



The Beacon

Thanksgiving Issue

Email: beacon@aaworcester.org

This Month: The last of the leaves are being raked into piles; We are gearing up for the holidays, and preparing to turn over the reins to a new editor for 2009, as we rotate out of our editorship. A new editor will be appointed soon, and announced in the next, and final, issue for 2008. Heartiest "thank-you's" to all who have helped us get these issues out over the past two years.

We have many announcements and meeting changes to catch up with, mainly on Page 12; This month, no changes were received for the "bookie" listing on Page 9 which now includes hospital commitments and contact info; If you know of a meeting on the list that has a new bookie, please have them contact The Beacon with their updated info.

Look also on Page 9 for the two anniversaries which will be coming up in the next few weeks.

The big story this month is that three of the four drawings for groups' time slots in this year's **Alcathon** have been held, as this issue goes to press, and the last one will be held immediately following the Intergroup meeting on Thursday November 13. We are printing the results so far on pages 4-5 and plan to have the final results in the next issue.

For newcomers, the **Alcathon** came into being to insure that a meeting would always be available for us during the holidays, which are traditionally hard for many to get through sober. Groups sponsor an hour's time slot and provide speakers and services during that hour. However, you can go to any, or as many, as you wish. You can even go to your own regular meeting IF they are holding one that day—check first. Some groups choose to do so during Alcathon, others not.

The **Worcester Area Intergroup** has changed its office hours. The permanent Office Hours are posted on **Page 9**. The current blue meeting list is 2008-D. If you do not have one, they are free at any AA meeting or at the Intergroup office on 100 Grove St. Worcester

Sincerely,
Richard C, editor.

AA Wisdom

The fear of dying kept me sober, but now
the joy of living keeps me sober - one day at a time

"God kicks in ever increasing shoe sizes until He gets my attention"

"AA is not brainwashing - it is more like drycleaning."

The best portion of a good man's life is his little, nameless, unremembered acts of kindness and love.

Ignorance with love is better than Wisdom without it. -Anon

We're all here because we're not all there.

I have discovered that AA is a simple program,
but it is not easy. Marg E. Alberta



<u>Step Ten</u>	<u>Tradition Ten</u>	<u>Concept Ten</u>
"Continued to take personal inventory and when we were wrong promptly admitted it."	"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."	"Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined."

<u>Step Eleven</u>	<u>Tradition Eleven</u>	<u>Concept Eleven</u>
"Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out."	"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."	"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

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. Each Month the corresponding Tradition checklist will be published.

On-Line 12 Steps & 12 Traditions, Articles, and Tradition Checklist's
www.aagrapevine.org/stepsTrads/stepsTrads_index.html

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Tradition Ten Checklist

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| <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>3. What in AA history gave rise to our Tenth Tradition?</p> <p>5. What would AA be without this Tradition? Where would I be?</p> <p>7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?</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>4. Have I had a similar experience in my own AA life?</p> <p>6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?</p> |
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Tradition Eleven Checklist

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|---|--|
| <p>1 Do I sometimes promote AA so fanatically that I make it seem unattractive?</p> <p>3. Am I careful about throwing AA names around-even within the Fellowship?</p> <p>5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?</p> | <p>2. Am I always careful to keep the confidences reposed in me as an AA member?</p> <p>4. Am I ashamed of being a recovered, or recovering, alcoholic?</p> <p>6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?</p> |
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Worcester Noontime
 The High Noon **Speaker** meeting has moved to Saint Andrew's United Methodist Church on 24 Hamilton Street in Worcester.

Worcester Noontime
 The High Noon **Twelve Step Discussion Group** meeting has moved to the Denholm Building on Main Street in Worcester.



BILL W'S NEIGHBORHOOD



A Safety Net

Occasionally...we are seized with a rebellion so sickening that we simply won't pray. When these things happen we should not think too ill of ourselves. We should simply resume prayer as soon as we can, doing what we know to be good for us.

Twelve and Twelve, p. 105

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Some days I scream, stamp my feet, and turn my back on my Higher Power. Then my disease tells me I am a failure, and that if I stay angry I'll surely get drunk. In those moments of self-will it's as if I've slipped over a cliff, and am hanging by one hand. The above passage is my safety net, in that it urges me to try some new behavior, such as being kind and patient with myself. It assures me that my Higher Power will wait until I am willing once again to risk letting go, to land in the net, and to pray.

Daily Reflections, p. 331

Alcoholics Anonymous is not a religious organization; there is no dogma. The one theological proposition is a "Power greater than one's self." Even this concept is forced on no one. The new corner merely immerses himself in our society and tries the program as best he can. Left alone, he will surely report the onset of a transforming experience, call it what he may. Observers once thought A.A. could only appeal to the religiously susceptible. Yet our membership includes a former member of the American Atheist Society and about 20,000 others almost as tough. The dying can become remarkably open-minded. Of course we speak little of conversion nowadays because so many people really dread being God-bitten. But conversion, as broadly described by James, does seem to be our basic process; all other devices are but the foundation. When one alcoholic works with another, he but consolidates and sustains that essential experience.

— Bill W in Amer. J. Psych®, Vol. 106, 1949



Are You Unappreciated?

Grapevine February 1950

IF you are an especially active and hard working member of Alcoholics Anonymous, and you are going along, day after day, unhonored, unrecognized and unsung--may I congratulate you?

No higher mark of appreciation could be paid you than to be taken for granted. That means that you are accounted as an inner member of the inner circle, your service naturally expected, no problem about you suspected which might require solicitude or special attention.

Of course, such a regard is not very thrilling. The person doesn't live who doesn't like to be appreciated. But this is the way it usually is in Alcoholics Anonymous. The most genuine, the sincerest mark of appreciation is to be taken for granted.

Beware of lavish attention, constant expressions of your value, and overflow of thank-you's.

It may be that you are an exception to the above rule and are just lucky. But it is more probable that people are either not quite sure about your staying in line, or that your reputation for sensitiveness is well known and its demand simply being met.

There are few places where just being ignored is such an honest tribute as in Alcoholics Anonymous. - Les



ALCATHON DRAWING

The last drawing for the twenty-seven (3x9) remaining time slots will be held on
Thursday, November 13 after the **Intergroup meeting** starting at **7:30PM**
 at **St. Joan of Arc Church** on **570 Lincoln St. Worcester**

If your group would like to sponsor one of the hours at the three Alcathons,
 please send a delegate to attend this meeting
 or check with the Intergroup Office for remaining openings.
 Final results will appear in the December issue of The Beacon.

SLOT#	DATE	TIME	GROUP
1	Wed. 11/26	12:00 pm - 1:00 pm	Worcester 7 A.M. Group
2	Wed. 11/26	1:00 pm - 2:00 pm	Spencer Fellowship
3	Wed. 11/26	2:00 pm - 3:00 pm	Courage to Change
4	Wed. 11/26	3:00 pm - 4:00 pm	Holden Thursday Night
5	Wed. 11/26	4:00 pm - 5:00 pm	
6	Wed. 11/26	5:00 pm - 6:00 pm	Auburn Beginners
7	Wed. 11/26	6:00 pm - 7:00 pm	Triton
8	Wed. 11/26	7:00 pm - 8:00 pm	Sutton Step
9	Wed. 11/26	8:00 pm - 9:00 pm	We Mean Business
10	Wed. 11/26	9:00 pm - 10:00 pm	Rebound
11	Wed. 11/26	10:00 pm - 11:00 pm	
12	Wed. 11/26	11:00 pm - 12:00 am	Westboro Sunday Morning
13	Thurs. 11/27	12:00 am - 1:00 am	
14	Thurs. 11/27	1:00 am - 2:00 am	Reflections Group - Grafton
15	Thurs. 11/27	2:00 am - 3:00 am	Serenity
16	Thurs. 11/27	3:00 am - 4:00 am	Worcester Young People
17	Thurs. 11/27	4:00 am - 5:00 am	Crossroads
18	Thurs. 11/27	5:00 am - 6:00 am	Shrewsbury Gratitude
19	Thurs. 11/27	6:00 am - 7:00 am	Wed. Women's Big Book Step Study
20	Thurs. 11/27	7:00 am - 8:00 am	There is Hope
21	Thurs. 11/27	8:00 am - 9:00 am	
22	Thurs. 11/27	9:00 am - 10:00 am	Charlton Daybreakers
23	Thurs. 11/27	10:00 am - 11:00 am	
24	Thurs. 11/27	11:00 am - 12:00 pm	Northboro Saturday Morning
25	Thurs. 11/27	12:00 pm - 1:00 pm	
26	Thurs. 11/27	1:00 pm - 2:00 pm	Worcester Gratitude
27	Thurs. 11/27	2:00 pm - 3:00 pm	
28	Thurs. 11/27	3:00 pm - 4:00 pm	Way of Sobriety
29	Thurs. 11/27	4:00 pm - 5:00 pm	Quinsigamond Group
30	Thurs. 11/27	5:00 pm - 6:00 pm	Westboro Forge
31	Thurs. 11/27	6:00 pm - 7:00 pm	
32	Thurs. 11/27	7:00 pm - 8:00 pm	Worcester Big Book Step Study
33	Thurs. 11/27	8:00 pm - 9:00 pm	
34	Thurs. 11/27	9:00 pm - 10:00 pm	Auburn Big Book
35	Thurs. 11/27	10:00 pm - 11:00 pm	Way Out Group
36	Thurs. 11/27	11:00 pm - 12:00 pm	People Helping People



!!! THANKSGIVING ALCATHON !!!



The Thanksgiving Alcathon will run **Round the clock for 36 hours**

Starting at 12:00PM Noontime on Wednesday, November 26, 2008

Continuing ALL DAY November 27, Thanksgiving Day

Ending at Midnight 12:00AM (Thursday night/Friday morning), November 28, 2008

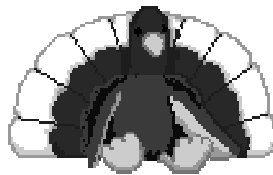


St. John's Catholic Church 44 Temple Street, Worcester, Mass. 01604



SLOT#	DATE	TIME	GROUP
1	Wed. 12/31	12:00 pm - 1:00 pm	Worcester 7 A.M. Group
2	Wed. 12/31	1:00 pm - 2:00 pm	Worcester Young People
3	Wed. 12/31	2:00 pm - 3:00 pm	
4	Wed. 12/31	3:00 pm - 4:00 pm	Worcester Big Book Step Study
5	Wed. 12/31	4:00 pm - 5:00 pm	Crossroads
6	Wed. 12/31	5:00 pm - 6:00 pm	Surton Step
7	Wed. 12/31	6:00 pm - 7:00 pm	
8	Wed. 12/31	7:00 pm - 8:00 pm	Shrewsbury Gratitude
9	Wed. 12/31	8:00 pm - 9:00 pm	Triton
10	Wed. 12/31	9:00 pm - 10:00 pm	Charlton Daybreakers
11	Wed. 12/31	10:00 pm - 11:00 pm	
12	Wed. 12/31	11:00 pm - 12:00 am	Northboro Saturday Morning
13	Thur. 1/1/09	12:00 am - 1:00 am	
14	Thur. 1/1/09	1:00 am - 2:00 am	Worcester Gratitude
15	Thur. 1/1/09	2:00 am - 3:00 am	
16	Thur. 1/1/09	3:00 am - 4:00 am	Spencer Fellowship
17	Thur. 1/1/09	4:00 am - 5:00 am	
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19	Thur. 1/1/09	6:00 am - 7:00 am	
20	Thur. 1/1/09	7:00 am - 8:00 am	People Helping People
21	Thur. 1/1/09	8:00 am - 9:00 am	Quinsigamond Group
22	Thur. 1/1/09	9:00 am - 10:00 am	Way of Sobriety
23	Thur. 1/1/09	10:00 am - 11:00 am	Serenity
24	Thur. 1/1/09	11:00 am - 12:00 pm	We Mean Business
25	Thur. 1/1/09	12:00 pm - 1:00 pm	Wed. Womans Big Book Step Study
26	Thur. 1/1/09	1:00 pm - 2:00 pm	Westboro Sunday Morning
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29	Thur. 1/1/09	4:00 pm - 5:00 pm	
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34	Thur. 1/1/09	9:00 pm - 10:00 pm	Auburn Big Book
35	Thur. 1/1/09	10:00 pm - 11:00 pm	
36	Thur. 1/1/09	11:00 pm - 12:00 am	Reflections Group - Grafton

SLOT#	DATE	TIME	GROUP
1	Wed. 12/24	12:00 pm - 1:00 pm	Worcester 7 A.M. Group
2	Wed. 12/24	1:00 pm - 2:00 pm	Worcester Gratitude
3	Wed. 12/24	2:00 pm - 3:00 pm	
4	Wed. 12/24	3:00 pm - 4:00 pm	Westboro Sunday Morning
5	Wed. 12/24	4:00 pm - 5:00 pm	Wed. Woman's Big Book Step Study
6	Wed. 12/24	5:00 pm - 6:00 pm	Auburn Beginners
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35	Thur. 12/25	10:00 pm - 11:00 pm	Way Out Group
36	Thur. 12/25	11:00 pm - 12:00 pm	Reflections Group - grafton



FROM BILL W:**Take Step 11**

Grapevine June 1958

When it comes to the practice of AA's Step Eleven — "Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out" — I'm sure I am still very much in the beginner's class; I'm almost a case of arrested development.

Around me I see many people who make a far better job of relating themselves to God than I do. Certainly it mustn't be said I haven't made any progress at all over the years; I simply confess that I haven't made the progress that I might have made, my opportunities being what they have been, and still are.

My twenty-fourth AA anniversary is just ahead; I haven't had a drink in all this time. In fact, I've scarcely been tempted at all. This is some evidence that I must have taken and ever since maintained Step One: "We admitted we were powerless over alcohol — that our lives had become unmanageable." Step One was easy for me.

Then, at the very beginning, I was fortunate enough to receive a tremendous spiritual awakening and was instantly "made conscious of the presence of God" and "restored to sanity" — at least so far as alcohol is concerned. Therefore I've had no difficulty with AA's Step Two because, in my case, its content was an outright gift. Step Four and Step Five, dealing with self-survey and confession of one's defects, have not been overly difficult, either.

Of course, my self-analysis has frequently been faulty. Sometimes I've failed to share my defects with the right people; at other times, I've confessed their defects, rather than my own; and at still other times, my confession of defects has been more in the nature of loud complaints about my circumstances and my problems.

Nevertheless, I think I've usually been able to make a fairly thorough and searching job of finding and admitting my personal defects. So far as I know, there isn't at this moment a single defect or current problem of mine which hasn't been discussed with my close advisers. Yet this pretty well-ventilated condition is nothing for self-congratulation. Long ago I was lucky enough to see that I'd have to keep up my self-analysis or else blow my top completely. Though driven by stark necessity, this continuous self-revelation — to myself and to others — was rough medicine to take. But years of repetition has made this job far easier. Step Nine, making restitution for harms done, has fallen into much the same bracket.

In Step Twelve-carrying the AA message to others- I've found little else than great joy. We alkie are folks of action and I'm no exception. When action pays off as it does in AA, it's small wonder that Step Twelve is the most popular and, for most of us, the easiest one of all.

This little sketch of my own "pilgrim's progress" is offered to illustrate where I, and maybe lots of other AAs, have still been missing something of top importance. Through lack of disciplined attention and sometimes through lack of the right kind of faith, many of us keep ourselves year after year in the rather easy spiritual kindergarten I've just described. But almost inevitably we become dissatisfied; we have to admit we have hit an uncomfortable and maybe a very painful sticking point.

Twelfth-stepping, talking at meetings, recitals of drinking histories, confession of our defects and what progress we have made with them no longer provide us with the released and the abundant life. Our lack of growth is often revealed by an unexpected calamity or a big emotional upset. Perhaps we hit the financial jackpot and are surprised that this solves almost nothing; that we are still bored and miserable, notwithstanding. As we usually don't get drunk on these occasions, our bright-eyed friends tell us how well we are doing. But inside, we know better. We know we aren't doing well enough. We still can't handle life, as life is. There must be a serious flaw somewhere in our spiritual practice and development.

What, then, is it?

The chances are better than even that we shall locate our trouble in our misunderstanding or neglect of AA's Step Eleven — prayer, meditation, and the guidance of God. The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing, if we try hard and work at it continually. If we expend even five percent of the time on Step Eleven that we habitually (and rightly) lavish on Step Twelve, the results can be wonderfully far-reaching. That is an almost uniform experience of those who constantly practice Step Eleven.

In this article, I'd like to develop Step Eleven further — for the benefit of the complete doubter, the unlucky one who can't believe it has any real merit at all. In lots of instances I think that people find their first great obstacle in the phrase "God as we understand him." The doubter is apt to say: "On the face of it, nobody can understand God. I half believe that there AA Grapevine is a First Cause, a something, and maybe a Somebody. But I can't get any further than this. I think people are kidding themselves when they say they can. Even if there were a Somebody, why should he bother with little me, when, in making the cosmos run, he already has plenty to do? As for those folks who claim that God tells them where to drill for oil, or when to brush their teeth — well, they just make me tired."

Our friend is clearly one who believes in some kind of God — "God as he understands him." But he doesn't believe any bigger concept or better feeling about God to be possible. So he looks upon meditation, prayer, and guidance as the means of a self-delusion. Now what can our hard-pressed friend do about this?

Well, he can strenuously try meditation, prayer, and guidance, just as an experiment. He can address himself to whatever God he thinks there is. Or, if he thinks there is none, he can admit it just for experimental purposes — that he might be wrong. This is all-important. As soon as he is able to take this attitude, it means that he has stopped playing God himself; his mind has opened. Like any good scientist in his laboratory, our friend can assume a theory and can make an experiment. He can pray to a "higher power" that may exist and may be willing to help and guide him. He keeps on experimenting — in this case, praying — for a long time. Again he tries to behave like the scientist, an experimenter who is never supposed to give up so long as there is a vestige of any chance of success.

As he goes along with his process of prayer, he begins to add up the results. If he persists, he will almost surely find more serenity, more tolerance, less fear, and less anger. He will acquire a quiet courage, the kind that doesn't strain him. He can look at so-called failure and success for what they really are. Problems and calamity will begin to mean instruction, instead of destruction. He will feel freer and saner. The idea that he may have been hypnotizing himself by auto-suggestion will become laughable. His sense of purpose and of direction will increase. His tensions and anxieties will commence to fade. His physical health is likely to improve. Wonderful and unaccountable things will start to happen. Twisted relations in his family and on the outside will unaccountably improve.

Even if few of these things happen, he will still find himself in possession of great gifts. When he has to deal with hard circumstances he can face them and accept them. He can now accept himself and the world around him. He can do this because he now accepts a God who is All — and who loves all. When he now says, "Our Father who art in Heaven, hallowed be thy name," our friend deeply and humbly means it. When in good meditation and thus freed from the clamors of the world, he knows that he is in God's hands; that his own destiny is really secure, here and hereafter.

A great theologian once declared, "The chief critics of prayer are those who have never really tried it enough." That's good advice, good advice I'm trying to take ever more seriously for myself. Many AAs have long been striving for a better conscious contact with God and I trust that many more of us will presently join with that wise company.

I've just finished re-reading the chapter on Step Eleven in our book *Twelve Steps and Twelve Traditions*. This was written almost five years ago. I was astonished when I realized how little time I had actually been giving to my own elementary advice on meditation, prayer, and guidance — practices that I had so earnestly recommended to everybody else!

In this lack of attention I probably have plenty of company. But I do know that this is a neglect that can cause us to miss the finest experiences of life, a neglect that can seriously slacken the growth that God hopes we may achieve right here on earth; here in this great day at school, this very first of our Father's many mansions.

Bill W.

What a Spiritual Awakening Means to Me

From The Grapevine April 1956

RECENTLY I have heard more and more speakers remark, "It is easier to get sober than to stay sober." In my opinion this need not be so. For more than seven years I have worked with a number of fellow alcoholics who had trouble with the program. Almost invariably they had forgotten, or never actually grasped, the principles in our program that aid spiritual growth and promote a happy sobriety.

Ralph Waldo Emerson wrote, "Every man is an open door through which the Infinite passes into the finite; through which the Universal becomes individual." Certainly, to realize any measure of this heritage, I must have some degree of spiritual consciousness.

Years of progressive alcoholism laid me on the doorstep of AA, a physical and spiritual wreck. Like all Alcoholics in my condition, I needed some kind of spiritual awakening to absorb the program.

What then is a spiritual awakening? There are many versions--perhaps because a spiritual awakening is a profoundly individual experience. Some report it as an illuminating flash. Others associate it with some deeply significant happening in their lives. Many experience it hardly aware of any immediate change. An ancient Stoic philosopher once said, "Great things are not created suddenly. . .let there be time. First, let it blossom, then bear fruit, men ripen." My own spiritual awakening developed concurrently with a gradual change in character, after I began to work the AA program.

Psychologically speaking, we are defined, in technical terms, as reacting mechanisms. Theoretically, we are supposed to respond to environmental influences according to a progressive formula: stimulation-integration-reaction. The pattern of my spiritual awakening closely followed this formula: AA fellowship and faithful striving with all the Steps became the stimulus for my spiritual development. Trying my best to exercise the first three Steps stimulated humility, hope, and faith. The fourth, fifth, and tenth Steps laid down a pattern of growth for honesty with myself. Working the sixth and seventh Steps awakened remnants of moral courage and reestablished sincerity in relating myself to a Higher Power (which I call God).

Following through with the eighth and ninth Steps validated my sincerity with those whom I had harmed, and paved the way for me to forgive myself.

A little reflection will show that a sincere attempt to exercise these first ten Steps brings into play some of the finest virtues in the human character: humility, hope, faith, honesty, courage, and sincerity. There is an old saying in AA: "If you don't get AA, keep coming--and AA will get you."

In other words, some of these good character traits are bound to rub off. Whatever did rub off, integrated with a changing personality. I now felt eligible to try for higher spiritual rewards abiding in the eleventh Step: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Where could this profound exercise lead me? To the ideal expressed by Emerson? If this sublime experience is indeed our heritage, what finer preparation could I make for it than by prayer and meditation to improve my conscious contact with God as I understood Him?

How do I begin? It is written somewhere in the Talmud that "a man comes into the world with his fists closed, wanting everything." In the eleventh Step we approach God with open hands wanting nothing but the knowledge of His will and the power to carry that out.

Consistent striving with the eleventh Step has sharpened my awareness and my appreciation of all creation and its glorious presentation, as the manifestation of supreme genius. "Behold I have placed before you an open door and no man can close it." I revere the soft glow of twilight and the gleam of countless worlds hovering remote in the heavens, as the splendid source of spiritual stimulation, the bloom of Infinite power. When the new day kindles in the silky tinted sky, I am conscious of its supreme endowments--significant to my growing spirit.

What then is my spiritual awakening?

It is a growing sensitivity of my spirit to the Infinite and the Universal, nurtured by illuminating glimpses of spiritual beauty. It flows from the cultivation of all of AA's Twelve Steps.

Ever fresh in my heart is a song of thanksgiving for my expanding sobriety, as the opening door to timeless truth.

J. A. L. Jackson Heights, New York

Working Step ElevenFrom The Grapevine February 1955

THERE are different ways to improve "our conscious contact with God as we understand Him." Some of us take a religious way by going to church, reading the Bible and other religious literature, along with the Big Book and other AA literature. Some of us take the spiritual way, confining ourselves to the literature of AA alone. Either way is as good as the other, depending on the effort we put into it. I find the spiritual way works best for me.

When I go to bed each night, I ask myself if during the day I have been resentful, selfish, dishonest or afraid? Have I tried to help people instead of hurting them? Have I discussed problems that arose, with other people as I should, or have I kept them to myself? Have I been able to control my temper? After making my day's review, I ask God's forgiveness for the things I did wrong, and ask Him that they do not occur again. Then I thank Him for keeping me and other alcoholics sober for the past twenty-four hours.

When I get up each morning, I thank God for a restful night, and ask for guidance throughout the day. And that He will help keep me, and other alcoholics, from taking that first drink. I ask that He keep my thinking on the correct course, away from self-pity, dishonesty or self-seeking motives.

If sometimes during the day, I lose control of my temper or proper thinking, I get away from everyone as soon as possible. I sit somewhere alone, smoke a cigarette and relax. I ask God to help me overcome whatever the trouble may be.

When I have a few spare minutes, I spend them meditating, and asking for guidance, not only for myself, but for all alcoholics.

I carry our "Just for Today" and the "Daily Moral Inventory" pamphlets with me at all times, and refer to them often during the day.

This is the way that I work Step Eleven.

- The Golden Gater San Francisco, California

Those Inventory StepsFrom The Grapevine September 1955

WITHIN the past few months I've heard a great deal of talk about the inventory. There have been discussions on when to make it, how to make it, what to inventory, whether to write or not to write it. I think I've heard more diverse opinions on the inventory than perhaps any other step in the program.

A few days ago I saw Steps Four and Ten from what is to me an entirely new angle. I'll pass it on for whatever it may be worth to those who may still be dreading taking Step Four and those who, like myself, may occasionally forget to "Step Ten" as often as perhaps we should.

The good alcoholic can always find an excuse to neglect the things he knows he should do, and I am an alcoholic. So I took to myself the excuse of weariness to avoid too much conscience trouble over not having made any preparation or given much time and thought to a subject for tonight's discussion. After all, we had all worked pretty hard to make our last meeting a success. Then too, what could I add to the message delivered by that wonderful speaker? There is a man who has found and practiced successful, happy living for almost ten years. Now I, from the great mountain of my few months of sobriety, presume to follow him! On and on, and on, and on. Good old alcoholic thinking!

Well here it is Sunday already and me with no subject or even the ghost of an idea for one. What to do? In my mind I went back to the beginning of the day and thought about the Lord's Prayer. I had, among other things, humbly asked, "Give us this day our daily bread." I had meant, "Give me the things I need." Then I thought: "What do I need? Apparently a good thorough inventory, from the way my thinking is running." Ugh! that inventory again! Well, I thought about the inventory and what it means to me for a while, and gradually my thoughts turned to inventory as a general thing. Then from somewhere out of the blue I remembered a bit of verse by a famous poet.

Oh wad some power the giftie gie us - To see oursels as others see us.

I repeated this three or four times before it hit bottom. I believe I had an answer to a prayer. I had been given "my daily bread," so to speak. Here was the thought I needed for my inventory. God has given us all that gift. The trouble with me has not been in seeing what others see but rather what I had been hiding, because too many times I didn't like what I saw.

Up to now I had been taking an inventory as a sort of insurance to "sobriety. If I would be sober I must look for and try to remedy my weaknesses. If I had made any progress it was by the grace of God and I was thankful for it. The odd thing is that I really thought I was being honest. If this thought meant anything I had been going about this whole inventory business from the wrong angle. I had been regarding as a rather unpleasant duty that which really is no less than a gift of God: the ability to see myself as others see me. Even more, the means to become what I want others to see (Step Eleven). How many times I've heard this Bible quotation, "For as he thinketh in his heart so is he."

Steps Four and Ten give me the key to learn what I think in my heart. Steps Two, Three, and Eleven give me the means to think the things I would like others to see in me. Came to believe, made a decision, sought through prayer. . . .

Today I've found what is to me a new meaning in Steps Four and Ten. From now on I can approach Step Ten from a very different point of view. I'll no doubt have to use the mental broom vigorously in the days ahead. It took me thirty-seven years to get like this, but now I will know what I am sweeping out. I know that for me my inventory is as Robert Burns put it:

. . . the giftie gie us -- To see oursels as others see us.

-B.T. Watsonville, California

**Responsibility Declaration**

I am responsible. When anyone, anywhere, reaches out for help,
I want the hand of AA always to be there.
And for that: I am responsible.

November Anniversary

Serenity Group

Thursday, November 20, 2008

First Baptist Church

Corner Park Ave & Salisbury Streets

Refreshments, speakers

6:30PM—9:00PM

**Happy
Thanksgiving**



December Anniversary

Mid-Day Group

Monday, December 1, 2008

Sacred Heart Church

600 Cambridge Street

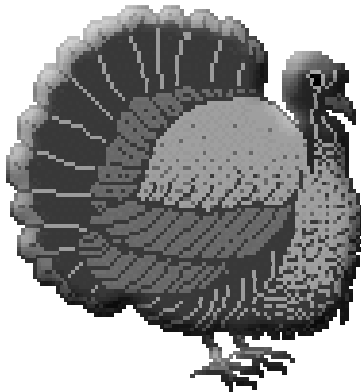
Refreshments, speakers

12:00PM—2:00PM

"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
- T.B.A. "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
- Tom "Mood of Happy Destiny" Natick
- Janelle "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
- Dave "Uxbridge Valley" Uxbridge Friday 7:30 — 9:00PM
- Mark P. "Westboro Forge" Westboro Wednesday 8:00 - 9:00 PM
- Melanie Spectrum Westboro State Hospital contact for incoming only-3 meetings nightly (508) 898-1570 x2213 (3d floor)
- Lynn S. "Westboro Sunday Morning AA" Westboro Sunday 11:00AM - 12:00
- 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
- Brendan C. "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 (508) 799-9000
- Jen Boris CHL Hospital Worcester contact for incoming only-nights and weekends (508) 421-4464
- Ask for 8-East UMass Hospital contact for incoming only - nights and weekend(508) 334-1000
- Kira "Crozier Group" Worcester Monday 8:00—9:00PM
- George "As Bill Sees It" Worcester Thursday 7:00—8:00 PM
- Josh "Young Peoples' Group" Worcester Tuesday 7:30-9PM

Steering Committee & Committee Chairpersons 2008



<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Bob D.	<u>TBD</u>
Alternate Chair	Joe N.	<u>None</u>
Secretary	Dot B.	<u>secretary@aaworcester.org</u>
Treasurer	Ellen Mc Q.	<u>treasurer@aaworcester.org</u>
Alternate Treasurer	Lori B.	
Trustees	Harry H. Bob L. Paul M.	
	One vacancy	
Office Manager	John H.	<u>steps@aaworcester.org</u>
Joint Treatment Facilities	Paul M.	<u>treatment@aaworcester.org</u>
Joint Correctional Facilities	Eric R.	<u>Correc-tions@aaworcester.org</u>
Halt Line	Dan M.	<u>haltline@aaworcester.org</u>
Social Committee	Vacant	<u>Social@aaworcester.org</u>
Joint Public Information	Vacant	<u>PiChair@aaworcester.org</u>
Webmaster	Bob L.	<u>webmas-ter@aaworcester.org</u>
Liaison to District 25	Eric R.	<u>None</u>
Liaison to District 26	Woody S	
Liaison to Area 30		<u>None</u>
Joint Alcathon Committee	Joe N.	
CoChairs Intergroup & District 25	intergroup	
The Beacon	Richard C.	<u>Beacon@aaworcester.org</u>

Worcester Area Intergroup

100 Grove St., Suite 314

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

Do I do my part?

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.

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The Beacon—100 Grove Street Suite 314 Worcester, MA 01605 email:beacon@aaworcester.org

The Beacon Staff: April 2008 to December 2008

Editor: Richard C. — Serenity, Worcester, MA. **Volunteers** include Lisa, Anna, Mike, Glen, Jim Linda & Tom, all at Serenity; Joe and John at Intergroup.; Chet at Quinsig; Tom at Sacred Heart Noontime.

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

Take Time

- Take time to laugh--it is the music of the soul;
- Take time to think--it is the source of power;
- Take time to play--it is the source of perpetual youth;
- Take time to read--it is the fountain of wisdom;
- Take time to pray--it is the greatest power on earth;
- Take time to love and be loved--it is a God-given privilege;
- Take time to be friendly--it is the road to happiness;
- Take time to give--it is too short a day to be selfish;
- Take time to work--it is the price of success.

-Anon



J. S. OF MELBOURNE BEACH, FLORIDA knows the problem many of us face when we must appear at a cocktail party during the holiday season. He suggests that when offered a drink we tell the truth and say: "No thanks, I've already had enough."

AFTER LONG and solemn deliberation Pat and Mike had decided to swear off and were on the way to the priest's to take the pledge. En route they came to a saloon.

Said Mike to Pat: "Let's stop in for our last drink together."

Said Pat to Mike: "No, indeed. The Father might smell it on our breaths. Better wait till we come back."

ONE OF THE easiest ways to get into trouble is to be right at the wrong time.

ON A BILLBOARD in British Columbia: DRIVE HAMMERED, GET NAILED!

EGOTIST: A FELLOW who is always me-deep in conversation

Service Meetings Monthly Schedule			
InterGroup/District 25 & 26			
Public Information	Intergroup Office 100 Grove St. # 314 Worcester	4th Monday	TBD
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	TBD
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	6:00 pm
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
Area 30			
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 Inter group office 1-508-752-9000 or email the beacon beacon@aaworchester.org We'd be happy to answer your questions.

Your Anniversary

Can have an extra display!

In recent months, the GrapeVine Committee for District 25 has gone to anniversaries, set up the display board and had reps available to answer any questions people might have. They've also given away or raffled GV subscriptions as part of the celebration.

Contact: gvd25chr@yahoo.com

In Memoriam

Johnny V. passed away on November 5th. Sober for 39 years, he was with the Quinsig Group in Worcester from its founding. He will be missed.

Format Change

UPTON CAPERTOWN

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

Moved

The ARC (Addiction Referral Center) in Marlboro has moved from 110 Pleasant St. to 33 Main St. Marlboro

Moved

The Monday night C12 meeting in **Whitinsville** (7:30 - 9:00 pm.) has moved from the Village Congregational Church to Trinity Church, 31 Linwood Ave. The time remains the same.

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

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

Time Change

New Time 7:00—8:00 PM

Shrewsbury CANDLELIGHT Meeting is a 12 Step Meeting and a Traditions Meeting on the 1st Wednesday of the month at St. Anne's Church Route 9 Shrewsbury. Located in Separate building at rear of Church, enter down the front of the building

Al Anon - Al Ateen

The email address to request a packet and a meeting list for Al Anon is: LDCofMA@aol.com.

In Westboro

Al-Anon Family Groups of Massachusetts, Inc.
57 East Main Street, Suite 109
Westborough, MA 01581-1457
(508) 366-0556

web sites

for Massachusetts:

<http://www.ma-al-anon-alateen.org/>

US

<http://www.al-anon.alateen.org/english.html>

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
Pastoral Center
Main Street
Shrewsbury CWBBSNSH

Moved

Crozier Group (temporarily)

Monday 8:00 - 9:00 PM
St. Stephen's Church.
Cnr Hamilton & Grafton Sts.
Worcester

Webster

ALL Meetings formerly held at 275 Main St have moved. The daily 7AM meeting has moved to Church of Reconciliation at 3 N. Main St. Webster.

All others have moved to 6 Mechanic St Webster
See below for details.

Moved

Early Risers

Sunday 7:00 - 8:00 AM
Church of Reconciliation
3 N. Main St.
Webster

Moved

First Day

Sunday 10:00 - 11:00 AM
6 Mechanic St.
Webster

Correction

Triton

Sunday 7:00 - 8:30 PM
is still at
United Church of Christ,
Main St. **Webster**

Moved

Search For Serenity

Thursday 7:30 - 9:00 PM
117 Main St., 2nd Floor
(Use Side Entrance Pleasant St)
Spencer