

# The Alternative

## Reading-Berks County Intergroup Newsletter

October 2023

[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 PO Box 12157, Reading, PA 19612, or you can email us at [Alternative@ReadingBerksIntergroup.org](mailto:Alternative@ReadingBerksIntergroup.org)

**HELP IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK CALL 610-373-6500**

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### INTERGROUP REPRESENTATIVE CONTACT INFORMATION

Kay L.	Intergroup Chairperson	<a href="mailto:Chairperson@ReadingBerksIntergroup.Org">Chairperson@ReadingBerksIntergroup.Org</a>
Dave K.	Intergroup Alt. Chairperson	<a href="mailto:Alt-Chair@ReadingBerksIntergroup.Org">Alt-Chair@ReadingBerksIntergroup.Org</a>
Tammy G.	Intergroup Treasurer	<a href="mailto:Treasurer@ReadingBerksIntergroup.Org">Treasurer@ReadingBerksIntergroup.Org</a>
Gregg G.	Intergroup Secretary	<a href="mailto:Secretary@ReadingBerksIntergroup.Org">Secretary@ReadingBerksIntergroup.Org</a>
Bill M.	Hotline Representative	<a href="mailto:Hotline@ReadingBerksIntergroup.Org">Hotline@ReadingBerksIntergroup.Org</a>
Larry M.	Archives Representative	<a href="mailto:Archives@ReadingBerksIntergroup.Org">Archives@ReadingBerksIntergroup.Org</a>
Robby K.	Men's Prison Chairperson	<a href="mailto:MensPrison@ReadingBerksIntergroup.Org">MensPrison@ReadingBerksIntergroup.Org</a>
Susan W.	Women's Prison Chairperson	<a href="mailto:WomensPrison@ReadingBerksIntergroup.Org">WomensPrison@ReadingBerksIntergroup.Org</a>
Bill C.	Literature Representative	<a href="mailto:Literature@ReadingBerksIntergroup.Org">Literature@ReadingBerksIntergroup.Org</a>
Tim M.	Schedules Representative	<a href="mailto:Schedules@ReadingBerksIntergroup.Org">Schedules@ReadingBerksIntergroup.Org</a>
Mark S.	Institutions Representative	<a href="mailto:Institutions@ReadingBerksIntergroup.Org">Institutions@ReadingBerksIntergroup.Org</a>
George "Stu" S.	Newsletter Chairperson	<a href="mailto:Alternative@ReadingBerksIntergroup.Org">Alternative@ReadingBerksIntergroup.Org</a>
Chris H.	Unity Chairperson	<a href="mailto:Unity@ReadingBerksIntergroup.Org">Unity@ReadingBerksIntergroup.Org</a>
Kent S.	Bridging the Gap Chairperson	<a href="mailto:BridgingGap@ReadingBerksIntergroup.Org">BridgingGap@ReadingBerksIntergroup.Org</a>
Steve P.	Website Representative	<a href="mailto:Website@ReadingBerksIntergroup.Org">Website@ReadingBerksIntergroup.Org</a>
Jen P.	Public Information Chairperson	<a href="mailto:PublicInfo@ReadingBerksIntergroup.Org">PublicInfo@ReadingBerksIntergroup.Org</a>
Tim M.	Visitation Chairperson	<a href="mailto:Visitation@ReadingBerksIntergroup.Org">Visitation@ReadingBerksIntergroup.Org</a>
Intergroup	General Contact	<a href="mailto:Info@ReadingBerksIntergroup.Org">Info@ReadingBerksIntergroup.Org</a>

The Reading Berks Intergroup meets on the 4<sup>th</sup> Tuesday of each month in person at One United Church of Christ, 1730 New Holland Rd, Reading PA 19607 at 7:00 PM. 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:*

Alpha Group  
Bernville AA Group  
Muhlenberg Sunday Speaker Meeting  
Teathyme Group  
Thursday & Friday Group  
Walk The Walk  
Walnut St Recovery Group

*Announcements*

**Spooky Spaghetti & Song Trivia hosted by RBI's Unity Committee**

Friday October 27<sup>th</sup>

5:30 PM

Atonement Parish Center, 5 Wyomissing Blvd, Wyomissing PA 19610

**EPGSA 2023 is in Lancaster PA, November 10-12**

(Registration is open)

**The Reading-Berks Intergroup Public Information committee is looking for  
volunteers to help in their mission**

Email the chairperson for info at [PublicInfo@ReadingBerksIntergroup.org](mailto:PublicInfo@ReadingBerksIntergroup.org) or join us the 4th Tuesday of every month at 6 PM at One United Church of Christ before the monthly Intergroup meeting

**Visit the Reading Berks Intergroup page (<https://readingberksintergroup.org/>)**

Plenty to check out:

- Updated and latest version of the RBI Structure Manual
- New AA Hotline tear-off forms available for all members to print, use, and distribute
  - Link to AA World Service's new digital presence on LinkedIn
- Links and guidelines for what is appropriate content for the Reading-Berks Intergroup website
  - Links for activities around our area and beyond
  - Link to "We" (English and Spanish), Your Area 59 quarterly newsletter
    - Link to the Grapevine Podcast
- Plus the most recent info on Area 59 and EPGSA and on GSO and the General Service Conference

**"Alternative Advertisements"**

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

Please email all requests to: [Alternative@ReadingBerksIntergroup.Org](mailto:Alternative@ReadingBerksIntergroup.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 One United Church of Christ, 1730 New Holland Rd, Reading PA 19607 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](mailto:Hotline@ReadingBerksIntergroup.Org)

## **“Bridging the Gap” Needs Volunteers**

Please contact Kent S. or email

[BridgingGap@ReadingBerksIntergroup.Org](mailto:BridgingGap@ReadingBerksIntergroup.Org)

## **Interested in attending AA inside BCP? Jail meetings have returned!**

### **Need Male Volunteers for the Prison Commitment**

**\*\*\* OPEN \*\*\***

Meetings now every Thursday

Robby has applications – 2 forms that must be completed

All questions must be completed even if with “None” or “N/A”

If you get one and fill it out, please make a copy for yourself that can be referenced later

Contact Robby K. at [MensPrison@ReadingBerksIntergroup.Org](mailto:MensPrison@ReadingBerksIntergroup.Org) for additional information

### **Need Female Volunteers for Prison Commitment**

**\*\*\* OPEN \*\*\***

Held their 1<sup>st</sup> meeting June 5<sup>th</sup>

Will require application and attending a training course.

Will need 1 year of sobriety and to be out of jail 2 years and out of probation for 1 year.

Contact will be Susan W. at [SanLee715@gmail.com](mailto: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.

## *Service Commitments (continued)*

### **Clare of Assisi House**

325 S. 12<sup>th</sup> 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**

**\*\*\* NOW OPEN \*\*\***

Women Tuesdays at 7 PM

Men Thursdays at 7 PM

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

## *Meetings in Need of Support*

### **Mustard Seed Group**

In Person

Saturdays at 6 PM

St Mark's Lutheran Church

1015 Windsor St, Reading PA 19604

They are looking for new members to share their Experience, Strength, and Hope with them!

### **Friday Blandon Group**

In Person

Fridays at 8 PM

Maidencreek Church

261 Main St, Blandon PA 19510

Has Your Groove Turned Into a Rut? Change your Routine and Join Us!

### **St Gabriel Beginner Meeting**

In Person

Tuesdays at 7 PM

St. Gabriel's Episcopal Church

1188 Benjamin Franklin Hwy, Douglassville PA 19518

Come Share Your Experience, Strength, and Hope!

*Meetings in Need of Support (continued)*

**Books and People Group**

In Person

Mondays at 6:30 PM

Mountain View Church of God

1255 Hampden Blvd, Reading PA 19602

Change up your routine and check out a new meeting!

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

In Person

8:00 pm to 9:00 pm

Former EDI Clubhouse

647 Walnut St, Reading PA 19601

Please bring your Experience, Strength, and Hope!

**The Topton Group**

In Person

Tuesdays at 7 PM

Saint Peter Church

122 West Franklin St, Topton PA 19562

Open Discussion / Speaker meeting

## *Recent Meeting Updates and Changes:*

**The Friday Kutztown Group** is now a Grapevine discussion meeting  
(Fridays at 7 PM at Trinity Lutheran Church at 357 W Main St, Kutztown PA 19530)

**Women's Hope with AA** now meets at 7 PM every Friday night at the same location in Douglassville,  
downstairs in the chorus room  
(Fridays at 7 PA at St. Gabriel's Episcopal Church at 1188 Benjamin Franklin Hwy, Douglassville PA 19518)

**Women's Courage to Change** has relocated.  
(Mondays at 6:30 PM - hybrid at Advent Lutheran Church at 16 Telford Ave, West Lawn PA 19609; Zoom  
meeting ID 357 377 581, password 756726  
Fridays at 6:30 PM - Zoom Only, meeting ID 357 377 581, password 756726)

**The Nolde Forest Group** in Kenhorst is changing their meeting time on November 8th to 7:00 PM  
(normally Wednesdays at 7:30 PM at One United Church of Christ at 1730 New Holland Rd, Reading PA 19607)

**You Are A Miracle** WILL NOT MEET Monday December 25<sup>th</sup>. Meetings will resume the following Monday.  
(Mondays at 5:30 PM at St. Columbkil Church at 200 Indian Spring Rd, Boyertown PA 19512)

**The Sunday Morning Speaker Group** has relocated to EDI in Leesport.  
(Sundays at 11 AM at EDI at 1300 Hilltop Rd, Leesport PA 19533)

**The next monthly Reading-Berks Intergroup meeting is 7:00 PM Tuesday, October 24<sup>th</sup>, 2023 at One United Church of Christ, 1730 New Holland Rd, Reading PA 19607.**

# What Did You Do This Summer?

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

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

## Word Bank

- |                |                |                   |              |
|----------------|----------------|-------------------|--------------|
| 1. horseback   | 2. zoo         | 3. waterski       | 4. fish      |
| 5. visit       | 6. cruise      | 7. camp           | 8. rafting   |
| 9. mountains   | 10. travel     | 11. hike          | 12. swim     |
| 13. surf       | 14. jetski     | 15. tent          | 16. parasail |
| 17. baseball   | 18. polo       | 19. chill         | 20. picnic   |
| 21. retreat    | 22. motorcycle | 23. beach         | 24. sail     |
| 25. staycation | 26. basketball | 27. amusementpark |              |



## *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