

The Alternative

Reading-Berks County Intergroup Newsletter December 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

Mike M.	Intergroup Chairperson	Chairperson@ReadingBerksIntergroup.Org
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(Open Position)	Institutions Chairperson	Institutions@ReadingBerksIntergroup.Org
Tammy G.	Newsletter Chairperson	Alternative@ReadingBerksIntergroup.Org
Misty H.	Unity Chairperson	Unity@ReadingBerksIntergroup.Org
Terry Mc F.	Bridging the Gap	BridgingGap@ReadingBerksIntergroup.Org
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Pete R.	Public Information	PublicInfo@ReadingBerksIntergroup.Org
(Open Position)	Visitation	Visitation@ReadingBerksIntergroup.Org

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 Twelve

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is *our twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends-this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

(Alcoholics Anonymous Big Book pg. 89)

Tradition Twelve

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”

The spiritual substance of anonymity is sacrifice. Because of A.A.’s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that sacrificial spirit-well symbolized by anonymity-is the foundation of them all. It is A.A.’s proved willingness to make these sacrifices that gives people their high confidence in our future.

(Twelve Steps and Twelve Traditions pg. 184)

Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity.

We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.

(Twelve Steps and Twelve Traditions pg. 187)

Morning Prayer

“God, please direct my thinking and keep my thoughts divorced from self-pity, dishonest or self seeking motives. Please keep my thought life clear from wrong motives and help me employ my mental faculties, that my thought – life might be placed on a higher plane, the plan of inspiration.”

(Alcoholics Anonymous Big Book pg. 86)

Events

“Robesonia Group Fellowship Anniversary Celebration”

Friday, December 1st, 2017

St. Paul’s U.C.C., 301 West Penn Ave, Robesonia, PA 19551

Speaker Meeting at 7:00 (2 Speakers AA & Al-Anon)

Join us for Food & Fellowship following the Meeting!

Please bring a covered dish or desert or just bring yourself!

“Nolde Forest Group Annual Christmas & Anniversary Celebration”

Wednesday, December 13th, 2017

One United Church of Christ, 1730 New Holland Road, Kenhorst, PA 19607

Food & Fellowship at 6:30 / Speaker Meeting at 7:30

There will be 2 Speakers in the Main Meeting

(1st from “Nolde Past” and 2nd from “Nolde Present”)

Please bring a covered dish or desert or just bring yourself – they’d love to have you!

“Hilltop Group 2nd Anniversary Celebration”

Tuesday, January 9th, 2018

The Bridge (in Basement), Rt. 724 & High St, Grill, PA 19607

Food, Fun & Fellowship at 6:30 / Speaker Meeting at 7:30

Please bring a covered dish or desert or just bring yourself !

All are Welcome to Attend!

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:

Nueva Vida

Sunday 6 - 7 PM (Spanish/English) Big Book

Monday 6 – 7 PM (Spanish/English) 12 & 12

Easy Does It Clubhouse, 647 Walnut St., Reading, PA

Meeting Needs Support:

Spirit of Recovery

Holy Spirit Church, 423 Windsor St., Reading, PA

Monday's at 7:00 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:

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

All are Invited to Attend:

District 66 Area 59 Meeting

2nd Thursday each month at 7 - 8 PM

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

Service Commitments

Commitment & 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

Need Volunteers for Alcathon

Please Contact Misty H. at Unity@ReadingBerksIntergroup.Org

Need Male Volunteers 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>

Need Female Volunteers 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>

“Bridging The Gap” – Needs Volunteers

Contact Terry Mc F. at 610-944-3167, BridgingGap@ReadingBerksIntergroup.Org or at
“Bridging the Gap”, P.O. Box 301, Blandon, Pa. 19510.

“HOTLINE” Needs Volunteers

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: Twin Valley Group; Alpha Group; TLC Group and 7th Tradition from Picnic

Alcoholism Quotes

“Part of the reason that I fell off the first time was that I got the diagnosis,” he says. He says another contributing factor was his mom’s death due to dementia three years ago. “That’s when I started really drinking heavily. When she was in her last days, I would come to the hospital– I couldn’t come unless I was completely intoxicated. It was too painful for me.”

David Cassidy, <https://www.drphil.com>

“It’s time for addiction to stand up and demand some respect. Because every time someone is ostracized for being an addict, every time there’s a breathless, trumped-up, sensational headline, every time we giggle at a wasted celebrity, and every time addiction is televised as salacious entertainment, yet another addict is shamed into silence.”

Kristin Johnson, *New York Times* essay, 2013

“Happy is one of the many things I’m likely to be over the course of a day and certainly over the course of a lifetime. But I think if you have the expectation that you’re going to be happy throughout your life — more to the point, if you have a need to be comfortable all the time — well, among other things, you have the makings of a classic drug addict or alcoholic.”

Carrie Fisher, *“Wishful Drinking,”* memoir, 2008

Tips for Staying Sober during the Holiday Season

1. Be prepared.
2. Come up with a standard response as to why you are not drinking that may vary depending on the type of holiday event and if you want those in attendance to know you are sober: “I don’t drink anymore”, “I am not drinking tonight”, “I am on medication and cannot have alcohol”, “I am the designated driver tonight,” etc.
3. Remind yourself why staying sober is important to you.
4. Choose holiday parties wisely.
5. One way to make sure you have something non-alcoholic in your glass is to bring it yourself.
6. Plan an escape route.
7. Stay away from slippery places.
8. Spend time with people who support your recovery.
9. Start new holiday traditions that don’t involve drinking.
10. Remember the spirit of gratitude and giving.
11. Remember that “this too shall pass” and there is life after the holidays.
12. Celebrate Your Recovery

Important Dates in A.A. History

December 1, 1940 - Chicago Daily Tribune begins a series of articles on AA by Nall Hamilton

December 2, 1943 - Bill speaks to 300 at meeting inside San Quentin

December 5, 1985 - Dave B, founder of Montreal Group dies weeks before 50th anniversary Now his story is in the 4th Edition Big Book.

December 6:

1939 - Bert the Tailor lends Works Publishing \$1000

1979 - Akron Beacon reports death of Henrietta Sieberling

December 7, 1949 - Sister Ignatia accepts Poverello Medal of St Francis on AA's behalf

December 8, 1997 - "As We See It" emailing list started December 8, 1997

December 10:

1975 - "Birds of a Feather" AA group for pilots is formed

1934 - Bill admitted to Towns Hosp 4th/last time (fall '33, '34 in summer, midsummer and final admittance).

1941 - Dallas Morning News reports 1st AA group formed in Dallas

December 12:

1934 - Bill has Spiritual Experience at Towns Hospital

1937 - Bill meets with Rockefeller Foundation and tries to get money

December 13:

1934 - Ebby visited Bill at hospital brought William James's book, "Varieties of Religious Experience".

1937 - Rockland State Mental Hospital takes patients to meeting in New Jersey

December 19, 1939 - Drunks in Los Angeles hold their 1st AA meeting there

December 20, 1945 - Rowland Hazard dies (he carried the Oxford Group message to Ebby)

December 27, 1893 - Rev Samuel Shoemaker is born

Other significant events in December for which we have no specific date:

1934 - Bill & Lois start attending Oxford Group meetings.

1938 - Using Oxford Group principles, Bill closes the loopholes and changes the 6 steps to 12.

1939 - First AA group in mental institution, Rockland State Hospital, NY.

1939 - 1st home meeting in Los Angeles at Kaye M.'s house.

1940 - 1st AA group formed in St. Louis, Missouri

1948 - Dr. Bob's last major talk, in Detroit.

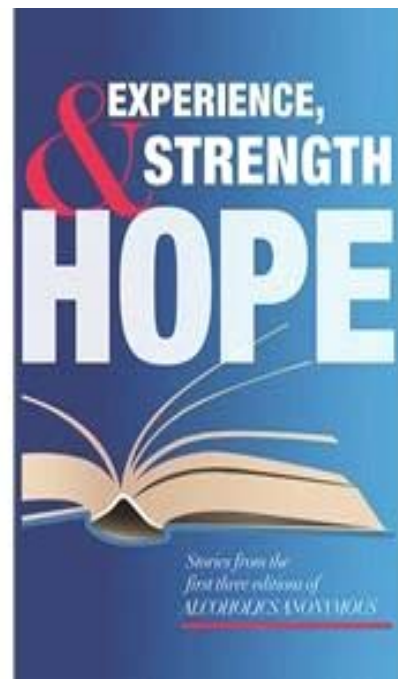
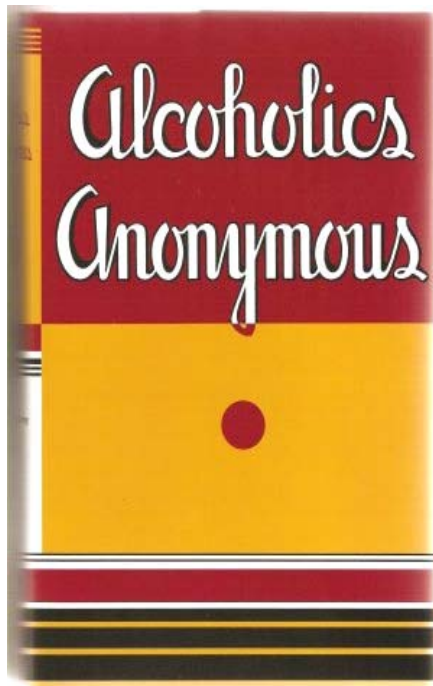
1950 - Grapevine article signed by both Bill & Dr Bob recommend establishing AA General Service Conference.

1955 - 'Man on the Bed' painting by Robert M. 1st appeared in Grapevine. Painting called 'Came to Believe'

1982 - Nell Wing retires from GSO after 35 years of service

The Holidays Are Coming!

Searching for that special gift?



Why not give the gift of our rich AA history?

With its rich colorful jacket the 1st edition reprint speaks for itself while Experience, Strength & Hope contains 56 stories of recovery taken from the first three editions of the big book that no longer appear in the 4th edition.

Both titles are available now in limited quantities so don't miss out, contact literature@readingberksintergroup.org to get your copy now.