

The Alternative

Reading-Berks County Intergroup Newsletter

October 2022

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 PO 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

Jen P.	Intergroup Chairperson	Chairperson@ReadingBerksIntergroup.Org
Mark S.	Intergroup Alt. Chairperson	Alt-Chair@ReadingBerksIntergroup.Org
Tammy G.	Intergroup Treasurer	Treasurer@ReadingBerksIntergroup.Org
Tom H.	Intergroup Secretary	Secretary@ReadingBerksIntergroup.Org
Bill M.	Hotline Representative	Hotline@ReadingBerksIntergroup.Org
David G.	Archives Representative	Archives@ReadingBerksIntergroup.Org
Larry M.	Men's Prison Chairperson	MensPrison@ReadingBerksIntergroup.Org
Susan W.	Woman's Prison Chairperson	WomansPrison@ReadingBerksIntergroup.Org
Bill C.	Literature Representative	Literature@ReadingBerksIntergroup.Org
Rachael H.	Schedules Representative	Schedules@ReadingBerksIntergroup.Org
Michelle H.	Institutions Representative	Institutions@ReadingBerksIntergroup.Org
George "Stu" S.	Newsletter Chairperson	Alternative@ReadingBerksIntergroup.Org
Jen P.	Unity Chairperson	Unity@ReadingBerksIntergroup.Org
Kent	Bridging the Gap Chairperson	BridgingGap@ReadingBerksIntergroup.Org
Steve P.	Website Representative	Website@ReadingBerksIntergroup.Org
Sharon B.	Public Information Chairperson	PublicInfo@ReadingBerksIntergroup.Org
Robby K.	Visitation Chairperson	Visitation@ReadingBerksIntergroup.Org
Lindsey K.	Virtual Committee	Virtual@ReadingBerksIntergroup.Org
Intergroup	General Contact	Info@ReadingBerksIntergroup.Org

The Reading Berks Intergroup meets on the 4th Tuesday of each month in person at Christ Mertz Lutheran Church at 16 Fleetwood Rd., Fleetwood PA 19522 at 7:00 PM AND via Zoom at ID 95087075328, Password SoberRBI.. 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)

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:*

Underground Garage
Morgantown Saturday Night Meeting
YASNY
End of The Line Group

Meetings in Need of Support

"Books and People Group"

In Person
Every Monday at 6:30 PM
Mountain View Church of God
1255 Hampden Blvd, Reading PA 19602

The "Walnut Street Group" is in need of support at their 8 PM meetings every day of the week

8:00 pm to 9:00 pm
In-person
Former EDI Clubhouse
647 Walnut St, Reading PA 19601
Please bring your Experience, Strength, and Hope!

Announcements

Dance at Leesport

Saturday October 8th, 2022
7 PM to 10 PM
BAND: Bunch of funk
Tickets are \$15
Contact: Larry

Annual Men's Fellowship Fall Retreat

"The wonderful gift of Sponsorship"
Saturday October 15th, 2022
9 AM to 9 PM
Bynden Wood Lodge
201 Cushion Peak Rd, Reinholds PA 17569
Cost: \$60; Lunch, Dinner, Snacks, and Cornhole
Warm up with recovery workshops; Bring your sponsee, 2 great speakers
Contact: Steve M., (610) 241-4158, web: <https://berksrecoveryretreat.com>,
email: berksrecoveryretreat@gmail.com

Announcements (Continued)

The Leesport Group 6th Annual Chili Cook-off

Saturday October 15th, 2022

Start time 8:00 PM with judging at 8:30 PM and an open speaker meeting at 9:30 PM

Lutheran Church of the Holy Trinity

102 Apple St, Leesport PA 19533

They are accepting the first 10 competitors only

Contact John Q. at qwazyq@msn.com or any Homegroup member if you want to compete

Once registered, please bring a crock pot full of your favorite fully cooked chili to the Church before 8PM

Reading Berks Intergroup Elections will be held at the November Reading Berks Intergroup meeting
Tuesday November 22nd, 2022

District 33 will hold elections for the next panel of service position holders at the monthly meeting on
Thursday October 20th, 2022. All GSRs / AGSRs and interested persons are encouraged to attend.
(If there are no people to participate there can be no services provided!)

Visit the Reading Berks Intergroup page (<https://readingberksintergroup.org/>)
for information on Area Business (like the latest edition of “We”, your Area59 quarterly news letter, and the
results document from the 2022 General Services Conference)

“Alternative Advertisements”

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

Please email all requests to: Alternative@ReadingBerksIntergrop.Org

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 Alternative, who participate in the monthly Intergroup business meetings with other elected Representatives. These meetings are held on the 4th Tuesday of each month at Christ Mertz Luthern Church at 16 Fleetwood Rd., Fleetwood PA 19522 at 7:00 PM and accessible via Zoom at ID 95087075328 with Password SoberRBI. The meeting starts at 7:00 PM and is usually over by 8:00 PM.

“AA HOTLINE” Needs Volunteers

****ESPECIALLY SPANISH SPEAKING VOLUNTEERS****

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

Service Commitments (Continued)

“Bridging the Gap” Needs Volunteers

Please contact Kent or
BridgingGap@ReadingBerksIntergroup.Org or
“Bridging the Gap”, PO Box 2332, Reading PA 19608

Need Male Volunteers for the Prison Commitment

*Suspended until further notice
Please Contact Larry M. at MensPrison@ReadingBerksIntergroup.Org

Need Female Volunteers for Prison Commitment

*Suspended until further notice
Please Contact Susan W. at SanLee715@gmail.com

Haven Behavioral Health

145 North 6th Street, Reading PA 19601
484-256-9068

Wednesdays and Fridays 7:30pm *in person only*

Call 1 hour prior to commitment to confirm a staff member will be attending an ENTIRE meeting with you. If they do not have staff to attend please let them know you will not be attending, if you get there and they have no staff available please do not stay if you will be unattended in the meeting.

Tower Health Behavioral/Detox

Bernville Rd

Wednesdays 7:30 PM

We are still doing Zoom only commitments but they are opening In-Person commitments
However, In-Person commitments will require a background check, a brief on-line orientation, urine screening, and fingerprinting

Clair of Asi Asi House

325 S. 12th Street, Reading PA 19602

484-869-5483

Sundays 7 PM

Women only commitment

Wernersville

Wernersville State Hospital, see guard in Building 37

Mondays 6:45 PM

Required to bring proof of COVID vaccination and to wear a mask

Teen Challenge ON HOLD -no commitment at this time

Hannah’s Hope - Women only - ON HOLD -no commitment at this time

Recent Meeting Updates and Changes:

Sadly, effective 9/25/22, the **Monday Congo Bigbook** meeting is discontinued because of poor attendance.

The **Topton Meeting** has changed their meeting time effective 9/20/22. Tuesdays and now 7 PM to 8 PM. St Peter Church, 122 West Franklin St, Tipton PA 19562. Open Discussion / Speaker meeting.

The **Boyertown Group** meeting formats have changed effective 9/22/22. Tuesdays and Thursdays 7:00 PM to 8:00 PM. Boyertown Inn, 1 S Reading Ave, Boyertown PA 19512.

The next monthly Reading-Berks Intergroup meeting is 7:00 PM Tuesday October 25th, 2022 at Christ Mertz Lutheran Church at 16 Fleetwood Rd, Fleetwood, PA 19522.

The Winter Edition of Box 459 is now available in English & Espanola on the Communication Corner Page of the Reading Berks Intergroup website!

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