

December 2005



The Beacon

Volume 7 Number 12

Email: AABeacon@RCN.COM

12 Tips on keeping your holiday season sober and joyous

1. Line up extra activities for the holiday season.
2. Be host to A.A. friends, especially newcomers.
3. Keep you're A.A. telephone list with you all the time.
4. Find out about the special holidays parties, meetings or other celebrations given by groups in your area.
5. Skip any drinking occasions you are nervous about.
6. If you have to go to a dinking party and can't bring an A.A. with you, keep some candy handy.
7. Don't think you have to stay late.
8. Go to church, any church.
9. Don't sit around Brooding.
10. Don't start now getting worked up about the holiday temptations.
11. Enjoy the true beauty of the Holiday love and joy.
12. "Having had a..." No need to spell it out the twelfth step here, since you already know it.

* excerpt from Box 459 bulletin Board

Faith is like a muscle. It must be exercised to grow strong. Repeated experiences of having to trust what we can't see and repeated experiences of learning to trust that things will work out, are what makes our faith muscle grow.

MEETING MAKERS MAKE IT

Featured Articles Every month

- *Sponsorship- Pg 3.*
- *A word on Anonymity -Pg. 4.*
- *The Home Group-Pg. 5*
- *Halt line available hours p. 5.*
- *Editorial -Statement of purpose P. 6*
- *Rule 62-pg 7.*
- *Service committee meetings p. 7*
- *For the reader by the reader Pg. 8*

A fellow A.A. calls for help!

Pat K. an old timer (30 years) from Worcester is in a nursing home and is looking for AA members to come and visit. Please call the Inter-group office 508-752-9000 or email the Beacon: aaBeacon@rcn.com to find out how to get in touch with her.

letting go of old hurts makes room
for new joys.

Step Twelve
(Recovery)

Tradition Twelve
(service)

Concept Twelve
(Unity)

Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The conference shall observe the spirit of AA tradition, taking care that it never becomes the seat of perilous wealth or power: that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the society it serves, it will always remain democratic in thought and action.

Traditions Checklist

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

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

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AA's, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the sixth tradition—or belie it?
7. Do I do all I can to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AA's behavior-especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way to please privately even my own conscience? Really?
10. do my utterances always reflect the tenth tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversations when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is my real importance among more than a million AAs?

**Worcester Area Intergroup
Needs your Help!**

There are service positions that are unfilled.

Join us the 2nd Thursday of each month 7:00pm

St. Joan of Arc Church

Lincoln Street Worcester, MA.

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District 25 & Worcester Area Intergroup

The Alcathon Hosting Committee Needs help!

Do you have an Hour to donate? You or your Group would be responsible for making Coffee and light clean up.

If interested Please call Tina P. [REDACTED] Or

Adriana T. [REDACTED] email: Advi2679@aol.com



SPONSORSHIP CORNER:

For the person seeking a sponsor

How should a sponsor be chosen?

The process of matching newcomer and sponsor is as informal as everything else in AA. Often, the new person simply approaches a more experienced member who seems compatible, and asks that member to be a sponsor. Most A.A.'s are happy and grateful to receive such a request.

An old A.A. saying suggests, "Stick with the winners." It's only reasonable to seek a sharing of experience with a member who seems to be using the A.A. program successfully in everyday life. There are no specific rules, but a good sponsor probably should be a year or more away from the last drink— and should seem to be enjoying sobriety.

Should sponsor and newcomer be as much alike as possible?

Often a newcomer feels most at ease with a sponsor of similar background and interests—another physician or another homemaker, another churchgoer or another agnostic, another Irish-American or another black. But many A.A.s say they were greatly helped by sponsors totally unlike themselves. Maybe that's because their attention was then focused on the most important things that any sponsor and newcomer have in common: alcoholism and recovery in A.A.

A.A. experience does suggest that it is best for men to sponsor men, women to sponsor women. This custom usually promotes quick understanding and reduces the likelihood of emotional distractions that might take the newcomer's mind off the purpose of A.A.

What should a newcomer expect from a sponsor?

An A.A. sponsor does not provide any such services as those offered by a social worker, a doctor, a nurse, or a marriage counselor. A sponsor is simply a sober alcoholic who helps the newcomer solve one problem: how to stay sober.

And it not professional training that enables a sponsor to give help—it is just personal experience and observation. A sponsor was once a newcomer, too, and has tried to use the A.A. program to deal with problems similar to those the newcomer is facing now.

*reprinted with permission of AAWS (pamphlet Questions and answers on Sponsorship, pgs10-11)

2005 CHRISTMAS ALCATHON

2005 CHRISTMAS ALCATHON

Slot #	Date	Time	Group with Commitment	Contact Person
1.Sat.	12/24	12:00pm-1:00pm	Worcester 7AM	Mary
2.Sat.	12/24	1:00pm-2:00pm		
3.Sat.	12/24	2:00pm-3:00pm	Worcester Serenity	Cindy
4.Sat.	12/24	3:00pm-4:00pm	Webster Joy of Living	Dick
5.Sat.	12/24	4:00pm-5:00pm	Shrewsbury Gratitude	Marie
6.Sat.	12/24	5:00pm-6:00pm		
7.Sat.	12/24	6:00pm-7:00pm	Spencer Friday Night	Alan
8.Sat.	12/24	7:00pm-8:00pm	Westboro Forge	Sue
9.Sat.	12/24	8:00pm-9:00pm	Worcester Made A Decision	Bruce
10.Sat.	12/24	9:00pm-10:00pm	Northboro Saturday Morning	John
11.Sat.	12/24	10:00pm-11:00pm	Worcester Greendale	Jeannie
12.Sat.	12/24	11:00pm-12:00am	Worcester Way of Sobriety	Mike
13.Sun.	12/25	12:00am-1:00am	Worcester Young Peoples	Tom
14.Sun.	12/25	1:00am-2:00am	Worcester As Bill Sees It	Dan
15.Sun.	12/25	2:00am-3:00am	Webster Triton	Mark
16.Sun.	12/25	3:00am-4:00am	Southbridge Original	Andre
17.Sun.	12/25	4:00am-5:00am	Millbury Traditions	Billy
18.Sun.	12/25	5:00am-6:00am	Worcester Quinsig	John
19.Sun.	12/25	6:00am-7:00am	Spencer Fellowship	Sylvia
20.Sun.	12/25	7:00am-8:00am		
21.Sun.	12/25	8:00am-9:00am	Worcester People Helping People	Walter
22.Sun.	12/25	9:00am-10:00am	Charlton Thursday Night Step	Scott
23.Sun.	12/25	10:00am-11:00am	Worcester Crozier	Linda
24.Sun.	12/25	11:00am-12:00pm	Worcester Big Book Step Study	Sue
25.Sun.	12/25	12:00pm-1:00pm	Worcester Mid-Day	Ned
26.Sun.	12/25	1:00pm-2:00pm		
27.Sun.	12/25	2:00pm-3:00pm	Sutton Center Step	Steve
28.Sun.	12/25	3:00pm-4:00pm	Douglas Maintenance & Repair	Audrey
29.Sun.	12/25	4:00pm-5:00pm	Grafton Easy Does It	Paul
30.Sun.	12/25	5:00pm-6:00pm		
31.Sun.	12/25	6:00pm-7:00pm	Grafton Happy, Joyous and Free	Tina
32.Sun.	12/25	7:00pm-8:00pm	Worcester We Mean Business	Dan
33.Sun.	12/25	8:00pm-9:00pm	Worcester There Is Hope	Debbie
34.Sun.	12/25	9:00pm-10:00pm	Holden Group	Liz
35.Sun.	12/25	10:00pm-11:00pm	Worcester Gratitude	Kevin
36.Sun.	12/25	11:00pm-12:00am	Dudley Day At A Time	Harry

If your Group would like to fill an empty slot please call the Intergroup Office 508-752-9000

A word on anonymity:

The A.A. Fellowship is not anonymous— it's members are! (P.I.-C.P.C. Bulletin Fall 1977)* reprinted with permission

Bill Broke his anonymity-but not the anonymity Tradition-at his first meeting with Dr. Bob.

“Bill” the Akron surgeon later recalled, “was the first living human with whom I had ever talked who knew what he was talking about in regard to alcoholism-from actual experience.” Bob got sober.

The A.A. member who refuses to give his name on a personal level to provide help for a sick alcoholic is placing personalities before principles. Just as surely as is the A.A. member who identifies himself at the media level. Our Tradition designates the exact level where the line should be held.

We do not hide our alcoholism in guilty secrecy out of fear or shame. That would actually strengthen ever further the cruel stigma that unfortunately surrounds the victims of our illness.

We remain anonymous in the public media for two reasons: (1) our promise of privacy to the still suffering alcoholic and his or her family, and (2) a spiritual reason, summed up in tradition Twelve, or in the word “Humility”

“Understanding Anonymity” “The A.A. Group”

Anonymity Quiz

We'd like to share some examples heard “around the tables” in A.A. do you think, in the first four, it's a question of too much anonymity? Do some members carry the Tradition too far for practical purposes?

The last three are a question of not enough anonymity. They are examples of anonymity breaks, which, according to our Eleventh and Twelfth Traditions, are not in keeping with the spiritual foundation of our Fellowship. Do you agree?

Too Much anonymity?

- 1.”Joan A. is in the hospital and would like cards and visitors.”
2. “John D. is chairman of the new hope Group, if you need a contact.”
3. “Barbara B. told me she wants to talk with you, but I can't give you her number, because this is an anonymous program.”
4. “what do you mean, tell my doctor I'm an alcoholic? This is an anonymous program. Let him figure it out!”

Not enough anonymity?

1. “Jane told me, now that she's the president of the P.T.A., she's going to let the school newspaper interview her. She really feels breaking her anonymity would do a great deal of good, since she's well known.”
2. There's a new book by an A.A. who uses her own name and tells her whole story—about being an alcoholic housewife how joined A.A.
3. “tune in next week when Ron Darling will tell you in his own words about his bout with alcoholism and his recovery in Alcoholics Anonymous!”

Alcathon's are at : Sacred Heart Church Cambridge Street , Worcester MA.

<i>2005 NEW YEARS ALCATHON</i>		<i>2005 NEW YEARS ALCATHON</i>		
Slot #	Date	Time	Group with Commitment	Contact Person
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2	Sat. 12/31	1:00pm-2:00pm	Worcester As Bill Sees It	Billy
3	Sat. 12/31	2:00pm-3:00pm	Worcester Young Peoples	Frank
4	Sat. 12/31	3:00pm-4:00pm	Worcester Quinsig	John
5	Sat. 12/31	4:00pm-5:00pm	Shrewsbury Gratitude	Marie
6	Sat. 12/31	5:00pm-6:00pm	Worcester Way of Sobriety	Mike
7	Sat. 12/31	6:00pm-7:00pm	Spencer Fellowship	Sylvia
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35	Sun. 1/1	10:00pm-11:00pm	Worcester Greendale	Jeannie
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THE HOME GROUP:

Social committee is Planning events they meet 3rd Thursday at Intergroup

It Takes people to get the group jobs done. Most of us agree that A.A. ought never be “organized”. However, without endangering our commitment to preserve our spiritual and democratic Fellowship we can “create service boards or committees directly responsible to those they serve”. (Tradition Nine) In A.A. groups, these trusted servants are called “officers” and usually are chosen by the group for limited terms to service. As Tradition Two reminds us, “Our leaders are but trusted servants; they do not govern.”

Each group determines the minimum length of sobriety for A.A. members to be eligible for any position (office). The general guideline might be stable sobriety of six months to a year, or longer.

These jobs may have titles. But titles in A.A. do not bring authority or honor; they describe services and responsibilities. And it has generally been found that giving members jobs solely to help them stay sober does not work; instead the group’s welfare is of primary concern in choosing officers, At election time, a review of Traditions One and Two can be helpful.

Individual groups have many ways of making sure the necessary services are preformed with a minimum of organization. (chart of service structure not included it may be found in the pamphlet “the A.A. Group pg. 24)

Following are the offices established by numerous groups in order to serve the group “at home” and in the community at large.

Chairperson: Group chairpersons serve for a period of specified period of time (usually six months to a year) experience suggests that they should have been sober awhile, at least a year; and ideally they have held other group offices first. The chairperson coordinates activities with other group officers-and those members assume the responsibility for literature, hospitality, coffee making, programming individual meetings within the group, and other vital functions. The more informed that chairpersons and other group officers are about A.A. as a whole, the better they function. By keeping Tradition One firmly in mind and encouraging members to become familiar with all the Traditions, they will help to ensure a healthy A.A. group.

Secretary: Like chairpersons, secretaries need to be good all-round group servants. For groups that have no chairpersons, they may perform the tasks associated with that position. Each group has it’s own procedures, but unless other officers or committees are in the picture, the secretary generally is expected to: Announce and/or mail information about important A.A. activities and events.

Maintain and update a strictly confidential file of names, addresses, and telephone numbers of group members (subject to each members approval) and know which ones are available for Twelfth-Step calls.

Keep records of members anniversaries, if the group so wishes.

Maintain a bulletin board for posting A.A. announcements, bulletins and newsletters. (continued on pg. 8)

H.A.L.T. Line need your help!

The following chart shows the available hours that need to be filled on the H.A.L.T. Line.

During the hours listed below there is nobody to answer the phones when someone calls looking for a meeting in the area.

Contact the halpline chair at Halpline@rcn.com or via the Intergroup office 508-752-9000 to volunteer

“...We can’t keep it unless we give it away...”

Day	Available Hours		
Sunday	All slots filled!		
Monday	All slots filled!		
Tuesday			All slots are filled!
Wednesday	1 am– 5 am		All other slots filled!
Thursday	3:00 - 4:00 am	4:00 - 5:00 am	5:00 - 8:00 am All other slots Filled!
Friday	6 am-9 am		All other slots filled !
Saturday	All slots filled !		

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.

The Beacon—100 Grove Street Suite 309 Worcester, MA 01605

The Beacon Staff: September 2005-December 2006

Editor: Ellen McQ.—Way of Sobriety , Worcester

Assistant Editor: Mary M.—Courage to Change, Charlton

Secretary: Becky H.—Courage to Change, Charlton

Support Staff: Margaret P. ,Donna M.

* All excerpts & Articles reprinted with permission

We hope you enjoy the changes!



Steering Committee & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>eMail Address</u>
Chairperson	Bob McC.	Intergroupchair@rcn.com
Alternate Chair	Harry H.	
Secretary	Brandy H.	Intergroupsecretary@rcn.com
Treasurer	Mary M.	Intergrouptreasurer@rcn.com
Alternate Treasurer	Jeanne L. (temporary)	
Trustees	Ellen McQ. Bob D. Jeanne L , Laraine S	
Office Manager	John H.	steps@rcn.com
Treatment Facilities	Sue N.	treatment@rcn.com
Correctional Facilities	Open	Corrections@rcn.com
H.A.L.T. Line Chairperson	Scott L.	haltline@rcn.com
Social Committee	Kolleen H.	Social@rcn.com
Public Information	Bruce W.	PIChair@rcn.com
Webmaster	Bruce W.	webmaster@rcn.com
Liaison to District 25	Mary M	
Liaison to Area 30	OPEN	
Alcathon Committee	Billy - Intergroup	Call 508-792-0107 If you want to help.
Co—Chairs Intergroup & District 25	Tina P.—District 25	
Beacon Editor	Ellen McQ .	AAb Beacon@rcn.com or 508-277-0109

Worcester Area Intergroup

100 Grove St., Suite 309

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**

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

Too many people miss the silver lining because they're expecting gold-Maurice Setter

I'm always ready to learn, although I do not always like being taught- Winston Churchill

What is defeat? Nothing but the first step to something better.-Wendall Phillips

An alcoholic spends his life committing suicide on the installment plan.- Laurence Peter

You've got to do your own growing, no matter how tall your grandfather was, - Irish proverb

The hardest thing in life is to learn which bridge to cross and which bridge to burn.-David Russell

EGO= Easing God Out



36 Hours of continuous Meetings...
Alco-thons are at Sacred Heart Church
Cambridge Street—Worcester

Service Meetings Monthly Schedule

InterGroup/District 25 & 26

Public Information	Intergroup Office 100 Grove St. # 309 Worcester	4th Monday	7:00 pm
District 25 (GSR's)	St. Joan of Arc Church 570 Lincoln St. Worcester	1st Tuesday	7:30 pm
Joint Corrections	Intergroup Office 100 Grove St. # 309 Worcester	2nd Tuesday	7:00 pm
District 25 - CPC Committee	Intergroup Office 100 Grove St. # 309 Worcester	2nd Wed.	6:30 pm
District 26 (GSR's)	Local 60 Union Hall Mechanic St. Leominster	1st Thursday	7:00 pm
Steering Committee	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	6:15 pm
Intergroup Delegates	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	7:00 pm
Social Committee	Sacred Heart Church 595 Cambridge St. Worcester	3rd Thursday	6:30 pm
Joint Treatment	Intergroup Office 100 Grove St. # 309 Worcester	4th Saturday	10:00 am

Area 30

Grapevine Committee	Boston Central Service 368 Congress St. Lower Level Boston	4th Sunday	1:00pm
Literature Committee	Carter Methodist Church 800 Highland Ave. Needham	1st Monday	7:30pm
Eastern Mass. GSC	St. John's 80 Mt. Auburn Watertown	4th Wed.	8:00pm
Joint Public Information	Boston Central Service 368 Congress St. Lower Level Boston	1st Thursday	7:00pm
CPC Committee	Boston Central Service 368 Congress St. Lower Level Boston	2nd Thursday	7:00pm
Archives Committee	St. John's 80 Mt. Auburn Watertown	3rd Thursday	7:30pm
Corrections Committee	Boston Central Service 368 Congress St. Lower Level Boston	4th Thursday	TBD
Joint Treatment Facilities	St. Paul's 59 Court Street Dedham	3rd Friday	8:00pm

The Home group continued....from pg. 5

Make certain that the General Service Office and local Intergroup (central office) are informed, in writing, of any changes of address, meeting place or group officers.


Accept and assign calls for Twelfth-Step help (unless there is a Twelfth-step chairperson for this task)

Share with group members the mail from other groups and the Intergroup (central office), unless this is done by the Intergroup representative.

FOR THE READER BY THE READER:

We welcome your comments about this newsletter. Next month we will start a new feature page dedicated to the newcomer. Taking excerpts from A.A. literature and your experience strength and hope. Please send us your articles by the 10th of December for submission to the January Beacon or the 10th of January for the February Beacon. Articles can be short or long we welcome them all!

~ UPCOMING EVENTS ~

December 24-25 2005	Alcathons	Sacred Heart Church Cambridge Street Worcester. See page 3 for available slots
December 31- January 1 2006	Alcathons	Sacred Heart Church -Cambridge st. Worcester see pg 4 for available slots
December 30-January 1 2006	NECYPAA XVI	The Four points Sheraton Hyannis Resort-Hyannis MA.—Call George K. For
January 14th 2006	Comedy Night	District 26 will host—call tom K. for info: 
February 9-12 2006	International AA women's Conference	Minneapolis -St.Paul, MN Web site : www.IAAWC.org for more info.
February 24-26 2006	NERAASA 06	Burlington Vermont: for more info go to www.aavt.org or see your GSR or DCM.
March 24-26 2006	2nd Annual International Big Book Step Study Convention	Florida Atlantic University, Glades Rd. Boca Raton Fl.

A New Meeting is looking for support!

B.Y.O.C. (bring your own coffee)

OD-Saturdays 7:00-8:00am

United Methodist Church

Together we can stay sober One Day at a time. Stick with your group members or close A.A.'s to ensure a sober Holiday season—Peace & Joy, Ellen McQ. Editor