

## Waking Up Sober

This meeting is newly formed. Ron S. and Harry M. felt that a Sunday Morning meeting in the Muncy area would flourish, and they were right on point. Almost from conception there has been a large attendance averaging from 35 to 45 people weekly. It is located at the Muncy Valley Hospital, in basement cafeteria. It is an open discussion meeting with many varied topics all pertaining to recovery.

November 2008

## Waking Up Sober Group History

The Waking Up Sober group was established in November 2007 by Ron S., Harry M., Mike K., and Harvey G. Ron S. and Harry M. felt that a Sunday morning meeting in the Muncy, PA area would flourish, and they were correct. The first meeting of Waking Up Sober had 18 attendees. That number grew quickly, and a year later, the group's average attendance was 35 to 45 people weekly.

From its inception and until 2020, the Waking Up Sober group met from 10:00 AM – 11:00 AM in the cafeteria of the Muncy Valley Hospital, and meeting attendance remained strong. This remained the group's meeting place until the hospital restricted public admittance as part of the Covid-19 mitigation policy. The meeting moved to a virtual format via Zoom in December 2020 due to the pandemic. Meeting attendance remained strong until the Covid-19 pandemic. Current attendance, in a virtual format, averages 9 people weekly.

Waking Up Sober has always had an open discussion format, with varied topics, all pertaining to recovery. The current format has a reading from a Step from the 12 Steps and 12 Traditions book during the first week of the month, a speaker the second week of the month, the daily reading from the book Daily Reflections the third week of the month, and an excerpt from a chapter of the "Big Book" of Alcoholics Anonymous on the fourth week of the month.

Some of the challenges the group has faced from 2020 to 2022 are reduced attendance in virtual format, inability to access group materials in the hospital due to pandemic visitation restrictions, and reduced number of Home Group Members as a result the Covid-19 pandemic and some members moving away.

In March 2022, the Waking Up Sober group decided to continue as a meeting of Alcoholics Anonymous rather than a homegroup.

The Waking Up Sober meeting remains committed to its primary purpose of helping the next sick and suffering alcoholic to achieve sobriety and to upholding the Twelve Traditions of Alcoholics Anonymous. We are an open meeting of Alcoholics Anonymous and we welcome you to come visit.

Respectfully Submitted by Liz F., April 2022