

FALL



NEPAIG MESSENGER

September 2025

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

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

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Office Address:

422 N. Main St., Pittston, PA
18640

Office Hours:

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

Email:

nepaigtergroup@gmail.com

Monthly IGR Meeting:

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

Queen of the Apostles School
Building

715 Hawthorne St, Avoca, PA
18641

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Are we building a sober framework?

I missed the August IGR meeting and missed a lot. After months of hearing “*the bills are paid*” we found out they weren’t. We take things for granted sometimes. Whenever the AA© groups tighten up the wallet it’s usually a response to what our trusted servants are doing, or not doing. In NEPAIG we’re all trusted servants. NEPAIG seems to be living beyond its means. There’s not just one reason, that’s for sure.

When I first got sober I was in a sad state financially. I continued to live in debt and piled up more. I often thought bankruptcy was the only way out. I thought more money would “fix” everything. I was more focused on the material than the spiritual. Our literature spells out that very recipe for disaster.

The better part of my sobriety was spent learning to live within my means. It meant some difficult choices. I worked two jobs and spent only on basic expenses. It was a solution that taught me lessons in sober living. It provided a “design for living” in my wallet, and then my soul. I paid back what I owed. I gained things money couldn’t buy, self respect, dignity and a sense of living right. It was all I wished for when I was new in AA.

So where are we and where do we go from here? Do we really need all this software, point of sale, or use of credit cards for the bookstore? *I can’t name one AA group that has or needs a credit card.* Couldn’t we manage our store simpler and efficiently? We seem to be spending so much to support just a *little piece* of what we are here for.

Our 12th Step work to the alcoholic who is still suffering covers much more than our store. *Our Public Information efforts are impotent!* We DO NOT support our geographical area by attending Health Fairs, Care facilities, schools and more. I see non-AA entities supporting and attending them. What’s wrong with NEPAIG? Have we lost our spiritual focus? Our A.A. Traditions direct us to a life of prudent decisions. Let’s follow them, they did just that for me. **bob p.**



Area 59 EPGSA & NEPAIG—Area Share A Day
October 11, 2025, to be held at the WAMART CHURCH
located at 506 Honesdale Road, Waymart, PA 18472

Doors Open at 10am • Program from 11am-3pm • Lunch will be provided



What is Share A Day?

Area Share A Day is designed to inform the fellowship of the 12 step opportunities available so that we may better do our common job of reaching the alcoholic who still suffers.



NEPAIG Halloween Bash October 25th
details on page 8



Sobertock 2025

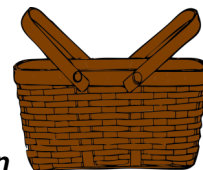
where you there?



I attended Sobertock 2025 this summer. “A Celebration of Recovery, Unity and Fellowship.” There was a great turnout again this year and the weather couldn’t have been any better! Music, food, fun for the whole family, and of course the softball tournament. The band was great, playing everything from original songs to Grateful Dead. The meeting during set break was well attended, which was nice. The food was also good. I was going through the line just as some homemade deviled eggs made it to the table (thanks to whoever made those, they were delicious!). It was nice to see the kids having a good time and taking advantage of the face painting station. The softball games were fun to watch and provided excitement, although it seemed like there were less stray fly balls compared to last year. I went with a group who enjoyed everything that was going on from the meetings to the softball and music or just strolling around and enjoying the weather and fellowship. It was a great opportunity to meet some new friends and reconnect with a few I haven’t seen in a while. A big thank you to NEPAIG and all the volunteers who helped make it possible again this year.

Evan K.

GV PICNIC in a neighboring Intergroup Area.



The annual Grapevine picnic was held on Saturday, July 26th at the High Acres Park in Canadensis. When I first learned about this event, Canadensis seemed so far away. I wasn't even sure I wanted to go. I used GPS to scout the location and discovered it was only a 45 minute drive. I had just done a commitment at Avenues Recovery© in Lake Ariel the night before and High Acres Park was only another 15 minutes further along. I continued to research and found the event was outside of the NEPAIG area. It's in the Pocono Intergroup territory. I was fascinated to learn that this Intergroup is comprised of only 2 districts, 41 and 61. I decided to go for it!

When I got there I was curious about who exactly was sponsoring the event, I thought it was the Pocono IG. There were parking attendants, a grilling team, ticket takers (\$10 day off and \$8 advance) and entertainment help. The schedule included prayers, presentations, an opening statement by D41 DCM Ian L, karaoke and kickball. The day closed with a speaker. Ian L. also serves with the Area 59 Finance sub-committee.

It was a family friendly event on a beautiful sunny day. What a great way to spend a Saturday in the heart of the Pocono mountains!

Institutional Committee

12th Step in action

BASIC FUNCTIONS OF TREATMENT COMMITTEES

1. With approval of administration, takes A.A. meetings into treatment settings within its area.
2. Encourages group participation. In some areas each group has a representative on the Treatment Committee.
3. Coordinates temporary contact programs, such as Bridging the Gap.
4. Arranges purchase and distribution of literature for these groups and meetings.

LITERATURE AND AUDIOVISUAL MATERIALS

*Most committees feel that adequate literature supplies and audiovisual materials are essential for **treatment center meetings**. It is especially important that each client is supplied with a list of local A.A. meetings. Supplies are financed and obtained in several ways:*

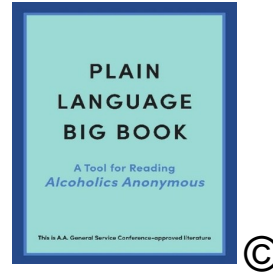
1. Donated by area or district general service committees or local intergroups.
2. Purchased with group contributions designated for this purpose.
3. Provided by groups through their Treatment Committee representatives (where the committee is organized and functioning to this extent).
4. Donated by members of the committee.
5. Special funds — Such as special containers at regular meetings, marked "For Treatment Literature."

Note: Treatment Committee Discount Literature Packages are available from GSO.

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If interested in serving with this committee contact Jeremiah G. nepaiginstitutions@gmail.com or (607) 244-1016





Plain as can be.....or is it?

Bob P.

Well I tried, I really did! I read sections of the new “easy to read” version of our Big Book and I can honestly say I don’t believe it was written to reach a drunk like myself. I read the foreword, some of the other chapters and didn’t see the real “difference” other than using a lot of sentences and words to say what’s already in the book. I’m not doubting it might help someone, but for a drunk like me it seems too much effort to read what I’ve been reading for decades.

So with that being said I am asking for your input to offer to members of NEPAIG. If there’s someone reading this who has read or is using the new version, share it with your fellow AA’s. I heard one AA member say it removed the misogamy in the Big Book. I am assuming she meant the fact that when it was written there weren’t any or many women in AA. Also the roles in those times were certainly different than today. Whether that’s good or bad is yet another “outside issue”!

nepaigmessenger@gmail.com

Our Primary Purpose?



“Our Primary Purpose” is to carry the message. Are we working as hard towards that “Primary Purpose”?

Do we need the ability to take credit cards? Is it really convenient to spend all of this money, to make it convenient for someone to thoughtlessly use a piece of plastic instead of the donated cash from their group? Sometimes what's easier isn't always right. What happened to pen and paper? It's back to school season, notebooks are on sale for \$0.25 each. How many would we need for a year? I'm sure we could gather that. What happened to paying for things when we bought them? Since when does AA run a line of credit with anyone? Why isn't that important that our committee for the office is just ordering books and not paying for them? Why is it that the treasurer didn't feel it was important enough to bring up that we were behind with the GSO? Looking back on the IGR forum notes for the past year, it's clear to see that there were many promises made last year to quiet the crowd. We had a repeat performance this year. Ironically I heard the same things last night that were typed out in last years report from the forum. Bravo to everyone. Let's keep closing our eyes and maybe everything will disappear. Seemed to have worked in our addiction.....

Kim T. NEPAIG Website Chair

Penney Wise or Pound Foolish!

The 9th Step promises states “fear of people and economic insecurity will leave us”. I often wonder what the founders meant by this. When I look at this topic, I remember what it was like while drinking. There was never enough money. I had some creature comforts and a roof over my head but no matter how much money I made there was never enough. Was it just the high cost of alcoholism, or was there an attitude behind this? I was employed as a credit card debt collector at the time, and the job rewarded a high commission for collections. It was perfect for someone who drank liquor in the amounts I did. One thing I remember clearly was the attitudes of the people I spoke to. The effort put into ducking my calls, the excuses, the anger and fear were very common.



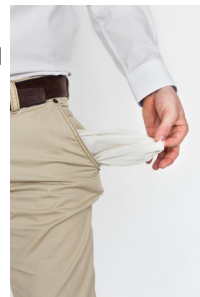
My personal attitude matched completely, particularly the conversations I would have with myself about what bills to skip when I used all my money for liquor. I remember avoiding debts I owed until I absolutely couldn't. I remember borrowing a few bucks using a convincing lie to get myself to payday. I had no plan or perspective of my financial obligations, no ability to control my spending on liquor or some other impulse. This would always find me struggling to get by no matter how much I made. I spent countless hours creating budget plans, puzzled as to why I never had enough. The people and institutions I borrowed from got the same treatment I was getting at my job. It seemed I had no empathy for those on the phone. I was a total hypocrite.

When I finally stopped spending money on liquor, there was a brief period where my personal coffers seemed to rebound. It was short lived as my impulse to spend was still very alcoholic. I was still very financially insecure doing the same thing with creditors as I did in my drinking days. Every dollar I made was spent twice. I went back to personal budgeting only to find the same result and no mathematical explanation for the deficit. What I found through the actions of the 12 steps is that responsibility became paramount to decision making, particularly with finances. I was on to something with the personal budget but there was more work to be done. I worked hard on this, but the real lesson came after a substantial raise that I impulsively spent on a brand-new truck that I did not need. I had no impulse control. I was getting a thrill out of chasing something new. I was absolutely obsessed with the purchasing process. The low of regret followed almost immediately.

That low caused stress of the long-term obligation. the guilt and shame pushed me closer to the drink. There was the answer! I had once again been tricked by alcoholism. This realization was astounding, and I felt used to it. After many discussions with other AA's I started working on this character defect. Ideally, living within my means was the first part of the process. I prayed for help, and it came. The first situation found me very angry at my employer's low pay. They certainly paid me well, but I followed this avenue only to be offered a high paying job with incredible stress and no time for family or service obligations. This wasn't the answer, after all more money hadn't fixed the problem before. I prayed again. I was torn about having to give up service work to cover my impulsive spending habits. I did not want to do that. I had to look at what was happening and start making real changes. I acted selfishly and wasted resources. I was buying things I didn't need to satisfy my insecurity. I was lashing out at creditors because they were spoiling the fun. I had to plan better. I had to make reasonable decisions many times with help. Through all this work I started to dig out of this hole I made. I had to really start asking questions like “Do I really need this?” and “Why am I buying this?”. There were a lot of answers to those questions I did not like. Most were either selfish or some sort of innate arrogance to show them.

The solution came over time with thoughts like “I wasn't in a toys competition with anyone” and “I already have this”. Sure, everyone likes nice things, but when they have the power to kill, they really don't seem that nice after all. When I take on a financial obligation, I am responsible for fulfilling that commitment. I had to start dropping misconceptions like “get while the getting is good”, “I will need this someday”, and “I must have the entire collection”. I doubt I will ever be perfect at this but being financially secure is an ongoing practice of humility. The less ego in play when it comes to money the easier it is to be secure. I had to start small just like any other work to humble the ego. I was starting to not only see my finances rebound but also finally felt comfortable about it all. For the first time, the budget numbers and my bank account matched and with that I found not only freedom in finances but a total lack of fear of financial obligations and the people involved in that.

Shawn A—NEPAIG Chairperson



Have you,

"Heard it through the Grapevine?"

We've gotten a few requests for the newsletter about publishing some things we often do not accept. There are reasons why we do and here is why. Below is a quote taken from the AA Grapevine "Guidelines for Contribution to Grapevine" which is used as a guide.



WHAT GRAPEVINE DOES NOT PUBLISH

Poems, prayers, song lyrics, tributes to individuals, plays, previously published material or anything unrelated to AA or that violates the principles of AA.

We don't try to prevent people from contributing, just maintain the focus on AA service with the relationship to NEPAIG and 12th Step work. The guidelines aren't stringent, just a way for us to remain on point. We've also opted to exclude artwork. We don't ask for graphics or clipart to compliment an article. We use free stock, minimally sized graphics.

AA Grapevine "Publication Guidelines" reprinted with permission for AA Grapevine Inc. ©

Friends of Early A.A. Dr. Harry Tiebout

My recent journey into the history of our program of Alcoholics Anonymous has led me to the interesting and intriguing story of Dr. Harry Tiebout pronounced (Tea bow). He was born on January 2 1896 in Brooklyn, New York. After graduating from Wesleyan University, he earned his doctorate at John Hopkins School of medicine. He then worked at several child guidance clinics in New York City as a staff psychiatrist. He also served on the staff of the Cornell Medical School and the Payne Whitney Psychiatric Clinic. He later served as the director of the Blythewood Sanatorium in Greenwich, Connecticut. Needless to say this guy had it together.



While serving in this position he was exposed to AA. Then in 1939 he received a prepublication copy of the book "Alcoholics Anonymous". He realized that the contents of the book offered an accurate depiction of an alcoholic patient under his care named Marty M. Being. The wily psychiatrist that he was, he lent the book to her for her reading enjoyment, which she adeptly rejected at first. He prompted her to continue reading which she did and eventually achieved sobriety. This convinced the good doctor that there must be some merit to the manuscript and thus became one of the first psychiatrists to start referring his patients to the fellowship.

Dr Tiebout would continue to help and contribute to AA for the remainder of his life. He became friends with Bill W. and offered his support to him when he suffered a bout with depression. Bill was able to talk before the New York State Medical Society in 1944 and again before the American Psychiatrists Association in 1949 thanks to Dr Tiebout's influence.

Ron S. "Peace & Serenity Group, D39"



Working with Treatment Facilities on our commitments

Many happy sober A.A. members have found that the best cure for a “dry drunk” or a self-pity binge is working with another still-suffering alcoholic. Seeing other alcoholics recover, whenever they do, is almost as great a reward as our own sobriety. What better place to look for those still-suffering alcoholics than in a hospital or some other alcoholism treatment place. The idea is older than A.A. itself. In 1934, a sober alcoholic named Bill W. kept trying to help drunks in Towns Hospital in New York City. None of them seemed interested at that time, but Bill stayed sober. About six months later, Bill W. and another sober alcoholic, Dr. Bob S., visited alcoholics in a hospital in Akron, Ohio. Although at first rebuffed, they kept trying — “*in order to protect their own sobriety.*” It worked, and Bill and Dr. Bob thus became the co-founders of the “*help one another*” chain reaction now called Alcoholics Anonymous. What qualifications should an A.A. member have to carry the message to treatment settings?

1. Some good sobriety. For exactly how long, nobody can say. Some members handle this kind of A.A. activity beautifully soon after getting sober, especially when they are accompanied by an experienced member. But others need a longer time before getting into this kind of work.

2. Personal experience of alcoholism and recovery. This, of course, is the chief, and unique, qualification we have. You do not need to have been hospitalized yourself to twelfth-step someone in a treatment setting. No more than you need a prison record to carry the message into a correctional institution. What is important to share is the pain we once felt and the joy in recovery we now feel.

3. A common-sense approach. Our Fellowship of nonprofessionals firmly resists getting organized. As A.A.s know, we do not have any A.A. rules or bosses. On the other hand, professional treatment settings have to be well organized to do their job and to meet various legal requirements. Their personnel often have to be professionally trained if the agency is to be properly licensed. Staff members do not take their duties lightly. Alcoholism is a grave illness. When we carry A.A.’s message of hope, experience and strength, we know this is serious business.

4. A cheerful humility. We simply put the message in front of the alcoholic in treatment. What the alcoholic does with it is not our business. He or she may ignore it or use it. The alcoholic needs to be free to choose without our getting vain if the message is used, or angry or discouraged if it is ignored.

5. Ability to follow directions. In carrying our message into treatment settings, our personal will is subject to authority in at least two ways: First, the ultimate authority for A.A. work is, of course, a loving God as He may express Himself in the group conscience. Sometimes, for the good of A.A. and for the good of those we are trying to help, we as individuals have to do things differently from the way we might ourselves like. Second, the professional treatment is in charge of its patients or clients and is responsible for them. If A.A. members do not conform to the rules and regulations of the facility, they may not be asked to return. So, carrying the message into such places calls for patience and self-discipline, keeping in mind that we need not compromise our Traditions.

6. Dependability. Once an A.A. commitment is made to any institution or organization, we cannot let our Fellowship down by not living up to the agreement fully. We go to any lengths to perform faithfully the services promised in the name of A.A. We try not to let anything interfere with keeping our word. What people think of A.A. depends on us. If we are reliable, then A.A. seems so. If we are not, it makes A.A. look bad. Since A.A.’s public relations policy is based on attraction, not promotion, that leaves it up to each of us to reflect the attractiveness of the A.A. way of life.

7. Broad knowledge of A.A. Members who have been to meetings in only one or two A.A. groups in one community may not have a broad acquaintance with our Fellowship. To be the best possible message-carrier, try to visit other local groups. In addition, a thorough knowledge of A.A. literature and material will be beneficial in carrying our message. The deeper and broader our understanding of all aspects of our Fellowship (including all three of our Legacies: Recovery, Unity and Service), the more we have to offer the troubled newcomer.

(over)

8. Ability to stick to our own business. Carrying the message to alcoholics in treatment settings can challenge our ability to keep focused on A.A.'s primary purpose, which is "to stay sober and help other alcoholics to achieve sobriety." We are not in the business of educating nonalcoholic about alcoholism, religion, medicine, or anything else. The A.A. message is carried by sharing our experience, strength and hope. We have no business criticizing any professional agency or person, or telling them how to treat or not to treat alcoholics. Those are not A.A. purposes. We have the personal experience of alcoholism, which we now share, along with what we have learned about recovery. Our suffering and the recovery we now enjoy can give valuable hope to other still-suffering alcoholics. More than that, giving it away, without any thought of reward, strengthens our own sobriety. The ability of each A.A. member to identify himself with and bring recovery to the newcomer is a gift from God...

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OCTOBER **Area 59 & NEPAIG "Share a Day"**, October 11, 11am-3pm, Lunch served

Waymart Church, 596 Honesdale Road, Waymart, PA

NEPAIG Halloween Party, October 25th at the Queen of the Apostles Hall (where the IGR meeting is held). Costumes encouraged, but not mandatory. Children under 12 are free, cost not yet set. DJ, dancing food, more to come. Help always appreciated, contact

Moe @ 570-436-8432 or Brittany @ 570-436-7516

NOVEMBER **68th Annual Pennsylvania General Service Convention, November** 14-16th at the Wyndham Lancaster Resort & Convention Center, 2300 Lincoln Highway E. Lancaster, PA 17602. For more detailed info visit our NEPAIG website or the Area 59 website

NEW MESSAGING APP

"GroupMe" © is a free messaging APP. Owned by *Microsoft*©. It works on all platforms IOS, Android, SMS and the web. It offers the same function as our previous **"Text Blast."**

Privacy Features: GroupMe does not share personal information like phone numbers and email addresses with other group members.

To protect your anonymity, you will need to take care when building your profile on GroupMe. If you choose to register your last name, which is optional, be aware that it will be displayed. We suggest not using your last name following our Tradition on Anonymity.

You do not have to download the APP, there is a QR code below in the center to be invited into the group messaging. It is NOT a chatroom, communication is one way.

Bridging the Gap

Services and Info



New GroupMe ©

Messaging APP



Need a Meeting

Changed or Corrected?



Contact the Website Committee

nepaaaigwebsite@gmail.com

Concepts of AA Service X, XI, XII

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

1. Do we understand “authority” and “responsibility” as they relate to the group conscience of NEPAIG?
2. Why is delegation of “authority” so important? Do we use this concept to define the scope of authority?

Concept XI— *The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.*

1. Do we practice rotation in our service positions? In our committees?
2. Do we offer the “right of participation” to all members?



CONCEPT XII— *The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.*

1. Do we practice prudent use of 7th Tradition funds? Do we guard against too much wealth or power?
2. Do we try to reach important decisions through discussion, vote and substantial unanimity?

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Traditions X, XI, XII

Tradition 10 — *Alcoholics anonymous has no opinion on outside issues; hence the AA name out never be drawn into public controversy.*

1. Do I ever give the impression AA is the solution for a number of “outside issues” such as treatments, doctors, churches, or any current or past events or groups?
2. Can I share my own experience without alluding that it is the AA view?

Tradition 11 — *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*

1. Do I promote AA so much I actually make it unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?

Tradition 12 - *Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities*

1. Does my personal behavior reflect the 6th Tradition—or belie it?
2. Do I practice the 10th Tradition, or do I give AA critics real ammunition?

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DRY DOCK—Slogans & Humor

In the spirit of

“Ham on Wry” ©

A drunk calls AAA and is told “sir this isn’t AA it’s AAA.” He replies, “I know I’m drunk and my car is in a lake!”

Lets remember we have to rebuild
our lives with worn out tools and the
help of a HP.

An alkies favorite part of a baseball game is the bottom
of the fifth!

If I could drink like a normal person
I would do it 24/7

Some people are so successful
in AA that they turn out to be
almost as good as they thought
they were!

A woman shows up at an AA meeting and
shares she was just released from prison.
After the meeting a fellow goes up and says to
her, “why were you in prison?” She answers
“for killing my husband.” He smiles and says,
“well then you’re single.”

When you see a guy with a
gleam in his eye and a perma-
nent grin on his pan,
You can lay two to one, that this
son of a gun is a 12th stepping
AA man!

What’s the difference between a puppy and an
AA newcomer?

Puppies stop whining after 6 months!



Victor E. & “Ham on Wry” © reprinted with permission of the AA Grapevine Inc.

Contribute to the A.A. Birthday Plan

The birthday plan is for groups or members who wish to contribute to the General Service Office on their A.A. birthday. \$1 per year is suggested, but many members may contribute as much as they wish up to \$7,500. Envelopes for use are available at our Central Office.



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<https://www.aa.org/aa-contributions-self-support>