

The Alternative

Reading-Berks County Intergroup Newsletter August 2017

ReadingBerksIntergroup.org

The Alternative is published monthly by the Reading-Berks Intergroup of Alcoholics Anonymous. Serving Districts 33, 66, and 67 of Delegate Area 59—Eastern Pennsylvania. Reach us by mail at P.O. Box 12157, Reading, PA 19612, or you can email us at Alternative@ReadingBerksIntergroup.org

HELP IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK CALL 610-373-6500

INTERGROUP REPRESENTATIVE CONTACT INFORMATION

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The Reading Berks Intergroup meets on the 4th Tuesday of each month at the Calvary Baptist Church, 510 Park Ave., Reading, PA at 7:30 P.M. All members of Alcoholics Anonymous are welcome and encouraged to attend.

“Responsibility Declaration”

“I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that, I am responsible.”

Step Eight

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a face-to-face admission of our wretched conduct to those we had hurt. It had been embarrassing enough when in confidence we had admitted these things to God, to ourselves, and to another human being. But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them. There were cases, too, where we had damaged others who were still happily unaware of being hurt. Why, we cried, shouldn't bygones be bygones? Why do we have to think of these people at all? These were some of the ways in which fear conspired with pride to hinder our making a list of *all* the people we had harmed.

(Twelve Steps & Twelve Tradition pg. 78-79)

It is the beginning of the end of isolation from our fellows and from God.

Twelve Steps & Twelve Tradition pg. 82)

Tradition Eight

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers”

At the Foundation, the same story repeats itself. Eight tons of books and literature per month do no package and channel themselves all over the world. Sacks of letters on every conceivable A.A. problem ranging from a lonely-heart Eskimo to the growing pains of thousands of groups must be answered by people who *know*. Right contacts with the world outside have to be maintained. A.A.'s lifelines have to be tended. So we hire A.A. staff members. We pay them well, and they earn what they get. They are professional secretaries,* but they certainly are not professional A.A.'s.

* The work of present-day staff members has no counterpart among the job categories of commercial organizations. These A.A.'s bring a wide range of business and professional experience to their service at The General Service Office.

(Twelve Steps and Twelve Traditions pg. 169)

Eighth Step Prayer

God, please remove my fears and show me your truth. Show me ALL the harms I have caused with my behavior. Lord, make me willing to make amends to one and all. Amen.

(Alcoholics Anonymous Big Book pg. 76)

Events

“Pennsylvania State Convention – We Stood at the Turning Point”

August 4th – 6th, 2017

Red Lion Hotel, 4751 Lindle Road, Harrisburg, PA 17111

See website for fees and contact information: www.aapastateconvention.com

“District 58 Summer Fling Fun Day”

August 12th, 2017, 1:00 PM to 6:00 PM

Meeting 2:00 PM – 3:00 PM & DJ Spin Jammers 3:00 PM – 6:00 PM

Good Intent Fire Grove, Hillside Dr off Cressona Rd., Pottsville, PA

****Bring Food and a Chair if You Wish****

Food, Fun, Games, DJ and Dancing

“Reading Berks AA Intergroup Annual Summer Picnic”

August 13th, 2017, 11:00 AM to 7:00 PM

Meeting from 3:00 PM to 4:00PM

Red Bridge Recreation Area, 2141 Tulpehocken Rd., Wyomissing, PA 19610

*****Be Sweet Bring a Treat*****

Volunteers Needed (See Service Commitments Listed Below)

“Happy Hour Annual Picnic”

August 19th, 2017

Mohnton Playground, 308 E. Wyomissing Ave., Mohnton, PA 19540

Food, Fun and Fellowship from 12 PM to 6 PM – AA Speaker at 5 PM

What’s provided: Grills, Burgers, Hot Dogs, Pulled Pork, Buns, Condiments, Paper Products,
Bottled Water, Coolers and Coffee

What to bring: Covered Dish, Your Favorite Beverage (Non-Alcoholic), Games Family & Friends

Volunteers Needed to Setup & Cleanup

Questions Contact Mimi at 610-777-8904 or Charlie F. at 610-373-5314

“PENNSCYPAA XXIX”

August 25th – 27th, 2017

Best Western Lehigh Valley Hotel and Conference Center

Registration and Info: www.pennscypaaxxix.org

Email: Bethlehem.xxix.registrar@gmail.com; pennscypaa@gmail.com;

Jim C. 570-706-5099 or Paul O. 610-703-5934

“32 Years of Women Living Sober”

September 21st, 2017

Atonement Church, 5 Wyomissing Blvd, Wyomissing, PA 19610

Guest Speaker Meeting 10:30 AM – 11:30 AM

Meeting followed by Light Fare & Fellowship – Refreshments & Cake Provided

*****Bring a Friend, Bring a Dish*****

Announcements

Alternative Advertisements

All A.A. Events, Notifications, and/or Announcements are Welcome!

Please email all requests to: Alternative@ReadingBerksIntergroup.Org

“New AA Meeting Guide Mobile App”

Free mobile app for IOS and Android

Designed to be simple, fast, and help you find AA meetings

Google: <https://meetingguide.org/>

New Meeting:

Conscious Contact (11th Step Meditation Meeting)

St. Peters UCC, Dwight St. & Curtis Rd., West Lawn, PA

Friday 6 - 7 PM

All are Invited to Attend:

District 66 Area 59 Meeting

St. Peters UCC, Dwight St. & Curtis Rd., West Lawn, PA

2nd Thursday each month at 7 - 8 PM

Meeting Needs Support:

5th Street Recovery

Pennsylvania Counseling Building, 125 South 5th Street, Reading, PA , PA

Tuesday's at 6:30 PM

Meeting Needs Support:

A Fresh Start Meeting

Basement of Albright Church, Room 100, 13th & Union Sts., Reading, PA

Tuesday's at 7:00 PM

Meeting Needs Support:

Nolde Forest Group

1 United Church of Christ, 1730 New Holland Rd., Kenhorst, PA

Wednesday 7:30 PM (2 Meetings Upstairs and Downstairs)

Meeting Needs Support:

The Wires Meeting

(Now Open to Men & Women**)**

Zion U.C.C. Church, 2nd & High Sts., Womelsdorf, PA 19567

Closed Meeting (Step Discussion, Big Book, Speaker)

Sunday's, 6:45-8:00 PM

Service Commitments Available

Alternate Chair & Visitation Positions are Available for Reading Berks Intergroup

Please Contact Mike M. Intergroup Chairperson

@ Chairperson@ReadingBerksIntergroup.Org or

Attend the Intergroup Meeting held on the 4th Tuesday every month located at
Calvary Baptist Church, 510 Park Ave., Reading, PA at 7:30 PM

Volunteers are Needed for Reading Berks Intergroup Unity Picnic

Please Contact Misty H. Unity Chairperson

@ Unity@ReadingBerksIntergroup.Org

Male Volunteers are Needed for the Prison Commitment

Meetings are Monday Nights

Please Contact Terry C. at MensPrison@ReadingBerksIntergroup.Org

Applications are available on the Reading Berks Intergroup Website @

<http://www.readingberksintergroup.org/Prison%20Volunteer%20App-2015.pdf>

Female Volunteers are Needed for Prison Commitment

Meetings are Tuesday Nights from 7-8 PM

Please Contact Susan W. at SanLee715@gmail.com

Applications are available on the Reading Berks Intergroup Website @

<http://www.readingberksintergroup.org/2015%20PrisonVolunteerApp%20Female.pdf>

PENNSCYPAA Service and Sub Commitments Needed

Meetings are Sundays at 11:15 AM

548 North View Street, Bethlehem, PA 18018

“Bridging The Gap” – Volunteers Needed

Contact Terry Mc F. at 610-944-3167, BridgingGap@ReadingBerksIntergroup.Org or at

“Bridging the Gap”, P.O. Box 301, Blandon, Pa. 19510.

“HOTLINE” Volunteers Needed

AA members with some accumulated sobriety are always needed to join up to take calls from individuals who are reaching out for one reason or another... Contact the Intergroup Hotline

Chairperson at Hotline@ReadingBerksIntergroup.Org and sign up sheets are available at

http://www.readingberksintergroup.org/Getting_Involved.htm#HOTLINE_SIGN-UP_SHEET

A Special Thanks to the following groups for their contributions to support Reading-Berks

Intergroup: Experience Strength & Hope Group; Leesport Group; New Life Speaker Group; Shoey AA Group; Saturday Morgantown AA Group; Women’s Hope With AA; and Time To Start Living Group

Alcoholism Quotes

“Pour alcohol on a bundle of nerves and it generally turns into a can of worms.”

Ross Macdonald, The Chill

“I've never understood people who just go out for one drink. Once I have one drink, I want all the drinks.”

Vicki Lesage, Confessions of a Paris Party Girl

Alcohol addiction stunts the spiritual, emotional and mental growth of a person. For the alcoholic, they literally stop wanting to learn or advance themselves on any level other than the one they are already on. This is why many alcoholics are emotionally stunted and are unable to contain their emotions. Many alcoholics believe that once they are sober for a few months they are cured. Nothing could be further from the truth. An alcoholic is not cured just because they stopped drinking. Remember, "the drinking" for the alcoholic is only a symptom of an underlying problem within him or her. Total sobriety takes more than abstinence--it takes a spiritual and mental awareness through healing and growth. I have never yet read about, or heard of a case where an alcoholic stopped drinking, but then years later they were able to drink one or two drinks and stop.

Angie Lewis, The Alcoholism Trap

Drinking Facts

Emotional Relapse

In emotional relapse, you're not thinking about drinking. But your emotions and behaviors are setting you up for a possible relapse in the future. The signs of emotional relapse are also the symptoms of post-acute withdrawal. If you understand post-acute withdrawal it's easier to avoid relapse, because the early stage of relapse is easiest to pull back from. In the later stages the pull of relapse gets stronger and the sequence of events moves faster. **The signs of emotional relapse are:**

- Anxiety
- Intolerance
- Anger
- Defensiveness
- Mood swings
- Isolation
- Not asking for help
- Not going to meetings
- Poor eating habits
- Poor sleep habits

Important Dates in A.A. History

August 1, 1946 - Washington Times-Herald (DC) reports on AA clubhouse, to protect members anonymity, withholds address

August 3, 1954 - Brinkley S. gets sober at Towns Hosp after 50th detox

August 3, 1989 - Liberty Bell Group founded in Lake Elsinore, CA - August 3, 1989

August 8, 1879 - Dr Bob S. is born in St Johnsbury, Vermont

August 11, 1938 - Akron & NY members begin writing stories for Big Book

August 16, 1939 - Dr Bob and Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio

August 18, 1988 - 1st Canadian National AA Convention in Halifax, Nova Scotia

August 19, 1941 - 1st AA Meeting in Colorado is held in Denver

August 25, 1943 - AA group donates Big Book to public library in Quincy, MA

August 26, 1941 - Bill writes Dr Bob to tell him Works Publishing has been incorporated

August 28, 1954 - 24 Hours a Day is published by Richmond Walker

Other significant events in August for which there is no specific date:

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

1939: Dr. Bob wrote & may have signed article for Faith magazine.

1941 - 1st meeting in Orange County, California held in Anaheim

1981 - Sales of the Big Book passes 3,000,000