

The Alternative

Reading-Berks County Intergroup Newsletter

November 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

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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 Eleven

“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.”

We ask simply that throughout the day God place in us the best understanding of His will that we can have for that day, and that we be given the grace by which we may carry it out.

As the day goes on, we can pause where situations must be met and decisions made, and renew the simple request “Thy will, not mine, be done.” If at these points our emotional disturbance happens to be great, we will more surely keep our balance, provided we remember, and repeat to ourselves, a particular prayer or phrase that has appealed to us in our reading or meditation. Just saying it over and over will often enable us to clear a channel choked up with anger, fear, frustration, or misunderstanding, and permit us to return to the surest help of all-our search for God’s will, not our own, in the moment of stress. At these critical moments, if we remind ourselves that “it is better to comfort than to be comforted, to understand that to be understood, to love than to be loved,” we will be following the intent of Step Eleven.

(Twelve Steps & Twelve Tradition pg. 102-103)

Tradition Eleven

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

This Tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship.

(Twelve Steps and Twelve Traditions pg. 183)

Prayer of Saint Francis

“Lord, make me a channel of thy peace; that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”

(Twelve Steps and Twelve Traditions pg. 99)

Events

The Leesport Groups 2nd Annual “Chili Cook-Off”

Saturday, October 28th, 2017 at 8:00 PM

Trinity UCC Church, 17 N Centre Ave, Leesport, PA 19533

Accepting the first 10 competitors only

5 Judges will be selected randomly from those attending

If you want to compete email LeesportAA@gmail.com

Regular Meeting following event at 9:30 PM

Annual E.P.G.S.A. 60th Convention – Gettysburg, PA

Friday, November 3rd – Sunday, November 6th, 2017

GSR's & DCM's should attend. Fees TBD.

Questions Contact: convention@area59aa.org

Workshop: Safety in A.A.

Saturday, November 11th, 2017 9:00 AM – 1:00 PM

Hosted by District 40. No fees.

Our Lady of the Eucharist Parish, 535 North Main St, Pittston, PA.

Questions Contact: saltyoats37@yahoo.com

Workshop: Informed Group Conscience.

Wednesday, November 15th, 2017 7:00 PM – 9:00PM

Hosted by District 32. No fees.

Tree of Life Church, 933 Baltimore Pike, Springfield, PA.

Questions Contact: jocar61896@aol.com

Working the Traditions in Relationships

Saturday, November 18th, 2017 2:00 PM – 5:00 PM

Presented by District 45. No fees.

Calvary United Methodist Church, 11 North Richland Ave, York, PA.

Questions Contact: ralpho226@gmail.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

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:

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

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

Volunteers Needed for Alcathon

Please Contact Misty H. at 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>

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

District 33 wants to thank Hamburg Big Book meeting, Come As You Are, Kutztown beginners, Leesport, Time to Start Living, Experience Strength and Hope groups for their contributions to support our district!

Alcoholism Quotes

Contrary to popular opinion, alcoholism is a biological disease and not a moral flaw. The uber-conservative American Medical Association has categorized it as such since the 1950s. So, instead of looking down on a problem drinker as a ne'er do well, take a compassionate approach to the issue. Become part of the solution rather than part of the problem.

KATHLEEN BEGLEY, "Begley: Tips for dealing with alcoholism in the workplace"

There's a certain point when you fall down the staircase, and you look around, and no one is amused anymore. By 35, I was in that precarious place where I knew I drank too much, but I believed I could manage somehow. I was seeing a therapist, and when I talked to her about my blackouts, she gasped. I bristled at her concern. Her tone was alarmist, like the pamphlet I'd once read, but a trip to any keg party would illustrate that if blackouts doomed a person to alcoholism, then most of us were doomed. "Everyone has blackouts," I told her. She locked eyes with me. "No, they don't."

SARAH HEPOLA, *Blackout: Remembering the Things I Drank to Forget*

Twelve Tips for a Sober, Joyous Holiday Season

Holiday parties without alcohol may still be a dreary prospect for new AAs. But many of us have enjoyed the happiest holidays of our lives sober. Here are some tips:

1. Line up extra AA activities--meetings, speaking, phone answering.
2. Entertain AA friends, especially newcomers.
3. Keep AA phone numbers with you at all times--and use them.
4. Find out about special holiday parties, meetings, or other events at groups in your area, and go. If you're shy, take a newer member.
5. Skip drinking occasions you're nervous about. Remember your drinking talent for making excuses? Put it to work for you in sobriety.
6. If you must attend a drinking party, and can't find a fellow AA to come with you, keep some candy handy.
7. You don't have to stay late. Plan for an "important date."
8. Go to church. Any church.
9. Don't sit around brooding. Catch up on reading, letters, walks.
10. Remember, one day at a time. Don't start now to worry about all those "holiday temptations."
11. If you can't give material gifts this year, you *can* give love.
12. "Having had a . . ." You already know the Twelfth Step!

Important Dates in A.A. History

November 1:

1947 - 1st AA Group in Anchorage, Alaska

1963 - Reverend Sam Shoemaker dies

November 3, 2001 - J.P. Miller, wrote screenplay for "The Days of Wine and Roses" died

November 9, 1966 - President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism

November 10:

1940 - 1st AA group formed in Minneapolis

2001 - 1st of 400,000 4th Edition Big Books arrives in the mail

November 11, 1934 - Bill W's final drunk begins on Veterans Day and lasts about a month

November 12, 1940 - 1st AA meeting is held in Boston

November 13, 1939 - Bill wants to go back to work, NY drunks want him to stay on as head of the movement

November 14, 1940 - Alcoholic Foundation publishes 1st AA Bulletin

November 15, 1949 - Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions

November 16, 1950 - Dr Bob S dies in Akron, Ohio

November 18, 1946 - 1st Dublin Ireland group met.

November 21:

1939 - AA's in San Francisco hold 1st California AA meeting in the Clift Hotel -

1952 - Willard Richardson, past Treasurer/Chairman of Alcoholic Foundation, dies

November 26:

1895 - William Griffith W. born, East Dorset, VT

1939 - Hank P writes Bill advocating autonomy for all AA groups

November 28

1934 - Ebby T. carries message to Bill.

1937 - Bill and Dr. Bob compare notes in Akron. Count forty cases staying sober. Meeting of the Akron Group to consider Bill's ideas for how to expand the movement ... a book, AA hospitals, paid missionaries. Passed by a majority of 2.

1939 - Akron group withdrawals from Oxford Group. Meetings moved to Dr Bob and other members homes.

1939 - Hank P writes Bill advocating autonomy for all AA groups.

1943 - Bill guest speaker San Quentin Penitentiary. (sometimes dated Dec 2, 1943)

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

1936 - Fitz M leaves Towns Hospital to become AA #3 in NY with Bill W and Hank P.

1941 - "First Mass AA Meeting" in Oklahoma City, 8 present, 1 was drunk

1945 - Bill's article called 'Those Goof Balls' published in Grapevine.

1986 - The Big Book is published in paperback