

June 2006



The Beacon

Email: Beacon@aaworcester.org

Volume 8 Number 6

Am I an active member of AA?

Am I an active member of AA?

Does your group need a job within AA?

Maybe your group would consider a commitment to the halt line?

When the phones aren't answered no one can get the message of hope....Help the Intergroup office & the Haltline Committee by taking a time slot!

All you need is a telephone & a meeting list.

The calls are forwarded from the Intergroup office.

You can even use your cell phone (charges apply to air time)

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.

33 Available Hours

Hours available: SUNDAY 12:00am-7:00am, MONDAY 1:00am-7:00am & 8:00-10:00am ,
TUESDAY 12:00AM-3:00AM & 8:00am-10:00am , WEDNESDAY 1:00AM - 5:00AM ,
THURSDAY 12:00AM-5:00AM, & 6:00AM-8:00AM, FRIDAY 6:00AM- 8:00AM

~ we can't keep it unless we give it away~

Treatment Facilities OPEN Commitments

Worcester State Hospital PTC 6:30 -7:30 - 1st, 2nd, 3rd & 4th Fri.

Westboro State Hospital 7:30- 8:30 2nd & 5th Tues.

Spectrum Women and Children's Westboro 7:30 -8:30 1st, 2nd & 4th Tues.

Umass 8 East 7:00-8:00 3rd Tuesday

Worcester State 6:30-7:30 1st, 2nd, 3rd & 4th Wednesday

Talk to your group or your friends!

Help to carry the message of hope!

<u>Step Six</u>	<u>Tradition Six</u>	<u>Concept Six</u>
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“Were entirely ready to have God remove all these defects of character”

An AA group ought never endorse, Finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

On behalf of A.A. as a whole, our General Service Conference has the principle responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the trustee members of the conference when they act among themselves as the General Service Board of Alcoholics anonymous.

Traditions Checklist

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

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

www.aagrapevine.org/stepsTrads/stepsTrads_index.html

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|--|---|
| 1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital? | 4. Should the secretary of our group serve on the mayors advisory committee on alcoholism? |
| 2. is it good for a group to lease a small building? | 5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities? |
| 3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs," which is available free from GSO? | |

Congratulations to the 2nd Chance at Prom Night

King & Queen:

Pete & Sues !

Life is a dance, When you take the steps



SPONSORSHIP CORNER:

Continued from the May issue...

Should a sponsor recommend hospitalization?

Though increasing numbers of newcomers are reaching A.A. immediately after leaving a hospital or treatment center, the majority (from 50% to 75%, surveys indicate) still arrive at A.A. as most newcomers always have - either still drinking or wanting to stop, or having just stopped on their own. Most of these people are able to survive the first difficult days of sobriety without hospitalization, but some are in poor physical condition. Hospitalization for a brief drying out period may be indicated, or a longer recuperation in a rest home may seem desirable.

The most important thing to remember is that hospitalization is not part of the A.A. program and that a doctor, not a sponsor, is the person who should say whether it is required. Experienced sponsors are careful not to set themselves up as substitutes for doctors in dealing with any phase of alcoholism.

With the increase in hospital facilities open to alcoholics, some sponsors are inclined to suggest hospitalization to nearly all newcomers. But many of us recovered, even though we were in bad physical condition when we came in, without going to a hospital or drying - out - spot. For some, hospitalization is essential - but not for everyone.

A.A. does not own or operate hospital or convalescence facilities of any kind. In some areas, arrangements have been made for hospitals to set aside space for patients admitted through an A.A. central or intergroup office. In other areas, individuals familiar with the A.A. program have opened rest homes or farms. In reaching a decision on the use of such facilities, the alcoholic, the family, and the physician should understand that hospitalization, while useful in many cases, is separate from the A.A. program.

An A.A. oldtimer offers this reminder: Hospitalization or other professional care given to a newcomer "does not in any way lessen the responsibility of the A.A. member to carry the message in the best way possible, and to furnish good sponsorship. It is not good A.A. simply to dump an alcoholic into the lap of others because we do not have enough time, or because the alcoholic is troublesome and demanding. Most of us recall with gratitude the enduring patience and great kindness older members showed us when we were new ourselves."

*Reprinted with AAWS permission - questions and answers on sponsorship P.17-18

A word on anonymity:

Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members, both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole society and under which we may grow and work in unity. We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.

* 12 & 12 pg. 187

THE HOME GROUP:

Tell us about your Home Group....

When did it start?

Where do you meet?

Why is your Home Group the best group in AA....Submit your article by the 10th of the month.

No More Tambourine Nights**Volume 61 Issue 7****December 2004**

I blink my eyes open. My feet are cold. There is a sound--a tiny bong, bong. My car door is open. I look down and see that my shoes are gone. The driver's side door is open. Wide open. My keys are in the ignition, but the engine is running. Purse. My purse. I reach over to the passenger side and realize that my purse is not there. Suddenly I feel the spit filling my mouth and I lurch. Vomiting, I lean over, splashing my car door and seat. I moan. Just another Friday night.

Fun? Maybe. Maybe it was fun when I was dancing in the bar, kicking over the amp, and grabbing the microphone. But when I staggered and fell down--not so fun. A bad morning when I came to with dark bruises on my thighs in an odd shape. Glancing down, I saw the tambourine and realized that I had slammed it against my leg all night. Or worse yet, the morning I woke up with a man in my bed--later realizing he was the tambourine player in the band.

By the time I got to AA at twenty-eight, I had had all the fun I could stand. I was looking to get out of trouble. I wanted my head to stop hurting. I wanted to stop calling the credit card companies to tell them, yet again, my purse had been stolen. I wanted to come to work on time. I didn't want to lose another marriage to my drinking.

But AA offered more than that.

I am sitting at my sponsor's kitchen table with six sober members of AA. We are playing cards. Laughing, I lay down mine "Gin." A chorus of "Oh, man." Hot mugs of tea and coffee sit in front of us. I am joking with the woman across from me. Her sponsor starts to build a card house. Slowly, slowly. Her hands, now nicely manicured, work the cards as we watch. Someone laughs and a breath of air makes the cards quiver; the group laughs and my sponsor's German Shepherd weaves around my legs under the table. I am six months sober and glad for the company.

I check the brownies again. No, another minute. I stand at the oven; the smell of chocolate wafts through my kitchenette. By the time I get to the house in San Mateo, it is almost noon. It's a beautiful house. Nicely trimmed lawn, a bench, a line of roses. As I get to the front door, it opens before I knock. A dozen smiling faces greet me, and I shuffle through the crowd. Another dozen AAs jam the kitchen. A fifty-year-old man with at least a decade of sobriety is looking for oven mitts, while a younger man jokes with him, opening a cupboard. New guy. I nod to a woman I have seen at meetings a hundred times. Her face is kind, her hair graying. She kisses me on the cheek, looks into my face. I almost cry; I am so touched by her kindness. I see my friend Kim and another woman I don't know. A sponsee? I make my way over and we are instant friends. I am two years sober and starting to feel as though I belong.

I am with thirty AAs. The lights are dimming. It is a science fiction picture--a delight of sight and sound. I hold my breath when good battles evil. I had felt nervous about coming earlier that day. No date. Go anyway. It'll be fun. And now I am planted next to a woman who I have sat next to a dozen times that month at meetings. She smells sweet--like lavender, or bath powder. And I am laughing, eating popcorn from a bag held by a man sitting in front of me. At the restaurant later we are herded down the aisle, where six or seven tables have been jammed together. We somehow manage to shanghai a table and a half; they are beckoning to others they know and we fill the tables. Before the food comes, we are talking so loudly that I can't hear my own voice. A balled-up napkin sails by me and hits a man in the arm. He shouts and all bets are off. Three balled-up napkins criss-cross and I am wadding up my own napkin when the waitress glides over, "Excuse me," she pauses, looking at my pupils, "could you all keep it down?" I giggle, and the woman next to me shows me her napkin, balled up in her lap.

**continued on page 5*

Continues from page 4...

Caught in the act. We stop, but by dessert, plates are passing from hand to hand, "Oh, you've got to try this." Sugar is in full swing by the time coffee is served. By the time I've gotten to my car, I have given my phone number out to three women, and received three in return. I have a coffee date with a new lady later that week and promises to talk on the phone. I am happy. I am three years sober.

My friends Jude and Aron are saying their vows. We are in a beautiful forest north of Marin. Stripes of sunlight move across the hand-built stage. She smiles and they kiss. I watch Jude dancing and think there is nothing prettier. Her dress, off-white, the skirt landing at her calf; fitted to her slim frame. Designer sandals on her feet. Laughing with another friend, I am swaying to the live three-man band on a hard-wood dance floor. I drive home later, safe, smiling, happy. I am six years sober.

My aunt, sober a year longer than I, is dishing out homemade spaghetti sauce and carrying a dish of grated cheese. My cousins sit across with their wives. There are a few sober among us: a cousin, his wife. Later, we sit in the living room, playing a board game. The laughter is so loud that I stifle a guffaw and watch them. Happy, rowdy kids; relaxed adults leaning back and drinking mineral water, fruit juice, or-ange drink. There is not one beer here, I think. Not one that cannot do without. And I am losing again--my cousin cannot guess even one right answer. He rolls his eyes and I laugh, mimicking his moves. I walk home two blocks to my little apartment. I feel a part of something. I am eight years sober.

I am at the beach with the man of my dreams. He is sober six years; I twelve. He spoke at my home group in San Mateo on a windy Friday night. He wrangles my dog's leash and waits for him to sniff the ground. My little brown adopted dog. We talk as we walk down the promenade--a stretch of walkway that heads the beach in my hometown. The smell of the salt air is tart. It seems as if the tide is churned up. White foam and a rolling gray-blue ocean as far as we can see. I breathe in, happy. We are going to a meeting later. Together.

One night, on the way home from work, I come to a stop sign. I look to my right and see inside the bar where I had my last drink over a decade ago. There is a woman outside. She is blowsy and rough-looking. A cigarette in her hand, she cocks her head as if to say, "What are you looking at?" I hesitate for a moment and look past her. It's dark, but I can make out the juke box, part of the bar, and a man playing pool. Was this fun? Two men spill out the back door and stagger to a car. One is grabbing at the other's shiny baseball jacket, trying to steady himself. I hear the roar as they gun the engine.

I miss none of it: the filthy bathroom where a strange woman would have held my hair as I vomited, the tinny sound of the juke box that took quarters (and later dollars) out of my pocket, the tiny dance floor, sticky and worn; the tired-looking bartender with a pencil behind one ear, marking a newspaper when no one is begging; the sickly looking customers, white from being planted inside, eyes furtive and unkind; and the liquor poured into short glasses that I would down without comment.

I drive home to my beachfront apartment, unlock the door. I am greeted by my lovable dog, ecstatic, who dances with joy. My answering machine glows with three messages. When I push the play button, I hear the voice of a good woman friend and one from a woman I met at a meeting. She is suffering, I think. Carefully, I write down her number and name on a yellow pad by the phone. I will phone as soon as I walk my dog. The last message is from my AA boyfriend. I marvel at the legal pad. So many pages rolled back and tucked under. Contact. Human contact. What I have always craved. I cannot believe that I am so loved. I cannot believe that I am so happy. So simply happy.

Shari D.—Pacifica, California

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New Meeting.....Women's Big Book Meeting
"Turning Point" - THURSDAY'S ...5:30-6:45PM
Calvary Retreat house- South Street—Shrewsbury, Ma
*** Please note--NO SMOKING ON THE GROUNDS**



Steering Committee & Committee Chairpersons

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

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

Do I do my part?

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The Beacon—100 Grove Street Suite 309 Worcester, MA 01605 email:beacon@aaworcester.org or call 508-277-0109
 The Beacon Staff: September 2005-December 2006 ~ Editor: Ellen McQ.—Courage to Change , Charlton, MA.
 Assistant Editor: Mary M.—Courage to Change, Charlton Support Staff: Renee R. We hope you enjoy the changes!

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



When God seems so far away, who do you think has moved? - Jack H.

When I attend meetings for the purpose of giving back what I have received, I will never be open to the deception of excuses for staying away. For, no matter how bad the coffee is, or how lousy the speaker, I can always fulfill my purpose for being there. I can give--even if it's just an attentive ear or an extra tight hug. - Doug W.

Great things I've heard at meetings: Make a friend of time. . . Acceptance isn't necessarily approval. . . God, help me to want what I already have. . . Humility is not thinking less of yourself, but thinking of yourself less. . . Don't get resentful of a resentful person. . . Don't bad-mouth meetings. . . Every problem has a lifespan that only God knows. . . Men are not converted by criticism. . . Cooperate with God. . . Let today's troubles be sufficient to today. . . It's hard to keep an open mind with an open mouth. . . Feed your faith and starve your doubt. . . Quit thinking about fun and games in the future. . . Live one day at a time and get to work. . . Self-esteem is a matter of discipline. . . The best way to get even is to forget. . . You don't help anyone by trying to impress them; you impress someone when you try to help them. . . Complaining is not an action step. . . Good things happen to alcoholics who don't drink. . . Lord, help me to be the man my dog thinks I am. . . Gratitude is the aristocrat of virtues.—Red M.

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

Is your Group Rep-
resented at the Inter-
group Delegates
Meeting?

If you don't attend
you can't vote...

If you don't vote you
don't have a voice..



Come find out what's
going on in our area

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

We counted 150
Groups in Worcester
area only about 20
are represented

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:

Corrections & Liaison to Area 30

All Committee's need volunteers!....Social, Treatment, HaltLine,
PI, Beacon....come see where you can help!

Worcester Area Intergroup Social Committee:

Check the Website for up to the minute information
www.aaworcester.org or Email: social@aaworcester.org

Post Conference
Assembly—
JUNE 4th 9-4pm
Immaculate Concep-
tion Parish Hall
59 Walnut Street
Fitchburg, MA. 01420
56th Conference
Theme:
"sponsorship, service
and self-support in a
changing world"

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

Sober Cruise
Boston Harbor
July 15th \$10.00
Tickets get more
info from
Www.26ac.org

Groups that need our support

Monday's
Webster
Joy of living
8-9:30
Church of
reconciliation

Worcester -
Wednesday's
S.O.S 12-1 Meeting

Thursday's
Charlton
Thursday Step
7:30-9
Grange Hall
RT 31

Friday's
Spencer Friday
night 7-8:30
161 Main Street

Saturday
12 & 12
Southbridge
10:00—11

Take a road trip with you AA friends and visit these meetings...

Group Anniversary:
Monday June 12th 6-7 pm Food
Crossroads Big book meeting—St. Stephens Church Quinnabaug CT (Rt 197 & 131)