

The Alternative

Reading-Berks County Intergroup Newsletter October 2021

<https://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 in Eastern Pennsylvania. Reach us by mail at P.O. Box 12157, Reading, PA 19612, or 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 is a HYBRID event that meets on the 4th Tuesday of each month at Christ Mertz Lutheran Church 16 Fleetwood Rd, Fleetwood PA 19522 at 7:00 P.M. All members of Alcoholics Anonymous are welcome and encouraged to attend either in person, or online.

Zoom ID: 950 8707 5328 password: SoberRBI

“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)

10th Step Prayer

God, please help me watch for selfishness, dishonesty, resentment and fear. When these crop up 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)

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

Experience, Strength & Hope Group
Turning Point Group

815AM Group
Time to Start Living Group

Service Commitments

Become Your Home Group's 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. This monthly meeting is the 4th Tuesday of each month at Christ Mertz Lutheran Church 16 Fleetwood Rd. in Fleetwood PA 19522. The meeting starts at 7:00 PM and is usually over by 8:30PM

AA HOTLINE- Needs Volunteers

AA members with some accumulated sobriety are always needed 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 <https://readingberksintergroup.org/wp-content/uploads/2021/03/Hotline-Sign-Up.pdf>

Bridging The Gap – Needs Volunteers

Contact Steve M. at 610-241-4158 or BridgingGap@ReadingBerksIntergroup.Org
“Bridging the Gap”, P.O. Box 2332, Reading, Pa. 19608

Male Volunteers for the Prison Commitment

~~CURRENTLY SUSPENDED Meetings are Saturday Nights from 7-8 PM~~
For updates please contact Larry M. at MensPrison@ReadingBerksIntergroup.Org

Female Volunteers for Prison Commitment

~~CURRENTLY SUSPENDED Meetings are Tuesday Nights from 7-8 PM~~
For updates please contact Susan W. at WomansPrison@readingberksintergroup.org

Events

A comprehensive list is on our website-

Local Events- <https://readingberksintergroup.org/events>

Outside of Berks County <https://readingberksintergroup.org/member-services-2/aa-outside-of-berks-county/>

Events will be added as they are announced. If you have any announcements or flyers for events, please send the Alternative Chairperson an email at alternative@readingberksintergroup.org

Announcements

Area 59 Response to COVID-19

In light of the above I am requesting that individual members, groups, and Districts document, record, or in any way possible preserve the experience of this time. We are living in a unique period - a historical time – and those in the future might benefit from our experiences. It is always best to do this while going through the events as opposed to waiting until it's all over - if possible.

Some suggested topics:

- When was the last “face to face” meeting held? Why was it the last? Personal choice? Group decision? Facility decision?
- Are you holding alternative meetings? What type? If holding alternative meetings how was the decision made to do so – group conscience? Individual decision? Etc....

Please send any collected info to: archivist@area59aa.org

Thank you, Donald H.

Recent Meeting Re-openings and Changes

-Women Living Sober new location-Bausman Memorial Church Wednesday @1030 AM-

---The Mustard Seed Group has reopened Saturday September 18th @ 6PM---

All are invited to attend your local district meeting:

District 33 Monthly Meeting

7PM the 3rd Thursday of the month
@St. Paul's Lutheran Church
117 E. Arch St Fleetwood PA

District 66 Monthly Meeting

7PM the 2nd Thursday of the month
on ZOOM ONLY
ID 856 7342 2422 PW577459

District 67 Monthly Meeting

7PM the 1st Wednesday of the month
on ZOOM ONLY
ID 703 589 4932 PW610582

Meetings Needing Support

Books & People Group Monday @ 6:30 PM

Mountain View of God Church
1255 Hampden Blvd
Reading, PA 19602

A Fresh Start Tuesday @7 PM

Albright College Sylvan Chapel
1621 N 13th St.
Reading PA 19604

“Get the AA Meeting Guide Mobile App”

A free mobile app for IOS and Android. Google: <https://meetingguide.org/>

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 2nd 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

You can now donate to Reading Berks Intergroup through CashApp!

The \$Cashtag ID is \$RBIntergroup

****This account can only be used for 7th Tradition Contributions****