

May 2008



# The Beacon

Email: [beacon@aaworcester.org](mailto:beacon@aaworcester.org)

Volume 10 Number 5

**Spring** is settling in, and the magnolias are blooming. We have a great Fifth Step article from The Grapevine this month; also, an *enlarged and greatly updated* "bookie" listing on the back page—We are now including hospital commitments and contact info; and one meeting format change (Page 8). If you know of a meeting on the list that has a new bookie, please have them contact The Beacon with their updated info.

As a reminder, The current light blue meeting list, is number 2008-B. If you do not have one, they are free at any AA meeting or at the Intergroup office.

The **Worcester Area Intergroup** has *changed its office hours*. Now, on Wednesdays, the office closes at 2:00PM (all other days remain the same). If you are interested in working for WAI Wednesdays from 2 PM to 8 PM, Please fill out the Application, bring it in to the office Monday thru Thursday 10 AM till 2 PM, and see the office manager. The application can be downloaded from the internet at the Worcester AA Website page at: [http://www.aaworcester.org/Office%20Job%20Application/new\\_page\\_1.htm](http://www.aaworcester.org/Office%20Job%20Application/new_page_1.htm)

New "Bookie" listings are always welcome. If your bookie has recently changed from whom we have listed, please let us know. Articles and notices (anniversaries preferably at least two months ahead) are welcome as long as they are brief (who, what, when, where), must meet Traditions' guidelines, **MUST** be in MS Word format, and emailed to [webmaster@aaworcester.org](mailto:webmaster@aaworcester.org) and/or [beacon@aaworcester.org](mailto:beacon@aaworcester.org) no later than the 14th of the prior month to guarantee inclusion. They may be delayed or shortened to fit.

Richard C, editor.

## AA Wisdom

The best question you can ask a newcomer: "Have you had enough?"

If every member of my group were just like me,  
What kind of group would my group be?

If you help your brother to row his boat across the river,  
You will get there too.

Alcohol will preserve anything - except human dignity.

The young sow wild oats - The old grow sage.

Put yourself to as much trouble as you do your friends.

Don't think of it as a bad day - think of it as Second Step work.

Step Five

Tradition Five

Concept Five

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs ."

"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers. "

"Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered."

**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 October 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](http://www.aagrapevine.org/stepsTrads/stepsTrads_index.html)

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- 1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
- 2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
- 3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- 4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- 5. Do I help my group in every way I can to fulfill our primary purpose?
- 6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

To find out about social events in **District 26** (North & west of Worcester) check out their unofficial web site: [www.26ac.org](http://www.26ac.org)

**HOW to get and stay Sober:**  
**Honesty**  
**Open-mindedness**  
**Willingness**

Check the bulletin board for meeting changes and new meetings in our area on Intergroup's very own web page:  
[www.aaworcester.org](http://www.aaworcester.org)

**About AA**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking.

There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

The statement above, which is read at the beginning of many AA meetings around the world, is known as the Preamble of AA. According to a recent estimate, there are more than 2 million AA members and 100,000 AA groups in 150 countries throughout the world.

SPONSORSHIP CORNER:



Life is a dance, When you take the steps

**Forgiveness**

Through the vital Fifth Step, we began to get the feeling that we could be forgiven, no matter what we had thought or done.

Often it was while working on this step with our sponsors or spiritual advisors, that we first felt truly able to forgive others, no matter how deeply we felt they had wronged us.

Our moral inventory had persuaded us that all-round forgiveness was desirable, but it was only when we resolutely tackled Step Five that we inwardly knew we'd be able to receive forgiveness and give it, too.

*Twelve and Twelve*, pp. 57-58 in As Bill Sees It, p. 318

**We Need Outside Help**

It was evident that a solitary self-appraisal, and the admission of our defects based upon that alone, wouldn't be nearly enough. We'd have to have outside help if we were surely to know and admit the truth about ourselves—the help of God and of another human being.

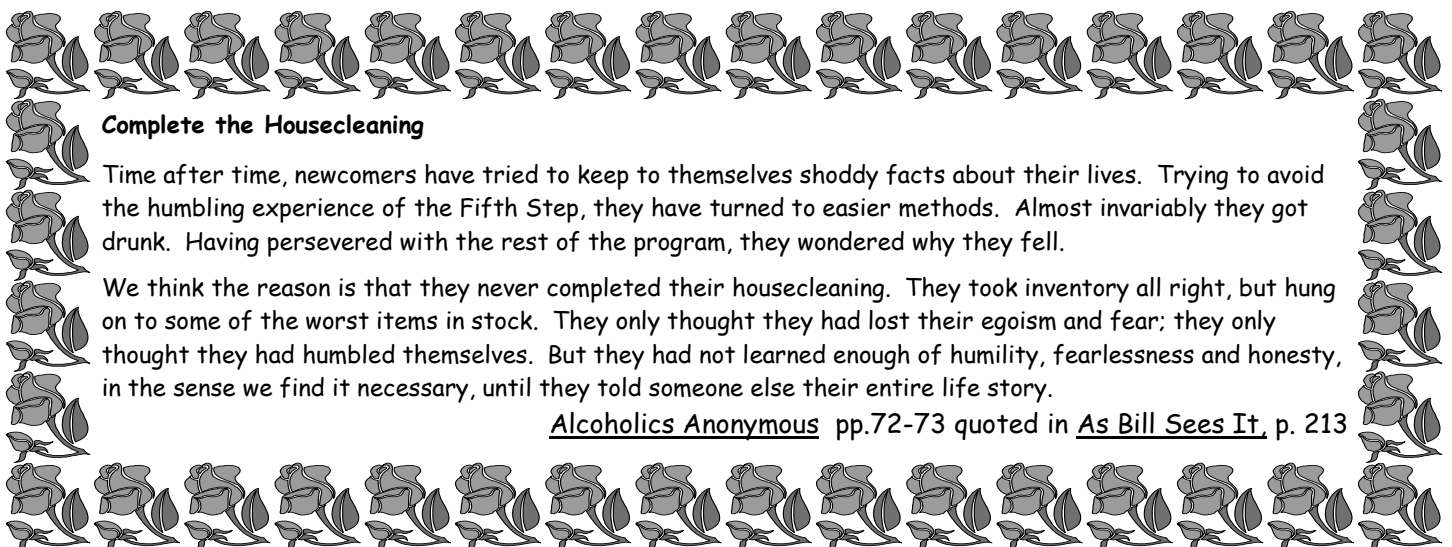
Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking, solid honesty, and genuine humility.

*Twelve and Twelve*, pp. 59

<<<< >>>>

If we are fooling ourselves, a competent advisor can see this quickly. And, as he skillfully guides us away from our fantasies, we are surprised to find that we have few of the usual urges to defend ourselves against unpleasant truths. In no other way can fear, pride, and ignorance be so readily melted. After a time, we realize that we are standing firm on a brand new foundation for integrity, and we gratefully credit our sponsors, whose advice pointed the way.

*The Grapevine* August 1961 in As Bill Sees It, p. 248



**Complete the Housecleaning**

Time after time, newcomers have tried to keep to themselves shoddy facts about their lives. Trying to avoid the humbling experience of the Fifth Step, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell.

We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else their entire life story.

Alcoholics Anonymous pp.72-73 quoted in As Bill Sees It, p. 213

**THE HOME GROUP:****The Big Hump**

January 1955 Vol. 25 No. 5

THERE is a mountain in one of our Western states which is not often climbed. Any old veteran of parts thereabouts will give this reason: "The first part goes easy. But about one third of the way up most of 'em turn around and come back. There's sheer walls and jagged rocks, deep crevices and poor footing. Right there most folks quit. Odd thing, too. When you've passed that big hump you've got it made. The rest is a climb all right, but the worst is over."

The Twelve Steps of Alcoholics Anonymous are like that mountain. There's a big hump on the way up--Step Five: "We admitted to God, to ourselves, and to another human being the exact nature of our wrongs." Right here some folks give up.

I must have a 'Fifth-Step face.' As a counselor I have often been asked to be the other human being referred to in this Step. And my date book with its broken engagements is mute testimony that it is easy to approach this part of the mountain and then turn back.

In my work as a minister I have seen good Fifth Steps and bad ones; long Fifth Steps and short ones; Fifth Steps scribbled on brown wrapping paper and those neatly typed with a secretary's perfection. In listening to men and women, young and old, some long in AA and some who tackled this part of the mountain before they were ready, I have noticed that there were always some things in common among those who were successful.

What are the secrets of a good Fifth Step? Let us take a look at the basic ingredients, then the mechanics, and finally the places where the going is roughest. The following is based entirely on my own experience and observations on the receiving end of the Fifth Step and is intended as a possible guide for those seeking suggestions as to how to go about taking the Fifth Step.

**Three Basic Ingredients**

Belief in a forgiving God. Read the Gospel of Luke, Chapter 15, Verses 11 to 24. Let it sink deep into your heart until you are convinced that God will forgive anything; that He is like a father who goes out each night to the end of the road looking for a boy to come home. When the boy comes there will be no "I told you so," or "It's about time." There will be only rejoicing because you have come. No matter where you have been or what you have done, from out of "riotous living" or from feeding with the swine, your Heavenly Father loves you and wants you home.

In my opinion, this concept of a forgiving God is needed for a thorough Fifth Step.

One must want to take it. Just as deciding one is powerless over alcohol is necessary in taking the First Step, one must be personally ready for Step, Five. Do not take it because someone urges you. You must want it with a passion. That kind of desire is the only thing which will enable you to endure the anguish which goes with it. Only when you want it bad enough will you know the heaven which follows this particular hell.

Before going further, I want to explain that as a nonalcoholic I have taken this Step myself and I recommend it heartily for those who are not in AA. I have experienced the soul-struggle which it requires. I know the humiliation which accompanies it. I also know the deep peace which follows in its wake.

Take the Forth Step. "We made a searching and fearless moral inventory of ourselves." This Step is a basic preliminary, and may be even rougher than Step Five.

**Three Suggestions**

Determine to make it thorough. We had two rooms in the old farmhouse which were never heated in winter. Most of us have a section like that. Maybe it's only a closet where we locked the door and threw the key away. But the monoxide fumes seep under the sill and poison our whole life. Until you want to find all the keys and open all the locked chambers, you're not ready. Decide that you will make it complete.

Take plenty of time. One day an enthusiastic new member of AA came rushing into my study and said, "I've just got twenty minutes before I'm due back at work. I'd like to take my Fifth Step." I did what you would have done. I explained that he had been twenty years getting into this and twenty minutes wasn't adequate. It may take six weeks, six months, or longer--take your time.

Write it out. Word for word, page for page, sentence after horrible sentence, put it all down. Experience has taught me that the best Fifth Steps are written down and many of us who are sought out by AAs as counselors make it a rule to wait until the member has done this. I once participated in this Step with a woman who had forty-seven pages, single spaced, on both sides of the paper. It is no coincidence, it seems to me, that she is today one of the most radiant women in our community. She got rid of all the blockages between herself and God.

Here are some reasons why the best results are obtained when it is written down: (a) More permanent effects. In my experience those who take the Fifth Step this way have not had a slip again. (b) It can be added to. Double or triple-space it. As you recall one old memory another will raise its head to shake its gory locks and say, "Boo! Remember me?" This can be written between the lines. (c) It can be read out loud with the person whom you have chosen. This saves time for both of you. More important, it makes your story orderly and not a hodge-podge. And most important, you actually feel that you are getting it out of your system. (d) It helps you to see in black and white what's troubling you. The voice cannot be seen but the written word can be clearly viewed. (e) It helps you to organize your problem and attach your troubles to particular incidents. Suppose, for instance, you worry a lot about money. Maybe just seeing in black and white the fact that you never had enough as a child will help you to realize that you're worrying about something in the past and not the present. (f) You can burn your paper or give it to your counselor for his disposal. Thus you feel that you get rid of your past and all the things which have been disturbing you.

Many people suppose that only those things they ever did wrong should enter into Fourth and Fifth Steps. This is a mistake, it seems to me, since myriad other factors go to make us what we are. Here are some general areas where you might find your number-one inner enemy.

1. *Your early home life.* Did you love your parents and did they love you? (Is it only coincidence that a large percentage of the alcoholics I have known are crosswise with one or the other of their parents?) Were you rejected? Spoiled? Sheltered? Shoved out on your own too soon? Do you carry ill will toward a brother or sister? Were you laughed at? Unduly punished?

Put it all down in black and white. Your counselor will help you put the pieces together.

2. *Shock.* Did you have a bad scare at a tender age? Do you recall vividly some incident where you were sure you would be killed? Your insecurity may date back to a distant day when you suddenly thought all your world was falling apart. Write it out in great detail. The mere transfer from your harried soul to the paper will do you more good than you can imagine beforehand.
3. *Disappointment.* This is close kin to shock. Did you want something with all your heart, and then not get it? Was somebody else elected captain of the team or president of the class? Did somebody else get someone you longed to make your own? Perhaps this is the place where you decided the universe wasn't friendly and God loved somebody else more than you. Maybe those I-feel-sorry-for-me hours go back to this experience, or others like it.
4. *Hatred, resentment, grudge.* Make a list of those who have done you wrong and how you feel about them. Add to the list those whom you do not like, and why. Both religion and psychology stand by the view that you can't have the love of God flowing into your heart until the pipes from you to others have been cleared of rust and rubbish. No one has ever proved the opposite.
5. *Guilt complex.* Did you steal something back there in the long-gone years? Did you cheat in class? Did you hurt someone? How about sex? Among non-alcoholics in my work as counselor I find that at least seventy-five per cent of those who suffer from guilt complex have either an imagined or real sex sin in their background. With alcoholics, in my experience, let me stress, it's 100%. I have never participated in the Fifth Step with anyone who didn't have some moral misdemeanors to relate. You may attempt to laugh it off and treat it lightly. But we are all moral creatures, and there is something sacred in us which, when tampered with, comes back one day to beat a haunting tattoo on the deep-toned drums of the soul. This may be the hardest thing you ever did: write it down. Don't be afraid. God, having created us, knows our frailty. He gave us our instincts. It would be against His very nature to equip us with driving impulses and not forgive when we have used them wrongly. Your counselor will help you here, and you will help yourself if you list them, one-two-three.
6. *Selfishness.* Are you number one on your agenda? Oddly enough, it may be two opposite ends of the same pole which made you that way. You may have had too much when you were little. Thus you naturally thought that life was designed to please you and when you fared forth on your own you discovered that you were somebody special at home but just another struggler to every one else. This made you bitter. You set out to please you and that always leads to bitterness.

Or maybe you didn't have the things that all the other kids accepted as commonplace. Therefore you decided that one day you would put yourself in a spot where you could really be nice to you. Thus, without realizing it, you became selfish.

Life is for service, not self-service, and when you see yourself on paper you may discover a big flaw in your thinking.

There are many other areas of your background too, which will be revealing. Time and space will not permit listing them all. I have suggested a few of those most common. Take your time, be honest, write it all down in great detail.

When you have completed your inventory, make a date with the person you have chosen and have it over as soon as possible. It's a good idea to call this person well ahead of time and ask him to save you plenty of time in his schedule.

Select a listener you can trust. Maybe it's your doctor, your priest, your minister. Possibly it's a prominent businessman or someone nobody notices. It may be a person in a distant city whom you will never see again. Maybe it's just a good friend.

But whoever it is, believe in him completely. Have confidence that he can help you put the pieces together. You should also believe that he has enough of the love of God in his heart to share some of it with you. It also helps if your counselor has been over this part of the rocky pass ahead of you, although there are exceptions to this generalization.

Good climbing! It's a tough mountain but the view is worth it from the top, once you get by The Hump.

-Dr. Charlie Shedd

**HELP WANTED  
RECOVERING ALCOHOLICS ARE NEEDED  
NO BUSINESS EXPERIENCE NECESSARY**

**The Joint Treatment Facilities Committee needs help to carry the message of Alcoholics Anonymous into treatment facilities. If you are a recovering alcoholic with a suggested minimum of six months sobriety and are working the steps with a sponsor you can perform this rewarding work.**

**Current Needs Include: Planning Annual Seminar, Outreach to Nursing Homes, Bookie for Treatment Facilities, Keeping Literature Racks Stocked, Bringing the 'Bridging the Gap' Program Information to Facilities and Groups. Help keep your sobriety by carrying AA's message to the alcoholic who still suffers.**

**For more information, e-mail: [treatment@aaworcester.org](mailto:treatment@aaworcester.org)**

*When I arrive at a meeting, I look for the empty chair.*

*I take the time to be grateful that it isn't mine.*

*I'm reminded that not everyone keeps coming back.*

*Many who were here when I started coming to AA are not here now. I'm also reminded that if that empty chair were mine, I couldn't help carry the message. If I were not seated at the meeting, I wouldn't be hearing it.*

Patience is not apathy or resignation to events: it is a waiting for fulfillment while we work efficiently toward our goal, accepting every reverse and delay as something to be amended by new enterprise.

**Steering Committee & Committee Chairpersons**



**Worcester Area Intergroup**

100 Grove St., Suite 314

Worcester, MA 01605

(508) 752-9000

(508) 752-0755 (fax)

[www.aaworcester.org](http://www.aaworcester.org)

**Office Hours:**

<b>Monday</b>	<b>10am-2pm</b>
<b>Tuesday</b>	<b>10am-8pm</b>
<b>Wednesday</b>	<b>10am-2pm</b>
<b>Thursday</b>	<b>10am-8pm</b>
<b>Friday</b>	<b>10am-2pm</b>
<b>Saturday</b>	<b>9am-2pm</b>
<b>Sunday</b>	<b>CLOSED</b>

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Bob D.	<a href="mailto:chair@aaworcester.org">chair@aaworcester.org</a>
Alternate Chair	Joe N.	None
Secretary	Dot B.	<a href="mailto:secretary@aaworcester.org">secretary@aaworcester.org</a>
Treasurer	Ellen Mc Q.	<a href="mailto:treasurer@aaworcester.org">treasurer@aaworcester.org</a>
Alternate Treasurer	Lori B.	
Trustees	Harry H. Bob L. Jill Mc D. One vacancy	
Office Manager	John H.	<a href="mailto:steps@aaworcester.org">steps@aaworcester.org</a>
Joint Treatment Facilities	Jill Mc D	<a href="mailto:treatment@aaworcester.org">treatment@aaworcester.org</a>
Joint Correctional Facilities	Eric R	<a href="mailto:Corrections@aaworcester.org">Corrections@aaworcester.org</a>
Halt Line	Dan M.	<a href="mailto:haltline@aaworcester.org">haltline@aaworcester.org</a>
Social Committee	<b>Vacant</b>	<a href="mailto:Social@aaworcester.org">Social@aaworcester.org</a>
Joint Public Information	<b>Vacant</b>	<a href="mailto:PiChair@aaworcester.org">PiChair@aaworcester.org</a>
Webmaster	Bob L.	<a href="mailto:webmaster@aaworcester.org">webmaster@aaworcester.org</a>
Liaison to District 25	Eric R.	None
Liaison to District 26	Ron C., Woody S	
Liaison to Area 30	Ellen Mc Q.	None
Joint Alcathon Committee	Joe N.	
CoChairs Intergroup & District 25	intergroup D-25 Tina P.	
The Beacon	Richard C.	<a href="mailto:Beacon@aaworcester.org">Beacon@aaworcester.org</a>
District 25 Grapevine Chair	John N.	<a href="mailto:gvd25chr@yahoo.com">gvd25chr@yahoo.com</a>

## Do I do my part?

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The Beacon—100 Grove Street Suite 314 Worcester, MA 01605 email: [beacon@aaworcester.org](mailto:beacon@aaworcester.org)

The Beacon Staff: April 2007 to December 2007

Editor: Richard C. — Serenity, Worcester, MA. Volunteers include Lisa, Anna, Mike, Glen, Linda & Tom, all at Serenity; Tom at Noontime; Joe at Intergroup

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

A REFORMER IS one who insists on making *his* conscience *your* guide.

HEARD AT Open Meetings:

The program is worked for ourselves but not by ourselves.

Humility is willingness to be taught.

More than half of prayer is listening.

The bottle was bigger than you, right? Okay--then you need something bigger than you to fight it with. All my alcoholic life I was looking for someone who wouldn't deceive me or let me down. This is where I found Him.



ALSO HEARD:

"Some recovering alcoholics go through life standing at the complaint counter."

"In AA, I don't feel like a long-tailed cat on a porch full of rocking chairs."

"If God is your copilot, switch seats."

Chairperson: "Anybody from out of town? Out of state? Out of their minds?"

Newcomer: "Ninety meetings? In ninety days? That's ninety dollars!"

QUOTE: "ONE of the worst evils of drink is forgetting where you hid the bottle."

-Earl Wilson

HE WHO COMES forth on the Fourth with a fifth seldom comes forth on the fifth.

A SPONSOR'S PRAYER: "Whether I call them 'babies' or 'pigeons' or 'squirrels,' please don't let them become parrots."

AT AGE TWENTY, we worry about what others think of us. At age forty, we don't care what they think of us. At age sixty, we discover that they haven't been thinking of us at all.

<b>Service Meetings Monthly Schedule</b>			
<b>InterGroup/District 25 &amp; 26</b>			
Public Information	Intergroup Office 100 Grove St. # 314 Worcester	4th Monday	<b>TBD</b>
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. # 314 Worcester	2nd Tuesday	<b>TBD</b>
District 25 - CPC* Committee	Intergroup Office 100 Grove St. # 314 Worcester	3rd Tuesday.	6:00 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	<b>6:00 pm</b>
Intergroup Delegates	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	7:00 pm
Joint Treatment	Intergroup Office 100 Grove St. # 314 Worcester	4th Saturday	10:00 am
<b>Area 30</b>			
Grapevine Committee	Conference call (Number TBA)	3rd Wednesday	8:00pm
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	7:30 pm
Joint Treatment Facilities	St. Paul's 59 Court Street Dedham	3rd Friday	8:00pm

**Is your Group Represented 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 7:00-8:30PM

We counted 150 Groups in Worcester area only about 20 are represented, and only 8 show up at the Delegates meeting on a regular basis. Want to find out more? Call the Intergroup office 1-508-752-9000 or email the beacon [beacon@aaworcester.org](mailto:beacon@aaworcester.org) We'd be happy to answer your questions.

**Your Anniversary**

**Can be announced Here!**

Send your info (who, what, when, where) well in advance to: [beacon@aaworcester.org](mailto:beacon@aaworcester.org)

W. A. I. Needs your help!

There are service positions that remain unfilled. Join us the 2nd Thursday of each month 7:00pm St. Joan of Arc Church Lincoln Street....come see where you can help! Please Join us !!

**The Halt-Line still has 12 hours of unmanned phone time....can you spare an hour? Available hours:  
Mon 2-3, 3-4, 6-7 AM, 8-9, 9-10PM  
Wed 2-3 AM 3-4 AM  
Fri 3-4, 4-5, 5-6, 6-7, 7-8 PM  
Call the Haltline Chair**

Format Change

**UPTON CAPERTOWN**  
Saturday 1:30 - 2:30 PM  
Upton Senior Center  
Centennial CT  
**Open Discussion, Non-Smoking**

Closed

**IN THE WIND**

Friday 8:00 - 9:00 PM  
Holy Angels Church  
1 Milford Rd **Upton**

Moved

**TURNING POINT**

Thursday 5:30 - 6:45 PM  
Saint Mary's Church  
Main Street **Shrewsbury**  
CWBBSSNSH

**OPPORTUNITY**

Any person who is a group grapevine representative or who is interested in being one, please contact the Grapevine chair of Area 30 at

**Grapevine**

P.O. Box 51411-  
Boston MA 02205

or

[grapevine@aaemass.org](mailto:grapevine@aaemass.org)

**"Bookie" List**

- Vivian Athol Tuesday 8:00—9:00PM
- Fran "Life Second To None" Charlton Saturday 7:00-8:00PM
- Kevin S. "Maintenance & Repair" Douglas Thursday 7:00-8:00 PM
- Andy S. "Fitchburg Sunday Morning" Fitchburg Sunday 10:15—11:30AM
- Dennis F. "Holden Thursday Night" Holden Thursday 8-9:00PM
- George K. "Barbershop Group" Hopkinton Tuesday 8-9:15PM
- Ed H. "Hudson Second Chance Group" Hudson Monday 8:00-9:30 PM
- Frank G. "Clean Air Group" Leominster Friday 7:45 - 9:00PM
- Ken "Am I Listening" Leominster Sunday 7:45—9:00PM
- James S. "Leominster Original Group" Leominster Monday 7:45—9:00PM
- Tom M. "Marlboro Helping Hand" Marlboro Saturday 12:00-1:00 PM
- Ed O. "Millbury Tradition" Millbury Saturday 7:30 - 8:30 PM
- Shawn "How It Works" Northboro Wednesday 8-9PM
- Walt B. "Northboro Saturday Morning" Northboro 10:00-11:00AM Saturday
- Tom S. "Stow Sunday Morning" Stow 11:00AM - 12:00PM Sunday
- No Bookie "Upton Capertown" Upton Saturday afternoon 1:30—2:30 PM (See notice at top of page)
- Mark P. "Westboro Forge" Westboro Wednesday 8:00 - 9:00 PM
- Melanie Spectrum Westboro State Hospital contact for incoming only-3 meetings nightly
- Lynn S. "Westboro Sunday Morning AA" Westboro Sunday 11:00AM - 12:00 PM
- Junior "Shrewsbury Gratitude" Worcester Sunday 7:00 - 8:30 PM
- Mary Ellen "Four Corners" Worcester Wednesday 8:00 - 9:30 PM
- Christine "Greendale" Worcester Friday 8:30-10:00PM
- Paul C. "How it Works" Worcester Saturday 6:45—8:00 PM
- Paul C. "Stay Active" Worcester Thursday 6:45 PM
- Art F. "Quinsig Group" Worcester Tuesday 8:00—9:00 PM
- Glen S. "Serenity" Worcester Thursday 7:30—9:00 PM
- Bobby W. "Worcester New Beginnings" Friday 6:45-8:00 PM
- James S. "There is Hope" Worcester Sunday 10:00—11:00 AM
- Jaye J. "Way of Sobriety" Worcester Sunday 10:00—11:00 AM
- Fran D. "We Mean Business" Worcester Outgoing Only
- Justin "Worcester 7 AM" Adcare Daily 7:00AM
- Bob White Adcare Hospital contact for incoming only-3 meetings nightly
- Jen Boris CHL Hospital Worcester contact for incoming only-nights and weekends
- Ask for 8-East UMass Hospital contact for incoming only - nights and weekend
- Kira "Crozier Group" Worcester Monday 8:00—9:00PM
- Josh "Young Peoples' Group" Worcester Tuesday 7:30-9PM