

The Alternative

Reading-Berks County Intergroup Newsletter October 2020

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 Alternative@ReadingBerksIntergroup.org

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

INTERGROUP REPRESENTATIVE CONTACT INFORMATION

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The Reading Berks Intergroup meets on the 4th Tuesday of each month at the Calvary Baptist Church, 510 Park Ave., Reading, PA at 7:30 P.M. 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: End of the Line Group, Underground Garage Group, and Courage to Change Group!

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 Alternate, who participate in the monthly Intergroup business meetings with other elected Representatives. These meetings are held on the 4th Tuesday of each month at Calvary Baptist Church, [510 Park Avenue, Reading PA](#). The meeting starts at 7:30 PM and is usually over by 9:00PM

“AA HOTLINE” Needs 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 and sign up sheets are available at http://www.readingberksintergroup.org/Getting_Involved.htm#HOTLINE_SIGN-UP_SHEET

“Bridging The Gap” – Needs Volunteers

Contact Steve M. at 610-241-4158 or
BridgingGap@ReadingBerksIntergroup.Org
“Bridging the Gap”, P.O. Box 2332, Reading, Pa. 19608

Need Male Volunteers for the Prison Commitment

Meetings are Saturday Nights from 7-8 PM
Please Contact Al S. at MensPrison@ReadingBerksIntergroup.Org
Applications are available on the Reading Berks Intergroup Website @
<http://www.readingberksintergroup.org/Prison%20Volunteer%20App-2015.pdf>

Need Female Volunteers for Prison Commitment

Meetings are Tuesday Nights from 7-8 PM
Please Contact Susan W. at SanLee715@gmail.com
Applications are available on the Reading Berks Intergroup Website @
<http://www.readingberksintergroup.org/2015%20PrisonVolunteerApp%20Female.pdf>

Events

Announcements

Meeting Reopening announcements will be provided when available! Stay safe everyone!

“Alternative Advertisements”

All A.A. Events, Notifications, Announcements and/or Testimonies are Welcome!
Please email all requests to: Alternative@ReadingBerksIntergroup.Org

“New AA Meeting Guide Mobile App”

Free mobile app for IOS and Android. Google: <https://meetingguide.org/>
Designed to be simple, fast, and help you find AA meetings

All are Invited to Attend:
District 66 Area 59 Meeting
2nd Thursday each month at 7 - 8 PM
St. Peters UCC, Dwight St. & Curtis Rd., West Lawn, PA

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