



# The Alternative

Intergroup newsletter for the Reading-Berks County Area

September 2013

[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.  
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## Announcements:

**Congo Big Book Study Group -16<sup>th</sup> Anniversary**  
**Wednesday Sept 18<sup>th</sup>, 2013 food & fellowship 7PM**  
**Speaker @ 8PM (food donations appreciated)**  
**527 Hoffmansville Rd; Bechtelsville PA**

**Reading-Berks Intergroup PICNIC—Sept 21<sup>st</sup> 2013; 12-5PM**  
**Red Bridge Park—2141 Tulpehocken Rd., Wyo. PA 19610**  
**Food—fun—fellowship—games**  
**Covered dish welcome**

### **COMBINED INTERGROUPS WORKSHOP: UNITY IN SERVICE**

**Next planning mtg: Sept 22 @ 1pm @ Victory Baptist Church...1059 Victory Cl., Reading PA**

**The Intergroups and Districts that serve Area 59 for 12 step work will be having its 2<sup>nd</sup> workshop:**  
**December 1<sup>st</sup> 2013 @ Seventh Day Adventist church**  
**All members are welcome. So please come and join us!**

### **D33, D66 & D67—Joint Workshop: CONCEPTS**

**Next Planning mtg: Sept 15<sup>th</sup> @ 2pm @ 2900 Grandview Bl, reading pa**  
**Oct 6<sup>th</sup> 2013 @ Muhlenberg Rec center, 3025 River Rd, Reading, PA 19605**  
**Info—fun—food—fellowship !!! Watch for details to come**

### **NEWS from RBI:**

**Archives: missing group histories list ENCLOSED—please get YOUR history to Ann!!!! Literature: We have Big Book and 12 & 12 on cassette >>Do you know anyone who has a player or is hard of hearing?? Contact Mark for more information!!**

### **Next Intergroup Meeting: September 24<sup>th</sup> 2013**

***\*\*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). 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	
10/6	Atonement 8:15	10/6	Walk the Walk	10/7	Robesonia
10/13	St. Gabe's Bgnr's Mtg	10/13	Sat Women's AA	10/14	<b>**HOLIDAY**</b>
10/20	Sec & Inches	10/20	Women Living Sober	10/21	Congo BB
10/27	Atonement 8:15	10/27	Courage to Change	10/28	Advent
				StJ's***ALWAYS CALL AHEAD!!!!**	
Wernersville State Hosp. See Guard in Building 34 Monday @ 7:00 PM		Reading Detox Unit Tuesday @ 8:00 PM		<b>Reading Spruce Pavilion Wednesday 7:00 PM</b>	
10/7	Birdsboro	10/1	Alpha	10/2	East Reading
10/14	<b>**HOLIDAY***</b>	10/8	Happy Hour	10/9	Jacksonwald
10/21	French Creek	10/15	Walk the Walk	10/16	Courage to Change
10/28	Shoey	10/22	Time to Start Living	10/23	Hilltop
		10/29	Sun AM Spkrs	10/30	Alpha
Reading Detox Unit Thursday @ 8:00 PM		Caron Foundation Young Adult <b>Female</b> Friday @ 7:00PM			
10/3	New Life	10/4	Courage to Change		
10/10	Sec & Inches	10/11	Lang o/t Heart		
10/17	Leesport	10/18	Sat Women's AA		
10/24	Shoey	10/25	Sec & Inches		
10/31	Congo BBSG				

**Step 9. - Made direct amends to such people, wherever possible, except when to do so would injure them or others.** We should waste no time beginning the actual amend making. We can begin immediately making amends to our loved ones who have most been affected by our insanities, our self-serving unlovingness, our fears and resentments. Although one purpose of doing the 9th step is to bring our lives to order, our **REAL** purpose is to **FIT OURSELVES** to be of **MAXIMUM** service to God and the people about us, setting all past relationships right, and establishing new ones on that solid bedrock.

**Tradition 9: Our groups ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

In the real world businesses and other groups are "organized." There is a hierarchy of authority established so that some members of the organization have the authority to "direct" the actions of others. But in 12 step rooms, no one has this kind of authority. The groups are a "fellowship of equals." Decisions are made by the group as a whole and not by one or a few members.

### Concept IX:

Short Form: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

# **Eastern Pennsylvania Area 59 Intergroups and Central Offices Combined Workshop**



**SUNDAY, DECEMBER 1, 2013**

Time: 1 P.M. registration

Workshop: 1:15 P.M. to 5 P.M.

**LOCATION:** (tentative)

Reading Hampden Heights Seventh-day Adventist Church

2706 Old Pricetown Rd • Temple, PA, 19560

## **Unity In Service**

See how other Intergroups and districts/central offices  
of Area 59 do their 12<sup>th</sup> step work and share ideas to carry  
the message to the still sick and suffering alcoholic

**FOOD - FUN - FELLOWSHIP and  
INFORMATION SHARING**

# TRI-DISTRICT WORKSHOP

*Presented by DISTRICTS 33, 66 and 67, Reading-Berks Intergroup.*

## The Concepts



SUNDAY, October 6<sup>th</sup> 1:00pm

Muhlenberg Recreation Center

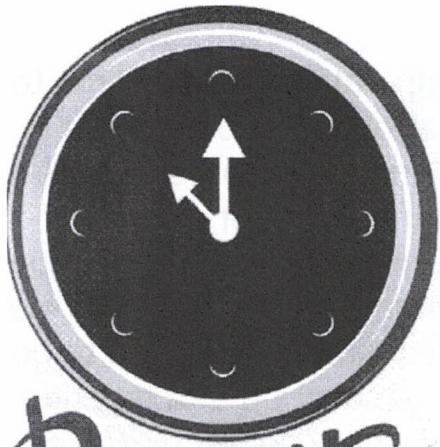
3025 River Rd.

READING, PA

REFRESHMENTS!!!! INFORMATION!!!! FELLOWSHIP!!!! ASK-IT BASKET!!!!

It is suggested that participants review the "A.A. Group" pamphlet

Feel free to bring: friends, newcomers, sponsors, covered dish.



PicnicTime

# Reading-Berks Intergroup Picnic

**Sept 21, 2013**

**12 Noon – 5pm**

**Please bring a covered dish, donations accepted!!!**

**Food/Games/Fellowship/Fun**

**Location: Red Bridge Park – 2141 Tulpehocken Rd., Wyo., PA 19610**

**Directions from Route 12:**

Take 422W/Warren St Bypass to Paper Mill Road exit. At the end of the ramp, continue straight. At the next light (Berkshire Blvd) turn right. Take this until the road ends. Turn left onto Tulpehocken Road. Go approximately 1.5 miles and the Red Bridge Recreation Area entrance will be on the right (if you get to the Red Covered Bridge, you have gone too far.)

**From Route 222.**

Take Broadcasting Road exit. Follow signs for Penn State Berks Campus, you will come to a stop sign (3 way intersection) at the bottom of Broadcasting Road. Turn left at stop sign onto Tulpehocken Road. The park entrance is approximately .5 mile on the right (if you get to the Red Covered Bridge, you have gone too far.)

## Member's Corner:

When I got sober my sponsor made it very clear how imperative it was for me to place myself in a position to be of service to my fellow alcoholics. So at a year sober I joined the hotline. I have been a part of the hotline for almost six years now. I was reflecting back over the last year and the half a dozen or so calls I have received from people calling in for help. I just recently got a call from a guy who had some sobriety and slipped away from the program. He basically told me he could not go another day and he wanted help. I asked him if he wanted to go to a meeting or the detox. His reply was he didn't want to show up at a meeting drunk and the last time he showed up at the rehab they would not let him in. So I had a friend of my call the local rehab while I stayed on the line with this guy. It turned out the rehab had a bed and they new the guy and welcomed him to come over. Once I relayed this message to the guy he said to come and get him. So me and my buddy Charlie jumped in the car to get this guy the help he needed. When we picked this guy up he looked at me and Charlie and said no one had ever gone out of there way to help him like this. I looked at him and said this is what we do. We stayed with him at the rehab for a bit of time. We also passed along our names and numbers so he has some connections when he gets out. On the ride home all we could talk about is how good it feels to be able to help today instead of being a hindrance. I don't know if the man we dropped off at the rehab will get sober or stay sober but I do know this, I know Charlie and I stayed sober that night as a result of taking action and being of service when someone had the courage to reach out and ask for help. Thanks AA for teaching me another way to live.

Sincerely

Henry H.

A Bad Wintry Mix. 3:25 am 12/27/12

Alcoholism and Manic Depression, Much worse than a bad wintry mix.....Impulse Control is a problem. I SNAP, and, mmmmmmmh, WHAT AN ITCH. !!!! An uncontrollable jerk, with unforgiveable thoughts.....Hurtful beyond recognition,.....forgetting just WHO is the boss .....

My ego and alcoholism are one now, a force when teamed together.....Each day I stay sober they fight for my conscience, .....a mean nasty bad mother trucker. They team up against me, I'm SCREWED! ...Evil ALWAYS wins over good.....I forget that God's on my side.....Like every good alcoholic could.

I relax and get lazy, stop praying....and healing goes right out the door. ...My ego gets fed like steroids....my mean side grows more and more. I thought that by 5 years sober,.....I'd be all OVER this itch.....Apparently not, ~ STILL a jerk, can creep up from out of the mist.

Like a deadly storm out of nowhere.....that causes the wrecks on the road.....I. struggle with good verses evil.....My filter forgets to show! So how can I fix this? ~ I LOSE SLEEP! ...for WEEKS and WEEKS on end.....My ego is winning, ALCOHOLISM just WAITING.....making me think its my friend!!!

I'll fight all the demons with GOD'S help.....and friends and family too.....I. lean on my sponsor with all of my might.....I'm sorry if I hurt any of you. My temper can take down an army...without even being ARMED!!.....the ONLY weapon I have is my tongue.....and it is MIGHTY STRONG!

It has no edit button, when it is seeing RED!...my anger, ~ unforgiveable....the words just fly out of my head. They annihilate the strongest ones; they go for the generals first! They go RIGHT for the jugular.....why does evil have so much girth?

Well, why ask why, just fight it.....every step of the way. SQUASH the character defects.....KNOW they'll NEVER go away..... I need to pray for myself now.....and those that I have harmed. And arm myself with recovery, so no one is alarmed.

Fight off the demons and ask God for help, REMEMBER HIM?? HE IS IN CHARGE!!!.....this land is HIS land, NOT mine, ....oh.....yeah, ....my ego forgets.....its so large.

So I really will try to put it in check, fight harder every day. Ward off the impulse, or it will run wild, ....good must win over evil today ! I'll ask God for forgiveness,,,NO ONE can change the past. What's done is done,...I'll sleep now.....and pray for a clean sober path !

Barb B.

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## The Family Afterward

P H E B E C N E D I F N O C N V J P C G  
 L N R J O F R E E B Q X K L O F C B Z L  
 A A Y O L S E V I T C E P S R E P Z B X  
 G Y B H V S X A F T E R W A R D U E P S  
 U C O N V I C T I O N S E Y G U L Q T M  
 E S E R T C E P S R D O T G E Z F B B E  
 D R J A S P I R I T U A L L Y E A R J F  
 M O Z J P J R E G N I R U L L A Q S Q F  
 W T E V I L T E L D N A E V I L W Z S N  
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 L O O W U Y I J E E U L Y Q F M B E U V  
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 P S Y C H O L O G I S T S M G Q M U S V  
 S I E Y D Z X B F K I Q C I T O R U E N  
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 AFTERWARD  
 WOMEN  
 FOLK  
 COTTON  
 WOOL  
 DEFLATION  
 CESSATION  
 NEUROTIC  
 ALLURING  
 OBSTACLES  
 CONFIDENCE  
 WISE  
 PLAGUED  
 SPECTRES  
 PERSPECTIVES  
 ENTHUSIASTS  
 SPIRITUAL  
 CONVICTIONS  
 HAPPY

JOYOUS  
 FREE  
 DOCTORS  
 PSYCHOLOGISTS  
 PRACTITIONERS  
 LIVE AND LET LIVE  
 EASY DOES IT

Victor E. (Sept 1966)

