, especially the person suffering with the disease of alcoholism. Following Tradition 11 has really helped me improve my relationships, by placing principles above personalities in all my affairs! There is hope and understanding for families living with the disease of alcoholism. Thank you for allowing me to share my experience, strength and hope.

Carla F., AISDV Chair

Concept 11: *The World Service Office is composed of selected committees, executives and staff members.*

This concept reflects the importance of the WSO having the best possible members filling these roles with careful concern for their composition, qualifications, and duties. Concept 11 focuses on a shared responsibility where members learn that they do not have to carry every burden or control every outcome. It emphasizes delegating and assigning service work based on individual strengths, skills, and talents rather than ego or obligation. For personal recovery, applying Concept 11 means trusting others to handle their parts, which stops over-management, resentment and burnout. The committees and staff form the visible representations of World Service, making competence, humility, and cooperation vital to the fellowship's health.

At the local home group level, Concept 11 translates to being thoughtful and prayerful about who is elected or asked to take on specific service roles such as Group Representative (GR), Information Service Representative (ISR), secretary, treasurer, or literature chair. Instead of filling a position just because no one wants it or out of guilt, the group looks at an individual's actual talents, temperaments, and capacity to handle the job. Concept 11 teaches group members that no single person has to run the whole meeting; it invites a healthy rotation of service so new voices and talents can contribute to the harmony and survival of the group.

Christine, AISDV Service Board

MEMBERS REFLECT ON THEIR JOURNEY

Self care in Al-Anon: Any day that I spend in this program is considered a Day of Self Care. If I could create an ideal day it would have to start with prayer and connection to my Higher Power. Praying for guidance throughout the day, praying for hope and strength, praying for focus, praying for serenity. I would also spend some time reading one of the Al-Anon daily readers. I am currently using "Courage to Change". Touching base with my program early in the day is always beneficial for me. Meditating on the message helps me to start my day with a goal in mind - Working my program!

As I go through my day, I sometimes struggle to stay focused. In order to help myself to stay on track, I have little reminders that pop up on my phone. They remind me to Breathe, to Pray for someone, to Let Go and Let God, to Read my CAL, and at the end of the day it reminds me to do a quick Step 10 inventory. These little reminders are so important for me because when things get busy, I tend to lose track of my program.

In planning an ideal day, I would spend some time listening to an Al-Anon podcast (Al-Anon app, Al-Anon Speakers app), reading some Al-Anon literature (currently reading Healing Within our Alcoholic Relationships), journaling, and working the Steps (currently working on Step 11). Taking this time to dive deeper into my program is crucial to my progress. Learning about myself is the key to success in this program.

Checking in with an Al-Anon friend or my sponsor is another important part of my ideal day of self care. Connecting with another person who shares my struggles and understands me is, without question, the best part of my day. Talking and reasoning things out is so important. It shows my willingness to reach out and ask for help. If I am able to attend a meeting, that would be even better. Hearing other people's experience, strength and hope is invaluable.

As my day ends, a reminder pops up on my phone to take an honest look at my day. Step 10 encourages me to think about how my day went and how well I worked my program. Do I need to make any amends? DId I give it my best efforts? Then I end my day in prayer. Sometimes it's a formal prayer and sometimes it's a conversation with my Higher Power. Either way, I find it a peaceful way to end my day and ensure that I sleep well.

This program is all about taking care of myself, learning about myself and making progress in my program. The people in this program, along with my Higher Power, are here to support me through this process. For that, I am grateful. I wish you all a day of Self Care. Take time for yourself.

Laura R, District 4, Ardmore

AISDV NEWS, ANNOUNCEMENTS, AND CALENDAR EVENTS

Meeting Holiday Closures

To have a meeting closure during the Holidays, the group goes to the AISDV website, clicks on Announcements, then at the bottom of that page you can send closure or changes to a meeting during the holidays. It's very simple and user friendly.

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

Nov 9: District 20 GR Meeting, 6 pm, St. John's Lutheran Church, Hatboro
Nov 12: Pottstown AFG 2nd Anniversary, 6:30 pm, Cedarville United Methodist Church
Nov 13: Friday Morning Hope & Serenity 47th Anniversary Celebration, 10 am, Davisville Church, Southampton
Nov 17: Depend Upon Unity Men's Anniversary, 6:30 pm, Doylestown Mennonite Church

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)

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