



The Alternative

Intergroup newsletter for the Reading-Berks County Area

NOVEMBER 2014

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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ANNOUNCEMENTS:

Next Intergroup Meeting: NOVEMBER 25th, 2014

Reading Intergroup has no outside affiliations. We exist as a central office to serve Alcoholics Anonymous groups in the Reading areaALL MEMBERS ARE WELCOME TO ATTEND INTERGROUP MEETINGS. Meetings are held on the 4th Tuesday of each month, at 7:30pm, at Calvary Baptist Church 510 Park Ave. (intersection of Grace & Park). See your group's representative for Intergroup meeting minutes. See you at the NEXT MEETING!!!!!!!!!!!!!!!!!!!!!!!!!!!!

(As a reminder to all new Intergroup reps. Their alternate reps. and visitors to the monthly Reading/Berks Intergroup meeting. When there is a motion on the floor calling for a vote. Only one vote from each group may be submitted. (visitors may not vote)).

Correction for last months alternative. It was posted as the Nolde Forest. and it was suppose to be (French Creek bonfire meeting) that is up and running on Saturdays at 8pm with food and fellowship starting at 5pm – 7pm.

District 66: is having a district night out at the Live and Let Live group Located at St. Mary's Episcopal Church at front and Windsor St. in Reading. On November 26th at 7PM. Asking for your support.

Anniversaries: The Great Fact Group will be celebrating their anniversary at St Peters Church at Dwight and Curtis Ave. West Lawn on November 21st. where the Wilshire group meets. Food and fellowship at 6PM and open meeting afterwards.

STEP ELEVEN. *"Sought through prayer and meditation to improve our conscious contact with God as we understood Him. praying only for knowledge of His will for us and the power to carry that out."*

I hear all the time how vitally important and how much this step works to everyone that applies it in their daily living. I still struggling with doing this step on a daily basis. I do know from experience that when I do pray/meditate. My day seems to have less stress and confusion. I handle situations with more ease, make decisions that are less selfish and more compassionate to others. A great example is when I have a difficult situation with someone one day and our conversation ends in a bad way, I already have the idea in my head that when I talk to them the next time, that their attitude will be the same. So, I'm already setting myself up to have an attitude towards them, and generally the conversation goes badly again. But when I do his will and talk to them politely the next time, I find that both mine and their attitude along with the conversation with them sometimes goes well and ends well. This is one of the examples I have seen the eleventh step work wonders in my life.

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."*

Do you ever wonder if you are growing in recovery. Or just working a few steps to get by on. Here are a few questions to ask yourself that might help in answering that question. The Traditions are just as important as the steps and they are vital to living a better life in and outside of A.A. I've heard it said they go hand in hand. So, if your having a hard time with a person, your job or an institution of any kind. Work the step that is needed for that but take a look at the traditions sometime and see if it fits the occasion. (But first ask your sponsor what they think.)

"TRADITION CHECKLIST"

- 1.** Do I sometimes promote A.A. so fanatically that I make it seem unattractive.
- 2.** Am I always careful to keep the confidences reposed in me as an A.A. member.
- 3.** Am I careful about throwing A.A. names around-even within the fellowship.
- 4.** Am I ashamed of being a recovered, or recovering, alcoholic.
- 5.** What would A.A. be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- 6.** Is my A.A. sobriety attractive enough that a sick drunk would want such a quality for himself.

CONCEPT ELEVEN. “While the trustees hold final responsibility for A.A.’s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with the proper basis for the financial compensation of these special workers, will always be matters for serious concern.”

This is from the illustrated version of the twelve concepts located at “http://www.aa.org/assets/en_US/p-8_thetwelveconetps.pdf”

In this, the second longest of the Concepts, Bill explains in great detail the composition, functions and relationships of the standing committees of the General Service Board, its subsidiary operating boards, the General Service Office and the A.A. Grapevine — as they existed in 1962. As A.A. has grown and changed, many of the descriptions would be different today, and some of the issues that are addressed are no longer relevant. Nevertheless, the full text is valuable as an historical document, and many of the principles still apply, as summarized below. Underlying the service structure we have been discussing, there is another, internal structure of service consisting of the nontrustee members of the trustees’ committees; the nontrustee directors of the two operating boards, and the executives and staff members. “Members of this group,” declares Bill, “not only *support* the leadership of the trustees: they *share* leadership with them.” The following are “several principles . which” apply to A.A. World Services, Inc. and the A.A. Grapevine, Inc.:

1. The status of executives: No active service can function well unless it has sustained and competent executive direction. This must always head up in *one person*, supported by such assistants as he needs. That person has to have ample freedom and authority to do his job, and he should not be interfered with so long as his work is done well.

2. Paid workers, how compensated: Each paid executive, staff member or consultant should be recompensed in reasonable relation to the value of his or her similar services or abilities in the commercial world. Cheap help is apt to feel insecure and inefficient. It is very costly in the long run. This is neither good spirituality nor good business. Assuming service money is available, we should therefore compensate our workers well.

3. Rotation among paid staff workers: At A.A.’s General Service Office, most staff members’ assignments are changed every two years. When engaged, each staff member is expected to possess the general ability to do, or to learn how to do, any job in the place — excepting for office management.

4. Full “Participation” of paid workers is highly important

We have already discussed the necessity of giving key paid personnel a voting representation on our committees and corporate boards. They should enjoy a status suitable to their responsibility, just as our volunteers do.

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First Things First Word Search

O S I M P L E F T M I R K I F P P O K V U N
 Y M M C E O E V D Y S B K I Q L E E S K N E
 T K N A P G A N A G R E R D E A L E G S Z C
 Q O L E Q E E D N E C V F E S T A Y N G L E
 R B E A K T A I O N V K T X C E L P Z H Y S
 S K G A T T H C A C T E S O H O S I E F H S
 V G Z A S T B L H G A A R T D L V N D F L A
 O D W E G I A K X D K T L Y A A O E Y W E R
 L H R O T B D Y F O E A M O T E Y P R I D Y
 T E B N O I F E I J E A G Z T H E R N Y I T
 H M F C V L M N R H J Y A S E T I J U O P X
 R C S E E E H E S J L X U S S T R N W K W G
 V U J T R J Z P T I P J L Z I D P U G S P I
 V R I G H T V T H U Z E V J R H G L Z K R R

Can You Find the Capitalized Words?

FIRST THINGS First means to ATTEND to your RECOVERY. - to do TODAY what is NECESSARY for your HEALTH. ONE STEP at a TIME means to STAY in the DAY - to set EVERYTHING ELSE ASIDE -and to JUST DEAL with what's HERE RIGHT NOW. And KEEP it SIMPLE means to not TAKE it all on at ONCE -to set GOALS OVER time -and to BALANCE EACH day.