

February 2006



The Beacon

Volume 8 Number 2

Email: AABeacon@RCN.COM

Came, Came to, Came to believe

Goal: Sanity

"...Step Two gently and very gradually began to infiltrate my life. I can't say upon what day I came to believe in a power greater than myself, but I certainly have that belief now."

Twelve steps & Twelve Traditions pg 27

"Came to believe!" I gave lip service to my belief when I felt like it or when I thought it would look good. I didn't really trust God. I didn't believe he cared for me. I kept trying to change things I couldn't change. Gradually in disgust, I began to turn it all over, saying: "you so omnipotent, you take care of it." He did. I began to receive answers to my deepest problems, sometimes at the most unusual times: driving to work, eating lunch, or when I was sound asleep. I realized that I hadn't thought of those solutions—a power greater than myself had given them to me. I came to believe. Daily reflections pg. 40

* reprinted with AAWS permission

"I have become a pupil of the A.A. movement rather than the teacher I once thought I was."

Letter, 1949 As bill sees it pg 169

A New Meeting is looking for support!

B.Y.O.C. (bring your own coffee)

OD-Saturdays 7:00-8:00am

United Methodist Church

Linwood Ave. Whitinsville (Northbridge) Ma

Worcester Area Intergroup

NEW MEETING TIME

The Steering committee *only* meeting has changed it's starting time from 6:15 pm to 6:00PM the 2nd Thursday of the month.

**In the event of a Storm call the Intergroup office to find out if the Steering committee meeting & Delegates meetings have been cancelled.

Call after 3:30 PM

<u>Step Two</u>	<u>Tradition Two</u>	<u>Concept Two</u>
<p>“Came to believe that a power greater than ourselves could restore us to sanity.”</p>	<p>For our group purpose there is but one ultimate authority– a loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.</p>	<p>The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.</p>

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.

Copyright by the AA Grapevine, Inc.; Reprinted with permission.

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

www.aagrapevine.org/stepsTrads/stepsTrads_index.html

1. Do I criticize or do I trust and support my group officers, A.A. committees, and office workers? Newcomers ? Old-timers?	2. Am I absolutely trustworthy, even in secret, with A.A. twelfth step jobs or other responsibilities?
3. Do I look for credit in my AA jobs, praise for my AA ideas?	4. Do I have to save face in discussions, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?	6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

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 Street

Positions Open:

- Alternate Treasurer
- Corrections Chair
- Liaison to Area 30

R.I.P.

Alcoholics Anonymous was saddened to learn this week of the death of one of its members, Someone Else. Someone's passing creates a vacancy that will be difficult to fill. Someone Else had been with us for many years and did far more than one person's share of the work. Wherever there was a job to do, an activity to volunteer for, a committee meeting to attend, one name was on everyone's list: "Let Someone Else do it."

It was common knowledge that Someone Else was among the largest contributors to AA. Whenever there was a financial need, everyone just assumed Someone Else would make up the difference. Someone Else sometimes appeared superhuman, but a person can only do so much. Were the truth known, everybody expected too much from Someone Else. Now Someone Else is gone. We wonder what are we going to do. We can't depend on Someone Else anymore. Someone Else left a wonderful example to follow-but who is going to follow it? Who is going to do the things Someone Else did?

AA Grapevine, May 2002, anonymous

SPONSORSHIP CORNER:

Some Do's and Don'ts on Sponsorship

Volume 10 Issue 9 [February 1954](#)
Grapevine Archives

FOR many years I labored under the delusion that I knew all the answers. Therefore it took a tremendous amount of softening up by John Barleycorn before I sought AA. On getting sober, I very quickly became a Step One--Step Twelve man, and I am still plagued with the notion that I would much rather be a teacher than a student. Each time I learn a little something (when I force an open mind) I snap it shut with the conclusion, "Now, I've got it."

I have come to believe that the qualities in another that annoy me most are a reflection of my own shortcomings; for example, the know-it-all fellow seldom fails to annoy me, though I think my annoyance is diminishing in proportion to the progress I'm making.

I have a sponsor who has an unusual amount of serenity. I've never heard him state an idea as if his was the only proper view. None of us can lay out an official interpretation. I can say what I think I must do, but I cannot tell you what you must do. To me this is the basic difference between AA and the rest of the preachments of the world. I sometimes wonder whether we are losing it.

I wanted to pick my first contact on the first night; he pointed out that I had better wait until I had a chance to meet a fair cross section of the group before I chose my sponsor. Later, when I asked him to be my sponsor, he accepted. He still is, and I hope he will always be my sponsor, for it is one of the most wonderful relationships I have known.

I have made many initial contacts over the years, and there are probably no two that should have been handled identically, but there are a few broad concepts I have gained which I believe make me more effective:

A. *Faith*: that AA will work for anyone *if they want it*. My sponsor's faith in that principle was implanted in me when I needed it most and when I asked him whether he thought that AA would work for me.

B. *Self Respect and Forbearance*: "Blessed is the man who, having nothing to say, abstains from giving evidence thereof in words." All too often through the years I tried to do all of the talking, explaining all I knew of AA to the prospect, and displaying how very much I did not know. If the new man got a word in edgewise, I'd pounce on it and tear it to bits. Some made the program in spite of my *treatment*; practically none asked me to be their sponsor, and those that did soon found less dictator-like people, God bless them. What the new man has to say is very important, if I am expecting to work with him, because: If I listen carefully, I can hear myself talking--with the same cockeyed point of view, the same cheap excuses, the same self-pity, the same misunderstood genius, the same interfering relatives, wife, boss, know-nothings. If I can stand it, I can see myself in the raw. Sure, I have changed a little, but not really as much as I think I have; and: Later, I have some acquaintance with the source of his screaming, and it may be on some matter in which I have found some relief.

C. *Prayer*: Just before making contact, I have learned to ask for help and guidance to say and do what's right. Included in this prayer is the thought that "I need this new man as much as he needs me."

D. *Friendship and Understanding*: Love for the great goodness I know is in every human being, "the noblest work of God," should guide my thoughts. If a man was dying of thirst and I knew my onions, I would administer water to him with an eye-dropper and, regardless of the impulse of showing him how much water I had, if I were truly thoughtful I would restrain myself from trying to jam a fire-hose, going at full force, down his throat.

A. C. B.

Milwaukee, Wisconsin

*reprinted from the aagrapevine.org website with permission

Many groups have Temporary Sponsors ~ these are people that are willing to; talk, have coffee, answer questions, go to meeting with you & introduce you to other A.A's until you find a sponsor.

If you don't have a sponsor get one!



A word on anonymity:

I choose Anonymity

We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.

12 & 12 p. 187

Since there are no rules in A.A. I place myself where I want to be, so I choose anonymity. I want my God to use me, humbly, as one of His tools of this program. Sacrifice is the art of giving of myself freely, allowing humility to replace my ego. With sobriety, I suppress that urge to cry out to the world "I am a member of A.A." and I experience inner joy and peace. I let people see the changes in me and hope they will ask what happened to me. I place the principles of spirituality ahead of judging, fault-finding, and criticism. I want love and caring in my group, so I can grow.

Daily Reflections pg. 250

Protection for All

At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers. At the level of press, radio TV and films anonymity stresses the equality in the fellowship of all it's members by putting the brakes on those who might otherwise exploit their A.A. affiliation to achieve recognition, power or personal gain.

"Understanding anonymity p.5"

When you think you are overdue for a miracle in your life, just remember:

You are right in the middle of one.

AA Grapevine, May 1986

You cannot get ahead until you learn to be here.

AA Grapevine,
June 1972

Joint Treatment Facilities Committee

Seminar: AA in our Community: IS our message clear?

Saturday April 22, 2006 ~10:00am-2:00pm

Unitarian Universalist Church Of Worcester

90 Holden Street ~ Worcester, Ma. 01606

Contact Sue N. [redacted] or at Treatment@rcn.com

For Treatment Professionals & AA Members

THE HOME GROUP:

...Continued from the January issue: "the AA group" pamphlet pgs 26-27

General Service Representative (G.S.R.): Working via the district and area committees, the GSR is the group's link with the General Service Conference, through which U.S. and Canadian groups share their experience and voice A.A.'s collective conscience. Sometimes called "The guardians of the Traditions" G.S.R.s become familiar with A.A.'s third Legacy— our spiritual responsibility to give service freely. Usually elected to serve two-year terms, they:

- Represent the group at district and area general service assemblies.
- Keep group members informed about general service activities in their local areas.
- Receive and share with the groups all mail from the General Service Office, including the newsletter BOX 4-5-9, which is G.S.O.'s primary tool for communicating with the fellowship.

G.S.R.s also may assist their groups in solving a variety of problems, especially those related to the Traditions. In serving their groups, they can draw on all the services offered by G.S.O. (see pp. 40 and 43)

An alternate is elected at the same time in the event that the G.S.R. may be unable to attend all district and area meetings. G.S.R. alternates should be encouraged to share the responsibilities of the G.S.R. at the group, district and area levels. (see the A.A. service manual, pp.s23-s24 for further information)

Intergroup (central office) Representative: in the many locations where an intergroup (or central office association) has been formed, each group usually elects an intergroup representative, who participates in business meetings with other such representatives several times a year to share their groups' experience in carrying the A.A. message. The intergroup representative tries to keep the group well-informed about what the local intergroup is doing.

Grapevine Representative (GvR): The job of the GvR is to familiarize members with the Fellowship's international journal, the A.A. Grapevine, and the enhancements to sobriety it offers through articles written by A.A. members, based upon their personal experiences in recovery. Sometimes called "a meeting in print", it also offers a monthly calendar of special A.A. events.

GvRs participate in the activities of their area's Grapevine committee, if there is one. They announce the arrival of the Grapevine at the group each month and explain how members can order their own subscriptions.

New GvRs should send their name, address and group name and service number to: the Grapevine P.O. box 1980 Grand Central Station New York NY 10163. They will then receive quarterly mailings containing order forms for the magazine and for books, tape cassettes and other special items available. For subscriptions to the AA Grapevine, checks should be made out to: Grapevine Inc.

The H.A.L.T. line needs your help!

The halt line is the 24hour answering service for 12 step calls and meeting information .

You can volunteer for 1 hour or more to answer calls. You may do it from home or from your cell.

Call the halt line chair—Scott L.

 email haltline@rcn.com for more information.

Hours available: MONDAY 1:00am—10:00am , TUESDAY 12:00AM-3:00AM , WEDNESDAY 1:00AM - 5:00AM , THURSDAY 12:00AM—5:00AM, & 6:00AM-9:00AM, FRIDAY 6:00AM- 8:00AM ~ **we can't keep it unless we give it away~**

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.

The Beacon—100 Grove Street Suite 309 Worcester, MA 01605

The Beacon Staff: September 2005-December 2006

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

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

Secretary: Open

Support Staff: Margaret P., Donna M.

* All excerpts & Articles reprinted with permission

We hope you enjoy the changes!



Steering Committee & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>eMail Address</u>
Chairperson	Bob McC.	Intergroupchair@rcn.com
Alternate Chair	Harry H.	
Secretary	Brandy H.	Intergroupsecretary@rcn.com
Treasurer	Mary M.	Intergrouptreasurer@rcn.com
Alternate Treasurer	Jeanne L. (temporary)	
Trustees	Ellen McQ. Bob D. Jeanne L, Laraine S	
Office Manager	John H.	steps@rcn.com
Treatment Facilities	Sue N.	treatment@rcn.com
Correctional Facilities	Open	Corrections@rcn.com
H.A.L.T. Line Chairperson	Scott L.	haltline@rcn.com
Social Committee	Kolleen H.	Social@rcn.com
Public Information	Bruce W.	PIChair@rcn.com
Webmaster	Bruce W.	webmaster@rcn.com
Liaison to District 25	Mary M	
Liaison to Area 30	OPEN	
Alcathon Committee	Billy - Intergroup	Call [redacted] if you want to help.
Co—Chairs Intergroup & District 25	Tina P.—District 25	
Beacon Editor	Ellen McQ.	AAbeacon@rcn.com or [redacted]

Worcester Area Intergroup

100 Grove St., Suite 309

Worcester, MA 01605

(508) 752-9000

(508) 752-0755 (fax)

www.aaworcester.org

Office Hours:

Monday 10am-2pm

Tuesday 10am-8pm

Wednesday 10am-8pm

Thursday 10am-8pm

Friday 10am-2pm

Saturday 9am-2pm

Sunday **CLOSED**

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

- Speak when you're angry and you'll make the best speech you'll ever regret-
Lawrence J. Peter
- My drinking could be divided into three stages: impulsive , compulsive and
repulsive.—Gary, Ontario
- You could starve to death reading a cookbook. (AA is a program of action)
- Alcoholism is a disease but AA says it doesn't have to be a life sentence
- I have more than enough to handle today without dragging along yesterday's
baggage too.
- AA is a recovery of doing something; not just knowing something.
- AA is not a spectator sport
- You've got to do your own growing, no matter how tall your grandfather
was.-Irish proverb



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	6:00pm
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

FOR THE READER BY THE READER:Submit your Comments to: aabeacon@rcn.com

These emails came to us over the Holiday break...we welcome your comments good and bad– The Editor

- Just wanted to tell you that I think it was a great idea to list who has what commitments for the Alcatons in the Beacon (maybe you have done this in the past and I just didn't notice) but I wanted to tell you I think it's a great idea....Good for you! Donna H. Millbury Traditions
- Hope you and the creators of The Beacon are well and will have a safe, sober and fun Christmas and New Years! Also congratulations on the November 2005, Volume 7 Issue 11 publication of the Beacon - it was filled with so much useful information for me - a lot of it is cut out and pinned to my 'daily reflection' bulletin board! John
- I am writing to tell you how much I love the work you are doing on the Beacon. The newsletter is excellent! It's easy to read, it's full of practical tips for staying sober and enlarging one's spiritual life, I like all the contact information, the bookie board, etc. etc. I especially like this 12 signs of a spiritual awakening in the most recent issue. You have injected a lot of life into this newsletter. Keep up the great work and thank you for sending us a copy!
Love and Peace, Jack

~Upcoming Events ~**Worcester Area Intergroup Social Committee:**

February 11th 6:00pm–10:00pm Sober on the Slopes Mt. Wachusett cost \$31.00 contact social@rcn or [REDACTED] colleen for more details

April - 2nd Chance Prom Night semi-formal

check with your groups intergroup representative for more info.

Hiking at Mt. Monadnock & full moon hiking at Mt. Wachusett when warm weather comes again!
Check the Website for up to the minute date and time information www.aaworcester.org or get Flyers from the Intergroup office. Questions??? Email: social@rcn.com or call the Intergroup office 508-752-9000- if you want to be a part of the planning—They can use your help!

Group Anniversary Joy of Living Webster MA. Feb 20th Social 7-8 speakers 8-9:30Pm

March 24-26, 2006 ~ 30th Rhode Island Convention ~ Web site <http://www.rhodeisland->

District 26 To check out other social events in District 26 check out the web site: www.26ac.org

*Seven days without a meeting
makes one weak !*

