

November
2006



The Beacon

Email: Beacon@aaworcester.org

Volume 8 Number 11

**It's Alcathon time...
can you help?**

Bring a snack !

Set up or clean up... Make some Coffee?
Show up at the Committee Meeting Thursday November 2nd
7:00PM at the Intergroup Office

Thanksgiving, Christmas & New Years

Hosted By District 25 & Worcester Area Intergroup

This years Alcathon's will be held at:

Sacred Heart Church

600 Cambridge Street

Worcester MA



Noon Wednesday November 22nd til Midnight November 23rd

Step Eleven

"Sought through prayer and meditation to improve our conscious contact with God as we understand him, praying only for knowledge of His will for us and the power to carry that out"

Tradition Eleven

"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."

Concept eleven

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 care and concern.

Traditions Checklist

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

On-Line 12 Steps & 12 Traditions, Articles, and Tradition Checklist's

www.aagrapevine.org/stepsTrads/stepsTrads_index.html

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|---|--|
| 1. Do I sometimes promote AA so fanatically that I make it seem unattractive? | 4. Am I ashamed of being recovered, or recovering alcoholic? |
| 2. Am I always careful to keep the confidences reposed in me as an AA member? | 5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be? |
| 3. Am I careful about throwing AA names around—even within the fellowship? | 6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself? |

A word on anonymity:

Should I keep my AA membership a secret, or reveal it in private conversations when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?

November is Gratitude month....

"A grateful heart will not drink!"

Time slots for the Alcathon's will be drawn November 7th at the District meeting.

Show your gratitude and help out at the Alcathon's

SPONSORSHIP CORNER:

Life is a dance, When you take the steps



Continued from the October Issue....

When newcomers resist “the spiritual side” of the program, what can Sponsors do?

First of all, we can relax and remember that sponsorship does not mean forcing any specific interpretation of AA upon newcomers. Most men and women who have been in AA for more than a few months recognize that its program is based on spiritual principles. At the same time, they appreciate that some alcoholics have been able to achieve and maintain sobriety without any belief in a personal Higher Power.

Perhaps the sponsor might point out the distinction between the words “spiritual” and “religious” As our preamble says, AA is not allied with any sect or denomination, and no sort of religious belief is required for membership- only “a desire to stop drinking.” On the other hand, the help offered by the program is certainly neither material nor physical; we do not offer money or medicine - only ideas and the AA love of one alcoholic for another. In just this sense, the entire program, rather than just a “side” of it, may be called “spiritual” and almost any newcomer can appreciate a concept so broadly defined.

How should a sponsor deal with slips?

It can be most discouraging to work with a newcomer who gets sober for a period, then has a slip, and starts drinking again. This can be a delicate, difficult time for both the sponsor and the newcomer. The sponsor may be tempted to consider the newcomer ungrateful or even give up. Here, we sponsors need to look carefully into our own attitudes, to steer a middle course between harsh criticism that would only build up the newcomer's remorse, and maudlin sympathizing that would add to self- pity.

The newcomer, of course, may be even more discouraged and bewildered, and may find it extremely difficult to return to the sponsor or the group for a fresh start. (For this reason, many sponsors believe it important to take the initiative and call the newcomer.) In order to make the return truly a new beginning, it may be wise at this point to avoid postmortems on the reason for the slip. Instead, the sponsor can help guide the newcomer back to the simplicity of the first step and the prime importance of staying away from the first drink just for the day at hand.

Later, the newcomer may want to check the kind of thinking that possibly led to the slip, in order to guard against its recurrence. Here, the sponsor's role depends completely on the two people involved. If the sponsor was aware of the danger signals beforehand, one newcomer may say “if only you had told me!” but another may rebel at the idea of being “watched”

Regarded realistically, the slip can become a learning experience for both the person sponsored and the sponsor. For the sponsor, it may serve as a push toward humility, a reminder that one person cannot keep another person sober and that the Twelfth step says “...we tried to carry this message.

Chiefly, most good sponsors emphasize to returning newcomers that people who have slipped continue to be welcome in A.A. successful sponsorship activity depends to a large degree on the understanding and love that the individual and group offer to a newcomer who may have one or more slips despite sincere efforts to make the program.

Continued next Month....*reprinted from the AA pamphlet Questions and answers on sponsorship p. 23-25

THE HOME GROUP:

Our Gang

When I came to Alcoholics Anonymous, I was overwhelmed with feelings of inadequacy and with a fear of letting anyone get too close. My self-esteem was below my knees while my pride and ego had inflated my head to the size of a blimp. I was sitting at a meeting and I knew I was in trouble. The speaker was saying AA is not an "I" program, it is a "we" program, and to get sober and stay sober you had better get close and stay close to the winners. As the years passed, I learned what he meant.

Before we opened the meeting on my fourth anniversary in AA, my sponsor made these announcements: "This Saturday we are going to move Larry from his old house to his new home. If anyone wants tickets to the circus next weekend, see Rick. There is a sheet going around the table for everyone to sign up for Thanksgiving dinner--who you are bringing and what you are bringing. Don't forget the group commitment we have next Tuesday at the VA hospital."

Maybe this auspicious occasion made me reflect on what he was saying but I know a bell sounded and a light went on in my head. It hit me full force: I belong to something wonderful. I not only fit in, I am an integral part of a group of people who are extremely close and who are all winners. AA is a "we" program and my home group is a gang of winners who collectively stay sober and have a powerful message.

That night, someone read the Twelve Traditions and brought me back from my moment of insight: "Our common welfare should come first; personal recovery depends upon AA unity." A quick calculation and I figured that I must have heard the Traditions read at least a thousand times in the past four years. I now heard their meaning for the first time. The group must survive or each of us will not and AA dies. Looking around the table at the members of my home group, I felt an irresistible strength of purpose and action--and real sense of pride in my gang.

I did not always feel that way and it didn't happen overnight. At first, I was afraid of losing my individuality, of becoming my sponsor's clone; I could imagine being swallowed up in a home group. I didn't even get a sponsor until I had hung around AA for about three months. (I do not recommend that to any newcomer. Get a sponsor immediately.) In any case, my first sponsor insisted that I join her home group. I was desperate enough to go along with anything I was told. I was given the important job of cleaning ashtrays for the home group meeting. I thought it was a very demeaning task for someone as important as me, but I did it. Eventually I was promoted to coffee maker. I complained bitterly about having to show up almost an hour before the meeting and staying after to clean it all up. But sponsors are clever and slowly I began to feel a sense of commitment to this group of people. After all, what would they do without me if there were no ashtrays and no coffee?

Gradually, the walls came down and I got to know the members of the group. My sponsor never told me that I was being taught commitment or unity of purpose or how my life depended on obedience to spiritual principles. I was shown by example what it meant to be a member of a home group and that no personal sacrifice was too great for the survival of the group.

The lessons continued through my first year in AA. I learned the importance of having a home group--people who know you, love you, and want what is best for you. On short notice, I had to move myself, my three children, my dog, and my canoe to a new house. Members of my home group showed up with six pickup trucks and two vans. Two hours later I was moved, and dishes were being unpacked to get ready for pizza lunch. It was a miracle. The following year, my children went to live a thousand miles away from me and the emotional support and love I received from my home group pulled me through. After the first winter in my new home, an outside faucet decided to shoot water into my kitchen. There is a plumber in my group and all I had to do was ask for help. When I bought my first new car sober, my sponsor was the chief negotiator. I was so excited and thrilled, I couldn't wait to tell my home group. The joy was shared equally. Graduation from college, my wedding, and several more moves brought my home group together for more joyous occasions.

Feelings of worthlessness began to fade. I now had a purpose and I belonged. My home group believes in sponsorship, group commitment, and in the spiritual values of Alcoholics Anonymous. I was taught you have to give it away to keep it, and my responsibility is to pass on the gifts that I have been so freely given in this program. The alcoholics that I sponsor empty ashtrays, make coffee, give rides to meetings, and belong to my home group (which of course is the best home group!).

A newcomer once asked me what a home group was and I gave the standard, academic response including a discussion of commitment. Today on my fourth anniversary, I would answer differently. My home group is my gang; it's the family I never had. It is a group of winners whose primary purpose is to stay sober and help others achieve sobriety. The members of my home group loved me until I could love myself; allowed me to grow in Alcoholics Anonymous; and accepted me for who I am, an alcoholic. Alcoholics Anonymous has everything that I need; there is enough experience, skill, knowledge, love, and caring to help me handle anything that life may send my way.

We are the Way of Life Group. It is the best show in town. The doors are open and I invite you to come along and be a part of our gang.
Margo W. Virginia Beach, Virginia

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Join a Group & Get active....



Worcester County Sheriff's office needs help!
 340 Main Street 2nd floor--Worcester
 Commitment twice a month.
 COAP Program: Corrections Opportunity Advancement Program
 Adult males on probation. Mon or Thursday 5:30-6:30PM
 Require at least one year sobriety .

Groups don't drink !

Alcathon Updates

Your Help is needed!

Time slots for the Alcathon's are available:

They will be drawn at the District meeting on November 7th.

Groups that have a GSR will get first pick, any remaining time slots will then be available.

If your group missed the drawing you may get any leftover time slots through the Intergroup Office. Call them during regular business hours after November 7th

See you at the Alcathon's!

36 hours of continuous meetings every 50 minutes

Sacred Heart Church 600 Cambridge Street—Worcester, MA. Noon day before holiday til—midnight of.

This event is sponsored by District 26 - General Service.

Joy of Living Weekend

When: Friday evening January 12th, 2007 thru Sunday morning January 14, 2007

Where: Best Western Royal Plaza

150 Royal Plaza Drive

Fitchburg, MA 01420

Round-Up

Email: JoyofLivingWeekend@yahoo.com

Registration Address: P.O. Box 1057 Shirley, MA 01464

Room rate: \$73.00/per night up to 4 people deadline 12/13/06

USE JOY OF LIVING PROMOTIONAL CODE WHEN BOOKING.

Cost for weekend \$ 25.00 after 12/13/06 \$ 35.00

Activities planned: workshops, a banquet dinner, dance and lots of meetings and coffee.

Registration forms available at the website: www.26ac.org

Save the Date..



Steering Committee & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Bob McC.	chair@aaworcester.org
Alternate Chair	Harry H.	None
Secretary	Brandy H.	secretary@aaworcester.org
Treasurer	Mary M.	treasurer@aaworcester.org
Alternate Treasurer	Joe N.	
Trustees	Ellen McQ.	
	Bob D.	None
	Jeanne L , Laraine S	
Office Manager	John H.	steps@aaworcester.org
Treatment Facilities	Sue N.	treatment@aaworcester.org
Correctional Facilities	Your Name?	Corrections@aaworcester.org
Halt Line	Scott L.	haltline@aaworcester.org
Social Committee	Kolleen H.	Social@aaworcetser.org
Public Information	Brandy H.	PiChair@aaworcester.org
Webmaster	Brandy H	webmaster@aaworcester.org
Liaison to District 25	Mary M	None
Liaison to Area 30	Your Name?	None
Alcathon Committee	Joe N.	
Co—Chairs Intergroup & District 25	intergroup D-25 Tina P.	
The Beacon	Ellen McQ.	Beacon@aaworcester.org
C.P.C	Your Name?	professional@aaworcester.org

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Office Hours:
 Monday 10am-2pm
 Tuesday 10am-8pm
 Wednesday 10am-8pm
 Thursday 10am-8pm
 Friday 10am-2pm
 Saturday 9am-2pm
 Sunday CLOSED

Do I do my part?

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The Beacon—100 Grove Street Suite 309 Worcester, MA 01605 email:beacon@aaworcester.org

The Beacon Staff: September 2005-December 2006 ~

Editor: Ellen McQ.—Courage to Change , Charlton, MA. , Assistant Editor: Mary M.—Courage to Change, Charlton

We hope you enjoy the changes!

Rule 62 “ Don't take yourself too damn seriously.”

WHILE TALKING AFTER DINNER with his sponsor, an AA member mentioned that he had had a really rough childhood.

His wife added, "Yes, and a very long one, too!"

Robert M. *reprinted from the AAGrapevine



AN OLDIE BUT A GOODIE:

Early one morning, two drunks stood on a street corner arguing about whether it was the sun or the moon that was shining down on them. Just then, another lush came along, and they ask him to settle the argument.

"How should I know?" he answered. "I don't even live around here." Sam M. California

*reprinted AAGrapevine

An obsession: A persistent, recurring idea that does not respond to reason

New Time

Service Meetings Monthly Schedule			
InterGroup/District 25 & 26			
Public Information	Intergroup Office 100 Grove St. # 309 Worcester	4th Monday	7:00 pm
District 25 (GSR's)	St. Joan of Arc Church 570 Lincoln St. Worcester	1st Tuesday	7:30 pm
Joint Corrections	Intergroup Office 100 Grove St. # 309 Worcester	2nd Tuesday	7:00 pm
District 25 - CPC Committee	Intergroup Office 100 Grove St. # 309 Worcester	2nd Wed.	6:30 pm
District 26 (GSR's)	Local 60 Union Hall Mechanic St. Leominster	1st Thursday	7:00 pm
Steering Committee	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	6:00 pm
Intergroup Delegates	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	7:00 pm
Social Committee	Intergroup Office 100 Grove Street # 309 Worcester	3rd Thursday	5:30PM
Joint Treatment	Intergroup Office 100 Grove St. # 309 Worcester	4th Saturday	10:00 am
Area 30			
Grapevine Committee	Boston Central Service 368 Congress St. Lower Level Boston	4th Sunday	1:00pm
Literature Committee	Carter Methodist Church 800 Highland Ave. Needham	1st Monday	7:30pm
Eastern Mass. GSC	St. John's 80 Mt. Auburn Watertown	4th Wed.	8:00pm
Joint Public Information	Boston Central Service 368 Congress St. Lower Level Boston	1st Thursday	7:00pm
CPC Committee	Boston Central Service 368 Congress St. Lower Level Boston	2nd Thursday	7:00pm
Archives Committee	St. John's 80 Mt. Auburn Watertown	3rd Thursday	7:30pm
Corrections Committee	Boston Central Service 368 Congress St. Lower Level Boston	4th Thursday	TBD
Joint Treatment Facilities	St. Paul's 59 Court Street Dedham	3rd Friday	8:00pm

Is your Group Represented at the Intergroup Delegates Meeting?
 If you don't attend you can't vote...
 If you don't vote you don't have a voice..
 Come find out what's going on in our area

2nd Thursday of the month
 St. Joan of Arc Church Lincoln Street Worcester 7:00 -8:30 PM

We counted 150 Groups in Worcester area only about 20 are represented, and only 8 show up at the Delegates meeting on a regular basis. Want to find out more call the Intergroup office 1-508-752-9000 or email the beacon

beacon@aaworcester.org
 We'd be happy to answer your questions.

W.A. I. Needs your help!
 There are service positions that are unfilled.
 Join us the 2nd Thursday of each month 7:00pm
 St. Joan of Arc Church Lincoln Streetcome see where you can help! Elections of New Officers & Committee Chairs this Fall !! Please Join us !!

The Halt-Line still has 16 hours of unmanned phone time....can you spare an hour?
Call the Haltline Chair
Scott L. [REDACTED] more info



Check the bulletin board for meeting changes and new meetings in our area On Intergroup's web page
WWW.aaworcester.org

New Meeting:
 "In the Wind" has Moved from District 23 (Framingham) to District 25 (Worcester)
 Holy Angles Church 1 Milford Rd. (Rt. 140) Upton Ma.
 Fridays 8:00PM

Women's Meeting Big Book (tapes)
 Thursdays 5:30—6:45 PM
 Calvary Retreat House South Street
 Shrewsbury, MA.

NEW MEETING
Big Book Thumpers
 Thursday Night 7:30-9:00pm arrive before 7:30 doors lock.
 Calvary Retreat House
 59 South St. Shrewsbury

Uxbridge—New Meeting– Big Book (Tapes)
 Church of the Nazarene
 130 Douglas Road (RT. 16)
Saturday Nights 7:00-8:00PM

New Meeting:
BBSS
 Lakeview Congregational Church 115 Coburn Ave. Worcester, Ma.
Wednesday's
7:00-8:30PM

W.A.I. - Social Committee:
 Check the Website for up to the minute information
www.aaworcester.org or Email: social@aaworcester.org
 Check it out and see what fun events they have planned !

To find out about social events in District 26 (North & west of Worcester) check out their unofficial web site:
www.26ac.org