

The Alternative

Reading-Berks County Intergroup Newsletter

May 2018

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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Terry Mc F.	Bridging the Gap	BridgingGap@ReadingBerksIntergroup.Org
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Pete R.	Public Information	PublicInfo@ReadingBerksIntergroup.Org
Tyler J.	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 Five

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

(Twelve Steps and Twelve Tradition pg. 55)

Until we actually sit down and talk aloud about what we have so long hidden, our willingness to clean house is still largely theoretical. When we are honest with another person, it confirms that we have been honest with ourselves and with God.

(Twelve Steps and Twelve Tradition pg. 60)

Tradition Five

“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers”

Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates A.A.'s all around the globe.

There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away.

(Twelve Steps and Twelve Traditions pg. 150-151)

5th Step Prayer

God, please remove my fear and help me to be completely honest in what I am about to do. Please give me the courage, faith and strength I need to share with this person my whole truth, especially the things I swore I'd take with me to the grave. Amen

(Alcoholics Anonymous Big Book pg. 73)

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

Intergroup: Books & People; Live & Let Live; Alpha Group; Oley Group; 24 Hour A Day Group; Turning Point; New Millennium Group; TLC Group and The End of The Line Group

Service Commitments

“Become Your Home Groups Intergroup Representative (IGR)”

In areas where Intergroups have been formed such as Berks County, the AA Groups elect an Intergroup Representative and an Alternate, who participate in the monthly Intergroup business meetings with other elected Representatives. These meetings are held on the 4th Tuesday of each month at Calvary Baptist Church, [510 Park Avenue, Reading PA](#). The meeting starts at 7:30 PM and is usually over by 9:00PM

“AA 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

“Bridging The Gap” – Needs Chairperson & Volunteers

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

Need Male Volunteers for the Prison Commitment

Meetings are Saturday Nights from 7-8 PM
Please Contact Al S. 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>

Events

“(YPAA) Young People in AA & General Service Workshop”
Hosted by Cumberland Valley Host Committee for PENNSCYPAA XXX and District 35
Saturday, May 5th, 2018

1535 Mont Alto Rd, Chambersburg, PA 17202
9 AM to 1 PM. No fees. Contact: Cvypaa@gmail.com

District 33 Workshop “How Service Work Enhances Personal Sobriety”
Saturday, May 12th 2018

St. Paul’s Lutheran Church, Arch & Laurel Sts., Fleetwood, PA
10 AM to 2 PM. Registration 9 AM – 10 AM. Speaker at 10 AM
Lunch is provided; Be Sweet and Bring a Treat
Contact: Eric H. at 610-737-8146

“PA State Convention Planning Meetings & Conference Call In”
Saturday, May 12th 2018

Red Lion Inn, 4751 Lindle Rd, Harrisburg; PA 17111
12 PM to 2 PM. No fees. Contact: info@aapastateconvention.com

“Big Book Weekend” A Journey Through The Steps
Friday May 18th – Sunday May 20th, 2018

St. Nicholas Church, 226 S. Washington St, Wilkes-Barre, PA 18701
5:30 PM on May 18 to 9 PM on May 19.
Registration \$20. Contact: keystonewb@gmail.com

“Rock of Ages 80’s Dance”

Hosted By READYPAA

Saturday, May 19th, 2018

1300 Hilltop Rd, Leesport, PA

7 PM Doors Open & 7:30 PM Speaker & Food/Dance to follow
“80’s Attire is Encouraged”

Contact: chairperson@area59aa.org or xbaseballer024@gmail.com

“Combined Intergroup & EPGSA Share-A-Day”

Saturday, May 19th, 2018

2400 Butter Rd., Lancaster, PA 17601

“All AA members, Intergroup reps, DCMs associated with Lancaster, York, Reading-Berks, Allentown-Bethlehem-Easton, Hanover, Cumberland Valley, Pocono and Northeast PA are welcome to attend”

1 PM to 4 PM. No fees

Contact: chairperson@area59aa.org or xbaseballer024@gmail.com

Events Continued

“X Spanish Pennsylvania State A.A. Convention”

Saturday, May 26th – Sunday, May 27th, 2018

TriCounty Active Adult Center, 288 Moser Rd, Pottstown, PA 19464

Registration \$20 & Sunday Banquet \$30 Contact: emd@gmail.com

“General Service Office Bus Trip to New York City”

Friday, June 22nd, 2018

First Come First Served!

Trip is limited to the first 34 people to submit their payment!

\$40 per person includes driver's tip. Trip 6:30AM – 7PM

See <http://www.readingberksintergroup.org> for Itinerary

Contact Cris M. to register or call 610-790-7510 or email crism40@hotmail.com

“Annual Grapevine Picnic”

Saturday, July 14th, 2018

High Acres Park, 110 High Acres Drive Route 447, Canadensis, PA18325

\$7.00 per ticket in advance. \$10.00 per ticket at the door

10 AM to 4 PM; Contact: ilaw61@hotmail.com

“12th Annual Campout at Hickory Run State Park”

Friday, July 20th – Sunday, July 22nd, 2018

Hickory Run, Camp Daddy Allen

3613 State Route 534, White Haven, PA 18661-9712

Fun, Fellowship, Workshops, Campfire Meetings & More

For fees visit www.hickoryruncampout.com

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

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

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

Announcements Continued

Existing Meeting New Location:

"Great Fact Big Book"

Beginning Wednesday, January 3rd 2018

The group will begin meeting at their new location from 7:00 PM to 8:00 PM
Wyomissing Church of the Brethren, 2200 State Hill, Rd., Wyomissing, PA 19610

**** Please Note: Meeting Day & Time has not changed – only the location ***

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:

Stouchburg Group

Marion Twp. Municipal Bldg., 420 Water St., Womelsdorf, PA 19567

Monday's & Thursday's at 7:00 PM

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

Recovery Quotes

“These feelings, no matter how painful, are part of living. Today, we are alive—not anesthetized, not sedated, not passed out. Take control of your feelings and through action you can change. Today, as every day of sober living, we have a choice.”

Ann D. Clark

“You cannot solve a problem from the same consciousness that created it. You must learn to see the world anew.”

Albert Einstein

“I hated every minute of training, but I said, ‘Don’t quit. Suffer now and live the rest of your life as a champion.’”

Muhammad Ali

“I personally believe this: We have only today; yesterday’s gone and tomorrow is uncertain. That’s why they call it the present. And sobriety really is a gift... for those who are willing to receive it.”

Ace Frehley

“My recovery must come first so that everything I love in life doesn’t have to come last.”

Anonymous

Some of the most common symptoms of Alcoholism

- Using alcohol as a means to relax, wake up, or generally feel better
- Alcohol use disrupting your personal and professional life
- Feelings of guilt or shame about your drinking habits
- Consistently drinking more alcohol than you intend to
- Family or friends expressing concern about your drinking habits
- Lowered performance at work or school, or shirking responsibilities at home because of your drinking
- Continuing to drink alcohol despite its effect on your relationships
- Experiencing withdrawal symptoms when you go too long without a drink (such as anxiety, insomnia, headaches, or a loss of appetite)
- Trying to quit drinking altogether without success

Important Dates in A.A. History

May 1:

1939 - Lois and Bill Wilson left their home at 182 Clinton St., Brooklyn.

1941 - First Wisconsin AA meeting was held in a Milwaukee hotel.

May 2:

1941 - Jacksonville, FL, newspaper reported start of a new AA group.

1941 - First meeting was held in San Bernardino, California.

1941 - The first AA group in New Orleans, Louisiana, was formed.

May 4, 1946 - Marty Mann explained Alcoholics Anonymous and the National Committee for Education on Alcoholism on the "We the People" radio show.

May 5, 1940 - Washington, DC, Sunday Star reported formation of first AA group in the D.C..

May 6:

1939 - Clarence S of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an "AA" meeting in Cleveland.

1946 - The long form of the "Twelve Traditions" was published in the AA Grapevine.

May 7, 1956 - The first English AA Convention was held in Cheltenham, England.

May 8:

1943 - Akron AA group had its 8th anniversary celebration with 500 present and sober.

1971 - Bill Wilson was buried in private ceremony, East Dorset, Vermont.

May 11, 1939 - First group to officially call itself Alcoholics Anonymous met at Abby G's house in Cleveland.

May 12, 1935 - Mothers' Day - Bill Wilson and Dr. Bob Smith met for the first time in Akron, Ohio, at the home of Henrietta Seiberling.

May 14:

1948 - Long Beach, California. Central Office was opened.

1998 - Sybil C., first woman to enter A.A. west of the Mississippi, died. Her date of sobriety was March 23, 1941. Her name at the time was Sybil Maxwell, though she later opened her talks by saying, "My name is Sybil Doris Adams Stratton Hart Maxwell Willis C., and I'm an alcoholic."

May 16, 1941 - Ruth Hock learned that Joe W. (credited with coming up with the name Alcoholics Anonymous) had a "wet brain."

May 19, 2000 - Dr. Paul Ohliger died at the age of 83. His story, "Doctor, Alcoholic, Addict," was retitled "Acceptance Was the Answer," in the 4th edition.

May 22, 1948 - Atlantic City Group celebrated its second anniversary with Dr. C. Nelson Davis of St. Luke's Hospital, Philadelphia, and other A.A.s speaking.

May 28, 1974 - The first World Service meeting of AA outside of America was held in London.

May 31, 1938 - Bill and other AA's began writing the Big Book.