

# *The Alternative*

## Reading-Berks County Intergroup Newsletter

October 2024

[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

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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. 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.

## **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.

## **Concept Ten**

*“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.”*

The company you work for probably believes this as well. No effective and successful business can run without it. AA has gone to great lengths to ensure there is final / ultimate authority and to define where it lies should any “course correction” ever be needed. This Concept suggests that providing trusted servants with clearly defined jobs and the authority to do those jobs is equally important. This is where the idea of the “group conscience” as ultimate authority and the “trusted servant” as delegated authority clearly cross paths and need each other to function.

## **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.*

**Reading-Berks Intergroup Thanks Their Groups for their Support:**

Advent Men's Group  
Big Book Step Study Group Wernersville  
Boyertown Group  
Leesport Group  
Mertztown  
Monday Night TLC Men's Meeting  
Walnut St Recovery Group  
Women Living Sober

(Address for contributions: Reading-Berks Intergroup, PO Box 12157, Reading PA 19612)

**District 33 Thanks Their Groups for their Support:**

Leesport Group  
Spirit of Recovery

(Address for contributions: D33 Treasurer, PO Box 452, Fleetwood PA 19522)

**District 66 Thanks Their Groups for their Support:**

(Address for contributions: District 66, PO Box 152, Mohnton PA 19540)

**District 67 Thanks Their Groups for their Support:**

(Address for contributions: D67 Treasurer, PO Box 73, Birdsboro PA 19508)

**“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)

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

Plenty to check out:

- OLD COPIES OF THE ALTERNATIVE going back 2 and even 3 decades!
  - Information and links for the New Grapevine App for your smart phone
    - Updated and latest version of the RBI Structure Manual
- New AA Hotline tear-off forms available for all members to print, use, and distribute
  - Printable schedules in 2 different sizes
  - Links for activities around our area and beyond
- Link to “We” in both English and Spanish (Your Area 59 quarterly newsletter)
  - Link to the Grapevine Podcast
- The Contributions page which lists the most up-to-date addresses for Area and GSO
- Plus the most recent info on Area 59 and on GSO and the General Service Conference

## *Announcements*

### **67th Annual Eastern Pennsylvania General Service Convention & Assembly (EPGSA)**

November 8<sup>th</sup> to November 10<sup>th</sup>, 2024

This is a voting year, please register before November 1<sup>st</sup> for Saturday or before October 8<sup>th</sup> if booking the hotel.

Wyndham Lancaster Resort & Convention Center  
2300 Lincoln Highway Hwy E., Lancaster PA 17602

### **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

## *Volunteers Needed*

### **Volunteers needed for the Prisons Commitment (especially Women's)**

Please contact Robbie K (Men's) or Susan W (Women's)

### **Volunteers needed for Bridging the Gap (especially northern Berks County)**

Please contact Kent S plus there is a flyer with a QR code that will get you signed up

### **Volunteers needed for the Hotline (especially female Spanish Speaking volunteers)**

Please contact Bill M

### **“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.

# *Service Commitments*

Please use this QR code to access the most current listing for commitments:



## **Current Active Commitments:**

The Haven, Wernersville, Teen Challenge (Women and Men)

You can also access information for Institution Commitments as well as Prison Commitments on the RBI 12<sup>th</sup> Step Work webpage which is under the Member Services page from the main page of Reading Berks Intergroup.

## *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!

### **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!

### **The Bottom of the Barrel Group**

In Person

Tuesdays at 7:30 PM

Maidencreek Church at 261 Main St, Blandon PA 19510

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

### **Women's Courage to Change**

Zoom and In Person

Mondays at 6:30 PM - Hybrid (physical: Advent Lutheran Church, 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)

They have a Flyer reaching out to women in recovery

## *Meetings in Need of Support (continued)*

**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

### **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!

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## *Recent Meeting Updates and Changes:*

**Come and check out a NEW campfire meeting: Rising Phoenix AA Campfire Meeting** starts June 22, 2024 (Saturdays 9 PM. Location CP Tactical 2 Caramist Drive in Sinking Spring PA 19608. Meeting will be behind the main building. Please park in the parking lot and bring a chair or blanket. Closest bathroom will be the Redner's Quick Stop.)

**"The Tribe"** virtual meeting is now meeting only Wednesdays, Fridays, and Saturdays effective the last week in April. Wednesdays are speaker meetings, Fridays are Big Book meetings, and Saturdays will be Daily Reflection meetings.

(ZOOM ID 370705063; PW 364095)

**Women's Courage to Change** has a new location as of May 6<sup>th</sup>. They are now meeting at St. John's Lutheran Church at 4125 Penn Ave in Sinking Spring, PA 19608.

(Mondays at 6:30 PM, both in-Person and Online; ZOOM Meeting ID: 357 377 581, PW 756726)

**Friends of Bill W Group** in Bechtelsville has added a meeting to the schedule on Monday nights at 5:30 PM

(Mondays 5:30 PM at St. Andrew's Methodist Church at 611 Swamp Creek Rd in Bechtelsville PA 19505)

**The next monthly Reading-Berks Intergroup meeting is 7:00 PM Tuesday, October 22<sup>nd</sup>, 2024 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 N G 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