

November 2007



The Beacon

Email: beacon@aaworcester.org

Volume 9 Number II

This Month: We have only one Eleventh-Step article from The Grapevine this month, but it is a great one from Bill W. himself; three new "bookie" listings totaling 25 (on Page 5); Two upcoming anniversaries (Page 2); One new meeting (Page 8); and, last but not least, we have the **Alcathon** schedule and location on **Page 2!** **All three holiday Alcathons** will be held at St. John's Catholic Church on 44 Temple Street in Worcester. All three will start at noon of the day before the holiday and will end 36 hours later at the end of the holiday.

The Worcester Area Intergroup has *not physically moved* from its current location, but *a different suite number has been assigned* by the building owner. Still located at 100 Grove Street in Worcester, it is now listed at **Suite 314**. Please update your records accordingly.

The current green meeting list, 2007-C, is due for replacement toward the middle of this month. We expect it will be numbered 2007-D / 2008-A. If you do not have one, they are free at any AA meeting or at the Intergroup office

New "Bookie" listings are always welcome. Articles and notices (anniversaries preferably at least two months ahead) are welcome as long as they are brief (who, what, when, where) meet *Traditions'* guidelines, **MUST** be in MS Word format, and emailed to webmaster@aaworcester.org and/or beacon@aaworcester.org *no later* than the 14th of the prior month to guarantee inclusion. They may be shortened or delayed according to space needed. NO exceptions.

Best wishes to each and every one of you this Thanksgiving for a safe sober and satisfying holiday.

Richard C, editor.

AA Wisdom

You did what you knew how to do, and when you knew better, you did better. -Maya Angelou

The secret of an unsatisfied life lies in an unsundered will. - anon, Hawaii

I didn't know how sick I was until I started getting better -Kari B, New York

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

If you look back too much, you will be headed that way.

Call before you fall. -Dolores, Worcester

People are lonely because they build walls instead of bridges -Jim W, Calif.

Step Eleven

Tradition Eleven

Concept Eleven

"Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out ."

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films . "

"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

Traditions Checklist

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through October 1971. While they were originally intended primarily for individ-

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

www.aagrapevine.org/stepsTrads/stepsTrads_index.html

Copyright by the AA Grapevine, Inc.; Reprinted with permission.

- | | |
|--|---|
| 1 Do I sometimes promote AA so fanatically that I make it seem unattractive? | 2. Am I always careful to keep the confidences reposed in me as an AA member? |
| 3. Am I careful about throwing AA names around-even within the Fellowship? | 4. Am I ashamed of being a recovered, or recovering, alcoholic? |
| 5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be? | 6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself? |



!!! THANKSGIVING ALCATHON !!!



The Thanksgiving Alcathon will run **Round the clock for 36 hours**
Starting at 12:00PM Noontime on Wednesday, November 21, 2007
 Continuing **ALL DAY November 22, Thanksgiving Day**

Ending at Midnight 12:00AM (Thursday night/Friday morning), November 23, 2007



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



November Anniversary

Serenity Group

Thursday, November 15, 2007

First Baptist Church

Park Ave & Salisbury Street

Refreshments, speakers

6:30PM—9:00PM

Happy
Thanksgiving



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

A Safety Net

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

Twelve and Twelve, p. 105

<<<<< >>>>>

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

Daily Reflections, p. 331

An Individual Adventure

Meditation is something which can always be further developed. It has no boundaries, either of width or height. Aided by such instruction and example that we can find, it is essentially an individual adventure, something which each of us works out in his own way.

Twelve and Twelve, p. 101

<<<<< >>>>>

My spiritual growth is with God as I understand Him. With Him I find my true inner self. Daily meditation and prayer strengthen and renew my source of well-being. I receive then the openness to accept all that He has to Offer. With God I have the reassurance that my journey will be as He wants for me, and for that I am grateful to have God in my life.

Daily Reflections, p. 321



Vital Sustenance

Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food or sunshine. And for the same reason. When we refuse air, light or food, the body suffers. And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support.

Twelve and Twelve, p. 97

<<<<< >>>>>

Step Eleven doesn't have to overwhelm me. Conscious contact with God can be as simple, and as profound, as conscious contact with another human being. I can smile. I can listen. I can forgive. Every encounter with another is an opportunity for prayer, for acknowledging God's presence within me.

Today I can bring myself closer to my Higher Power. The more I choose to seek the beauty of God's work in other people, the more certain of his presence I will become.

Daily Reflections, p. 328



THE HOME GROUP:**Take Step Eleven**

One Man's View

From The Grapevine June 1958

Volume 15 Number 1

WHEN IT COMES TO THE PRACTICE of AA's Step Eleven--"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out"--I'm sure I am still very much in the beginner's class; I'm almost a case of arrested development.

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

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

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

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

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

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

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

Twelfth-Stepping, talking at meetings, recitals of drinking histories, confession of our defects and what progress we have made with them no longer provide us with the released and the abundant life. Our lack of growth is often revealed by an unexpected calamity or a big emotional upset. Perhaps we hit the financial jackpot and are surprised that this solves almost nothing; that we are still bored and miserable, notwithstanding.

As we usually don't get drunk on these occasions, our bright-eyed friends tell us how well we are doing.

But inside, we know better. We know we aren't doing well enough. We still can't handle life, as life is. There must be a serious flaw somewhere in our spiritual practice and development.

What then, is it?

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

In this article, I'd like to develop Step Eleven further--for the benefit of the complete doubter, the unlucky one who can't believe it has any real merit at all.

In lots of instances I think that people find their first great obstacle in the phrase "God as we understand Him." The doubter is apt to say, "On the face of it, nobody can understand God. I half believe that there is a First Cause, a Something, and maybe a Somebody. But I can't get any further than this. I think people are kidding themselves when they say they can. Even if there were a Somebody, why should he bother with little me, when, in making the Cosmos run, he already has plenty to do? As for those folks who claim that God tells them where to drill for oil, or when to brush their teeth--well, they just make me tired."

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

Well, he can strenuously try meditation, prayer and guidance, just as an experiment. He can address himself to whatever God he thinks there is. Or, if he thinks there is none, he can admit--just for experimental purposes--that he might be wrong. This is all-important. As soon as he is able to take this attitude, it means that he has stopped playing God himself; his mind has opened. Like any good scientist in his laboratory, our friend can assume a theory and can make an experiment. He can pray to a "higher power" that may exist and may be willing to help and guide him. He keeps on experimenting--in this case, praying--for a long time. Again he tries to behave like the scientist, an experimenter

who is never supposed to give up so long as there is a vestige of any chance of success.

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

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

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

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

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

Bookie List

- Kevin S. "Maintenance & Repair" Douglas Thursday 7:00-8:00 PM
 Andy S. "Fitchburg Sunday Morning" Fitchburg Sunday 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
 Tom M. "Marlboro Helping Hand" Marlboro Saturday 12:00-1:00 PM
 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
 Bobby W. "Worcester New Beginnings" Friday 6:45-8:00 PM
 James S. "There is Hope" Worcester Sunday 10:00-11:00 AM
 Jaye J. "Way of Sobriety" Worcester Sunday 10:00-11:00 AM
 Fran D. "We Mean Business" Worcester Outgoing Only
 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@aaworcester.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
District 25 Grapevine Chair	John N.	gvd25chr@yahoo.com

Worcester Area Intergroup

100 Grove St., Suite 314

Worcester, MA 01605

(508) 752-9000

(508) 752-0755 (fax)

www.aaworcester.org

Office Hours:

Monday 10am-2pm

Tuesday 10am-8pm

Wednesday 10am-8pm

Thursday 10am-8pm

Friday 10am-2pm

Saturday 9am-2pm

Sunday CLOSED

Do I do my part?

The opinions expressed herein are not to be attributed to A.A. as a whole, nor does the publication of any article imply an endorsement by either A.A., general services nor Intergroup. Comments, questions and articles may be directed to The Beacon. * 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.”

TEN PROMISES FOR BEGINNERS (From Ruth R in New York):

1. You will know freedom from Maalox, aspirins, and Listerine.
2. You will no longer have to approach toilet bowls on your hands and knees.
3. You won't fall asleep with your contact lenses in.
4. You will lose interest in inventing excuses for all those empty bottles, like saying you're saving them to store water in case of a hurricane.
5. No matter how far down the scale your car has gone, it won't stink like a brewery, and--
6. You'll remember where you left it.
7. Your pets won't hide under the bed when you come home. Neither will your spouse and kids.
8. Fear of mirrors and of garbagemen will leave you.
9. You will intuitively know how to lower your risk of catching social diseases.
10. You will suddenly realize how much better life is sober, and thank your Higher Power for AA.



A DRUNK SAYS to an acquaintance in a bar. "For twenty long, wonderful years, my wife and I were deliriously happy," "What happened then?" asked his companion curiously. "We met" was the reply.

AN ALCOHOLIC WHO HAD ABUSED his family, imposed on his few friends, and generally been a public nuisance, finally died. At the funeral service, the preacher asked at one point, "Does anyone wish to say some kind words about the departed?" There was a deadly silence, so the minister repeated the question. Finally, a man stood up and said grudgingly, "His brother was worse."

AND WHEN ALL is said and done, much more is said than done.

-Alan B., West field, N.J.

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 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, and only 8 show up at the Delegates meeting 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 questions.

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, who have for years suffered from lack of power, suddenly find that all we have to do is ask, then let go. Not only does God answer in some manner we haven't been able to foresee, he usually throws in another twist about halfway through the experience. Consequently, we almost always get two lessons for the (asking) price of one. Gary B. Florida



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

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.**

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

Check the bulletin board for meeting changes and new meetings 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 Grapevine chair of Area 30 at
Grapevine
P.O. Box 51411-
Boston MA 02205
or
grapevine@aaemass.org

NEW MEETING
Northboro
Beginners' Discussion
Monday 12:00 - 1:00 PM
Trinity Church
cnr Hudson & Main. **Northboro**

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

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

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