

October 2007



The Beacon

Email: beacon@aaworcester.org

Volume 9 Number 10

This Month:

We have two Tenth-Step stories from The Grapevine this month; three new "bookie" listings (The list has grown so that we had to move it to Page 5) and one update; Alcathon drawings (Page 2) and two upcoming anniversaries (Page 2). We have added a new listing for the District 25 CPC chairperson (Page 6) and revised the time listing for that meeting (Page7).

New "Bookie" listings are always welcome. Articles are welcome as long as they are brief (who, what, when, where) meet *Traditions'* guidelines, **MUST** be in MS Word format, and emailed to the Beacon no later than the 14th of the prior month. They may be shortened or delayed according to space needed. **NO** exceptions.

In order to make room for new announcements, notices for new/closed/changed meetings will start dropping off from Page 8 after appearing in three issues. By then the changes should be reflected in the revised meeting list. By the way, the newest meeting list (2007-C) is green this time. If you don't have one, they are free at any AA meeting.

If your group is making plans for an anniversary, and you would like to get the word out, please send the "who, what, when and where" to webmaster@aaworcester.org and/or beacon@aaworcester.org - preferably at least two months ahead.

Sincerely,
Richard C, editor.

AA Wisdom

The happiness of your life depends upon the quality of your thoughts.

Therefore guard them accordingly. -Marcus Aurelius

Life is like a ladder - every step is either up or down.

The grave of love is excavated with little "digs" - Wynot, TX

Worry often gives a small thing a big shadow.

Experience is a hard teacher. She gives the test first, and the lessons afterwards.

Sobriety--it can drive you to think. -B.P. New York

Step Ten

Tradition Ten

Concept Ten

"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."

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 individ-

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

www.aagrapevine.org/stepsTrads/stepsTrads_index.html

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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?

2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?

3. What in AA history gave rise to our Tenth Tradition?

4. Have I had a similar experience in my own AA life?

5. What would AA be without this Tradition? Where would I be?

6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

AA in Eight Words: Quit drinking. Trust God. Clean house. Help others. -Ms. Sam H. Florida

Does your group have an Intergroup Rep?

A lot of issues are being voted on and they affect the area. They are making decisions that affect your group and if you don't have a rep at the meetings then you are letting others decide for your group. Each Worcester Intergroup Delegates meeting is the 2nd Thursday of the month at 7:00 PM. at St. Joan of Arc Church, 570 Lincoln St., Worcester.

Alcathon Drawings

Tuesday, October 2, 2007 GSR Meeting Drawing for **odd** hours

Thursday, October 12, 2007 Intergroup Delegates Meeting Drawing for **even** hours

November Anniversary

Serenity Group

Thursday, November 15, 2007

First Baptist Church

Park Ave & Salisbury Street

Refreshments, speakers

6:30PM—9:00PM

December Anniversary

Mid-Day Group

Monday, December 3, 2007

Sacred Heart Church

600 Cambridge Street

Refreshments, speakers

12:00PM—2:00PM

SPONSORSHIP CORNER:



Life is a dance, When you take the steps

Debits and Credits

Following a gossip binge, we can well ask ourselves these questions: "Why did we say what we did? Were we only trying to be helpful and informative? Or were we not trying to feel superior by confessing the other fellow's sins? Or, because of fear and dislike, were we not really aiming to damage him?"

<<<<< >>>>>

Inventory taking is not always done in red ink. It's a poor day indeed when we haven't done something right. As a matter of fact, the waking hours are usually well filled with things that are constructive. Good intentions, good thoughts and good acts are there for us to see.

Even when we have tried hard and failed, we may chalk that up as one of the greatest credits of all.

As Bill Sees It, p. 80 (Op. cit. Grapevine 1961, Twelve and Twelve, p. 93)

Yesterday's Baggage

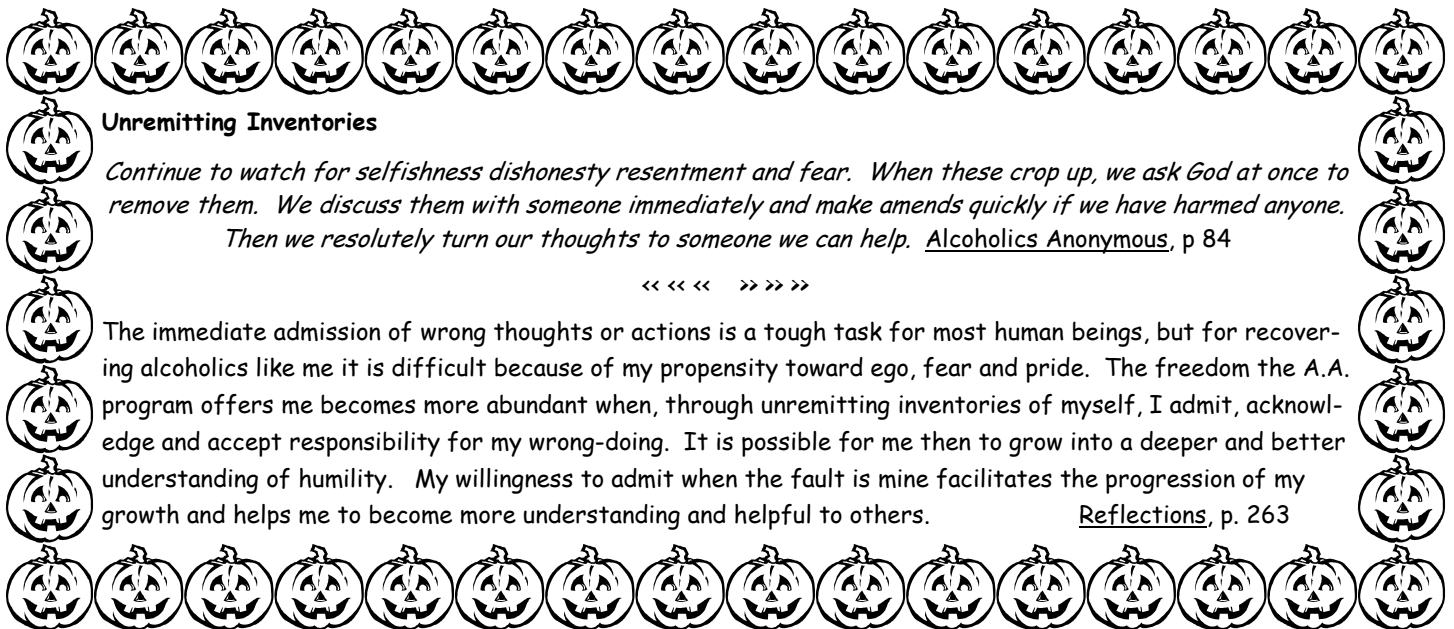
For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, and he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

Twelve and Twelve, p. 88

<<<<< >>>>>

I have more than enough to handle today without dragging along yesterdays baggage too. I must balance today's books, if I am to have a chance tomorrow. So I ask myself if I have erred and how I could avoid repeating that particular behavior. Did I hurt anyone, did I help anyone, and why? Some of today is bound to spill over into tomorrow, but most of it need not if I make an honest daily inventory.

Reflections, p. 287



Unremitting Inventories

Continue to watch for selfishness dishonesty resentment and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Alcoholics Anonymous, p 84

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The immediate admission of wrong thoughts or actions is a tough task for most human beings, but for recovering alcoholics like me it is difficult because of my propensity toward ego, fear and pride. The freedom the A.A. program offers me becomes more abundant when, through unremitting inventories of myself, I admit, acknowledge and accept responsibility for my wrong-doing. It is possible for me then to grow into a deeper and better understanding of humility. My willingness to admit when the fault is mine facilitates the progression of my growth and helps me to become more understanding and helpful to others. Reflections, p. 263

THE HOME GROUP:**DUI**From The Grapevine July 1975**A relapse became the bedrock of one man's sobriety**

My name is Emory W. I am twenty-six years old, a member of AA, and currently an inmate at a county jail in northeast Tennessee. This was my fourth D.U.I. conviction.

I just finished reading the December 2005 issue of the Grapevine and have never felt more compelled to share my experience, strength, and hope. There is no meeting here, but after a contact visit with my sponsor earlier this week, I wrote the Sheriff requesting that my sponsor and I be allowed to start one. He brought me the Grapevine today.

My last drink was on October 31, 2005. I was on a three-month relapse. The disease, which we know is progressive, had escalated with hurricane-like destructiveness. After going to court on October 17, I realized that there was no getting out of jail time and I got drunk. In a matter of hours, everything good in my life was gone once again: my girlfriend, my job, and my willingness. I had heard tales of comparable relapses but never imagined the speed with which havoc returned. That Saturday night, my face turned blue and I quit breathing.

I managed to remain sober for nine days after Halloween before returning to the treatment center I had left last spring. After graduating last May, it was as if God himself smiled upon me. I had an incredibly supportive home group and sponsor--who hired me as his personal assistant and trained me to be a paralegal.

I was administratively discharged from my job to fulfill my legal obligations. Incarceration was the last item on a lengthy list. I had been to jail before, but never for a span enveloping both Christmas and New Year's Day. It's fair to say that I've reached a new bottom. Picking up a white chip again is one of the hardest things I have ever had to do in my life, and something I definitely don't want to repeat. I am set to return to the treatment center and I'm willing to follow their recommendations. For me, this includes a one-year stay at a halfway house.

I think my situation can be summarized with a few key phrases from the chapter in the Big Book, "How It Works." I had kept in reserve some amount of self-will and held on to my old ideas, and the result was nil until I let go absolutely. I had given myself to this simple program, but not completely.

I am now striving to work a very thorough First Step. I hope and pray that this experience, like those yielding an overwhelming feeling of powerlessness described in the Big Book, "finally turns out to be firm bedrock upon which happy and purposeful lives may be built."

I stand humble, faithfully waiting for the sunlight of the spirit to shine brightly upon my life again.

Another Way for One Alcoholic to Talk with Another Alcoholic

Members of our Fellowship in correctional facilities want to correspond with AAs who are "outside," especially male members. It's an excellent opportunity for one alcoholic to talk with another despite the barriers. Home addresses or PO boxes can be used, including inter-group, area, or group PO boxes. To sign up or obtain more information, contact the Corrections Desk at GSO, PO Box 459, New York, NY 10163, e-mail to corrections@aa.org, or call 212.870.3400.

Emory W. Bristol, Virginia

Keeping the Building Site ClearFrom The Grapevine October 2003**Step Ten**

Step Ten was one of those maxims that always seemed to make perfect sense to me. At first glance, it suggested that if one continually took stock of one's present situation and straightened out any errors immediately, life would be a breeze. However, on closer examination, the importance of its place in both the sequence and context of the other Steps became clearer.

Although I am not an alcoholic, I have included the Steps in the way I live my life. In my case, Steps Two through Nine deal with cleaning up the wreckage of the past. A fair analogy would be the rebuilding that takes place after a war or major accident. Before a new structure can be erected, the site must be prepared by clearing away the ruins that remain. Only then can a new edifice, uncontaminated by what was there before, be built.

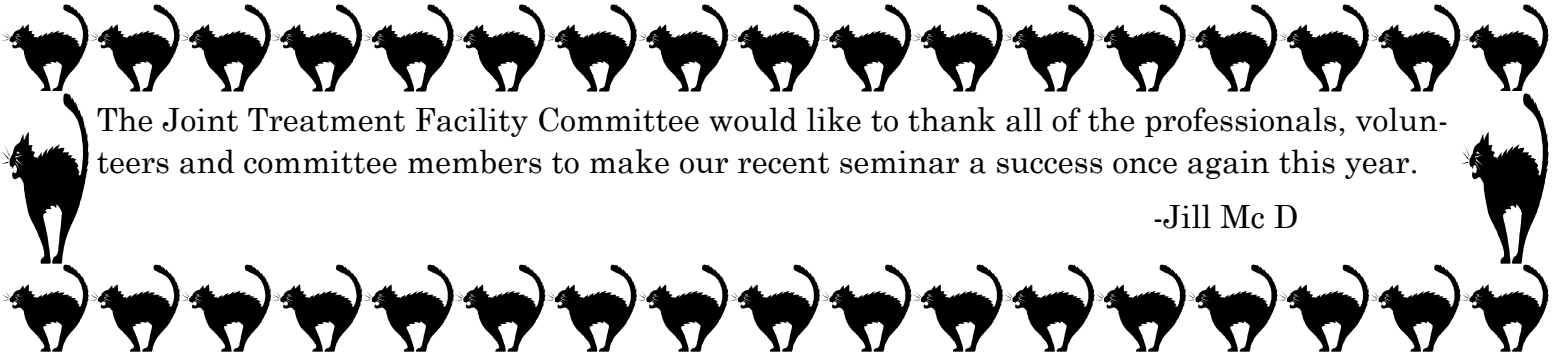
Step Ten shifts my focus from where I have been to where I am now. It equips me for everyday living. Once the past has been examined and addressed, the present becomes much easier to meet. In fact, this Step can be practiced on a minute-by-minute or continuous basis. A quick inventory, with self-imposed measures, enables me to gauge reaction and feeling to a situation and determine an appropriate response.

This leads to looking at Step Ten in the context of everything else that has transpired to this point. The previous Steps are geared toward helping to stabilize and harmonize emotions, so that no emotion grows to the point where it totally dominates all else and gets me into trouble.

That's why it's important to me to list those items that are working well, so the inventory is balanced between the positives and negatives. Admitting a wrong can turn a negative into a positive. I can remember as a child, when I misbehaved, the sense of relief I felt when I 'fessed up'. It is only when negative emotions, like fear, are kept and stored away that they grow and take on a life of their own, usually emerging as resentments, anger, or any of the other feelings that can lead to destructive behavior.

This is a plateau Step. At this level, I can look back at where I've been and at how I'm now equipped to keep moving on. Examining myself rather than others and regularly assessing my emotions and motives keep the building site clear for Step Eleven.

-30



The Joint Treatment Facility Committee would like to thank all of the professionals, volunteers and committee members to make our recent seminar a success once again this year.

-Jill Mc D

You usually get on your knees before you get on your feet.
When you help someone, forget it. When someone helps you, always remember it!

Bookie List

- Andy S. "Fitchburg Sunday Morning" Fitchburg 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
 James S. "Leominster Original Group" Leominster Monday 7:45-9:00PM
 Ed O. "Millbury Tradition" Millbury Saturday 7:30 - 8:30 PM
 Walt B. "Northboro Saturday Morning" Northboro 10:00-11:00AM Saturday
 Tom S. "Stow Sunday Morning" Stow 11:00AM - 12:00PM Sunday
 Melissa "Upton Capertown" Upton Saturday afternoon 1:30-2:30 PM
 Mark P. "Westboro Forge" Westboro Wednesday 8:00 - 9:00 PM
 Lynn S. "Westboro Sunday Morning AA" Westboro Sunday 11:00AM - 12:00
 Dave A. "Shrewsbury Gratitude" Worcester Sunday 7:00 - 8:30 PM
 Paul C. "How it Works" Worcester Saturday 6:45-8:00 PM
 Paul C. "Stay Active" Worcester Thursday 6:45 PM
 John Z. "Quinsig Group" Worcester Tuesday 8:00-9:00 PM
 Glen S. "Serenity" Worcester Thursday 7:30-9:00 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
 Mitch M. "Worcester 7 AM" Adcare Daily 7:00AM
 Alex K. "Crozier Group" Worcester Monday 8:00-9:00PM



Steering Committee & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Harry H.	chair@aaworcester.org
Alternate Chair	Bob D.	None
Secretary	Dot B.	secretary@aaworcester.org
Treasurer	Joe N.	treasurer@aaworcester.org
Alternate Treasurer	Ellen McQ	
Trustees	Bob McC, Bob L. Brandy H Liz C.	
Office Manager	John H.	steps@aaworcester.org
Treatment Facilities	Jill Mc D	treatment@aaworcester.org
Correctional Facilities	Eric R	Corrections@aaworcester.org
Halt Line	Dan M.	haltline@aaworcester.org
Social Committee	Vacant	Social@aaworcetser.org
Public Information	Vacant	PiChair@aaworcester.org
Webmaster	Brandy H.	webmaster@aaworcester.org
Liaison to District 25	Eric R.	None
Liaison to Area 30	Ellen Mc Q.	None
Alcathon Committee	Joe N.	
Co—Chairs Intergroup & District 25	intergroup D-25 Tina P.	
The Beacon	Richard C.	Beacon@aaworcester.org
Grapevine Chair	John N.	gvd25chr@yahoo.com

Worcester Area Intergroup

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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. * All excerpts & Articles reprinted with permission from AAWS

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

The Beacon Staff: April 2007 to December 2007

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

We hope you enjoy the changes!

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



BUMPER-STICKER FROM HOMER, ALASKA: Homer--a small drinking village with a fishing problem.

Rob B., Alaska

"I CAME INTO AA on the way to my own funeral." Anonymous, New York

SEEN ON A BUMPER STICKER: "Don't think of it as having a bad day. Think of it as Second Step work." Paul P.

HEARD AT A MEETING: "A lot of times I blacked out. The rest I don't remember." Andy, Texas

AACRONYMS: DENIAL: Don't Even Notice I Am Lying
 HOPE: Hearing Other People's Experience
 ISM: I Sponsor Myself

A SENSE OF HUMOR is what makes you laugh at something that would make you mad if it happened to you. -Alky Ally, Colorado .

DEFINITION OF FORGIVENESS: Giving up hope for a better past. -Paul S. West Virginia

ON A SIGN hanging in a Burbank, Calif., AA meeting place: "Don't harbor resentments. Get even quick!"

IF YOUR WIFE doesn't treat you as she should. . .be thankful!

HANGOVER--the moaning after the night before.

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 -8:30 PM

We counted 150 Groups in Worcester
area only about 20 are represented, and
only 8 show up at the Delegates meet-
ing on a regular basis. Want to find out
more call the Intergroup office 1-508-
752-9000

or email the beacon
beacon@aaworcester.org

We'd be happy to answer your ques-
tions.

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 !!

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

We have three little mottos....
First Things First
Live and Let Live
Easy Does It
-Alcoholics Anonymous p.135

MEETING CLOSED
Any Lengths
Saturday 9:30—10:30AM
First Methodist Church
161 Main St. **Spencer**



Format Change
Made A Decision (C12)
Thursday 7:30 - 9:00 PM
Blessed Sacrament Church
551 Pleasant St. **Worcester**

Moved
Oxford Step Group
Tuesday 7:00 - 8:30 PM
Community Center
4 Maple Rd. **Oxford**

MEETING CLOSED
Constant Vigilance
Sunday 3:15 - 4:30 PM
St. Andrew's Church
6 Vineyard St. **Worcester**

Moved
Fitchburg Keep It Simple
Mon-Fri 12:00-1:00pm
Faith United Parish
820 Main St.
Fitchburg

Time Change
Second Chance
Mondays 8:00-9:15pm
First Federated Church
Central Street
Hudson

**The Halt-Line now 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 2-3, 3-4, 4-5, 5-6, 6-7 PM

Format & Name Change
Living Sober (CDNS)
Thursdays 7:30-8:30PM
United Methodist Church
61 Linwood Ave, **Whitinsville, Ma.**

Check the bulletin board for
meeting changes and new meet-
ings in our area on Intergroup's
very own web page:
www.aaworcester.org

OPPORTUNITY
Any person who is a group grapevine
representative or who is interested in
being one, please contact the Grape-
vine chair of Area 30 at
Grapevine
P.O. Box 51411-
Boston MA 02205
or
grapevine@aaemass.org

HELP WANTED
RECOVERING ALCOHOLICS ARE NEEDED
NO BUSINESS EXPERIENCE NECESSARY
The Joint Treatment Facilities Committee needs help to carry the message of Alcohol-
ics Anonymous into treatment facilities. If you are a recovering alcoholic with a sug-
gested 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 carry-
ing AA's message to the alcoholic who still suffers.
For more information, e-mail: treatment@aaworcester.org