

# The Alternative

Intergroup newsletter for the Reading-Berks County Area  
January 2012

[ReadingBerksIntergroup.org](http://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

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**This years Alcathon will be held @ The Atonement  
Parish Center State Hill Rd & Penn Ave., West Reading,  
PA starting 2:00PM Saturday, Dec 31- 2:00AM Jan 1 –  
Around the clock MEETINGS!!!!!!!!!!!!!!  
FOOD, FUN, FELLOWSHIP!!!!!!!!!!!!!!**

## **Announcements:**

**BOOKS and PEOPLE's 20<sup>th</sup> Anniversary**  
at Hampden Blvd. and Perry St. Monday January 30th, 2012  
6:30 pm----- Speaker followed by FOOD and FELLOWSHIP!!

**New Life Speakers Group (meets Friday nights @ 8pm @ St James , Penn &  
7<sup>th</sup>) is having their Anniversary on January 20<sup>th</sup>, 2011 . Guest Speaker is Joe  
R. from Philadelphia, PA.**

**Frog Pond Group is MOVING:join us at our NEW location FRI--Jan 6, 2012 @ 7pm  
@ Bern Evangelical Lutheran Church→ 820 West Leesport Rd., Leesport, PA 19533**

**The New Millenium Group 12<sup>th</sup> Anniversary January 29, 2012  
Food at 6PM followed by Speaker @ 7PM , St.Paul's UCC in Birdsboro  
This is an open meeting—please bring a covered dish, if possible**

**Mustard Seed Group NEEDS SUPPORT!!!! Saturday nights @ 6:30pm  
At St. Mark's Church, 10<sup>th</sup> & Windsor Sts.**

**611 Washington St. Group NEEDS SUPPORT!!!! We will be having a Valentine's  
Day Lunch on Thursday, Feb 9<sup>th</sup>, 2012 from 11:30am-1pm FOOD-FUN-  
SPEAKER!! At 1<sup>st</sup> United Church of Christ, 611 Washington Str.**

**Next Intergroup Meeting: January 24, 2012**

**\*\*\*\*\*Reading Intergroup has no outside affiliations. We exist as a central  
office to serve Alcoholics Anonymous groups in the Reading area\*\*\*\*\***

***ALL MEMBERS ARE WELCOME TO ATTEND INTERGROUP MEETINGS.* Meetings  
are held on the 4<sup>th</sup> Tuesday of each month, at 7:30pm, at Calvary Baptist Church 510 Park  
Ave. (intersection of Grace & Park). Please come out and show your support. See your  
group's representative for Intergroup meeting minutes. See you at the NEXT  
MEETING!!!!!!!!!!!!!!!!!!!!!!**

## 12<sup>th</sup> Step Commitments

Caron Adolescent Extended Care – <b>MEN</b> Sunday @ 7:00 PM		Caron Adolescent Extended Care – <b>WOMEN</b> Sunday @ 7:00 PM		St. Joe's Hosp. MH Unit 3 <sup>rd</sup> FL Reed & Walnut Entrance Mondays @ 7:30 PM	
1/8	New Life Speaker	1/8	Time to Start Living	1/9	Sun AM Speakers
1/15	Happy Hour	1/15	Time to Start Living	1/16	Language of the Heart Spoken Here
1/22	Jacksonwald	1/22	Rdg B. B. Step Study	1/23	8:15
1/29	Time to Start Living	1/29	Sober @ 6:30pm	1/30	611 Mtg
2/5	Advent Men's Grp	2/5	Women Living Sober	2/6	Sunday AM Spkrs
Wernersville State Hosp. See Guard in Building 34 Monday @ 7:00 PM		Reading Detox Unit Every OTHER Tuesday Tuesday @ 8:00 PM		Reading Detox Unit Thursday @ 8:00 PM	
1/9	W.S.R.G.	1/10	W.S.R.G.	1/5	W.S.R.G.
1/16	Shoey	1/17	-----	1/12	611 Mtg
1/23	Nolde Forest	1/24	New Millennium	1/19	New Life
1/30	Jacksonwald	1/31	-----	1/26	Shillington Lifeline
2/6	Alpha	2/7	Atonement 8:15	2/2	Congo
Caron Foundation Young Adult <b>Female</b> Friday @ 7:00PM					
1/6	Boyertown				
1/13	Happy Hour				
1/20	Women Living Sober				
1/27	Shillington Lifeline				
2/3	Congo				

**Step One:** We admitted we were powerless over alcohol--- that our lives had become unmanageable. Who cares to admit complete defeat? Admission of powerlessness is the first step in liberation. Relation of humility to sobriety. Mental obsession plus physical allergy. Why must every A.A. hit bottom?

**Tradition One:** Our common welfare should come first; personal recovery depends on A.A. unity. Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us would surely die. Hence our common welfare should come first. But individual welfare follows close afterward.

### Quotes from the Old Timers:

“Drinking for me was like making love to a gorilla, it’s over when the gorilla says it’s over”  
Jim M (the Human Being)

Write to us with your favorite old-timers quote, a joke, some experience,  
strength or hope!!!



## Honesty

.....submitted by Bob C.

We hear in meetings all the time, "this is an honest program " a quote from the biggest pack of self admitted liars you will ever meet.

....Since I'm one member of this pack and looking to change the way I think, you know a complete psychic change, do I honestly inventory what I say? And when I share something with someone or others at a meeting is it my opinion, my experience, or am I just parroting what I heard over and over again, can I back these up in our own literature?

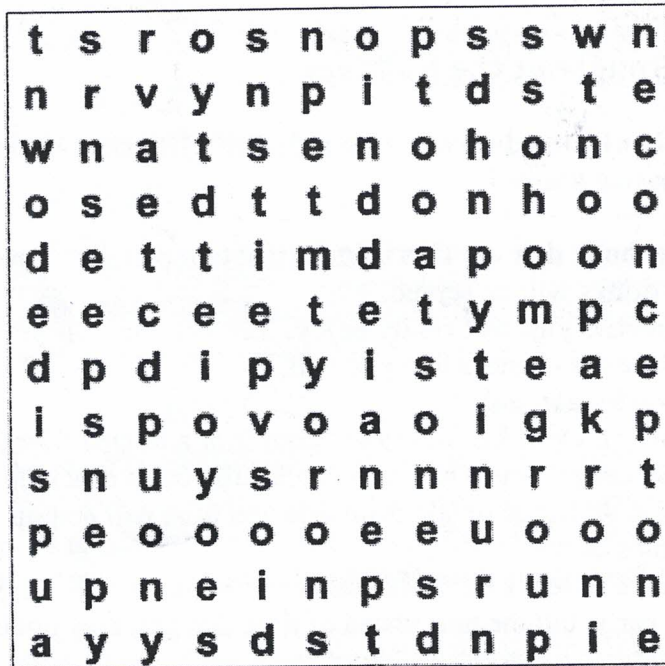
....From chapter 5 in the Big Book, 'They [those who do not recover] are naturally incapable of grasping and developing a manner of living which demands rigorous honesty.' Rigorous honesty is characterized by the abstinence of deception of one's self or anyone else. We have literature for our 12 steps, 12 traditions, 12 concepts, sponsorship, the AA Group but honestly I haven't found anything where we tell people "don't drink"

When I came in to the rooms of A.A, it was put forth to me to "get honest with the booze", "then get honest with everything else"

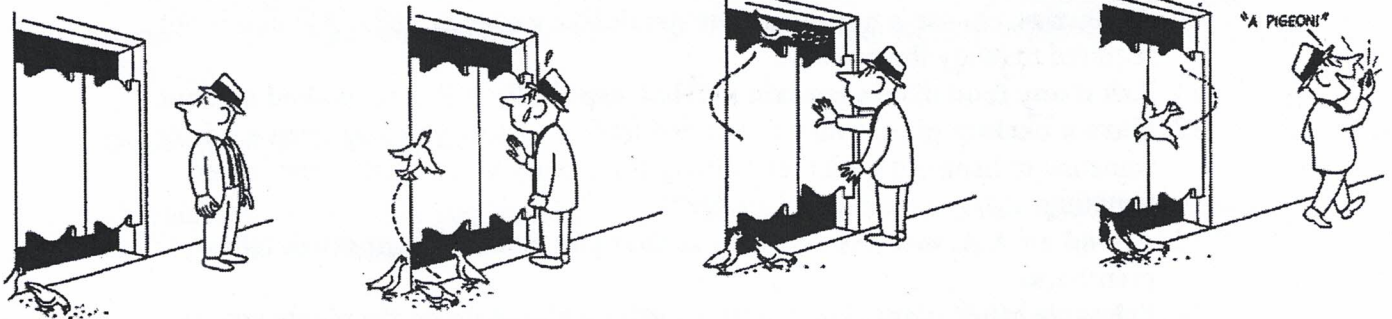
## 15 Ways to Stay Sober Throughout the Holidays

1. **Tell a reliable person about your desire to stop drinking.** This may hinder you from sneaking away to have a drink.
2. **Stay busy.**
3. **Bring your own non-alcoholic drinks.** This is important to remember if you think that only alcoholic drinks will be served.
4. **Choose only to attend parties you will really enjoy.** This can limit the stress of not drinking and will reduce the chances that you will.
5. **Avoid attending parties with alcohol.**
6. **Let someone know where you will be.** Tell your sponsor or a trusted friend when you attend a holiday get-togethers and have them call you to check up.
7. **Take along a friend.** An A.A. friend or someone else you trust will help in keeping you from drinking alcohol.
8. **Tell the host you may have to leave early.** If you are worried about feeling awkward leaving a party early, tell the host ahead of time that you may not be able to stay the entire night.
9. **Show up at a later time.** If you have been invited to a dinner party, showing up shortly before dinner may limit the amount of pressure to drink beforehand.
10. **At parties, choose a non-alcoholic drink like water or soda.** Alcohol is not required to enjoy the holidays.
11. **Ask if any food dishes contain alcohol, especially if it is uncooked alcohol.**
12. **Have a backup plan.** Call a friend and let them know you may need a ride or someone to hang out with that evening if the party you are attending is too tempting.
13. **Attend an A.A. meeting or party so that you can find support in fellow members.**
14. **Schedule other plans.** Figure out something else to do on the nights you are invited to parties where alcohol will be served. This will keep you from deciding to go last minute!
15. **Remember that choosing not to drink is not rude.** Forcing someone to drink is rude.

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admitted  
 oneday  
 sponsors  
 honest  
 upsidedown  
 service  
 traditionone  
 unity  
 akron  
 homegroup  
 conceptone  
 stepone



Victor E. (May 1963)