

# NEPAIG MESSENGER

SUMMER 2024



**Hotline.....570-654-0488 — 800-640-7545**

**Central Office.....570-654-1226**

**Website <https://aaintergroupnepa.org/>**

**Office Address:**

422 N. Main St., Pittston, PA  
18640

**Office Hours:**

Saturdays 10 AM—2 PM  
2nd Tues./month 5—6:30 PM

**Email:**

nepaintergroup@gmail.com

**Monthly IGR Meeting:**

Meeting held at 7PM the 2nd  
Tuesday of the month at

Queen of the Apostles School  
bldg.

715 Hawthorne St, Avoca, PA  
18641

## NEPAIG - Your Intergroup - Participation

Let's be honest, most all of our committees are a committee of one, not good for AA or for NEPAIG. A few committees have no Chairperson right now, an even worse scenario.

Since I took this Newsletter commitment last year, I've been to 5 of the 7 district meetings in NEPAIG. After going to Districts 39, 40, 53, 49 and 62 I've found A.A. to be alive and well in each district. There are many groups represented at these district meetings. They are all active, hosting workshops, prison commitments, Public Information work and more. Some even print their own meeting list and have a website. If you get around the geographical area of NEPAIG, A.A. seems to be actively working in most Districts. District 52 has no District committee, struggling that way for years now. District 59 meets, but has no committee.

After seeing A.A. working so well in our districts, why can't we generate that type of participation here at NEPAIG? Perhaps we need to look at other options? To get to our Office from some of these districts is well over an hour drive one way. They are actively carrying out A.A. service work in their local areas, almost like it was before the NEPAIG formed.

It's something we should think about and try to come up with a solution on how we can improve our efforts to serve the alcoholic who is still suffering. That is the purpose of all our Service functions, to help those seeking help from alcoholism.

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**DISTRICT 40 will host - "Area 59 Share a Day"**

Mark your calendars and get ready for a great event. Area 59 and District 40 are holding this assembly in our area. It's always a fun and informative time, great information and a chance to meet with and talk to the trusted servants of Area 59 serving Eastern PA.

**WHERE: Misericordia University**  
**WHEN: OCTOBER 12, 2024 10 AM to 2 PM**

## Editors Corner



We've been busy in NEPAIG. In the last quarter we've had highs and lows. We manage, but are we doing enough? A.A. is a society of "Alcoholics in motion" with always something to do. We stay in motion to stay alive, as taught by our history. ***Are you in motion in A.A.?***

*Look for changes to your newsletter in upcoming issues, maybe bi-monthly issues soon!* **Meet your Newsletter Committee;**

**Bob P - Ron S - Jean R - Allie D - Ashley C**

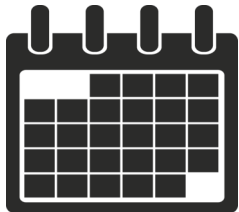


### District 39 Workshop - "How Miracles Happen"

On April 20th D-39 held a workshop at St. Peter's Lutheran Church, which was well attended. NEPAIG was asked and committees from BTG, Newsletter, Corrections and Archives were there along with our Chairperson. There were 2 speakers, who shared their "miracle" of recovery. Presentations were also given from our committees and a sobriety countdown took place. Everyone seemed to enjoy the event, which is always what happens when AA's meet to share their sobriety in service or in experience.

*Angela F.* had this to share on a newsletter comment form:

"My favorite thing I heard from Jerry, the 1st speaker at the workshop was", "Nothing that comes out of my mouth is original! It's from you people. It's from what A.A. teaches me."



*Check out our website for upcoming events at:*

***<https://aaintergroupnepa.org/nepaigaaevents>***

*These events change constantly, so check back often*

### *Bridging the Gap*



**Bridging the Gap** is a program creating a temporary partnership between a treatment program and A.A. members. Bridging the Gap is designed to help an alcoholic in a treatment program make that transition.

One of the more "slippery" places in the journey to sobriety is between the door of the facility and the nearest A.A. group. A.A. members have volunteered to be temporary contacts and introduce newcomers to Alcoholics Anonymous

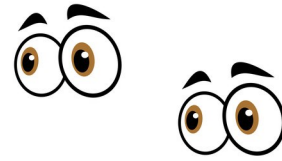


**Request Services:** <https://aaintergroupnepa.org/bridging-the-gap-member-signup>

**Become A Volunteer:** <https://aaintergroupnepa.org/bridging-the-gap-volunteer-sign-up>

**Comments or Questions:** [NepaBTG@gmail.com](mailto:NepaBTG@gmail.com)

## A look at Traditions 4, 5, 6



**Tradition 4 - Each Group should be autonomous except in matters affecting other groups or A.A. as a whole.**

1. Am I really willing to go to any lengths, helping newcomers or AA as a whole?
2. Do I judge or criticize other AA's if they offer different opinions than mine?
3. Do I think there are only a few "right ways" of doing things in AA?

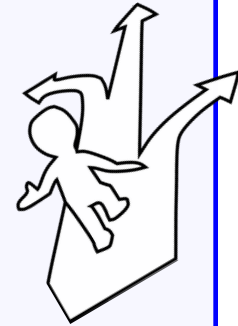
**Tradition 5 - Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.**

1. Have I ever asked another AA for special favors or financial considerations because I'm in AA?
2. Do I do all that I can to help NEPAIG fulfill its primary purpose?
3. Do we make sure our 7th Step money is spent on carrying the message?

**Tradition 6 - An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.**

1. Should our NEPAIG members serve on outside committees related to alcoholism?
2. Are our officers and IGR's familiar with pertinent AA Guidelines that are available from GSO?
3. Why is important that we not become involved with outside enterprises?

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## GROUP ANNIVERSARIES:

### Upcoming:

**KISS Group**, Mt Bethel Baptist Church, Clarks Summit, PA  
40 years, Sept 28th, Saturday @ noon, pizza party and more, also group monthly celebrants

**New Visions of Hope**, St. Elizabeth Ann Seton Parish, Kingston, PA.  
40 years, July, details to be announced



### Recent:

**First Things First Group**, Dickson City 29 years





## AA Grapevine Turns 80

This month's Grapevine issue is "Happy Birthday Grapevine!" The GV celebrates the magazines 80<sup>th</sup> Anniversary. Get your copy in print or online to help celebrate this major milestone in GV history. If you're feeling more like a "LIVE" way to celebrate, you can always attend one of our local AA GV meetings. A search of our NEPA AA website online meeting list shows quite a few listed below:

Sunday—Hawley Wallenpaupack group, Hawley 2:00 PM

Monday—Noon in Bloom Group, Bloomsburg, Noon

Monday—Hemlock Group, Lords Valley, Noon

Monday—Live & Let Live Group, Waverly, 6:00 PM

Wednesday—Bell Book & Candle, Scranton, 6:30 PM

Wednesday—Tamaqua Group, Tamaqua, 7:00 PM

Thursday—Grapevine Group, Scranton, 7:00 PM

Thursday—Pioneer Group, Shavertown, 7:00 PM

Friday—Solution Group, Wilkes Barre, 7:00 AM



If you know the Grapevine, then you know its value. I do miss my favorite "Victor E." and loved his adventures staying sober in a tempting world! Some don't know why he was named Victor E., just say it fast and find out! We're celebrating 80 years of articles, opinions (not being AA Conferenced approved it offers personal AA opinions on most any topic) It always had some form of sober humor, and led to our own humor based page, "Dry Dock," which came to be in a chat session between Rich E. (Corrections Chairperson) and myself. The magazine has the ability to inspire our minds in the direction of sober thinking, no matter if we agree with an article or not. There's information on AA roundups, conferences, other AA activities and also some information related to alcoholism of interest to the fellowship. Read it for yourself and when you're done with the paper magazine, "pass it on"!

It started when In 1944 when six members of AA living in the New York area created the AA Grapevine. A nod from our co-founder Bill W. was all it took. 4 women and 2 men created it and in June 1947 they published the 1<sup>st</sup> Edition. It shows that way back women were known to be an important part of AA and its history. This was only 9 years after AA's beginning, can you imagine that? Every registered group at the time got a copy of the first issue which numbered around 300 at that time. A copy was also sent to every know member of the Armed Forces stationed overseas. There was a page included specifically for them titled "Mail Call for All AA's". "This section had letters from Armed Forces members and they began to call the magazine their "meeting in print", a title that eventually stuck.

The AA Grapevine produces more today. Visit their webpage at:  
<https://www.aagrapevine.org/store>

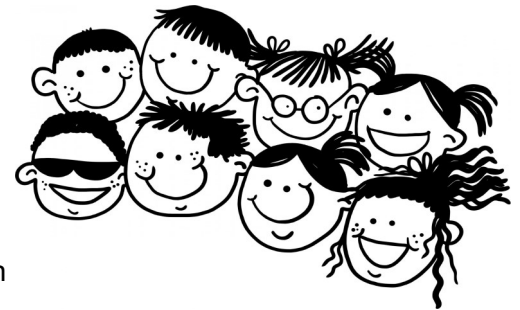


You can look through all it has to offer today. The Store categories include:

Grapevine Subscriptions – Print – Digital – Combined  
GV published books (covering many topics, good for anniversary gifts)  
GV back issues (great for Public Information, commitments, displays)  
Audiobooks – CD's – eBooks  
Specialty Items – calendars, pocket planners and more  
GV gift certificates  
"Carry the Message" certificates  
Espanol & Francois products

Another opportunity provided by the Grapevine is a chance for a group member to become a GVR for their group. The GVR is a fun service position, easy to do, and full of excitement.

Grapevine Rep FAQ's—What do Grapevine Reps do?



The group Grapevine representative (GvR) is the person who, every month, brings the homegroup that special mix of inspiration, personal stories, history, humor, and diverse opinion we all know as the AA Grapevine. The representative makes sure that copies are available and displayed at meetings and lets everyone know what's in the latest issue. Grapevine reps at the group, district, and area-level play an important role in the AA service structure, helping to carry the message of AA to the alcoholic who still suffers.

What other ways do Grapevine Reps help?

The Grapevine is a powerful tool of recovery, often reaching the alcoholic who is still isolating at home or confined to a hospital bed or correctional facility. It is also helpful to doctors, lawyers, and other professionals who come in contact with alcoholics to find out how Alcoholics Anonymous works. And for most AAs—not just newcomers—it is "our meeting in print." We don't outgrow meetings, and we don't outgrow the AA Grapevine.

How can someone become a Grapevine Rep?

If your group doesn't have a Grapevine representative, you can become one yourself by volunteering or getting elected to the position by your homegroup.

GvRs may register online. Or they may register by contacting the GvR coordinator at the Grapevine office:  
475 Riverside Drive, New York, NY 10115  
Telephone: (212) 870-3018

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## ***Why is Public Information important to A.A.?***



***Bob p.***

I worked with Public Information (PI) Committees in District 52, 39 and even NEPAIG. Our P.I. Chairperson slot is empty as of this writing. It has been announced at the IGR meeting and Text Blast service time and time. It remains open. The P.I. committee should never be vacant! The PI committee should have NEPAIG members from every District. We owe this to every prospective member of AA, their families and friends, and the professional community. We do a disservice to AA and ourselves while this committee is unfilled or understaffed. We need a PI chairperson with not only a desire to serve, but also background in A.A. service. It's our responsibility to help the PI Chairperson form a committee.

In the past few years, we've made attempts at PI work. The "Adopt a Spot" is a worthwhile program if supported and maintained. Is this our main effort in respect to P.I., or a warm fuzzy feeling with little effort? We haven't supported local Health Fairs or similar activities in years. P.I. is one of the most useful tools available to spread the word about A.A. It informs those who are unaware of what we do and how we do it. We reach others through our literature, pamphlets, and books, but most importantly through our members.

We should go to local schools, organizations, events, Nursing homes, Health Fairs, and more. We should send annually our A.A. approved statement on Anonymity to all the media outlets in the NEPAIG area. We did it when the Intergroup first started, what happened? We provide information on A.A. in digital and print form. We make local media aware of the PSA's (Public Service Announcements) available on the <https://www.aa.org>. The only limits are our 12 Traditions. We carry the message of hope to the alcoholic who doesn't know we're out there. We can reach the person who knows, works, lives with, or meets an alcoholic in their life.

Every P.I. Committee should have a copy of the "Public Information Workbook" available at aa.org in digital format and a hard copy. The workbook is a compilation of decades of A.A. service, history and experience related to P.I. efforts throughout the years. It's a living workbook that changes to detail what works!

What might you expect to find inside the workbook?

**Introduction**

**Forming a P.I. Committee (great for a new or returning chairperson)**

**Workshops and Meeting Formats**

**Carrying the Message through the Media**

**Annual Anonymity Memo to the Media**

**Public Service Announcements (PSA's)**

**Anonymity**

**Guide Letters**

**Sample Newspaper Announcements**

**Cards, Signs and Telephone Directories**

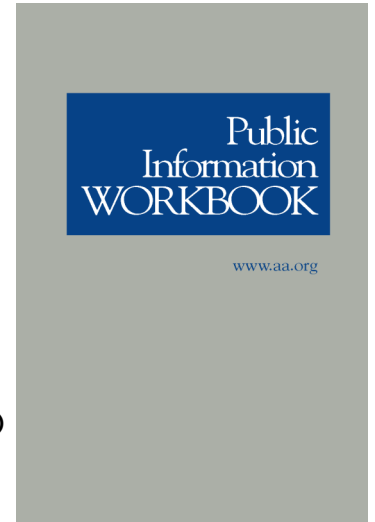
**A.A. Membership Survey**

**Making Presentations**

**G.S.O.'s A.A Contacts**

**A.A. Literature**

©



Public Information is a "Big Thing" and we should direct our focus to resolve this. We *are not* doing what we can in respect to this important A.A. service. A "Committee of One" *is not going to work, it never has and never will.*

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## NEPAIG TAKES ITS INVENTORY

Our 2024 NEPAIG Inventory Committee has been working on our inventory for a few months now and it's nearing completion. I think it'll most likely being distributed at this printing. Did your group participate? It's **YOUR** inventory, so hopefully the answer is **YES!** For some reason these inventories are met with a degree of apprehension. Why is that? We do personal inventories on our path to spiritual growth. In our A.A. groups most periodically hold a "group inventory meeting" to evaluate how well they are fulfilling their primary purpose." Districts and even Area 59 holds inventories, so why not NEPAIG?

I've heard people say, "not a lot of groups participate." If not a lot do what would be the reason? We normally have 30 to 40 IGR's at the IGR meeting out of 150+ A.A. Groups in the NEPAIG. The fact is that those who do participate are trying to better themselves and in turn better NEPAIG to make sure we are fulfilling our primary purpose as the Intergroup Service Assembly of NEPA. I know my home group had a minimum of 4 meetings after the regular meeting to discuss the questions and gave an informed group conscience to each one. We felt that they were important to answer. I hope your group did also. Now that the results are back, don't let them be filed unread and unacted upon. Let's look at the results, study each question and its answer and ask ourselves, "What can we do better as a whole?" It would be a good thought to thank our inventory committee for a job well done.

Let us do our job well also!





## The "Vice" In Service

By: Shawn A.

Our founder once said, *"I'd prove to the world I was important"* ©. Surely, any man can relate to that sentiment; to be cast upon a billboard or to be featured in the history books. Would I want to look out at life, seeking the title of the most interesting man in the world? It's been said that an alcoholic can be one of the most productive members of society, so long as he does not drink. This has been my experience with most alcoholics. We're a witty, intelligent bunch for the most part. Having spent years toiling through the Steps, I thought to myself, "I am surely educated enough now" and that I could help them.

I found inspiration in the lines *"Life will take on a new meaning. To watch people recover, to see them help others, to watch the loneliness vanish, to see a fellowship grow up about you, to have a host of friends—This is an experience you must not miss"* ©. After a long discussion with my sponsor the drive to carry the message was on. So off to service work it was, not really knowing what I was getting into. I put one foot forward and started my path towards sponsorship, taking on the first person who asked me to be their sponsor.

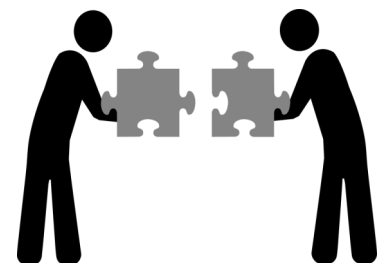
I eventually found out that helping alcoholics recover is not the kind of work for the faint of heart. There are more tragedies and setbacks than fulfilling moments. What was I really seeking here, anyway, fulfillment? I wanted to be the shining star amongst men, ripping hopeless drunks out of the hellfire of alcoholism. However, no one was coming forward to praise me for a job well done, for saving these poor souls. I am not GOD after all! So, who am I really saving here? Sponsorship, I found, was about distracting me from my own insanity.

Several years of sponsorship led to some mild success stories. While I still sponsor folks, I was led to a new calling, in AA service work. With a bat of some pretty eyes and a soft voice, I was convinced immediately to volunteer for a committee position in the local intergroup. Not once would I consider humility in this decision. After all, in my work life, I'm known as the "The guy that gets shit done". I joke to this day that I am a toxic high performer. I believe most alcoholics are. Toxic, however being the word I tended to ignore.

I attended my first meeting with the boss and underbosses of the AA intergroup. I had taken my seat in the court of high honors. I was enamored to be carrying out God's will or so I thought. Surely, helping droves of alcoholics and making AA a better program was my calling. Oh, that ego, tapping me on the shoulder, whispering in the founder's voice once again: *"I'd prove to the world I was important"*. Well, wasn't I important? After all I have yet to get a fancy AA nickname, like Big Book Bruce, or Angry John! Wouldn't sitting at the head of the class, looking over the sea of IGR contenders suffice? I am just passionate, that's all this is, right?

Here in intergroup there is much to do and never enough people to do it. I'll take on everything I can. There is that toxic high performer again, rearing his ugly head or just self-will run riot. What better way to carry the message, than to be an underboss of AA? Of course, frustration with others immediately set in. I pushed my way into business that was not my responsibility and was filled with expectations of others that couldn't be met. Where was God in all this? Is this just not another way to be fulfilled? I had to ask that question again, "What was I really seeking here, anyway, fulfillment?"

God has a funny way of teaching me humility. I allowed myself once again to be led by my own aspirations, forgetting to be a humble servant. I took on all these tasks while depriving other alcoholics their turn to be amongst the court of high honors. These thoughts were purely alcoholic. I have found that in all things in AA there is a lesson to be learned. Watching in retrospect, God used my graver character defects to serve others. I do not think I will ever understand the end goal or true purpose of where this adventure leads. I am convinced now more than ever that even in service there will always be a certain amount of vice in the human ego, including my own. Serving others is all about humility. There is no trophy, no certificate, just a commitment to my fellow man that I can help, and in turn it may help you.







## ***Keystone Conference, A Journey Through the Steps***

### ***Through the eyes of younger A.A. members***

3 younger members, (in sobriety & age) offered up some of their reactions at the Keystone Conference, held on May 17th & 18th in Wilkes Barre. Each shared some of their reactions and memorable quotes. It seems they all were impressed by the conference and what they heard. Here's what they found:

#### ***Donny J. - Open Arms Step Group***

I enjoyed listening to it all. The speakers had a way of explaining the steps. At first I thought "there's no way I am going to sit through all this stuff", but I locked into it and made the whole event. I learned some things I need to apply to my sobriety."

He captured parts of most all the Steps. Half of his notes were from First day related to steps 1, 2, 3. - blaming everyone else for his life - physical allergy and mental obsession—am I willing to believe in something? -- I thought I was angry, but I found I'm afraid, pride is the essence of self centeredness.



#### ***Evan K. - First Things First Group***

"My experience in one word would be "intense". I was full of fear just going, all these people I didn't know. Later I felt gratitude for the fellowship, an overwhelming sense of God and seeing the power of the A.A. fellowship almost like an amplified A.A. meeting".

The first speaker said "just stay on the roller coaster". "Overall it was a great experience and I was sad it had to end". "A great experience and I am grateful for it."

#### ***Caleb F. - By Faith and By Works Group***

Ran into some many people I knew and the cookies were great! Got tired at times of writing notes, but did it anyway - great experience, did not feel that being younger left me out in any way. Day 2 I was tired and got there a little late. It was hard to listen, but I still heard great messages. I felt like it should have had more interaction with the attendees. I really enjoyed the sobriety countdown. There was a lot of hope and a lot of newcomers to keep A.A. going.

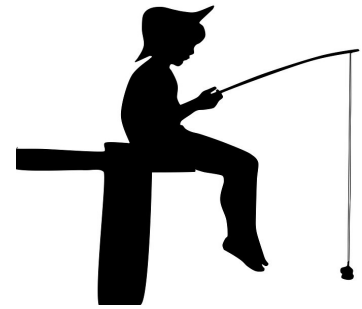


Loved Paul McQ talking about A.A. being inclusive to everyone, inclusion not exclusion - A.A. is a spiritual movement - Not everyone's journey is the same - You will be a different person at Step 12 than at Step 1 whether you want to or not - Not about growing up but about letting go!

Thank you Donny, Evan and Caleb!

# DRY DOCK—Slogans & Humor

In the spirit of  
"Ham on Wry" ©



What came first, the chicken or the keg?



What do detectives and alcoholics have in common?  
They both like to crack cases!



What does an alcoholic and a law student share in common?  
They both have to pass the bar!

Why are all exorcists alcoholics?  
They can handle the spirits!



A drunk looking for a free meal went to the back door of a restaurant and asked, "what can I do for a meal?"

The owner said, "here come in and dice these carrots then I'll feed you."

The owner returned later and the drunk was sitting on the floor sloshed and drinking again, "what happened" he asked?

"Well I cut them up into squares ok, but the little dimples are too much for me!"



KEEP THE PLUG IN THE JUG!

*H.A.L.T. = Don't get too Hungry, Angry, Lonely or Tired*

**SLOW  
DOWN**

2 friends are in their boat fishing and drinking beer. The one says to the other, "I think I'm going to divorce my wife, she hasn't spoken to me in over 2 months."

His friend cracked another one and said to him, "you better think twice about that pal, good women like that are hard to find!"



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