

October 2005



The Beacon

Worcester Area Intergroup

Updated email ———

Email: AABeacon@AAworchester.org

Volume 7, Issue 10

“...it’s as simple as two drunks talking with one an-

We have the choice of two paths before us — at every moment.

One ascends to peace of mind, serenity, happiness, power, success, making a positive contribution to humanity.

One descends to drunkenness, misery, loneliness, poverty, ugliness, failure, disease, jail.

To choose the first path, we must be clean and sober.

The second path requires just one drink.

- December 2003-Indian river Central office publication- HOW



Do you have a story to tell?

Sobriety based stories are always welcomed at *The Beacon*.

There are only a few suggested guidelines when submitting something for consideration:

- This publication is provided by Worcester Area Intergroup, and therefore stories are limited to experience, strength and hope as it relates to alcoholism.
- No personal information will be printed (i.e. Phone numbers, email addresses, etc). You may submit your writings as “Anonymous” if you wish, however contact information is required in case the editor has any questions/concerns.
- The editor reserves full editorial discretion.
- The publication goes to the printer on the 15th of the month, so writings must be submitted by the 10th in time for review and any revisions that may be needed.

email your stories to: AABeacon@AAworchester.org

Or snail mail to: **The Beacon - 8 Meadow Lane Dudley, Ma. 01571**

The Alcathon’s are coming!!!

What a great way to get involved and do some service work! Join the committee and help in the planning. or sign up to make coffee!

Contact: Call 508-752-9000 for info & Time

The Next committee meeting will be October 13th
at the Intergroup Office

Featured Articles Every month

- *A word on Anonymity -Pg. 4.*
- *The Home Group—Pg. 5*
- *For the reader by the reader Pg. 8*
- *Rule 62—pg 7.*
- *Sponsorship- Pg 3.*
- *Editorial -statement of purpose p.6*
- *Haltline availabl;e hours p. 5.*



"The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity, and Service."

<p><u>Step Ten</u> (Recovery)</p>	<p><u>Tradition Ten</u> (Unity)</p>	<p><u>Concept Ten</u> (Service)</p>
<p><i>"Continued to take personal inventory and when we were wrong promptly admitted it."</i></p>	<p><i>No A.A. group or member should ever, in such a way implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.</i></p>	<p><i>Every service responsibility should be matched by an equal service authority—the scope of such to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.</i></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.

~

Each Month the corresponding Tradition checklist will be published.

<p>1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The Federal or State Government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?</p>	<p>4. Have I had a similar experience in my own AA life?</p>
<p>2. Can I Honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?</p>	<p>5. What would AA be without this Tradition? Where would I be?</p>
<p>3. What in AA history gave rise to our Tenth Tradition?</p>	<p>◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆</p>

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

www.aagrapevine.org/stepsTrads/stepsTrads_index.html

A fellow A.A. sends her thoughts on Sponsorship:

Sponsorship has proven to be one of the most valuable tools that I have learned in AA. I have 5 years Sobriety and have had a sponsor for the past 2 plus years. In those 2 years I have made the most growth in my recovery. I knew when I asked this woman to be my sponsor I was making a commitment to myself and her to follow through with whatever she asked of me. It was hard at first picking up the phone to call her, but I asked my Higher power for help and we did it. I check in with her a couple times a week, even if nothing is happening, all she asks is I touch base. Today I can do that. Most importantly we have built a relationship like I've never had. I'm able to tell her honestly where I'm at, tell on myself if I need to. Share things I wouldn't dump at a meeting and she listens. The beauty is I've learned how to listen back if she has a suggestion. I know she's not God, she's just another Bozo on the bus trying to live by the principles that were laid out before. She walks the talk. That's why she is my sponsor!! - via email

**SPONSORSHIP CORNER:****Twelve Qualities of Sponsorship**

1. I will not help you stay and wallow in limbo.
2. I will help you grow, to become more productive, by your definition.
3. I will help you become more autonomous, more loving of yourself, more excited, less sensitive, more free to become the authority for your own living.
4. I can not give you dreams or "fix you up" simply because I cannot.
5. I can not give you growth, or grow for you. You must grow for yourself by facing reality, grim as it may be at times.
6. I can not take away your loneliness or your pain.
7. I can not sense your world for you, evaluate your goals for you, tell you what is best for your world; because you have your own world in which you must live.
8. I can not convince you of the necessity to make the vital decision of choosing the frightening uncertainty of growing over the safe misery of remaining static.
9. I want to be with you and know you as a rich and growing friend; yet I can not get close to you when you chose not to grow.
10. When I begin to care for you out of pity or when I begin to lose faith in you, then I am inhibiting growth both for you and for me.
11. You must know and understand my help is conditional. I will be with you and "hang in there" with you so long as I continue to get even the slightest hint that you are still trying to grow.
12. if you can accept this, then perhaps we can help each other to become what God meant us to be.

December 2003—Indian River publication—HOW



"...Walk softly and carry a Big Book..."

[Http://www.aa.org/bigbookonline/](http://www.aa.org/bigbookonline/)

A word on anonymity:



Why is Anonymity Important?

By: Margaret P.

Let's first start with the definition of "anonymity". Merriam -Webster Dictionary's definition is as follows:

1. Known but not named or identified.
2. Of unknown authorship or origin (as in anonymous tip)
Lacking individuality, distinction or recognizable

The anonymity issue, for me, has two distinct levels.

One is on a public level; the other is on a personal level. It is my belief that the founders of AA's first intent, was to protect the privacy of its members. Primarily, at the public level, the level of press, radio and film, anonymity stresses the equality in A.A. of ALL its members.

We, as alcoholics, tend to want to inflate our own egos with recognition or control. According to Tradition Eleven, "Personal anonymity at the public level is the cornerstone of our public relations policy. The eleventh Tradition is a constant reminder that personal ambition has no place in AA. Each member becomes an active guardian of our fellowship." The January 1946 issue of the 'Grapevine' refers to anonymity on a personal level,

" We are beginning to feel that the word "anonymous" has for us an immense spiritual significance.

Subtly but powerfully, it reminds us that we are always to place principles before personalities; that we have renounced personal glorification in public; that our movement not only preaches, but also actually practices a truly humble modesty.

Also significant, many newcomers may hesitate to seek help if they think their alcoholism may be exposed publicly.

Social Committee is Back!!!

They are in the planning stages of upcoming events!

call the Intergroup office for the date & time of next meeting.

508-752-9000

THE HOME GROUP:

The A.A. Home Group

“Traditionally, most A.A. members through the years have found it important to belong to one group which they call “Home Group” This is the group where they accept responsibilities and try to sustain friendships.....

Reprinted with permission A.A.WS “The AA Group” pamphlet p. 18

Local AA’s Share their thoughts...

Home Groups are important I think because it gives you a place to go and meet people and to let people get to know you on a weekly basis. Friendships can be built. If you have a home group and share at the meeting people are going to be able to tell where you are at, good bad or indifferent, and be willing to lend a hand.

Having a home group reminds me of the TV show “Cheers”. A place where everyone knows your name and you can feel at home amongst friends. Check out a couple different groups until you find one that fits right for you, then jump in with both feet taking jobs in the group and make it feel like the best meeting in AA. -Donna M.

"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."

“...Expect back what you give out...”

Save your Grapevines!!
Please set up a box at YOUR meetings. Worcester Area Intergroup will take your donations of old Grapevine issues to send out to Treatment and Correctional Facilities.

Meeting Makers Make

H.A.L.T. Line needs your help!

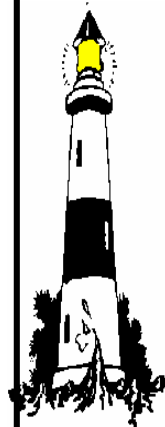
Contact the H.A.L.T. line chair at haltline@RCN.COM or call WAI at (508) 752-9000 to volunteer to answer the phone when someone calls looking for a meeting in the Greater Worcester Area.

The following chart shows the available hours that need to be filled on the H.A.L.T. Line.

During the hours listed below there is nobody to answer the phones when someone calls looking for a meeting in the area.

“...We can’t keep it unless we give it away...”

Day	Available Hours		
Sunday	All slots filled!		
Monday	All slots filled!		
Tuesday	8:00 - 9:00 am	9:00 - 10:00 am	All other Tuesday slots are filled!
Wednesday	12 am– 5 am		All other slots filled!
Thursday	3:00 - 4:00 am	4:00 - 5:00 am	5:00 - 8:00 am All other slots Filled!
Friday	6 am-10:00am		All other slots filled !
Saturday	All slots filled !		



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

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We hope you enjoy the changes!

Worcester Area Intergroup

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Worcester, MA 01605

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(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

“Wherever you go, there you are”

Some A.A. websites of interest

www.aa.org	Alcoholics Anonymous World Services
www.aaworcester.org	Worcester Area Intergroup
www.aamass.org	The Area 30 Website
www.capecodaa.com	Cape Code InterGroup website
www.rhodeisland-aa.org	Rhode Island Official AA website
www.ct-aa.org	Connecticut Official AA website
www.nh.com/ipuser/s/nhaa	New Hampshire Official AA website
www.aavt.org	Vermont Official AA website
www.aamaine.org	Maine Official AA website

Steering Committee & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>eMail Address</u>
Chairperson	Bob McC.	Intergrupchair@rcn.com
Alternate Chair	Harry H.	
Secretary	Brandy H.	Intergrupsecretary@rcn.com
Treasurer	Mary M.	Intergruptreasurer@rcn.com
Alternate Treasurer	OPEN	
Trustees	Ellen McQ. Bob D. Jeanne L , Laraine S	
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Social Committee	Colleen H.	Social@rcn.com
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Webmaster	Charlie	webmaster@rcn.com
Liaison to District 25	Mary M	
Liaison to Area 30	OPEN	
Alcathon Committee	Billy - Intergroup	Call [REDACTED] you want to help.
Co—Chairs Intergroup & District 25	Tina P.—District 25	
Beacon Editor	Ellen McQ .	AABeacon@rcn.com or [REDACTED]

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

This space is to be dedicated to the lighter side of recovery from Alcoholism.

One day at a time.....Send us your funny one liners.... Share your humor of walking through the steps of recovery or just plain make us laugh!

The journey of a thousand miles begins with a single step.-Chinese proverb

The best place to find a helping hand is at the end of your own arm-Swedish proverb

How many sponsors does it take to change a light bulb? One-as long as the light bulb is willing to change.—Carlos S., Alamos

The Meeting is inside—Not on the steps- Mike M.

Easy does it—but do it !

Prudence is rational concern without worry. Bill W. 1966 talk

God is restoring me to sanity right now!

Never deny anyone the dignity of their own failures. Mo A.

Faith and trust over fear and worry



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	6:15 pm
Intergroup Delegates	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	7:00 pm
Social Committee	Sacred Heart Church 595 Cambridge St. Worcester	2nd Saturday	6:00 pm
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:

"...Give more than you receive - and you will be given more..."

Step Ten—"Continued to take personal inventory and when we were wrong promptly admitted it." Step Ten is an important step in my daily reprieve from my alcoholism. It allows me to continue the process of looking at my behavior and my motives in my everyday interactions with people. The step speaks of different types of inventories; the spot check inventory, taken at any time during the day, the annual or semi-annual housecleaning, and the daily inventory we take at the end of the day. The daily inventory is the type of inventory that I have used since the beginning of my sobriety. I like the balance sheet approach. Looking at my debits and credits for the day. The behaviors and interactions that I can be comfortable with; and the behaviors I may not be too proud of today—but with God's help I can change. This inventory I've found works best for me as it allows me to keep my recovery in a 24-hour, one-day-at-a time period, and I get a great night's sleep!! **Cathy L—Beacon Staff member.**

Email: AABeacon@AAworchester.org OR Snail mail to: The Beacon, 8 Meadow Lane Dudley, Ma. 01571

Coming Next Month..... "Jack's" Story....

2005-2006 Intergroup Timeline

November 1	Slots for Thanksgiving Alcathon drawn at district 25 Meeting-(see pg.7 for info)
November 10	Slots for Thanksgiving, Christmas & New Year's Alcathon's drawn.
Monthly Mtg Schedule	September 8, October 13, November 10, December 8.

Upcoming Events

<ul style="list-style-type: none"> A NEW Social Committee is forming if you want to get involved in planning events call the intergroup office or email : Social@rcn.com 	<ul style="list-style-type: none"> If your group has an anniversary coming up let us know about it! Call [redacted] email: aabeacon@rcn.com
<p>The Alcathon's are coming up! More news to follow....</p>	<ul style="list-style-type: none"> November 11-13 42nd Massachusetts State Convention hosted by Areas 30 & 30 Sheraton Framingham, Framingham, MA.
<p>The 2nd Annual Hudson Second Chance Golf Tournament, Sponsored by the Hudson Second Chance A.A. Group to be held Friday October 7th 2005 at The Townsend Ridge Country Club, Townsend Ma. Registration at Country Club 11:30 / Shotgun Start 12:00 For more info contact Keith C. [redacted] [redacted] All proceeds after expenses are returned to Alcoholics Anonymous.</p>	