

The Alternative

Reading-Berks County Intergroup Newsletter October 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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(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 Ten

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Few people have been more victimized by resentments than have we alcoholics. It mattered little whether our resentments were justified or not. A burst of temper could spoil a day, and a well-nursed grudge could make us miserably ineffective. Nor were we ever skillful in separating justified from unjustified anger. As we saw it, our wrath was always justified. Anger, that occasional luxury of more balanced people, could keep us on an emotional jag indefinitely. These emotional “dry benders: often led straight to the bottle. Other kinds of disturbances-jealousy, envy, self-pity, or hurt pride- did the same thing.

A spot-check inventory taken in the midst of such disturbances can be of very great help in quieting stormy emotions. Today’s spot check finds its chief application to situations which arise in each day’s march. The consideration of long-standing difficulties had better be postponed, when possible, to times deliberately set aside for that purpose. The quick inventory is aimed at our daily ups and downs, especially those where people or new events throw us off balance and tempt us to make mistakes.

In all these situations we need self-restraint, honest analysis of what is involved, a willingness to admit when the fault is ours, and an equal willingness to admit when the fault is elsewhere. We need not be discouraged when we fall into the error of our old ways, for these disciplines are not easy. We shall look for progress, not for perfection.

(Twelve Steps & Twelve Tradition pg. 90-91)

Tradition Ten

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.

(Twelve Steps and Twelve Traditions pg. 177)

Tenth Step Prayer

God, please help me watch for selfishness, dishonesty, resentment and fear. When these crop in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Help me to quickly make amends if I harmed anyone and help me to resolutely turn my thoughts to someone I can help. Help me to be loving and tolerant of everyone today. Amen.

(Alcoholics Anonymous Big Book pg. 84)

Events

“Area 59 Inventory – Supporting Our Future”

Sunday, October 15th, 2017

Registration at 8:00 AM, Subcommittee Inventories at 9:00 AM &

Area Committee Inventory at 1:00 PM

2710 Old Pricetown Rd., Temple, PA 19560

All Members are Welcome to Attend, No Fees & Lunch Served – DCMs’ should attend

Questions Contact: chairperson@area59aa.org

Announcements

“Alternative Advertisements”

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

Please email all requests to: Alternative@ReadingBerksIntergroup.Org

“DID YOU KNOW?”

That your personal and group AA approved literature needs can be obtained thru Intergroup and or by contacting Literature@ReadingBerksIntergroup.Org. Besides all the essential book titles being in stock we also carry a large variety of pamphlets, CD’s and yes, Cassettes are in stock.

Working on a limited budget? Got a few empty slot in your pamphlet rack? No order is too small and there are free items available only thru Intergroup.

Best of all, speedy pickup or delivery saves shipping charges. If we don’t have it and it is AA approved, we can get it. Reading is not a lost art; let’s carry that message to that still suffering alcoholic.

“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

New Meeting:

Conscious Contact (11th Step Meditation Meeting)

Friday 6 - 7 PM

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

Announcements Continued

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:

Kutztown Beginner's Closed Meeting

Tuesday 8 - 9 PM

NEW LOCATION • NEW FORMAT

Kutztown University Room #323 McFarland Student Union

(Meeting is upstairs in conference room near Commuter Lounge)

Meets during Fall and Spring Semesters when students are on campus:

(Fall 2017) Tuesday August 28th - Tuesday December 8th

(Spring 2018) Tuesday January 23rd - Tuesday May 8th

Rotating Topics: 1st week Big Book, 2nd week Step, 3rd week Living Sober,
4th week Came to Believe & 5th week Speaker or Discussion

FREE PARKING - Student Union Building Parking lot (College Ave)

Questions email: nroma901@live.kutztown.edu

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

Visitation Position is 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

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: Bernville Group, French Creek Group and New Millennium Group

Alcoholism Quotes

“When you stop drinking, you have to deal with this marvelous personality that started you drinking in the first place.”

Jimmy Breslin

“Sober or blotto, this is your motto: keep muddling through.”

P.G. Wodehouse, A Damsel in Distress

“And in my mind, this settles the issue. I would never drink cologne, and am therefore not an alcoholic.”

Augusten Burroughs, Dry

“Alcohol is good at disinfecting things, It can clean a surface or erase memories”

Richard L. Ratliff

The person takes a drink, the drink takes a drink, and the drink takes the person.

Joseph Martin

Drinking Facts

1. Discovery of late Stone Age jugs suggest that intentionally fermented beverages existed at least as early as the Neolithic period (about 10,000 BC).
2. Most vegetable and almost all fruits contain a small amount of alcohol in them.
3. Along with a few more countries, United States has the highest minimum drinking age in the world. In some other countries, the legal drinking age is as low as 16.
4. Alcohol is not exclusively a terrestrial matter. Astronomers found out there is a lot alcohol in space as well.
5. Researches suggest that at any given time, 0.7% of the world population is drunk. It means 50 million people are drunk right now.
6. Many high school cafeterias in Europe serve alcohol to students who choose to drink.
7. The BATF (Bureau of Alcohol, Tobacco and Firearms) prohibits the use of word “refreshing” to describe any alcoholic beverage.

Important Dates in A.A. History

October 1, 1957 - Alcoholics Anonymous book A. A. Comes of Age is published

October 2, 1944 - National Committee for Education on Alcoholism formed by Marty Mann - later to become "National Council on Alcoholism."

October 3, 1945 - AA Grapevine adopted as national publication of AA

October 5, 1988 - Lois W, Bills wife and a co-founder of Al-Anon, dies at age 97

October 5-7, 1972: 2nd World Service meeting held in New York.

October 6, 1941 - 900 dine at Cleveland dinner for Bill D, AA #3

October 8, 1988 - Memorial Service for Lois Wilson at Stepping Stones, NY

October 9-11, 1969 - 1st World Service meeting held in New York with delegates from 14 countries.

October 10:

1970 - Lois reads "Bills Last Message" annual dinner in NY

1988 - Lois is buried next to Bill in Manchester, Vermont

October 13:

1939 - Bill W. gets his drivers license

1947 - "The Melbourne Group" held its first meeting in Australia

October 14, 1939 - Journal of American Medical Association gives Big Book unfavorable review.

October 15, 1904 - Marty M, early AA woman, is born in Chicago

October 17, 1935 - Ebby T, Bills sponsor, moves in with Bill and Lois

October 20, 1928 - Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.

October 21, 1939 - Cleveland Plain Dealer begins series on AA by Eldrick B. Davis

October 22:

1963 - E M Jellinek, alcoholism educator and AA friend dies

1949 - Florence R, AA's 1st sober woman, begins drinking again, commits suicide

October 24, 1973 - Trustee's Archives Committee of AA has its 1st meeting

October 28, 1994 - National Council on Alcoholism and Drug Dependence celebrates 50 years

Here is a list of 15 things which, if you give up on them, will make your life a lot easier and much, much happier. We hold on to so many things that cause us a great deal of pain, stress and suffering – and instead of letting them all go, instead of allowing ourselves to be stress free and happy – we cling on to them. Not anymore. Starting today we will give up on all those things that no longer serve us, and we will embrace change. Ready? Here we go:

- 1. Give up your need to always be right.** There are so many of us who can't stand the idea of being wrong – wanting to always be right – even at the risk of ending great relationships or causing a great deal of stress and pain, for us and for others. It's just not worth it. Whenever you feel the 'urgent' need to jump into a fight over who is right and who is wrong, ask yourself this question: "Would I rather be right, or would I rather be kind?" Wayne Dyer. What difference will that make? Is your ego really that big?
- 2. Give up your need for control.** Be willing to give up your need to always control everything that happens to you and around you – situations, events, people, etc. Whether they are loved ones, coworkers, or just strangers you meet on the street – just allow them to be. Allow everything and everyone to be just as they are and you will see how much better will that make you feel. "By letting it go it all gets done. The world is won by those who let it go. But when you try and try. The world is beyond winning." Lao Tzu
- 3. Give up on blame.** Give up on your need to blame others for what you have or don't have, for what you feel or don't feel. Stop giving your powers away and start taking responsibility for your life.
- 4. Give up your self-defeating self-talk.** Oh my. How many people are hurting themselves because of their negative, polluted and repetitive self-defeating mindset? Don't believe everything that your mind is telling you – especially if it's negative and self-defeating. You are better than that. "The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive." Eckhart Tolle
- 5. Give up your limiting beliefs about what you can or cannot do, about what is possible or impossible.** From now on, you are no longer going to allow your limiting beliefs to keep you stuck in the wrong place. Spread your wings and fly! "A belief is not an idea held by the mind, it is an idea that holds the mind" Elly Roselle
- 6. Give up complaining.** Give up your constant need to complain about those many, many, maaany things – people, situations, events that make you unhappy, sad and depressed. Nobody can make you unhappy, no situation can make you sad or miserable unless you allow it to. It's not the situation that triggers those feelings in you, but how you choose to look at it. Never underestimate the power of positive thinking.
- 7. Give up the luxury of criticism.** Give up your need to criticize things, events or people that are different than you. We are all different, yet we are all the same. We all want to be happy, we all want to love and be loved and we all want to be understood. We all want something, and something is wished by us all.
- 8. Give up your need to impress others.** Stop trying so hard to be something that you're not just to make others like you. It doesn't work this way. The moment you stop trying so hard to be something that you're not, the moment you take off all your masks, the moment you accept and embrace the real you, you will find people will be drawn to you, effortlessly.
- 9. Give up your resistance to change.** Change is good. Change will help you move from A to B. Change will help you make improvements in your life and also the lives of those around you. Follow your bliss, embrace change – don't resist it. "Follow your bliss and the universe will open doors for you where there were only walls" Joseph Campbell
- 10. Give up labels.** Stop labeling those things, people or events that you don't understand as being weird or different and try opening your mind, little by little. Minds only work when open. "The highest form of ignorance is when you reject something you don't know anything about." Wayne Dyer
- 11. Give up on your fears.** Fear is just an illusion, it doesn't exist – you created it. It's all in your mind. Correct the inside and the outside will fall into place. "The only thing we have to fear, is fear itself." Franklin D. Roosevelt
- 12. Give up your excuses.** Send them packing and tell them they're fired. You no longer need them. A lot of times we limit ourselves because of the many excuses we use. Instead of growing and working on improving ourselves and our lives, we get stuck, lying to ourselves, using all kind of excuses – excuses that 99.9% of the time are not even real.
- 13. Give up the past.** I know, I know. It's hard. Especially when the past looks so much better than the present and the future looks so frightening, but you have to take into consideration the fact that the present moment is all you have and all you will ever have. The past you are now longing for – the past that you are now dreaming about – was ignored by you when it was present. Stop deluding yourself. Be present in everything you do and enjoy life. After all life is a journey not a destination. Have a clear vision for the future, prepare yourself, but always be present in the now.
- 14. Give up attachment.** This is a concept that, for most of us is so hard to grasp and I have to tell you that it was for me too, (it still is) but it's not something impossible. You get better and better at with time and practice. The moment you detach yourself from all things, (and that doesn't mean you give up your love for them – because love and attachment have nothing to do with one another, attachment comes from a place of fear, while love... well, real love is pure, kind, and self less, where there is love there can't be fear, and because of that, attachment and love cannot coexist) you become so peaceful, so tolerant, so kind, and so serene. You will get to a place where you will be able to understand all things without even trying. A state beyond words.
- 15. Give up living your life to other people's expectations.** Way too many people are living a life that is not theirs to live. They live their lives according to what others think is best for them, they live their lives according to what their parents think is best for them, to what their friends, their enemies and their teachers, their government and the media think is best for them. They ignore their inner voice, that inner calling. They are so busy with pleasing everybody, with living up to other people's expectations, that they lose control over their lives. They forget what makes them happy, what they want, what they need...and eventually they forget about themselves. You have one life – this one right now – you must live it, own it, and especially don't let other people's opinions distract you from your path