

Worcester Area Intergroup



*The*  
**Beacon Weekly**

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

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

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Keep the chain  
going— Pass this  
Along

Let us know how  
we are doing—  
beacon@

Worcester Area Intergroup Presents  
**VIRTUAL BIG BOOK**

**JEOPARDY!**

July 25, 7pm — 9pm Zoom Meeting ID: 914 816 169 62

Password: JEOPARDY Audience WANTED!

See event info on page 4



**Alcoholic men can't feel  
your pain. Here's why**

Too much alcohol can ruin a man's appreciation of irony and block feelings of empathy. And that's true even when he's sober, a new study suggests.

Scientists suspect that chronic heavy drinking damages parts of the brain that are crucial to decoding others' emotions and to processing humor, especially irony.

"Chronic alcohol abuse seems to have effects on the perception and decoding of emotional expressions," says Simona Amenta, a post-doctoral researcher at Italy's University of Milano-Bicocca and a lecturer at the Catholic University of Milan. "It has been associated with ... deficits in emotion recognition and verbalization, leading to difficulties in distinguishing and comprehending people's emotional states."

Continued on page 8

**Alcathon Update—WAI/District 25**

alcathon@aaworcester.org

See the flyer on page 3

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

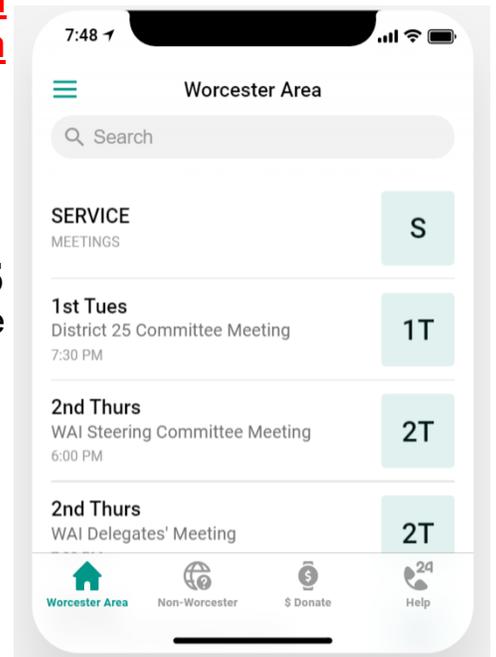
<https://so7ey.glideapp.io/>



**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 **185** meetings in the Central Mass. and surrounding areas, **some of which are resuming in-person meetings**. The **center tab** lists local meetings planning to resume, or, meetings which are new.

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



Groups planing to resume in-person meetings, please let Worcester Intergroup know so the WAI list can be updated. The spreadsheet includes a third tab (the **right tab**) listing **65** 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**

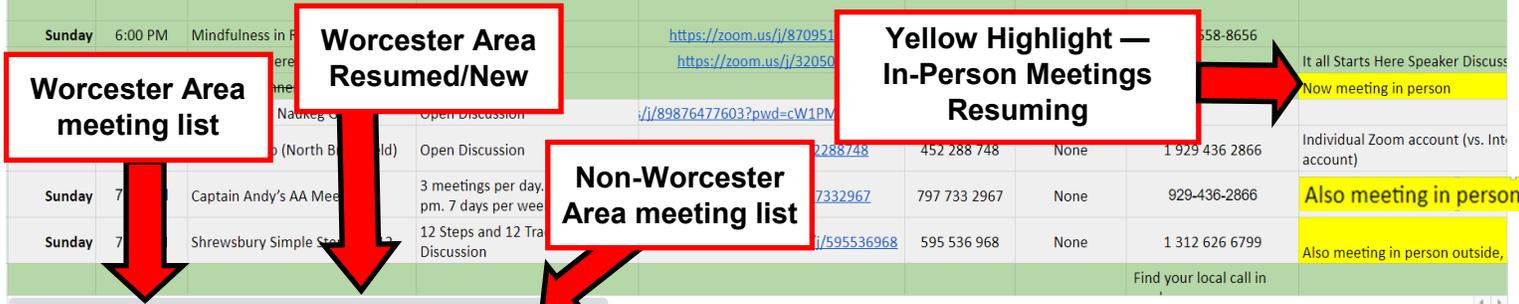
**Eastern Massachusetts Central Service meeting list —**  
[https://drive.google.com/drive/u/0/folders/12-gRXU\\_fNZ2ggNxI2KdCbzODwR9mNvVW](https://drive.google.com/drive/u/0/folders/12-gRXU_fNZ2ggNxI2KdCbzODwR9mNvVW) **350** meetings

PASSWORD protected meetings are highlighted in green. NOTE: Passwords are case-sensitive (please check the Password column).

The HALTline is open 24/7 if you need to talk or have any questions (508) 752-9000

| Day    | Time (ET) | Meeting Name                 | Topic/Meeting Format                   | ZOOM Link   | Meeting ID   | Password    | Phone Number      | Notes                                     |
|--------|-----------|------------------------------|--|---|--------------|-------------|-------------------|---|
| Sunday | 5:00 PM   | Westminster Men's Step It Up | Men's BBSS                             | <a href="https://zoom.us/j/139454238">https://zoom.us/j/139454238</a>                               | 139 454 238  | Sober2020   | 1 646 558 8656 US | RCA Westminster, MA                       |
| Sunday | 6:00 PM   | Mindfulness in F...          |  | <a href="https://zoom.us/j/870951...">https://zoom.us/j/870951...</a>                               |              |             | 558-8656          | It all Starts Here Speaker Discuss        |
|        |           |                              |  | <a href="https://zoom.us/j/32050...">https://zoom.us/j/32050...</a>                                 |              |             |                   | Now meeting in person                     |
|        |           |                              | Open Discussion                        | <a href="https://zoom.us/j/89876477603?pwd=cW1PM...">https://zoom.us/j/89876477603?pwd=cW1PM...</a> |              |             |                   |   |
|        |           |                              | Open Discussion                        |   | 2288748      | 452 288 748 | 1 929 436 2866    | Individual Zoom account (vs. Int account) |
| Sunday | 7         | Captain Andy's AA Mee        | 3 meetings per day, pm. 7 days per wee | <a href="https://zoom.us/j/7332967">7332967</a>   | 797 733 2967 | None        | 929-436-2866      | Also meeting in person                    |
| Sunday | 7         | Shrewsbury Simple Sp         | 12 Steps and 12 Tra Discussion         | <a href="https://zoom.us/j/595536968">595536968</a>   | 595 536 968  | None        | 1 312 626 6799    | Also meeting in person outside,           |

Find your local call in





# **ALCATHON NEWS!**

Worcester Area Intergroup/District 25

On **ZOOM!!!**

We will have the Alcathon room open for the full 36 hours, with commitments for 9 hours each day.

*If your Group is interested in doing a Virtual Commitment, please email:*

[alcathon@aaworcester.org](mailto:alcathon@aaworcester.org)

## **GRAPEVINE** Daily Quote

**“Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening, through the practice of AA’s Twelve Steps.”**

AA Co-Founder, Bill W., December 1957, “The Greatest Gift of All”,  
The Language of the Heart Honesty”

July 19, 2020





**Saturday  
July 25th**

**7pm - 9pm**

Big Book Jeopardy hosted by  
WAI with a **SPECIAL GUEST HOST!**

Calling all alcoholics for a night of sober fun!

**AUDIENCE WANTED:**

Come watch the show and gain some  
knowledge of the Big Book.

**Zoom Meeting ID: 914 816 169 62**

**Password: JEOPARDY**

Contact: [social@aaworcester.org](mailto:social@aaworcester.org)



**Joe and Charlie Big  
Book Study -  
Complete**  
- Audio only -

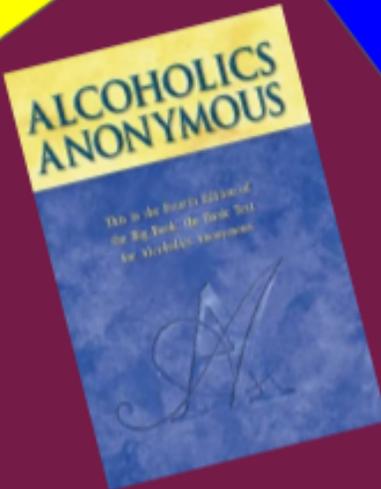
[https://www.youtube.com/  
watch?v=wD9M3\\_Yg5KM](https://www.youtube.com/watch?v=wD9M3_Yg5KM)

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. Comments, questions and articles may be directed to *The Beacon Weekly*. All excerpts & Articles reprinted with permission from AAWS and/or *The Grapevine*.



Keeping Worcester area sober since 1974!

**GIVE TODAY!**



**WHY WE NEED YOU MORE THAN EVER.**

The Worcester Area Intergroup has relied on bookstore sales and group contributions to keep the service organization running. With the physical store location closed since March and groups meeting online, income is down. We are relying more than ever on member contributions to keep the WAI office open to the newcomer and you! We are so appreciative of the member contributions to date, your contribution is what keeps us going.

**TWO WAYS TO HELP:**

1. Contribute online or by mail!
2. Shop in the online bookstore!

# Worcester Area Intergroup

100 Grove Street, Suite 314, Worcester, MA 01605

*When anyone, anywhere, reaches out for help, I want the hand of AA always to be there.*



## WHAT IS AA?

Alcoholics Anonymous is an international fellowship of men and women who have had drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

## WHO CAN CONTRIBUTE?

Contributions are welcome from members of AA. Due to the 7th tradition we cannot accept donations from people who are not members.

## WAI COMMITTEES

- Alcathon
- Corrections
- HALTline
- Public Information
- Social
- The Beacon
- Treatment Facilities
- Website / Technology

For more information, to contribute or shop visit [aaworcester.org](http://aaworcester.org)

**CALL US 508.752.9000**



## **Alcohol Use and Cancer**

Alcohol use is one of the most important preventable risk factors for cancer, along with tobacco use and excess body weight. Alcohol use accounts for about 6% of all cancers and 4% of all cancer deaths in the United States. Yet many people don't know about the link between alcohol use and cancer.

Alcohol use has been linked with cancers of the:

- Mouth
- Throat (pharynx)
- Voice box (larynx)
  - Esophagus
  - Liver
- Colon and rectum
  - Breast

Alcohol probably also increases the risk of cancer of the stomach, and might affect the risk of some other cancers as well.

For each of these cancers, *the more alcohol you drink, the higher your cancer risk*. But for some types of cancer, most notably breast cancer, consuming even small amounts of alcohol can increase risk.

### **Cancers of the mouth, throat, voice box, and esophagus:**

Alcohol use clearly raises the risk of these cancers. Drinking and smoking together raises the risk of these cancers many times more than drinking or smoking alone. This might be because alcohol can help harmful chemicals in tobacco get inside the cells that line the mouth, throat, and esophagus. Alcohol may also limit how these cells can repair damage to their DNA caused by the chemicals in tobacco.

### **Liver cancer:**

Long-term alcohol use has been linked to an increased risk of liver cancer. Regular, heavy alcohol use can damage the liver, leading to inflammation and scarring, which might be why it raises the risk of liver cancer.

Colon and rectal cancer: Alcohol use has been linked with a higher risk of cancers of the colon and rectum. The evidence for this is generally stronger in men than in women, but studies have found the link in both sexes.

<https://www.cancer.org/cancer/cancer-causes/diet-physical-activity/alcohol-use-and-cancer.html>



## CONNECTION BETWEEN ALCOHOL USE AND DEPRESSION COULD AID TREATMENT

*People with alcohol use dependence are almost four times more likely to also have a major depressive disorder.*

For people with psychiatric disorders, comorbidity — or the presence of two or more disorders in a single patient — is quite common. One of the most common comorbidities is alcohol use disorder and major depressive disorder.

Studies have already shown those patients tend to experience worse outcomes and higher rates of relapse after treatment, but a new study led by Michigan State University researchers may have uncovered key predictors for the combination of these disorders, information that could aid in both prevention and treatment.

<https://msutoday.msu.edu/news/2020/connection-between-alcohol-use-and-depression-could-aid-treatment/>

## THE BUFFALO NEWS **Alcohol and the coronavirus pandemic: How much is too much?**

Have you been drinking alcohol while working at home during the Covid-19 pandemic? Has your drinking climbed overall during quarantine and the stilted reopening of public gathering places? Have you joked that you're using booze to kill the novel coronavirus?

For many, those behaviors will go away when Covid-19 becomes far less threatening. For some, they will set the stage for alcoholism, said Kenneth Leonard, director of the University at Buffalo Clinical and Research Institute on Addictions.

[https://buffalonews.com/news/local/alcohol-and-the-coronavirus-pandemic-how-much-is-too-much/article\\_d8124856-bbce-11ea-b49e-2f780119803f.html](https://buffalonews.com/news/local/alcohol-and-the-coronavirus-pandemic-how-much-is-too-much/article_d8124856-bbce-11ea-b49e-2f780119803f.html)



NBC NEWS

## **Alcoholic men can't feel your pain. Here's why**

Continued from page 1

Some studies...have shown that alcoholics tend to misidentify the emotions of people they are interacting with...So sadness can be mistaken for anger, while happiness might come across as a negative emotion.”

“...To look at the impact of chronic heavy drinking on emotion recognition, [researchers] tested 22 men who were in their third week of an alcohol detoxification program. They compared them to 22 men who were not alcoholics...

“...44 study volunteers were asked to read a series of stories that concluded with either a straightforward sentence or an ironic one...[and]...then asked to complete a questionnaire...”

“...As it turns out, the drinkers were much worse at detecting irony. In fact, they identified ironic sentences correctly only 63 percent of the time, as compared to 90 percent of the non-alcoholic volunteers.

What this means is that problem drinkers can completely misinterpret what they're seeing and hearing.”

<http://vitals.nbcnews.com/news/2012/11/08/15029060-alcoholic-men-cant-feel-your-pain-heres-why?lite>



## **New Research: Binge Drinking May Be More Dangerous for Women**

It's common knowledge that binge drinking carries serious health and lifestyle consequences for all. However, new research shows that women who drink heavily experience higher risk of alcohol-related problems than men. Today, we'll discuss why women need to be on guard against the dangers of binge drinking.

**What is Binge Drinking?**

The definition of binge drinking differs for men and women. This is due to physiology – because women generally weigh less than men, they are more strongly affected by alcohol. There is also a critical difference in the amount of water in one's body; alcohol resides predominantly in body water, which women have less of than men. This means that even if a man and woman weigh the same, the woman's blood alcohol concentration will be higher.

<https://lakesidemilam.com/blog/binge-drinking-women/>



## Recovery Podcasts

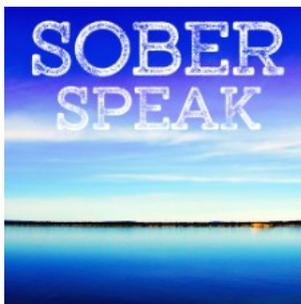
Summer can be a time for great road trips and cruising....nothing makes a long drive go by more quickly than listening to great A.A. speakers deliver a message filled with experience, strength, and hope  
(none of these sites are affiliated with A.A. in any way)



### Mad Dog Recovery AA Speakers

This site says it offers AA speakers that carry depth and weight. The site offers many speaker recordings—I didn't count them but probably about one hundred of more recordings. Mad Dog speaker recordings are all from Canada—but don't hold that against them.

<https://mادتank10.podbean.com/>



### Sober Speak Podcasts

This site has over 140 archived A.A. speaker recordings—

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

<https://soberspeak.podbean.com/>



### The Bubble Hour

The Bubble Hour is hosted by Jean M., a sober woman dedicated to breaking down the walls of stigma and denial surrounding the disease of alcoholism.

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



### The Recovery Radio Network

The Recovery Radio Network says it brings you twelve step speakers and workshops designed for recovering individuals and the people who support them. This site features a new speaker recording every month, and has an archive recordings going back 10 years.

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



## **Why being thankful is so good for your health**

**As a physician, I have helped to care for many patients and families whose lives have been turned upside down by serious illnesses and injuries.**

**In the throes of such catastrophes, it can be difficult to find cause for anything but lament.**

**Yet Thanksgiving presents us with an opportunity to develop one of the healthiest, most life-affirming and convivial of all habits -- that of counting and rejoicing in our blessings.**

### **Gratitude's benefits**

**Research shows that grateful people tend to be healthy and happy. They exhibit lower levels of stress and depression, cope better with adversity and sleep better. They tend to be happier and more satisfied with life. Even their partners tend to be more content with their relationships.**

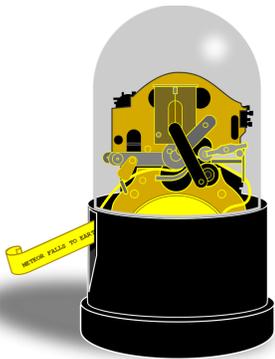
**Perhaps when we are more focused on the good things we enjoy in life, we have more to live for and tend to take better care of ourselves and each other. When researchers asked people to reflect on the past week and write about things that either irritated them or about which they felt grateful, those tasked with recalling good things are more optimistic, feel better about their lives, and actually visit their physicians less.**

**It is no surprise that receiving thanks makes people happier, but so does expressing gratitude. An experiment that asked participants to write and deliver thank-you notes found large increases in reported levels of happiness, a benefit that lasted for an entire month.**

### **Philosophical roots**

**One of the greatest minds in Western history, the Greek philosopher Aristotle, argued that we become what we habitually do. By changing our habits, we can become more thankful human beings.**

**<https://www.cnn.com/2019/11/28/health/thanksgiving-gratitude-conversation-wellness/index.html#:~:text=Research%20shows%20that%20grateful%20is%20good%20for%20your%20health>**



## The WAI Ticker

*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.

*Step Seven:*

“Humbly asked Him to remove our shortcomings.”



## Meeting List Changes

Changes to a meeting name, its time, its format or its location, or new meetings and groups closings -

Send all meeting changes to: [beacon@aaworcester.org](mailto:beacon@aaworcester.org) and to:  
[officemanager@aaworcester.org](mailto:officemanager@aaworcester.org)

For meetings resuming in-person, please submit the ‘Meeting Update Form’ available on the WAI home page



## Group Anniversaries

Send Anniversary Info to: [beacon@aaworcester.org](mailto:beacon@aaworcester.org)

## Special Events!

**Don't Forget—This week!**

- ◆ Big Book Jeopardy — July 25, 7pm — 9pm
  - ⇒ See the flyer on page 3



- ◆ 2020 INTERNATIONAL A.A. CONVENTION—Detroit, A VIRTUAL EVENT
  - ⇒ "Love and Tolerance Is Our Code"
  - ⇒ A.A. Stories (video)
  - ⇒ ‘Carry the Message’ - Public Info, Corrections, and Accessibility
  - ⇒ Available in English, Español, Français, and ASL
  - ⇒ <https://2020convention.aa.org/>



**WHAT'S YOUR SCORE?**

**KEEP THIS AND CHECK YOUR GRADE EACH MONTH  
GIVE YOURSELF FROM ONE TO FIVE POINTS ON EACH QUESTION**

1. Has my past been a mess and am I **EARNESTLY DETERMINED TO ESTABLISH A BETTER WAY OF LIFE**, and am I willing to make the effort? \_\_\_\_\_
2. Do I admit **BEYOND ANY DOUBT** that I am powerless over alcohol - that if I use it, it will destroy me? \_\_\_\_\_
3. Do I sincerely believe that there is a power greater than myself in which I **WILL PUT MY TRUST** regardless of what happens? \_\_\_\_\_
4. Do I realize the importance of talking A.A. and attending all A.A. **MEETINGS POSSIBLE**, or do I hedge and make excuses? \_\_\_\_\_
5. Am I really willing to **MAKE RETRIBUTION** where possible to those I have harmed, or am I just kidding? \_\_\_\_\_
6. Do I **SINCERELY OBSERVE** daily moments of constructive meditation, thinking of my humility and desire to understand? \_\_\_\_\_
7. Am I **TRULY HONEST** with others, or will I chisel if I get a chance? \_\_\_\_\_
8. Am I **PATIENT** in waiting for the rewards of my efforts? \_\_\_\_\_
9. Am I **FRIENDLY** and do I **TRY TO OVERLOOK** the shortcomings of others, regardless of who they are? \_\_\_\_\_
10. Am I tolerant - do I show consideration for those whose beliefs, practices or habits differ from my own? \_\_\_\_\_
11. Am I a gossip - do I repeat rumors or chatter about people's affairs? \_\_\_\_\_
12. Am I **GRATEFUL** for **ALL HELPFUL THINGS** and **DO I SAY SO**? \_\_\_\_\_
13. Do I have **REAL COURAGE** and am I **FREE FROM FEAR OF ALL KINDS**? \_\_\_\_\_
14. Do I really have **CONFIDENCE IN MYSELF** and others, or am I filled with doubt and suspicion? \_\_\_\_\_
15. Do I cooperate with others and **HELP PROMOTE** constructive ideas? \_\_\_\_\_
16. Do I practice **SELF-CONTROL**, and really forget and forgive differences? \_\_\_\_\_



**Worcester Area Intergroup Faithful Fiver Form**

The Faith Fiver idea came about when we remembered that we wasted much more than five dollars each month during our drinking days. "When we meet and defeat the temptation to take large gifts we are only being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who

still suffer." Bill W, *Language of the Heart*

YES, I want to help continue to carry our life-saving message of hope.

I will pay:            Annually(\$60)            Quarterly(\$15)            Monthly(\$5)

Here is my contribution of \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone number (in case of questions): \_\_\_\_\_

Please make check payable to: Worcester Area Intergroup, 100 Grove St., Suite  
314 Worcester, MA 01605

**WHAT'S YOUR SCORE?**

Continued from page 12

17. Am I neat in my appearance, and do I keep as clean as I can under the circumstances, both in body and mind? \_\_\_\_\_

18. Am I extending any effort to help others with their problems? \_\_\_\_\_

19. Do I realize that my problem is NOT MONEY, but mental and physical? \_\_\_\_\_

20. Am I making any reasonable effort to OVERCOME any other undesirable habits or CHARACTERISTICS I may possess? \_\_\_\_\_

Total \_\_\_\_\_

A total score of less than 50 is regarded as poor; 50 to 60 fair; 60 to 65 low average; 65 to 70 high average; 70 to 80 excellent; over 80 "impossible in this world."



## ***What About Members With Long-term Sobriety?***

For all the good and right reasons, we pay a lot of attention to AA newcomers. They are the lifeblood of our fellowship, and tradition says they are the primary reason we have meetings. But what about members with long-term sobriety?

We're taught the seeds of relapse are found in attitudes that precede the actual picking up of that first drink.

While these might be easier to spot with new people, they seem much more difficult to detect in our friends with long-term sobriety.

Telling a new AA member to call us before picking up the first drink is excellent advice. But it almost never works for those who no longer have deep cravings for alcohol, because in a subtle, insidious way, they have entered into a private period (weeks, maybe even months) of irrational thinking about their lives, work, this program, loved ones, hobbies, the government or other drivers!

In other words, a dangerous form of alcoholic insanity has emerged. With nothing in its path to prevent it, drinking is the natural, instinctive reaction. Fortunately, we have ways to prevent this from happening. The bond of trust we establish between each other in AA is a powerful ally. If we confront those fellow members closest to us suspected of having difficulties, and if we do this with compassion and a willingness to listen and help in a true 12th Step Spirit, the outcome may be lifesaving. Following is a checklist of relapse symptoms we can watch for - and help a troubled friend explore in a sort of short-form 4th and 5th Step process.

1. **Exhaustion** - Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.
2. **Dishonesty** - Begins with pattern of little lies; escalated to self-delusion and making excuses for not doing what's called for.
3. **Impatience** - I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.
4. **Argumentative** - No point is too small or insignificant not to be debated to the point of anger and submission.
5. **Depression** - All unreasonable, unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?
6. **Frustration** - Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3.
7. **Self-pity** - Feeling victimized, put-upon, used, unappreciated: convinced we are being singled out for bad luck.



## **What About Members With Long-term Sobriety?**

Continued from page 14

8. Cockiness - Got it made. Know all there is to know. Can go anywhere, including frequent visits just to hangout at bars, carry out's, boozy parties.
9. Complacency - Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck may even be cured!
10. Expecting too much of others - Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them? Leads to feeling misunderstood, unappreciated. See #6.
11. Letting up on disciplines - Allowing established habits of recovery - meditations, prayer, spiritual reading, AA contact, daily inventory, meetings - to slip out of our routines; allowing recovery to get boring and no longer stimulating for growth. Why bother?!
12. Using mood-altering chemicals - May have a valid medical reason, but misused to help avoid the real problems of impending alcoholic relapse.
13. Wanting too much - Setting unrealistic goals: not providing for short-term successes; placing too much value on material success, not enough on value of spiritual growth.
14. Forgetting gratitude - Because of several listed above, may lose sight of the abundant blessings in our everyday lives: too focused on # 13.
15. "It can't happen to me." - Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.
16. Omnipotence - A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advice from fellow members.

Excerpted from *Akron Intergroup News*, December 1998



**2020 INTERNATIONAL  
A.A. CONVENTION—  
Detroit  
A VIRTUAL EVENT**

<https://2020convention.aa.org/>

Web pages available during  
July



**The GRAPEVINE AND LA VIÑA—Carrying the Message**



The AA Grapevine, Inc., publisher of the *International Journal of Alcoholics Anonymous* and the Spanish language version *La Viña* — monthly publications that share experience, strength, and hope with alcoholics everywhere.

<https://www.aagrapevine.org/>

<http://www.aalavina.org/>

**Worcester Area Intergroup’s Online Bookstore**

WAI has 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.

As explained on pages 3 and 4 of this *Beacon* issue, you support important local WAI recovery programs when you buy A.A. items from the WAI Bookstore.

WAI’s mission has been supporting recovery in Central Mass. for 46 years.

**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](http://BookieXchange.aaworcester.org)



## 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 7/20/20)

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



**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](mailto: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 23



## Online Intergroup—Online Meetings Directory

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



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](http://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)

Google Play and the Google Play logo are trademarks of Google LLC. The App Store and iOS are registered trademarks of Apple Inc.

**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](mailto:officemanager@aaworcester.org) (508) 752-9000**

## Worcester Intergroup Service Opportunities—Step Up!

Worcester Intergroup has three open positions (see page 17). For A.A.'s seeking an opportunity to serve — Please contact: [officemanager@aaworcester.org](mailto:officemanager@aaworcester.org) for more info



## **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](http://aaworcester.org/contribution_page.html) on [www.aaworcester.org](http://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

[Square](https://www.square.com)



Of course, these stone-age paper sheets work just fine also.....

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 for adding a digital 7th

Tradition capability to a group — <https://aasfmarin.org/online-contributions-your-digital-7th-tradition-guide-to-best-practices>

Many thanks to our fellow A.A.’s for continuing to support WAI’s mission of service to alcoholics in Central Massachusetts.

## **GRAPEVINE Daily Quote**

July 17, 2020

*“I had been living too much alone, too much aloof from my fellows, and too deaf to that voice within.”*

AA Co-Founder, Bill W., July 1946, “The Individual in Relation to AA As a Group”, *The Language of the Heart*



## **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](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](mailto:officemanager@aaworcester.org) (508) 752-9000

**GRAPEVINE** Daily Quote

July 15, 2020

*“I found that the little things I took for granted on a daily basis were the things that meant the most.”*

*“The Value of Life,” Blythe, California, June 2005, Emotional Sobriety: The Next Frontier*



*Virtual*

# 5th Annual Unity & Service Conference

"Applying our 12 Traditions & 12 Concepts to Real Life"

**September 5-6, 2020 (PDT)  
Labor Day Weekend  
Concord, CA, USA**



**Pacific  
Daylight  
Time Zone**

**Saturday, September 5**

**Sunday, September 6**

**Welcome!**

**Serenity Prayer & Kickoff**

**8:45 am**

**9:00 am**

**Memoirs of a Judge that Nudged**

*Rogelio Flores, Santa Barbara, CA  
Retired Judge & Past Class A Trustee*

**Contempt Prior to Investigation?**

**The 12 Concepts -  
"A Spiritual Experience"**  
*Jennifer D., Wilmington, NC*

10-Minute Tradition or Concept Vignette Before Each Main Speaker

**10:30 am**

**Service Panels**

Panel 1 - **Young People**  
Panel 2 - **Bridging the Gap**  
Panel 3 - **Corrections (H & I)  
Q&A**

**Service Panels**

Panel 1 - **Public Info & Cooperation with  
Professionals**  
Panel 2 - **Intergroup/Hotline**  
Panel 3 - **General Service**  
Panel 4 - **Sponsorship  
Q&A**

**12:00 pm**

**Break**

**12:30 pm**

**Finance & Romance  
in AA's Digital Age**

*Jennifer D., Wilmington, NC*

**Anonymity and Outside Issues:  
Right vs. Responsibilities**

*Roger W., Vine Grove, KY*

10-Minute Tradition or Concept Vignette Before Each Main Speaker

**2:00 pm**

**The Three Legacies and Relationships**

*Chuck & Beth H., Cary, NC*

10-Minute Tradition or Concept Vignette  
from an AI-Anon Speaker

\*This 2 Hour and 15-Minute Session Includes  
a 15-Minute Break at 3 pm Before Concluding at 4:15 pm\*

**Ask It Basket with Speakers**

*Rogelio, Jennifer, Don, Roger,  
Chuck & Beth*

**3:00 pm**

**Break**

**Close with Responsibility Statement**

**4:30 pm**

**Unity vs. Conformity  
in the Home Group**

*Don L., Bellingham, WA*

10-Minute Tradition or Concept Vignette to Open

**6:00 pm**

**Close with Responsibility Statement**

**Online-Only Event!**

**Space is Limited.....**

**Pre-Registration Encouraged!**



**Registration Link & Contact Info: [Unityandserviceconference.org](http://Unityandserviceconference.org)**

**925.222.5639**



## 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](http://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 [donnaaham@charter.net](mailto:donnaaham@charter.net) or send an email to [haltline@aaworcester.org](mailto:haltline@aaworcester.org)