

Worcester Area Intergroup



The **Beacon Weekly**

100 Grove St.,
Suite 314
Worcester MA
01605
(508) 752-9000
(508) 752-0755 (fax)

aaworcester.org

Intergroup Office
Is **CLOSED** until
further notice.

Please call the office
number (shown
above) or email the
Office Manager
(shown below) for
any assistance
needed.

The Beacon Weekly Staff

1/2020 — 12/2020

Editor:

John McI
beacon@
aaworcester.org

Office Manager:

Brandy H
officemanager@
aaworcester.org

Contributing Editor:
The Cyber Sot

Keep the chain
going— Pass this
Along

Let us know how
we are doing—
beacon@

Intergroup Could Be Another Covid-19 Victim

Shift to virtual meetings supports A.A. ability to ‘carry the message,’ but WAI finances are sinking

The Worcester Area Intergroup office might have to close “by the end of the year unless contributions increase,” Office Manager Brandy M. said in a recent interview.

The webpage would come down. There would be no one to answer the phones. No meeting schedules, either online or printed. No Alcathons. (continued on page 3)

WAI Seeks Suggestions and Holds Zoom Event to Discuss and Decide Fate of Alcathons

Send your ideas by July 5 to: alcathon@aaworcester.org

See the flyer on page 5

Next Alcathon Committee Meeting: Friday, July 10th 5:30 PM

<https://zoom.us/j/99682321007> Password - Sober2020

The Washington Post

**Alcoholics
Anonymous,
struggling to**

**reach new members during the shutdown,
expects a surge**

Meetings have always been a path to sobriety in Alcoholics Anonymous. But instead of hunting for a gathering in a church basement, these days, most seekers have to find the right Zoom password.

<https://www.washingtonpost.com/religion/2020/06/12/alcoholics-anonymous-struggling-reach-new-members-during-shutdown-expects-surge/>

The opinions expressed herein are not to be attributed to A.A. as a whole, nor does the publication of any article imply an endorsement by either A.A., General Services nor Intergroup.



WAI's VIRTUAL LOCAL MEETING SUPPORT APP SOME AREA MEETINGS RESUMING IN-PERSON

<https://so7ey.glideapp.io/>



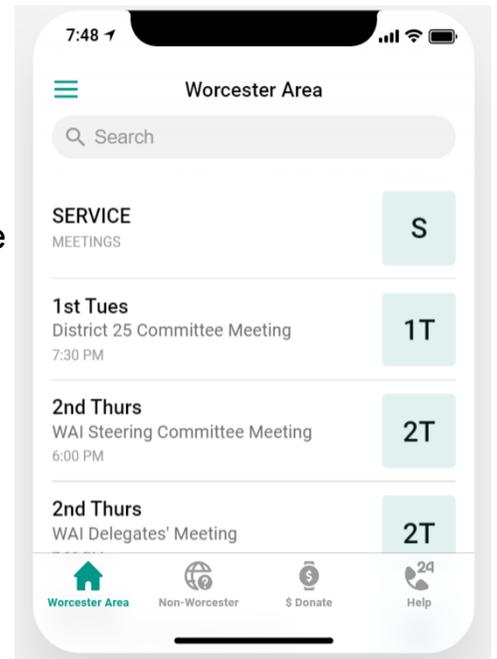
QR CODE
Scan with camera to install WAI app – (QR Code App required)

Worcester Area Intergroup's home page features a Virtual Meeting box with a link to a Web App for WAI activities. There is also spreadsheet listing Virtual A.A. meetings in Massachusetts, and the Worcester area. <https://bit.ly/2WlpfBD> (left tab) The spreadsheet's left tab includes links to **184** meetings in the Central Mass. and surrounding areas.

Some meetings have plans resume to 'in-person' status—these are highlighted in yellow in the 'Notes' column on the right.

[see illustration below]

If your group plans to resume in-person meetings, please let Worcester Intergroup know so the WAI list can be updated. The spreadsheet includes a second tab (the right tab) listing **68** online meetings in related areas. All meetings setup using the Worcester Intergroup account require a password to keep 'bots and hackers out — The password for attending is **Sober2020**



Boston/Eastern Massachusetts Central Service meeting list — https://drive.google.com/drive/u/0/folders/12-gRXU_fNZ2ggNxI2KdCbzODwR9mNvVW

350 meetings

These meetings are not associated with Worcester Area Intergroup. Any questions or concerns must be directed to the meeting itself.

Day	Time (ET)	Meeting Name	Topic/Meeting Format	ZOOM Link	Meeting ID	Password	Phone Number	Notes
Saturday	5:00 PM	RDU Fellowship	Boston Saturday Speaker Discussion	https://zoom.us/j/9963323885	996 332 3885	None	1 929 436 2866	
Saturday	10:00 PM	1 Day at a Time	1 Day at a Time	https://zoom.us/j/773878425	773 878 425	None	1 646 876 9923	Also meeting in person at regular location
		s Group	Daily Reflections	https://sites.google.com/site/aatelephonemeetings/home		654443#	1 712 432 0075	
		s Group	AA Topic Discussions	https://sites.google.com/site/aatelephonemeetings/home		654443#	1 712 432 0075	

Worcester Area meeting list

Non-Worcester Area meeting list

Yellow Highlight — In-Person Meetings Resuming



Intergroup Could Be Another Covid-19 Victim

Continued from Page 1

No service commitments. No Intergroup-hosted Zoom meetings. You'd have to go to Boston to buy a Big Book.

But even though she has the numbers to show how much money is not coming in, Brandy still has hope. "I don't think we will have to close. We tend to rally around each other when we need to."

According to the financial figures, however, that "rally" needs to start now.

It costs about \$60,000 a year to keep the office up and running, or about \$5,000 a month: rent, utilities, payroll, business expenses, etc. For example, Zoom licensing costs about \$213 a month, more than \$2,500 a year. Brandy says Intergroup knows of about 188 Zoom meetings "and we know there are others we do not know about." Face-to-face meetings are beginning to come back. All told, she estimates there are more than 400 meetings a week in the Central Massachusetts area that is covered by the Worcester Area Intergroup, established in 1974, an area that even includes meetings in Connecticut.

As with so many other current financial problems, it all started with the pandemic.

Intergroup does have a prudent reserve to help it through tough times. It is \$8,000, or less than two month's operating costs. But unless contributions pick up, Intergroup will have to hit it "by the end of July."

Brandy, who started working at intergroup in 2000 and became manager in 2017, says there are two major areas that are bottoming out; the two main sources of revenue: 7th Tradition donations and literature sales.

"Meetings are not buying books for raffles" or to sell to newcomers, or other literature. Intergroup is selling some by mail, but not that much. The January-through-May figures for 2019 show total sales of books, other literature, meetings schedule, and so on, was \$28,328.86. For the same period this year it was \$15,638... a drop of more than \$12,600. Group contributions are down about \$1,400; from \$14,890 to \$13,482.64.

Luckily, individual contributions are up \$8,181.73, from \$6,58.99 to \$8,740.72. Although it is a big increase, it is not enough to make up the loss from group contributions. (*Continued on Page 4*)



Intergroup Could Be Another Covid-19 Victim

Continued from Page 3

Making it worse, the size of those individual contributions is also dropping... dramatically.

There was a flurry of individual donations in April, roughly \$7,000. In May it turned into a flutter, down to \$4,500. The fear is that the decline in donations will continue and June be a flop.

Accepting those donations can cost money. PayPal and other digital transaction services charge a percentage of every transaction. Some, like PayPal, also charge a service fee for every transaction. Between January and the end of May in 2019 PayPal collected \$11.37 from Intergroup in transaction fees. For this year it has been \$305.33.

Brandy says mailing a monthly check to the Intergroup office saves everyone time and money.

After all, think of the that Zoom saves you. No transportation costs. No parking. And homemade coffee costs a lot less than \$3 a cup. So why not take some of the money that Zoom saves you and help save Worcester AA.

The Cyber Sot



Sober Cast: An (unofficial) Alcoholics Anonymous Podcast AA

An AA meeting in a Podcast. Sobercast is an (unofficial) Alcoholics Anonymous podcast featuring AA speaker meetings and workshops. This is not a discussion podcast, simply speaker meetings and workshops in a podcast format.

[https://tunein.com/podcasts/Health--Wellness-Podcasts/Sober-Cast-An-\(unofficial\)-Alcoholics-Anonymous-P-p988016/](https://tunein.com/podcasts/Health--Wellness-Podcasts/Sober-Cast-An-(unofficial)-Alcoholics-Anonymous-P-p988016/)

I am responsible...

“When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible.”

IMPORTANT!!

ALCATHON CONCERNS!!



Decision MUST be made at the next meeting (see below)

Worcester Area Intergroup/District 25 Alcathon Committee faces a tough decision and we need YOUR input!!

With the current pandemic situation life has changed the way we do things. Our Primary Purpose is to help other alcoholics achieve sobriety, but we must also be responsible citizens. FACTS: 1) we do not know what the pandemic situation will be by November (social distancing? How do we enforce the 6 foot ruling?) 2) we do not know if any facilities will be open and allow us to rent 3) most important—FINANCES. Both District 25 and WAI are running on diminishing funds. Contributions are down across the board and product sales are down significantly.

OPTIONS:

- 1) Run the Alcathons on Zoom
- 2) Try to find a place to have them and shorten to 12 hours each with no coffee or food.

* Do we then ask people to make contributions specifically for the Alcathons? Will this further diminish regular contributions?

LET US KNOW HOW YOU FEEL BY JULY 5TH!

Email your thoughts and ideas to:

alcathon@aaworcester.org

Next Alcathon Committee Meeting:

Friday, July 10th 5:30 PM

<https://zoom.us/j/99682321007>

Password - Sober2020





“White People Go to Rehab, Black People Go to Jail”

This lengthy article takes an in-depth and comparative view of the treatment and recovery experiences of African Americans from their point-of-view.

“In the black community, recovery isn’t a thing. There’s no treatment. There’s jail or church,” ...“In general, black people don’t go to rehab...“You’re either strong or you’re not.”

“In terms of black clients at all the rehabs, it was me and 2 girls... Maybe one or two black counselors. But 99% of the times I went to treatment, I was the only black person there.”

WARNING: this may be an uncomfortable article for some to read.

<https://www.workithealth.com/blog/white-people-go-to-rehab-black-people-go-to-jail/>

Consider This... *The Cyber Sot*

According to census data, the ethnic composition of Worcester is 57% White, 20.9% Hispanic or Latino, 11.8% Black, and 7.29% Asian. The rest are people of other races or mixed races.

The Traditions tell us we have no opinion on outside issues, but how welcoming we are to drunks, regardless of race, gender, creed, education, etc. is not an outside issue. It is one of the major principles of our program.

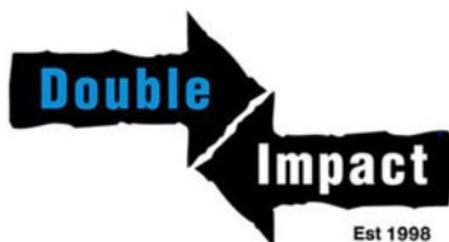
Some people see “systemic racism of the treatment industry and the recovery community.” (See link on pg. 6) This is an issue. AA is built on carrying the message to the suffering alcoholic... any suffering alcoholic ... and meeting them where they are at and accepting them for whoever they are. Perceptions of systemic racism interfere with our mission.

Alcoholism is the only disease that can be talked into remission. Can we say the same for racism?

Our own sobriety is built on carrying the message and helping others recover.

What is the ethnic mix of your home group? Is there anything you, or your home group, or the AA community at large can or should do about carrying the message and making Worcester AA more welcoming, inclusive and reflective of the community?

The Beacon would like to hear your thoughts on the matter. Please email them to Beacon@aaworcester.org.



From the UK: STORIES OF RECOVERY IN LOCKDOWN – RICH

We've been asking the people we support about how they are managing their recovery during lockdown. Here's what Rich had to say...

“...I was confused and angry. I was indignant and not at all accepting of the situation. In truth, I was scared. My addictive life was a scary existence splattered with uncertainty, fear and depression. It was hell on Earth. Then, I was lonely and life had no meaning. Now, after hearing all of this news suddenly and having my structure ripped away from me, I began to feel quite fearful...”

<https://www.doubleimpact.org.uk/category/news/>



News, Opinion, Community

Students in Recovery Face Challenges from Social Distancing

BU's Collegiate Recovery Program is helping members overcome obstacles

“A vital part of my recovery is connecting with people who are new to recovery, and trying to be of service, and there just aren't ways to meet those newcomers right now.” — A Law student recovering from substance use

Attending an online Alcoholics Anonymous meeting recently, Karen listened as participants shared intimate personal stories. Then someone who'd also been on the videoconference from the start asked to speak. When the meeting host unmuted the person, a recorded man's voice made an obscene reference about bestiality with koalas, says Karen (not her real name), a School of Law student.

“Zoom-bombing” has become a hazard around the country during the pandemic. Karen says her host bounced the troll from the meeting and apologized to the group, explaining that the intruder “had messaged them privately at the start of the meeting and said they had been sober for a certain number of years and really wanted to share at the meeting, so the host thought they were actually in recovery.”

<http://www.bu.edu/articles/2020/students-in-recovery-face-challenges-from->



Opinion—America Needs a Spiritual Awakening

The opinions expressed herein are not those of A.A. as a whole, nor does its publication imply an endorsement by A.A. General Services or the Worcester Area Intergroup. The opinions expressed are solely those of the author in the spirit of sharing. Also See 'Consider This...' on Page 6

I struggled quite a bit before writing this piece—for a many different reasons. The impetus to write this came after I found the article linked to on page 6 —'*White People Go to Rehab, Black People Go to Jail.*' This article made me uncomfortable...because it asserts that racism is systemic in the [rehabilitation] treatment industry *and* the recovery community. Perhaps unfairly, I am less uncomfortable accepting that racism may be systemic in the rehabilitation and treatment industry as that industry includes many for-profit institutions - as well as non-profits. What is likely undisputable is that for profit or non, management in these firms—as in almost all of America—is dominated by whites.

It is harder for me to accept—or believe—that racism is systemic in the recovery community. In my time in A.A. (28 + years) I have never observed racism in the Halls—overt or otherwise. That doesn't mean it doesn't exist. Possibly, I have been unintentionally blind to it—or, more simply, I am in denial. It has, however, struck me more than once that in Worcester—a city with a very diverse population— I seldom see African Americans in A.A. meetings I attend there, and have also seen a disproportionately smaller number of minorities in A.A. meetings (compared to population statistics) regardless of location across the U.S. The article asserts that many black Americans have felt uncomfortable in A.A. meetings—especially when they are the only person of color in a meeting.

I was struck by a recent news story about former baseball player Tori Hunter—who experienced being called a racial slur “over 100 times,” while playing at Fenway Park. Hunter says Boston is the only city where he suffered such abuse, and he had a clause added to every contract he signed that he could not be traded to Boston. When I read this I thought, “*How can that be true—Boston has always been such a bastion of liberalism?*” However, after the story was published, other MLB players also went public with similar complaints about playing in Fenway. The Red Sox were prompted to issue a statement saying what Hunter claimed was ‘real,’ adding that ‘*If you doubt him because you’ve never heard it yourself, take it from us, it happens,*’ and that Red Sox game day employees of color had been similarly abused while performing their duties.

Of course Fenway Park was built by an avowed racist—Tom Yawkey—Red Sox owner for decades—who insured that the Red Sox were the last team to integrate, and had a standing rule - the team was not to have more than 2 black players. In 2018, the City of Boston re-named the street next to the ballpark from ‘Yawkey Way’ to its original Jersey Street. Last year, the MBTA also changed the name of the commuter rail station near the ballpark from ‘Yawkey’ to ‘Lansdowne.’

It seems clear that the meaning of the spiritual awakening that America is experiencing the last several weeks is this: the majority of white Americans can now see and understand that which they could not before—that black Americans *are* systemically discriminated against, and often deprived of the most basic human rights guaranteed by our Constitution—including life, liberty, and the pursuit of happiness. It is that basic right to life—denied to countless black Americans for hundreds of years—most recently to George Floyd—that triggered the spiritual awakening. This awakening has changed attitudes—being silent or ignoring this human tragedy is no longer acceptable— that is to be complicit. I wrote this essay because it seemed to be the ‘next right thing’ to do. I am now challenging myself to identify concrete actions I can take to help eradicate this scourge wherever possible. If that amounts to an amend for what I should have done in the past, so be it.



How Americans' drinking habits have changed during the pandemic

Stay-at-home orders posed a special challenge to Americans who struggle with addiction and rely on the support of in-person recovery meetings. Many others found their alcohol consumption patterns changed significantly during the pandemic...this reports looks at the impact COVID-19 has had on Americans' substance use -- including consequences that could long outlast the virus.

"We had to find a way to literally bring all of Alcoholics Anonymous online. And we did so via Zoom. It's been a big challenge for everyone to sort of adapt to this new way of maintaining sobriety. But then, also, you know, the whole other side of it has been the enormous amount of uptick of people reaching out to us, people who have a drinking problem who are home and isolating, particularly those essential workers.

Links include 7 minute video, a separate audio file, and a complete transcript

Main— <https://www.pbs.org/newshour/show/how-americans-drinking-habits-have-changed-during-the-pandemic>

Audio— <https://www.pbs.org/newshour/show/how-americans-drinking-habits-have-changed-during-the-pandemic#audio>

Transcript— <https://www.pbs.org/newshour/show/how-americans-drinking-habits-have-changed-during-the-pandemic#transcript>

The
A.A. SERVICE MANUAL

Combined With

TWELVE CONCEPTS
for WORLD SERVICE

by Bill W.

2018-2020 Edition
REFLECTING ACTIONS OF THE
2018 GENERAL SERVICE CONFERENCE

The A.A. Service Manual

Have you ever wondered about how A.A. is organized and why, and what the underlying concepts are for how it operates?

This 74 page book explains it all...and maybe you will learn more about how you can be of service to your fellow A.A.'s...

https://www.aa.org/assets/en_US/en_bm-31.pdf



The Sixth Tradition

“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 and prestige divert us from our primary purpose.”

The “related facility” may be an outside group combating alcoholism—or an enterprise that A.A.’s want to start. It was the latter that most often confronted the young Fellowship. Outside agencies were pretty scarce in those days, and some members thought A.A. should cover the whole alcoholism field. Led by a “super-promoter” (as the “*Twelve and Twelve*” describes him), one group built an all-purpose center, including a section for drying-out treatment. Picture any group tackling such a project! Arguments over cost, architecture, staff, fees, medication, and rules might even make the local paper. (And pity the poor newcomer straying into the group— “We’ll get around to you in a minute.”)

Though that ambitious center failed, some individual members have since founded successful clubhouses, rest farms, halfway houses, etc. The enterprises are run by these A.A.’s and patronized by other members or prospective members. But money and property are involved. Therefore, it has proved wise to keep the operation of the facility completely separate from that of any A.A. group, and to keep “A.A.” or terms like “Twelfth Step” out of the name.

Toward outside agencies dealing with alcoholism, the A.A. policy is “cooperation but not affiliation.” A group cooperates, for example, by welcoming referrals from clinics or by sponsoring A.A. groups in institutions. But in one area, money for a rehab was solicited at an A.A. meeting—implying affiliation. In another, A.A. was listed among beneficiaries of a United Fund drive....

A.A. members employed by outside agencies “wear two hats”— but *Tradition Six* cautions any such members against wearing both at once! On the job, they may be alcoholism counselors; they are not “A.A. counselors.” At meetings they’re just A.A.’s, not alcoholism experts.



Step Six

“Were entirely ready to have God remove all these defects of character.”

Are you ready? Are you willing?

Examine the work you have done in A.A. so far: be honest and ask yourself: Was I thorough and fearless in my 4th Step? Did I hold anything back in my 5th Step? If you did, are you now willing to talk about those defects? Are you willing to continue with the work of recovery, which is a lifelong process, one day at a time?

Step 6 is the step that ‘separates the men from the boys.’ What does that mean to you?

Are you are ready to take Step 6? How do you know?

From your 4th Step list, which character defects do you still enjoy or are you clinging to? Which ones are you ready to get rid of? Do you have the willingness to let them go?

For the defects you are clinging to, pray for the willingness to let them go. For the ones you are ready to get rid of, do nothing for now. You will address them in Step Seven.

Make a list, this one showing the defects you are ready to get rid of...

Don't overanalyze the "entirely ready" part of this step. Just ask yourself if you want to be happy or not. If your answer is yes—you want to be happy, ask yourself if you can give this defect up to be happy.

This step doesn't take long, but like many of the remaining steps, it will be ongoing – a lifetime job.

WAI's ONLINE BOOKIE EXCHANGE

The WAI Bookie Exchange portal enables Bookies from local towns to quickly find groups seeking commitments and/or post a request. Open slots are listed by town. Contact — BookieXchange.aaWorcester.org

Treatment Facilities Service Opportunities

Due to COVID-19, treatment commitments are being revamped. Contact the Treatment Committee for updates—Raymond M.—treatment@aaworcester.org



12 Step Videos

'The only time tested and proven solution to addiction can be found in the "Big Book" of Alcoholics Anonymous. The Owl's Nest is not AA, and AA does not endorse The Owl's Nest or any other outside entity. However, if you are struggling with addiction, we hope that you will find these workshops helpful to your recovery'

This page hosts 8 videos, each one addressing either the 12 Steps or a discussion of the disease of alcoholism. The page also hosts links to downloads and the organization's YouTube channel.



Introduction to The 12 Steps

An Introduction to The Steps of Alcoholics Anonymous



Problem & Solution Workshop

A correct understanding of the problem is required to



Steps 1, 2, 3

Steps 1, 2, 3 from Big Book of Alcoholics Anonymous at the Owl's Nest Recovery and Treatment Community



8 and 9 Step Workshop
Steps 8 & 9 To Recovery

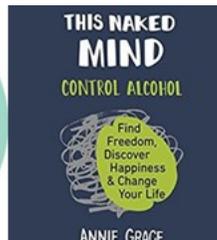


Doing A Proper 5th Step with 6 & 7
How to do a proper 5th step along with steps 6 & 7

<https://owlsnestrecovery.com/videos/12-step-workshop-videos/>

The Temper 21 Women-Led Recovery Podcasts to Listen to When You Need Hope

These podcasts will leave you feeling inspired, informed, and less alone.



<https://www.thetemper.com/best-recovery-podcasts/>



10 Reasons Why I Love Zoom Meetings... and Why You Should Too.

Love them or hate them, Zoom meetings are here to stay. Even though more and more face-to-face meetings are reopening, a lot of AAs say they will stick with Zoom. Many of the committed Zoomers have medical issues or are senior citizens, which puts them in a high-risk group. Some have transportation problems. Others just like the convenience. And then there are those who simply say:

All of the above.

Yes, face-to-face meetings are a lot more personal. It can be hard to feel that “I” am part of a digital “we” when sitting alone with a computer. When you are part of a physical group you can experience the physical presence, warmth, and support of the other AAs. You can hear the laughter and feel the love. There is also basic skin hunger. We all need hugs, and you can’t get them at a Zoom meeting.

You can’t join hands in prayer, either.

But you can join Zoom any time of day or night, or time zone. It’s worth noting that the United Nations has 193 member nations, and two observer states, the Vatican and the State of Palestine, and that AA is in 180 of those countries, including the Vatican, and 67 of those countries consider English their official language. You can hunt online for AA Zoom meetings around the world, or simply click on <http://www.247aaonline.com/> to join an English-speaking meeting any time of any day, or night, or even middle of the night.

Constant availability is just one reason I love Zoom. Here are 10 more:

Parking is never a problem.

Smoking or non-smoking meeting? My choice!

If I’m in the mood for caffeine-free, gluten-free, sugar free, low-calorie chocolate latte, with lactose free whipped pumpkin spice cream substitute on top, plus a cherry, I can have it. All I have to do is make it... and I don’t have to share.

If I see something or someone I don’t want to see, I can put a Post-it Note on the screen to cover that Zoom box. If the box moves, I move the Post-it Note.

Before I share, I can look up quotes in the Big Book to make it look as if I’ve actually read it and know what I’m talking about.

Four words! Volume control. Mute button.

I see the name of the person sharing and, over time, actually remember it. (NOTE: I used to think that the majority of AAs were named Tom, Pat or Mary, but a lot of AAs now seem to be named iPhone, Samsung, or Galaxy.)

Every seat is a good one, and I don’t have to make a decision about who to sit next to or worry about who will sit next to me.

My sponsor can’t elbow me when someone says something I should pay attention to.

I don’t have to carry cash for the 7th Tradition. I just send regular checks to Worcester Area Inter-group, 100 Grove St., Suite 314, Worcester, MA 01605

The Cyber Sot



The GRAPEVINE AND LA VIÑA ARE HERE TO HELP

Home Group

Spanish issues



APRIL 2020



LA VIÑA

To help members during the pandemic, The AA Grapevine, Inc., publisher of the *International Journal of Alcoholics Anonymous*, has been providing free access to most of 2020's *Grapevine* and *La Viña* issues. See this link to download available issues:

<https://www.aagrapevine.org/we-are-here-to-help>]

Please share with your fellows.

The free for all to access ends July 1, 2020.

Worcester Area Intergroup's Online Bookstore

WAI has launched a new Online Bookstore, enabling local A.A.'s to order coins, books, and cards. The site also includes a printable PDF listing these items, which can be filled out and mailed in if that is more convenient for some buyers.



If you don't know it, sales of books and other items from the WAI Bookstore helps support local A.A. activities (such as the Intergroup Office and Alcathons), so help the local recovery community by buying your A. A.-related items from the WAI bookstore. Gift certificates are now available for the WAI Bookstore and can be used for anything in the bookstore or for special orders.

Find it here: <http://bookstore.aaworcester.org>

Please remember to close out the transaction after Paypal returns you to the bookstore.



VIRTUAL A.A. MEETINGS WORLDWIDE

The COVID-19 crisis isn't only happening in the U.S. Worldwide, A.A.'s have stepped up to the challenge of service to their fellows by launching virtual meetings almost everywhere A.A. is— we count **1,083** meetings

here: www.bit.ly/aaonline2020



AAGrapevine and La Viña 2020 Product Catalog

https://www.aagrapevine.org/sites/default/files/2020-05/GV%20Catalog%202020%20FINAL%20Web_0.pdf



Worcester Area Intergroup Information

Until further notice, the Intergroup Steering Committee, District 25 meeting and Intergroup Delegates monthly meeting has been changed to a virtual event—

Information for these meetings is listed at the top of the virtual meeting list at aaworcester.org.

**The Intergroup meetings occur the second THURSDAY of each month.*

District 25 General Service Committee—meets first Tuesday of the month 7:30 pm

District 26 General Service Committee—Madonna of the Holy Rosary Church Hall, 118Theresa St., Fitchburg, meets first Thursday of the month 7:00pm AA members welcome—please come join us!

AREA 30 Eastern Mass. General Service Committee — Belmont / Watertown United Methodist Church 421 Common St., Belmont—4th Wednesday 8:00pm

Intergroup Officers & Committee Chairpersons (as of 6/20/20)

<u>Position</u>	<u>Name</u>	<u>email address</u>	<u>Bold = new in 2020</u>
Chairperson	Steve O	chair@aaworcester.org	
Alt. Chair	OPEN	altchair@aaworcester.org	
Secretary	Hilary D	secretary@aaworcester.org	
Alt. Secretary	OPEN	altsecretary@aaworcester.org	
Treasurer	Ted K	treasurer@aaworcester.org	
Alt. Treasurer	OPEN	alttreasurer@aaworcester.org	
Trustee	Fred F.	trustee1@aaworcester.org	
Trustee	Kim N.	trustee2@aaworcester.org	
Trustee	Alice B.	trustee3@aaworcester.org	
Trustee	Emily D.	trustee4@aaworcester.org	
Office Manager	Brandy H.	officemanager@aaworcester.org	
Alcathon (WAI)	Brandy H.	alcathon@aaworcester.org	
Beacon Editor	John Mcl	beacon@aaworcester.org	
Treatment Facilities	Raymond M.	treatment@aaworcester.org	
Corrections	Steve O.	corrections@aaworcester.org	
HALTline	Donna H.	haltline@aaworcester.org	
Liaison to District 25	Steve O.		
Liaison to District 26	Jenn C.		
Liaison to Area 30	Jim B.		

Worcester Intergroup Service Opportunities—Step Up!

Worcester Intergroup has three open positions (see above) and needs a new webmaster. For A.A.'s seeking an opportunity to serve — Please contact: officemanager@aaworcester.org for more info



Online Intergroup—Online Meetings Directory

<http://aa-intergroup.org/directory.php>



Online Intergroup
Alcoholics Anonymous®
www.aa-intergroup.org

Get Help Now | **Online Meetings** | **Worldwide Events** | **About AA** | **Members**

[Čeština/Slovenčina](#) | [Dansk](#) | [Deutsch](#) | [Español](#) | [Farsi](#) | [Français](#) | [Ελληνικά](#) | [Italiano](#)
[日本語](#) | [Polski](#) | [Português](#) | [Russki](#) | [Slovenčina](#) | [Svenska](#)

The Directory lists different meeting formats—Regular, Men/Women, Men only, Women only, Gay/Lesbian/Bisexual/Transgender, Deaf/Hard of Hearing, Blind/Visually Impaired, Loners/ Internationalists, Atheist/Agnostic, Regional / Ethnic, Profession Specific, Closed or Open The Online Intergroup aids its member groups in their common purpose of carrying the AA message to the alcoholic who still suffers.



Find a Meeting—Local or Anywhere!

Find a local meeting fast on a Map, a grid, or on a list!

MeetingMap.aaWorcester.org

Alcoholics Anonymous World Services Meeting Guide

The official Meeting Guide is a free of charge meeting finder app for iOS and Android that provides meeting information from A.A. service entities in an easy-to-access format.

Meeting Guide syncs with area, district, intergroup/central offices and international General Service Office websites (some of which are listed on A.A. Near You), relaying meeting information from more than 300 A.A. service entities directly to you. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily. This app gives A.A. service entities full control of their local meeting information while collecting it in one place, making it easy for anyone to find a meeting.



<https://play.google.com/store/apps/details?id=org.meetingguide>



[apps.apple.com > app > meeting-guide](https://apps.apple.com/app/meeting-guide)



SUPPORT LOCAL VIRTUAL MEETINGS and WAI

One element in online meetings which *is* different is that the digital world needs a special method to ‘Pass the (Virtual) Basket’ for the Seventh Tradition. Online hosting—(such as Zoom meetings) - cost money to operate, and area A.A. activities still need support to provide ongoing services, so a link to a contribution page is included http://aaworcester.org/contribution_page.html on www.aaworcester.org. Please help keep local A.A. resources available for the alcoholic who still suffers. Payment services charge WAI a *per transaction* fee - so when using them, please contribute less frequently but in larger amounts—reducing transaction fees. The contribution page offers PayPal or Square Cash/Cash App payment options, and both offer an app for download.



<https://www.paypal.com/>



Square

[\\$WAIintergroup](#)

You can specify that your contribution be credited to your home group—and acknowledge that in your transaction. If your group is looking to add digital contributions, this link offers an overview adding a digital 7th Tradition capability to a group — <https://aasfmarin.org/online-contributions-your-digital-7th-tradition-guide-to-best-practices>

Of Note...

While individual contributions are increasing (Thank You!), group contributions and sales from the WAI bookstore are down substantially. Group contributions are down because, obviously, groups are no longer meeting in person. Sales from the WAI bookstore are down primarily because groups are not purchasing typical recovery items such as books, meeting lists, coins, cards, etc.—and, group purchases represented the lion’s share of Bookstore sales.

Many people in our area are experiencing severe financial hardship due to the pandemic. We are very grateful to our fellow A.A.’s for continuing to support WAI’s mission of service in Central Massachusetts.

GRAPEVINE Daily Quote

June 17, 2020

“Not drinking is the first requirement for joy; the second requirement is gratitude.”

“The Most Beautiful Word in the English Language,” Lombard, Illinois, February 1995, In Our Own Words: Stories of Young AAs in Recovery <https://store.aagrapevine.org/spiritual-awakenings-journeys-of-the-spirit-soft-cover>



12 Step Volunteer Application

Name (First name and last initial): _____

Telephone Number: _____

Towns you will accept calls from: _____

Hours that you are available: _____

I wish to help (please circle *all* that apply): Males Only Females Only Both

Ages I am willing to work with people ages:

Teens 20 to 30 30 to 40 40 to 50 50 to 60 Over 60

I am willing to (please circle):

Talk to a person on the phone Go to a persons home to talk * Give rides to AA Meetings
Give rides to Detox * Meet someone at a meeting

Other (please specify) _____

**It is suggested that a person NOT make a Twelfth Step call alone to help an alcoholic who is still suffering. Also you should NOT drive a wet drunk to a treatment facility (detox) without having another A.A. member with you. If you circled either of these items, please be sure that you have another member of A.A. that is available and willing to go along with you.*

Anniversary Donation

Name: _____

City/Home Group: _____

Sobriety Date: _____ Amt. Enclosed: _____

Mail to: **Worcester Area Intergroup**—address on page 1. All Anniversaries submitted will be published the month following submission. Please contact the newsletter Editor at beacon@aaworcester.org if an Anniversary has not been published for two months following submission.

HALT LINE NEEDS VOLUNTEERS

The Intergroup HALT line needs volunteers to cover open time slots. The HALT line is there to assist any alcoholic needing to find a meeting. This is service work that really matters.

See the flyer on page 21



OPTIONS FOR CREATING AN ONLINE MEETING

A. A. General Services offers suggestions and shared experiences for creating online meetings here— [https://www.aa.org/pages/en_US/options-for-meeting-online] This outline includes points to consider and links to other pages:

- Decide if you want to create your own online meeting or attend one that already exists.
- To create your own online meeting, choose a platform to use, and provide group members with relevant info/instructions for your meeting.

A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs - and several providers offer information on how to use their platforms to set up an online meeting are—Google Hangouts/Meet, Zoom, Free Conference Call

Getting additional help

You may be able to request additional help and guidance on this topic by reaching out to the WAI office, WAI Zoom Warriors, technology committees, or the online Technology in A.A. forum [https://www.aa.org/pages/en_US/disclaimer?u=https://tiaa-forum.org/]

NEED HELP? A.A. Worcester Intergroup offers in-depth user training called **Zoom Trooper Boot Camp**—training assistance for using Zoom—please contact Brandy, WAI Office Manager, for info: officemanager@aaworcester.org (508) 752-9000

In online meetings—don't forget Tradition Twelve

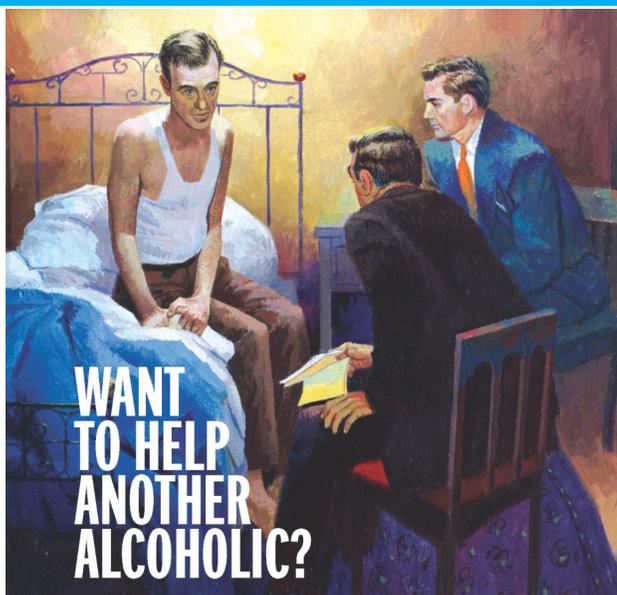
Especially in the digital universe—anonymity matters: See this link to a booklet including guidance and suggestions:

https://www.aa.org/assets/en_US/p-47_understandinganonymity.pdf

Want To Help Another Alcoholic?

Join Us in our 2020
*Carry The Message
Project*

To learn more, visit our website at
aagrapevine.org/carry-the-message
or visit our YouTube channel at
youtube.com/aagrapevine





A Guide to using Zoom as a Virtual Meeting Platform

Highlights from the New York Intergroup's suggestions for developing and managing virtual meetings using Zoom

<https://www.nyintergroup.org/remote-meetings/join-the-nyig-zoom-meeting-room/what-is-the-aa-zoom-room/nyig-zoom-room-support/>

The NYC Intergroup offers a helpful guide for using Zoom as a virtual meeting platform, addressing topics such as Account Setup, How to use Zoom, Guide for Meeting Chairs, Managing anonymity in virtual meetings, and Member and Group resources.

Zoom also offers support videos and other resources—explore <https://support.zoom.us>

Virtual Meetings face their own challenges

Some A.A. groups hosting virtual meetings on Zoom have had problems with internet trolls who are jumping into public Zoom calls and using the screen-sharing feature to project graphic (and sometimes pornographic) content to unwitting conference participants, forcing hosts to shut down their events. This practice is apparently called “Zoom Bombing.”

The Inter-Group Association of A.A. New York offers a helpful 4 page guide, ‘NYIG Toolkit for Handling Unwanted Meeting Disruptions’ [download: https://www.nyintergroup.org/wp-content/uploads/2020/03/NYIG_Zoom-Protection-Guide_033020.pdf]

Zoom also offers a security guide - How to Keep Uninvited Guests Out of Your Zoom Event — [<https://blog.zoom.us/wordpress/2020/03/20/keep-uninvited-guests-out-of-your-zoom-event/>]

WAI's ZOOM WARRIOR COMMITTEE TO THE RESCUE!!

Worcester Intergroup's new committee—The ZOOM Warriors— consists of 12 Zoom Warriors and 2 Honorary Warriors, along with over 70 Zoom Troopers, who's mission is to help keep local A.A. meetings going when our physical locations are closed by giving technical support to groups adding online sessions. Need help? The Warriors have a useful guide to Zoom, and, offer training assistance for using Zoom — contact Brandy, WAI Office Manager, for info: officemanager@aaworcester.org (508) 752-9000

"Only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built."

TWELVE AND TWELVE, P. 21



HALT Line Volunteers needed

What the HALT line is:

One alcoholic talking to another alcoholic --- Isn't that what A.A. is all about?

One might:

- *Give out meeting time and location information.
- *Talk and/or listen to a sober alcoholic in danger of picking up a drink.
- *Talk and/or listen to a sober alcoholic who is visiting the area.
- *Talk to a "drunk". You may be the link in the chain that could save their life.
- *Refer a caller to the Intergroup Office and inform them of the office hours.

This is a very easy way to do service from the convenience of your own home.

What you need to be a volunteer:

*1 year of sobriety is suggested because the first year needs focus on recovery before such service.

*Meeting lists (we suggest District 26 and Worcester Area). These are available free of charge from Worcester Area Intergroup and are available on the Website www.aaworcester.org or use the App MeetingGuide on your cell phone.



*3 or more hours of time during the week that you will be available to answer calls. This is done from your own home or cell phone. You do not have to answer as A.A. you can simply answer and when asked say you are "Answering for Worcester Area Intergroup, how can I help you?"



Please call Donna H., the HALT Line chair, at 508-735-8559 or email her at donna.ham@charter.net or send an email to haltline@aaworcester.org