

Worcester Area Intergroup



*The*  
**Beacon Weekly**

**Portland Press Herald**

**Even with 26 years of sobriety, the loss of AA meetings is a worry**

A longtime member of Alcoholics Anonymous misses the intimacy of in-person meetings that have been forced to go virtual because of the pandemic.

— THE —  
**VIRUS  
DIARIES**

“There’s an energy in the rooms...and lots of laughter, the laughter of survivors. Only those who have themselves been the subject of horrible, embarrassing public humiliation can laugh when someone describes his own.”

<https://www.pressherald.com/2020/05/28/the-virus-diaries-even-with-26-years-of-sobriety-the-loss-of-aa-meetings-is-a-worry/#>

**THE WALL STREET JOURNAL.**

**Why Does Zoom Exhaust You?  
Science Has an Answer**

On video calls, looming heads, staring eyes, a silent audience, and that millisecond delay disrupt normal human communication

*What’s behind ‘Zoom fatigue’?*

*The answer lies in the interplay of technology, social science and biology.*

[https://www.wsj.com/articles/why-does-zoom-exhaust-you-science-has-an-answer-11590600269?mod=hp\\_lead\\_pos13](https://www.wsj.com/articles/why-does-zoom-exhaust-you-science-has-an-answer-11590600269?mod=hp_lead_pos13)

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(508) 752-0755 (fax)

aaworcester.org

Intergroup Office  
Is **CLOSED** until  
further notice.

Please call the office  
number (shown  
above) or email the  
Office Manager  
(shown below) for  
any assistance

**The Beacon  
Weekly Staff**

1/2020 — 12/2020

**Editor:**

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Keep the chain  
going— Pass this  
Along

Let us know how  
we are doing—  
beacon@  
aaworcester.org



## WAI's VIRTUAL LOCAL MEETING SUPPORT APP SOME AREA MEETINGS RESUMING IN-PERSON

<https://so7ey.glideapp.io/>

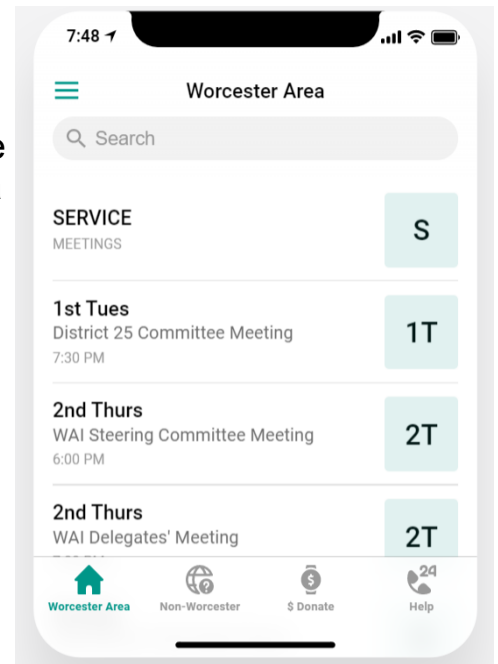


**QR CODE**  
Scan with camera to install WAI app – (QR Code App required)

Worcester Area Intergroup's home page features a Virtual Meeting box with a link to a Web App for WAI activities. There is also spreadsheet listing Virtual A.A. meetings in Massachusetts, and the Worcester area. <https://bit.ly/2WlpfBD> (left tab) The spreadsheet's left tab includes links to **184** meetings in the Central Mass. and surrounding areas.

Beginning this week, **some meetings are returning to in-person status—these are highlighted in yellow in the 'Notes' column on the right.** [see illustration below]

If your group plans to resume in-person meetings, please let Worcester Intergroup know so the WAI list can be updated. There is also a link to the Virtual Meeting Request Form to submit a new meeting. The spreadsheet includes a second tab (the right tab) listing **66** online meetings in related areas. All meetings setup using the Worcester Intergroup account require a password to keep 'bots and hackers out — The password for attending is **Sober2020**



### Boston Central Service meeting list —

[https://drive.google.com/drive/u/0/folders/12-gRXU\\_fNZ2ggNxl2KdCbzODwR9mNvVW](https://drive.google.com/drive/u/0/folders/12-gRXU_fNZ2ggNxl2KdCbzODwR9mNvVW)

**413** meetings

These meetings are not associated with Worcester Area Intergroup. Any questions or concerns must be directed to the meeting itself.

Day	Time (ET)	Meeting Name	Topic/Meeting Format	ZOOM Link	Meeting ID	Password	Phone Number	Notes
Saturday	5:00 PM	RDU Fellowship	Boston Saturday Speaker Discussion	<a href="https://zoom.us/j/9963323885">https://zoom.us/j/9963323885</a>	996 332 3885	None	1 929 436 2866	
Saturday	10:00 PM	1 Day at a Time	1 Day at a Time	<a href="https://zoom.us/j/773878425">https://zoom.us/j/773878425</a>	773 878 425	None	1 646 876 9923	Also meeting in person at regular location
		s Group	Daily Reflections	<a href="https://sites.google.com/site/aatelephonemeetings/home">https://sites.google.com/site/aatelephonemeetings/home</a>		654443#	1 712 432 0075	
		s Group	AA Topic Discussions	<a href="https://sites.google.com/site/aatelephonemeetings/home">https://sites.google.com/site/aatelephonemeetings/home</a>		654443#	1 712 432 0075	

Worcester Area meeting list

Non-Worcester Area meeting list

Yellow Highlight — In-Person Meetings Resuming



## New to *The Beacon Weekly*— Book Reviews

Alcoholics read books too—especially books about recovery and life in A.A. We were recently contacted by a long-time sober AA offering extensive experience as an editor, reporter, and writer. Writing under the pen name of ‘*The Cyber Sot*,’ to maintain anonymity, we will feature contributions from Mr. Sot when he feels inspired. Welcome Mr. Sot!

### Book Reviews—

## ***A Rabbits Walks into a Bar & Take Me to Your Sponsor***

We’re in the middle of a pandemic, unemployment is at The Great Depression levels, liquor stores are considered an “essential service,” booze sales are skyrocketing, mental health problems are on the rise, and the streets of major cities across the U.S.

and around the world are filled with protesters, most peaceful... but some not.

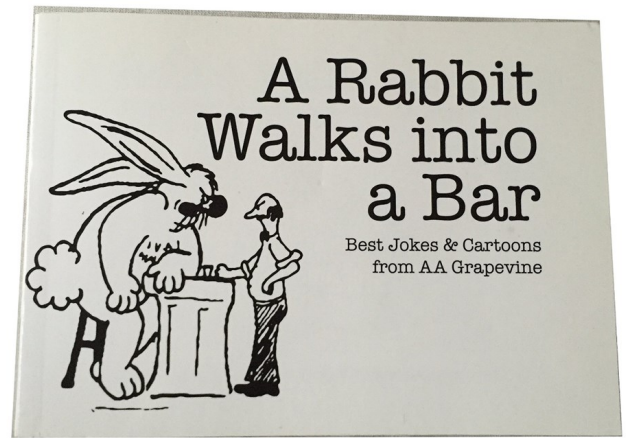
Over the years, like many of us, I have found solace and strength in the *Big Book*, the *12 and 12*, stories in the *A.A. Grapevine*, and other program literature.

But when the craziness goes viral, I turn to the big guns, my two favorite program books: *A Rabbits Walks into a Bar* and *Take Me to Your Sponsor*. They are volumes one and two of the best jokes and cartoons from the *AA Grapevine*.

As it says in the introduction to *A Rabbit Walks into a Bar*, “If you can stay sober in AA, an old-timer once quipped, you can stay sober anywhere. If you’ve ever attended a business meeting, observed resentments flare up suddenly in a home group or heard someone tell the same story for the hundredth time, you know just what this means. Sometimes the whole amazing process of staying sober requires laughter so that we don’t start taking ourselves or other too seriously.”

*The Big Book* says laughter and joy are key elements to recovery. On page 133 we are told that God wants us to be “happy joyous and free,” and on page 132 Bill writes “we aren’t a glum lot.” He adds a sentence later that “We absolutely insist on enjoying life.”

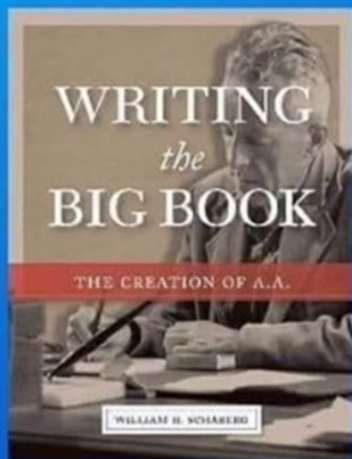
(continued on page 8)





## RECOVERYSPEAKERS.COM

Weekly History Meeting on Zoom



Special Guest  
Speaker: Author of  
the Newly Released  
“Writing the Big Book”  
William Schaberg

Friday June 5th and June 12th  
9pm EST/ 6pm PST

Meeting ID: 310 333 9445  
Password: 3GvNV5

**Alcoholics  
Anonymous**  
Continental European Region

### **Carrying the Message Under Any Circumstances**

“I am writing this during the lockdown in Milan, and I haven’t been to a face-to-face meeting for more than two months – something that would have been unthinkable to me in years past. A friend and fellow member just called to share experience of taking someone through the 12 Steps online, and it occurred to me that it might be helpful to share with ArenA, too.”

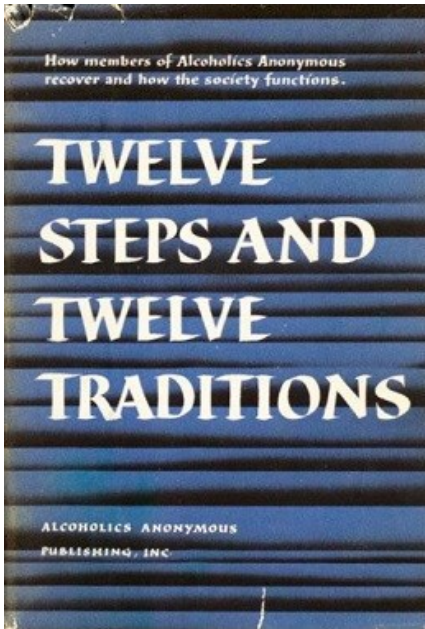
<https://alcoholics-anonymous.eu/carrying-the-message-under-any-circumstances/>





## Step Six -

**“Were entirely ready to have God remove all these defects of character.”**



Cover of the First Edition of the 12&12, 1953

Willingness is the key to Step 6. Read Step 6 and reflect on these questions -

- Are you willing to have your defects removed?
- Or, if you're not willing, are you willing to become willing?
- What is the difference between saying I'm entirely ready and being entirely ready?
- Why is it so hard to be entirely ready to part with my defects?
- Am I fearful? Do I feel I would be less interesting as a human being without some of my defects?
- What are the choice defects that I would rather keep?
  - What does being entirely ready mean to me?
  - What do each of my defects do *for* me?
  - What do each of my defects do *to* me?
- How has each of these old tools for coping with my life outlived its usefulness?
  - What harm is it doing me to cling to each of these ways of thinking and acting?
  - What do I believe is the essence of the sixth step?
    - What is my attitude regarding change?

## **verywellmind** 7 Tips for Staying Clean and Sober

**‘It is estimated that up to 80% of those who find long-term sobriety had at least one relapse along the way. Some had many before they found lasting recovery. Your intentions may be good, but it takes more than willpower to avoid having an addiction relapse.’**

**‘A relapse can sneak up on you, usually because you don't recognize the warning signs of an impending relapse. A relapse begins long before you actually pick up a drink or a drug.’**

<https://www.verywellmind.com/tips-for-staying-clean-and-sober-67900>



# THE WALL STREET JOURNAL.

## **Notes on the Pandemic—Dealing With the Coronavirus**

An in-depth look at a number of typical Americans and how they are coping with the pandemic—including people in recovery.

<https://www.wsj.com/articles/dealing-with-the-coronavirus-11584656767>



## **COVID-19 restrictions pose serious challenges to those in recovery**

ABC News NIGHTLINE



<https://abcnews.go.com/Nightline/video/covid-19-restrictions-pose-challenges-recovery-70782123>



## **Updating to Zoom version 5.0 —**

Beginning May 30, 2020, all Zoom clients must be on 5.0+ in order to join any meeting...

<https://zoom.us/download>



## A.A.– Related Podcasts—Another Tool to Stay Sober during the COVID-19 Crisis

Dozens of different topic areas plus daily readings

<https://player.fm/podcasts/Alcoholics-Anonymous>

This site offers a library of podcasts on recovery, the 12 Steps, and content produced by individuals and Alcoholics Anonymous groups across the country including an A.A. radio show — <https://player.fm/series/alcoholics-anonymous-radio-show-2336394>



<https://play.google.com/store/apps/details?id=fm.player>



<https://apps.apple.com/us/app/podcast-app-by-player-fm/id940568467>



### Meditation: A simple, fast way to reduce stress

Meditation can wipe away the day's stress, bringing with it inner peace. See how you can easily learn to practice meditation whenever you need it most.

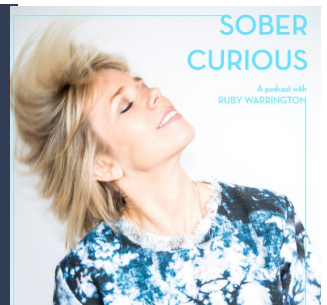
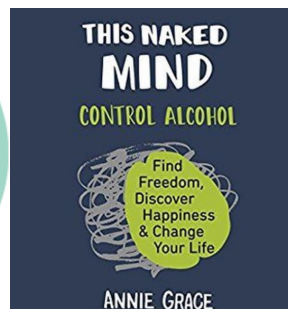
Meditation can also reduce the potential negative effects of anxiety, chronic pain, depression, heart disease and high blood pressure.

<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art->

## The Temper

### 21 Women-Led Recovery Podcasts to Listen to When You Need Hope

These podcasts will leave you feeling inspired, informed, and less alone.



<https://www.thetemper.com/best-recovery-podcasts/>





**Group Anniversary— It All Starts Here Beginners  
Meeting 7th Anniversary—Sunday – 6/7/2020**

2 Great speakers!

Zoom Meeting ID# 320-501-517 Password – Sober2020

See the flyer on page XX

**WAI's ONLINE BOOKIE EXCHANGE**

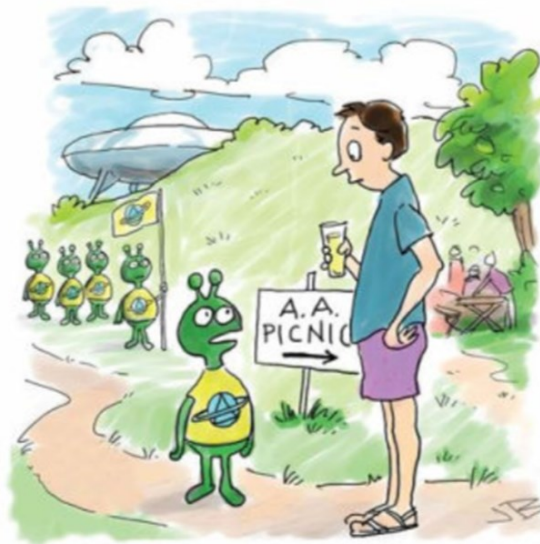
The WAI Bookie Exchange portal enables Bookies from local towns to quickly find groups seeking commitments and/or post a request. Open slots are listed by town. Contact — BookieXchange.aaWorcester.org

**Book Reviews—  
Continued**

***A Rabbits Walks into  
a Bar***

***& Take Me to Your  
Sponsor***

There are times, however, when glum trumps glee and it's hard to find anything to smile about, let alone laugh out loud. That's why I keep both books on my desk. The jokes and cartoons inside of them – some hilarious and some even worse than my own limp litany of bad and sad Dad Jokes – can lift me out of the gloom. Irish poet and playwright Oscar Wild once wrote "Life is too important to be taken seriously." The same can also be said about sobriety. After all, it was Bill himself who told us not to take ourselves too damn seriously. *A Rabbits Walks into a Bar* and *Take Me to Your Sponsor* can help prevent that from happening. Both are available at the Worcester Intergroup Office and can be ordered online.



**TAKE  
ME  
TO  
YOUR  
SPONSOR**  
Best Jokes & Cartoons  
from AA Grapevine

*The Cyber Sot*

<http://bookstore.aaworcester.org>







## **Find a Meeting—Local or Anywhere!**

Find a local meeting fast on a Map, a grid, or on a list!

[MeetingMap.aaWorcester.org](http://MeetingMap.aaWorcester.org)



## **Alcoholics Anonymous World Services Meeting Guide**

The official Meeting Guide is a free of charge meeting finder app for iOS and Android that provides meeting information from A.A. service entities in an easy-to-access format.

Meeting Guide syncs with area, district, intergroup/central offices and international General Service Office websites (some of which are listed on A.A. Near You), relaying meeting information from more than 300 A.A. service entities directly to you. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.

This app gives A.A. service entities full control of their local meeting information while collecting it in one place, making it easy for anyone to find a meeting.

### **New & Enhanced Features**

**Search** — Find A.A meetings by name or location, in addition to day and time

**Daily Reflections** — a selection of reflections by and for A.A. members

**Enhanced location functionality**

**Expanded user interface**, with a new menu bar and “Contact” feature.

**“News”** — Learn about events at the General Service Office (G.S.O.) and Grapevine, as well as information about updates within the app.



<https://play.google.com/store/apps/details?id=org.meetingguide>



[apps.apple.com > app > meeting-guide](https://apps.apple.com/app/meeting-guide)

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**"God grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference."**

## **Treatment Facilities Service Opportunities**

Due to COVID-19, treatment commitments are being revamped. Contact the Treatment Committee for updates—Raymond M.—[treatment@aaworcester.org](mailto:treatment@aaworcester.org)



## The GRAPEVINE AND LA VIÑA ARE HERE TO HELP

Home Group

Spanish issues



APRIL 2020



LA VIÑA

Due to the current COVID-19 pandemic, many AA meetings across the U.S. have closed. To help members during this time, The AA Grapevine, Inc., publisher of the *International Journal of Alcoholics Anonymous*, is providing free access to most of 2020's *Grapevine* and *La Viña* issues. The AA Grapevine, Inc., notes, "*Grapevine* and *La Viña* were created for such a time as this." See this link to download available issues: [ <https://www.aagrapevine.org/we-are-here-to-help> ]

Please share with your fellows.

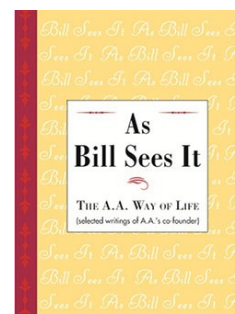
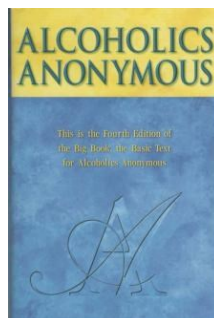
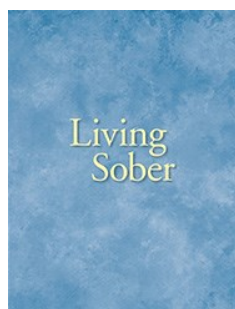
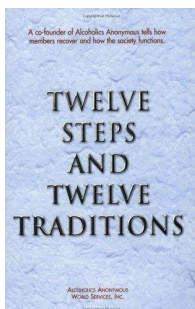
## Worcester Area Intergroup's Online Bookstore

WAI has launched a new Online Bookstore, enabling local A.A.'s to order coins, books, and cards. The site also includes a printable PDF listing these items, which can be filled out and mailed in if that is more convenient for some buyers.

If you don't know it, sales of books and other items from the WAI Bookstore helps support local A.A. activities (such as the Intergroup Office and Alcathons), so help the local recovery community by buying your A. A.-related items from the WAI bookstore. Gift certificates are now available for the WAI Bookstore and can be used for anything in the bookstore or for special orders.

Find it here: <http://bookstore.aaworcester.org>

Please remember to check off the 'shipping' box—we are not offering in-person orders. Please remember to close out the transaction after Paypal returns you to the bookstore.



## VIRTUAL A.A. MEETINGS WORLDWIDE

The COVID-19 crisis isn't only happening in the U.S. Worldwide, A.A.'s have stepped up to the challenge of service to their fellows by launching virtual meetings almost everywhere A.A. is— we count **1,083** meetings here:



[www.bit.ly/aonline2020](http://www.bit.ly/aonline2020)



## Worcester Area Intergroup Information

Until further notice, the Intergroup Steering Committee, District 25 meeting and Intergroup Delegates monthly meeting has been changed to a virtual event—

*Information for these meetings is listed at the top of the virtual meeting list at aaworcester.org.*

*\*The Intergroup meetings occur the second THURSDAY of each month.*

**District 25 General Service Committee**—meets first Tuesday of the month 7:30 pm

**District 26 General Service Committee**—Madonna of the Holy Rosary Church Hall, 118Theresa St., Fitchburg, meets first Thursday of the month 7:00pm AA members welcome—please come join us!

**AREA 30 Eastern Mass. General Service Committee** — Belmont / Watertown United Methodist Church 421 Common St., Belmont—4th Wednesday 8:00pm

### Intergroup Officers & Committee Chairpersons (as of 6/3/20)

<u>Position</u>	<u>Name</u>	<u>email address</u>	<u>Bold = new in 2020</u>
Chairperson	<b>Steve O</b>	chair@aaworcester.org	
Alt. Chair	<b>OPEN</b>	altchair@aaworcester.org	
Secretary	<b>Hilary D</b>	secretary@aaworcester.org	
Alt. Secretary	<b>OPEN</b>	altsecretary@aaworcester.org	
Treasurer	<b>Ted K</b>	treasurer@aaworcester.org	
Alt. Treasurer	<b>OPEN</b>	alttreasurer@aaworcester.org	
Trustee	<b>Fred F.</b>	trustee1@aaworcester.org	
Trustee	<b>Kim N.</b>	trustee2@aaworcester.org	
Trustee	<b>Alice B.</b>	trustee3@aaworcester.org	
Trustee	<b>Emily D.</b>	trustee4@aaworcester.org	
Office Manager	<b>Brandy H.</b>	officemanager@aaworcester.org	
Alcathon (WAI)	<b>Brandy H.</b>	alcathon@aaworcester.org	
Beacon Editor	<b>John Mcl</b>	beacon@aaworcester.org	
Treatment Facilities	<b>Raymond M.</b>	treatment@aaworcester.org	
Corrections	<b>Steve O.</b>	corrections@aaworcester.org	
HALTline	<b>Donna H.</b>	haltline@aaworcester.org	
Liaison to District 25	<b>Steve O.</b>		
Liaison to District 26	<b>Jenn C.</b>		
Liaison to Area 30	<b>Jim B.</b>		

### **Worcester Intergroup Service Opportunities—Step Up!**

Worcester Intergroup has three open positions (see above) for A.A.'s seeking an opportunity to serve — Please contact officemanager@aaworcester.org for more info



## Online Intergroup—Online Meetings Directory

<http://aa-intergroup.org/directory.php>

The Online Intergroup URL listed is a resource and starting point for finding an online meeting format and time that suits you, including by Email, Chat (text), Audio/Video, Discussion Forums, and Telephone

**Online Intergroup**  
Alcoholics Anonymous®  
www.aa-intergroup.org

[Get Help Now](#) | [Online Meetings](#) | [Worldwide Events](#) | [About AA](#) | [Members](#)

[Čeština/Slovenčina](#) | [Dansk](#) | [Deutsch](#) | [Español](#) | [Farsi](#) | [Français](#) | [Ελληνικά](#) | [Italiano](#)  
[日本語](#) | [Polski](#) | [Português](#) | [Russki](#) | [Slovenčina](#) | [Svenska](#)

The Directory lists different meeting formats—Regular, Men/Women, Men only, Women only, Gay/Lesbian/Bisexual/Transgender, Deaf/Hard of Hearing, Blind/Visually Impaired, Loners/Internationalists, Atheist/Agnostic, Regional / Ethnic, Profession Specific, Closed or Open

This directory lists over 100 different Groups—each group hosting from 1 to more than a dozen scheduled ‘meetings.’ Each group listed displays how to connect or enter the group, the time(s) of the meetings (in local or Daylight Savings time), the format style of the meeting, and URLs/telephone numbers or other access info. Besides English, the list includes meetings offered in 12 other languages, and, meetings hosted in the U.S., Canada, and many other countries. The Directory offers a confidential “Get Help Now” page, a Calendar section displaying info on A.A.-related local, regional, national and international A.A.-related events.

The Online Intergroup aids its member groups in their common purpose of carrying the AA message to the alcoholic who still suffers.

**Faith is more than our greatest gift; its sharing with others is our greatest responsibility. May we of A.A. continually seek the wisdom and the willingness by which we may well fulfill that immense trust which the Giver of all perfect gifts has placed in our hands.**

**GRAPEVINE, APRIL 1961**

**“The deception of others is nearly always rooted in the deception of ourselves.” GRAPEVINE, AUGUST 1961**





## SUPPORT LOCAL VIRTUAL MEETINGS and WAI

One element in online meetings which *is* different is that the digital world needs a special method to ‘Pass the (Virtual) Basket’ for the Seventh Tradition. Online hosting—(such as Zoom meetings) - cost money to operate, and area A.A. activities still need support to provide ongoing services, so a link to a contribution page is included [ [http://aaworcester.org/contribution\\_page.html](http://aaworcester.org/contribution_page.html) ] on [www.aaworcester.org](http://www.aaworcester.org). Please help keep local A.A. resources available for the alcoholic who still suffers. Payment services charge WAI a *per transaction* fee - so when using them, please contribute less frequently but in larger amounts—reducing transaction fees. The contribution page offers PayPal or Square Cash/Cash App payment options, and both offer an app for download.



<https://www.paypal.com/>



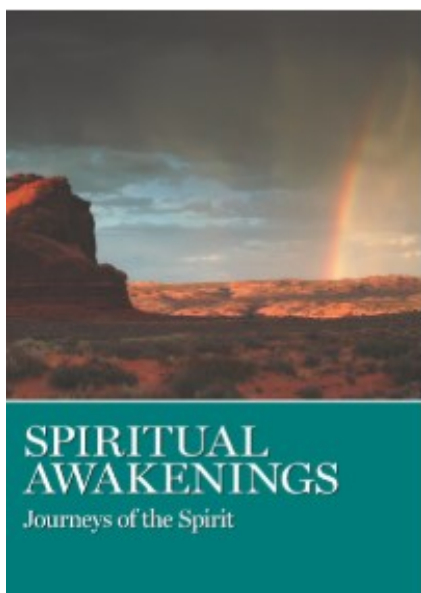
Square

[\\$WAIintergroup](#)

You can specify that your contribution be credited to your home group—and acknowledge that in your transaction. If your group is looking to add digital contributions, this link offers an overview adding a digital 7th Tradition capability to a group — (‘Best Practices For a Digital 7th Tradition’). [ <https://aasfmarin.org/online-contributions-your-digital-7th-tradition-guide-to-best-practices> ]

## GRAPEVINE Daily Quote

May 27, 2020



***“If I was to recover the wholeness, the oneness of my personality, if I truly wanted a rebirth of my human spirit, a taste of the joy of living, then ... I had to surrender, not only to alcohol as an alcoholic, but to life as a person.”***

***April 1970, “A Gift That Surpasses Understanding,” ‘Spiritual Awakenings’***

**<https://store.aagrapevine.org/spiritual-awakenings-journeys-of-the-spirit-soft-cover>**



**12 Step Volunteer Application**

Name (First name and last initial): \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Towns you will accept calls from: \_\_\_\_\_

Hours that you are available: \_\_\_\_\_

I wish to help (please circle *all* that apply): Males Only Females Only Both

Ages I am willing to work with people ages:

Teens      20 to 30      30 to 40      40 to 50      50 to 60      Over 60

I am willing to (please circle):

Talk to a person on the phone      Go to a persons home to talk \*      Give rides to AA Meetings  
Give rides to Detox \*      Meet someone at a meeting

Other (please specify) \_\_\_\_\_

*\*It is suggested that a person NOT make a Twelfth Step call alone to help an alcoholic who is still suffering. Also you should NOT drive a wet drunk to a treatment facility (detox) without having another A.A. member with you. If you circled either of these items, please be sure that you have another member of A.A. that is available and willing to go along with you.*

**Anniversary Donation**

Name: \_\_\_\_\_

City/Home Group: \_\_\_\_\_

Sobriety Date: \_\_\_\_\_ Amt. Enclosed: \_\_\_\_\_

Mail to: **Worcester Area Intergroup**—address on page 1. All Anniversaries submitted will be published the month following submission. Please contact the newsletter Editor at [beacon@aaworcester.org](mailto:beacon@aaworcester.org) if an Anniversary has not been published for two months following submission.

**HALT LINE NEEDS VOLUNTEERS**

The Intergroup HALT line needs volunteers to cover open time slots. The HALT line is there to assist any alcoholic needing to find a meeting. This is service work that really matters.

**See the flyer on page XX**



## OPTIONS FOR CREATING AN ONLINE MEETING

A. A. General Services offers suggestions and shared experiences for creating online meetings here— [ [https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online) ] This outline includes points to consider and links to other pages:

- Decide if you want to create your own online meeting or attend one that already exists.
- To create your own online meeting, choose a platform to use, and provide group members with relevant info/instructions for your meeting.

A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs - and several providers offer information on how to use their platforms to set up an online meeting are—Google Hangouts/Meet, Zoom, Free Conference Call

### Getting additional help

You may be able to request additional help and guidance on this topic by reaching out to your local A.A. office, technology committees, or the online Technology in A.A. forum [ [https://www.aa.org/pages/en\\_US/disclaimer?u=https://tiaa-forum.org/](https://www.aa.org/pages/en_US/disclaimer?u=https://tiaa-forum.org/) ] Page 8 in this newsletter outlines issues of working with the popular Zoom platform.

**NEED HELP?** A.A. Worcester Intergroup offers in-depth user training called **Zoom Trooper Boot Camp**—training assistance for using Zoom—please contact Brandy, WAI Office Manager, for info: [officemanager@aaworcester.org](mailto:officemanager@aaworcester.org) (508) 752-9000

## In online meetings—don't forget Tradition Twelve

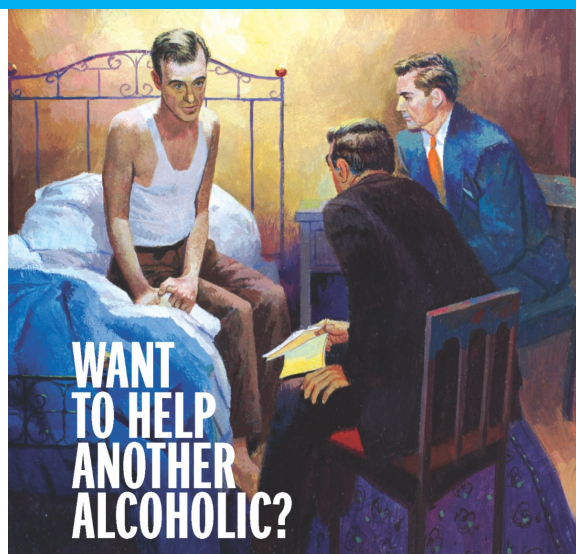
Especially in the digital universe—anonymity matters: See this link to a booklet including guidance and suggestions:

[https://www.aa.org/assets/en\\_US/p-47\\_understandinganonymity.pdf](https://www.aa.org/assets/en_US/p-47_understandinganonymity.pdf)

## Want To Help Another Alcoholic?

Join Us in our 2020  
*Carry The Message  
Project*

To learn more, visit our website at  
[aagrapevine.org/carry-the-message](http://aagrapevine.org/carry-the-message)  
or visit our YouTube channel at  
[youtube.com/aagrapevine](http://youtube.com/aagrapevine)





## **A Guide to using Zoom as a Virtual Meeting Platform**

Highlights from the New York Intergroup's suggestions for developing and managing virtual meetings using Zoom

<https://www.nyintergroup.org/remote-meetings/join-the-nyig-zoom-meeting-room/what-is-the-aa-zoom-room/nyig-zoom-room-support/>

The NYC Intergroup offers a helpful guide for using Zoom as a virtual meeting platform, addressing topics such as Account Setup, How to use Zoom, Guide for Meeting Chairs, Managing anonymity in virtual meetings, and Member and Group resources.

Zoom also offers support videos and other resources—explore <https://support.zoom.us>

### **Virtual Meetings face their own challenges**

Some A.A. groups hosting virtual meetings on Zoom have had problems with internet trolls who are jumping into public Zoom calls and using the screen-sharing feature to project graphic (and sometimes pornographic) content to unwitting conference participants, forcing hosts to shut down their events. This practice is apparently called “Zoom Bombing.”

The Inter-Group Association of A.A. New York offers a helpful 4 page guide, ‘NYIG Toolkit for Handling Unwanted Meeting Disruptions’ [ download: [https://www.nyintergroup.org/wp-content/uploads/2020/03/NYIG\\_Zoom-Protection-Guide\\_033020.pdf](https://www.nyintergroup.org/wp-content/uploads/2020/03/NYIG_Zoom-Protection-Guide_033020.pdf) ]

Zoom also offers a security guide - How to Keep Uninvited Guests Out of Your Zoom Event — [ <https://blog.zoom.us/wordpress/2020/03/20/keep-uninvited-guests-out-of-your-zoom-event/> ]

## **WAI's ZOOM WARRIOR COMMITTEE TO THE RESCUE!!**

Worcester Intergroup's new committee—The ZOOM Warriors— consists of 12 Zoom Warriors and 2 Honorary Warriors, along with over 70 Zoom Troopers, who's mission is to help keep local A.A. meetings going when our physical locations are closed by giving technical support to groups adding online sessions. Need help? The Warriors have a useful guide to Zoom, and, offer training assistance for using Zoom — contact Brandy, WAI Office Manager, for info: [officemanager@aaworcester.org](mailto:officemanager@aaworcester.org) (508) 752-9000

"A clear light seems to fall upon us all -- when we open our eyes. Since our blindness is caused by our own defects, we must first deeply realize what they are. Constructive meditation is the first requirement for each new step in our spiritual growth." Bill W. Letter, 1946





## HALT Line Volunteers needed

### What the HALT line is:

One alcoholic talking to another alcoholic --- Isn't that what A.A. is all about?

One might:

- \*Give out meeting time and location information.
- \*Talk and/or listen to a sober alcoholic in danger of picking up a drink.
- \*Talk and/or listen to a sober alcoholic who is visiting the area.
- \*Talk to a "drunk". You may be the link in the chain that could save their life.
- \*Refer a caller to the Intergroup Office and inform them of the office hours.

**This is a very easy way to do service from the convenience of your own home.**

### What you need to be a volunteer:

\*1 year of sobriety is suggested because the first year needs focus on recovery before such service.

\*Meeting lists (we suggest District 26 and Worcester Area). These are available free of charge from Worcester Area Intergroup and are available on the Website [www.aaworcester.org](http://www.aaworcester.org) or use the App MeetingGuide on your cell phone.



\*3 or more hours of time during the week that you will be available to answer calls. This is done from your own home or cell phone. You do not have to answer as A.A. you can simply answer and when asked say you are "Answering for Worcester Area Intergroup, how can I help you?"



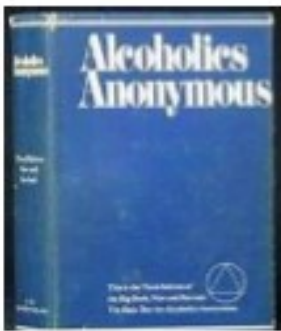
Please call Donna H., the HALT Line chair, at 508-735-8559 or email her at [donnaaham@charter.net](mailto:donnaaham@charter.net) or send an email to [haltline@aaworcester.org](mailto:haltline@aaworcester.org)



*Join us via Zoom*

*7th Anniversary*

*It All Starts Here Beginners Meeting*



*Sunday – 6/7/2020 Meeting at 6:00*

*2 Great speakers!*

*Meeting ID# 320-501-517*

*Password – Sober2020*

