

July 2006



# The Beacon

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

Volume 8 Number 7

## **We saw we needn't always be bludgened or beaten into humility....**

...It could come quite as much from our voluntary reaching for it as from unremitting suffering. A great turning point in our lives came when we sought for humility as something we really wanted, rather than as something we must have. It marked the time when we could commence to see the full implication of Step Seven: "Humbly asked Him to remove our shortcomings."  
12 & 12 pg. 75 \*reprinted with AAWS permission

### **Guilt is really the reverse side of the coin pride.**

**Guilt aims at self-destruction, and pride aims at the destruction of others.**

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God.

12 & 12 pg. 76

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**\*Grapevine, June 1961**

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**All G.S.R's & Committee Members**

**NO MEETING IN JULY**

**The District 25 Meeting on the 1st Tuesday of the Month is canceled**

**JULY 4th**

By this time in all probability we have gained some measure of release from our more devastating handicaps. We enjoy moments in which there is something like real peace of mind. To those of us who have hitherto known only excitement, depression, or anxiety- in other words, to all of us—this new found peace is a priceless gift.

12 & 12 pg. 74 \* reprinted with AAWS permission

"Then I woke up. I who had boasted my generosity that morning was treating my own club worse than the distant alcoholics who had forgotten to send the Foundation their dollars. I realized that my five-dollar gift to the slippee was an ego feeding proposition, bad for him and bad for me. There *was* a place where spirituality and money would mix, and that was the hat!"

12 & 12 pg 163 \* reprinted with AAWS permission

**The Halt-Line still has 31 hours of unmanned phone time....can you spare an hour?**

**Call the Haltline Chair**



<u>Step Seven</u>	<u>Tradition Seven</u>	<u>Concept Seven</u>
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“Humbly asked him to remove our shortcomings”

“Every AA group ought to be fully self supporting, declining outside contributions.”

The conference recognizes that the charter and the bylaws of the General Service Board are legal instruments : that the trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the conference charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

**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

[www.aagrapevine.org/stepsTrads/stepsTrads\\_index.html](http://www.aagrapevine.org/stepsTrads/stepsTrads_index.html)

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**Every AA group ought to be fully self-supporting, declining outside contributions.**

- |  |   |
|--|---|
| <p>1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on the behalf of the new guy who can't afford it yet? How generous was I when I tanked in a bar-room?</p> | <p>4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?</p>                   |
| <p>2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?</p>   | <p>5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?</p>  |
| <p>3. If GSO runs short of funds some year, would it be okay to let the government subsidize AA groups in hospitals and prisons?</p>   | <p>6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for the charity received?</p> |

Despite these misgivings, we had to recognize the fact that A.A. had to function. Meeting places cost something. To save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full time secretaries hired. Over many protests, these things were accomplished. We saw that if they weren't the man coming in the door couldn't get a break. These simple services would require small sums of money which we could and would pay ourselves. At last the pendulum stopped swinging and pointed straight to Tradition Seven as it reads today.

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# Life is a dance, When you take the steps



## SPONSORSHIP CORNER:

*Continued from the June issue...*

### *How can a sponsor work with an alcoholic's family?*

The sponsor can explain the A.A. program to the wife, husband, or relative, and point out that most members have found it easier to live a life without alcohol when their relatives took an interest in A.A., became familiar with A.A. literature, and attended open meetings of a local group.

The family can be told that the alcoholic needs sympathy and understanding, particularly during the first days of sobriety - but is not entitled to be babied or pampered simply because he or she is living normally perhaps the first time in adult life. Nor should the alcoholic be treated as a hero or heroine for not drinking.

In general, the sponsor can help the alcoholic's family give the newcomer every chance to make good in A.A. and can urge the family not to expect too much, too soon, from the recovering alcoholic.

In some cases, marital and other family relationships have slipped seriously as a result of the alcoholic's behavior while drinking. The sponsor should not act like a professional marriage counselor in such situations. However, many threatened marriages have been saved once the primary problem of alcoholism has been brought under control, and the sponsor can point this out.

The sponsor will want the family to know about Al-Anon Family Groups and Alateen, made up of relatives and friends of alcoholics - alcoholics who may or may not be in A.A.

The Al-Anon program parallels A.A.'s but Al-Anon is an entirely separate fellowship. It helps relatives of problem drinkers to understand the illness and its effect on family life. In Alateen - a part of Al-Anon - teenagers who have alcoholic parents share their own experiences. Local groups of Al-Anon and Alateen meet regularly in many communities, where an Al-Anon listing often appears in the phone book.

Al-Anon literature and meeting information may be requested by writing to 1600 Corporate Landing Pkwy., Virginia Beach, VA 23454-5617.

*\*Reprinted with AAWS permission - questions and answers on sponsorship P.18-19*

## *A word on anonymity:*

"In my view, there isn't the slightest objection to groups who wish to remain strictly anonymous, or to people who think they would not like their membership in AA known at all. That is their business, and this is a very natural reaction.

"However, most people find that anonymity to this degree is not necessary, or even desirable. Once one is fairly sober, and sure of this, there seems no reason for failing to talk about A.A. membership in the right places. This has a tendency to bring in other people. Word of mouth is one of our most important communications.

"So we should criticize neither the people who wish to remain silent, nor even the people who wish to talk too much about belonging to A.A., provided they do not do so at the public level and thus compromise our whole Society."

Letter, 1962 \* reprinted with AAWS permission

**THE HOME GROUP:**

Tell us about your Home Group....

When did it start?

Where do you meet?

Why is your Home Group the best group in AA....Submit your article by the 10th of the month.

**He Who Sponsors Himself. . .**

Volume 55 Issue 7  
[December 1998](#)

It took me a while, but I finally figured out that the same axiom that applies in law holds true to sponsoring oneself: he who represents himself in a court of law is representing a fool.

When I came to AA almost fifteen years ago, I was told to get a sponsor. So I got one. He got me through those first couple of years when I was crazy, sick, didn't understand what the heck was going on and needed some real close supervision. He patiently listened to my whining then would suggest I do certain things. I did those things, but as I look back, I can see I was selective in what I did and in how much effort I applied. Perhaps my sponsor could have been a little more forceful in his sponsorship, maybe followed up a little more, I don't know. I do know I could have been a lot more thorough, but that was the way it was. I truly believe that my Higher Power gave me exactly what I needed in a sponsor at that time.

By the time a few years had passed, I was feeling pretty good about my sobriety. To be honest, I was feeling a little smug too. I was sober, married to a great lady, had just moved into my first house, was financially stable, was sponsoring a couple of guys, and had even had a couple of articles published in the Grapevine. It was at this time my sponsor moved out of town. I set about finding a new sponsor, but I didn't look too hard. I told myself I would wait until I found someone who "had what I wanted," but I never found anyone who quite measured up to my criteria. Besides, I figured, between my wife, with whom I could always be open and honest, and a couple of close-mouthed friends, having a sponsor wasn't critical.

But I was wrong!

I don't know about anyone else, but I seem to be one of those people who thinks that he can do it all himself and believes he can probably do it better. Somewhere along the line, I started sponsoring myself. After all, I knew what to do. I never stopped going to meetings; I didn't stop sponsoring people, although for some curious reason no one was asking me to sponsor them anymore; and I didn't take a drink. This went on between years five and thirteen. I won't say that I didn't make any progress this period. I did. As a result of what I learned from my first sponsor, I was able to get through the few crises, both real and imagined, that came up. My AA program was okay as far as it went. The problem was, it didn't go far enough.

Then everything hit the fan. My marriage of ten years ended; I couldn't hold down a job; the medication I was taking for depression backfired and I found myself at the virtual brink of suicide (fortunately, I had enough sense to check myself into a hospital); I was isolating; and I couldn't see one positive thing about my life or my future. I had never been closer to drinking in sobriety. It didn't take a rocket scientist to understand that if I didn't do something soon, I was going to lose it all.

Continued on page 5....

Continued from page 4.

All this led me to another revelation, one that was hard for me to swallow. What I was doing wasn't working. In spite of all my lip service to the Twelve Steps and to the principles of AA, I hadn't a clue. I needed help. As one of my friends in the Fellowship says, "I have to get into the keerect position." For me, the "keerect" position meant asking for help, something that, for many reasons, has always been very hard for me to do. But eight months ago I asked George to sponsor me and he agreed.

I've known George (not his real name) since I came into AA. He was about three years sober at the time. He always intimidated me. He was usually angry. Then, maybe four or five years later, I saw him in a meeting and he was different. There was the proverbial twinkle in his eyes, but there was more. I could see that he was at peace with himself. It radiated from him.

His sponsorship has been very rewarding for me--maybe for him too. He has led me into the Steps, and his method of sponsorship is to help me understand, both by instruction and by example, the meaning of the principles of the program of Alcoholics Anonymous. I'm truly amazed at all I thought I understood but didn't.

I still have my friends to talk to--my ex-wife among them--but now George is one of them. But George is also my sponsor. This means that he is my teacher and I am his student. He tells me what to do and I do it. He knows, through his own experiences, how to lead someone through the Steps and into the program of recovery. He knows because he does this for himself and has a sponsor as well.

It took me thirteen years to figure out that I didn't have all the answers and to admit I needed help. I guess I wasn't as hip, slick, and cool as I thought I was. I hope those who read this can take stock of themselves and, if some of it applies, take the appropriate actions. Only a fool sponsors himself.

David C.

Colorado Springs, Colorado

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## Treatment Committee has 9 open Commitments...Can you help?

**UMass PTC at Worc. State Hospital—Friday's**

**Westboro State Hospital—2nd Tuesday of the month**

**Spectrum Women & Children—Tuesday's 1st , 2nd & 4th**

**Worcester State Hospital—Wednesday's 3rd , & 4th**

**UMASS 8 East— Tuesday's—3rd**

**Email : [Treatment@aaworcester.org](mailto:Treatment@aaworcester.org) or call the intergroup Office 1-508-752-9000**



**New Meeting.....Women's Big Book Study Meeting**

**"Turning Point" - THURSDAY'S ...5:30-6:45PM**

**Calvary Retreat house- South Street—Shrewsbury, Ma**

**\* Please note—NO SMOKING ON THE GROUNDS**



**Steering Committee & Committee Chairpersons**

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Bob McC.	<a href="mailto:chair@aaworcester.org">chair@aaworcester.org</a>
Alternate Chair	Harry H.	None
Secretary	Brandy H.	<a href="mailto:secretary@aaworcester.org">secretary@aaworcester.org</a>
Treasurer	Mary M.	<a href="mailto:treasurer@aaworcester.org">treasurer@aaworcester.org</a>
Alternate Treasurer	Joe N.	
Trustees	Ellen McQ.	
	Bob D.	None
	Jeanne L , Laraine S	
Office Manager	John H.	<a href="mailto:steps@aaworcester.org">steps@aaworcester.org</a>
Treatment Facilities	Sue N.	<a href="mailto:treatment@aaworcester.org">treatment@aaworcester.org</a>
Correctional Facilities	<b>Your Name?</b>	<a href="mailto:Corrections@aaworcester.org">Corrections@aaworcester.org</a>
Halt Line	Scott L.	<a href="mailto:haltline@aaworcester.org">haltline@aaworcester.org</a>
Social Committee	Kolleen H.	<a href="mailto:Social@aaworcestser.org">Social@aaworcestser.org</a>
Public Information	Brandy H.	<a href="mailto:PiChair@aaworcester.org">PiChair@aaworcester.org</a>
Webmaster	Brandy H	<a href="mailto:webmaster@aaworcester.org">webmaster@aaworcester.org</a>
Liaison to District 25	Mary M	None
Liaison to Area 30	<b>Your Name?</b>	None
Alcathon Committee	Billy - Inter- group	
Co—Chairs Intergroup & District 25	Tina P.— District 25	None
The Beacon	Ellen McQ.	<a href="mailto:Beacon@aaworcester.org">Beacon@aaworcester.org</a>
C.P.C	<b>Your Name?</b>	<a href="mailto:professional@aaworcester.org">professional@aaworcester.org</a>

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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?**

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*The Beacon—100 Grove Street Suite 309 Worcester, MA 01605 email:beacon@aaworcester.org*

*The Beacon Staff: September 2005-December 2006 ~ Editor: Ellen McQ.—Courage to Change , Charlton, MA.*

*Assistant Editor: Mary M.—Courage to Change, Charlton Support Staff: Renee R. We hope you enjoy the changes!*

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



- ~ Learning to listen to ones own inner voice is the last crucial step to wholeness - Paula S.
- ~ No one can tell you which choices to make. We can only show by example. - Jan P.
- ~ As our spirituality grows and changes, we can allow our image of God to change. - Ruth S.
- ~ God you’re up all night. You can worry about it; I need to get some sleep. - Mary S.
- ~ A crisis is only a turning point. - Anne L.
- ~ When we loosen our grasp on our concerns, there is room for the spiritual essence of all life to move through us in such a way that healing occurs. - Carol S.

**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	<b>6:00 pm</b>
Intergroup Delegates	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	7:00 pm
Social Committee	<b>Intergroup Office 100 Grove Street # 309 Worcester</b>	<b>3rd Thursday</b>	<b>6:00pm</b>
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

Is your Group Represented at the Intergroup 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

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

**W.A. I. 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  
**Positions Open:**  
 Corrections & Liaison to Area 30  
 All Committee's need volunteers!....Social, Treatment, HaltLine, PI, Beacon....come see where you can help!

**[www.aaworcester.org](http://www.aaworcester.org)**  
 Check the bulletin board for meeting changes and new meetings in our area

**W.A.I. - Social Committee:**  
 Check the Website for up to the minute information  
[www.aaworcester.org](http://www.aaworcester.org) or Email: [social@aaworcester.org](mailto:social@aaworcester.org)  
 Check it out and see what fun events they have planned !

**New Meeting:**  
**BBSS**  
 Lakeview Church—Coburn Ave. Worc.  
**Wednesday's**  
**7:00-8:30PM**

Sober Cruise  
 Boston Harbor  
 July 15th \$10.00  
 Tickets get more info from  
[www.26ac.org](http://www.26ac.org)

# Groups that need our support

Monday's  
 Webster  
 Joy of living  
 8-9:30  
 Church of reconciliation

Worcester -  
 Wednesday's  
 S.O.S 12-1 Meeting

Thursday's  
 Charlton  
 Thursday Step  
 7:30-9  
 Grange Hall  
 RT 31

Friday's  
 Spencer Friday  
 night 7-8:30  
 161 Main Street

Saturday  
 12 & 12  
 Southbridge  
 10:00—11am

**Take a road trip with you AA friends and visit these meetings...**

**Space available for meetings:** ....I am the clerk for St. Luke's Episcopal Church in Hudson MA. We value the work that AA does in our community and would like to know if we might be able to offer our space for meetings. Please let us know if you feel there is a need for more meeting space in our area and if so, how we would go about offering our site. ....**If interested contact the Intergroup office or email the Beacon.**  
**1-508-752-9000 or email ~[beacon@aaworcester.org](mailto:beacon@aaworcester.org)**